

No. 47, January, 1990

Everett Mountaineers, P.O. Box 1848, Everett, WA 98206

### THE NEWSLETTER IS INCOMPLETE!

The Everett Newsletter needs items by you! All members are invited to submit articles, poems, illustrations, backpacking recipes, trip reports and other items of interest about the outdoors and Mountaineer activities. Help make The Everett Newsletter special to our branch.

Note that the Newsletter does not list all trips offered by the activities committees. Most of these are in The Mountaineer. Usually only trips that are added or changed after the Bulletin deadline will be in the newsletter. For a complete listing of branch activities, you need to refer to both publications.

Please call Beth Seacord-Case, Communications Chair, if you have any questions or suggestions regarding The Everett Newsletter.

### NEWSLETTER SUBMISSION PROCEDURES

The following guidelines are provided for your information. Items associated with committees (ie. trips, courses or committee-specific articles) must be submitted through the designated person on that committee.

#### General Guidelines

Deadlines for submission will be printed in the Newsletter and announced at business meetings. Items received after the deadline may not be published.

Articles should be in narrative form. Do not hand in outlines or raw data unless this is format you intend.

Information will be published as submitted. Check dates, phone numbers and addresses.

Formatting may be changed to maximize the use of available space in the Newsletter.

Items previously in The Mountaineer will be published on a space-available basis. They may be deleted or shortened.

At all times the Newsletter Editor will make the final determination regarding what will be published.

#### Publication Priorities

Items will be included in the following priority, space-permitting:

1. Branch administrative information.
2. Committee submissions:
  - a. Future activities not listed in The Mountaineer.
  - b. Committee articles (ie. seasonal travel tips, trip reports, anecdotes)
3. Individual Submissions
  - a. Articles, essays, poems
  - b. Illustrations
4. Dated items & seasonal information have priority

#### Guidelines for Submission

Items may be submitted typed, legibly printed or on computer disc (call Beth for how to submit discs).

All items should be on 8 1/2 by 11 paper.

Illustrations must be strong-contrast black and white. Black and white ink drawings are best. Items may be original or from another source if not copy-righted.

Items will not be accepted by telephone.

### SNOHOMISH-ARLINGTON TRAIL UPDATE

At 7:00 PM on Wednesday, March 7, prior to the business meeting, Snohomish County Parks personnel will present a slide show and lecture regarding the current status of this project. Maps and displays will also be available.

The Snohomish County Parks Department Concept Plan will be officially completed this month. The bottom line cost for development of this trail is 5.4 million dollars. This is a "Cadillac" version of the trail. Not everything has to be done and some parts could be phased in. Acquisition cost could range between 1.5 and 3.0 million.



### SNOWFLAKES

Well, we finally got some snow that may stay a while. Go out and enjoy it, on skis or snowshoes. Here are tips to help you stay warm and enjoy your surroundings!

1. Carry your tour socks in the car and wear a spare pair on the way to the trailhead. Your feet sweat in the car and changing into fresh, dry socks before starting out can help your feet stay warmer on your outing.
2. Eat a good dinner the night before and have breakfast in the morning, including carbohydrates, protein and fluids. These meals provide fuel for the trip and help you keep warm. During the day nibble along the way and drink at each stop, even when you are not thirsty.
3. Watch for snow snakes! These mythical(?) creatures are believed to be responsible for those times when you are innocently standing still on your skis, which mysteriously and suddenly slide out from under you. Falling less certainly does keep you drier, but then maybe the effort expended getting up helps to warm as well! Coming soon: Snow Snakes: Friend or Foe.

### SKI LEADERS

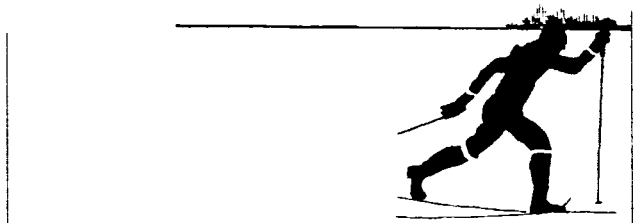
We need more trips in March and April. If you are interested in leading, please call Beth Seacord-Case (Basic) at 365-8042 or Scott Dorough (Telemark) at 337-2140.

### NORDIC SKI TOURS

**Feb. 10, Saturday -- Mallardy Ridge (M)** (USGS Silverton) 2300' gain, 10 mi. r.t. Limit 8. This could be an easy telemark tour or a basic Nordic, depending on party. Leader: Dana Miller, 745-5846.

### SKI CAMPING

**March 10-12, Extended Weekend -- Crater Lake (M)** (USGS Crater Lake, Oregon) 30 miles. Less than 2000' gain. Leader permission required. Planning meeting in late-February. Leader: Ted Case, 365-8042.



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**MOUNTAINEERING ORIENTED FIRST AID**

The 1990 MOFA Course begins on Tuesday, March 6th, at Walter E. Hall. The lecture will begin at 7 PM. The rest of the course will be covered in two full days of lecture and practical experience over the weekend of March 17 & 18 at Forest Park in Everett. Registration is through the Everett Parks and Recreation Department (259-0311). For further information call Rick Fuhrman at 334-3881.

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**CLIMBING**

Mark your calendars! The 1990 Basic Climbing Course will begin Tuesday, February 20th, at 7 P.M. The evening will include orientation, a course overview and a lecture on equipment, followed by registration. This and all lectures will be at Walter E. Hall, 1226 W. Casino Road, Everett.

Calling all climb leaders! Anyone want to do some winter climbing? If so, please call Bill Iffrig 334-2126.



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**MT. PILCHUCK LOOKOUT T-SHIRTS AND NOTE CARDS**

Help support the Pilchuck Lookout while wearing a very artistic t-shirt. It features a multi-color picture of the lookout with a sunset sky. Offered are adult sizes S, M, L and XL in coral, white, fushia or jade and child's size M (10-12) in white or peach. T-shirts are \$15.00, 2 for \$25.00. Sweatshirts are \$20.00 or 2 for \$35.00.

Also available are note cards with a handsome drawing of the lookout on the card (envelope included). These are blank cards that can be used for correspondence or special occasions. Price is 12 for \$5.00 or 2 for \$1.00.

To order or for more information call Forrest Clark, P.O. Box 2285, Alderwood, WA, 98036, or call 776-2939.

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**AIRLIFT VIDEOS AVAILABLE**

For any individuals involved in the "Pilchuck Airlift," we now have VHS video tapes available of the entire airlift. The cost per tape is \$3.85. Call Larry Longley if you would like one.

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**SLIDES OF PILCHUCK WORK WANTED**

The programs for the May meeting will feature our work on the Mt. Pilchuck Lookout Restoration. If you have slides of work parties at the Lookout (or any past trips to the Lookout) and would be willing to loan them for this program, please contact Larry Longley.

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**PUBLICATIONS DEADLINES**

Submissions for the April Mountaineer are due Feb. 20. Submissions for the February Newsletter are due Feb. 7 at the business meeting. Send items to The Everett Mountaineers, PO Box 1848, PO Box 1848, Everett, 98206.

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**BUSINESS MEETING, FEBRUARY 7**

The next business meeting will be Wednesday, February 7, at the Congregational Church in downtown Everett, 2624 Rockefeller at 7:30 P.M.. All members and guests are encouraged to attend.

At 7:00, preceding the meeting, representatives of the Snohomish County Parks Department will be making a slide presentation regarding the Rails to Trails Projects in the county. Maps and displays will also be on hand.

After the business meeting there will be a program presented by Bill Iffrig and other Everett climbers who recently returned from a trip to the Tetons.

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**POTLUCK AND EQUIPMENT SALE MARCH 7**

The annual equipment sale will follow the March 7 business meeting and potluck dinner. Start your spring cleaning by gathering up all the outdoor equipment which you no longer use. Price and sell your own items.

There will be no program at the March meeting.

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**BRANCH OFFICERS**

Branch Chair	Larry Longley	653-6711
Vice Branch Chair	Dorothy Beeman	668-8475
Secretary	Heidi Ondrasik	483-6715
Treasurer	Dianne Duffy	347-6849
Trustee	Don Heck	347-6849

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**STANDING COMMITTEE CHAIRS**

Alpine Scramblers	Dennis Miller	745-5846
Climbing	Gail McClary	337-7712
Communications	Beth Seacord-Case	365-8042
Conservation	Stan Kostka	485-3850
Explorer Scout Post	Doug Donaldson	347-4182
Folkdance	Linda Longley	653-6711
Hiking	John Witters	353-4672
Membership	Dana Miller	745-5846
Skiing	Ted Case	365-8042
Social	Vera Shimer	334-8038

PLEASE REFER TO THE MOUNTAINEER FOR MORE INFORMATION REGARDING FOLKDANCING, COURSES, AND OUTDOOR ACTIVITIES.

**THE MOUNTAINEERS  
 EVERETT BRANCH  
 P.O. Box 1848  
 EVERETT, WA 98206**

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