

MONTAGE



The Alpine Club of Canada—Le Club Alpin du Canada

Montréal Section Newsletter

Vol. 61 No. 2 • June 2003



www.accmontreal.ca

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Many improvements now in place
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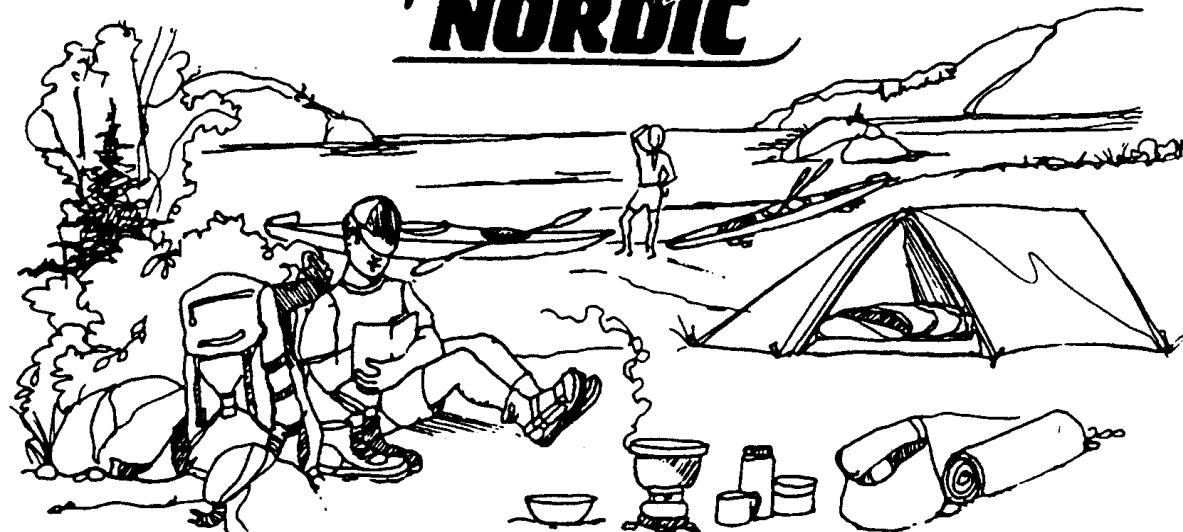
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Ski nordique et plein air
depuis 1984

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Nordic Ski and Outdoor
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Royal Robbins
BORÉAL DESIGN

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OUTDOOR CLIMBING IN MONTREAL

Are You stuck in Montreal with a big need to touch actual rock? Maybe you're just visiting and are looking for a quick climbing fix? Montreal has the answer, and it just happens to be in the middle of the beautiful island parks of Parc Drapeau (ex-Parc des Iles). The rock is located on Ile Sainte-Helene just west of the Jacques Cartier bridge and is easily reached from downtown by bike over the Pont Jacques Cartier or Pont de la Concorde (access via Lachine canal or Old Montreal). You can even take the Metro.

This is a fun 15-30 foot high cliff with excellent rock. There are bolt anchors on top, long traverse opportunities, a great easy-but-steep corner, a hard crack, and great views of Mont Royal and Montreal.

When you tire of climbing you can explore the park. There's the Stewart Museum right next door in Montreal's only fort. The huge geodesic dome that was the United States Expo 67 pavilion now houses the Biosphère Ecowatch Centre. To cool off try just-renovated swimming pool (beside Metro station).

Wilson Blakley traversing around the corner from Pont Jacques Cartier

Editorial

Quebec's new government is about to tell us that the environment is too expensive. However, conservation and protection of wild lands is important to everyone. Poll after poll state this fact. But the new government will not be listening, unless you raise your voice.

Phone, send a letter or an e-mail to your MNA, to your MP, and to the Montage! Tell them that you love Quebec, and that you think protection of the environment, maintaining and expanding the National Parks system, and keeping our wild rivers undammed by private hydro-electric projects are the things the government will have to do to keep the voters happy. Let's keep Quebec a beautiful place to live.

Have a fun, exciting and safe summer!

Doug Williams
Editor



Alpine Club of Canada Safety Committee Web Site

For information on climbing safety and testing information, technical notices and equipment recalls, avalanche safety, wilderness travel safety, and wildlife hazards look at the information links compiled by the Safety Committee of the ACC on the Edmonton section website:

<http://alpineclub-edm.org/accidents/index.asp>

*The Montage encourages you
to support the ACC
Planned Giving campaign*

ACC National Club

For information on hut or Canmore clubhouse reservations or anything else call the ACC at (403) 678-3200, ext. 1
Fax (403) 678-3224

E-mail alpclub@telusplanet.net
Lots of information at our website:
www.alpineclubofcanada.ca

Montreal Section Video Library
Call David Percival for more info
514-481-2435



Montreal Section Executive

Got something to say?
executive@accmontreal.ca

E-mail addresses:

<http://www.accmontreal.ca/contacts.html>

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Past Chair: Mike Rogers	514-630-5690
Secretary: Suzie Gaskins	514-845-5298
Treasurer: Ed Potworowski	514-340-1978
National Rep: S.Oreskovic	514-630-5690
Membership: Suzanne Bolam	450-451-6789
Webmaster: Andrew Parker	514-489-4923
Ski House Coordinator:	
Eric Lepage	450-978-8817
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Tom Haslam-Jones	450-672-3415

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Tom Haslam-Jones 450-672-3415
Ed Potworowski 514-340-1978
E-mail macinc@accmontreal.ca

For other Committees Please see Page 4

For other Alpine Club telephone
numbers please see:
- ACC Member's Handbook
- 2003 Montreal Section
Member Directory (included in
February Montage)



Address changes / Membership Info

Please give all address, e-mail & phone information to the club's membership coordinator Suzanne Bolam. (450) 451-6789 sbolam@mbr.centra.ca

Membership Renewal

Check your member card (or Montage address label) for expiry date. Has it expired? *Oh No!* Don't let this happen to you. Send in your membership renewal as soon as you receive it. Can't find the form? Pick one up on the website, at Keene or call our membership co-ordinator (above).

MONTAGE

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The newsletter of
the Montreal Section
of the Alpine Club of Canada
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In February, June, and October

Montage Editor: Doug Williams
Soundtrack: Dirty Dozen - Montreaux

NEXT DEADLINE FOR SUBMISSIONS 15 May 2003

Send news, reports, art, photos, etc to:
newsletter@accmontreal.ca
Or: Doug Williams
3755 rue Saint Hubert
Montreal Quebec H2L 3Z9

Current & back issues are
available at our web site
www.accmontreal.ca/newsletter.html

Your Executive at Work

The executive and all the volunteers of the Montreal Section have been very busy indeed. Since the Annual General Meeting last December, we have some new faces, better defined committees, ideas, projects and outings galore. We are always in need of extra help so now is your chance to get involved. Here's what's been happening.

- **Susanna Oreskovic** has over the last six months taken her role as Chairperson to a new level. She continues totake on special projects....She wears a second hat, that of Section Representative at the National ACC level. The much anticipated Centennial celebrations head the list of activities. We need some daydreamers to be part of the Centennial committee at both Section and National levels. It's a big deal.
- **Mike Rogers**, our Past Chair continues to have his hand in various projects lending his wisdom and knowledge where needed. Mike is planning on writing a "how to" guide for organizing a section camp. This will come in handy in 2004 when we're planning to have a section camp trip.
- **Susie Gaskin**, our Club Secretary has the all important role keeping minutes from the flurry of discussions at exec meetings as well as maintaining a record of and safeguarding all our important documents.
- **Ed Potworowski**, our treasurer, controls the purse-strings for the Section. He continues to provide sound financial management for the section.

Our five active committees offer you the opportunity to meet new people, develop new skills and most importantly to have fun doing it. While it's not possible to list every person who has contributed to make our club what it is, we recognize the tremendous contributions of our countless volunteers.

Leadership Committee

The Montreal section has been a leader with the club in raising awareness for lead-

ership skills training and has been instrumental in working with organizations such a L'ENEQ to offer courses.

Andrew Manning, Courses: will help you build those skills so you can feel confident and safe doing outdoor activities.

Chris Meyrick, Outings, has a full schedule of outings offering something for everyone. If you would like to go to a new location, bring up the idea, we can make it happen.

Members of the committee are: Mike Eamer, Eric Schultz, Brian Kinzie, Ray Robitaille.

Access and Environment Committee

Isabelle Daignault has been the heart of the committee since 2000. They encourage everyone to practice **Leave No Trace** when outdoors. Fragile alpine environments exist here close to home. The committee is a wealth of information which can be viewed on our website and offers a number of workshops, speaker forums and trail maintenance days.

Members of the committee: Simon Bérubé, Tammy Le Riche, Howard Kay, Susanna Oreskovic, Marie-Josée Villeneuve, Craig Stein, Efrat Laksman, Juliette Juillerat (MOC), Eric Shultz.

Communications and Events Committee

Suzanne Bolam, our Membership gal welcomes new members and helps them get orientated to the many activities and events.

Norbert Cyr our communications man is working on increasing the public profile of the club. This will become important as our centennial draws closer in 2006.

Doug Williams, our gritty and discontented editor, and unofficial archivist of a fine newsletter, *The Montage*

Andrew Parker our webmaster extraordinaire keeps the website packed with tons of useful information.

Max Herro is our crazy Socials coordinator. Pub nights the last Thursday of every month are fast becoming a new tradition.

He's got lots up his sleeve, including slide shows, BBQ's and innovative ways to meet people remembering to always have fun.

Marie Michelle Johnson is planning an action packed Annual General Meeting with new culinary delights this year.

Ski House Committee 2003 season

The ski house is open from Mid November to the end of April. Every weekend during ski season a fabulous dinner is organized. Skiers and visitors alike can kick up their heels and fill their bellies, share some good cheer and dream of snowflakes.

Murray Levine - Ski House Coordinator

Members of the committee: Leslie Robertson, Danuta Potworowski, Martin Goldstein, Martin Suichies, Dave Percival, Eric LePage.

Keene Farm (MAC Inc.) Committee

David Gillespie has been a long time fixture at Keene. He oversees the property and keeps things running smoothly. He's aided by Goliath (the goat) who may well be considered a tourist attraction. Don't miss the Annual BBQ at Keene this Fall.

Ed Potworowski continues to offer his experience and knowledge.

Tom Haslam-Jones is working hard to fill spots for weekend custodians at Keene. Sign up today. There's a custodian handbook and lots of people to give you support. You get to stay for free at Keene. Just think of it as a mini-vacation.

A number of projects are planned as part of Keene maintenance and development plan. Helping hands are always needed.

Did you know that the Alpine Club of Canada is entirely run by volunteers? That's 10,000 members nationwide. The Montreal section is the fifth largest section of the 18 sections. We depend on our members who are looking to get involved to make the club fun and rewarding. Now that you've been introduced feel free to contact any of the executive for more information.

Susanna Oreskovic

Report from the Chair

Say hi to Susanna
chairperson@accmontreal.ca



The weather, it seems we are always talking about. It's too cold, it's too hot, too rainy. What do alpine enthusiasts do when the weather is not cooperative? Perhaps catch up on long overdue errands, read, sleep or go to the gym. As I write this, it's been raining the last week, and it has given me a chance to daydream a bit. Enough of that, there's fun to be had. Lot's of activities and outings are planned for the summer. Our membership is up slightly and hovering at 500 members. A warm welcome to all the new members. Did you know that the Montreal Section is the largest section outside Alberta and BC. It's you, the members make the section what it is. On these rainy days, think about what you'd like to be doing. If it isn't yet on the outings, courses, socials, schedule all it takes is one short email, one quick phone call to any of the executive. Whatever you dream up, we can probably do, but it must meet the important criteria of being fun.

Members who participate in committees spend a lot of time planning great events. In this issue of Montage, we go introduce you to your executive at work. The best way to find out more is to come out to a social or outing and talk to people. We like to work in teams where others can provide guidance and support if needed. This is great for people who may not have too much time to devote but still want to see their ideas become reality. Others who want to jump in with a project are welcome to. Help is always needed to get ideas off the ground. Consider volunteering as a custodian at Keene or helping organize a course. It's a great way to meet people.

As National representative it's my job to relay to our members the

happenings at the national level. Much information was discussed at the National Board Meeting in early May that will have an impact for our club. The membership commission report discussing membership services and related costs was presented. The issues and recommendations will be communicated to our members for feedback over the next few months. There are many exciting projects coming your way.

The Alpine Club of Canada will be celebrating its Centennial in 2006. One hundred years of mountain adventure in Canada. This is history! Confirmed activities include the 100th General Mountaineering Camp (GMC), a Yukon camp and a repeat of the first official ACC climb. Not to be missed By enthusiasts and collectors, a complete set of the Canadian Alpine Journal since it was first published will be available on electronic format. And what would a celebration be without a new Centennial hut to commemorate the long-standing contribution the ACC has in Canadian culture and mountain craft. This of course does not include all the events, camps, activities the various ACC Sections across Canada are planning. Montreal Section has already ideas in the works and we are looking for people who would like to participate. For more information on Centennial celebrations contact Max Herro at socials@accmontreal.ca

Have a safe and adventurous summer. I look forward to reading your stories in the next Montage.

Susanna Oreskovic

Welcome new members

Welcome our new members this year:

Esther Cloutier
Julie Boyle
David Guinard
David Gnehm
Scott Fogarty
Camilla Mathieson
Anne-Isabelle Cuvillier
Barry Bell
Vincent Brabant
David Dubois
JD Miller

Martine Gravel
Stephane Bacon
Jean Joannette
Marc Legault
Cedrick Desjardins
Peter Takacs
Adriana Bida
Vaclav Vychytil
Ben Abbott
Etienne Branchaud
Marc Lacroix

Kevin Morton
Susan Roe
Jean-Philippe Beaulieu
Johan Skogvik
Norbert Cyr
Robert Trudeau
Peter Swain
Patricia Fillmore
Isadora Van Riemsdijk
Jean-Marc de Lareux
Jean-Michel Lussier

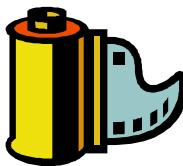
Lawrence Moore
Michel Collins
Serge Daudelin
David Sweetlove
George Delorme
Nivea De Oliveira
Spiro Doukas
Yvan Cloutier
Karen Mendell

Club News

Get Your Photos Ready for The 2nd Annual Montreal Section Photo Contest

If you missed last year's contest, get ready now for the 2nd Annual Alpine Club of Canada-Montreal Section Photography Contest. More great prizes to be won. Full Contest rules are posted on the website or contact the Contest organizer. Deadline is **October 1, 2003**. Winners will be announced at the Annual General Meeting. Send entries to:

Marjory Jack, Photo Contest Coordinator
4 - 4941 rue Sherbrooke O.
Westmount, QC
H3Z 1H2
Phone: (514) 488-7039
marjoriejack@canada.com
www.accmontreal.ca



VOLUNTEER CUSTODIANS NEEDED FOR KEENE FARM

**PLEASE HELP BY DOING
YOUR PART:
IT'S ONLY FOR ONE
WEEKEND**

You (yes, you!) can be a volunteer Custodian for a weekend at the Keene Farm clubhouse.

The Keene Farm does not run itself. We need volunteer custodians to collect the fees and deal with the small day to day issues on the weekends. And you get to meet plenty of interesting new people.

We are trying to have a volunteer custodian for every weekend of the year.



Volunteer custodians are supplied with a free accommodation, a handbook of rules and useful tips, even assistance and helpful advice from any old hands who may be around.

**Please contact
Tom Haslam-Jones at
450-672-3415 or
haslto@sympatico.ca**

ATTENTION ARTISTS!

One of the objectives of the Alpine Club of Canada is "the promotion of art and literature as applied to mountain regions." So if you paint or draw mountain landscapes, I would like to hear from you, and we could organise field trips, exhibitions etc.

Ed Potworowski (514)340-1978
[or potwor@sympatico.ca.](mailto:potwor@sympatico.ca)



Stay up to date **ACC Montreal Email Announcements**

**Special Notice:
We've moved to Yahoo groups**

The club maintains an email list for distributing announcements, reminders and updates about upcoming official or informal club activities such as outings, trips, and socials. Due to circumstances beyond our control the listserv at accmtl-list@ece.mcgill.ca has been taken off-line and the ACC has moved the email list to Yahoo Groups. You can join the accmontreal list by following the instructions below. There are also message boards on this website.

Andrew Parker

Instructions

Simply send an email:
To send a message: accmontreal@yahoogroups.ca
Subscribe: accmontreal-subscribe@yahoogroups.ca
Unsubscribe: accmontreal-unsubscribe@yahoogroups.ca
Change Your Address: Unsubscribe your old address and subscribe your new address
Contact: accmontreal-owner@yahoogroups.ca

Getting Together Socials / Rendez-vous

Socials Coordinator
Maxime Herro
514-843-9750
socials@accmontreal.ca

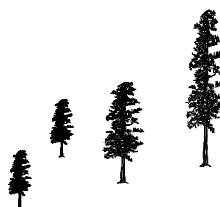
Les 6 à 8 bière et plus, tournée des brasseries, terrasses et jardins tous les derniers jeudi du mois, continuent

Vu le grand succès reporter lors des dernières tournées, nous allons continuer à nous rencontrer tous les derniers jeudi du mois. Voici donc les lieux de rencontre pour les prochains quatre mois. A la revoyure !

The 6 to 8 pub, terrace and “garden” touring every last Thursday of the month continues

The “Last Thursday of the month fever” has caught a lot more people. The last few times we were happily crowded, so we will keep getting together for the Happy Hour 6 à 8s. Here are the locations for the next four months. See you there!

Date	31 juillet July 31	28 août August 28	25 septembre September 25	30 octobre October 30
Où? Where?	Ye Olde Orchard Pub & Grill (514) 484-1569 5563, avenue de Monkland Metro : Villa-Maria (5-10 min) Bus : 162, 103	Restaurant Bâton Rouge (514) 282-7444 160 Sainte Catherine Est Metro : Place-des-Arts Bus : 80, 535, 129 Note : Le Festival des films du monde de Montréal commence le 27	Bar le Drugstore (514) 524-1960 1366 Sainte Catherine Est entre/between Panet and Plessis Metro : Beaudry vers/ towards Est Bus : 15	Fûtenbulle (514) 276-0473 273 rue Bernard Ouest (coin Parc) Metro : Outremont + bus 160 Bus : 80, 535, 160



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(514) 426-5022, Fax: (514) 426-1511, mgalwin@bellnet.ca

Skills Courses and Workshops

There will be two course offerings in the Month of July. The ACC has arranged a beginners climbing course and an intermediate climbing course for our aspiring rock climbers.

Beginners Rock

July 12 (Rain day July 13th), Cost \$60 (Cogeq price is regularly \$75), where: Montagne D'Agent.

Come learn how to climb on real rock. The focus of the class will be learning techniques on how to climb rock and how to belay in an outdoors situation. This course is designed to get you familiar with top-roping so that you can go on and improve your skills with other climbing outings.

Intermediate Rock

July 26 and 27, cost \$100 (Cogeq price is regularly \$130), where: Montagne D'Agent.

The intermediate course is designed to make a good top-roper independent by teaching him/her how to anchor a belay system safely. It will also initiate people into seconding should they wish to move into sport or trad climbing. An introduction on Rock Res-

cue will be taught, and if there is time, bio-dynamics and climbing skills improvement.

Other courses

If the numbers warrant we can organize a lead climbing course and a full rock rescue course. We would need a minimum group size of six people.

The fine print

Please sign up as soon as you can as these courses will fill up quickly. All registrations are required to be paid in full two weeks prior to the event. Première payé, première servi. Late cancellations cannot be refunded, unless you advise me two weeks before the course takes place. Please reserve, by contacting Andrew Manning at courses@accmontreal.ca.

Thanks,

Andrew Manning

Courses Coordinator

Email: Courses@accmontreal.ca

Alpine Accidents in Canada database

<http://alpineclub-edm.org/accidents/index.asp>

Indoor Climbing

Interested in gym climbing? A casual group meets weekly (almost) to climb at either Allez-Up or Horizon Roc. Top-roping and lead climbing are possible at both gyms, and a belay test is required to climb.

Interested? Send an email to:
Brian.Kinzie@dessausoprin.com

Escalade à l'intérieur

L'escalade à l'intérieur vous tente?

Chaque semaine (ou presque!) un groupe se rencontre soit à Allez-Up, soit à Horizon Roc. Il est possible de faire de la moulinette ou du premier de cordé, aux deux endroits. Mais vous devez réussir l'examen d'accréditation avant de grimper. Afin d'être avisé des soirées d'escalade, veuillez transmettre un «e-mail» à :

Brian.Kinzie@dessausoprin.com

Leave No Trace Plan and Prepare Trip Planning on the Web

*A safe trip in the mountains requires planning, the web's the place to start
In many areas Group Leaders are asked to call ahead, it's a good idea!*

Parks Canada http://parks.canada.pch.gc.ca/np/np_e.htm

Adirondack Mountain Club (ADK), New York www.adk.org

New York State Department of Environmental Conservation (DEC) www.dec.state.ny.us

Green Mountain Club, Vermont www.greenmountainclub.org

Appalachian Trail Conference—the managing body of the AT www.atconf.org

New Hampshire's White Mountain National Forest
http://www.fs.fed.us/r9/white/recreation/land_above/backcountry_rules.html

Maine Appalachian Trail Conference www.matc.org

Leave No Trace <http://www.lnt.org>

Alpine Club of Canada - National Club www.alpineclubofcanada.ca

Alpine Club of Canada - Montreal Section www.accmontreal.ca

Bears & Safety / Food Hanging <http://www.fs.fed.us/r1/custer/beaware.html>

U.S. National Park Service www.nps.gov

Mount Washington Info and Summit Cam <http://www.mountainwashington.org/cam/>

Weather for Keene <http://www.wunderground.com/US/NY/Keene.html>

Hypothermia Information <http://www.princeton.edu/~oa/> and www.hypothermia.org

Sepaq—manages entry to all Québec provincial parks www.sepaq.com 1-800-663-6527

FQME—the federation for climbing in Quebec <http://www.fqme.qc.ca>

Please report any dead links to accmontage@yahoo.com

Course report

Zen and the art of ice screw placement

This winter has been a modest start to our ambitious program to help our members become better mountain recreationists. The course season started off in mid-January with a waxing clinic given by Niels ????? from Norway Nordic. The course was a philosophical and theoretical discussion on the art of waxing and what it does to improve your skiing pleasure. We'll be sure to hold another one earlier in the season. Thanks for helping us out Niels!

We then went into ice climbing with Gaetan Castilloux from L'ENEQ. Gaetan is the manager for Montagne d'Argent and is very passionate about his climbing especially ice climbing. We had two courses in early February.

The first was ice climbing for beginners. There were a few surprised climbers there when he started us climbing without axes. "C'est tout avec les pieds," il a crit plusiers fois que je peux raconter. Gaetan also taught us the secret of "fait la banane!" Unfortunately I had already managed to bash the crap out of my knee will coming over a bulge in the ice, before I could truly appreciate how bending like a banana lets you see those little obstacles. The following day Gaetan took the intermediate climbers out to teach them how to lead on ice. The course participants were already experienced in leading trad on rock so in that way in intro to leading on ice didn't involve too much information and Gaetan could then focus on ice screw placement and setting up anchors.

The participants were taught how to feel the ice, to be one with it so that when they placed a screw they knew it would hold. Then everyone got the chance to climb lead while being top-roped at the same time to get the feel of leading on ice. The comments that I heard were positive about the experience and that it was a good start on the road to leading on ice. We'll be

sure to include these popular courses in next years agenda, along with more beginner and intermediate level outings.

The last item on our winter course activity was a 16 hour Sirius First Aid course. Folks I cannot tell you how important it is to take a course like this. All day Saturday we discussed theory and it was impressed upon us how important it is to make sure that you are safe, and your party is safe before even attempting to do first aid. Our instructor Dominique Ballet, aka Mushroom Man (for the man knows much about the endemic mushroom species in Quebec), very elegantly pointed out what our rights and responsibilities where. Something to seriously consider before trying to turn into a superhero. Saturday night was spent learning how to do CPR. It has been modified since I last took it and for the better too. Our evening then concluded with a viscous game of twister followed by a midnight toboggan run on cote 40/80.

On Sunday we went into simulations, I was lucky enough to be chosen as a victim. I was all made up as someone having a heart attack. I found my motivation and then plopped into a snow bank. When my "rescuers" found me they only had a brief amount of time before I went into full arrest. It was very interesting how people responded. Some deferred to a leader who took authority, while others talked at each other while I lay in a snow bank in some weird angle having someone try to do CPR while being moved at the same time. "Your going to Live Dammit!" Not while I'm crumpled up in a V I'm

not! The Sirius Medicine course is definitely worth it and it was a big eye-opening experience for all. One of our participants Maureen White is going for her St Johns Ambulance teaching certificate. Maureen is open to the idea of running simulations either at Keene or possibly the Ski House so that we can all practice to keep our skills sharp. We are definitely running this course again. We have set a tentative date of mid-November at the ski house in Ste Adele. This time around you'll have me to cook for you all weekend long!

Andrew Manning
Courses@accmontreal.ca

DANUTA POTWOROWSKI B.Comm.

INDEPENDENT FINANCIAL SECURITY ADVISOR
CONSEILLER AUTONOME EN SECURITÉ FINANCIÈRE

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- Accidents/Maladie
- Régimes d'assurance collective
- REER

(514) 340-1209



The U.S Border Situation

For lots more information, please visit: www.accmontreal.ca/border.html

Hi everyone!

I have been speaking recently with border and police officials and I would like to advise you of a few very important points concerning the present border situation and police matters. Please do not hesitate to pass on the following information to those you know who frequent the USA/Canadian border.

1-) Aside from fruits from a country of origin outside of North America not being permitted across the border, the following meats and meat by-products are also being banned into the USA. They are: beef & dairy cows, sheep, goat, buffalo and elk. It includes all forms of packaging as well as canning and in sausage form, even in dry packaging such as OXO cubes. If they find that you possess such meat products, they will ask that you return to Canada to get rid of the meat and then reenter the border. They will not confiscate the meat as it is considered contaminated material. Should you find yourself in this situation, it will be considered as a refusal into the states and you will have a permanent record in their system. As for the fruits not being allowed into the states, they are confiscated by the border agents. No records are held against you.

My suggestion is for you to bring in other meats such as chicken, pork or fish. Another alternative is for you to buy the banned meat products at a 24 hour superstore such as the Price Chopper in Plattsburgh (exit 37 on Interstate 87) for those coming from Montreal or the Price Chopper in Malone for those coming from Ottawa/Hull or Toronto.

2-) Because of the security alert being raised to code orange at the border crossing since Tuesday of this week, there is heavier security with two officers per gate. It was suggested to me that Canadian citizens have either their passport or their birth certificate with a photo identification or two photo identifications such as your driver's license. Children must have their birth certificate or their passport. Those not of Canadian citizenship can get further information from section 6 of the following ACC Montreal section website: www.accmontreal.ca/border.html

3-) Many of our members got speeding tickets in New York State last weekend. Please respect the speeding limits especially near towns. Road construction zones are a particular focus of enforcement by police this year with a zero tolerance for excessive speeding and fines double the normal speeding limits.

David Gillespie, Keene Farm Volunteer Coordinator

Bonjour tout le monde !

J'ai discute avec les agences de la douane et de la police hier (jeudi). Juste pour vous aviser une couple de points tres importants concernant les dossiers de la situation presente a la frontiere et la police. S.v.p. n'hesitez pas a passer les informations suivantes a ceux et celles que vous connaissez qui frequentent les douanes USA/Canada.

1-) A part des fruits d'un pays d'origine provenant de l'exterieur de l'Amerique du Nord qui ne sont pas permis a la frontiere, les viandes suivantes et ses sous-produits sont bannis aux Etats-Unis. Elles sont: bovins de boucherie et laitier, mouton, chevre, buffle et elan. Cela inclus toute forme d'emballage ainsi que le cannage et en forme de saucisse, meme en emballage sec tel que les cubes OXO. S'ils vous trouvent en possession de tels produits, ils vont demander que vous retournez au Canada pour les debarrasser et par la suite retournez aux Etats-Unis. Ils ne congedieront pas les viandes car ils sont considere comme materiel contaminé. Si vous vous trouvez dans une telle situation, cela sera considere comme un refus aux Etats-Unis et vous aurez un record permanent dans leur systeme. A propos des fruits non-accepte aux Etats-Unis, ils les congedieront a la frontiere. Aucun record ne sera tenu contre vous.

Ma suggestion est pour vous d'amener autre forme de viande tel que le poulet, porc ou poisson. Une autre alternative est pour vous d'acheter les viandes bannis a un centre d'épicerie de 24 heures tel que le Price Chopper a Plattsburgh (sortie 37 sur l'autoroute 87) pour ceux et celles venant de Montreal ou le Price Chopper a Malone pour ceux et celles venant de Hull/Ottawa ou Toronto.

2-) Due a l'alerte de securite etant mise au code orange a la frontiere depuis mardi de cette semaine, il y a plus de renforcement avec deux agents par guerite. On m'a suggere que les citoyens canadien amenant soit leur passeport ou bien leur certificat de naissance avec une piece d'identite avec photo ou bien deux pieces d'identite avec photo tel que votre permis de conduire. Les enfants doivent avoir leur certificat de naissance ou bien leur passeport. Ceux et celles qui ne sont pas citoyen canadien peuvent obtenir plus d'information a la section 6 du site web de la section de Montreal du CAC suivant: www.accmontreal.ca/border.html

3-) Plusieurs de nos membres ont obtenu des contraventions pour excess de vitesse dans l'état de New York la fin de semaine passe. S.v.p. respectez les limites de vitesse surtout a proximite des villes. Les zones de construction routier sont en particulier un point de mise en vigueur par la police cette année avec zero tolerance pour excess de vitesse et le double d'amende des normes de limite de vitesse.

David Gillespie, Coordonateur Volontaire de Keene Farm

Quebec Trails

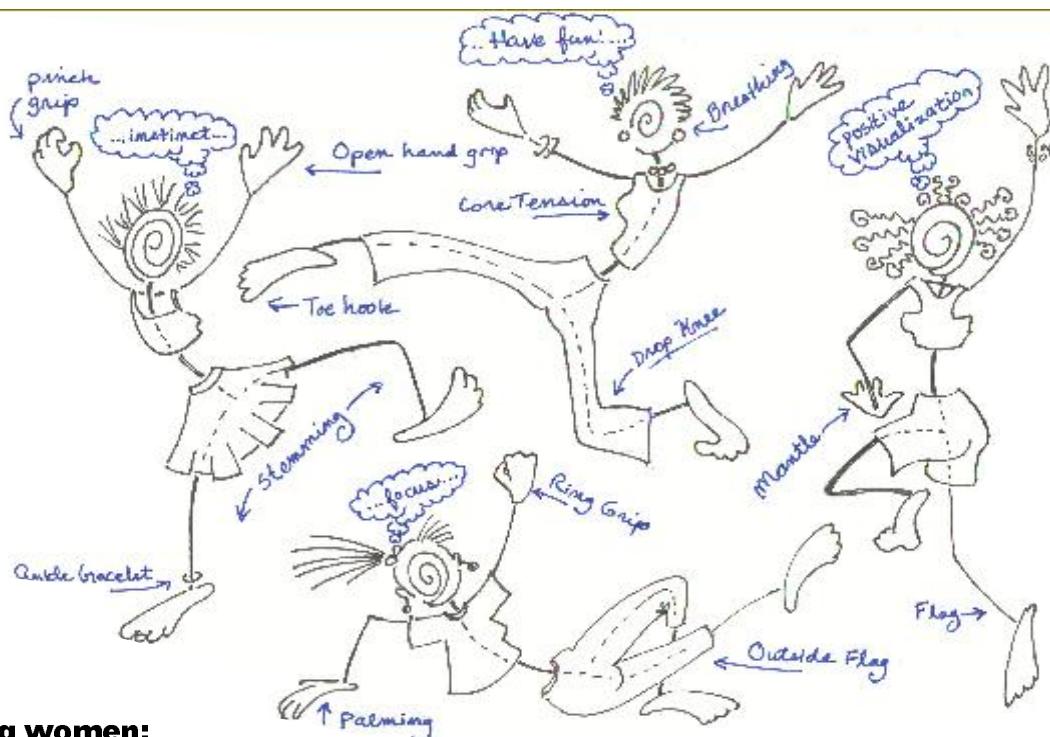
Here's a handy list of some of the best of Québec's hiking trails

Sentier le Fjord—Saguenay
Sentier des Caps de Charlevoix
La Traversée des Appalaches—Chaudiere-Appalaches
Sentier le Laurentien—Mauricie
Parc National du Mont-Tremblant—Laurentides
Parc national de la Jacques Cartier—Region de Quebec
Traversée du parc national de la Gaspesie
Traversée de Charlevoix

Les sentiers frontaliers—Estrie
Les Sentiers de l'Estrie
Sentier national en Matawinie—Lanaudiere
Sentier national du Bas-Saint-Laurent
Sentier International des Appalaches—Gaspesie
Sentier national au Québec

Source: *L'Espace magazine* (Mai 2003)

Women That Rock



Hello climbing women:

The brand new website for the climbing workshop, Women That Rock, is just up. Go to www.womenthatrock.com to view all the details. For further information, contact info@womenthatrock.com or 307-690-7135. This well established workshop (12 years old now) boasts excellent guides who are accomplished climbers as well as talented teachers. This year there have been WTR workshops in April at Red Rocks, NV, which is close to Las Vegas. In June WTR is at Jackson Hole, Wyoming. The food at WTR will be yummy, the company, fine, and the climbing, top-notch. Don't miss it! Please pass on this information immediately to any interested women.

Thanks for helping spread the word,

Anne Hughes

member of SheClimbs and Madison Women Climbers

Editors Note:

Sometimes Montage receives things of interest to our members, such as this. Please note that this is for information only, the Montreal Section cannot validate the quality of these workshops.

Call for New Leaders

Our club membership has increased dramatically in the past two years, yet our number of trip leaders has not. Chris Meyrick and I are trying to tackle that problem.

In the past years we have relied on a dedicated group of volunteers to keep our outings running. We are finding that many of these volunteers are moving on owing to new family responsibilities, or they have moved on to other things.

At this time the outings and leadership committee would like to call on some new leaders to provide a fresh outlook on activities that we can do in the region. If you know of a hike or a climb that you have really enjoyed, or wish to try a new one, then please take the opportunity to share it with others. There is an immense sense of satisfaction when you see the wonder in the eyes of others when they see a view for the first time. You see that expression and you too for a moment can relive your first views through them.

I have talked to several people to ask them if they could lead an outing. Often I find that people are non-committal, almost as if they are uncertain whether they have the capacity to "Lead". My response to that is, when you take a bunch of your friends up that 5.8, or on that weekend hike, you're leading. The only difference here is that you don't know most of the people when you start, and you are covered by the ACC liability insurance. Legally the courts make no distinction between leading a group of friends on a trip and an official outing. So to encourage people to improve their "leading" skills we have organized a series of "leadership" courses that will help you become more familiar with situations that may arise. These are:

- 1) Group management skills
- 2) Wilderness first aid
- 3) Navigation

Each activity will have specific needs and courses and workshops will be offered to address those. For example the ABC course for climbers is an excellent start to establishing the norms and safety standards in climbing. We will also help you in developing your skills if you need it by having a mentoring program where a more experienced climber or hiker can accompany you to give you more confidence.

We are looking for leaders in the following categories: Hikers/backpackers, Climbers, children/family outings, snowshoeing, cross-country skiing, telemark/AT skiing, ice-climbers and mountaineers. In order to encourage our leaders, the committee is currently discussing ways of rewarding our leaders in some way, more information on what we can do will be presented in the October Montage, but please feel free to give us feed back.

Outings@accmontreal.ca

YOU HAVE NEVER....uh...

TRIP LEADING SIMPLIFIED!

You Do Not need to be a FULLY AUTOMATED ALPINE GUIDE
to LEAD a trip ... ALL YOU REALLY
NEED iz yer FUNCTIONING BRAIN
and a telephone

What about FatDog Ch
on the 25th?

Look! I got BOTH!

- ① KNOW the TECHNICAL & PHYSICAL demands of the trip. Get a CURRENT weather report.
- ② Know the access and arrange transportation accordingly
- ③ Make Sure all participants have appropriate gear.
- ④ LEAVE your TRIP ITINERARY with Somebody Responsible

- ⑤ ENSURE participants SIGN all the LEGAL STUFF.
- ⑥ Be able To ACCOUNT for ALL trip participants at all times

- ⑦ ENSURE that the slowest person is accompanied.

- ⑧ KNOW where to score the POST-TRIP burgerz 'n' BEER!



LED A TRIP BEFORE?!

News from the Outings and Leadership Committee:

The OLC has been working hard trying to set up a schedule of activities that will help our membership to make the full benefit out of mountains and mountaineering to as many of those who wish to take on the challenge.

This past 5 months has been a bit of a trial and error, and our committee has been working hard to ensure a standardized level of instruction from UIAA (international climbing association) recognized instructors. We are planning leadership courses to help our members develop into great leaders who are prepared for almost any situation. Now we are tackling a series of events that will help develop your skills.

In the past, courses were offered with no follow up. This time around we are organizing more beginner and low to mid level intermediate activities to help improve your skills. Make sure that you are registered on the yahoo groups to take full advantage of the different outings that may come up at the last minute.

We are looking for some of our more experienced climbers/hikers to participate in our Sunday Series. This is a light hike or an easier climb that you can take a beginner or intermediate on. The OLC certainly recognizes the right for anyone to chose who they take with them on an outing, but the Sunday Series is designed for people to improve the abilities and as such they are easier grades and shorter hikes. If you are willing to hold a Sunday Series activity, please announce it on the yahoo groups. If you have questions or comments please do not hesitate to communicate with us at either *outings@accmontreal.ca* or *courses@accmontreal.ca*.

Outings Schedule Summer/Fall 2003

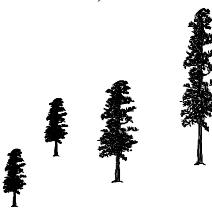
If you are interested in taking part in an outing be sure to call the contact/leader well ahead of time (by Wednesday or Thursday night at the latest, please). Please note that these outings are planned up to 8 months in advance and sometimes changes are necessary due to weather, conditions, access, or leader availability. Check the Montreal Section web site (www.accmontreal.ca) for more up to date information. Some notes of caution: not every outing is for everyone, please take note of the difficulty level of the outing and talk to the leader if you are unsure. These outings are potentially dangerous; **liability waivers must be signed by all participants** (see the website for the waiver text).

If there's nothing listed on the outings schedule it doesn't always mean that nothing's happening. On weekends there are nearly always people setting out from the ski house or Keene Farm so you can usually hook up with others there. Otherwise if you have any comments or suggestions for outings, please contact the outings co-ordinator (Chris Meyrick (450) 227-6478 (local call for Montreal) or e-mail him at outings@accmontreal.ca.

Finally, if you are going out on the trails or climbing and think that others from the club might like to join you, why not send an e-mail to the ACC Montreal section's e-mail announcement system (accmtl-list@ece.mcgill.ca) to invite others along (See website or page 3 for instructions).

Happy Trails!

Chris Meyrick
outings@accmontreal.ca



File a trip report
www.accmontreal.ca

medical insurance. Remember that YOU may be financially responsible for any expenses (possibly huge) that result from having to seek rescue or medical attention.

Advice on trail/climbing conditions

The National Office of the ACC advises us that legally we are not qualified to provide advice relating to conditions or hazards that may be encountered by our members or anyone else involved in outdoor pursuits. Furthermore we can be held legally responsible if we give out bum info that leads to an accident. Therefore, if you are looking for advice on trail conditions or want that latest forest fire report, you will be referred to an authority on the subject or provided with a copy of such information direct from the horse's mouth.

Useful government web-site links at www.accmontreal.ca

Have you visited the ACC Montreal web site Photo Gallery?

E-mail announcement list & ACC Montreal web site

This schedule is tentative and subject to last minute changes. Be sure to contact the organizer to confirm. Check our website www.accmontreal.ca and subscribe to the section's email announcement system for the most up to date information and announcements. (See page 3)

Outings

Be sure to contact the Leader of the Outing well in advance. Sometimes changes are necessary due to weather, conditions, access or leader availability.

Socials

Socials typically begin at 7:00 pm and the presentation starts at 8:00 pm. We extend an invitation to everyone, members and non-members alike.

Please bring a light snack or beverage to share with others. Check with organizer to confirm date and location.

Ski House Group Meals

Group Meals typically begin at 6:00 pm. Please contact the organizer at least 2 days in advance (Thursday night) to allow them to make their preparations and to ensure there is enough food! Participants help with food preparation and cleanup.

Courses / Workshops

Please contact the Course Organizer at least 6 weeks in advance. Most course announcements and signup are done through the section's email announcement system.

Waivers

You MUST sign the Outings Waiver on all ACC outings

This ensures that the club is protected by accident insurance. In the event of an accident on an ACC outing, you must report the circumstances to the outings co-ordinator or the section chair **as soon as possible**. Furthermore, If you are travelling to the United States (i.e. Keene Farm) you are strongly advised to carry some sort of travellers

M.R.

Alpine Club Montreal Section Summer / Fall 2003 Activities Calendar

Date	Type	Event	Location	Level	Contact(s)
June 28, 29 and 30 (Canada Day)	Outing	Rock climbing at Bon Echo. Multipitch lead climbing in a spectacular setting. Sauna fun too.	Bon Echo, ON	Intermediate up to Advanced multipitch lead climbing	Martin Suichies (514) 747-2828 suichies@canada.com
July 5 or 6	Outing	Rock Climbing with the Chair. A day of beginner climbing in the Laurentians.	Val David, Laurentians	Beginner	Susanna Oreskovic (514) 341-0141 chairperson@accmontreal.ca
July 25, 26 and 27	Outing	Back-packing trip in the Dix range with the aim of sum-mitting East Dix and Dix.	Adirondacks, NY	Strong Intermediate	Andrew Manning (514) 849-9489 courses@accmontreal.ca
August 2 or 3	Outing	Local Rock Climbing in the Laurentians at Val David	Val David, Laurentians	Beginner and Intermdiate	Willy Ladik (450) 226 5304 wladik@ca.ibm.com
August 9	Outing	Hiking/Scrambling on one of the slides in the Adiron-dacks. Bush-whacking, navigation, but hopefully some great views.	Adirondacs, NY	Strong Intermediate Hiking	Chris Meyrick (450) 227-6478 outings@accmontreal.ca
August 10	Outing	Hiking an easy trail in the Adirondacks to a summit with a view	Adirondacks, NY	Beginner	Chris Meyrick and Jackie Ross (450) 227-6478 outings@accmontreal.ca
August 16 or 17	Outing	Rock climbing in the Adirondacks	Adirondacks, NY	Intermediate	Ross McEwen (514) 487-3484
August 16	Work weekend	Trail Clearance (Rain Date Aug 30) - contact Marie-Josée or consult the ACC Montreal website for details.	Adirondacks, NY	All	Marie Josée Villeneuve (514) 257-9786 marie.josee@capvoyages.com
August 23 or 24	Outing	Slab climbing in the Adirondacks - a day climbing with the Past Chair		Intermediate	Mike Rogers (514) 630-5690

Alpine Club Montreal Section Summer / Fall 2003 Activities Calendar

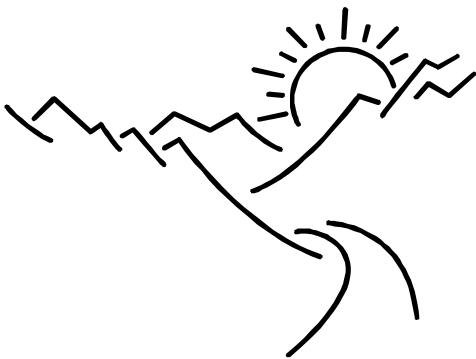
Montage 61.1 - February 2003 www.accmontreal.ca Page 15	Sept 13 or 14	Outing	An intermediate hike in the Adirondacks, leader's choice	Adirondacks, NY	Intermediate	Damon Greenberg (518) 891 1628
	Sept 20/21	Social	Annual BBQ weekend at Keene	Adirondacks, NY	All	See Montage notice
	Sept 27/28	Outing	Rock Climbing in the Eastern Townships at Le Pinacle. Join the folks from Sherbrooke in a great setting.	Eastern Townships	Intermediate and Strong Intermediate multipitch lead climbing	Dave Howard (514) 279-3281 dockhoward@sympatico.ca
	Oct 4 or 5	Outing	Hiking in the Adirondacks with Murray and Leslie.	Adirondacks, NY	Intermediate	Murray Levine (514) 633-1533
	Oct 4 or 5	Outing	Ladies Day !! Join Susanna for a relaxed and informal day of climbing without the pressure.	Laurentians, QC	All, beginners welcome	Susanna Oreskovic (514) 341-0141 chairperson@accmontreal.ca
	Oct 11, 12 and 13 (Thanksgiving)	Outing	Rock climbing at the Gunks. The rock-climbing mecca of the north-east and a Thanksgiving weekend tradition. Check out the Gunks web site at www.gunks.com for more info.	New Paltz, NY	Intermediate to advanced multipitch lead climbing	Mike Rogers (514) 630-5690
	Oct 18 or 19	Outing	A hike up Bald Peak with some fine views from a treeless summit.	Adirondacks, NY	Intermediate	Ed Potworowski (514) 340-1978
	Every Saturday in November	Outing	Telemark trail clearing - a worthwhile event & a good way to get to know the trails.	Mont Plante, Laurentians	All	Mike Eamer (450) 433-5658

Environment & Access Committee

Who are we?

Isabelle Daigneault
514-489-7498
 Simon Bérubé
 Tammy Le Riche
 Howard Kay
 Susanna Oreskovic
 Marie-Josée Villeneuve
 Craig Stein
 Efrat Laksman
 Juliette Juillerat (MOC)
 Eric Shultz

**For all questions or comments,
 please send an email to:
 environment@accmontreal.ca**



Don't Get Eaten

by Dave Smith
 Mountaineer Books (\$6.95 US)

No one wants to end the day by being on the dinner menu of another, more furry, species. Dave Smith's book contains useful information (and chilling tales) to keep you at the top of the food chain. It's pretty straightforward: Don't do stupid things. (Young males please pay attention!) Do not approach wild animals. Do not feed wild animals. In fact, keep anything edible away from the animals, this includes your children. It also tells you what to do when the animal has definitely decided that you are the selected menu item. What to do next? Read the book and you will know. Speaking personally, I'll be sleeping in the middle of the tent from now on.

A companion volume, "Don't get bitten," by Buck Tilton, covers all those creatures that bite or sting like mosquitos, spiders, snakes, even gila monsters.

Mountain Environment

DEC CLOSES ROCK CLIMBING ROUTES NEAR PEREGRINE FALCON NEST SITES

New York State Department of Environmental Conservation (DEC) announced today that several Adirondack rock climbing routes near peregrine falcon nest sites (eyries) have been closed. The closures are necessary to prevent any disturbances that might interfere with the successful raising of young peregrines, as well as to ensure the safety of rock climbers.

DEC Commissioner Erin M. Crotty said, "Under the leadership of Governor George E. Pataki, New York State's commitment to protecting our endangered species continues to be strong and our efforts successful, as demonstrated by the number of peregrine falcons once again nesting on the cliffs of the Adirondack Park. With the cooperation and understanding of Adirondack communities and the many visitors to this region, we can ensure the healthy development and continued success of these young falcons."

The population of peregrines in the Adirondacks has steadily grown since the late 1970's largely due to DEC "hacking." Hacking programs place young falcons raised in captivity at artificial nest sites to care for them until they are able to fly and hunt on their own in the wild. In 1999, 20 chicks fledged from nine eyries in the Adirondacks.

A number of rock climbing routes on Chapel Pond, Moss Cliff (Wilmington

Notch), and Poke-o-Moonshine in Essex County are **closed until August 15, 2003**, or until it is determined the young have fledged. All sites will be monitored regularly and postings will be updated as additional information is obtained. Hiking trails are not affected by the closure of these cliffs.

At **Chapel Pond**, the closed climbing routes are: Lower Washbowl Cliffs; Lost Arrow Face; the Ticket; the Fan; Long Buttress; Concave Wall; and Eighth Wall.

At **Moss Cliff**, the closed climbing routes are: Falconer; Hard Times; Touch Of Class; Fear of Flying; Children and Alcohol; and Coronary Country.

On **Poke-O-Moonshine** Mountain all the climbing routes between, and including, Pomme De Terre and Sunburst are closed. This includes: Scallion; Green Onion; La Spirale; Thunderhead; Amoungst The Crowd; Paralysis; and Moonshine

Currently all routes at **Wallface**, a traditional falcon eyrie, are open as the eyrie and territory have yet to be determined. However if peregrine falcons do begin nesting at this site, the DEC will close climbing routes near the eyrie.

Cooperation from the public during this peregrine falcon fledgling season is greatly appreciated. For additional information, call the DEC Regional Wildlife Office at (518) 897-1291.

Video library now available

PLANET EARTH: CARING FOR OUR ENVIRONMENT (COMPILED)

For teaching kids about caring for the environment.

LAND ABOVE THE TREES

A film of beautiful scenery from the Canadian Rockies, shows the fragile fauna and flora of the area.

ALL ABOUT BEARS

A short film on bear activity and how to handle bears.

MOUNTAIN SPLENDOUR

A documentary on the Canadian Rockies shows the fragile fauna and flora of the area.

THE PINNACLE AND THE POET

A short poetic film on citizens fighting to save a mountain from tourism and development.

Access - Shadows of an Uncertain Future

The horrors of 9-11 affected us all in more ways than one. Indeed I am sure I can say that most of us were shell-shocked for months following. I had no one that I knew of who was touched directly by the terrorist attacks, so I thought that I had escaped relatively unscathed.

Now almost two years later I am finding out that the sports and activities I love are at risk because of 9-11. Insurance companies are dropping a lot of clients that they consider high risk, and at the top of that list are climbing and alpine activities. The ADK had their premiums increase about 200%, if they were to be renewed at all. The FQME had their insurance problems when their policyholder would not let free climbing occur at private sites. Even our own ACC went down to the wire to get their liability policy renewed.

As you can imagine the consequences of not having liability insurance can be pretty dire. You got a taste of that earlier this spring when the FQME had to close their private sites. How does this affect you if you climb mostly at Keene? Well, not only are you being limited in your choices of where to climb, but you might as well start making an appointment for a pitch as the rest of Quebec climbing population heads down there. Of course the DEC will get involved and may create a very restrictive unit management plan (can we say quotas and limits on park visits?).

This could be a very real future, but to maintain our access to climbing sites we need to act together as a community. In the past, the climbing community has never been a tight knit bunch. As rugged individualists, we are impassioned and consumed by the mountains we climb; characteristics that do not tend to make an organized and active political voice. Can we organize ourselves before it is too late? We must.

We are at a crossroads where we have to make some serious and hard decisions regarding the mountain culture that we so love. Our section has been working hard to address the overall issue of access. Through the work of our environmental

committee we are getting out the message of LNT. We maintain trails in the Daks to maintain good relations with the DEC to improve public perception for all Canadian users. Thanks to members like Dave Gillepsie we are able to communicate with different park agencies in a way we never had before. This improves our public image on a larger regional scale. The National ACC office helped L'ENEQ get official UIAA approval and we are working through them to get our climbers to subscribe to the standardized and approved norms. We are also making some inroads with the FQME to aid them in finding a way out of this insurance crisis and to help access to all of the climbers in Quebec. The section as a whole is trying hard to provide access for all of our members, but now we need help from everyone at an individual level.

What can you as a regular member do to help the cause of climbing in Quebec? A lot. The major battle that we have to fight is public perception. When we talk about climbing to people in the general public, how often do they comment on how scary climbing is, how dangerous? That perception becomes reality in the minds of those that make decisions on our behalf. Insurance companies, governments, bureaucrats and park managers are all making policy based on the perception that climbing is risky and dangerous, yet we know otherwise. All of us can fight this perception. How, you may ask? One way is to become more politically active, lobbying governments to ensure our demands are met. I am certain that in the future we will be calling on you to do just that. However, the most effective way you can help is to pass on a clear and consistent message that climbing is a safe sport, and that it is respectful of the environment. The onus then falls to us as climbers that we have to prescribe to the standards and norms that are known for the highest level of safety. This means taking courses that teach you these standard practices. L'ENEQ (Ecole Nationale d'Escalade du Quebec) offers their ABC (Apprentissage de Base Commun) course that addresses these very issues, and I very strongly encourage everyone who climbs,

whether you climb as a leader or amongst friends, to take it. The ABC course is also a doorway to becoming a climbing guide or instructor, where you can charge for guiding services. ACC-MTL is working on a plan to provide these courses at a greatly reduced cost, so that everyone will have the opportunity to learn the standard practices.

How do these courses benefit you as a climber?

- 1) It is in your best interest and that of the club that we do everything that we can to ensure that our members climb in the safest manner possible. It promotes a high safety factor and reduces risk. Insurance companies are open to that concept.
- 2) The safety standard course opens up the doorway for further development into becoming a guide or instructor. The Montreal Section is working on a plan for developing certified guides and instructors through course offerings and subsidies. As a guide or instructor you would be able to charge fees for your services, if you so desired. It also increases the level of professionalism for climbing which makes government bodies more open to listening to our recommendations before making policy.
- 3) Taking these courses promotes the ACC and its partner groups as responsible leaders to the government and insurance brokers. Such changes in perception may provide more access to those cliffs that we love to climb.

If you are an avid climber and wish to increase your skills we strongly encourage you to look into leadership courses offered by L'ENEQ and the ACC. The alternative - drastic changes in access to climbing pitches. You may be banned from many sites or you may be required to hire a guide to climb anywhere in Quebec. That may very well kill our sport right then and there, and no one wants that.

Andrew Manning

Protect Mount Royal

Mount Royal Park celebrated its 125th anniversary in 2001. The **Centre de la montagne** and **Les Amis de la montagne** work together to facilitate the conservation and enhancement of Mount Royal.

Protegez Mont Royal

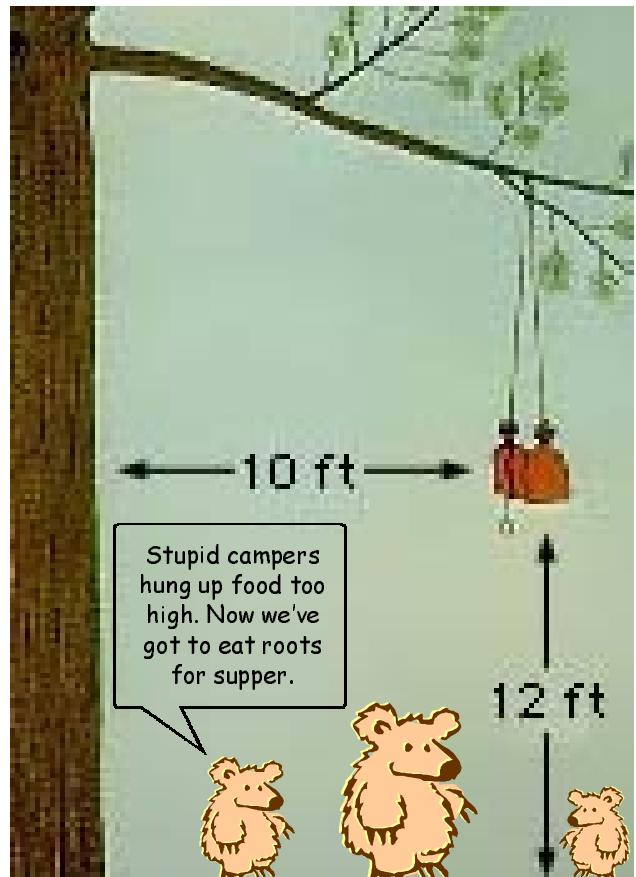
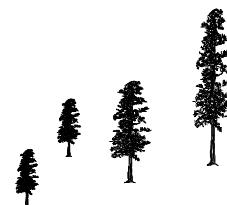
L'année 2001 a marqué le 125e anniversaire du parc du Mont-Royal. Le **Centre de la montagne** et **Les Amis de la montagne** unissent leurs efforts pour favoriser la conservation et la mise en valeur du mont Royal.

www.lemontroyal.qc.ca



Can YOU say NO to Campfires?

The forest surrounding campsites and lean-to sites are stripped of wood, often half of the trees are chopped down, and the other half have a "human browse line" seven feet high where every available branch has been cut or broken off. This is the legacy of campfires. **Campfires are now prohibited in the eastern High Peaks.**



The ACC Video Library now has ALL ABOUT BEARS
It's a short film on bear activity and how to handle bears.

Mountain Protection Websites

UN International Year of the Mountains

<http://www.mountains2002.org>

Mountain Forum: <http://www.mtnforum.org/>

International Centre for Integrated Mountain Development (ICIMOD): <http://www.icimod.org/>

UNEP/WCMC Mountains and Mountain Forests:

<http://www.unep-wcmc.org/habitats/mountains/index.html>

UNESCO Man and Biosphere Programme:

<http://www.unesco.org/mab/>

UNU Project on Sustainable Mountain Development:

<http://unu.edu/env/mountains/index.htm>

World Tourism Organization:

<http://www.world-tourism.org/sustainable/IYE-Main-Menu.htm>

Bishkek Global Mountain Summit:

<http://www.globalmountainsummit.org/>

IUCN/WCPA Mountain Theme Programme:

<http://www.wcpa.iucn.org/biome/mountain/mountain.html>

IUCN Mountain Areas Conservancy Project (MACP):

<http://www.macp-pk.org>

IUCN Himal Programme: <http://www.himal.sdnpk.org>

**Always use minimum impact techniques
150 feet—No excuses!**



How to S*** in the woods

Dig a six inch deep "cathole" when you go s*** in the woods, and remember to go at least 150 feet from water sources or trails. Please take your toilet paper home with you.

ACC National News

Alpine Club of Canada to Operate new Kokanee Glacier Cabin

May 8, 2003

The Alpine Club of Canada (ACC) has been awarded a contract by BC Parks to operate the new Kokanee Glacier Cabin, as well as the Woodbury and Silverspray Cabins and the Kaslo Lake campground in Kokanee Glacier Provincial Park, north of Nelson, B.C. The ACC will begin operating the cabins and camp-ground in June of 2003. The stunning new Kokanee Glacier Cabin is located to best take advantage of the endless backcountry hiking and skiing terrain. Visitors will enjoy an experience they will not forget.

The ruggedly beautiful Kokanee Glacier Provincial Park boasts 85 km of well-marked summer trails with over 30 lakes that offer good fishing for rainbow and cutthroat trout, and excellent back-country adventure for the whole family. In winter, the abundance of cold dry powder and north facing slopes make for a world renowned backcountry skier's paradise. This park is appropriate for skiers, hikers and climbers with all levels of outdoor experience.

The Kokanee Glacier Cabin was built as a result of campaign ef-

forts carried out in memory of Michel Trudeau and the many other Canadians who have lost their lives enjoying Canada's backcountry. The national Kokanee Glacier Alpine Campaign, spearheaded by BC Parks in 2000, with the support of the Friends of West Kootenay Parks and the family of former Prime Minister Pierre Trudeau surpassed its fundraising goal of \$900,000. In total, \$974,200 was raised. The funding was used to meet the goals of the Kokanee Glacier Alpine Campaign: to build a new alpine hut to accommodate the increasing demands from backcountry enthusiasts; and to raise national awareness about backcountry safety. Part of the funds will be used to restore the historic Slo-can Chief Cabin in Kokanee Glacier Provincial Park as a back-country interpretive centre. In addition, \$40,000 was donated to the Canadian Avalanche Association to help maintain the Public Avalanche Bulletin and ensure it is regularly updated.

For more information on the Kokanee Glacier Park facilities visit the ACC's website at www.AlpineClubofCanada.ca

Quebec Huts

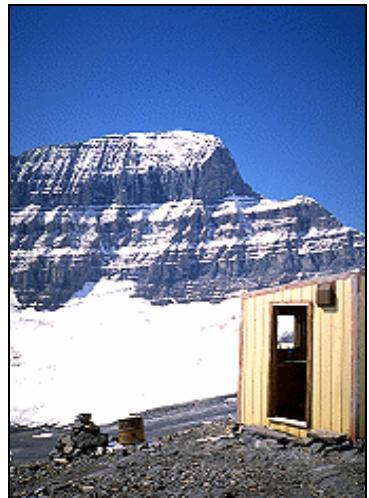
Many Quebec and Canada National Parks have huts and hut/trail systems. The Chic-Chocs (Parc National de Gaspesie) have 16 backcountry huts.

Alpine Club of Canada Mountain Huts

There are 25 huts, cabins and hostels in the Alpine Club of Canada hut network in the mountains of western and eastern Canada.

For reservations or more information
Call the ACC at (403) 678-3200, ext. 1
Fax us at (403) 678-3224,
E-mail us at alpclub@telusplanet.net

www.AlpineClubofCanada.ca



Keene Farm Report

A lot of important things have been happening at Keene Farm recently and more will follow soon. Here is a summary of the most important changes, which affect all visitors to Keene Farm.

There has been a tremendous increase in the use of the place since the new-year and new measures had to be implemented to streamline the operation and keep it manageable by volunteers. Specifically, three areas needed immediate attention: drying and storage of the dishes, use of outside footwear in the house, and abusive use of the main wood burning stove. Incidentally, these measures were taken at least in part in response to members concerns and suggestions.

Dish drying racks are now installed above both woodstoves thus eliminating the use of dish-towels deemed unhygienic. **The use of outside footwear in the house is now** banned and members can use either their own slippers or those supplied by the club. **The access to the bowels of the main woodstove** is now restricted to the hut custodian who has the key to the padlock. This, by the way, is common procedure in many other hut systems.

House reservations must now be done online using the new form available on the ACC Montreal website.

Meanwhile, back in **the meadow camping area, all fire pits have been removed with the exception of the main one by the shelter.** This decision was taken to check further abusive and unsafe

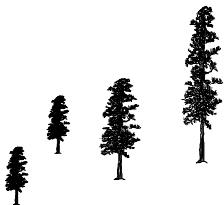
practices. Moreover, having just the central pit by the shelter will help promote environmental and social goals of the club.

With the advent of summer, the construction projects specified in the Keene development plan have begun. By barbecue time, members should see the completed composting/pit storage facility, and the serious progress of the field outhouses.

We realized that the amount of work expected of the custodians has increased significantly. Consequently, we are developing new approaches which will make the tasks so pleasant that people will line up to volunteer for the job! When the details are finalized, members will be contacted by e-mail and dates will be assigned on a first come, first served basis.

Finally, we must remind you that Dave is not forever. In order to let him pursue his other interests, the responsibilities and tasks of running the Keene property have been divided into four activities: custodianship, maintenance and projects and financing. Members are invited to contact MAC Inc (Tom Haslam-Jones, Ed Potworowski or David Gillespie) and discuss with them in the areas that they would prefer to participate.

Keene Farm Committee (Mac Inc.)
Macinc@accmontreal.ca



Outhouse Tales

One more reason we're modernizing the privys

You may have heard this one before. Our man in Keene has seen it all at one time or another. The ACC cabin in NY State has three outhouses of some repute. One is dubbed "the outhouse from Hell" because of the time the custodian went to replace some rotted out 2x4s that were supporting the privy. He slid a board underneath the floor and across the hole to support the thing while he worked on it. He jumped up and down a few times to make sure it held, and the whole thing went down into the hole. With him in it.

Not so bad he thinks, just open the door and climb out. The door opens outwards. Oh, Oh. It's midweek and there's no one else about. Desperation. He might starve by the time people arrive for the weekend. The hole was one way out but upon looking into it, serious consideration was given to any other alternative. Jammed against the opposite wall he pushes with his feet against the top of the door, but try as he might he can't force it to open far enough

outwards. The windows are mere slits at ceiling height covered with mesh. Looks grim. Brainwave. He still has his hammer. He knocks off the roof boards and climbs out. Relief!

This is a true story. It happened to a friend of mine. But things are a-changing. In order to conform to new park regulations on such matters the old privies are now being replaced by composting ones, set on a concrete foundation which holds the plastic barrels underneath the superstructure. Practically bombproof. Wider, airier, brighter – with clear Lexan roofs. So of course that sort of thing can't happen anymore. I wonder if that's why he's using cement?

THP



Rapport de Keene Farm

Il y a eu beaucoup de changements à Keene récemment, et ce n'est pas fini!. Voici un résumé des principales modifications qui affecteront tous les visiteurs:

Il a eu une énorme augmentation de l'utilisation du refuge depuis le début de la nouvelle année et nous avons dû changer notre façon de faire les choses pour pouvoir faciliter le travail des bénévoles. Spécifiquement, trois aspects de la gestion du refuge ont nécessité une attention immédiate: le séchage et le rangement de la vaisselle, l'utilisation des bottines de la maison et l'utilisation abusive du poêle à bois dans le salon. Nous sommes reconnaissants aux membres d'avoir attiré notre attention sur certains de ces problèmes et avoir suggéré des solutions.

Nous avons installé un support à vaisselle au-dessus des poêles à bois éliminant ainsi l'utilisation peu hygiénique des torchons à vaisselle. Le port de bottines est maintenant interdit à l'intérieur du refuge et on pourra utiliser soit ses propres sandales soit celles qui sont fournies par le club. L'accès au poêle du salon est maintenant sous le contrôle exclusif du gardien qui a la clé du cadenas. C'est d'ailleurs la façon de procéder dans plusieurs autres refuges.

Pour réserver une place au refuge, on doit maintenant se servir du formulaire disponible sur le site web.

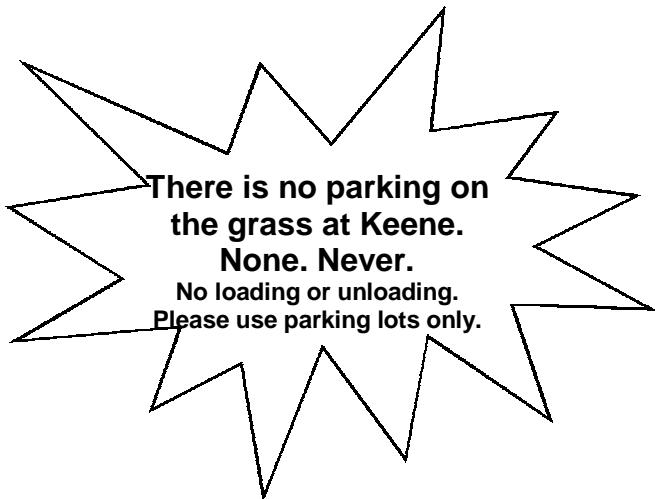
Quant au pré, il y a aussi des changements majeurs: les emplacements de feu de camp ont été tous abolis sauf pour l'emplacement principal près de l'abri. Nous avons dû prendre cette décision pour enrayer l'utilisation abusive et dangereuse des feux de camp. De plus, un seul feu de camp sur le terrain permettra de réduire l'impact environnemental et de promouvoir l'esprit social du club.

Les projets de construction prévus pour l'été dans le plan de développement vont bon train. A l'automne, on devrait avoir complété la fosse septique et avoir fait de sérieux progrès dans la construction des nouvelles toilettes.

Nous nous sommes rendu compte que la tâche des gardiens devenait de plus en plus lourde. Par conséquent, nous sommes en train d'élaborer de nouvelles approches qui rendront le travail si agréable que les gens feront la queue pour devenir gardien! Des que nous aurons tous les détails, nous vous contacterons par courriel et vous pourrez choisir les dates de gardiennage qui vous conviennent le mieux.

Pour terminer, nous devons vous rappeler que David ne sera pas ici pour toujours et pour lui permettre de s'occuper de ses autres intérêts nous avons donc diviser en quatre les responsabilités rattachées à la gestion de la propriété de Keene: Le gardiennage, l'entretien, les projets spéciaux et le financement. Nous invitons les membres à contacter MAC Inc (Tom Haslam-Jones, Édouard Potworowski ou David Gillespie) pour discuter avec eux comment et quand vous pourriez aider. Pour que Keene fonctionne, il faut que tout le monde participe.

Mac Inc.
Macinc@accmontreal.ca



Adirondack Rescue?

Make sure that someone "back home" knows where you have gone, who is the leader (i.e. who would have signed the trail register), and what time you expect to return home.

This information should be written down! Write down your trip details including itinerary, car model and license plate number. Leave this information with someone responsible and somewhere the dog won't eat it!

If you think someone is lost you can report a missing hiker, (climber etc) in the Adirondacks, call the **DEC Forest Ranger Emergency number at 518-891-0235**.

Tarifs & Règlementations - Keene Farm - Rates & Rules

www.accmontreal.ca/keenefarm.html

email: acckeenefarm@yahoo.com

Welcome Bienvenue	F	Overnights / Nuits House / Refuge	Overnights / Nuits Camping	Annual Pass Passe Annuelle House / Refuge	Annual Pass Passe Annuelle Camping
ACC Montreal section member <i>Membre du Club Alpin section Montréal</i>		\$10 cdn / \$8 us	\$5 cdn / \$4 us	\$60 cdn / \$48 us	\$35 cdn / \$28 us
Other ACC or other UIAA-affiliated Member <i>Membre du Club Alpin ou d'un club affilié</i>		\$10 cdn / \$8 us	\$5 cdn / \$4 us	\$70 cdn / \$56 us	\$45 cdn / \$36 us
Guest of a member <i>Invité d'un Membre</i>		\$18 cdn / \$13 us	\$8 cdn / \$6 us	N/A	N/A
Student Members with valid ID <i>Membre étudiant à plein temps avec identité</i>		Half rates	Half rates	Half rates	Half rates

Règlements Keene Farm

- Pour passer la nuit à la Ferme de Keene, vous devez être un membre du Club Alpin du Canada, d'un club affilié à l'UIAA ou l'invité d'un membre.
- Vous devez présenter une carte de membre en règle et signer le registre.
- Les enfants de 16 ans et moins sont admis gratuitement si accompagné d'un membre adulte.
- Les étudiants à temps plein avec carte d'identité ont droit à 50% de rabais.
- Les membres qui désirent inviter un groupe de 5 personnes ou plus, DOIVENT contacter l'exécutif de la Ferme de Keene.
- Les responsables de groupes doivent de signer le registre, collecter les frais et ils sont responsables des actions des membres de leur groupe.
- En l'absence d'un gardien, les frais de nuité doivent être envoyés par la poste à l'adresse suivante: Case Postale 543, Station Victoria, Westmount, H3Z 2V5.
- Les membres autres que la section de Montréal (i.e. la section d'Ottawa ou Toronto, les clubs affiliés à l'UIAA) peuvent maintenant acheter des passes de camping ou de refuge. Cependant, une surcharge de \$10.00 sera appliquée, qui représente la part de l'abonnement verser par le Club Alpin du Canada à notre section.
- Les campeurs ne sont pas autorisés à utiliser le refuge à moins de payer le tarif du refuge.

- To stay at Keene Farm, you must be a member of the Alpine Club of Canada, a UIAA-affiliated club, or a guest of a member.
- You must present your valid membership card and sign the logbook.
- There is no charge for children 16 and under, but an adult ACC member must accompany them.
- Full-time students with valid ID can stay for half the price.
- Members wishing to bring a group of 5 or more people MUST contact an executive of the Keene Farm to make sure space is available.
- Group leaders are responsible for registering, collecting the fees and the actions of his/her group.
- In the absence of a custodian, the fees should be sent to our mailing address: Box 543, Victoria Station, Westmount, QC, H3Z 2V5
- Non-ACC Montreal Section members (e.g.: Ottawa section, unaffiliated ACC members or FQME) are now able to purchase house and camping passes. However, the cost of each is subject to a \$10 surcharge which represents the fraction of the ACC membership fee which goes to the Section.
- Overnight campers are not allowed to use the house unless they pay the house rate.

**Travelled?
File a trip report**
www.accmontreal.ca

**MAC Inc
Keene Farm Committee**

We want your feedback
macinc@accmontreal.ca

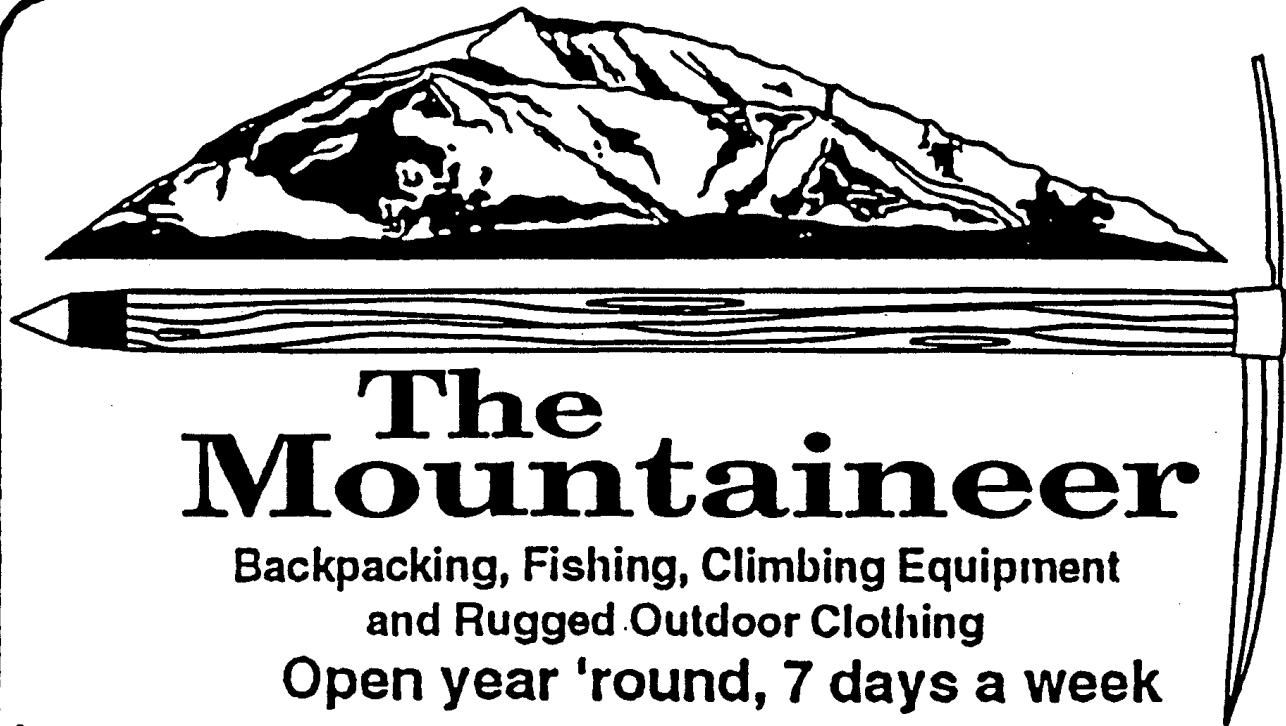
This is the new e-mail address to talk directly to the executive of MAC Inc., Montreal Alpine Club Inc., the organization responsible legally and administratively for Keene Farm.

Messages are automatically forwarded to the executive members of Mac Inc., who are currently Ed Potworski, Tom Haslam-Jones and Dave Gillespie. We will endeavour to respond to all messages where the sender is identified.

You may also contact us by phone at (450) 672-3415 (Tom) and Fax at (450) 672-8145.

E-mail: macinc@accmontreal.ca

**Ed, Tom and Dave
MAC Inc. Executive**



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Mt Kilimanjaro

Dik Dik Hotel, 1234 metres
Arusha, Tanzania
February 1, 2003, +30 Celsius

Prologue

Many years ago when I was a youth, I was rather smitten with a girl who studied American literature at Manchester University. I was hooked for a long while reading many American authors including Hemingway; you guessed it: I read "The snows of Kilimanjaro." From that time onwards I had often wondered if I could climb it (or hike up), knowing that I seemed to hit a maximum height capability of around 18,000 ft; Kili is more than 19,000 ft. For more than a year now I had seen ads in the Canadian Alpine Gazette advertising the attractions of the Dik Dik lodge and its nearness to Mt Kilimanjaro.

Warning: for those unable to accept old style colonial safaris, nor unable to accept disappointment, read no further!

This is a highly personalized view of a recent trek to Mt Kilimanjaro, written the day after completion at this lovely hotel situated in a hilly, tropical flower garden, situated on the slopes of an extinct volcano, Mt Meru. Gurgling streams soothe the spirit sending one into a deep sleep at the end of an overnight flight, or a mountain climb or a safari. Colobus and Vervet monkeys abounding in the surrounding tropical forest are keeping us entertained! Dik Dik is a well-run hotel by people of Swiss origin, with high class amenities and a superb cuisine, who not only organised my climb up "Kili" but also prepared the subsequent safari.

The Hike

In this part of Africa there are two main rainy periods, known as the short rains (from November through December) and the long rains from March through to June. I had decided some time ago to plan this trip to coincide between the two rainy periods, being a suitable time for Astrid and I to escape the winter in Quebec. We are to continue on our travels to other parts of the world later for both pleasure and business. But this trip to Tanzania was to be for our

vacation, pure and simple. (Simple?)

So here we are in Tanzania at the end of January and the beginning of February. In fact after a couple of nights on a plane, first from Montreal to London then from London to Nairobi we were pretty tired on arriving here following a five hour drive across the southern part of Kenya and into Tanzania by road. Visas for both countries were acquired some months ago so there was no hassle at the frontier. On Saturday, January 25th the day after our arrival we celebrated Astrid's birthday here in the tropics. As I was on antibiotics for a bacterial infection in the nose we couldn't celebrate with wine, but we will celebrate later, probably in the Seychelles our next destination.

The following day began my trip to Kili (Mt Kilimanjaro). I learned to my astonishment that there was going to be a party of 17, yes, seventeen people on the trip. I knew there was to be a guide and porters for which I had all paid for in advance but I had not realised there were to be so many. Here is the breakdown: First the guide, Elija who was responsible for the group; then a personal porter, David; a

They pointed out they need the employment here so the more the merrier so to speak; I could argue the point but that's the way it was.

cook; assistant cook; waiter and regular porters. All in all 16 local Tanzanians plus me, the client. Ridiculous but as they pointed out they need the employment here so the more the merrier so to speak. I could argue the point but that's the way it was.

I had chosen the Machame route on the mountain rather than Maranga. The Maranga route uses huts and was until recently the most popular route; the Machame route uses tents and because the huts are crowded the Machame route is now more popular. I was able to count

more than 70 tents at some of the camp sites. To give one an idea, our group of 17 people had three tents: a mess tent; a dining tent and my sleeping tent. We divided into the following for sleeping: I had my own tent; the porters, cooks and guide slept eight in the mess tent and eight in the dining tent. Now I do not know how the other groups managed but there must have been more than 200 hundred people at many of the camp sites. However I was told that this was rather more than usual because many people wanted to start their treks on a Sunday. Later at the Barafu camp I only counted a few dozen people.

The Machame route is also more scenic. I can add that it is a spectacular route, complete with exotic plants forming the foreground to the snows on the hanging glaciers of the summit. Although elephant and leopard are to be found, they are not present on the Machame route. However I did see Colobus monkeys and a Mongoose. Also many birds were to be seen amongst the crags, ridges and valleys of the mountain.

Our first stop after a two hour drive to the Park gate was the Machame entrance at 1850 metres, where I had to register.

The government requires the hiring of a guide and porters. It is not possible to go on the mountain without paying an outfitter for these people but not necessarily with the number of porters I had.

Then followed a five hour uphill hike to the Machame camp site at 2900 metres, a distance of about 12 kilometres in the rain forest. For the first two or three

kilometres there was a dirt road, which then became a rather muddy track. Glad I had decided to wear my mountain boots and not running shoes. The latter I used only at the camp sites. I was provided with a lunch at which time we were watched by the Mongoose, keeping close to its den beneath a bush. Even though myself and the guide started before the porters the latter quickly overtook us and had the tents up and all prepared before we arrived--hot water for washing and a private biodegradable toilet just for myself!

(Continued on page 25)

(Continued from page 24)

Although the tents of the various groups were sprawled across several acres, most of them were packed close together for reasons of security. Apparently some of the locals from Machame village are not amiss to try and rob those tourists hidden by dense bush who camp a little afar from the main site.

Dinner, consisting of soup, Tilapia Basil Sauce with fresh vegetables followed by cake was served in the mess tent to yours truly sitting alone. All of Dik Diks meals are vacuumed prepared with water micro-filtered, so no hygiene problems. One of the problems of being the sole client is the lack of communication with others; the porters, and guide had a very limited knowledge of English. I was very glad I had bought at London Heathrow a copy of Antonia Fraser's book "Cromwell—Chief of Men," with its 900 pages of fascinating reading. Before and after dinner I could at least enjoy reading the book as well as studying in detail a recently edited new map of Kili, which I had bought in Ottawa. I had to make many corrections.

I relied on my Casio watch for barometric readings and altitude. For good measure and for even more reliable location readings, I had brought along my new GPS (Global Positioning System). I was able then to correct very accurately the altitude readings for the Casio watch. Pressure variations can easily be of the order of 100 metres or so and when using the map and information provided by Dik Dik, I found there were numerous errors for height and for position on the mountain.

The Machame route in fact does a tour of the south side of the mountain contouring at a height of plus or minus 4000 metres for three nights, before climbing up for one night to 4600 metres and then the following night the summit attempt.

On the second day with a wake-up call at 0630 and an 0800 hour start to the four hour climb, we hiked up rather steeply through the upper rain forest and into shrub land much of which was along lava ridges, where hand-holds in the rock were sometimes useful. Fascinating landscape crossing valleys and streams. At the lunch break at 1000 hrs I was startled when upon descending a steep rock outcrop I saw spread

out on a little grass meadow a table and chair. I freaked out. No way I was going to be embarrassed in front of a crowd of climbers coming behind and seeing me, all solitary, eating at a table in the mountains! I quickly took what I wanted to eat and moved towards the porters and a comfortable rock where I ate the lunch. The table remained in the distance.

Then on and up to the second camp site at Shira situated on a wide plateau at 3840 metres. A lazy afternoon followed in the tent as the clouds formed --regularly as I learned, on the south side. A curious phenomenon for the mountain, where clouds rarely form in the dry season on the north side. The sun of course being on the south side during our winter. The usual superb dinner of three courses was served in the evening.

The third day we started at 0830 for a five hour hike to the Barranco camp situated at 4000 metres. As usual I was accompanied by the guide in front followed by the per-

hours amidst the usual striking scenery of rock, pebbles, lava stone and slate surrounded above by the glaciers of Kili, we hiked over to the high camp at Barafu situated at 4640 metres, where there is no water. Porters hauled it up from the previous camp site. And I never wanted for water, neither for drinking nor for washing nor for cooking. There was always enough. But it was mostly tea that I drank.

Summit attempt

Arriving at 1100 hrs we relaxed before getting up at midnight for the summit attempt on the sixth day. And this is where the account turns for the worst.

I was awakened at midnight after a few hours of sleep. After reading lots of mountain stories over the years I was sufficiently aware that at least a couple of times during my fitful sleep, I believed I suffered from what is commonly referred to as the Cheyne-Stokes breathing problem, a symptom of which is the long interval between breaths, followed by a rapid intake of breath, of which one is almost violently awakened albeit in a dream-like state. This didn't worry me as I was hardly aware of what was happening.

Then after eating a hot soup and a couple of biscuits plus a Cadbury chocolate bar we bundled up for the cold night air. I had taken temperature readings as well at all the camps and was surprised to read a temperature of only -5 Celsius but with a fairly strong wind blowing. I put on long johns and climbing trousers. The rain pants in reserve were put into the rucksack. Then on with an undershirt, shirt and Helly Hansen Anorak into the rucksack in reserve. And a tuque for the head and Pretzel head lamp, with a balaclava in reserve. My usual kit for cold days of cross-country skiing in the mountains and in the Saguenay area in winter. I sweat easily so did not wish to put on too many clothes right away. In retrospect this was a mistake as I frequently stopped to put on the reserve clothing, thus exposing the hands to the cold. Adding to the cooling of the hands and to the frequent stops was the need to adjust the hiking poles which frequently collapsed due to contraction/expansion.

The Machame route does a tour of the south side of the mountain contouring at a height of plus or minus 4000 metres for three nights

sonal porter behind who always supplied the hot sugary tea at my or his suggestion. The hike was quite different from the previous day with a climb up to 4515 metres before dropping back almost to the same altitude as the previous camp. We passed below one of the main glaciers of the mountain—the Arrow glacier.

A shorter day followed with a four hour hike to the Karanga valley at 4050 metres with a short rise of about 400 metres up a very steep wall—hand-holds neatly placed for aid, and known as the Breach Wall. We camped high on a ridge after descending to roughly again the same altitude as the previous day. An option would have been to stay just below near the stream. But then on the ridge, we had the suns' rays early in the morning and late into the afternoon.

On the fifth day, a very short one of two

(Continued on page 26)

(Continued from page 25)

We were off at 0045 hrs on a clear starry night. I noticed two more parties ahead of us with about four or five climbers in each group. We gradually overtook them with our climbing rate of 250 metres per hour. I had reckoned on only 200 metres per hour. From the first I noticed my head lamp was useless and not strong enough for long hours of climbing in the dark. The aim was to reach the summit at 0600 hrs, which would have meant six hours of battery life in cold conditions.

Then I started to feel the cold and decided to put on the anorak which interfered with the head lamp. I had not put on the balaclava at this point --an hour or so into the climb and each time I stopped to put on a clothing item my hands got colder. So another lesson, my gloves were not as good as they should have been and my lips were also too exposed to the cold wind.

After a two hour climb I started to stumble too much, which at first I put down to the inability to see the small rocks on the trail and the twists and turns with my poor lamp. I was aided slightly by my two companions and their torches. Then whenever I spoke I was beginning to slur my speech. I started to have a difficulty speaking clearly. At first I was thinking it was the cold--at which time I had put on the balaclava, the anorak and the rain pants, so in theory I should have been O.K. Nearly an hour later I realised I was in trouble and said to the guide I think I should turn around and descend as I was stumbling and not feeling well at all. I couldn't believe the speed at which my physical condition had changed, because for once on my life at altitude I wasn't gasping for breath. The lungs were going well.

The guide's first reaction was to state that this was the first time this had happened to him in 3 years. Later at the Dik Dik hotel when I recounted the story at an official briefing, I then remembered that he should have told me that he was carrying an oxygen outfit. At no time had he ever alluded to this fact and I think it might have been helpful. Anyway I was aware enough of my situation to call the shots and descend as quickly as possible thankful for my walking sticks to enable me to descend without falling. About 200 metres lower I was then violently sick, another symptom

of pulmonary edema, in addition to the stumbling and slurring speech. I was convinced of the right decision to descend.

Back at the Barafu camp I told the guide I needed to sleep. He wanted me to continue lower but I explained to him I was somewhat acclimatised at this altitude, being at nearly a thousand metres (1000 metres) lower than the turn-around point. I held to my plan. I was completely washed out. Even though I wanted to go the toilet I didn't have the energy for an hour to do so. Then after taking a Gravol pill—given to children for car sickness and which I use to induce drowsiness on overnight flights on airplanes—this reduced the need for vomiting, although vomited again briefly, a green liquid coming from the stomach which Astrid says is due to the liver.

Later the guide did agree that when he looked at my face in detail at the turn-around decision point he did notice the blue lips and white face, the slurry speech and the stumbling. I think --and after discussing with the Dik Dik people, and upon reflection, he should have taken more care but clearly when all said is done I was glad I took the decision.

I can count several occasions when I have turned around from summits just a short distance away. With my friend Jeff in the Austrian Alps we were stumbling into crevasses too easily in soft snow; once on Mt White in the Adirondaks, I couldn't even crawl to the summit due to such strong head winds; on yet another occasion I was at my limit on Popocatapetal in Mexico; on another trip with Kevin O'Connell in the Andes. I always had a tough time at around 5400 metres on three summit attempts, two of which I had barely made. So I now know where my real limits are and if I ever want to go after that 6000 metres level or 20,000 feet then I will have to follow rigidly the well-known acclimatisation rules.

After a three hour rest at the Barafu campsite, I was able to continue the 14 Km hike to the park gate at Mweke with an hour for lunch about half way. This trail is only used for descents and has recently been upgraded. Altogether this day I covered about 25 km of hiking, including the hike up --the guide reckons we were at about a half hour from Stellar Point on the rim and about a further 40 minutes from the true

Uhuru peak at 5895metres (19340 feet). I did not take a satellite reading but based on the lower subsidiary summit at 5140 metres of Mawenzi, at about a distance of 20 kms away and based on the guides testimony and the other parties on the mountain, I reckon I was at about an altitude of 5600 metres (circa 18,400 feet) before turning around.

One other comment: As I started to descend I was offered Dexamethasone to combat the symptoms, which I declined. I knew that for example the "Lonely Planet" guide book recommends not to take them due to the fact that the oedema symptoms are masked and there have been several fatal incidents after people have taken them as a precautionary measure. Besides that, it's a must to take lots and lots of liquids which we did not have at that time.

Pounding of the knees has given me some very sore muscles this morning, the day after when I am writing this and as I have now finished this tale I can go for a swim in the hotel pool. Thanks to Dik Dik I can recuperate here before going off on a safari with Astrid.

Martin Taylor

PS. I should not have started this trip whilst I was on antibiotics; I should not have started on this trip so soon after arriving with Jet Lag; I should have followed my long time practice of acclimatising, that is spending several days at between 2000 & 3000 metres then going up to 4000 metres for another five days or so and a few days at 5000 metres. Then go for the summit at nearly 6000 metres. The comments in the Lonely Planet are ambiguous. In a chapter on Acute Mountain Sickness they lay out the rules as per the above but then in the section on the treks for Kili they lay out a four , five, or six day programme. They also state that there a few deaths each year on the mountain. My comments will be forwarded to Lonely Planet.

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ANNUAL BARBEQUE 2003

Keene Farm, Saturday, September 20, 3 PM

Ferme de Keene, le 20 septembre, 2003, 15h00



Star Academy Barbeque

Members and friends are invited to attend the **Star Academy** barbecue of the Montreal Section of the Alpine Club of Canada.

This popular event includes good food, beverages, and company for friends and family. In keeping with the theme, we encourage you to bring a guitar or whatever instrument you play for a sing-along around the campfire.

Places are limited. Please complete the form below with your check no later than September 10th. I will be placing the meat order on September 12th.

Those members who contact me after that date will have to bring their own meat and drink. Please send the form and check to Andrew Manning, Aegera Therapeutics, 810 Chemin du Golf, Ile des Soeurs, QC H3E 1A8. Please make checks out to ACC-Montreal Section

Please bring your own dishes, cutlery cups and napkins, and a dessert to share with everyone. We will supply everything else.

x

Name:

Nom:

Address:

Adresse:

Guests names:

Noms des invités:

Barbecue Star Academie

Les membres et leurs amies du secteur Montréal du CAC, sont invités à notre barbecue annuel de **Star Académie**.

Cet évènement populaire inclus la bonne bouffe, du vins, de la bière, surement une soirée très animée. En restant avec le thème du BBQ, amène ta voix et ta guitare, ou importe n'importe quel instrument pour jouer et chanter autour de feu de camp.

Les places sont limitées. Si vous voulez participer avec nous, s'il vous plaît remplir le formulaire en bas et poster avec un chèque, au nom de ACC-Montreal Section, avant le 10 Septembre à Andrew Manning Aegera Therapeutics 810 Chemin du Golf, Ile des Soeurs, QC H3E 1A8. Je commanderai la viande le 12 Septembre donc pour participer après cette date il faut amener votre bouffe.

Comme d'habitude, amenez votre vaisselle, ustensiles, tasses, et un dessert pour partager avec tout le monde. On s'occupe du reste.

x

x

Member number:

Numéro de membre:

Phone number:

Numéro de téléphone:

H _____

W _____

Menu Selection Sélection du menu



Viande

Meat :

Membres

Members @ \$20 x _____

Invités

Guests @ \$25 x _____

SVP faire un choix

Please select meat:

Steak

Poulet

Poisson

Steak x _____

Chicken x _____

Fish x _____

Végétarien

Vegetarian :

Membres

Members @ \$15 x _____

Invités

Guests @ \$20 x _____

Hot Dogs: (children under 12)

\$4 x _____

Total inclus

Total enclosed \$ _____



J'accepte d'être bénévole pour le barbecue

I would like to be contacted so that I can volunteer for the BBQ

