

Cliff Notes

Alpine Club of Canada
Manitoba Section Newsletter
November 2004

Visit our website

www.alpine-club.mb.ca

Upcoming Events

Nov 9:

AGM 7:00 pm
Mona Lisa Restaurant

Nov. 10:

Bowling evening!
See page 3 for details.

Nov. 12-13:

Prairie Pump Episode XI

Nov. 30:

Photo Contest Deadline

Dec. 31:

ACC Volunteer Award
Deadline

Jan. 7:

Banff Mountain Film Festival
7:00 pm Pantages Playhouse
Theatre

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Experience the Mountains Trip 2004

By Brian Gilchrist

So there I was again, pleading with the wife to let me play mountaineer yet again. She let me go on the promise that I wouldn't break anything this time.

This year's Experience the Mountains trip consisted of eight participants, once we were all together. On Saturday night, Anita Geisel and I met up with Cheryl Slack, and our fearless leader Simon, who had just returned from the North Face summer leadership camp a few hours earlier.

After setting up camp in the Banff campground, and getting free park admittance (gotta love the parks strike!), we decided that our first objective would be Mt. Lady McDonald near Canmore. The weather was typical of what we would get for most of the week - stinking hot during the day, and soaking wet during the late afternoon/evening. Lady McDonald was an interesting experience - especially when we were passed by locals carrying only water bottles on their run up to the plateau. We were asked a couple of times if we were going to the plateau, and when we responded 'no the summit', the usual response was 'I hope you brought a rope!'

Being the first day in the mountains for three of us, it took us a while to reach the plateau, on which are the remains of the foundation of a teahouse and a heliport. Our timing couldn't have been better, though, as we came across a group of paragliders and were able to watch them launch (Later I learned that one of the pilots of the first paraglider to launch was Will Gadd - Cool!!).

Cheryl was beginning to feel a little tired, so she decided to wait while Anita, Simon and I attempted the summit. The route goes up a scree slope to a ridge, which you need to traverse to get to the summit. We ditched our hiking poles just before the ridge, and roped up for the traverse, which I am really glad we did as the exposure on the ridge traverse (or bum-crossing in places) was quite significant. We got to the summit with enough time to take a couple of pictures and sign the summit log before the weather started to close in. We hightailed it down the scree slope and made it below the tree line before the skies opened up. By the time we got down the rains had stopped. I don't know if it was on the scree slope or on the slick muddy path on the way down, but I managed to twist my knee and give myself a wicked case of tendonitis that would come back to haunt me later in the week.

When we got back to the campground, Grant McLaren had arrived to join the team. After eating



Intrepid Manitobans head for the Bow Hut. L-R: Cheryl Slack, Simon Statkewich, Grant and Marilyn McLaren, Afton McKee, Anita Geisel, Brian Gilchrist. Photo by Don McKee

dinner under a tarp due to the rain, we decided to attempt either East end of Rundle or Ha Ling the next day. When we tried to get down the road, we were told that a rockslide had closed the road for the next three days. We ended up heading to Yoho to hike the Emerald Lake basin trail - it was absolutely stunning. The swim in Emerald Lake was just what was needed on a really hot afternoon (but for some reason Simon wouldn't take our dare to jump naked off the bridge into the lake - maybe something to do with all the tourists around?).

On the third day of the trip we went to Lake Louise to climb Mt. Fairview. Aside from Simon, Cheryl was the only one of the group who had climbed it before. We passed quite the number of tourists on the route, and boy was it windy going up there, but the view was worth it. On the descent to the saddle, my tendonitis came out in full force; it was a good thing I had my hiking poles.

When we arrived back at the campground, Don and Afton McKee and Marilyn McLaren were there to round out our group. The next morning we set out for our main objective of the trip which would be alpine ascents of either Mt. St. Nicholas, or Mt. Olive, or both depending on conditions. We hiked into the Bow Hut on the Wednesday, as this would be our base for the next three days. The hike in was absolutely incredible, punctuated by crossing a precarious chockstone sixty or so feet over a whitewater creek. Compared to our tents at the campground, the Bow Hut is magnificent. Propane Lanterns and cooktops, all the cookware and settings you could need. The outhouse is even attached to the hut!! The hut sleeps 30, and we were the only climbers there!



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Anybody want to volunteer
for this position???

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Masthead photo by Ken Boyko.
Summit of Mt. Proteus,
Selkirk Mountains, BC.

Simon Says

(Message from the President)

I heard that summer (What summer?!) here in Manitoba was not the best one on record. All the more reason to strap on a pair of crampons and try out mountaineering. Yes, mountaineering where the weather changes from sun to rain, hail and snow all in the space of ten minutes!

This August, after participating in The North Face Leadership Program, I had the pleasure of leading seven enthusiastic Manitobans on the third annual Experience the Mountains trip. We enjoyed six days of activities, two of which were spent up at the luxurious Bow hut. We bagged three peaks during the week along with a couple of day hikes. The good company and Anita Geisel's cooking made for a very enjoyable week.

The club's centennial is coming up in 2006 and the Manitoba and St. Boniface sections will be hosting the national board meeting along with a dinner reception in Winnipeg. The actual date of the board meeting is March 23 & 24, 2006. We have set up 10 small committees to look after the various aspects of the event. If you have some time (we're not asking for a lot) to help out, please contact Pat Dillistone our Centennial Committee contact person.

The Banff Mountain Film Festival world tour rolls through Winnipeg on January 7th, 2005 and as an added bonus we will also be hosting the Radical Reels tour in April. Eager volunteers are required to help with promoting the show. Contact me for more information.

The section AGM will be held on November 9th at Mona Lisa restaurant. This is an election year and there are a few positions opening up on the executive. If anyone is interested please contact me for more information (also see page 3). There will be pizza provided and Cindy Klassen will be presenting slides from her recent trip to Kenya so come out and find out what's happening with the club and meet some new friends.

Cheers

Simon

"If opportunity doesn't knock, build a door"

Unknown

Newsletter Information

The newsletter is published four times a year and is posted on our website. All submissions and ideas are welcome. If possible, please send digital copies of articles, ads, or photos. Otherwise, you can submit hard copies to the address below. With every photo submission, please indicate the name of photographer, the subject(s) of the photo, and where the photo was taken.

Our advertising options are:

- \$25 for quarter page or less
- \$50 for half page
- \$100 for full page
- one free advertisement per year (up to half-page) in exchange for a discount to Alpine Club of Canada members; this discount can be a limited or unlimited time offer

Personal classified ads are free for club members.

Send your submissions to the newsletter editor:

Christine Mazur
838 Sherburn Street
Winnipeg, Manitoba
R3G 2L3

(204) 774-8762
cliffnews03@yahoo.co.uk

**Deadline for the next issue is
Thursday, December 30th, 2004.**

Executive Meetings

The Manitoba Section holds executive meetings once a month. Contact our secretary, Len Chackowsky, for details on where and when the next meeting will be held.

**You can also contact Len to see the
Manitoba Section's meeting minutes
or financial records.**

News Nuts and Bolts

On the Thanksgiving Weekend climbers who frequent Gooseneck had cause to be thankful for Bill Llewellyn who did some much needed work on the cliff's local biffy. Improvements included a new roof, bigger hole, and brand new toilet seat. Now that spells R-e-l-i-e-f!

Manitoba's own Simon Statkewich was asked by the National club to design the new Fay Hut, the first hut built by the ACC in 1927, and located in Kootenay National Park, BC. Last year the original hut was destroyed in one of the many forest fires that raged in the mountains throughout the summer. Statkewich, an architectural draftsman by trade, is the President of the ACC Manitoba Section. Next summer he will not only help build the hut but will also be Camp Manager for the ACC's annual Wapta Traverse camp. Talk about dedicated volunteers!

...continued from page 1

The next morning we made an alpine start by our standards (ready to go by 7am - the rest of the week we were ready around 9ish!) After an hour or so of glacier travel practice, we roped up and headed up the glacier. Several hours and a few crevasses later, we arrived at the saddle between Mt. St. Nicholas and Mt. Olive. The original plan was to ascend both in the same day, but because of the time we decided on Mt St. Nicholas.

The summit is gained by a traverse across and upwards from the saddle between St. Nicholas and Olive. This was basically scrambling across rock, as there was no snow from the saddle onward. Although we were quite high, I didn't find it as exposed as Mt. Lady McDonald - maybe I was getting acclimatized to the environment. After a brief lunch on the summit we headed down. By the time we hit the glacier, it had clouded over which made it really hard to discern snow covered crevasses. I did manage to get my crampons caught in my pant leg once and did a face-first crevasse crossing. Even though I had purchased a knee brace in Banff, and was on a regular Advil diet on the descent of the glacier, I was really feeling the tendonitis.

The next morning Simon, Cheryl, Don, Afton and Marilyn decided to attempt the unnamed small peak behind the hut, while Grant, Anita and I stayed behind. After just a three hour hike the group returned, as the last part of the ascent was more technical than they wanted to attempt. We then hiked back to the trailhead in varying stages of cloud and rain. The trip officially ended at the trailhead, as Don, Afton, Grant and Marilyn headed back to Winnipeg (Although Grant and Marilyn did stop at our campsite on the way out for a celebratory glass of wine before they left.)

All in all this was an excellent trip. With the exception of Anita and I everyone had previous alpine experience, which made things go really smoothly. Despite this year's injury, the fact that I was in much better shape than last year made things a lot easier for me. And the food on this trip was absolutely superb, as Anita, a professional caterer, did all the cooking. I told Simon that if Anita does the cooking next year, we'll have to change the name of the trip to the "Eat like kings Rockies trip." If you haven't been yet, or are strictly a rock climber who wants to experience some of what the Rockies have to offer, I would strongly recommend this trip next year!

Take! - Note, that is...

The Alpine Club of Canada Manitoba Section **Annual General Meeting and Gear Swap** will take place Tuesday, November 9th at 7pm at Mona Lisa Restaurant, 1697 Corydon Avenue.

Manitoba Section **Executive Positions** that are open will be elected at the AGM. Positions open are: 1. Climbing Committee Chair, 2. Winter Activities Chair, 3. Social Chair, 4. Newsletter Editor.

Photo Contest: Deadline November 30th, 2004. See page 4 for details and entry form.

Prairie Pump Episode XI: Early Bird Registration begins now until Nov 1st. Fees are \$25 for 12 and under, \$30 for youth and adults. After Nov. 1st late fees are \$35. Comp T-shirts will be guaranteed to competitors who register BEFORE Nov 1st. Give shirt size upon registration to ensure preferred size.

Prelims: Nov 12 Adults 6:30 pm to 11:00 pm
Nov 13 12 & Under, Youth 8:00 am to 11:00 am

Finals: Nov 13 Youth & Adults 1:00 pm to 6:00pm

There will be a brief lunch hour on the 13th from 12pm to 1pm.

Awards will be handed out shortly after the finals climbs are over.

Library Reminder: The Manitoba Section has an exciting selection of books and videos about climbing available for Club Section members to borrow for free! Borrowing is easy! Call Hana Weingartl at 885-0327 to borrow your book!

Alpine Club of Canada Award Deadlines December 31, 2004. The ACC offers several awards for dedicated and exceptional volunteers including the ACC Service Award and the ACC Leader Award. For more details, visit the National website at www.alpineclubofcanada.ca/awards/index.html

Some **Funding for Centennial Celebration Events** is available to Alpine Club Sections. A total of \$10,000 is available for all 18 Sections to apply for so budgets must be planned accordingly. The first deadline is Jan. 31, 2005 and the second deadline is June 30, 2005. The applications will be reviewed by a Section Centennial Committee (representatives from across the Sections).

For more details, visit: www.alpineclubofcanada.ca/funds/index.html#section

The Banff Mountain Film Festival makes its annual appearance in Winnipeg Friday January 7th, 2005 at 7:30pm at the Pantages Playhouse Theatre. Tickets will be available December 7th, 2004.

Fun with "Friends": ACC Manitoba Section Social Activities

What: Bowling evening! Work on a horizontal plane for a change!

When: Nov. 10 (Wednesday, but you shouldn't have to work the next day, so there's no excuse for not coming!)

Where: Academy Lanes (subject to change)

What time: 8pm, so you can have supper first

How to sign up: email Stacy at sasdaisy@hotmail.com, or call 943-7572 - make sure you put "bowling" in the subject bar of your email, so I don't accidentally delete it!

ACC Centennial Book Project Call for submissions

To celebrate the ACC Centennial in 2006, the Alpine Club of Canada Manitoba Section is compiling a book of stories documenting the history of Manitobans in the mountains. We invite Alpine Club Members to submit an alpine adventure story for publication.

Here are the specifications for your story:

1. Subject must be about mountaineering, ski mountaineering, rock climbing, ice climbing, scrambling and/or hiking.

2. Person(s) in the story must have been a Manitoban at some point in time, preferably a present or past Alpine Club Member.

3. Maximum 5000 words.

4. Must be submitted in digital format (i.e. a Microsoft Word document, or as text in e-mail)

5. Must be accompanied by a 50- to 100-word biography of the author.

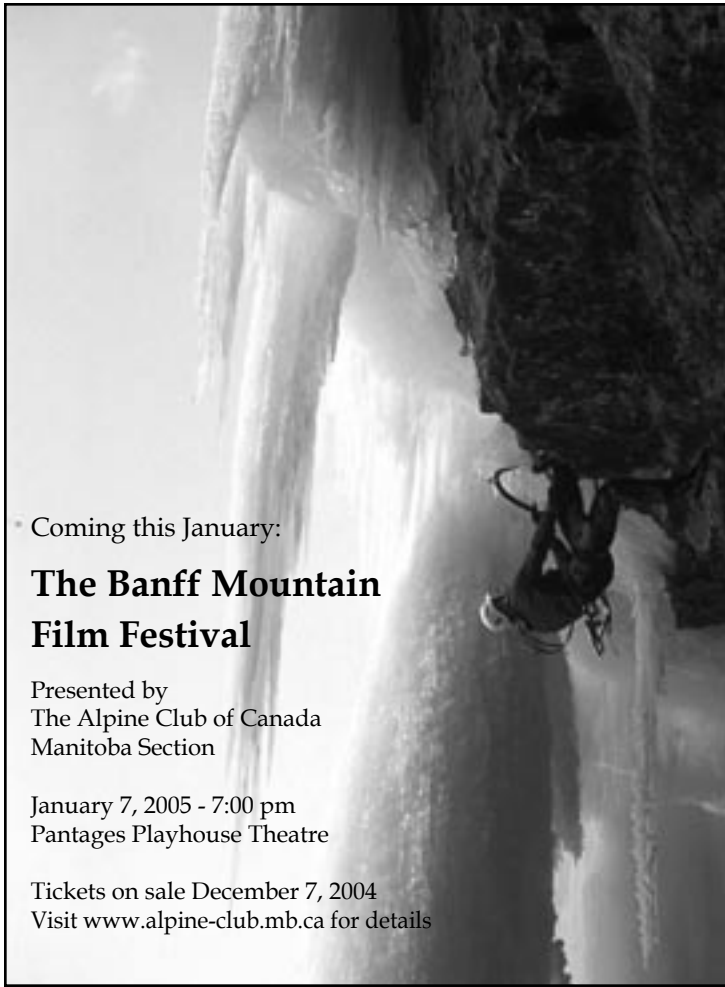
6. If the story has been previously published, please indicate it in your submission so that we may credit the copyright owner.

You may submit a maximum of 10 photos or illustrations to accompany your story. If you are sending digital photos or scans, they must be a minimum of 300 dpi, preferably in JPEG format. If you are sending photos or slides, please put them in a self-addressed envelope so that we can return them to you.

Deadline for submissions:
Originally Sept 15th, 2004 (currently ASAP)
Target publication date: February 2006

Please send all submissions to:
Christine Mazur
838 Sherburn Street
Winnipeg, MB R3G 2L4
mazur.christine@gmail.com

We look forward to receiving your stories!



Coming this January:

The Banff Mountain Film Festival

Presented by
The Alpine Club of Canada
Manitoba Section

January 7, 2005 - 7:00 pm
Pantages Playhouse Theatre

Tickets on sale December 7, 2004
Visit www.alpine-club.mb.ca for details

Alpine Club of Canada - Manitoba Section Membership Application Form

Name: _____

Partner Name: _____

Dependents: _____

Address: _____

E-mail: _____

Phone: (H) _____ (W) _____

Paid By: Cheque Cash Visa Mastercard

Card # _____ Expiry Date _____

Signature _____

Basic Membership

Adult (18 years and older)	\$42	_____
Junior (under 18 years)	\$26	_____
Family (2 adults and their children)	\$61	_____

Optional Upgrades

Canadian Alpine Journal (CAJ)	\$26	_____
Facilities/Huts - Adult/Junior	\$22	_____
Facilities/Huts - Family	\$44	_____
Combined CAJ & Huts - Adult/Junior	\$42	_____
Combined CAJ & Huts - Family	\$62	_____

Total Fees (basic membership + upgrades) _____

Return to: The Alpine Club of Canada, P.O. Box 8040, Canmore, AB T1W 2T8
Or Call: (403) 678-3200 Or Fax to: (403) 678-3224

ACC MB Section Photo Contest 2004 - Win a prize for best photo!

Photo Contest 2004 Entry Form

Name (please print): _____

Address: _____

Phone: _____ ACC Member # _____

Please indicate number of prints entered in each category:

- | | |
|--|-------|
| 1. Rock Climbing | _____ |
| 2. Mountain Landscape | _____ |
| 3. Mountain Climbing | _____ |
| 4. Ice Climbing | _____ |
| 5. Skiing (cross country or
back-country only – no
downhill resort photos) | _____ |

Total number of entries _____

Entering the contest constitutes participant's acceptance of the contest rules.

Signature: _____

Date: _____

Rules:

- Open to current, paid members of the ACC MB Section.
- Maximum 3 entries per member per category.
- One winner per category, plus a best overall prize.
- Format: slides and colour prints. Maximum size of prints: 4x6 inches (unmatted and unframed).
- Mark entries with location, photographer's name and phone number, and entry category. Mark front of slides with an "F."
- Photo subjects may be from any location. Entries judged for composition, technique, difficulty of access, and originality. For skiing category, no downhill resort photos.
- The ACC Manitoba Section reserves the right to reproduce, publish, and/or display photos entered in the contest. Winners will be notified by telephone and published on the Manitoba Section website and in the Winter issue of Cliff Notes.
- The ACC Manitoba Section is not responsible for any loss or damage of entries. We suggest not submitting originals.
- Entries will be returned when accompanied by SASE.
- An Entry form must accompany all entries.
- Deadline for entries: November 30th, 2004.

Mail entries by **November 30, 2004** to:

ACC Photo Contest
c/o Simon Statkewich
510 Rathgar Ave
Winnipeg, MB R3L 1G3

For more information call Simon Statkewich at (204) 475-2603
or email: s.statkewich@gmail.com