



# THE EVERETT MOUNTAINEERS NEWSLETTER

No. 60, March, 1991

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

## CALENDAR OF EVENTS

### April

- 2nd Lookout Committee Meeting
- 3rd Business Meeting, Conservation, Newsletter Deadline
- 6th Scramblers Field Trip
- 6-7th Intermediate Climbing Field Trip, Rock I
- 8th Folkdance Class Inter.
- 9th Basic Climbing Class
- 13th Basic Field Trip, Rock I
- 15th Folkdance Class
- 18th Scramblers Class
- 20-21 Basic Field Trip, Rock II
- 22nd Folkdance Class
- 23rd Basic Climbing Class
- 27th Scramblers Field Trip
- 27-28 Intermediate, Rock II
- 28th Scramblers Class
- 29th Folkdance Class
- 30th Scramblers Class
- Basic Climbing Class

### May

- 3rd Business Meeting, Southwest National Parks. Newsletter Deadline
- 4th Folkdance Class
- 4-5th Scramblers Snow Practice Climbing Basic-Snow I
- 7th Basic Climbing Class
- 11th Folkdance Class
- 12th Folkdance
- 14th Basic Climbing Class
- 18th Scramble Practice Singles Dance- Seattle
- 18-19th Climbing Basic Snow II
- 20th July Bulliten deadline
- 21st Basic Climbing Final Exam
- 28th Basic Class Potluck

## MESSAGE FROM THE PRESIDENT

At the March membership meeting a presentation was given on the proposed Climbing Rock that we have been wanting to build in Everett. The Climbing Rock Committee announced that they have formed a separate group called The Kosch Park Climbing Rock Association which will have the sole purpose of designing, building, and obtaining funds for the Kosch Park Climbing Rock. This group will be set up as a 501-(C) 3 organization so that donations to the Rock can be tax deductible. Design and fundraising efforts are underway. At our March meeting the Everett Mountaineers "pledged \$10,000.00 to the Kosch Park Climbing Rock Association for the design and construction of a climbing rock in Everett. This pledge should help pave the way for similar donations from other sources. We already have at least one indication of a matching donation. I will keep you updated on the progress of this climbing rock.

Larry Longley

### PUBLICATION DEADLINES

Submission deadline for the June Bulletin is April 20. Please send these to the P.O. Box, Attn. Jeane Nindel-Edwards, Bulletin Coordinator. Submissions for the April Newsletter are due April 3rd, 1991. Send these to the P.O. Box or give them to Wayne at the business meeting.

### BUSINESS MEETING

APRIL 3RD, 1991

The next business meeting will be Wednesday, April 3rd, 1991, at the Everett Congregational Church in downtown Everett, 2624 Rockefeller at 7:30 P.M.. All members and guests are encouraged to attend.

### APRILS PROGRAM

The April meeting features a slide show presentation by the Washington Wildlife and Recreation Coalition. The show will promote the preservation of threatened areas in Washington State. Many of the slides used in this presentation were made by the Seattle Photography Group of the Mountaineers, which include several Everett members. Come and hear what you can do to help preserve these areas and see pictures of how they exist now, for they may not always be here to visit in their natural state

### MAY'S PROGRAM

May's slide show presentation will be a "Sojourn through Several of the National Parks in the Southwest" by Wayne Cunningham. Visit Big Bend and Guadalupe N.P. in Texas; Mesa Verde N.P. in Colorado; Arches, Bryce Canyon, Canyonlands, and Zion N.P.'s in Utah; and the Grand Canyon in Arizona. If you are tired of the rain and snow, or just want to see, visit or hike in another part of our National Park system, this show may be for you.

## MEMBERSHIP: NEW MEMBERS

Please welcome the following new members to the Everett Branch.

December

January

## MENTORS PROGRAM

The Membership Committee in Seattle is organizing a mentor's program to help integrate new members into the club (See the March Bulliten, page 5). The Everett Branch is seeking volunteers to be mentors. Mentors will be able to chose the number of people you would like to contact, either by mail or phone. The new members will be in the Everett Branch. There will be an orientation meeting March 27th, 7 pm, at the club house. You can either attend the meeting, or contact Dana Miller for information at 745-5846.

## SEATTLE SINGLES DANCE

Saturday May 18, 8:00 p.m. to 12:30 a.m. in the Seattle Clubhouse Rhododendron Room. Rock and roll music from the 50's, 60's, 70's, 80's and 90's. Come on out, shake it up and meet new friends! Bring the following 1)\$4.00 at the door, 2) a snack/desert, 3) your own beverage. If you have questions call Pat 483-6832 or dave 641-9444.

## LOOKOUT AND TRAIL MAINTENANCE

The next committee meeting will take place April 2, 1991 at Carol Jacobsons home. June's meeting (June 3) will be at Jerry Thompson's home. Contact Jerry Thompson for directions to both at 653-7390.

The following dates have been set for lookout maintenance projects:

Three Fingers - Contact Leader, Carol Jacobson, via Jerry Thompson.  
August 3-4. Pack in shutter boards and paint.  
August 10-11. Painting and additional hauling.

Pilchuck - Contact Leader, Ron Smith, 347-0763.  
June 2. Wash windows, assess state of building  
August 17-18. Paint floor and repair shutters. Need additional leader for this trip.

## MEMBERS CORNER

### BIRTHDAY GREETINGS

Happy Birthday to Dorothy Phillips and Louise Ingalls, longtime Mountaineer's.

Congratulations on the big

# 75th!

### THANK YOU

How can words express the gratitude in my heart? A sincere "thank you" to every soul who gave so graciously to me with material gifts as well as spiritual gifts! Your support helped me during a very trying experience and I could honestly feel everyone's support, thoughts and prayers helping to keep my spirits up. It really meant a lot to me -m Thank You everyone.

In keeping with the true spirit of giving and receiving; 10% of all gifts were donated to the Defenders of Wildlife Fund in memory of Otis, my beloved friend, dog, and hiking companion.

- Diana Miller

Note: Diana Miller lost all of her personal belongings, including her beloved dog, Otis, in a tragic house fire last year. Thanks to the many generous donations she is doing well and will be back on the hiking trails soon.

## SKI POTLUCK REUNION! April 11

There will be a Nordic Ski potluck at 6:30 pm at Lion's Hall in Forest Park. All Ski instructors, leaders students, participants and others interested in the Nordic Ski Program are invited to come. Bring your favorite slides of skiing and stories of your favorite trips! Also bring your fovorite main dish, salad, or desert as well as plates and utensils.

Hope to see you all there! Questions? Call Beth Seacord-Case at 365-8042.

## SNOHOMISH-ARLINGTON TRAIL

Good news for those who are looking forward to using the Snohomish-Arlington Trail. Construction will start on the first 7.3 miles on July 1, 1991 for the Snohomish to Hartford section. Completion is expected in November. This trail will consist of trailhead facilities, five bridges, plus divided trail, one unpaved for equestrians and a paved section for hikers and cyclists.

Your calls and letters are still needed to Snohomish County Parks in support for Phase II, Arlington to Skagit County Line, and phase III, Snohomish to King County line via Monroe. For those who would like, letters are also needed to King County Parks to support the completion of the trail from Carnation to Snohomish County line. The trail between Carnation and North Bend has already been completed.

There will again be a trail clearing work party to celebrate earth day this year. Date and meeting place will be announced in next months newsletter. Give Dolores Wagner, 568-3828, a call if you are interested in participating.

For cyclists who enjoy biking between Everett and Snohomish, Dave McDonald, 252-8182, Everett Mountaineers, is organizing the Dikes and Trail Alliance. The main purpose is to utilize the top of the dikes for walking and cycling. Although their goal at present is a trail on the dike between Snohomish and Everett other dikes are under consideration. If you would like to work on this worth while effort or can just show your support, give Dave a call.

Note: Snohomish-Arlington Trail Coalition monthly meetings are held the third Wednesday of each month at 7:00 in room 426, Lake Stevens High School

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

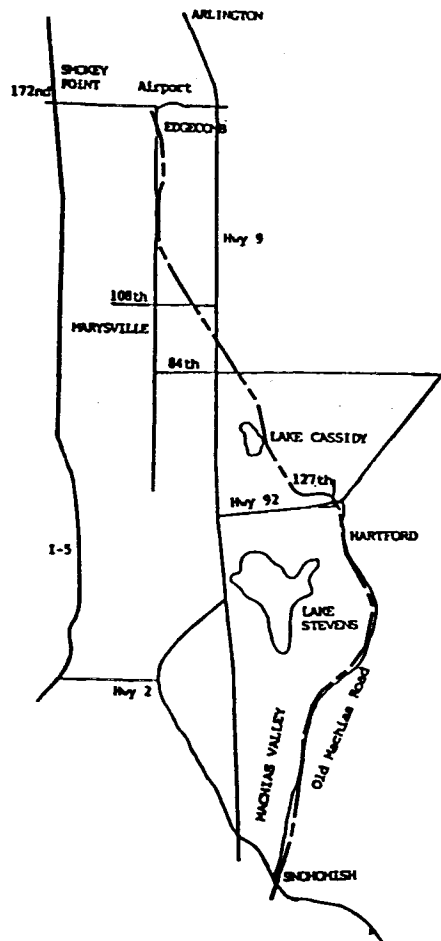
## MOFA CLASSES

The Everett Mountaineers and Everett Parks department will conduct two additional Mountaineer Oriented First Aid (MOFA) courses in 1991 at Cedar Hall, Forest Park, Everett. Courses will be June 4, 15, and 16th for one and October 8, 19 and 20th for the second class.

Classes on June 4 and October 8th will be from 7:00 to 10:00 pm. Classes on June 15 and October 19th will run from 8:00 am to 8:00 pm. with classes the following day from 8:00 am to 3:00 pm.

M.O.F.A. certification will be given. Those who wish a standard first aid certificate must have a current CPR card.

For more information call Mike Jones, Everett Mountaineers 568-0106 or Jane Lewis, Everett Parks Department, 259-0300. - Mike Jones



## FOLKDANCING

Friday, April 12, 1991 at Floral Hall in Forest Park, Everett. Sponsored by the Everett Mountaineers and the Everett Parks Department. At 8:00 PM Pat McMonagle, M.C. will teach a line dance called Godeshki Cha-chak and a lively Danish mixer Maskerade. International dances 9:00 to 11:30. Singles welcome. Wear flat shoes and comfortable clothes. \$3.00 to 4.00 donation appreciated.

Directions to Forest Park: From Northbound I-5 take left lane Broadway Exit 192. Then stay to far right and follow signs to 41st Street. Go west on 41st 0.8 miles to left-turn entrance to Forest Park. Park at top of hill. Floral Hall is to the left of the covered swimming pool. From Southbound I-5, take the 41st Street exit turn right and follow 41st west as above.

## INTERMEDIATE FOLKDANCE CLASSES

Intermediate Class in Folkdancing sponsored by the Mountaineers and Everett Parks Department.

Continue where you left off in the beginning class, improve your dancing skills and style. Learn more pattern dances for couples, sets and groups. Learn additional dance steps. All of which leads to greater enjoyment of dancing.

Class by Art Hare, whose is one of Seattle's most respected Folk Dance Teachers.

Six lessons, starting Monday, 8:15 - 10:15, April 8 through May 13th, at Floral Hall. Cost is \$20.00 for series with the possibility of additional lessons by different instructors.

Sign up through the Everett Parks Department and Recreation at Forrest Park or by phone at 259-0300. For more information call Laurie at 659-6559.

## TAINED WRAPPERS FOR THE STAFF OF LIFE

Over the past 20 years, researchers have documented the health hazards of lead, even in minute doses. And the government has acted to remove or reduce the amount of lead in the air, in foods, in drinking water and in paints and other products used around the house. Still sources of exposure continue to emerge from unexpected quarters.

The latest inks used on plastic bread bags was documented last year by researchers at the Environmental and Occupational Health Sciences Institute, in New Jersey. Their tests found substantial quantities of lead in 17 of 18 bread bags. CU's own test of 94 colored bread bags have confirmed those findings. In the two worst cases we found, the lead constituted more than one percent of the bags weight.

Lead in the ink on the label doesn't contaminate the bread, for it can't migrate through the plastic. Rather, the lead may rub off or flake off onto food when people turn the bag inside out and use it to store other food. The New Jersey researchers found that 17 of 106 families surveyed regularly reused bread bags that way.

Judging from our tests, the amount of lead on the bag can be substantial-in most cases far above the level now allowed in house paints. (Lead-based pigments can legally be used in printing inks.)

Sixteen of the 94 samples we tested had low levels, less than 10 parts per million. But more than 40%-including some major national and store brands-exceeded 1000 parts per million. That's a very high level, considering that most material we had analyzed was plastic bag, not ink.

Our sample of "Country Hearth Split Top White" had the highest level we measured, an estimated 100 milligrams. If even a minute fraction of that lead rubbed off into food, a young child's intake could exceed the estimated maximum tolerable daily intake from all sources.

Pepperidge Farms and Best foods, two major manufacturers told CU last fall they had stopped using leaded inks to print their bread bags. But our tests show that several bread bags from those companies-as well as bags from many other bakers- still contain significant amounts of lead.

Food contamination aside, the leaded printing inks will contaminate the environment. Lead emitted from incinerator smokestacks and leached from landfills contributes to general pollution problems.

In our view, the problem of lead contamination from bread bags should never have surfaced. We agree with the New Jersey researcher who said "Using leaded inks on food labels is just plain dumb."

### BRANCH OFFICERS

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

### STANDING COMMITTEE CHAIRS

<b>Alpine Scramblers</b>	
Neil Johnson	659-9034
<b>Climbing</b>	
Gail McClary	337-7712
<b>Communications</b>	
Wayne Cunningham	258-8946
<b>Conservation</b>	
Corlan Carlson	525-4559
<b>Explorer Scout Post</b>	
Doug Donaldson	347-4182
<b>Folkdance</b>	
Laurie Akers	659-6559
<b>Hiking</b>	
John Witters	353-4672
<b>Lookout / Trail Maintenance</b>	
Jerry Thompson	653-7390
<b>Membership</b>	
Dana Miller	745-5846
<b>Skiing</b>	
Ted Case	365-8042
<b>Social</b>	
Vera Shimer	334-8038

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