



Cliff Notes

Alpine Club of Canada
Manitoba Section Newsletter
Spring 2008

"I don't think a wilderness experience is complete until it's been written about." *Ray Bane*

Visit our website

www.alpine-club.mb.ca

Upcoming Events

Club Climbs, Hikes and
Others are listed in the
Summer Schedule on page 8

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What We Did That Weekend - Not At Thunder Bay

By *Mick Hawley*

Don't get me wrong, I love the ice tower. For me it's the best thing about living in Winnipeg in the winter. But after the first dozen visits and over 50 ascents, I was starting to long for "the real thing" — natural ice, unscarred by countless pick holes, with a wilderness backdrop instead of the familiar downtown skyline — like a gym-climber yearning for real rock, the genuine article rather than just training for it.

So I was really looking forward to the Thunder Bay invitational weekend at the beginning of February. I have never been there and it may have been the highlight of my winter, but alas it was not meant to be. I had no carriage and I could not go to the ball. Flying would have been beyond my modest means so my much-anticipated trip was not going to happen. With Wonderland still another month away, where could I get my "ice fix" in a hurry?

Brian McMillan introduced me to Castle Rock 18 months ago, and until the club climb last year, it may have been the best kept secret in Manitoba. He'd shown me where the ice can form, although it is not guaranteed; we knew that we could be in for a journey out there with no ice worth climbing on at the end of it.

But that is the beauty of Castle Rock — it isn't much of a journey. In fact it is no more than a couple of hours drive to Big Whiteshell Lake, so Brian McMillan, Brian Posthumus and I left the city at

the civilized hour of 8:30 a.m. on Sunday, Feb. 3, and a couple of hours later were parked by the boat launch and preparing to ski across the lake.

My skiing ability is limited to say the least, and I had never skied before with a heavy pack on. This one had a rope and ice climbing gear, including my plastic boots. My pack was on the heavy side, and the problem was that when I fell over, as I did a number of times on the way out, there was no way I could stand up again. I had to roll over like a beached whale, ditch the pack, get up and pull it back on again... and again... and again. Eventually we reached the crag on the north shore in just under an hour, though I am sure that the two Brians could have been there in half that time if they hadn't waited for me.

I was delighted to see that some good ice had formed on the cliff and that a number of routes were evidently "in condition". Our trip had not been in vain. The first one I tried was a climb that Brian M had done several years earlier and named "Village Idiot". On that occasion the ice had been thin, but today it looked superb. It started with a short, stepped vertical section leading to a good ledge at about 20 ft. This felt decidedly bold after weeks of climbing at the tower with the security of a top-rope. Once safely upon the ledge, I fiddled a couple of small nuts into the rock on my left, before committing to the iced slab above and right at an easier angle. This led to a tricky top-out onto rock and grass covered in several feet of snow.



White Shell Ice

Photo by Brian McMillan

Continued on page 3 ...



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Simon Says

(Message from the President)

Hi everyone! With spring on the horizon and the prospect of another great climbing season your ACC executive is working hard to provide a fun filled and safe climbing season. First up will be a free (that's right, free!) wilderness first aid course to all those members who plan to lead trips this year followed by a great list of summer activities. Check out the calendar and sign up, or volunteer to help out. We are always looking for new keen trip leaders so if you are interested please contact a trip leader or executive member and sign up for the apprentice program.

This past January we had the most successful and best attended Banff Film Fest in MB section history. 1100 people were in attendance that cold January evening. Thank you to Curt Hull for leading the group and all the very hard working volunteers that made the evening and of course to all our local sponsors.

Have a great spring!

Simon

Editor's Note

You read CliffNotes every quarter year or so and this is yet another chance to enter the fine, fine world of climbing literature and immortalize your exploits.

Why not submit an article to CliffNotes?

The subject can be club trips or your own trip and be about rock climbing, mountaineering, backcountry skiing, ice climbing, bouldering, hiking, in short, if you are out there doing something, we want to read about it. It is your experience that counts so don't be shy about stories of places we know.

The deadline for Summer 2008 is May 15 so you have plenty of time.

Feeling more Hugo-esque and needing more time to render that epic? The submission dates for the rest of the year are Fall 2008- September 15 and Winter 2008- November 15.

Submissions can be sent in Word, Word Perfect or hardcopy, can be as few or as many words

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:

Peter Muir
656 Fairmont
Winnipeg, Manitoba
R3R 1B1

(204) 982-5900
pmuir@ladcocompany.com

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.

Email: len.chackowsky@shaw.ca

as are required to tell the story (up to about 1000 words) and include some photos. It is best to send a few photos for selection by the committee; please note the picture taker for proper credit to them.

Send the submission to me:

- By email to pmuir@ladcocompany.com
- By mail to 656 Fairmont Road, Winnipeg R3R 1B1
- By drop off in the mailbox above or at the front desk of Ladco at 200-40 Lakewood Blvd marked attention Peter

Cheers
Peter Muir

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



More (Less) White Shell Ice

Photo by Brian McMillan

I waded well back to a tree, anchored to it, and standing up rather than sitting down in the snow, I belayed Brian P. He was soon beside me having retrieved all the gear.

Our second route took a wide crack on the right hand side of a huge boulder, again leading to a big ledge and a rest. The vertical corner at the back of this contained a good quantity of ice, providing a short, but strenuous climb. Two thirds of the way up the icy corner I had an anxious moment as my crampons slipped and my left pick popped out, leaving me dangling from my right tool, well above my last runner. Adrenalin surged through and I whacked my left tool back in and kicked hard with both feet in turn. I have never taken a fall onto an ice screw and to be honest I didn't much want to do it there either. Fear gave me strength to place another screw before

a similar top-out. This time the rope went around a large boulder and I brought Brian P up to my stance. I have christened this route "Scotch Corner", named after a famous road junction in the UK where some of my previous winter adventures have taken place.

We packed up and skied out across the frozen lake, this time without any falls, though again, I was way the slower of the group and the last at the boat launch. The Brians are evidently in excellent shape.

By early evening we were back in the city. The Castle is closer than you think, closer than Jones, Gooseneck or even Roadside. Thunder Bay it wasn't, but it was a very enjoyable day trip, which satisfied my craving for natural ice in a beautiful wilderness setting, for a short while at least.

"The best climber in the world is the one who's having the most fun." *Alex Lowe (1958-1999)*

Personal Thanks

In January, I had the opportunity to attend The North Face/ACC Winter Leadership Course held at Ice Fall Lodge, BC. Eight solid days of awesome ski touring loaded up with lots and lots of information and challenges. No day was spent idle and the hours between 6:00 AM and 10:00 PM were cram packed with technical and practical details on leading ski tour groups. It was a fantastic experience which I highly recommend to any section member looking to improve their backcountry leading skills. The non-skiers in the Section will find the same advantages in attending the Summer TNF/ACC leadership camp.

The North Face was tremendously generous in its support of the camp and supplied exceptional gear to the participants which was unexpected but much appreciated. Writer excluded, TNF will be very pleased with the quality and enthusiasm of this year's students. They were an amazing bunch, both socially and technically, and will be great ambassadors of both TNF and the ACC when decked out in their new gear leading more folks out into the big wild. I am proud to be associated with a club which is made up of such great people and which has such great relationships with our corporate partners in the pursuit of personal adventures.

My classmates were Alison Cardinal (Canmore), Kelly Galway (Jasper), Al Hardy, Nick St. George, Steve McCartney (all Calgary but Steve's heart is with his former section of Saskatchewan) Brad Larsen (Edmonton), Kerry MacDonald, Rheinhold Mayerhofer, and Ilze Rupners (all Vancouver). If you see any of their names as trip managers on club camps, don't hesitate to get your name on the trip list. You will not be disappointed.

I am writing a short piece on the camp which I hope will be selected for the ACC National Gazette, but in the meantime wanted to thank the Manitoba Section for its generous support of my attendance. I also thank my references for their exaggerated but kind notes of support for my application.

Now, I will start working on getting a ski tour on the Section's next winter trip schedule.

Thanks again all.

Peter Muir

Dr. Zhivago and a Cruise Gone Bad; The 2008 Bird Lake Ski Weekend Feb 8, 9 and 10

by Shona Connelly and PeterMuir

We fine ten braved the predictions of an intensely cold weekend with a hardy “ha! They have never been right before” and set out for the cabin at Bird Lake Friday night. Who knew- they were right for once and this was the Saturday that was:

Cabin Crew: Friday night was absolutely freezing, even after PeterMuir made a fire and turned the oil burner up to the highest notch. The electrical plugs even had frost around them! Whose idea was this anyway!! Certainly my idea of a good time is sun, beach and the ocean...

Skiing Crew: Just pre departure on Saturday, Adrien starts it off, “Pat is he serious? He wants to ski in this maelstrom? Isn’t -28C?” “Welcome to Bird Lake and a ‘Julie your cruise director’ weekend” replies Pat and off the three of us go.

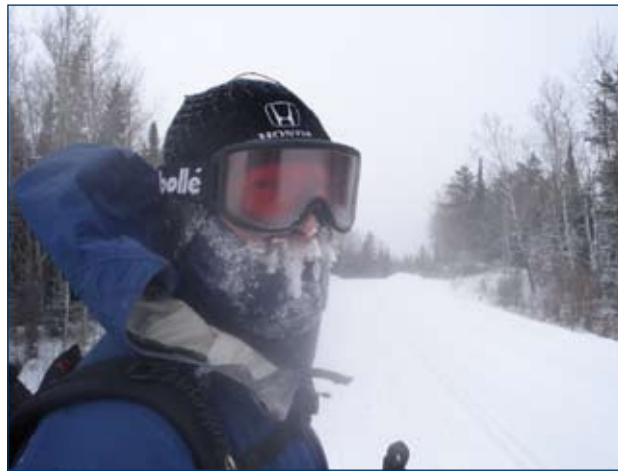
Star Lake, as least the route we intend to try, trends predominantly northwest. The maelstrom is forcing its way southeast. Save for the trees surrounding it, Star Lake bears a stunning resemblance to the Antarctic Peninsula. “I always wanted to go Antarctica” notes Pat. “That’s the spirit” says ‘Julie’! We head into the wind...

Cabin Crew: As we seven all looked out the front window of the cottage, something told me we were not in Mexico! You could not see the other side of the lake. The wind was blowing and the trees were swaying, we were not going to leave the cottage unless it was for emergency purposes, or to go to the outhouse. Believe me, once you got all dressed and bundled up to make the short visit down the path, the urged had passed...

Skiing Crew: We made it to the lee of a small island. Mitted gloves fumbled with a blowing map and we spied our creek to home. Home might well be four or five hours down the creek, over Tulabi Lake and back down Bird to the warm greetings of our toasty friends who stayed back. Maybe. Two of the three of us comment on the tendency of the lake portions to be to the windward but ‘Julie’ remains optimistic “perhaps the blow will settle down?” Adrien warns “not sure about that, EnviroCanada seems to have this day pinned”. We resume our quest and dash across a small stretch of the lake to the shelter of trees lining

the creek. H’mmm, there is open water on the creek (how????) so we stay to the grass sides. We are breaking trail through nice, bottomless, knee deep sugar snow- had our route changed into an eight hour journey? Oh well, nothing else to do, can’t recall ever making it through Dr. Zhivago without falling asleep but the cabin must be warm...

Cabin Crew: What do to do on a cold and windy Saturday afternoon? Once the three brave soles left for their adventure, the remaining folks decided we should watch the all time great film, Dr. Zhivago. Nothing like watching Omar Sharif in an army suit to warm your heart and body! We gathered in the living room to watch this epic and friend Len (who was smart enough to stay home) made sure the



Adrien Perras

Photo by Pat Dillistone

fire was going at all times. I thought PeterMuir had turned up the oil burner. All were ready for a great afternoon of movie watching. There seemed to be a bit of a problem. Although the fire was blaring, the room temperature kept dropping. More and more blankets and sleeping bags appeared, at one point all that could be seen were tips of people’s noses. The movie continued. Comments continued as well, this cabin is so bloody cold! I put a cell call into our fearless leader “PeterMuir its cold, come home!” He did not answer. Little did I know he was enjoying a day at the beach!

Skiing Crew: Things are going great as we come to a long stretch of a little snow over good ice. We are rolling like Amundson now and feel Tulabi was near but it is too cold to check that damn map again. Pat and ‘Julie’ were missing Steve but Adrien fit right in. He is a lot quieter than Steve, no complaining but had the same wondering looks or was he just

frozen?

The creek narrows. Pat explains to Adrien the ancient polar art of ‘sending the stocky guy, ‘Julie’, through these bits first’. Nice tradition Adrien agrees. ‘Julie’ is dispatched to the head of the pack. He makes nice progress around downed trees in the creek, there is a sudden rumble, crack and ‘Julie’ is knee deep in water. “See” says Pat calmly “works every time, the guy is like a human divining rod”. “How will we get him out- oh he has climbed out himself”; another tradition...

Cabin Crew: Ok, this was a really long movie, even longer when you are freezing to death...

Skiing Crew: A quick change of socks is made thanks to the foresightedness and supply of Adrien (has he been with us before?). This could be serious, the maelstrom has not abated. We must return the way we came. Skiing without stopping. Back at the truck more adventure when the fancy step in bindings, now full of water which surprisingly had frozen, act as the world’s best mouse trap and refuse to release their captive. ‘Julie’ is not looking forward to a ride home hanging out the back of the truck in the cold-at least Shackleton got to go home in a boat. Finally the traps relent. The troop staggers’ home...

Cabin Crew: I had had enough. I could watch this movie no more. We were all freezing, we were left to fend for ourselves, we were going to be discovered in the spring frozen to death..... I tucked myself into bed and covered myself with as many blankets as I could find. I left the others to their own devices...nice hostess!

Skiing Crew: In summary, ‘Julie’ needs to lose some weight, ‘Julie’ figures Adrien is a natural for these adventures but Pat wishes him luck with that and the first words ‘Julie’ hears from his wife, tucked under three inches of bedcovers - “this cabin is freezing...”

The 2008 version of the almost annual Bird Lake Ski Weekend: Shona Connelly, Montana Muir, Pat Dillistone, Adrien Perras, Rosemary Perras, Toni Wilson, Renee Barclay, Len Chackowsky, Peter Muir and Beckham (the Airedale, not the soccer player).

Top-Roping is a Complex System *By Cindy Klassen*

Top-roping can be a very safe method of rock climbing. Sometimes people get a bit too laissez-fair thinking that it is so safe.

In a top-roping situation, what keeps you from hitting the ground?

- a) your anchor only
- b) your rope only
- c) 12 things – the failure of any one of which could be disastrous

My answer is “C”. I came up with 12 things; you may come up with more. The point is that there are numerous “details” to be diligently aware of in order to be safe.

These are the details I came up with – in no particular order:

1. Integrity of the harness
2. Harness fitted correctly
3. Harness doubled back (unless you have the nifty new buckles)
4. Rope attached to the harness correctly? Knot tied correctly (figure 8 or bowline if your name is Steve Young)
5. Integrity of the rope
6. Security of the anchor (7 points outlined later)
7. Integrity of the belay device
8. Attachment of the belay device
9. All carabiners are locked
10. Belayer (knowledge, trustworthiness, attentiveness, etc...)
11. Proper communication
12. Proper belay / lowering technique

How many are you paying attention to????? Failure in any one of these points may (but not necessarily will) lead to a failure of the entire system.

Many people will agree that free soloing is very risky but if you are not paying attention to these 12 things are you actually “free soloing”????? No wonder bouldering is so popular!!

I would like to offer a suggestion for determining the security of an anchor. I have used others in the past but I particularly like this one now. The acronym is:

E. A.R.N.E.S.T. and the letters stand for the following:

E – Equalized – when the anchor is weighted, the stress is equally spread between the different parts of the anchor

A – Angles – None of the angles in the system should be greater than 90 and preferably less than 45 degrees.

R.- Redundant – there is a back up system for each part of the anchor

N.E. – No Extension – if one part of the anchor gives way, the rest of the anchor will not extend to shock-load the remaining part(s).

S. – Solid – refers to integrity of each part. Webbing, carabiners, and pro are all in good condition according to age, use and have been inspected regularly

T. - Timely – the anchor can be built easily and efficiently so as not to take too long (we want to climb sometime today.....)

I am offering a free (for ACC Mb Section members) anchors clinic at VA and a follow-up at Roadside for anyone interested in learning to build anchors or if you just want to get some practice building anchors. This would also be suitable for experienced people as you just might learn something or teach me something and we can always use help teaching others. See the climbing schedule for details.

CLIMBING IS DANGEROUS ---- STACK THE ODDS IN YOUR FAVOUR !!!

The Thunder Bay Section Invitational "The Perfect Equation"

by *Cindy Klassen*



Cindy TB Ice Climb

Photo by Jack Coulis

Winnipeg had a poor showing at this year's invitational ice climbing weekend in Thunder Bay. It is unfortunate that the only representatives were myself, Louis Allec and his son Tyler. Members should definitely plan to attend next year since it is a great time and definitely the cheapest and easiest way to experience the ice in Thunder Bay.

T.Bay has the best ice next to the Rockies and is much closer. It is about 7-8 hrs to drive and only one hour to fly. All you need is to get there and your hosts take care of everything else. Their main objective is to make sure all visitors have the time of their lives and they always achieve that. I flew West Jet for about \$270 and that was pretty much the last money I spent. They provide billets and most meals. I paid for only 2 breakfasts. We even had gourmet meals at the cliff.

Sounds great already and I haven't even mentioned the climbing!!! The weather and ice conditions were outstanding – fattest ice they've seen in years. T.Bay members do a fantastic job of setting up the top-ropes so you can climb till your arms fall off. Then you get up and do it all over again the next day. I was fortunate to arrive Thursday afternoon (chauffeured to and from the airport) so we did some multi-pitch climbing at Orient Bay on Friday. Saturday was a great day at Powerline Falls in Kama Bay and on Sunday we stayed in town to climb "Ice Stud" and "White Lightning".

The whole weekend you are treated like "Kings" or in my case an "Ice Princess" (inside joke). So, in my mind it is the "Perfect Equation"

OUTSTANDING CLIMBING + SPECTACULAR HOSPITALITY = A FANTASTIC TRIP

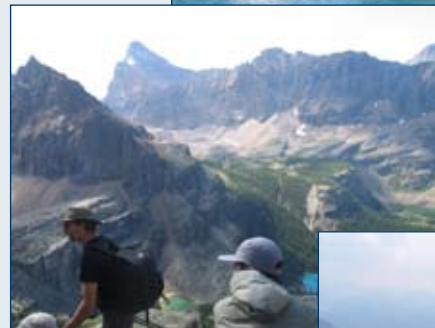
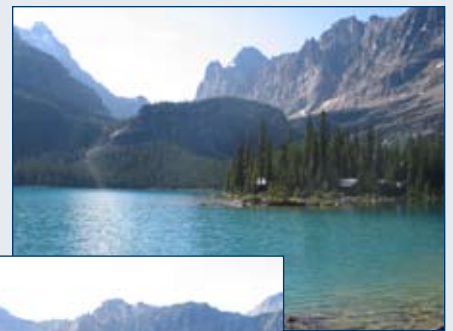
Send an email to Nick Buda nick.buda@gmail.com to let him know you are interested so he can send you the info when next year's event comes around. We hope to see more of you there next year!

Experience the Mountains August 2 - 8, 2008

Each year since 2002 the Manitoba Section of the Alpine Club has offered to its members one week of exciting alpine adventure in the Rocky Mountains. The 2008 trip based at Lake O'Hara will be a joint trip with the Thunder Bay ACC section. We will be staying at the Elizabeth Parker and Abbot Pass huts (one of the highest habitations in Canada). See for more details <http://www.alpineclubofcanada.ca/facility/ep.html> and <http://www.alpineclubofcanada.ca/facility/abbot.html>. The trip will include hiking, scrambling and mountaineering over rock, snow and ice. Lake O'Hara was the location for a previous Experience the Mountains trip because it has a remarkable number of hiking trails and mountain peaks as well as outstanding natural beauty. It is expected that there will be a variety of different daily activities suitable for different experience levels.

Participants must be members of the ACC Manitoba Section who are physically fit and have at least some basic knowledge of rock climbing and rope use, but not necessarily any mountaineering experience. A limited amount of training will be available before the trip in mountaineering techniques. The approximate cost is \$250 per person for the accommodation and Wilderness Passes, provided you add the \$20 Hut upgrade to your ACC membership. Other costs include food, transportation costs to the Rocky Mountains, a National Park Pass if you take your own vehicle and your personal gear (boots, clothing, backpack and mountaineering gear, some of which can be rented).

Contact: Peter Aitchison (204) 582-0340, Email: aitchis@mts.net.



Sometimes Ignorance is Bliss.....

by Shona Connelly

Last September, I had the opportunity to go hiking in Canmore while PeterMuir was at his Alpine Club Executive meetings. As some of you may recall, I took my first hiking trip in July 2006 to celebrate the 100th anniversary of the Alpine Club of Canada and I have continued to enjoy this aspect of the outdoors.

The day began at 8:00 am at the local Canmore Bakery. Why not fill up with carbs before you begin your day of adventure! Vi Sanford met PeterMuir and I for a coffee and a pre hike de-briefing.

PeterMuir went off climbing with Sandy Walker and I was going off with Vi to spend the day at "Ptarmigan Cirque" in Kananaskis.

At the trailhead, Vi let out the most horrendous scream. Believe me, not only did it scare all the wildlife away, but it almost put me back in the car!

After about half a kilometer of hiking, we were well above tree level and the view was unbelievable. The larch trees were just beginning to turn, autumn was everywhere. We could not have asked for better weather and conditions.

At the half way mark we decided to take a break and enjoy the day and eat our lunch. We parked ourselves beside the most beautiful little waterfall overlooking the entire valley. I just couldn't get over how peaceful and beautiful this part of the country was.

After an hour or so we began to re-pack all our gear (believe me I take a ton of stuff with me. You just never know when you are going to need your favorite jacket, sweater, hat or anything else one could think of) and prepared for the journey down. Vi motioned to me. Down the trail she spotted this great big grizzly bear. Oh my God! Vi assured me that at this time of year bears were only interested in filling their belly's for the long winter ahead. Yeah great, I hope he wasn't looking to fill his belly with me and my designer gear.

During August and September, there is a particular mountain squirrel which is also preparing for the winter. They bury themselves in little holes throughout the valley. Well as fast as these squirrels find a place to stay for the winter, the grizzly bears are right behind them digging them up in their preparation for winter. Anyway, back to me, I can honestly say I wasn't nervous or scared. In fact I was intrigued by the size of the beast. We watched for awhile and then headed back the way we came where we met some fellow hikers. They too were intrigued with what was going on down in the valley. By this time the bear had moved closer to our side of the valley.

I couldn't get over what was in front of me. I found a comfortable spot on the side of the track and sat down to watch this marvel of nature. The balance of the group followed and we all took a front row seat. I felt like I was watching a Disney Nature Movie (remember those films from our childhood days!). The show lasted a full 45 minutes. This was unbelievable; I could not get over what I was doing. If Vi didn't have her camera with her, I am sure no one else would believe me either. Here I was, miss 'Designer Jean Jane', in the middle of nowhere watching a grizzly bear. Who would have thought?

We talked about what we had seen all the way back to the car. Vi is an avid hiker and in 9 years she had not even seen the back of a bear on these trails. I was certainly lucky today. If I knew more about the dangers of bears I don't think I would have felt so honoured for the experience. Sometimes ignorance is bliss!

That night, we all convened at the Rose & Crown for beers. I had the best story of the day. Possibly, the best story of the week. I recounted the story many times over the evening and those who know me really well just laughed. They were all just jealous! The rookie outdoors person experiencing something some never experience in the backcountry. The luck of the beginner, still, did my chuckling friends in the bar know something about grizzlies that I didn't? Maybe they think so but they never spent an afternoon with one.

Perhaps I should read a little more about Canadian wildlife and the dangers one can experience. Or maybe not. I will let you all know. One thing I do know for sure is I should not have had four Guinness that night at the Rose & Crown.....the bar was far more dangerous than the bear!



Grizzly Bear

Photo by Vi Sanford





Alpine Club of Canada Manitoba Section

Club Climbs, Hikes & Others Schedule Summer 2008

These climbs and hikes provide a great opportunity to learn some skills, meet some new people, hook up with a new climbing partner or just enjoy time on the rock.

Come on out and have some fun!

Trip leaders are experienced climbers, and other experienced climbers act as rope leaders.

Cost:

Free for all Alpine Club of Canada - Manitoba Section (ACC-MB) members
\$10 for non-members (1 time)

Gear Rental:

Harness rentals are \$5
Ropes and helmets will be supplied free of charge

Important:
You must register with the trip leader at least 2 days before the event.

Leaders will arrange a meeting time and place. The number of participants may be limited by the availability of rope leaders...

Do not just show up at the cliff!

All participants must read and sign a waiver before climbing.

Helmets must be worn while belaying or climbing.

It is not too late to set up another activity - contact

Mick Hawley at 589-8982 or lhawley@mts.net

and it will be published in the Summer CliffNotes and on the Section website at www.alpine-club.mb.ca

Date	Location/Comments	Leader	Contact
Apr 1	All Foolish Climbers Day Stay at home!	Everybody	
Apr 23 pm	Vertical Adventures Anchor Workshop	Cindy Klassen	632-1756 (H) 632-5001 (W) vertadv@ilos.net
May 9-11	Canadian Mennonite University Wilderness First Aid Training for trip leaders	Mick Hawley (for registrations)	589-8982 lhawley@mts.net
May 17	Lac du Bonnet Gardening Help Steve dig his garden so he can go climbing this summer!	Steve Young	204-345-8621 youngfam@mts.net
May 18	Mantario Trail Hike	Toni (Fox) Wilson	334-5033 catnip@mts.net
May 25	One Stone Crag, Whiteshell New climbing location	Brian McMillan	474-1765 bmcmill@mts.net
May 25	Hunt Lake A challenging hike in Whiteshell	Grant and Marilyn McLaren	222-5242 grant_mclaren@cwb.ca
June 7	Roadside Climbing close to the Kenora Bypass	Mick Hawley	589-8982 lhawley@mts.net
June 21	Gooseneck Introduction to trad lead climbing limited to 3 participants	Mick Hawley	589-8982 lhawley@mts.net
June 28	Gooseneck Climbing - the big cliff	Brian Gilchrist	269-1587 brianwg@mts.net
July 5	Panorama Climbing by a pristine lake	Len Chackowsky	294-9034 len.chackowsky@shaw.ca
July 19	Elk Island Trail Hike	Toni (Fox) Wilson	334-5033 catnip@mts.net
Aug 2-8	Experience the Mountains Rockies trip	Peter Aitchison	582-0340 aitchis@mts.net
Aug 23	The Narrows Climbing and bouldering	Rob Hester	487-1947 rhester@allmar.com
Aug 30- Sep 1	Direct Lake Canoein', Climbin', Campin'	Brian McMillan	474-1765 bmcmill@mts.net
Sep 5,6,7	Minaki Mountain biking & Climbing Invitational	Grant and Marilyn McLaren	222-5242 grant_mclaren@cwb.ca
Sep 13	Gooseneck Climbing and Fall clean up	Brian Gilchrist	269-1587 brianwg@mts.net