



The Chinook

Volume 40, Number 4

April 2005

The next Calgary Section Meeting is on Tuesday April 19th at 7:30 pm
at the Bow Waters Canoe Club Clubhouse, 1975 - 26 Street S.E

This Month:

**Annual Photo Contest and Second Annual Trail Mix/Mountain Snack
Contest**



Sunshine Meadows
By David Mulligan

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**Summer Leadership Course
2005 The North Face - Alpine Club of Canada**

Location: 2005 GMC site - Moby Dick, Battle Range

Date: August 6 - 13, 2005 (8 days)

Guides: Cyril Shokoples, Helen Sovdat

Amateur Leader: Masten Brolsma

Participants: 10

Cost: \$650 + GST (minus \$150.00 Calgary Section subsidy for trip coordinators)

Trip Cancellation/Trip Interruption Insurance: \$67 (includes GST)

*****Deadline for Applications:** May 1, 2005***

The focus of this course will be to identify and exercise key skill sets for summer mountain leadership situations. This course is set in the midst of one of the most demanding places an amateur leader can find him or herself — the ACC’s annual General Mountaineering Camp. Eight days of adventure, planning, and practice will develop each individual’s capabilities in the following areas: rope handling skills; glacier travel; route selection and evaluation; navigation; multi-pitch climbing; rescue systems; group management; personal interaction and enjoyment; and emergency-situation response. All this will be presented in a beautiful alpine location, with the bonus of seeing the Club’s flagship program in action.

For more information, please check the main club website at:

<http://www.alpineclubofcanada.ca/activities/leadership.html>

**Guinness Gully: 20 March 2005
By Paul Masiar**

The name has a nice ring to it; Guinness Gully (245 m, III, 4) is one of the "beer" climbs on Mt. Dennis in Field. Field has had some of the best conditions to be found for ice climbing during the recent spell of warm weather, and thus was besieged by local and international climbers. Guinness Gully is one of the more popular routes. I turned away from it twice this year due to crowding. Ian was the only one of us who had climbed it before.

At the meeting place in Calgary, the four of us hop into Ian's Jeep and head to Field, where we find our access blocked by a long train. We wait, the train waits. When we finally reach the base of the climb, there is no sign of the member who was going to meet us in Field, so we leave a note and make our way precariously up the mountain. You can't see the climb from the road; one has to back track east about 50 m and scramble steep, slippery, icy slope to the base (maybe the crux?) where we find a party of two ahead of us.

We gear up slowly, redistribute the lead gear, eat, drink and chat. The ice is falling down in big chunks, and we are happy to be sheltered from the deadly, hissing fragments. Finally Ian can start, leading up on the right on good ice with good protection and stances. I follow and in some parts the tools refuse to bite -- "Hmm, is it rock I'm hitting?" -- No, just some super hard ice that feels like solid rock.

The second pitch has a good line to the right, which seems easy and leads to a small sheltered cave. However, you get what you pay for; stepping out of the shelter onto the ice is somewhat awkward and intimidating. When I drop a screw, having the radio enables me to tell Ian to lower me two meters to retrieve it. The pitch is short, Ian has his ropes coiled nicely at the belay station and I decide to walk up the snow to the next pitch; the rope drag is enormous. I put a screw in just before I climb over the top, clip the ropes and move again until the rope runs out. When Ian joins me, looking at the final 60 m pitch, we joke that going up the snow slope is the hard part.

We watch the party before us, eat and wait, and wait some more. Up to this point we moved fast; now we watch the ice come down and feel reluctant to move. The final pitch is long; Ian places his first screw high and saves some for later. He moves through good stances, climbs a nice vertical part on good ice with solid protection, tops out, makes a belay station on ice, and it is my turn to come up. This pitch I enjoy; the back muscle spasm which I bothered me on pitch one is gone and I feel free to move in a natural way. I climb, admire the scenery while cleaning the screws and enjoy hooking the ice with one tool while the other is always driven firmly into solid ice. Once I reach Ian we decide to rappel off right away. Ian passes me a long screw and a hook. I build an Abalakov anchor, sling it with blue nylon one inch webbing and bring Ian over. We

thread the rope through two Abalakovs in place, then our blue Abalakov, and back it up with a screw. Ian is heavier and goes down first, I follow after cleaning the screw.

We then wait for Robin and Gerry to climb the pitch. They make it up, rappel down and we all rappel the rest of the route. We pack up, keep our crampons on for the way down, and the talk turns to Truffle Pigs. Truffle Pigs has become our hangout in Field. It serves excellent coffee, pastry, beer, wine and food. We are tired, we all have a desire for good, strong coffee, pastry and in my case – Czech golden beer Pilsner Urquell. Truffle Pigs is the place to be for all these goodies. Going anywhere else seems uncivilized.

After a short break and some talk, we head home. We had a great day, and let me mention we made a climb according to the club schedule. I should explain; I have been on other three climbs this season with Ian where we could not make the intended climb due to the conditions on route. Ian never cancelled. We went out and climbed an alternate route — what more can I say: " Good on you mate".

Participants: Ian Hunt (leader), Paul Masiar, Robin Owens, Gerry Drotar

Healy Pass - Red Earth Creek: February 12, 2005 By Hein Roehrig

This trip was led by Sim Galloway, with Dawn Alina, Lorri Badran, Elisabeth Dupuis, Lisa Lee-Johnson, John and Melanie Peachell, Hein Roehrig, Roberto Salguero, and Nicola (?).

We took off from the Assumption School parking lot in the dark around 6.30am. After a quick stop at McDonald's, we met John and Melanie at the Red Earth creek parking lot. We left Roberto's car there and squeezed into the remaining cars for the short drive to the Sunshine parking lot. On our way there, somebody mentioned that the ski resort was closed for the day because of urgent maintenance on the gondola. Our worry that the road to the parking lot might also be closed peaked when we saw a long line of cars at the highway exit. However, it turned out that those were just downhill skiers caught unaware. A nice side effect of the closing was that we could leave the cars in the valet parking lot next to the trail head. At 9.30am we had our skis on, beacons checked, and were on our way into the back country.

We followed up the Healy Pass trail, carefully crossing the avalanche paths that showed some prior small avalanches higher up – the avalanche risk was "moderate" for below the tree line for the day. As a newbie, I was a bit disappointed at not being able to exercise my risk-assessment skills more, since we passed no more critical places all

day. Our ascent to the tree line went pretty quickly and smoothly. Above tree line the terrain got steeper and we got sidetracked a bit by older tracks of people who had just been looking for a nice run rather than ascending all the way to Healy Pass; our correction involved a few meters of steeper downhill skiing which was fun after we negotiated some roots. From there to the pass, we had no more fresh tracks, so we were really in the back country!

At the top of the pass, we had a great view back to the Monarch, Mt. Assiniboine and Sunshine. Ahead, we had Egypt lake and in the distance we could make out roughly where we should later arrive at Red Earth Creek. We took off the skins, fastened the ski boots, put the bindings into downhill mode, and --better safe than sorry-- put on our shell jackets. And down we went through nice deep snow, at first a bit wobbly after all the ascent. Lisa, arguably one of the best skiers of the group, took the tension out by falling first... but she quickly picked herself up and then raced past the rest of us. From the tree line down to the valley we went through easy bushwhacking along the hiking path in groups of two.

We had lunch on the porch of the shelter at Egypt Lake, with blue skies at +2°C. When we were getting too cozy, Sim got us going again by mentioning that we were some 45 minutes behind the intended schedule. A short discussion about the trail ahead led us to the conclusion not to put the skins on. Indeed, the trail was going "mostly" down, but hey, I had a hard time with those few parts that weren't downhill. Being too lazy to put on skins or wax, I amused the rest of the group with some artistic interludes when my pole went in all the way to the handle just when I really needed it to keep me from sliding backwards... it feels like coyote hanging in the air just before the fall in the Roadrunner cartoon.

At the Pharoah Creek campground we took a small break and Elisabeth went to check out the toilets -- "are they locked?" -- "no, but I would need my shovel to dig free the entrance."

From there the trail became more fun, with steep downhill parts just before sharp turns onto small bridges across the creek. At the corral at the Red Earth Creek junction we regrouped; the fire road down to the parking lot was groomed, but there still were some uphill parts to overcome. It was getting dark and Roberto's car keys were on everybody's mind... triumphantly we all arrived at about the same time, around 6.30pm, just when it began to get seriously dark. While Roberto, Lisa, John, and Melanie went for the cars, the rest of us huddled down in our down jackets, killing time with gadget talk and making plans for future outings.

On our way back, Roberto took us to Beamer's Coffee. While we were ordering, another customer was chatting with the waitress, mentioning that it was quite busy. This made her roll her eyes at us, who had just stormed the cafe when they wanted to close it, at a few minutes to 8pm...

Training & Leadership Program

By Frederic Labarre

The section has organized a Training & Leadership Program through Cyril Shokoples; if you are a Calgary Section trip coordinator, you are encouraged to apply. Cyril is the owner of Rescue Dynamics and is one of the instructors on TNF/ACC National Leadership program. He has been involved with the ACC for more than a decade and knows very well what training is required in the context of a section club trip. The Calgary Section hired Cyril this past winter to instruct two leadership weekends (ice climbing and ski mountaineering) and all participants agreed that these were a huge success.

These suggested summer programs would be a first time trial for the Calgary Section. The participants will be asked to fill an evaluation form at the end of each weekend. However, since Cyril is already doing a similar program for the Edmonton section, we will benefit from a course that has been fine tuned. These training weekends will be an excellent opportunity to advance knowledge and skill base in both the technical and the "soft" skills required for an amateur coordinator. All trip coordinators are encouraged to apply; priority will be given based on participant's contributions to the Calgary section.

Two training weekends have been planned for this coming summer. The first weekend (25&26-June-2005) is for Rock Climbing Leadership and the second weekend (09&10-July-2005) is for Alpine Leadership . Please note that these weekends are not part of a series, but are totally independent from one another. Therefore, should you wish to attend more than one, you need to apply for each weekend you want to attend.

These weekends are free of cost, and are open to six participants. However, you will be asked to pay a deposit of \$175.00 (cash or check). This deposit will be refunded to you upon your participation (cash returned or check destroyed). However please note that accommodation and transportation costs incurred are payable by the participants.

If you are interested, please **submit an application form to Frederic Labarre before Monday 02 May 2005**. No application will be accepted on or after that date. The Training and Leadership Committee will inform you before Tuesday May 31 about whether or not you have been accepted.

To see the course description, or for the application form, or for more information, please contact the T&L chair, Frederic Labarre via the contact info at the back of the Chinook.

New Coordinator Evening

By Frederic Labarre

The responsibility of coordinating a trip is a hard task, but it can have great rewards. It gives the experienced mountaineer an opportunity to pass along all the things learned over the years: how to organize the trip, how to set a measured pace, how to read terrain and pick out a route, how to communicate with people. We do not climb because we must; we climb because we love mountains. A climb coordinator helps others enjoy the sport, and that can be deeply satisfying. Anyone who has technical skills, confidence, and a sincere interest in the party's welfare can succeed as a coordinator.

Just as every climbing party needs map and compass, every trip needs good coordination. The coordinator's goal is to help the party have a safe, enjoyable, successful trip, with minimum impact on the environment. A coordinator must be experienced, with technical skills appropriate for the climb, but does not necessarily need to be the most experienced in the group. A coordinator should be in good enough shape to keep up, but need not to be the strongest in the party. A coordinator does need an abundance of good judgment, common sense, and a sincere interest in the welfare of the entire party. Interested...???

The Calgary Section is always looking for new keen trip coordinators. If you are an Alpine Club of Canada member and haven't led section trips yet but have participated in a number of section trips, then maybe you would like to get more involved by coordinating a trip yourself. The Training and Leadership Committee will organize a New Coordinator Evening to prepare you for your first trip and to answer your questions.

This year the evening will be happening on Wednesday May 04. During that session, topics like forming the party, preparation/planning, equipment, group and time management, waiver administration and emergency response will be covered. For more information and registration, please contact Frederic Labarre (see back of The Chinook).

Rock Rescue Workshop

By Frederic Labarre

The section has organized a Rock Rescue Workshop through Rob Davidson. Priority has been given to Calgary Section trip coordinators, but members are also encouraged to apply.

Date: Tuesday May 03 (First Tuesday of May).

Length of Workshop: 3.0 hours, from 19:00 to 22:00.

Prerequisite: You should be familiar with:

Belaying,
Knots, and
Tying rope into your harness.

Gear Required: rock shoes, harness, three locking and three non-locking carabiners, two cordelette (prusik), slings, climbing rope.

Waiver: As usual for club events, the ACC waiver will have to be signed so that you can participate.

Reservations are on a first-reply-first-served basis, so the first sixteen people to reply will be the lucky ones. Once I (Frederic Labarre) receive your reply, I'll let you know whether or not you are part of the first sixteen people. Please contact me by email (the address is on the back of the Chinook). If you are not part of the first sixteen, you will be automatically on the waiting list.

The workshop is free of cost. However, a cheque/cash deposit of \$30.00 will be required to secure your spot. From the time you receive the email confirming that you are signed-up, you will have one week to send me your deposit (by mail or in person). Once you attend the workshop, the deposit will be destroyed (cheque) or refunded (money).

GEAR FOR SALE

ROCK SHOES - LaSportiva Focus size 41 (excellent condition) \$125

THIRD TOOL - Simond Super Fox hammer with spare pick \$95

call David at 240-0925

French-Haig-Robertson Circuit: 12 March 2005

By David Mulligan

Although our fearless new leader, Sim Galloway, had warned us earlier in the week by email that the Robertson Glacier was wind scoured with bare ice in places, six keeners assembled for this trip. She had suggested that we pray for a little new snow, and someone must have had good divine connections, for after several weeks of drought, that is what we found.

We left the Burstall Pass parking lot at 8.45 am and proceeded (after the customary transceiver check) up the hard packed trail towards French Creek. The temperature was just below freezing, where it remained all day. Most used skins from the car and we were soon plodding our way up the French Glacier in cloudy weather and a few flurries. Approaching the Haig we were passed by two separate groups of three, with one member in a desperate hurry to be in front. We speculated on how much coffee he had drunk, but were willing to let him break trail in the few centimetres of overnight snow. Lunch was a quick affair in the wind shadow of Mt. Robertson, before we descended to the base of the Haig-Robertson col. Here our greyhound elected to post hole and most followed his excellent steps, though a few cut a new steep uphill ski track. Although it was still windy the cloud was now lifting to present glimpses of the surrounding vista.

Skins off, we maneuvered either left or right around the corniced col to regroup out of the wind 50 metres below and contemplate the ski descent. With some snow and improving visibility it looked good, certainly far better than the forewarned bare ice. Most found it an enjoyable descent, especially those on AT gear, but this author struggled somewhat with the patchy terrain. After several breaks to admire the improving views of Mt Birdwood (and let me catch up), we regrouped on the gravel flats for a waxing session given by Ben. Thus prepared, we traversed the lake to rejoin the hard-packed Burstall Pass trail and reach the cars by 4.15 pm after 20km, 1300m vertical, 7.5 hours in good company, fair warm weather and decent snow. We were back at our meeting place, Assumption School, by 6.00 pm. (The old Valley Ridge Esso parking location is under reconstruction and mostly blocked off by concrete bollards).

Participants: Sim Galloway (leader), Ben Stephenson, Elisabeth Dupuis, Alan Hardy, Russ Wilson and David Mulligan (scribe).

Leading in "EARNEST"

The 2005 Ice Leadership Course with Cyril Shokoples

By Stacey Karalash

A warm sunny weekend near the end of January found six of our Calgary Section ice leaders at the Shunda Creek Hostel near Nordegg, eagerly anticipating the start of the Calgary Section's brand new ice leaders course. Cyril was an excellent guide for our weekend of learning and adventures, and often related "key learning moments" back to articles he has published. To borrow an oft-used phrase from Cyril, I'd like to share with you some of the tricks and tips we learned... in *EARNEST!*

E- Enjoyment Factor. First and foremost it is all about having fun out there! Keeping the trip within everyone's limits keeps the enjoyment factor high. Take timely rest breaks to allow people to eat/drink/undress.... And not sweat too much!

A- Anchors. There are many different ways to skin a cat - or set up an anchor. No one anchor is right in every situation, and we experimented with many different styles in different situations. The resounding theme was that anchors need to be simple and safe.

R- Rappels, and how to make them quick! Cyril spent a lot of time talking about rope management being the key to maximize group efficiency. We all became 'converts' when Cyril demonstrated that he could get our group of seven down two consecutive rappels in under 30 minutes total. We were all astonished. And it all comes down to being organized - with the group and the ropes!

N- New Ideas. Personally I have learned a bunch of new tips that I can incorporate into my climbing and leading. Ever tried rapping off one loop of your daisy chain instead of your belay loop? Using the 'shelf' of an anchor to clip/belay from to leave the master point less crowded? Belaying someone new to rapping from above on one of the 2 ropes? Stacking ropes in light rope bags between pitches and for clean rappel throws? Being belayed from below on rappel to save the time of each person setting up a prus-sick for a back-up?

E- Efficiency. Cyril demonstrated on more than one occasion that it is not the speed of climbing that gets you up and down a route quickly, but the rope management and group management that the leader exhibits.

S- Safety, of course! Tying for the "First and Foremost" category. Being redundant in everything you do. Setting up a quick hand line across a tricky part of the scramble ap-

proach may actually save time getting a group across that section. Cyril ended the day by asking us each to name one thing that we could have done to make things safer on that day.

T- Time! Cyril taught us that the most important and memorable part of a participant's day out is the first 15 minutes and the last 15 minutes of the day. Pairing the right people together for the approach and descent (quickies with quickies), getting to know a bit more about your group, and making sure no one gets left behind are what makes or breaks a club trip in the eyes of many participants.

The real deal, Cyril's article "Anchors in Earnest", can be found on his website at <http://www.rescuedynamics.ca/articles/article.htm> Check it out! Thanks to Cyril for the great weekend, to Frederic Labarre for organizing it all for us, and to Mark Lane, Kevin Couture, Scott Montgomery, Tom Fransham, and John Greco for the companionship and co-leading!

NEW MEMBERS

The following new members joined the Calgary Section of the Alpine Club of Canada in March 2005. We hope you will come to the next meeting of the section. When you do, introduce yourself to Angela Pocsik, who looks after membership services — she can answer your questions about the section and may even have some goodies for you.

Paul Astley	Robin Dargie
Carolyn Fisher	Matthew Gibson
Veronica Jarlehag	Reid McDougall
Michelle McGarry	Gord Percival
Dave Watt	Mark Whiteside
Sarah Wilson	Janet Dargie
Brenda Watt	

