

AVALANCHE ECHOES

THE WADDINGTON ADVENTURE + Travels in Peru

6 VOCers spent a month slogging into and around the Waddington range by kayak, boot and ski. They took some photos, so they'll give some slideshows.

**TUESDAY, MARCH 22ND
7:30 PM**

Have you always wanted to go to Peru? Well...so did our very own ACC'er, Jay MacArthur.

**TUESDAY, MAY 24TH
7:30 PM**



ACC VANCOUVER SECTION

The club meets monthly, usually for a slide presentation, at the Floral Hall in VanDusen Gardens, W 37th and Oak St., at 7:30 PM on the fourth Tuesday of the month, except in July, August and December.

www.accvancouver.ca
info@accvancouver.ca

Mailing address:
ACC Vancouver Section,
c/o Federation of Mountain Clubs of BC
130 W Broadway, Vancouver, BC V5Y 1P3

ANNUAL MEMBERSHIP DUES

Single \$ 41 / \$ 51 *
Family \$ 61 / \$ 71 *
Junior (under 18) \$ 31 / \$ 41 *
*Includes postal delivery of the
Avalanche Echoes

NATIONAL ACC OFFICE

For new memberships and renewals,
changes of address or other details,
and booking huts, contact the ACC
National office directly.

www.alpineclubofcanada.ca
info@alpineclubofcanada.ca
403-678-3200, 403-678-3224 (fax)
P.O. Box 8040 Canmore, AB, T1W 2T8

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Editor: Brad Badelt, 604 742 1711
echoes@accvancouver.org

SUBMISSIONS

We encourage submissions of
writing (txt, rtf and doc formats),
photography and drawings (jpg, tif,
png). Email your submission or call
the editor. Deadline is the 20th day
of the previous month.

ADVERTISING

Advertising shall be accepted at the
discretion of the editor. All advertising
shall be for products or services
of direct interest to our membership.

EDITORIAL POLICY

Suitability for publication is at
the editor's discretion within the
guidelines of the Section Executive.
Articles may be edited for clarity or
to fit the available space.

executive

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WEB ADMINISTRATOR
Kayla Stevenson 604 619 7978

ALPIN-E-R EDITOR
Steve Burgess 778 229 3448

NEWSLETTER EDITOR
Brad Badelt 604 742 1711

NATIONAL CLUB REP (2 YEAR POSITION)
Rob Brusse 604 732 7730

FMCBC REP
Antje Wahl

GRAPHIC DESIGNER
Iwona Erskine-Kellie 604 351 4891

committees + special projects

BEST OF BANFF COMMITTEE
Rob Brusse 604 732 7730

CAMPS COMMITTEE
Mike Thompson 604 534 8863
Lynn Erickson 604 224 4883
Don Serl 604 872 4244
Rob Brusse 604 224 0747

TANTALUS AND HABERL HUT BOOKING
Ron Royston 604 687 2711

HABERL HUT COMMITTEE
Liz Scremin (acting) 604 921 2651
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"It may seem absurd to believe that a 'primitive' culture in the Himalaya has anything to teach our industrialized society. But our search for a future that works keeps spiraling back to an ancient connection between ourselves and the earth, an interconnectedness that ancient cultures have never abandoned." ~ Helena Norberg-Hodge

ANNOUNCEMENTS

Help Wanted To Form Friends of Garibaldi Park Group

Many of you probably know that concerned citizens sometimes form a group to help manage their local park, such as Friends of Cypress Provincial Park and Friends of Strathcona Park. There is no such group to help manage our most famous and spectacular local park, Garibaldi Provincial Park. The mountain climbing community was instrumental in having the Garibaldi area made into a park, and the area still needs our help, because as history has shown, parks are not inviolate.

In this province, funding for our parks has been declining for over 10 years and the infrastructure, such as trails, bridges, toilets, and access roads, is deteriorating. The government has liability concerns about volunteers maintaining trails but this problem is being addressed and hopefully will be resolved. Remember that 2011 is the Centennial year for BC Parks, and we hope that the expected publicity will represent a turn-around in current government policy.

Of all our provincial parks, some of us feel that Garibaldi Provincial Park is particularly vulnerable to encroachment that could affect its integrity. This vulnerability is largely due to the park's proximity to areas of urban development and established recreation corridors, and there are a number of different stakeholder groups with interests in and around the Park. These groups include the proposed Garibaldi at Squamish Resort, which has a proposed border immediately adjacent to the western border of the Park, the proposed snowmobile route along the Garibaldi Neve Traverse, potential further expansion of Whistler-Blackcomb Resort and heli-skiing in the Spearhead Range. In addition, the Park Master Plan is very likely to be opened for review in the near future which could present many opportunities as well as problems. At present, there is no official group set up to protect the Park from these potential encroachments and we feel this must be rectified.

In the meantime, a retired park area supervisor is looking for volunteers to contribute to at least one specific local on-the-ground project, such as the Black Tusk Meadows Trail, where there is an urgent need to control erosion. Please see the video at <http://www.youtube.com/watch?v=2EP8ml3nar8>

If you are interested in helping in any manner whatsoever with this project, eg fundraising, physical trail work in the park, publicising the problem, etc., please contact Jodi at admin.manager@mountainclubs.org

Sign up For Athelny Pass Summer Camp!

Helicopter into this amazing area that offers something for everyone - easy hiking/ scrambling to classic alpine ice and rock. Three one-week camps are being shared with Vancouver Island section members, with room for 14 people each week. The dates are July 23 - 30, July 30 - August 6, and August 6 - 13. If there is significant demand, there may be a fourth week.

Athelney Pass is a remote site east of the Lillooet Icefield, at the head of Salal Creek. On the east side of the Coast Range, it enjoys a dry climate. At 1,800m, it is surrounded on the north side by rolling glaciated peaks like Mt Ochre (2,500m) that are easy scrambling. On the south side of the valley, a line of peaks (Ethelweard (2,700m), Guthrum and Icemaker) are surrounded by crevassed glaciers that offer classic alpine snow approaches and long dry ridges on granite-like rock.

Attendance is open to both the Vancouver and Vancouver Island section members of the ACC. This is a self-catered, unguided one-week camp for \$500 (no HST) covering 2-way helicopter flights and camp gear. Places can be reserved by emailing Martin Smith and making a cheque out to Alpine Club of Canada - Vancouver Island Section and sent to Martin Smith, 738 Lands End Road, North Saanich, BC V8L 5K9. Money talks. The sooner you send it, the sooner you are sure of a place. On the back of the cheque, write the preferred week, your phone number and your email address so your place can be confirmed promptly.

The refund policy is simple: if we/you can find a replacement, you get your money back. So, cancel early and you'll have a good chance of a refund. Cancel late and you're likely out of luck. Sorry, no exceptions. Check the ACC Vancouver web site for more details.

PERFORMANCE NUTRITION FOR WINTER SPORTS

By Dana Lis

Training in cold weather can place additional physiological strain on your body. Here is my secret No Bake Energy bar recipe to get you fueled up for your next big ski or snowshoe day.

No Bake Oatmeal Peanut Butter Energy Bars with Craisins and Almonds:

2 1/2 cups quick oats or old fashioned (uncooked)

1/2 cup toasted wheat germ

1/2 cup dried nonfat milk powder

1/2 cup dried cranberries (or other dried fruit coarsely chopped)

1/2 cup lightly salted roasted almonds (or other toasted nuts or seeds)

1 cup natural-style nut or seed butter

3/4 cup honey

1/3 cup dark molasses (not blackstrap)

1 tsp vanilla extract

1/4 tsp ground cinnamon

1/8 tsp salt

Line 9x9-inch metal baking pan with foil; spray with nonstick cooking spray.

Mix oatmeal, wheat germ, milk powder, dried fruit and nuts; set aside.

Place nut butter, honey and molasses in a large saucepan. Stir over medium heat until bubbly, melted and smooth, about 1-2 minutes.

Remove from heat. Stir in vanilla, cinnamon and salt. Mix in cereal mixture until well blended.

Transfer mixture to prepared pan. Using a large square of wax paper or foil, press mixture firmly down into pan.

Cool completely. Remove bars using foil overhang and then cut into 16 bars or squares. Tightly wrap each bar in plastic wrap.

Cal: 227 kcal Fat: 8 g Carb: 35 g Pro: 6 g Fiber: 3 g

If you have any questions please contact Dana Lis, Sport Dietitian, RD, BSc., IOC Dipl. Sport Nutrition. Dana is originally from Vancouver but currently resides in Lake Tahoe, where it snows 8 feet overnight and is sunny 300 days a year! She is a dietitian to several Canadian National and Provincial team athletes with the Canadian Sport Center Pacific and owner of Summit Sports Nutrition. Email: info@summitsportsnutrition.com

Website: www.summitsportsnutrition.com



UPCOMING SOCIALS

22 MARCH 2011

Line Lund Christiansen: Waddington

Last May, six VOC'ers rammed a month's worth of food along with all their ski touring and mountaineering gear into (and onto) three tandem kayaks and paddled up Bute Inlet. 100km of paddling and 45km of logging road sloggling later they arrived in the Waddington Range. Come to listen to their tale about kayaking, sloggling with heavy packs, bear encounters, endless flat glaciers, climbing big peaks, and a solid mix of "fun at the time" and "fun in retrospect" while doing the Waddington Range the old fashioned way - the classic coastal trip.

24 MAY 2011

Travels in Peru

Have you always wanted to go to Peru? Well...so did our very own ACC'er, Jay MacArthur. Jay has been a member since 1973. He has climbed countless mountains, skied just as many in BC, Washington and abroad. Jay has worn a number of hats as he's volunteer his time to clubs and causes around mountaineering and conversancy. He a strong ACC promoter and leads courses and not to mention trips. Come join us, as Jay spins the story of his adventure in Peru.



DAY IN EL POTRERO CHICO

Story by David Hiscock

Photos by Iwona Erskine-Kellie & David Hiscock

It's 6:00 am. The rooster I hear through an open window has been crowing for at least an hour... cock-a-doodle-dooooo!!! cocorico!!! or however it is in Spanish... We get up, making sure to pack plenty of water and sunscreen; a hot day in February in El Potrero Chico can easily hit the mid 30's.

Our guide, Ande, meets us outside our room. Estrellita, our chosen route, will be the first long multi-pitch climb that Iwona and I have done together. Unsure of how long we'll be out, we pack enough food to feed the Polish army.

Fifteen minutes later, we've hiked to the base of our climb. Ande leads the first pitch, a stinger of a 5.9+, which brings us to a small ledge overlooking the road that we walked in on only half an hour before. The limestone is steep, but riddled with features that make for amazing face climbing. The next pitch is a beautifully exposed traverse along a ledge (called the "Dog Walk"). Iwona manages to stomach her vertigo and moves smoothly across the pitch; I follow soon after.

The climbing eases for the next few pitches as we work into a corner system that will take us to the top of the ridge. Ande begins linking pitches (easily done with the predominantly bolt-protected pitches in the Potrero), which speeds up the climbing

significantly.

The crux pitches, which fall towards the end of the route, turn out to be great, fun climbing. Many Thursday nights spent in Squamish pay off, as we jam feet and fists into a wide crack and make our way towards the top.

After only four hours, we pop onto the ridge to snap photos of a palm tree that marks the end of the route (and the top of every ridge in the Potrero!). The 12 pitches (almost 1200 feet of climbing) have gone far too quickly. We eat a bit of lunch in the hot sun before starting our descent. Five long rappels down the opposite side of the ridge (the route is too loose to safely rappel) take us to the bottom of a canyon from which we start our hike back.

Twenty minutes and 30 pesos later, we're each enjoying a 1.2 litre caguamón of Carta Blanca beer. Just another day in the Potrero!

"El parque recreativo Potrero Chico" is located approximately 30 km north-west of Monterrey, Mexico. The nearest town is Hidalgo, though accommodation (both camping and rooms) can be found at the border of the park. For more information, see "Potrero Select" written by Magic Ed, or "The Whole Enchilada" by Dane Bass.






A Winter Climber's Paradise


Story by Cam Miller

Climbers talk about rock. Limestone, granite, sandstone. Cracks, choss, flakes, pockets, slabs. The rock is what defines the sport, and it's typically the first thing that comes up when anyone discusses a climbing trip. But the other half of climbing is the climber – the people who, for no logical reason, obsess over vertical progression up walls of stone. Climbing is as much defined by the people you share the rock with as the rock itself. They hold the other end of the rope, they shout encouragement as you pull cruxes, they revel in the success of hard-earned top-out, and they commiserate over the projects which seem destined to just remain projects. Through these shared experiences we belong to a community that spans countries, languages, and a lot of rock.



This was my second trip to El Potrero Chico, the Little Corral, a two-thousand foot high formation of limestone canyons that juts out of the scrub plains of northern Mexico. With nearly every route in the park bolted, the area offers well-protected climbing at almost any grade, including moderate multi-pitch routes anywhere from two to 23 pitches – it's a sport climber's paradise. The week that I'd spent there the previous year had made me desperate to come back, even though various complications had forced all of my climbing partners to bow out before the trip even started. This meant that I was risking the price of a plane ticket and a week's vacation time on finding someone to hold the other end of my rope for ten days. Undeterred, I hopped a plane to Monterrey with a couple of friends and rolled in late Friday to La Posada, which serves as the main hostel, campground, restaurant and general meeting place for all variety of dirtbag climbers drawn by the lure of big limestone walls.

And so began a week of days on the rock and evenings spent chatting up potential partners for the next day's exploits. Two days of cragging with David and Iwona, who I'd flown down with, were followed by a day in Los Lobos Canyon with Amanda, a British fashion designer currently working in a coffee shop in my home crag of Squamish so she can devote more time to the rock. Then my first big multi-pitch of the trip with Mario, a climber from the same Vancouver gym I spend the off-season in, up Satori (5.10c, 7 pitches), a beautiful vertical line of smooth climbing that tops out on the Scariest Ride in the Park Ridge. Seven-hundred foot drops on either side of the ridge emphasize the fact that you're sitting on a spot few people will ever see, and the massive walls of the facing canyon arch up in another thousand feet of unclimbed lines.



Thursday was spent on Treasure of the Sierra Madre (5.10c, 7 pitches) with Sim, a climber from Philadelphia who, like me, hasn't been at the game very long, but has thrown himself wholeheartedly into the pursuit of vertical rock. Friday I spent cragging with Cathy, a former fitness instructor from Portland who showed me a glimpse of the kind of climbing I hope to be able to do someday. The next day Sim and I were back at a longer route, making fast work of Black Cat Bone (5.10c, 10 pitches), an amazing line up the Jungle Wall that changes characteristics with every pitch, from cracks to thin face climbing, big moves over a roof in the crux pitch and a chimney/dihedral pitch that made for beautiful climbing, despite the risk of what could have been a terrible fall inside it. Sunday I was back to a project (Tuffa the Price of

A Winter Climber's Paradise

continued...

One, 5.11b) with Sham, a graphic designer and climbing instructor from Vancouver. I had to be dragged off the rock at noon to catch our ride to the airport.

Evenings at La Posada were spent in a fluid community of the sort of people who think a trip to Mexico is better spent covered in dirt and chalk than relaxing on a beach drinking all-inclusive drinks. No one stays there who isn't a least a little obsessed with rock – the town of Hidalgo's biggest draw is the Cemex plant. Sitting around outdoor tables in a warm breeze was inspiring – climbers from all walks of life swapping stories, talking about favourite crags, climbs they done, climbs they wanted to do. A pair of guys from Arizona had been in Potrero for three weeks, ticking off multi-pitch routes every day, culminating in a two-day ascent of Time Wave Zero (5.12a, 23 pitches), one of the longest bolted routes in the world. A British professor in his sixties and still pulling hard routes, could share an opinion on nearly every single-pitch route in the park. And an older Japanese woman, who like me showed up sans-partner, talked about flashing 11d routes in Greece on a recent trip. Stories were shared without egos – it doesn't matter if you climb 5.12 or 5.8, as long as you love doing it. Names and contact information are exchanged, and dreams of future trips and projects are shared. A community is built and reinforced.

And this is how a little rancho nestled against the base of towering limestone walls four thousand kilometres from Vancouver can feel so much like home.



BETA EL POTRERO CHICO

Rappelling / Abseiling

- Tie the ends of your rope before rapelling. Many climbers have been lost due to this simple mistake.
- Learn how to rappel simultaneously with your partner. This is actually a very simple process and is safe presuming you can trust your partner. There are no 'walk-offs' in El Potrero Chico. Rappelling one at a time takes hours. Simul-Rapping is over twice as fast.
- Read route descriptions in detail. Many routes have long traverses which require you to top out after passing that pitch (and rappel another line).

Climbing

- The rock of El Potrero Chico is limestone. Most climbs are juggy allowing you to climb in semi-wet conditions.
- Rock fall is a real concern at El Potrero Chico but is not a problem if you are careful, stay on the route and wear a helmet!
- Most rock fall occurs when somebody goes off route to try to make a climb easier.
- Remember to tap rocks and listen for the 'hollow' sound.

Locals

- Rock climbers and locals have very good relations. Lets keep it that way.
- Magic Ed, Tami and Dane Bass (all Gringos) are good people to ask for beta, guide-books and restaurant recommendations. You will run into them on your visit.
- El Potrero Chico is a relaxing and party spot for the local Mexican communities. On many levels this adds to the environment. The locals are very friendly and normally speak enough English to be social.
- There are no 'baggers' in El Potrero Chico. The kids occasionally want a biner for their collection.

Avalanche Rescue Training

We probably all agree that we can't get enough practice in avalanche rescue. But, we probably also agree that during nice weekend days the urge to practice powder turns seems to outweigh the avalanche rescue practice. This winter, every second Wednesday of the month, a nightly session on avalanche rescue skills is organized by Rob Brusse. A great way to work on your companion rescue skills without compromising turns!

In the comfort of the Mt Seymour cafeteria, Rob kicks off by explaining how to use a transceiver, probe and shovel according to the latest standards. After this theoretical discussion, avalanche scenarios are practiced in small groups with at least one experienced member in every group. One person of each group buries a transceiver and comes up with an avalanche scenario. Based on the scenario, the rest of the group tries to get organized to make as quick a retrieval as possible.

Usually participants have very little problem with the coarse search using their transceiver. Thanks to the recent improvements in transceivers, even first-time rescuers are usually able to get within half a meter of the victim in less than a minute in the scenarios. After a fine search with the transceiver, a probe is used to pinpoint the victim and determine the depth and orientation. These steps in the companion rescue are often found to be the hardest. The most time consuming part is usually the shovelling. However, by using the conveyor-belt shovelling technique participants are often able to remove enough snow to attend the victim, and extract him onto the simultaneously-created first aid and evacuation platform, within ten minutes.

This avalanche rescue practice night will be organized a few more times throughout the season. For those new to travelling in avalanche terrain this is a good way to start working on some of the skills necessary (rental gear available). For the more experienced members - this is a great way to share and improve your knowledge, and to figure out who is eligible to join you on your next trip in avalanche terrain.



UPCOMING COURSES & CAMPS

Crevasse rescue-Prusik training and Z pulleys

Come on out for an indoor training session on crevasse rescue.

Where: BCIT climbing wall

When: Tuesday, March 15, 2011 6:30 – 9:00 PM

Event leader: Ian Ross (Home – 604-224-7504; Work – 604-412-7579)

Required items to bring: harness, 2 prusik looks, 2 carabiners

Check the ACC Vancouver website for registration details.

Mountain Equipment Coop Discount Night – May 10, 2010

MEC (West Broadway location only) will be open (7 - 9 pm - after regular shopping hours) for the exclusive benefit of current Club members. Subject to a few specific limitations, members will receive a 10% (at point of purchase) discount on their purchases. This event is a significant member benefit and a great opportunity to pick up gear for the summer season.

Please note that only Vancouver Section - Alpine Club of Canada members who sign up in advance will be admitted. Bring your Vancouver Section - Alpine Club of Canada membership card and your MEC membership card. You must be registered for this event through iCal to gain admission to the store.

Joint Vancouver /Vancouver Island Summer General Mountaineering Camp - One Week Sessions at Athelney Pass in the Coast Range of South West BC.

Choose from July 23 - 30, July 30 - Aug 6, or Aug 6 - 13. (more sessions poss if interest)

Cost \$500 includes flight in and out. A self catered self guided camp.

Helicopter into this amazing area that offers something for everyone - easy hiking/scrambling to classic alpine ice and rock. Shared camp with Vancouver Island section members, spaces disappearing fast so book soon. For detailed description including maps, photos, group amenities etc,

See http://accvi.ca/index.php?option=com_content&view=article&id=46&Itemid=135

See iCal on dates listed for Vancouver Section Posting.

For other information, contact Rick: rickhudson@shaw.ca

UPCOMING TRIPS & SOCIALS

Sat, Mar 5 2011 - Skiing - Saxifrage Peak and Cassiope Peak

Tue, Mar 8 2011 - Hike - Grouse Trails Hike

Wed, Mar 9 2011 - Training - Avalanche Gear Orientation & Practice for Beginners

Sat, Mar 12-13 2011 - Training – Standard First Aid for the Wilderness

Sat, Mar 12-19 2011 - Skiing - McGillivray Pass Lodge ACC Vancouver Ski Camp

Sun, Mar 13 2011 - Skiing - Phalanx (Stairmaster Route) at Blackcomb

Tue, Mar 15 2011 - Hike - Grouse Trails Hike

Tue, Mar 15 2011 - Training - Crevasse Rescue-Prusiks and Z pulleys

Fri, Mar 18 2011 - Skiing - Garibaldi Neve traverse

Fri, Mar 18-25 2011 - Skiing - Pebble Creek/ North Creek Ski Camp

Tue, Mar 22 2011 - Meeting - Line Lund Christiansen: Waddington

Tue, Mar 22 2011 - Hike - Grouse Trails Hike

Fri, Mar 25 2011 - Skiing - Lake Ann/Shuksan Arm

Sat, Mar 26 2011 - Snowshoeing - Martin Peak

Sun, Mar 27 2011 - Skiing - Tablemountain Circuit

Tue, Mar 29 2011 - Hike - Grouse Trails Hike

Tue, Apr 5 2011 - Hike - Grouse Trails Hike

Tue, Apr 12 2011 - Hike - Grouse Trails Hike

Wed, Apr 13 2011 - Training - Avalanche Gear Orientation & Practice for Beginners

Tue, Apr 19 2011 - Hike - Grouse Trails Hike

Tue, Apr 26 2011 - Hike - Grouse Trails Hike

Sat, Apr 30 2011 - Snowshoeing - Mt. John Decker

Tue, May 10 2011 - Meeting - Members Night @ MEC 10% discount on purchases

Fri, May 13-15 2011 - Skiing - Mt. St. Helen & Mt. Hood

Sat, May 14 2011 - Skiing - Mt. Baker - Boulder Glacier

Sat, May 14 2011 - Rock Climbing - Spring Climbing in Squamish

Sat, May 21 2011 - Skiing - Mt. Baker - Park Glacier

Tue, May 24 2011 - Meeting - Jay MacArthur: Peru

Sat, Jul 23 2011 - Mountaineering - Athelney Pass Summer Mountaineering Camp Week 1

Sat, Jul 30 2011 - Mountaineering - Athelney Pass Summer Mountaineering Camp Week 2

Sat, Aug 6 2011 - Mountaineering - Athelney Pass Summer Mountaineering Camp Week 3



Return undeliverable Canadian address to:
ACC Vancouver Section
c/o Federation of Mountain Clubs of BC
130 West Broadway, Vancouver, BC V5Y 1P3