



# OUTCROPS

The Alpine Club of Canada  
Thunder Bay Section

Winter 2009



## Women's Rock Climbing

-Adrienne Johnston

On October 28, 2009, some of the girls in the club had a Girls on Rock day led by Adrienne Kidd and Jenn Chikoski. The day began with breakfast at the Hoito and then proceeded onto Silver Harbour for a few hours of cold, but good climbing. The girls were given an opportunity to work on a variety of skills ranging from bouldering and top-roping (for those of us that can't lead climb yet, we had to get to the top somehow) to learning how to rappel safely and to properly place trad gear. Everyone involved was able to climb various routes that were suitable for the beginner to the advanced climber, and received a lot of feedback on the problems; and, learnt a variety of ways of tackling the problems that were set up.

In addition to improving our climbing skills, the day provided an opportunity for several new club members to get to know one another, and to pass on information on things to do around Thunder Bay, in addition to climbing information. Unfortunately, the wind had quite a strong nip in it, but we managed to

climb for three hours or so. Although this seemed like a relatively short period of time, everyone involved was really satisfied with the climb that took place, and the organization of the day by the trip leaders, to such a degree that there are already talks about another Girls on Rock/Ice day.



### *Note from the Section Chair*

Usually, around this time of year, I start drafting up my words for Outcrops beginning with some reference to how it's already winter, and how great the ice has been – not this year though! It certainly does seem like things are about 3 or 4 weeks late this season, and as I write this I'm finally getting my hopes up that the season will finally be underway on the weekend. It has seemed like the weather forecast has been a cruel joke through the month of November. But, if the cold temps and snow persist, we could be in for a great season – work has had me passing through Orient Bay frequently, and the water levels definitely seem to be up this season.

Before getting carried away with winter, I'd like to extend a sincere thanks on behalf of our membership to all those volunteers who kept things moving along through the autumn. My own involvement in our Section's activities was limited this season due to getting married and our subsequent honeymoon. While I really missed getting out with the club this fall, it was reassuring to see just how well the Sections events ran without my participation. As always, I continually received great comments from our members about how well our events ran despite challenging weather this fall, and the generosity of our volunteer leaders' time did not go unnoticed by our membership. Congratulations again to all of you on a job well done! In particular, thanks Andrew Dubinsky for picking up the Tuesday night climbing torch, as

well as being our core trip leader on many of our fall events (not to mention managing the clubs equipment and inspections). Thanks also to Reid and Gloria for putting on another great GPS Social, and for their generous prizes to participants (if you missed out, you missed out!). Jenn and Adrienne did another great job on the Women's Day, and of course we owe Frank a big thanks for organizing the whole schedule (again). I've always believed that you get out of your membership what you put into it, and these folks are certainly getting lots out of it by any measure.

For those looking to get involved in helping run our winter events, and those already committed to doing so, please do your best to attend our Winter Trip Leaders' Day in early December. For those just starting to give back to the Section, this is a great day out to help review/develop some of those technical and basic rescue skills, as well as gain a solid understanding of our trip leaders' roles and responsibilities on winter events. Even though I run the day, I always find I learn something and it's a great way to dust off the cobwebs a bit on both soft and hard leadership skills.

To our membership – sign up quick! Our winter events schedule is always a popular one, and we always have waiting lists for our more popular events. Be sure to read the requirements for the different difficulty levels, and if you're not sure, phone the contact for the event to see if it's right for you. And please, if you're interested in helping out in any way, don't hesitate to let one of us know! Be sure to read through this edition of Outcrops for details on some of the bigger events we're putting together for next winter, spring and summer!

Also, remember that winter climbing takes things up a notch in the hazard department, so be sure to pay extra attention to your basic safety gear (helmets!!), falling ice, temperatures, cold and general conditions.

Writing this has gotten me fired up for the winter, and I look forward to seeing familiar faces and meeting new members at our winter events.

- Nick Buda

## ***GPSocial – Geocaching, Pot-Luck and Slide Show***

- Frank Pianka

Unlike last year, the weather on November 7<sup>th</sup> was perfect for hiking the trails south of Mt. McRae in search of the geocaches that Reid and Gloria hid for us. Before we started we had to do a little GPS 101 – “What’s the datum for these coordinates? Is NAD 83 the same as WGS 84? Should we set magnetic variation (aka declination) for true or magnetic? Why isn’t this arrow pointing the right way to go?” Once under way, we grunted up the same trails that Reid and Gloria used to train for the Aconcagua trip they are currently on. (While you are reading this, they are likely in Argentina, “enjoying” the challenges of altitude on Aconcagua.) The first four temporary geocaches contained delicious treats that we hoovered to fuel us for the rest of the hike. The last cache, which is posted on [www.geocaching.com](http://www.geocaching.com) is a genuine geocache complete with log-book and some nice rewards for finding it. It’s on a rise of land overlooking Loch Lomond (the lake, not the ski hill) - a perfect spot for a lunch stop. Remember the protocol for geocaching – take something only if you leave something. If you’ve ever seen the trail systems south of the Nor Westers from the air, you know how easy it is to get lost back there. Have a back-up GPS and pay attention to landmarks if you venture very far on those trails. The evening featured a deluxe pot-luck dinner and slide show on the last ACC General Mountaineering Camp which Nick worked at as a volunteer guide. If you are looking at getting into serious mountaineering, the GMC is probably the most efficient way to do so, and you don’t have to be an expert mountaineer to attend. There’s something for all experience levels and the quality of the services, both guiding and culinary, are legendary. Nick’s photos captured the spirit of the camp and its stunning setting. Give him a call if you want to know more about attending the annual GMC.

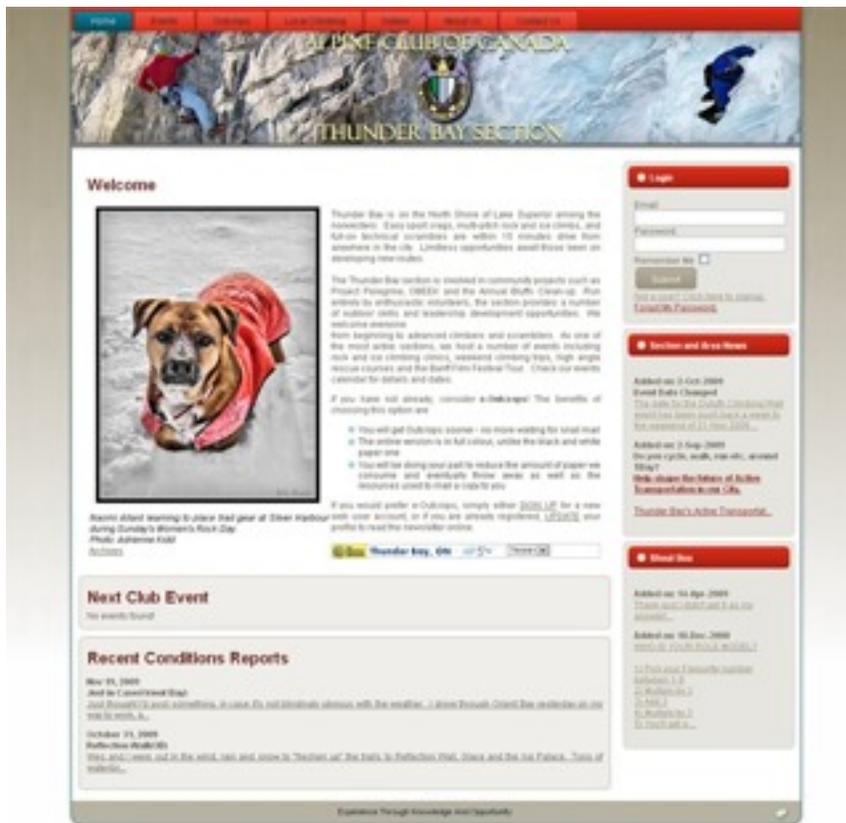


**New ACC website:**

- Wes Bender

Hopefully by the time this newsletter goes to print I should have the last of the bugs worked out of the new Section website. This build has been a labour of love. Well, if you count cursing and throwing objects across the room love, then this build certainly fits that mold. I am not sure I even logged this many hours with my fly rod this summer.

Our site showcases one of the busiest ice conditions reporting applications east of Calgary as well as a fine example of New Route cataloguing. The site also features a Gear Swap where web users can post information about gear they have for sale. Last but certainly not least is our photo galleries. Web users can upload photos of recent outings for everyone to enjoy. Some **NEW** additions to these popular applications are:

**Message Centre**

This application will allow ACCTBay users to communicate with other ACCTBay users. Of course you also have to have a valid web user account before you can use this feature.

**Shout Box**

This application will allow web users to post messages for the general public to see. These messages can be for lost and found, finding a climbing partner, etc. I was a little hesitant about this application at first so if there is any mis-use it will be removed.

**My Profile**

Some additions to "My Profile" will allow web users to track their content. You can quickly find your Condition Reports, New Routes, Gear, and Shouts.

I hope everyone enjoys our new communications portal (That's nerd word for "Website") and finds it useful. Feedback, positive or negative, is always welcome.

[www.acctbay.ca](http://www.acctbay.ca)

## ***Section Mountaineering Camp – Summer 2010***

Our Section's first-ever mountaineering camp was done jointly with the Manitoba Section two years ago at Lake O'Hara. By all accounts, the camp was very successful and there has been a lot of interest in doing another. The time is right, and next summer we'll be offering another opportunity for our Section members to experience mountaineering in the Canadian Rockies.

The Summer 2010 camp will be based out of the Neil Colgan Hut in the Valley of the Ten Peaks. This area will afford us a wide variety of moderate mountaineering objectives, ranging from short scrambles right outside the hut, to glacier objectives, to absolutely classic north-facing summer ice routes. This will make it easy for us to achieve our primary goal of introducing beginning mountaineers to the alpine, as well as providing interesting objectives for our more experienced participants. The hut itself is located at 9700 feet above sea level, and is actually the highest habitable structure in Canada. Getting to the hut will be a full day adventure itself, and will put us in striking distance of several 10 000' peaks.

As this edition of Outcrops goes to press, we are still finalizing the dates and details of the camp. A detailed notice will appear on the Section website in mid-January. We're planning to accommodate up to a dozen section members, including trip leaders. The camp will last 6 days/5 nights, beginning on a Sunday and ending on a Friday to allow time for participants to travel to and from the mountains. It's likely to take place in July.

Section members interested in participating should let Nick know via email asap ([nick.buda@gmail.com](mailto:nick.buda@gmail.com)) to ensure the information package is sent directly to them in addition to it being posted on the website. Once the camp details are finalized and posted on the website, a cash deposit will be required to secure a place on the camp.

If you've ever wanted to give mountaineering a go, this is your chance!

### Editor's Corner:

Once again I want to thank everyone for their contributions to the winter issue of Outcrops. A friendly reminder to everyone: consider getting your photos, stories, favourite climbing memories into the next issue of Outcrops! Email me by April 1, 2010.

### Executive Directory

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### **\$20 Brain Bucket Bucks Back for Thunder Bay Section Members \$20**

If you are a Thunder Bay section member starting to accumulate gear but you have been putting off the purchase of a climbing helmet, here's an offer you just can't refuse! Purchase a new climbing helmet of your choice from the Wilderness Supply Store and get twenty bucks back from us with a pat on the head for making such a smart investment. This offer is to encourage members to get a brain bucket and to use it! To qualify you must:

- Be a paid up member of the Thunder Bay section of the ACC at the time of purchase. (Named on our mailing list.)
- Be buying a helmet for your own personal use. (One per membership, whether single or family)
- Make your purchase before March 31, 2010 and ask to sign the ACC "Bucks Back" list at the store.
- Be able to show your proof of purchase receipt.
- Cheques will be mailed out before Christmas. Climb Safe!

### **Climbers - Keep off the road!**

In order to extend the good relations between ice climbers and law enforcement, we are asking everyone to please bring a shovel and make sure your vehicle is totally off the traveled portion of



the highway in Orient Bay. I have already been stopped and was asked to warn other climbers of the ticket they will receive if they get caught with their vehicle on or over the white line. Just a reminder that parking in Orient Bay has been a sensitive issue for some years now, so let's do all we can to prolong the good relations. Bring a shovel and dig in. PS no parking on corners either.

- Wes Bender

### **Did You Know?**

The ACC is a member of the UIAA, the international voice mountaineering in all its dimensions. You will be hearing more about the UIAA, especially as leadership practices are standardized around the world, and you can follow developments in all things mountaineering by subscribing to their online newsletter here: <http://www.theuiaa.org/newsletter/November2409.html>

### **Recipe File: Backcountry Cheese Cake**

*-submitted by Adrienne Johnston-*

1 packet Jello instant cheesecake pudding./pie filling

½ cup powdered milk

1 tsp. lemonade crystals

Dehydrated sliced strawberries or fresh huckleberries

1 package graham crackers

At home, premix Jell-O pie filing, lemonade crystals, and powdered milk. While getting dinner ready, add 1 cup water (according to package directions) and let sit if it's a cool evening. If weather is warm, put cheesecake mix a water bottle and float it in a creek (make sure to tie it down first!). Top with dehydrated strawberries or fresh huckleberries and scoop up the mix with the graham crackers.

### **Go Green! Sign up for Paperless Outcrops!**

We encourage all section members to sign up for a new web user account, or if you are already registered, update your profile to read this newsletter online. As an environmentally conscious section, we want to reduce the amount of paper we consume and eventually throw away, along with the resources required to mail your copy. So, choose a paperless newsletter. Visit [www.acctbay.ca](http://www.acctbay.ca) to change your profile.

## ***Tuesday Night Climbing at the Bluffs***

- Andrew Dubinsky

The rock climbing season finished a lot better than the way it started. We were lucky to only cancel 1 or 2 nights due to rain and had an attendance that varied each night. There were as few as 3 people out climbing and the busy nights had over 25 people looking to get laps in with quite a few new faces learning the ropes. Besides climbing skills, members were able to learn about top anchors, top rope belay systems, rappelling, and even a few self rescue scenarios. Self rescue skills may be needed if your rope got stuck while being lowered from a top rope. These skills learned helped build the confidence of the club members to either get out climbing on their own, or to progress their skills up a notch so they could enjoy the more advanced outings that the club has to offer. For those that are unaware, most nights finished off with a well deserved after climbing drink or two at the Mad House. **I would like to thank all those who helped with the set up, tear downs and belays over the fall season, it was greatly appreciated.**

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## ***Palisade Head in the US***

-Andrew Dubinsky

The attendance on this one seemed a little sparse, because of the weather, at the beginning but I was determined to go no matter what. If I

did not get to climb, then I was going to explore one of the 5 different climbing areas within a short distance from each other for future reference. I was lucky enough to have two lovely ladies join me on the trip, Naomi and Erika. The morning we planned on leaving we woke up to a snow storm that made the roads very slick in the Thunder Bay area. Since we were determined to go, the departure time was pushed back until 9:00AM to let the road crews put some salt on the highways. I was studying the weather and looked at the Lutsen Mountain live weather camera and to see what we were in for. To my surprise the skies were clear south of the border and no precipitation had fallen at the Palisades. Away we went and besides seeing a flipped over Nissan Titan at the top of Mount Josephine, the roads were not bad. The three of us registered at the Tettegouche State Park office, a must if you want to climb, then drove the last 5 miles to Palisade Head. The strenuous hike in of 50 feet to the cliff edge from the car was a killer but we made it. An off shore wind made us hunker down behind the rocks to stay warm while the sun did its part to keep us warm. With the short 30+m free hanging rappel down to the bottom of the cliff edge we had no choice but to climb back up to the warmth of the sun while on top belay. After a lap each on Blue Bells (5.9) and Quetico Crack (5.8) we drove to Grand Marais for organic great tasting food from the Gunflint Tavern. Thank you girls for coming to play with me in the great outdoors and for keeping me company.

## **Banff Mountain Film Festival World Tour**

Sunday January 24, 2010

The nineteenth annual festival is back at the Community Auditorium with world class mountain films.

Symposium and displays at 6:00pm, films at 7:00pm. Door prizes!

Tickets make a great Christmas gifts and are available now at the auditorium box office, or Ticket Express (684-4444) - one price - \$14 while they last (plus ticket handling fee)



The Thunder Bay Section of the Alpine Club of Canada  
is proud to present

## ***The 8th Occasional Invitational Ice Climbing Weekend***

**"REACH FOR THE STARS"**

**February 19th, 20th, 21st 2010  
Thunder Bay, Ontario**

Alpine Club of Canada members, particularly those from more "vertically-challenged" areas are invited to Thunder Bay for a fun-packed weekend of socializing and climbing the WORLD CLASS ice Ontario has to offer.

Here's how it works - you will need to arrange travel to and from Thunder Bay and we will take care of the rest. We will provide transportation and accommodations during your stay in Thunder Bay. We will have billets arranged to accommodate everyone for the weekend.

### **Schedule of Events**

**Friday, February 19th**  
Early arrivals go climbing at local venues with Tbay Section members.  
Majority of arrivals meet at Wilderness Supply Co. (gear shop) by 7:00pm  
7-9pm - Welcome icebreaker, eats and treats, waivers, plans for weekend, boot/gear rentals if needed, and... an ACC members only SALE at the gear store!

**Saturday, February 20th**  
Climb until you can climb no longer, then climb some more. Venue TBA as condition dictate.  
7pm / ? PARTY, dinner, slideshow, plans for Sunday

**Sunday, February 21st**  
MORE climbing at various locations TBA  
Late afternoon evening - events wrap up and airport drop-offs/departures (hugs, kisses, tears).

**To register or for more information contact:**

**Wes Bender**  
**Thunder Bay Section Vice Chair**  
**1.807.627.9583**

[This is a call to all Thunder Bay Section members to see who would like to be a part of this fun weekend and lend your couch or spare room to some visiting climbers from other ACC sections. Please contact Wes (627.9583) if you would like to help out.

### ***Spring Leadership Course***

In late April 2010, our Section will be offering a weekend leadership course free to Section trip leaders. The course will be facilitated by Cyril Shokoples, an internationally certified mountain guide, past president of the ACMG, regular instructor on ACC leadership courses (including the TNF/ACC leadership course held each year at the GMC) and general mountain leadership guru. The two-day seminar will be offered on a Saturday/Sunday (April 24-25, 2010). Our intent is to build on the series of one-day workshops our trip leaders do prior to the commencement of our rock and ice climbing events each year, with a bit of a focus on the mountaineering environment in preparation for our next Summer Mountaineering Camp. The primary goal of the seminar will be to assist our Section trip leaders (or aspiring leaders) in developing the skills necessary to safely plan, coordinate and lead Section outings. The weekend will consist of a mix of classroom style learning and facilitated group discussions, with a possible evening hard-skills session on either the Friday or Monday evening. Participants can expect a couple of very long days, but they will be very worthwhile. Final details should be on our website by mid-January, and will also appear in the Spring 2010 Outcrops edition. Don't hesitate to call Nick for more info (683-6421).