

The Alpine Club of Canada Gazette

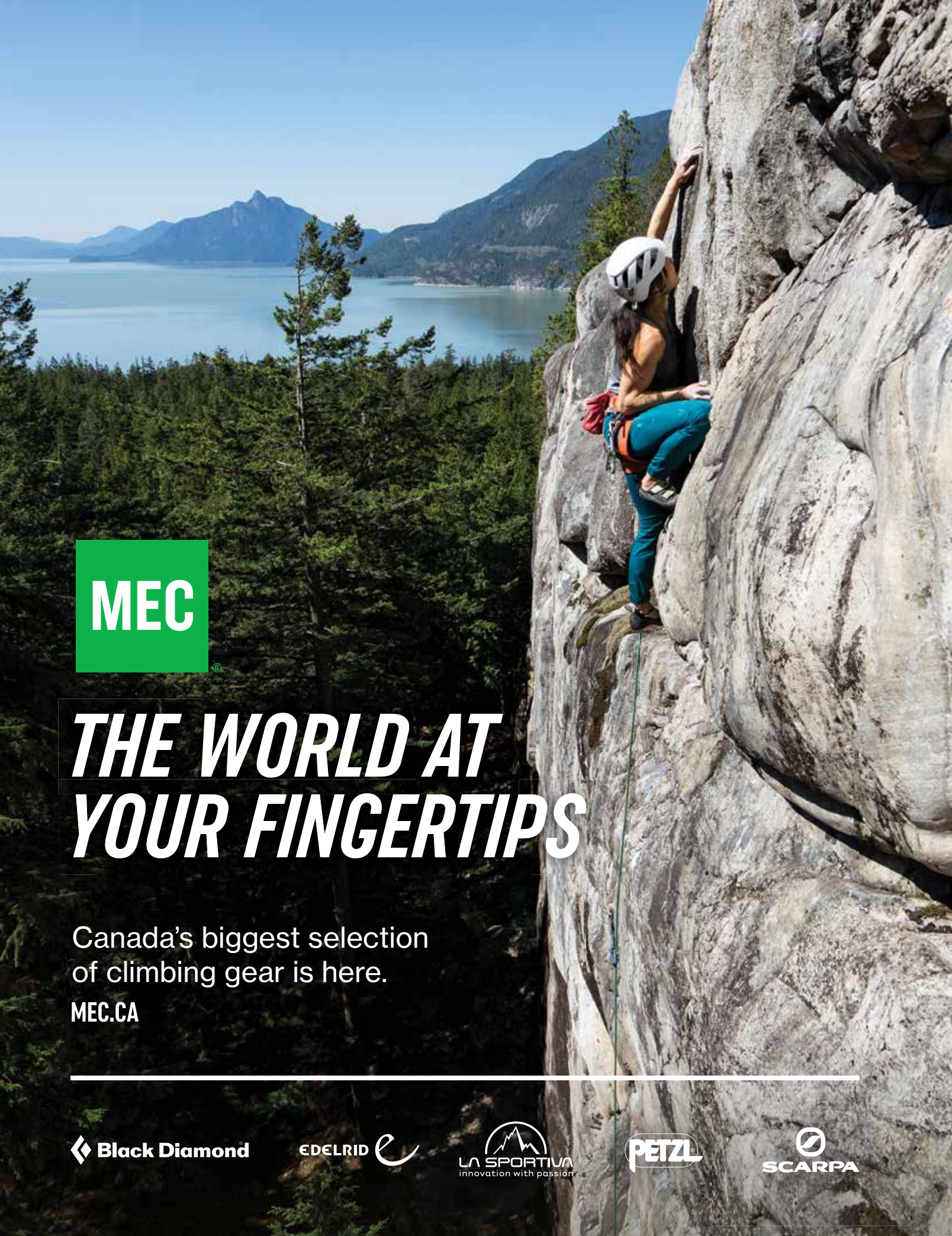
Amongst Himalayan Giants

An ACC photo adventure through the
Khumbu Valley of Nepal

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Cover Photo: Hillside Sherpa Lodge high up at Mong-La as the moon rises.
Photo en couverture : Hillside Sherpa Lodge, en hauteur à Mong-La pendant que la lune se lève. Photo Jody Lotzkar

Left: Artists, meadow and Mt. Sir Donald during Art in the Park, 2018. Story page 38.
Photo by Zuzana Riha – Parks Canada

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Dealing with the unexpected

On the surface, there are as many reasons to go to the mountains as there are people who go to the mountains. But if you drill down a little deeper, most of our reasons are probably very similar. We might be motivated by powder or boulders or big mountains or splitter cracks or great views or a hundred other things, but we all go to the mountains for the purpose of adding something to our lives: adding experiences that we can carry around with us after we come back.

If someone has spent significant time in the mountains then they've had to deal with events that didn't happen exactly the way they were drawn up at home, or perhaps even had some days when things went totally sideways and the experience changed completely. Often, those experiences are the ones we remember the most.

Outings in the mountains always add something to our lives, but they don't always add what we were expecting.

There's a common thread running through the adventure stories that we've chosen for this issue of the ACC Gazette that could maybe be summed up as "dealing with the unexpected."

Our cover story *Amongst Himalayan Giants* by Mary Benning (page 22) involves a personal revelation that gently, and happily, messed with pre-trip expectations.

Embracing Plan B by Paul Geddes (page 14) explores that familiar feeling of seeing best laid plans shot down by mountain conditions and then rallying together to switch objectives.

And *Coming Full Circle on Augerpoint Mountain* by Janelle Curtis (page 30) is the story of working back from a harrowing backcountry accident that dramatically altered lives.

The stories resonate with us because we relate, if not to the specific trips or objectives, to a story of plans being foiled.

And in each case it's the authors' honesty and willingness to accept the events and take away what the day was giving that allows us learn along with them. As always, we're grateful to our members for sharing their stories.

In this issue we've also included Ben Wilkey's update on the goings on in the club's Columbia Mountains Section (page 34), a section that joined the club only in 2018 but has put together a pretty impressive list of accomplishments in a short time. Our regional sections are the heart and soul of the ACC – where people learn to climb and ski, build and then partake in a community. The story is the first of what we hope will be a regular feature of the Gazette, focusing on one region of our diverse country.

– Keith Haberl

Mt Sir Donald, Rogers Pass. Painting by Jessica Leahey. Story on page 38, Art in the (Glacier National) Park.





Janelle Curtis is a scientist with Fisheries and Oceans Canada where she studies biodiversity in the oceans, including coldwater corals and sponges on marine mountains (seamounts). She is presently editor of the ACC's Vancouver Island Section quarterly *Bushwacker Newsletter* and enjoys exploring wild places in alpine terrain with fellow mountaineers.



Born and raised in Revelstoke **Ben Wilkey** has been gifted inspiration among the Columbia Mountains for a very long time. Despite having lived in Revelstoke most of his life he can still find true excitement adventuring within his home mountain ranges. Climbing, skiing, hiking and biking have always been the focus. He now shares these passions with his two sons.



Mary Benning is an adventure lover who recently trekked in Nepal with Pat Morrow on an ACC sponsored trip and is now hooked! She's passionate about community and has worked with organizations as diverse as the Calgary Philharmonic, a high-tech startup, and now a provincial initiative supporting children and youth. She loves the outdoors and is eagerly planning her next adventure.



Paul Geddes has served on numerous ACC committees for many years, notably the Centennial Committee, Mountain Culture Committee, Toronto Access Committee and Executive, Vancouver Banff Mountain Film Festival Committee and Awards Committee. While Chair of the Awards Committee he instituted the Don Forest Service Award and the Eric Brooks Leadership Award. Paul was awarded the ACC's Distinguished Service Award in 2014 and ACC Silver Rope for Leadership Award in 2004.

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Photo Jaycee Bachelder, Venture Images

ACC Board of Directors – 2020 Nominations

Club bylaws require the ACC Nomination Committee to develop and recommend to the ACC board of directors and club members a slate of candidates for each board position to be elected. The committee is responsible for identifying qualified individuals with the requisite competences for each position and for recommending to the voting members an applicant who, in the opinion of the Nomination Committee, best meets the criteria and needs of the board at this time.

Each year, three of the nine positions on the ACC board are open for nominations. When there are no nominations for a position, the incumbent is acclaimed and serves another three-year term.

For 2020, there are no contested positions and the three incumbents have been acclaimed. As such, there will be no election for 2020.

You can learn more at www.alpineclubofcanada.ca/elections.

Position	Term	Incumbent (ACC Section)	
VP Environment & Access	3 years	Lael Parrott (Okanagan Section)	Acclaimed
VP Facilities	3 years	Jim Gudjonson (Rocky Mountain Section)	Acclaimed
Treasurer	3 years	Keith Sanford (Calgary Section)	Acclaimed

On behalf of the Nomination Committee members Peter Muir (Chair, Winnipeg, Man.), Cam Roe (Salt Lake City, USA), Josée Desjardins (Chelsea, Que.), David Roe (Calgary, Alta.), Mary Sanseverino (Victoria, BC) and Zac Robinson (Edmonton, Alta.).

Nominations de 2020 au conseil d'administration du CAC

Les règlements du Club requièrent que le comité de nomination du CAC conçoive et recommande au conseil d'administration du CAC et aux membres du club une liste de candidats à élire pour chacun de ses postes. Le comité a la responsabilité de désigner des personnes qualifiées ayant les compétences requises pour chaque poste, et de recommander aux membres votants un candidat qui, selon l'opinion du comité de nomination, répond actuellement le mieux aux critères et aux besoins du conseil.

Chaque année, trois des neuf postes du comité du CAC sont ouverts aux nominations. Quand il n'y a aucune nomination pour un poste, le titulaire est élu par acclamation et exerce un nouveau mandat de trois ans.

Pour 2020, aucun poste n'est contesté et les trois titulaires ont été élus par acclamation. Aussi aucune élection n'aura lieu pour 2020.

Pour en savoir davantage, consulter www.alpineclubofcanada.ca/elections.

Poste	Mandat	Titulaire (et section du CAC)	
VP Accès et environnement	3 ans	Lael Parrott (section Okanagan)	Élu
VP Installations	3 ans	Jim Gudjonson (section Rocheuses)	Élu
Trésorier	3 ans	Keith Sanford (section Calgary)	Élu

Au nom des membres du comité de nomination : Peter Muir (président, Winnipeg, Man.), Cam Roe (Salt Lake City, É.-U.), Josée Desjardins (Chelsea, Q.C.), David Roe (Calgary, Alb.), Mary Sanseverino (Victoria, C.-B.) et Zac Robinson (Edmonton, Alb.).



New Ice Climbing Leader's Handbook now available



Ice and mixed climbing has seen a massive amount of change over the last few years, so we're proud to announce that our latest publication "Ice Climbing Leader's Handbook" from Sean Isaac is now released (online at alpineclubofcanada.com/store) with the latest modern techniques and knowledge. (Photo: Alex Popov Photography)



Share your photos and win

The ACC's Instagram photo contest brings out some of the best in our community. Share inspiring photos from your adventures and have a chance at winning monthly prizes from our sponsors! Just follow us on Instagram (@alpineclubcan) and tag #alpineclubofcanada plus the unique hashtag for each month's contest.

Here's what Alfonso @f.o.n.z.i had to say about his winning photo from last July: "That day in North Vancouver was bestowed with the west coast classic, mixed sun and clouds. Bring a shell and insulation but don't forget the swimsuit because who knows which washer/dryer combo is next."

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Hišim'yawił

Gather Together at 5040 Peak

Collaboration between the Vancouver Island ACC and First Nations youth and elders has resulted in a decision to rename the hut on 5040 Peak to *Hišim'yawił*.

The word means "Gather Together" and is pronounced [Hi-SHIM-ya-wit] although the final "barred lambda" or "running man" can also be pronounced [tsh] or [tl].

The ridges of 5040 Peak represent natural boundaries for at least six First Nations including Yuulu?ił?ath (Ucluelet), Toquaht, Tla-o-qui-aht, Tseshaht, Hupačasath and Uchucklesaht. Their support has been critical in bringing the hut to life, and we are thrilled to have had the opportunity to come together in such a special place.

2020 GMC - Mummy Glacier



Since 1907 the Alpine Club has been putting on the General Mountaineering Camp each summer. This year we are excited to be exploring the Northern Selkirks on the Mummy Glacier. Come join us this summer for some modern day mountain exploration.

alpineclubofcanada.ca/gmc2020



Alpine Club of Canada

ADVENTURES

Summer Camps 2020

The ACC Adventures team organizes fully-guided camps and courses for ACC members. Here are some highlights from our summer 2020 camp lineup to satisfy all tastes.



Mountaineering

- Bow to Peyto Hut Discovery
- Castle Hut Discovery (new)
- Intro to Mountaineering
- Summits of O'Hara and Louise (new)
- Intermediate Mountaineering (new)

Trekking

- Edziza Spectrum Traverse
- Spatsizi Plateau Hiking Camp (new)
- Fall Hiking at Lake O'Hara

Women's Climbing

- Women's Climbing on the Icefields Parkway
- Women's Climbing in the Adamants (Fairy Meadow)

55+ Mountaineering

- Campbell Icefield Chalet
- Little Yoho Valley Camp (Stanley Mitchell)

Rock Climbing

- Learn to Lead Sport
- Learn to Lead Multi-pitch (new)
- Learn to Lead Trad
- Rock Rescue (new)

For more information about these and other camps visit...

adventures.alpineclubofcanada.ca

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EMBRACING PLAN B

It was the middle of August when our group met up in Terrace, BC for the long drive north on the Stewart-Cassiar Highway, the northwesternmost highway in BC. Having been forced to cancel the previous year's trip due to wildfire in the area, we were especially excited to spend a week at our final destination, Mount Edziza Provincial Park. Lashing rain and dire weather forecasts had not yet dampened our hopes of success: after all, we had ACMG hiking guide, Alison Cardinal and experienced ACC camp manager, Pattie Roozendaal with us to smooth out the bumps along the way.

*Story by Paul Geddes
Photos by Pattie Roozendaal*

Mount Edziza

Mount Edziza formed as a glacial volcano (under ice) and is the highest volcano in Canada, rising to a height of 2,793 metres above a complex volcanic basalt plateau landscape of solidified lava flows and cinder cones. Located east of the more prominent Coast Mountains this isolated volcanic area is culturally important to the First Nations people, partly for its mother lode deposit of obsidian, a glass-like mineral historically important for making their cutting and piercing tools. For hundreds of years, obsidian was traded up and down the west coast between Alaska and California from this important archaeological site.

This is the land of the wild Stikine, Nass and Skeena Rivers. The Edziza and Spatsizi Plateaus feed the headwaters of these three rivers and this vast, rugged landscape is home to a large population of grizzly bear, caribou, sheep and moose.

Left: On the trail from the Silver King Basin in Babine Mountains Provincial Park. | À gauche : Sur le sentier du bassin Silver King, parc provincial des monts Babine.

Arctic front collides with a Pacific storm

Our first overnight destination was the laid-back, cozy Tatogga Lake Lodge located on a 50-kilometre chain of lakes tucked in between two provincial parks: Spatsizi Plateau Wilderness and Mount Edziza. The lodge is a wild place right out of a Robert Service poem: taxidermy mounts of local wildlife stare at you in the dining hall; rustic log cabins that have seen better days dot the property. We were all happy to find shelter from the snow in the warm rooms of the lodge's motel.

Overnight, an Arctic front collided with a Pacific storm and swept through northern British Columbia with snow accumulation on the highways and a build-up of over a metre of snow in the alpine above 1,000 metres. Freezing temperatures and snow were expected to continue for several more days in the mountains, preventing the Alpine Lakes Air floatplane from flying us into the park.

After waiting another two days in the storm, it began to look doubtful that if we got in at all, we would then be able to complete our 80-kilometre backpacking trip through the colourful Spectrum Range to the top of Mount Edziza and to meet a floatplane pickup at Mowdada Lake as planned.



Taxidermy watercolour study by Suze Woolf suzewoolf-fineart.com. | Étude à l'aquarelle d'animaux naturalisés, par Suze Woolf, suzewoolf-fineart.com.
Photo Paul Geddes

Quality time at Tatogga Lake

Our 72 hours at Tatogga Lake was instead spent people-watching, reading, hiking, and for one of our trip participants, creating some impressive sketches of the lodge's taxidermy collection. There was a constant stream of colourful characters passing through Tatogga Lake Resort each day: RV drivers and motorcyclists looking to fuel-up and grab a quick meal as well as hard-working RCMP and BC Conservation Officers.

We were also lucky to be staying at the lodge at the same time that Ensemble North, a group of international professional musicians on tour to Whitehorse, was booked to play an evening concert. Their energetic performance and after-party turned out to be one of the highlights of our stay.

Then of course there was John Wright, a legend who, in his 70s, runs the entire Tatogga Lake Lodge operation almost single-handedly. A couple of students from the Tahltan First Nations village of Iskut, 15 kilometres north, were at the lodge, helping out as needed for the summer, and an old friend of John's did some work around the place. With a twinkle in his eye, we also noticed that soft spoken John has a way of teasing out a little help from his guests.

Now on to Plan B

Eventually, having run out of time to attempt our original traverse, we began to discuss where we should go next. To the east is the expansive Spatsizi Plateau Wilderness Park. Snow had fallen there too, but the rumoured BC Parks cabin where we might be able to stay sounded appealing.

After considering all of our options we decided it would be best to drive 500 kilometres south beyond the now heavy coastal rain to the town of Smithers. There we spent our remaining days hiking around Joe L'Orsa Cabin in Babine Mountains Provincial Park. A network of mountain trails provided access to alpine lakes, meadows and mountain summits. From the comfortable park cabin we were able to explore new areas for several days, enjoying alpine hiking with light packs. On the trail from the Silver King Basin in Babine Mountains Provincial Park.

A Canadian experience

The north grows on you. We had travelled into one of North America's last remaining wilderness frontiers, and despite not having achieved our goal of being immersed in the bold landscapes of Mount Edziza, we had some unique experiences as a group of ACC members randomly brought together to share time in the wilderness. I know I will return to explore more of this area. -ACC

Épouser le plan B

C'était le milieu du mois d'août quand notre groupe s'est rassemblé à Terrace (C.-B.), pour un long trajet vers le nord sur l'autoroute Stewart-Cassiar, soit le plus au nord-ouest en C.-B.. Comme des feux de forêt nous avaient forcés à renoncer à notre expédition l'année précédente, passer une semaine à notre destination finale, le parc provincial du Mont-Edziza, nous rendait particulièrement enthousiastes. La pluie battante et les sinistres prévisions de la météo n'avaient pas encore diminué nos espoirs de réussir : après tout, le guide de randonnée Alison Cardinal, de l'ACGM, et Pattie Roozendaal, une responsable de camp expérimentée du CAC, seraient avec nous pour amoindrir les difficultés en cours de route.

Le mont Edziza

Le mont Edziza s'est formé comme un volcan glaciaire (sous la glace) et est le plus haut volcan au Canada, s'élevant à une altitude de 2 793 mètres au-dessus du paysage complexe d'un plateau de basalte volcanique en flots de lave solidifiée et en cornets de cendre. Située à l'est des plus éminents monts Coast, cette région volcanique est culturellement importante aux membres des Premières nations, en outre pour être le filon-mère de l'obsidienne, une roche vitreuse historiquement importante pour fabriquer leurs objets pointus ou coupants. Durant des siècles, l'obsidienne s'est échangée entre l'Alaska et la Californie le long de la côte Ouest à partir de ce site archéologique important.

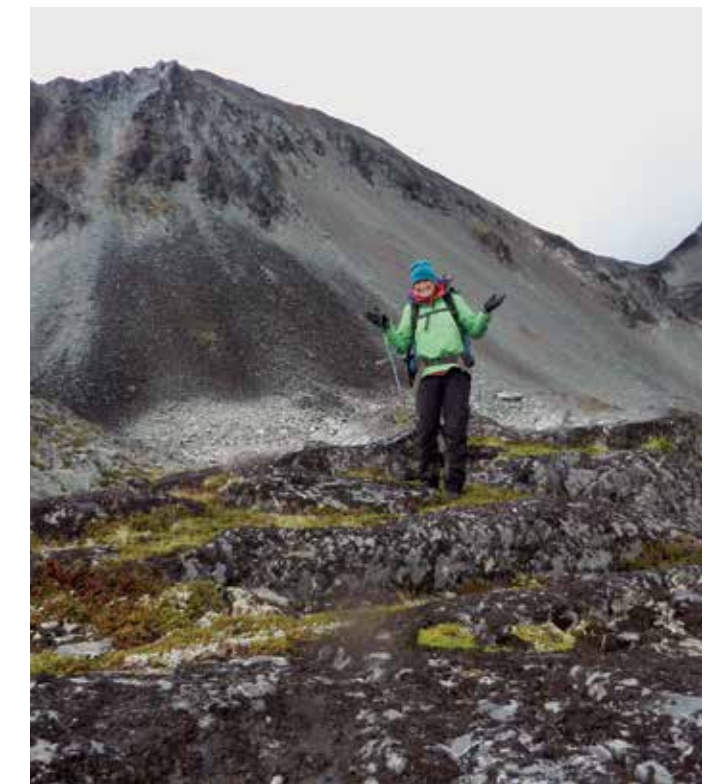
C'est la contrée des fleuves sauvages Stikine, Nass et Skeena. Les plateaux Edziza et Spatsizi alimentent les eaux de tête de ces trois fleuves et ce vaste paysage accidenté abrite une grande population de grizzlis, de caribous, de moutons et d'élan d'Amérique.

Collision entre le front arctique et une tempête du Pacifique

Notre première destination pour la nuit était la Tatogga Lake Lodge, auberge douillette et décontractée installée sur une chaîne de lacs de 50 kilomètres nichée entre le parc provincial sauvage de Spatsizi Plateau et le parc de mont Edziza. L'auberge est un lieu extravagant tout droit sorti d'un poème de Robert Service : des têtes empaillées de la faune locale vous observent dans la salle à manger, des cabanes en rondins ayant connu des jours meilleurs jonchent la propriété. Nous nous sommes abrités de la neige avec joie dans les chambres chauffées du motel de l'auberge.

Durant la nuit, un front arctique entra en collision avec une tempête du Pacifique, balayant le nord de la Colombie-Britannique, accumulant la neige sur les autoroutes et causant une accumulation de plus d'un mètre de neige dans les montagnes au-dessus de 1 000 mètres. On avait annoncé que la neige et les températures glaciales continueraient plusieurs jours, empêchant l'hydravion d'Alpine Lakes Air de nous conduire au parc.

Après deux jours à attendre dans la tempête, nous avons commencé à douter que, si on la rejoignait seulement, nous pourrions compléter notre expédition de 80 kilomètres à travers les couleurs du chaînon Spectrum jusqu'au sommet du mont Edziza, pour être ramassés ensuite par hydravion au lac Mowdade.



Le guide de randonnée ACGM Alison Cardinal au parc provincial des monts Babine. | ACGM hiking guide, Alison Cardinal in Babine Mountains Provincial Park.

Bon temps au lac Tatogga

Nous avons plutôt passé ces 72 heures à Tatogga Lake à observer les gens, à lire et à nous promener, sans oublier, pour l'une de nos participantes, à faire d'impressionnants croquis d'après la collection d'animaux naturalisés de l'auberge. Chaque jour un flot constant de personnages colorés passait par le Tatogga Lake Resort : autant des conducteurs de VR et des motocyclistes venus faire le plein et manger sur le pouce que des agents de conservation travailleurs de la GRC et de la C.-B.

Nous avons eu aussi la chance de séjourner à l'auberge au même moment que l'Ensemble North,

un groupe international de professionnels en tournée vers Whitehorse, qui ont donné un concert en soirée. Leur performance énergique et la fête qui suivit sont l'un des clous de notre séjour.

Et il y avait bien sûr John Wright, une légende qui, à 70 ans bien sonnés, administre presque à lui seul l'entière opération de Tatogga Lake Lodge. Quelques étudiants issus du village autochtone du peuple Tahltan, Iskut (situé à quinze kilomètres au nord), étaient là au besoin pour prêter assistance aux préparatifs de l'été, tandis qu'un vieil ami de John exécutait des travaux alentour. Nous avons aussi remarqué comment John, avec sa voix douce et son étincelle dans les yeux, parvenait à obtenir quelques coups de main de ses invités.



De gauche à droite : les participants Rory Gill (section Vancouver), Gary Norton (section Toronto), Alison Cardinal (guide du CAC), Paul Geddes (section Vancouver), Suze Woolf (de Seattle, à l'arrière, section nationale), Willa Geddes (section Vancouver), et Steve Price (de Seattle, section nationale).

Participants [left to right]; Rory Gill (ACC Vancouver), Gary Norton (ACC Toronto), Alison Cardinal, (ACC Guide), Paul Geddes (ACC Vancouver), Suze Woolf (back, ACC National, from Seattle), Willa Geddes (ACC Vancouver), and Steve Price (ACC National, from Seattle)

le parc provincial des monts Babine.
Babine Mountains Provincial Park.



Vers un plan B

N'ayant plus le temps pour entreprendre notre traversée d'origine, nous avons discuté de notre prochaine destination. L'étendue du parc provincial sauvage de Spatsizi Plateau se trouvait à l'est. Il y avait neigé aussi, mais la rumeur selon laquelle nous pourrions nous chauffer dans un refuge de BC Parks nous attirait.

Après réflexion, nous avons convenu que notre meilleur choix serait de conduire 500 kilomètres au sud, au-delà des pluies côtières qui étaient abondantes alors, jusqu'à la ville de Smithers. Nous avons ensuite passé les jours restants à randonner dans les environs du refuge Joe L'Orsa dans le parc provincial des monts Babine. Un réseau de sentiers donnait accès à des lacs alpins, des prairies et des sommets montagneux. En partant de notre confortable refuge, nous avons exploré de nouvelles régions pendant plusieurs jours, savourant nos randonnées alpines en sacs légers.

Une expérience canadienne

Le Nord croit en vous. Nous avons voyagé au cœur d'une des dernières frontières sauvages en Amérique du Nord, et même si nous n'étions pas parvenus à nous immerger dans les paysages grandioses de mont Edziza, nous avons vécu des expériences uniques en tant que membres du CAC regroupés par hasard pour passer du temps ensemble dans la nature. Je sais que je retournerai dans cette région pour l'explorer davantage. -CAC

SHADOW LAKE LODGE



A lodge experience in Banff's Backcountry

Acquired by the ACC in December 2019, Shadow Lake Lodge in Banff National Park is the club's newest facility and our first fully-catered backcountry experience.

Built by the CPR in 1929, and run by the Brewster family of Banff from 1938 to 2019, Shadow Lake Lodge has over 90 years of history. A backcountry rest house for many years, the lodge opened to overnight guests in 1991 with the building of modern log cabins that compliment the original building.

The ACC took advantage of a once-in-a-generation opportunity to acquire the lodge in 2019 when the Brewster family approached the club about the transfer of the property. The ACC is honoured to be able to continue the legacy that the Brewster family has built in this stunning corner of Banff Park, both in hospitality excellence and environmental stewardship.

The lodge is approached via the Redearth Creek trail, beginning at the Trans-Canada Highway west of Banff. The route follows an old fire road that can be hiked or biked along a gentle grade for 10.5 km. The final 2.5 km to the lodge must be hiked.

Unlike other ACC huts, guests at Shadow Lake Lodge enjoy private accommodation with one or two beds per cabin, fluffy down duvets and outdoor lounging areas. Included meals are hearty, healthy and gourmet, with attention to special dietary requests. Fresh baking, afternoon tea and lunches for the trail are all part of this backcountry hospitality.

Hot showers are available and all guests are welcome to relax around the fire in the original 1929 CPR cabin.

Outings from the lodge range from meadow and lakeshore strolls to hikes up to mountain passes. Wildflowers, waterfalls and big scenery – it's all here.

Book online at shadowlakelodge.com

Please email info@shadowlakelodge.com
for more information.



A Himalayan landscape at dusk. In the foreground, a stone stupa with large, painted eyes and a red bindi is visible. Above it, a string of colorful prayer flags hangs across the frame. In the background, snow-capped mountains rise against a twilight sky with a crescent moon. The overall scene is serene and majestic.

AMONGST HIMALAYAN GIANTS

Story by Mary Benning
Cover photo by Jody Lotzkar

PARMI LES GÉANTS HIMALAYENS

Un récit de Mary Benning
Photo en couverture : Jody Lotzkar



Left: Pat Morrow accepts a hot cup of sweet, milky tea on a cold day in Phorse after a tour of the Khumbu Climbing Centre.

À gauche : Lors d'une journée froide, Pat accepte à Phortse une tasse de thé chaud et sucré après une visite au centre d'escalade Khumbu.

Photo Jody Lotzkar

Right: Ama Dablam at night.

À droite : Ama Dablam la nuit.

Photo Jody Lotzkar

Centre: The entrance to Tengboche Monastery, looking back at the guesthouse where we stayed.

Au centre : L'entrée du monastère de Tengboche, en regardant vers la maison d'accueil qui nous a hébergés.

Photo Jody Lotzkar

Below: Simon Earl on the footbridge across the Dudh Kosi, just below Namche Bazar.

Ci-dessous : Simon Earl sur la passerelle traversant le Dudh Kosi, juste dessous Namche Bazar.

Photo Pat Morrow



An ACC Photo Workshop participant shares her impressions of the guided trip to Nepal

By Mary Benning

The Amongst Himalayan Giants photography workshop led by Pat Morrow exceeded our expectations. We knew we would be awestruck by the mountains of Nepal as we trekked from Lukla to Tengboche Monastery and back. What we soon discovered however, was that the true Himalayan giants were not the impressive geologic formations around us but the people who lived on and around them.

The regular “namaste” from locals on the trail — often communicated while carrying large, awkward loads, sometimes double their body weight on their backs while sporting sandals or sneakers — enhanced our awareness of the huge spirit of these people (and quickly quieted any personal pity any one of us was feeling due to our own exhaustion).

The generous, happy spirits of the Nepalese people welcomed us, fed us, portered our belongings on steep trails, supported us, and shared their stories. They graciously hosted us in an environment of ever-present prayer flags and prayer stones placed for the well-being of

all sentient beings on the planet.

Pat’s good friend Tseri Sherpa — a local mountain guide with an authentic smile — brightened our way, ensuring that we travelled safely up and down the mountain trails. Tseri had a gift for recognizing the subtle difference between the ringing of yak bells travelling toward us on the trail versus the sound of yak bells grazing in a nearby field. This was a skill that came in handy as he calmly encouraged us to the side of the trails to avoid being gored by slow-moving yak. Tseri handled the various government checkpoints as we travelled through the region and made certain we had nutritious meals, tea, hot water bottles and ample rakshi (local spirits) to keep us from freezing at night. Long before the end of the trip, Tseri was a friend to us all.

As we trekked through the Khumbu Valley day after day, everything we saw was a photo opportunity: the colours, the surroundings, the people. It was a challenge to balance being present in the moment, appreciating the beauty and the experiences of the place with wanting to capture them all on camera.

Each night Pat shared his expertise by

teaching us valuable skills to apply while taking and editing our photographs. We picked up many tips and tricks for creating images that best replicated the beauty we were seeing in real time along the way. The evening sessions gave us a wonderful chance to reflect on our day and share what we saw with the incredible group of people travelling together on this adventure. These reflections also made us increasingly aware of the giants we were travelling among. The mountains were awe-inspiring, and the people made the trip spectacular. The images we captured and shared — of the generous smiles, of people welcoming us into their homes, into their kitchens, their monasteries, and into their lives — all brought great smiles to our faces as we sat together to edit our photos in the evenings.

The people of the Khumbu region, and the relationships, experience and generous spirit of Pat Morrow made this not just another hiking adventure to a cool place (actually, freezing cold at night) but an incredible, memorable learning experience captured in our hearts and through our cameras. ~ACC





1: A kiddo enjoying the snow day on our last day in Lukla.
Un enfant profite de la neige pendant notre dernier jour à Lukla.
Photo Simon Earl



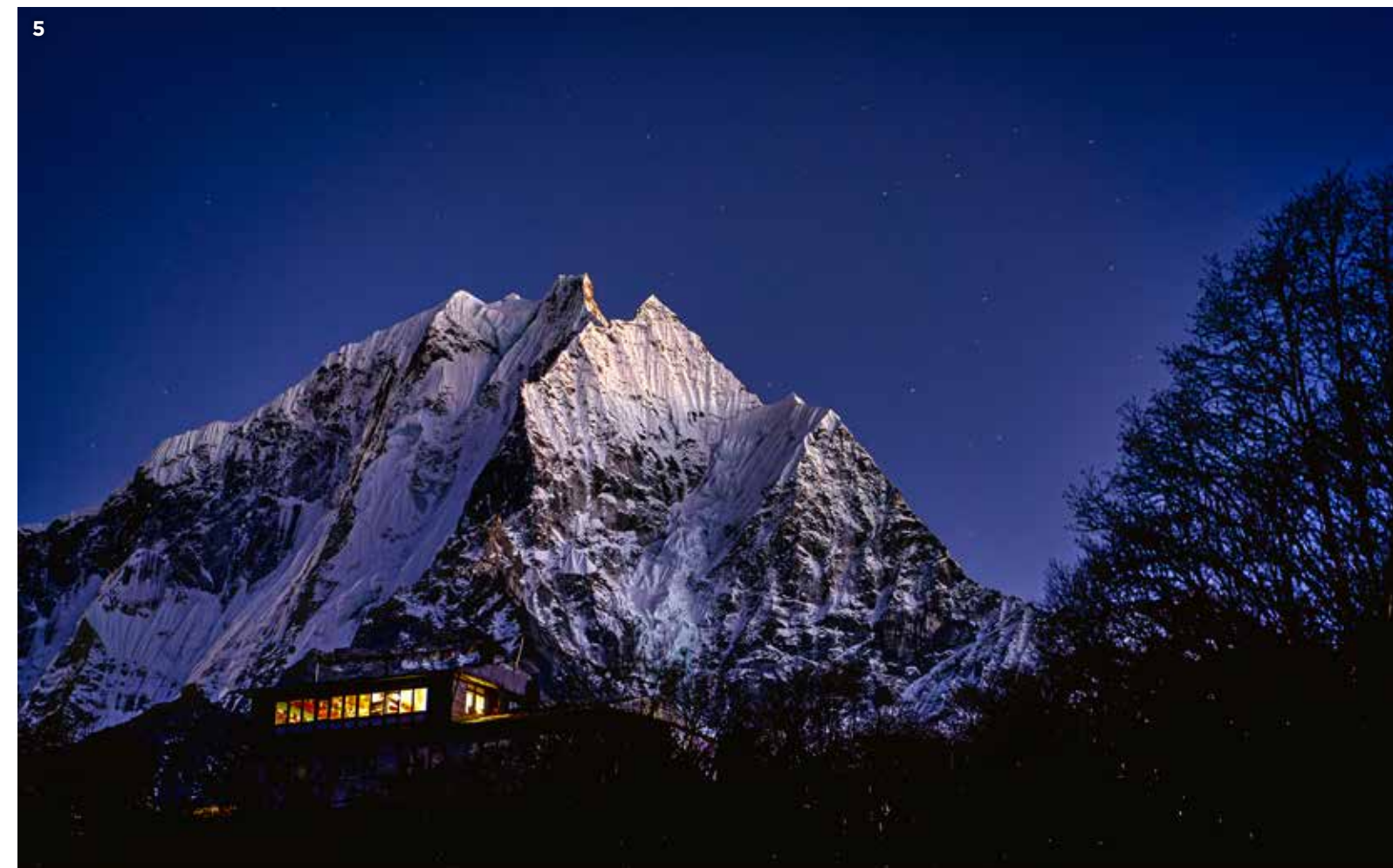
2: A Sherpani offers a gift of potatoes to Simon as he leaves the village of Phortse.
Un sherpa offre des pommes de terre en cadeau à Simon lors de son départ du village de Phortse.
Photo Mary Benning



3: Yak bells ringing at close quarters on the trail.
Des yaks à proximité de la piste.
Photo Glen Roane



4: For two weeks a year the locals are allowed to collect firewood in Sagarmatha National Park. Here a Sherpa is carrying his huge load past a mani prayer stone. The community effort has helped reduce the deforestation of the Khumbu valley.
Les résidents peuvent ramasser du bois de chauffage deux semaines par année dans le parc national Sagarmatha. Ici, un sherpa porte son lourd chargement près d'une pierre de prière (« mani »). Les efforts de la communauté aident à réduire la déforestation de la vallée du Khumbu.
Photo Simon Earl



5: Thamserku from the settlement Mong-la.
Vue sur Thamserku depuis l'installation Mong-la.
Photo Pat Morrow

La participante d'un atelier photo du CAC partage ses impressions de son voyage guidé au Népal

Amongst Himalayan Giants, l'atelier de photographie mené par Pat Morrow, a surpassé nos attentes. Nous savions que les montagnes du Népal nous impressionneraient en randonnant de Lukla au monastère de Tengboche et inversement. Nous découvririons bientôt que les véritables géants himalayens étaient moins les impressionnantes formations géologiques qui nous entouraient que les gens qui habitaient autour d'elles et en elles.

Le « namasté » habituel des résidents locaux sur la piste — qu'ils exprimaient souvent tout en transportant sur leur dos des charges lourdes et instables faisant parfois le double de leur poids, tout en ne portant que des sandales ou des chaussures de tennis — nous a sensibilisés au grand esprit de ces gens (et a tu rapidement l'autoapitoiement que quiconque parmi nous ressentait à cause de l'épuisement).

L'esprit optimiste et généreux du peuple népalais nous a reçus et nourris, a porté nos affaires le long de sentiers escarpés, nous a soutenus et partagé leurs histoires. Ils nous ont gracieusement accueillis dans un décor de pierres et de drapeaux de prière omniprésents, installés pour le bien-être de tous les êtres doués de sensibilité sur la planète.

Le bon ami de Pat, Tseri Sherpa — un guide de montagne du lieu doué d'un authentique sourire — a illuminé notre chemin, s'assurant que nous voyagions en toute sécurité du haut au bas des sentiers

de montagne. Tseri avait le don d'identifier la différence subtile entre le tintement des cloches de yaks qui se rapprochaient de nous sur la piste, et le celui des yaks qui broutaient dans un champ à proximité. Ce don s'est révélé utile quand Tseri nous encouragea calmement à nous écarter sur les côtés des sentiers pour éviter de nous faire écorner par des yaks qui s'approchaient lentement. Tseri s'est occupé des différents points de contrôle gouvernementaux pendant que nous traversions la région et s'est assuré que nous disposions de repas nourrissants, de thé, de bouteilles d'eau chaude et d'amplement de rakshis, des esprits locaux, pour nous éviter de geler la nuit. Bien avant la fin du voyage, c'était notre ami à tous.

Alors que nous randonnions jour après jour à travers la vallée de Khumbu, tout ce que nous voyions présentait l'occasion d'une photo : les couleurs, l'environnement, les gens, et garder l'équilibre entre rester présent dans le moment pour apprécier la beauté et l'expérience du lieu, et vouloir tout capturer dans nos appareils photo était un véritable défi.

Chaque soir Pat partageait son expertise en nous montrant des compétences utiles pour prendre et éditer nos photos. Nous avons acquis plusieurs trucs et astuces pour créer des images qui représentent le mieux la beauté qu'en cours de route nous voyions en vrai. Les séances du soir étaient une superbe occasion de revenir sur notre

journée et partager ce que nous avons vu avec le groupe de personnes incroyables qui vivaient cette aventure avec nous. Ces réflexions nous ont fait de plus en plus prendre conscience des géants parmi lesquels nous voyagions. Les montagnes étaient imposantes, et les gens ont rendu le voyage spectaculaire. Les images que nous avons prises et que nous partageions — des sourires généreux, des gens qui nous recevaient chez eux, dans leurs cuisines, leurs monastères et leurs vies — nous mettaient un grand sourire aux lèvres quand nous nous asseyions ensemble en soirée pour éditer nos photos.

Les gens de la région de Khumbu, ainsi que les relations, l'expérience et l'esprit généreux de Pat Morrow n'ont pas fait de ce voyage une aventure parmi d'autres dans un endroit « cool » (et complètement glacial la nuit, en fait), mais une expérience d'apprentissage incroyable et mémorable, aussi gravée dans nos cœurs que dans nos appareils. ~CAC

Tseri Sherpa fait tourner des moulins à prière alors que nous entamons notre marche allant du monastère de Tengboche au village de Phortse. Tseri Sherpa spins prayer wheels as we head out on our hike from Tengboche Monastery to the village Phortse. Photo Jody Lotzkar



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COMING FULL CIRCLE ON AUGERPOINT MOUNTAIN

RECOVERY AND REVELATIONS FOLLOWING A TRAUMATIC BACKCOUNTRY ACCIDENT

by Janelle Curtis

In the summer of 2016, my dear partner Rowan Laver and I left Nanaimo with the goal of climbing Mount Mitchell within Strathcona Park. Little did we know our lives would change dramatically as we hiked up into alpine terrain, following the ridge from Augerpoint Mountain to Mount Mitchell.

The accident

Along the route to Mount Mitchell, near the col, we came to a cliff that would require some more technical skills to descend. Luckily we had brought a bit of climbing gear with us and as Rowan pulled out our rope to set it up for a rappel, he heard me say “Oh no!!!” then turned and watched, horrified, as I fell 15 to 20 metres off the cliff and tumbled another 80 metres on the steep scree below.

He deployed the SOS button on his inReach Satellite Communicator then threw his backpack over the cliff edge and down-climbed the sketchy rock, not knowing what state he would find me in or whether I was even alive. Much to his great surprise and relief, I moaned as he took his last few steps toward me. I was unconscious, but breathing.

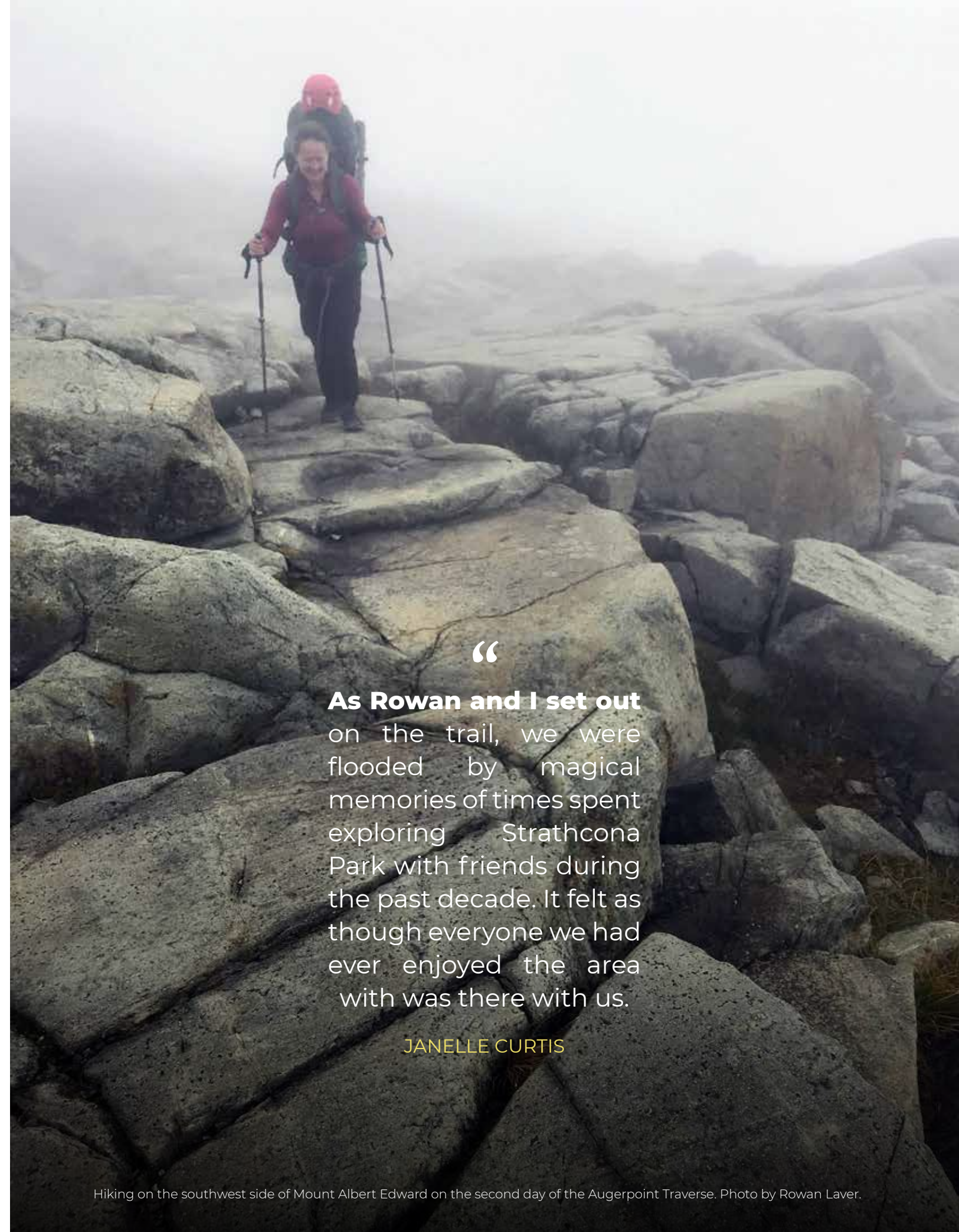
The rescue

The Comox Valley Ground Search and Rescue team arrived within an hour of Rowan’s SOS. With help from the Campbell River Search and Rescue team, they prepared me for a smooth and rapid transfer by helicopter and then ambulance to the hospital in Comox where I arrived two to three hours after the fall; a remarkably short time given our remote location. BC Air Ambulance then transferred me to the larger Victoria General Hospital.

At the hospital, I was diagnosed with a severe traumatic brain injury; a diffuse axonal injury. Fortunately, I had been wearing my climbing helmet and it protected me from what might otherwise have been a deadly blow. During the fall, I broke a total of ten bones in my left ankle, both knees, my right hand, and my forehead. I also shattered four of my teeth. By sheer luck, I didn’t sustain any spinal or abdominal injuries, and I don’t remember feeling any pain.



Janelle might not have survived her fall off Augerpoint Mountain if she had not been wearing her helmet on that fateful day. Photo by Craig Ferchuk.



“
As Rowan and I set out
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Park with friends during
the past decade. It felt as
though everyone we had
ever enjoyed the area
with was there with us.

JANELLE CURTIS



Ruth Masters Lake from below the summit of Augerpoint Mountain. Photo by Rowan Laver.

Long road to recovery

I was in a coma for two weeks following the accident. By the time I began to regain some memory, I had spent three months as an inpatient in the Victoria General Hospital's Intensive Care Unit and Acute Care Neurosciences Unit. One of the strangest moments as my brain slowly healed was the gradual understanding that I wasn't at the hospital visiting a patient; I was the patient. It was here in the hospital that I learned who I was again. Almost five months after my accident in the mountains, five months of intense cognitive and physical rehabilitation as I learned how to walk again, I was finally discharged in late November, 2016.

Today, I know where and why we were exploring Strathcona Park on Vancouver Island that fateful day, although some aspects of my accident are still unknown to me. I still have no memories of the three days before my accident and three months afterwards. This is called post-traumatic amnesia. What I do know about that period of time has been garnered from my medical reports at the Victoria General Hospital (more than 1,500 pages worth!) and from Rowan's answers to my many questions over the years.

Planning the great return

I knew I wanted to hike back to the site of my accident on Augerpoint Mountain even before I was released from the hospital. Having co-led a women's hike along the Augerpoint Traverse in 2014, I was aware that the terrain would challenge me, though it was a relatively straightforward multi-day hike.

Rowan and I finally made plans to attempt the Augerpoint Traverse in the summer of 2019, three years after my accident. We expected that the trip would be more physically challenging for me but more emotionally challenging for him. Rowan has vivid memories of my accident, having believed I was falling to my death. By going back to Augerpoint Mountain, we were both looking forward to a bit of closure and a way to honour the transition to new possibilities in our lives.

We wanted others to be part of our journey, so we shared our trip plan and inReach tracking information with members of the two experienced search and rescue teams that had expertly brought us both out of the mountains safely back in 2016. We also shared these details with members of our families, ACC's Vancouver Island Section, the Island Mountain Ramblers, and many of the therapists I have had the great fortune of working with since my accident.



Mount Albert Edward (right) and Mount Regan (left) in the background and the cliff Janelle slipped off in the foreground below the summit of Mount Albert Edward. Photo by Janelle Curtis.

A trip back in time

As Rowan and I set out on the trail, we were flooded by magical memories of times spent exploring Strathcona Park with friends during the past decade. It felt as though everyone we had ever enjoyed the area with was there with us. As we neared lovely Ruth Masters Lake on our third day, I began to weep tears of joy. Here we were, finally, after all this time.

Our shortest day of hiking was from Ruth Masters Lake to Augerpoint Mountain and back. After signing the summit register again, we continued another 100 metres or so toward Mount Mitchell. There I stayed while Rowan continued to the exact spot where I had slipped and fallen. At my pace, it would have taken me a few hours to hike there, and anyhow, I felt that I didn't need to go again to feel the benefits that this hike had already provided me. It took Rowan about twenty minutes to hike there, reconnect with the scene, and hike back. He is glad that he went back because it confirmed for him some things that had left him unsettled: that the ground was indeed very loose there — like standing on marbles — and that the distances I had fallen off the ridge and tumbled on the scree were the same as he'd remembered them.

Looking back

People often ask what I learned from my accident and what I would do differently now. But I don't think there is anything I would change about that hike. I would, however, encourage mountaineers to carry the ten essentials, bring an emergency satellite communication device, wear a helmet in 4th class terrain, even when there are no overhead hazards, and expect the unexpected. There is also much to learn by spending time with fellow mountaineers who are willing to share their knowledge and experience.

I am immensely thankful to members of our mountaineering community for all their support and mentorship over the years, both before and after my accident. And I wouldn't be here today to come full circle on Augerpoint Mountain without the time and expertise donated by our amazing search and rescue teams. Thank you! -ACC

Portions of this article originally appeared in the Spring 2019 and Winter 2019 issues of the ACC Vancouver Island Bushwhacker Newsletter.

The Columbia Mountains Section reflects on one year under their climbing belts

By Ben Wilkey, founding member Alpine Club of Canada, Columbia Mountains Section

An ambitious idea was hatched in October of 2018, when a handful of Revelstoke mountain locals got together and formed the 24th section- of The Alpine Club of Canada. In a matter of weeks the ACC Columbia Mountains Section was official.

The Columbia Mountains include the Monashee, Selkirk, Purcell and Cariboo mountain ranges. This new section has filled a long-standing gap in the otherwise extensive network of ACC sections across the country. It's a bit ironic that it took this many years for us to join the club, since, after all, Glacier House in Rogers Pass was the birthplace of North American Mountaineering over a hundred years ago.

Now one year after its inception, the section is really picking up momentum, with 230 affiliated members, and counting.

In its first year the section organized numerous mountain courses and volunteer-led trips including beginner to advanced mountaineering courses and women's specific rock climbing and ski touring trips.

Unique to all but a couple of the ACC sections, the section volunteers also established a youth program targeted at kids aged 6-12. Youth from the local area took part in rock climbing, hiking, backpacking and mountain climbing excursions. The trip leaders were almost as stoked as the kids, who got to tick off

their first Selkirk summit, McCrae Peak.

Also a little different, and probably a little unique to the Columbia Mountains Section, we are pleased to announce that the section will be taking on a stewardship role for many of the surrounding hiking trails, beginning this summer. Partnership agreements will be in place with the provincial government that will allow the section to maintain and upgrade the local trail network through grant funding and volunteer work parties, bringing the trails up to a standard that will sustain the increased use these trails are now seeing.

In the first week of August 2019, our section President Karla Kuharic and I had the privilege of attending the ACC

General Mountaineering Camp (GMC) in the Westfall Group of the Selkirk Mountains. It was the 113th consecutive year of the GMC. We attended the coveted Summer Leadership Course presented by The North Face, which is designed to give active section leaders the opportunity to develop and practice sound mountain leadership skills. The course was in part subsidized by the National ACC organization. We would also like to recognize the support we received from the Columbia Basin Trust through their Basin PLAYS program.

With the section's first full year behind us, we can reflect and recognize how much we have accomplished. At the section's core, the board of directors is still just a

small group of local mountain enthusiasts. We know the importance of getting people outside, of helping locals to discover their own backyard in a safe environment. Spending time in these mountains develops an appreciation and respect for our wilderness that stays with a person for life. It gives us a sense of ownership, and ultimately, the obligation to stand up for these places when they are threatened by industry and development. If not us, then who? ~ACC

A detailed version of this club report first appeared in print in the October/November 2019 issue of Revelstoke Mountaineer Magazine.



A solid day out ski touring in Rogers Pass. Asulkan Pass in the background. Photo by Nate Jones.



The word has been out for a while now about Merino wool as a performance fabric: it's super soft, insulates when wet and doesn't stink, even after multi-day ski trips. Add to that the sustainability of wool and you have a winner.

Smartwool was the first outdoor company to make Merino wool ski socks (in 1994) and, quite appropriately, they sponsor the ACC's Powder Program series of backcountry ski camps today. They also provide us with the shirts for our awesome Throwback t-shirt that we sell online as well as work with us on a Canada-wide promotion with the Banff Mountain Film Festival tour Here's how Smartwool helps the ACC:

Powder program

The ACC offers guided backcountry ski camps each year based out of dream locations like Rogers Pass and Fairy Meadow where we search for fresh tracks in deep, soft powder for the pure joy of it. Smartwool's partnership helps us to offer these trips at a great price to our members and that makes us feel good.

Oh, and everyone on these Powder Program camps – participants, guides, cooks – get fresh ski socks on day one, courtesy of Smartwool.

Member shirt at discount

When we dug up our original Throwback shirt screen artwork from under some old plumbing parts in the maintenance shop a few years ago we knew we had unearthed something special and that we had to bring it back. But to plop this classic design on any old t-shirt wouldn't have done it justice. Putting it on a Smartwool Tech T means it's a smart casual shirt, a technical baselayer, or even formal wear. It's a gorgeous piece of ACC history and the closest thing that we have to an office uniform.

Smartwool's Tech T goes for about \$70 in the stores, but because they believe in the ACC, they're helping us get these onto our members' backs for under \$45. We still have men's and women's blue shirts in stock, and we're looking forward to another run on a new colour closer to the summer.

You can read the full story of the shirt (which is more interesting than you'd guess) at blog.alpineclubofcanada.ca/throwback.

Banff Festival tour t-shirt

Smartwool and the ACC also share being partners of the Banff Mountain Film

Festival and the festival tour. And this year, at each of the 200 Canadian screenings of the tour, we're giving away a Tech T with our Throwback design. This version is on a jet-black shirt and is exclusive to this year's tour.

The giveaway is a way for us to build some excitement at the screenings, hand out a great prize, and spread the word about the ACC across Canada. And we couldn't do it without our partner Smartwool.

Sock Week Cash

This past December, Smartwool and MEC teamed up on a cool initiative to give back to the community through sock sales. The week raised \$2,500, which was generously donated to the ACC's Environment Fund.

Smartwool and the ACC both believe that time outside is valuable, restorative, and essential for everyone. We're proud to partner with a brand with a shared vision. -ACC

The ACC works closely with a number of outdoor equipment manufacturers that share our goals and that help us to fulfill our mandate. This section profiles an ACC partner, what they do for the club and what it means to our membership.



Smartwool Throwback tees for sale in the store

Stay cool as a cucumber this summer in our ACC Throwback Smartwool Merino wool tee.

The graphic is a long-lost ACC classic, the winning design from a competition we held back in 1979! Learn more about it at blog.alpineclubofcanada.ca/throwback.

There are many reasons to choose natural merino, including temperature control, breathability, UV protection and natural anti-bacterial odour resistance (aka never do laundry again). Get yours today at alpineclubofcanada.ca/tees.



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Summer Leadership Course for ACC Volunteers


Twice a year, ACC sections from across the country send their leaders to

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Location: Mummery Glacier
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Price: \$1,250
Deadline for applications: April 6th, 2020



alpineclubofcanada.ca/tnf



Art in the (Glacier National) Park

A unique artists' residence exists at an ACC hut in the heart of BC's Selkirk Mountains. In the high summer, at the Wheeler Hut in Rogers Pass, 12 artists from diverse locations across Canada and internationally gather to reflect, research and produce their work as well as forge relationships and exchange ideas.

Parks Canada and the Revelstoke Visual Arts Centre have partnered on the program since 2008 and the ACC is proud to support it as part of our commitment to mountain culture.

Artists' residences are common in galleries, art schools, embassies, even plein-air locations, but for the mountain lover, this might be one of the most interesting anywhere.

The residence is short (five days and four nights) but the immersive nature of it – artists hike, work and eat meals together and then bunk in the hut where

they work – makes it a deeply engaging experience. They work in a variety of media from paint to clay to photography to jewelry during their stay and after they return home. Each artist then submits three final works for an exhibit tour.

Create, tour, repeat

The program works on staggered years with a residency one summer followed by an exhibit tour of the works produced the following year. 2019 had an exhibit on tour, so this coming summer will see a new group of artists stationed at Wheeler, finding inspiration in the tall trees and cold mountain streams. 2021 will see this year's works displayed in galleries and public spaces across western Canada, with a possible stop in central Canada as well.

Win-Win-Win

The residence benefits Parks Canada and the Revelstoke Visual Arts Centre

with the prestige and promotion of associating with these talented artists, not to mention being the subject of those artists' works. The residence allows Glacier to connect Canadians far and wide to the stunning beauty of our mountain parks.

For their part, artists have the opportunity to be immersed in a creativity and productivity incubator with other artists, and then have their work shown on the exhibit tour.

And for the ACC, mountain culture is as much a part of our DNA as summiting peaks and exploring glaciers, so supporting this program is something we look forward to every year.

Watch for the exhibit tour in your area next year (they'll be announced through our ACC channels), and if you're hiking in Rogers Pass this summer, say hi to the groups with the easels and sketchbooks, and maybe join them for an inspirational dip in a mountain lake. -ACC



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