

Cliff Notes

The Alpine Club of Canada Manitoba Section Newsletter— January 2011

Visit our Website:

www.alpine-club.mb.ca

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Cindy Winsor demonstrating proper anchor setup—Photo Rick Wood

Summer Anchor Workshop

Cindy Winsor

This past summer I had the pleasure of instructing an anchor workshop at Roadside Crag. The weather cooperated and the workshop was well-attended. We had 8 participants plus Toni Wilson and myself.

We met around 9:30am and proceeded to the “Scoobie Doo section of the cliff. This area provides plenty of room at the top of the cliff for practice and demonstrations as well as lots of good trees for setting up 4 or 5 moderate routes. The workshop focused on the use of natural anchors and bolts but also provided a bit of discussion and practise with trad anchors.

After going through the handouts and several demonstrations, the group was split in half and thanks to Toni’s supervision, I was able to send some on rapell down to do some climbing while the rest stayed topside and practiced some more anchor set-ups. Later the groups switched places and then capped off the day with a climb up the ever-spectacular “Raspberry Jam”.



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Winter Activities

Simon Says:

Hi everyone,

As I am writing this message I am thinking about the Banff Mountain Film Festival World Tour that just stopped here in Winnipeg and what successful event it was! We nearly filled the old Walker Theatre to capacity with almost 1400 people in attendance. That is an all time record attendance for a Winnipeg show! We also raised over \$1300 dollars from the raffle tickets sales plus another \$1300 from the Alpine club and other donations. All that money will be donated to the Central Asia Institute that will help build schools for children in Pakistan and Afghanistan. Thank you to Curt Hull for chairing the planning committee and to all the volunteers that helped make the event happen. Congrats!

We held another successful AGM at the Winnipeg Hostel back in November. Thanks to all of the board and executive members for volunteering once again to serve the club in your positions. Welcome to Brad Friesen our new social chair and web guru! Thanks to Peter Panufnik for looking after the web for the past several years. Thanks Len for sharing your photos of Mongolia and Christine for your film.

Now, looking at the club activities calendar with all the great winter activities being offered, I am wondering how I am going to fit them all into my schedule! I don't usually say this but winter might not be long enough!

We are cooking up a plan to offer leader training this spring. Planning is still very preliminary but we are looking to bring in a few well known climbers and or guides to offer words of wisdom. Stay tuned for updates.

Don't forget club night Wednesday evenings at Vertical Adventures. I will be offering to teach more knots and rope work there in the coming months. Time to hone the skills for the Bugaboos this summer!

Simon

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:

- a) \$25 for quarter page or less
- b) \$50 for half page
- c) \$100 for full page
- d) 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:

Brian Gilchrist
138 Dubois Pl
Winnipeg, MB R3V 1N1
brianwg@mts.net

Executive Meetings

Executive meetings are held monthly. Contact our secretary, Len Chackowsky for details on where and when the next meeting will be held.

You can also contact Len to see Manitoba section's minutes or financial records.

E-mail: len.chackowsky@shaw.ca

Anchor Workshop Trip Report

Continued from Page 1

I was very impressed with the group's attention to safety and their ability to design safe and efficient anchors in a timely manner.

Four of us girls returned to the "Winser Cabin" where we had a meal fit for a "Vegetarian Queen". We spent a wonderful evening telling stories and being serenaded by a 70's special on the Kenora Radio station.

Unfortunately Sunday's club climb saw a return to the all-too-familiar rain we have been receiving this season. I was able to take the girls on a tour of the top of the cliff and point out where the climbs were located and what anchor points I usually use to set up the top-ropes so the day was not a complete loss.

Thank you to Toni for taking care of all the paperwork and organization of people and gear so the day was much easier and enjoyable for me.

ANCHOR TIP:

When setting top-rope anchors I like to use the following acronym to help make sure the anchor is safe:

E - equalized (the force of the fallen climber will be evenly distributed between the anchor points)

A - angle (the angle between all parts of the anchor is less than 90 degrees- preferably 45 – 60 degrees)

R - redundant (the anchor has redundancy built in so that if one part of the anchor fails, there is a back-up - the only exception is the use of one anchor point if you have a very large tree but the webbing and carabineer are still redundant)

N

E – no extension (if part of the anchor fails there is little or no extension in the webbing to cause added

Editor's Note:

Hmmm....newsletter feels a little thin this month, huh? Well, you're probably getting this as a .PDF file, so that probably isn't the correct phrase.

BUT...there is a decided lack of material for this issue. I'd much rather send out a newsletter that is at least 8 pages, but if people don't submit things to me (yes, I know I'm starting to sound like a broken record!)

And it doesn't even have to be complete trip reports. If you found an interesting article on the web, send me the link! I have no problem filling our newsletter with material that is relevant and interesting that is taken off the web (So, no an article on how to fix your washing machine won't be showing up!)

But enough of that! You'll note enclosed a wonderful winter activities schedule , and I have also noted an event on Feb 4th where Don Starkell will be appearing. I highly recommend you attend if you are able.

And for those who were at the Banff Film Festival—what a great night! First sellout ever! And in the words of Ace Burpee ' I want to do everything!'

I personally want to give a special thank you to our local major sponsors of the event. Places like Gord's and Wilderness Supply. After donating a pair of Alpine Skis (Gord's) and a Kayak (Wilderness Supply) last year, they outdid themselves when this year they donated a Bike and a Kayak. Please support all our local sponsors—it would be difficult to put the event on without their help. And again—send me your submissions!!

Are you MountainSexual?

MountainSexual:

Similar to metrosexual but one who lives in the mountains or otherwise pursues the outdoors adventure lifestyle. Kind of a cleaned-up granola, a Woodsy GQ kinda guy with a splash of bohemian. Knows that he doesn't have to look or smell like a dirtbag to enjoy climbing, hiking, cycling, skiing (all forms), snowshoeing, etc.

Probably reads Men's Journal, Outside, Outside's Go, National Geographic Adventure, even Wallpaper* and Dwell.

Brands: Patagonia, Keen, Kuhl, The North Face, Mountain Hardwear, Marmot, Mountain Khakis. Strong environmental ethic. Drives a well-maintained truck, performance SUV, or cross-over when absolutely necessary but walks or rides a bicycle whenever possible.

Works out gym but primarily to be in shape for outdoor pursuits. Shuns chain stores and shops in outdoor specialty stores such as The Trailhead in Buena Vista, Colorado (or Mountain Equipment Co-op).

"For such an outdoorsy guy, that dude sure has great style.

"Yeah, he's a veritable MountainSexual!"

Source: <http://www.urbandictionary.com/define.php?term=MountainSexual>

2011 Winter Activities Schedule

Date	Event	Leader	Contact
Jan 28-30	Winter Survival Course	Simon Statkewich	s.statkewich@gmail.com
Feb 5 & 6	Birch Ski Area Tour Dat		birchmountainsports@gmail.com
Feb 13	Pumpkin Creek Mystery Tour	Peter Aitchison	aitchis@mymts.net
Feb 18-20	Festiglance de St. Boniface	St. Boniface Section	http://www.cesb.net/
Feb 26-27	Riding Mountain National Park Weekend	Peter Muir	pmuir@ladcocompany.com
March 4-5	Bird & Flanders Lakes Food Fest & Ski-O-Rama	Peter Muir Shona Connelly Bruce Ford Barb Ford	pmuir@ladcocompany.com queenshons@hotmail.com bford@cc.umanitoba.ca Barb.Ford@pc.gc.ca
March 6	Castle Rock Ice Climbing	Mick Hawley	lhawley@mymts.net
March 11-13	Wonderland Ice Climbing Weekend	Cindy (Alice) Winser	barequarters@sympatico.ca

Remember to check out the ACC Manitoba section website for any changes or updates to this list. There is potential for a ski across Lake Winnipeg as well this winter. Contact Simon Statkewich at the e-mail address above if you are interested.

For those who haven't heard, renowned adventurer Don Starkell will be the guest on the February 4th Kelly Hughes Live! At Aqua Books. The event takes place at 7pm, and admission is free. Don Starkell has also authored two books about his adventures: **Paddle to the Arctic** and **Paddle to the Amazon**. Don't miss this rare opportunity!

More information can be found at www.aquabooks.ca