



No. 56, November, 1990

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

PRESIDENT'S MESSAGE

Laurie Akers has recently been appointed Chair of the Folkdance Committee, replacing Linda Longley, who stepped down after three years. Laurie has been an active member of the committee for the same period, and is excited to continue the great job that Linda has done. If you are interested in helping on the Folkdance Committee, give Laurie a call at 659-6559.

We would like to thank Linda for all the work she has done making our Folkdance group a very visible part of the Everett community. The folkdances and lessons have provided fun for non-members, as well as members, and have contributed to the growth the Everett branch has been experiencing. Special thanks are also in order to Don Finrow, who has been instructor since the folkdancing group first began. Without the dedication and leadership of Don Finrow, folkdancing might not exist in the Everett Mountaineers. Thanks, Linda and Don, for all of your hard work and dedication.

The Lookout and Trail Maintenance Committee was recently changed by vote of the membership from an ad-hoc to a standing committee. Jerry Thompson will continue to chair that committee. Anyone interested in becoming involved can contact Jerry at 653-7390.

We have recently received two more awards for our work on lookouts and trails. A Certificate of Appreciation was given by the Darrington District of the Forest Service for our trail maintenance on the Three Fingers Trail. Specifically mentioned for the contributions they made are Jerry Thompson, Mike Conner, Carol Jacobson, Eldon Jacobson, Bev Robison, George Swan, Dolores Wagner and Larry Weiner. Thanks are due these people for their personal commitment, especially considering the dreary weather conditions they endured!

The Everett Mountaineers were selected as one of fifty finalists in the Take-Pride-in-America program. We were awarded a certificate signed by Barbara Bush and Manuel Lujan, Secretary of the Interior, as well as receiving letters from these two and Governor Booth Gardner. This award was for the restoration on the Mt. Pilchuck Lookout last summer. We were also invited to attend the awards ceremony held in Washington D. C., hosted by Barbara Bush and Linda Evans. Congratulations and thanks are in order to every person who helped on the Mt. Pilchuck Lookout Restoration. We all have reason to be proud of our work.

Larry Longley

CORRECTION: Scott Woolums, not Steve as indicated in the last *Newsletter*, will be the presenter at the Banquet on November 17.

SNOWFLAKES

If you are a skier, snowshoer or other person who enjoys the outdoors year round, now is the time to start THINKING SNOW. Start by getting into shape for winter activities.

Outdoor activities in winter are generally more strenuous than those in summer for a number of reasons. One is that we simply tend to carry more: more clothes, more food and heavier shelter. Another is that we work harder to stay warm and just maintaining body temperature uses energy. Lastly, we are usually wearing more on our feet, either skis or snowshoes that aid us in snow travel, or heavier boots that stay warm and dry in changing conditions. Of course, those without skis or snowshoes can burn a lot of calories "post-holing" and some of us expend a lot of energy untangling skis after the "snow snakes" get us!

Regardless of the type of winter sports you enjoy, it is important to be in good physical shape to prevent injury, lower the chance of accident and have energy reserves to cope with any emergency that may arise. Fast walking, bicycling, taking aerobics classes, swimming, and rowing are just a few of the activities that help your cardiac and respiratory systems.

It is equally important to do stretching before and after (and in between) activities. Get into the habit of pre-warming and stretching muscles prior to exercise. Stretch on rising in the morning. Take short stretch breaks at the office (there are lots of stretches you can do in work clothes without getting on the floor!)

If you have not been exercising regularly, it is wise to talk to your physician or a sports medicine clinic about how to safely start a program. Don't start out doing too much too soon. On the other hand, if you are presently in great shape after a long season of hiking and climbing, don't let the rain stop you now! Work to maintain your condition by continuing to enjoy the mountains or doing some lowland activities as mentioned above. Be aware that you use different muscles skiing and concentrate on stretching and strengthening these.

Sports medicine clinics, books and video tapes are some of the resources available for further information. And don't forget to talk to fellow Mountaineers about how they stay in shape for various activities!

NOTE TO SKIERS: While you are stretching out hamstrings and strengthening ankles, don't forget to take care of your gear! Waterproof boots and inspect bindings for signs of stress. All skis, waxable and no-wax, should be checked for chips or holes that need repair and should be hot-waxed for protection and better performance.

Above all, get out this winter and have fun!

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

EXPLORER POST 16 SEEKING NEW MEMBERS

Post 16 is cosponsored by the Everett Mountaineers and the Mukilteo Presbyterian Church. Members of the Post are trained and participate in climbing activities up to and including scrambling. Membership is open to any youth between the ages of 14 and 20. Previous scouting experience is not required. For additional information, attend the meeting on November 14 at 7PM at Evergreen Area Council, BSA, at 1715 100th Pl. SE, Everett. Call Doug Donaldson at 347-4182 (h) or 281-7250 (w) for more information.

HIKING

DATE CHANGE: The Ebey Landing Hike scheduled for Sunday, Nov. 18 has been rescheduled for Sunday, Nov. 25.

NORDIC SKIING

TELEMARK CLASS LECTURE CHANGE

The Nov. 8 lecture is cancelled. The first lecture will be Thursday, Nov. 15. The second lecture, covering Avalanche Rescue Techniques, will be Thursday, Nov. 29. Both will be at the Swallows Nest in Everett, starting at 7:00 P.M. Field trips remain the same. Questions? Call Scott Dorough at 337-2140.

BASIC NORDIC LECTURE CHANGE

Lectures will be Thursdays, January 3, 10 and 17. There will be no lecture January 24. All will be at the Everett Swallows Nest, 7 to 10PM. Field trips stay the same, January 12 and 19. For more info, call Beth at 365-8042.

SKI INSTRUCTORS AND LEADERS NEEDED!

If you are interested in leading tours or helping to instruct at field trips, please contact Beth at 365-8042 for Basic Nordic or Scott at 337-2140 for Telemarking.

LOOKOUT PHOTOGRAPH AVAILABLE

A nighttime photo of the Mt. Pilchuck Lookout with star trails in the sky, taken by Lynn Schmidt and Stan Kostka, is now available. The 11x14 unframed photo is \$20.00. It will be available at the monthly meetings through the T-Shirt Committee. Proceeds go to the maintenance of the Lookout. Call Forrest Clark, 487-3461.

WELCOME TO OUR NEW MEMBERS!
Please help us to welcome our new members!

BUSINESS MEETING, NOVEMBER 7

The next business meeting will be Wednesday, November 7, at the Congregational Church in downtown Everett, 2624 Rockefeller, at 7:30 P.M. Following the meeting will be a very special slide show about climbing in the Soviet Union. All members and guests are encouraged to attend.

BRANCH OFFICERS

Branch Chair	Larry Longley	252-1669
Vice Chair	Dorothy Beeman	668-8475
Secretary	Linda Nyman	789-0987
Treasurer	Dianne Duffy	259-1667
Trustee	Don Heck	347-6849

STANDING COMMITTEE CHAIRS

Alpine Scramblers	Dennis Miller	745-5846
Climbing	Gail McClary	337-7712
Communications		
Conservation	Corlan Carlson	525-4559
Explorer Scout Post	Doug Donaldson	347-4182
Folkdance	Laurie Akers	659-6559
Hiking	John Witters	353-4672
Lookout/Trail Maint.	Jerry Thompson	653-7390
Membership	Dana Miller	745-5846
Skiing	Ted Case	365-8042
Social	Vera Shimer	334-8038

PUBLICATION DEADLINES

Submission deadline for the January *Bulletin* is November 20. Please send these to the P.O. Box, Attn. V. Lachmann, *Bulletin* Coordinator. **THERE WILL BE NO NEWSLETTER SENT OUT IN DECEMBER.** Submissions for the December-January *Newsletter* (to be mailed around Thanksgiving) are due at the P.O. Box November 7 or bring to the meeting.

**WISHING EACH OF YOU A VERY HAPPY
THANKGIVING!!**

The Everett Mountaineers
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