

# The Everett Mountaineers

## Newsletter

No. 83 Summer/Fall 1995 • Everett Climb-line 348-7829 • The Everett Mountaineers P.O. Box 1848 • Everett, WA 98206 • 672-TRIP

### UPCOMING PROGRAMS

September 6<sup>th</sup> —The Annual Members' Slide Show. Astound and impress your fellow Everett Branch members with 5–10 minutes of slides.

October 4<sup>th</sup> —To be announced.

November 1<sup>st</sup> —It's our ski program. Rainier Burgdorfer, author of *Backcountry Skiing in the Washington Cascades*, will present an informational and inspirational slide show. He will discuss tour finding (how to figure out your own ski tours).

December —No Meeting.

### Tee-shirts Have Arrived

Everett Branch Tee-shirts will be available at the next couple of membership meetings.

### Publication Deadline

The deadline for our Fall/Winter issue is November 30. Note that there is no December meeting. We would be pleased as punch if we received submissions on media such as 5 1/4" disk, photos, and sheets of paper, well in advance; these require additional processing prior to publishing. Contact Loretta Matson at 316-7973. You can E-mail your submissions to [deadrat@u.washington.edu](mailto:deadrat@u.washington.edu) or [loretta\\_matson@mdv-beer.com](mailto:loretta_matson@mdv-beer.com)

### Annual Everett Branch Banquet

The Annual Banquet will be held on Saturday, November 18, 1995 at the Mill Creek Country Club. Our program will feature Scott Fischer speaking about his 1992 ascent of K2 via the Abruzzi Ridge. The evening starts with a social hour, continues with dinner, presentation of the Branch Awards, and ends with Scott's presentation.

Tickets will be available at the October and November Branch business meetings as well as by mail beginning in October. At the time of ticket purchase, you will need to make your dinner selection. Please choose between Cannelloni Romana (fresh baked pasta filled with ground veal, turkey, spinach and ricotta cheese) or Manicotti (fresh pasta shell stuffed with ricotta, mozzarella and parmesan cheeses). Dinner includes salad, vegetables, garlic bread, and dessert. A no-host bar will be available during the social hour.

Ticket prices are \$18 for Mountaineer members, \$11 for senior members (65+), and \$23 for nonmembers. Directions to the Mill Creek Country Club will be available with ticket purchase. For questions or further details, please contact Gail McClary at 337-7712 before 9:00 P.M.

### Climbing Rock

On June 24, a new climbing rock was opened. It is located near the Velodrome at Marymoor Park in Redmond. The Rock is open during park hours. There is no fee. Take your climbing rope as there are fixed bolts for protection.

This project was first thought of over six years ago by two Everett Branch members, Carl King and Karl Steinke. It was only after they sold the idea to the Redmond City Council that Marymoor Park was selected as the site. Several designs were considered. D.R. Hall, a British company, came up with the winning design—a multifaceted spire attached to a main summit block. The Rock is made of concrete and brick, and cost \$400,000. When you see Carl or Karl, thank them for getting this Rock built.  
—Bill Iffrig



# Annual Baker Lodge Weekend

September 8–10, 1995

Come and enjoy magnificent scenery, exhilarating hikes, and summer-camp style camaraderie. Families are welcome. Pick blueberries on easy hikes near the lodge.

The Hiking Committee invites all Everett members to join us at the Mount Baker Lodge for our annual hiking, blueberry eating, and all 'round good time weekend. The lodge will be open Friday night, both formal and informal hikes are planned for Saturday and Sunday. A Saturday dinner potluck and program will round out the weekend. This is a great opportunity to visit the lodge, socialize and get out on trails in the high country with your Everett friends. Sign up through the Seattle Clubhouse (1-800-573-8484) as soon as the September Mountaineer hits your mailbox. Lodges cannot be reserved, so we need to be "first come." Adult members pay \$7 per night for lodging and \$9 for lodging with breakfast. Pack your own lunches. Accommodations are scenic and rustic. Bring a sleeping bag, pillow, flashlight, earplugs, and personal articles. Warm clothes are a must. For more information, call Pam Kepford (360-859-2967). Pot luck dish suggestions: A–K, salads & breads; L–S, desserts; T–Z, main dish. The potluck coordinator is Deanna Gill (206-787-0116).

Rollo Rodent says:

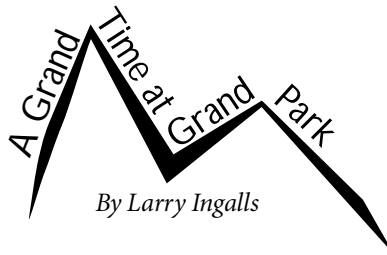


Remember to vote  
and vote often.

## Committee Meetings

The Alpine Scramblers Committee meets on the last Wednesday of each month at the Snohomish County PUD Building, 2320 California Street, Everett, meeting room 1A or 1B at 7:00 P.M.

The next Hiking Committee meeting will be September 11 at 7:00 P.M. in the Snohomish County PUD Building. October and November activities will be planned.



What to do for New Year's weekend? Poll friends. Mike busy, John family time, Donna other plans. Check the old standby, *The Mountaineer*. "Three day winter scramble to Grand Park." Cold snow camping at 5600' next to Rainier on New Year's weekend. Cold, very cold. How far? Ten and a half miles? On snowshoes? Tough, even with eight logging road miles. Gain? 3400'? Fatigue, exhaustion, camp down in cold snow on a too long a day battling snow. Alternatives? None. Call leader, Sara Matoi. Say what? The Plan: ski on road, snowshoe on steep, deep snow. Volunteer to snowshoe with Allison, another nonskier. Sacrifice to be a buddy on a trek like this.

Get ready. Rig up a sled to pull big radiant heater! Oops, not with the Mountaineers. Bad vision of tinkering with stove in harsh winter. Fix temperamental stove, my Whisper Lite. Buy kit, change jet, soak burner, soak fuel line, and scrub it out good. Test it. Once, twice, thrice; okay, looks good. Layers? Conflict: warmth versus weight. Better to camp on the wayside than be too cold from lack of layers. Buy Polartec pants. How many layers? Four on the south side and seven on the top with one for good measure. Hands, my Achilles' heel. Fear of flesh freezing to metal. Lightweight gloves under heavyweight gloves for travel, warm mittens for sitting around camp. And little heater packets. Regular boots or plastic boots? It's the plastic age.

Arrival. Early start on crusty hard snow. No snow shoes needed. What a break. Dawn of a great day. Press-on hard, looking over shoulder for skiing friends. Four, five, six miles, no skiers. Seven miles the first appears. Skiing is so much faster than hiking; yeah, right. Well, at least this day, us hikers were up to the skiers. Gather before cutting up ridge through trees. Head for Lake Eleanor, then plateau at Grand Park. A beautiful day, but few vistas before the meadow and The Mountain. Three-thirty and darkness comes early. One quick look at the setting

sun's glow on Mt. Rainier. Then hurry to set up camp.

Pick a spot sheltered by trees. Sky's clear, thank heaven; but the wind howls. Throw up tents, build snow block trench kitchen. Stand and cook. Stand and eat. Don't stop moving. Gas stove melts water. Melt, melt, MELT. Pine needles add flavor to freeze-dried meals and drinks.

Seven-thirty, sack time! Peel off a couple layers. Sleep comes quickly. Then awake with creeping cold. Put layers back on. Then awake with creeping, gnawing cold chill on flat Thermarest. Flat? Claw marks? Fill it every hour.

Morning already. Pack cover? In the trees. Sunrise glow on Rainier. Scramble ridge to Fremont Lookout with mean snow spinnakers? Not. Cross Grand Park and drop to Beverly Park with murder traverse to Burroughs Mountain. On the move, nice and warm. Short breaks or freeze in the wind chill. Bright snow contrasts with rock cliffs. Fantastic view: Adams, Stewart, Tolmie, Castle, First and Second Mother. Quick pictures in howling wind. Fast trip down. Soft snow with light crust. Run to keep in balance. Avoid face plants.

Four o'clock, back at camp. Quickly pile on layers. Awe at sunset. Gather in snow trench kitchen for gourmet freeze-dried dinners. Share experiences. Stories of Mark on Denali. Dinner done. Too early for bed on New Year's Eve. Stars everywhere: Deneb, Altair, the North Star, the Milky Way, the universe clearly visible. Shooting star? Gone. Sleep through New Year's? But wait. Sara breaks out noise makers and glow lights. Terrible noise in peaceful wilderness succumbs to the howling wind. No one disturbed. We are alone. Then sleep, disturbed only by the hourly blow into Thermarest and wind whipping tent. A good night—no frostbite.

Departure. Extremely transient feeling of remorse about leaving Grand Park and Mt. Rainier. Fast hike out. Back to the truck. Cheated icy death again. Park ourselves by the fire at a tavern and thoroughly enjoy greasy hamburgers and fries. Make false vows to return. Thus, came to a close a grand time at Grand Park.

# THE CANDIDATES

## Branch Chair

**Roy Metzgar** Incumbent Joined 1981  
Past and present activities: Everett Branch Chair (1993-present), Nominating Committee (1993), Facilities Committee, Basic Climbing graduate.  
Interests: Climbing and hiking.

## Vice Branch Chair

**Larry Ingalls** Joined 1992  
Past and present activities: Backpacking Course graduate, Alpine Scrambling graduate, Basic Climbing student, hike leader for Seattle (2 yrs), scramble leader for Everett (1 yr), assistant instructor for Navigation Course (1 yr), trail maintenance (2 yrs).  
Main interests: Scrambles and any outdoor activity.

## Secretary

**Donna Praetorius** Joined 1993  
Past and present activities: Alpine Scrambling graduate, Telemark Skiing graduate.  
Interests: Hiking, kayaking, cross-country skiing and bicycling.

## Treasurer

**Don Heck** Incumbent Joined 1979  
Past and present activities: Everett Branch Treasurer, Climbing Committee Chair (present), Basic Climbing graduate, Nordic Skiing graduate, Telemark Skiing graduate, Everett Climbing Committee Chair (2 yrs), Everett Climbing Committee member (6 yrs), Branch Chair (3 yrs), Branch Trustee (2 yrs), Club President (2 yrs), Personnel Committee for Seattle (1 yr), Nominating Committee Chair (1 year), Everett Branch Service Award.  
Interests: Skiing, climbing and hiking.

## Trustee

**Bill Iffrig** Incumbent Joined 1976  
Past and present activities: Everett Branch Trustee, Branch Chair (3 yrs), Climbing Committee (6 yrs), Skiing Committee, Ken Nelson Memorial Climbing Award, Classic Eight Climbing Award, Basic Climbing graduate, Intermediate Climbing graduate, Everett Gold Pin Peak Award, First Snoqualmie Ten Pin Peak Award.  
Interests: Climbing and skiing.

**Linda Sebring** Joined 1991  
Past and present activities: Nordic Skiing graduate, Alpine Scrambling graduate, Hiking Chair (3 yrs), developed leadership standards and training for Everett Hiking Program, started Everett Naturalists Program, licensed CPA.  
Main interests: Hiking and backpacking.

# 1995–1996 Everett Branch Ballot

## BRANCH CHAIR

Roy Metzgar

☐ ☐

Donna Praetorius

☐ ☐

Write-in Candidate, Voter 1

Write-in Candidate, Voter 2

## SECRETARY

Write-in Candidate, Voter 1

Write-in Candidate, Voter 2

## TRUSTEE

Bill Iffrig  
Linda Sebring

☐ ☐☐ ☐

Write-in Candidate, Voter 1

Write-in Candidate, Voter 2

## VICE BRANCH CHAIR

Larry Ingalls

☐ ☐

Don Heck

☐ ☐

Write-in Candidate, Voter 1

Write-in Candidate, Voter 2

## TREASURER

Write-in Candidate, Voter 1

Write-in Candidate, Voter 2

Mailed ballots must be received by 5:00 P.M. on September 6, 1995. Ballots may also be brought to the Annual Meeting on September 6, 1995.

The ballot was designed for two voters per ballot as only one Newsletter may be sent to a household. If there are more than two voters per ballot, feel free to improvise.

## Naturalist's Notes

### *Mountain Ladyslipper*

One of Western Washington's more delightful orchids, the Mountain Ladyslipper (*Cypripedium Montanum*) is found in our portion of the Cascades at low to mid elevations. This orchid grows in open woods, and can also be found in disturbed areas, along roadsides, or in alder scrub. Mountain Ladyslipper is the largest Washington orchid, taller (1–2 feet) than Calypso and very showy, white with purple veins. This is a fragrant orchid with extravagant twisted sepals in a copper color. It is also called moccasin flower because of the "pouched" shape of the lower petal.

The Ladyslipper is a perennial herb that grows from a rhizome. We now know that orchids establish a sustaining relationship between their roots and the fungi which underlie all of our forests. Because of this relationship, orchids are seldom success-

fully transplanted. The ladyslipper is becoming scarce due to collectors who admire its beauty, but do not understand the interdependent nature of its ecology.

*Yellow lady slipper orchid*



Henry J. Kral Studio

## Everett Mountaineers

### Annual Salmon Bake

October 15, 1995, 8:30 A.M. till the party's over. Join us at any time before the 1:30 P.M. serving time.

Free to Everett Mountaineers and their immediate families, \$5.50 for other Mountaineers, and \$3.50 for senior citizens that are not branch members.

It's at Masonic Park on the Mountain Loop Highway, 4.5 miles east of Granite Falls. Early hikes, volleyball, folkdancing afterward, all at a beautiful location near a river. For reservations, directions and head count, call Sandi Barr at 788-2872.

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# The Nine Essentials

## A True Story

*By Tom Barnhart*

On the day before Mothers' Day, I decided to hike the trail to Ashland Lakes east of Granite Falls. I grabbed my pack containing my nine essentials (no map) and headed up the trail. I soon reached the first lake where some snow still remained, and as I followed the boardwalk around the lake, I noticed a trail leading through the trees. Before long I reached a second lake, and sat down on a small dock to enjoy my lunch in the sun. I had the entire lake to myself.

After lunch I started back, but soon noticed the trail was unfamiliar. I doubled back to the last recognizable section, but was unable to locate any trail junction. I continued on the unfamiliar trail to its end at a place signed "Falls." Two waterfalls cascaded over steep cliffs, not quite obscuring the sound of gunfire on the ridge above. It was 3 P.M. with about four more hours of daylight. I had told my wife I'd be home for dinner, and my parents were expecting us for Mothers' Day dinner the next day. I was getting a bit concerned. Although I had extra clothes, food, and the shelter of an outhouse for an overnight stay, I didn't want to worry my wife or parents.

After another futile search for the junction, I returned to the Falls and decided to travel cross country toward the earlier gunfire. I was sure I'd find a logging road in the vicinity. Within twenty minutes, I indeed reached a logging road. The road ended about two hundred yard uphill, so I began following it down the mountain. I had already hiked over eight miles. I was hoping this road would turn north and eventually lead me back to the junction near where I had parked the truck. Unfortunately, it kept leading west.

After about 5 miles, I reached a major logging road. I followed it northwest. Several vehicles passed me in the opposite direction before I finally waved one down. I learned that the highway was about five miles away. By this time, my feet were getting a little tired but I continued walking.

Thirty minutes later, I caught a ride in a small pickup. I sat on open tailgate next to an aluminum boat. As we were raced down the logging road, the rear tires kicked up gravel which pelted the backs of my legs. The two men in the cab were laughing and having a good old time but I wasn't sharing in the fun. On the curves I held on for my life. Thank God, it wasn't long before we came to a stop. I breathed a sigh of relief, jumped off the tailgate, and walked around to the cab to thank them for the exciting ride. It was only then that I noticed they were both drinking beer and were quite intoxicated.

As I watched them swerve onto the blacktop road, I realized I still didn't know where the heck I was. But not twenty feet away was another pickup and three more good ol' boys. Two were sitting on the tailgate each holding a can of beer, and the third was sitting on the ground with his rifle on a tripod, firing at a target set up in a roadside gravel pit. I was sweaty, dirty, wearing my backpack, hiking boots, capilene shirt and tights, and cute safari shorts. I walked over to the guys sitting on the tailgate and said, "You're probably not going to believe this, but can you tell me where I am?" When they finally stopped laughing, they told me I was about five miles south of Granite Falls.

That was just great! I'd already walked about thirteen miles. In order to get back to my truck, I had to travel the five miles to Granite Falls, then fifteen miles to Verlot, then four miles up the dirt road to the trail head, and it was going to be dark in an hour.

I started walking up the road holding up my thumb as each car passed. I'm sure I was quite a sight for these country folks as they sped by. Finally, a young couple in a pickup pulled over. I rode in the back with a labrador retriever who licked my face all the way to Granite Falls.

I thanked the couple for the ride, and noticed a couple of young boys climbing into an old junky Datsun sedan with bald tires, chipped paint, and torn upholstery. By this time I was desperate. All I had in my wallet was a \$20 dollar bill, so I asked the driver if he'd like to earn \$20. He looked at me suspiciously and asked, "What do I have to do?" I explained my situation and he said, "No problem." I jumped in the back seat and off we went. Soon we were approaching 70 M.P.H. careening down the highway on four bald tires like we were competing in the Indianapolis 500. I was starting to think I would never make it home alive. As I clung to the back of the front seat, we turned off the highway and headed up the gravel road toward the trailhead. I closed my eyes as we raced up the hillside hoping we wouldn't meet anyone coming from the other direction. Finally, the car came to a skidding stop. I opened my eyes and, low and behold, there was my truck. I gave the driver the \$20 bill, thanked him for getting me there so quickly, and hobbled over to my truck as the last rays of daylight vanished behind the horizon.

I was late for dinner that night, but was able to keep my Mothers' Day commitment the following day. I vowed to go back to Twin Falls someday and find that elusive trail junction. But, the next time I'd take a map.

## Back Issues Wanted by Newsletter Staff

Call us obsessive collectors but we would like to make a complete set of the Everett branch newsletters. The back issues provide a history of the Everett branch. If you have any of the following back issues (year: issue #), please lend them to us to copy. Given the non-consecutive numbering system, we are not sure if all of these issues actually existed.

1985: 1, 3-5; 1985-86: 7-9; 1986: 11, 13, 15-16; 1987: 21; 1988: 32; 1990: 51-52, 55, 57; 1992: 68-69.

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## Helmets Wanted

The Alpine Scramblers Committee is accepting donations of used but usable, climbing helmets. The helmets will be used at the rock scrambling field trips. If you wish to donate a helmet, please contact Matt Schultz at 206-828-1683.

## Lookout & Trail Maintenance

Forrest Clark is our new Lookout & Trail Maintenance Committee Chair. He has turned over the tee-shirt concession to another member. Forrest announced that letters of agreement on the Heybrook Lookout project will soon be consummated. A very special ground breaking ceremony is planned. Repair work will continue on the Pilchuck Lookout. Repair work on the Three Fingers Lookout has been delayed because of the road closure.

Forrest would like to be notified if any members notice vandalism on any of the lookouts. "If vandalism, such as the graffiti on the Pilchuck Lookout, is not repaired promptly, it encourages further vandalism."

## A Note from the Newsletter Staff

The two proclaimed purposes of this newsletter are to distribute the annual ballot and to facilitate dispersal of information to our branch. Publication in the Newsletter of information presented during the membership meetings may be one way of informing the bulk of the branch membership of significant news.

We are poor reporters/secretaries and have failed in capturing news as spoken during the meeting, and do not want to interrupt the meeting for clarifications. Those presenting will reach an even wider audience by giving one of the newsletter staff the pertinent details (preferably written down).

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## Mountaineer Magazine Articles

Submit to Sandy Simila at 781-9720 by the 20<sup>th</sup> of the preceding month.

### Officers

Chair .....	Roy Metzgar	258-6985
Vice Chair .....	Dolores Wagner	568-3828
Secretary .....	Sandi Barr	788-2872
Treasurer .....	Don Heck	337-5742
Trustee .....	Bill Iffrig	334-2126



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### Key Personnel

Alpine Scramblers .....	Matt Schultz	882-1683
Climbing .....	Don Heck	337-5742
Conservation .....	Louis Coglas	672-4521
Hiking .....	Greg Warner	348-6122
Kayaking .....	Tom Barnhart	485-2732
Explorer Scout Post .....	Doug Donaldson	546-3501
First Aid .....	Joellyn Jackson	258-1388
Folkdancing .....	Jerry Wade	670-2302

Lookout & Trail Maintenance .....	Forrest Clark	487-3461
Membership .....	Dana Miller	335-5336
Programs .....	Cathy Lewis	335-1471
Singles .....	Elaine Short	488-1290
Skiing .....	Connie Bennett	568-7773
Social .....	Not Filled	

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