

The Everett Mountaineers

Newsletter

No. 84 Winter 1995/1996 • Everett Climb-line 348-7829 • The Everett Mountaineers P.O. Box 1848 • Everett, WA 98206 • 672-TRIP

UPCOMING PROGRAMS

January 3rd—Our program will be “a Northwest mountaineering trivia contest” hosted by Andy Boos. Topics will include Cascade history and geography, flora and fauna identification, and more. Prizes will be awarded. All members are encouraged to participate.

February 7th—Gail McClary will present slides from her ascent of Island Peak in Nepal.

March 6th—It’s the annual pot luck and gear grab. Bring food to share, eating utensils, plates, and gear to sell and trade. Roy promised to keep the business meeting short and thus, minimize the impact on socializing. The Branch will provide beverages.

NW Mountaineering Trivia Contest

Whether you’re a crafty old sage who knows everything or a newbie seeking knowledge, you’ll enjoy this program about our NW mountain scene. Host Andy Boos will ask questions on a variety of topics—wildflower identification, climbing history, wilderness ethics, Cascade geography, local trail trivia, mountain equipment... In fact, Andy gave us a few teasers for a warm up:

- * What is Washington’s oldest ski area?
- * What is firnspiegel?
- * How many ladder sections must you climb to reach Three Fingers Lookout?
- * What do Sitka, Blue, and Engelmann have in common?
- * Who was the Henry M. Jackson Wilderness named after?

Prizes go to the contest winner and the runners-up. Start doing your homework!

Everett Mountaineer Awards

The Everett Mountaineers held their annual awards banquet on November 18, 1995. Awards were presented in the following categories: Distinguished Service Award, Ken Nelson Memorial Climbing Award, hiking awards, course certificates, and climbing awards. Congratulations to all for their achievements.

Distinguished Service Award

The Distinguished Serviced Award is given to an Everett branch member who has exemplified the ideals of volunteerism to the Mountaineers. The recipients have been active not only in specific committee activities but are noticeably involved with many areas of the Branch, typically for years. The selection process is not easy as many members are dedicated and give greatly of themselves to the betterment of the Everett Mountaineers and our programs.

The 1995 Distinguished Service Award was presented to Dennis Miller. Dennis, a member since 1977, graduated from the basic climbing course and has received the Everett Bronze Climbing pin and the Mountaineers Six Peak pin. Dennis also completed the Nordic and Telemark Skiing programs. In addition to his continuing involvement in the skiing programs, Dennis was instrumental in reorganizing the floundering Alpine Scramblers program (1987–1990) as committee chair and leader, bringing it back from near nonexistence to the active group it is today.

Dennis held the office of Everett branch chair (1991–1993) and branch treasurer (1986–1987), and continues to be involved with assisting the current treasurer as that job has grown in the past years. As branch chair, Dennis completed the operations manual (no small undertaking), and continued to be an active participant on the accounting advisory committee. He served on the clubhouse feasibility and bylaws revision committees, participated in the ice axe techniques development project, and created a leadership curriculum position and leadership development program.

Dennis’s entire family is involved with the Mountaineers. His wife Dana is our membership chair; his sons, Scott and Craig participate in skiing and hiking activities. Scott received his Nordic Skiing certificate at the banquet—the youngest ever to graduate.

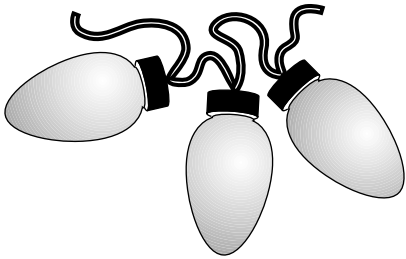
In 1984, Dennis and Dana chaired the annual awards banquet. Dennis felt recognition should be given to a member who is highly involved and contributes to the Branch. Now, eleven years after his idea created the award, the Everett Branch gives the honor of Distinguished Service to a much-deserving member, Dennis Miller.

Past recipients are:

1989	Don Heck
1984	Bill Iffrig
1985	Dorothy Phillip
1986	Henry Kral
1987	Steve Phillip
1988	Dolores Wagner
1990	Ted Case
1991	Dianne Duffy
1992	Jerry Thompson
1993	Larry Longley
1994	Gail McClary

Christmas Caroling

Come enjoy the holiday season through the gift of song on December 20, 22 and 23. Meeting time and place will be 6:30 P.M. at the Everett PUD in the north parking lot and we will be caroling until 9 P.M. Caroling will be in the Everett area. Prior singing experience is not required. Dress warmly and prepare for wet weather, we will be caroling rain or shine. A small donation would be appreciated to help cover the cost of the caroling books. These books will be saved and used for next year's caroling excursion. Bring family and friends. If you have questions or need more information, call Forrest (206)487-3461 or Louie (206)672-4521.



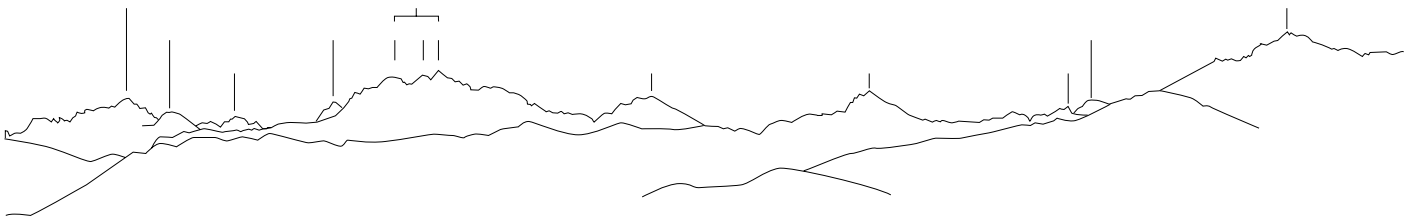
Great Mountaineers Gifts

Doug Coleman, (206)348-2174, has been working the promotions table at the branch meetings. Call him or come to the meeting to purchase any of the following items: Canvas tote bags with either the Everett Mountaineer logo or the Mt. Pilchuck logo, \$9; Everett Mountaineer T-shirts, long sleeve \$11, short sleeve \$9; Mt. Pilchuck shirts, \$9.50; Mountaineer mugs, \$5.50; note cards and envelopes with the Mountaineers logo, 2/\$1, 6/\$3, 12/\$5. Prices subject to change without notice.

Old News from the Really Boring Business Meetings

This news was compiled from the September, October and November Branch meetings and has been put through the Matson Filter of Good Taste™ as a service to our members. Accuracy is not guaranteed. **Singles and Kayaking** are now standing committees, Singles after a rousing (for the Mountaineers) debate. The kayaking charter was approved. The Singles Committee is drafting a charter. Bill Iffrig, trustee, announced that the Forest Service may require **permits for large groups**. This could affect scramble and climbing classes. The Mountaineers will monitor this as the Forest Service develops their plan. Members from **Wenatchee** have petitioned the Mountaineers for the formation of a branch and it has provisionally been approved. **Interested in a climbing wall?** Bill reported that the Mountaineers clubhouse has one to sell or trade. A committee was formed to study the proposed joint project between the Boy Scouts of America and the Everett Mountaineers to set up a climbing course and climbing wall at **Fire Mountain Boy Scout camp**. Fire Mountain is a 500- to 600-acre camp, with overnight facilities, located east of Mt. Vernon. In return for our assistance, we may be able to use the facility for our courses. REI may fund part of this venture. Roy Metzgar (206)258-6985 is the chair for the study. The Lookout and Trail committee reported that the vandalism work has been finished on the **Mt. Pilchuck lookout**. However, graffiti has been left on the rocks approaching the lookout. If anyone knows of an easy and environmentally sound means of removing graffiti, contact Forrest Clark. Some progress was made on the Heybrook Lookout project; 331 person-hours later, with the help of 15 volunteers, **Heybrook now has a "facility."** There was some question as to whether its location is "scenic." George Swan reported that the **President's work party on the Iron Goat**

Trail completed 1,000 feet of trail around the Windy Point tunnel in monsoon conditions. Thirty people worked like dogs in the driving rain; some sort of "facility" was hauled up the trail and installed in a definitely scenic spot. Sandy Barr, (206) 788-2872, has **dishes that were left at the salmon bake**. A proposal was made to change our bylaws so that we would have **a chair-elect instead of vice chair**. The chair would be a fixed term (for example, 2 years) at that time the chair-elect would become the chair. Olympia and Tacoma branches currently operate with the chair-elect system. Opponents say it would limit versatility and reduce flexibility as the chair-elect and chair would be elected at the same time. The chair would have to retire after the fixed term even if the chair was popular. Proponents say the chair-elect system provides for smooth transitions of responsibility; the chair-elect would receive training. The Branch would not be left in the lurch while a desperate search was made for someone who take on the responsibility of the chair. The Branch encourages feedback, written or verbal at the business meeting. Changes to the bylaws must be submitted to the branch membership as a written ballot after approval by a majority voting at a branch meeting. Another proposal was made to hold a **photography contest**. The Branch would acquire rights to use the winning entries. Promotional items made from the photos, such as a calendar or posters, would be sold with profits going to support the Lookout and Trails Committee's work. Other suggestions included a hung show, working with the club house, and seeking publicity through local media. This proposal is very much at the conceptual level and will come up again at future meetings. No one is shepherding this proposal at this point. Attend the next meeting to discuss this or send comments to the Branch PO Box.



Ken Nelson Memorial Climbing Award

The Everett Mountaineers Ken Nelson Memorial Climbing Award is given each year in memory of Ken Nelson, an Everett climber and Branch member who died tragically in a climbing accident on Mt. Robson. The award is given to recognize exemplary service and dedication to the Branch Climbing program. This year the Branch is very proud to present the award to Andy Boos.

Andy joined the Club in 1988 and immediately took the Alpine Scrambling course. The following year he graduated from the Basic Climbing course. He went on to complete the Intermediate Climbing course and graduated in 1994. As a result of reaching more than 200 summits, he earned all three Everett Peak pins, the Five Major Peaks pin, the Classic Eight Peaks pin and the Snoqualmie First Ten Peaks pin. In addition, he graduated from the Telemark Ski course, and enjoys snowshoeing and nordic skiing.

Andy has demonstrated his service and dedication to the Branch by contributing thousands of hours to many Branch programs, climbing in particular. He has been a member of the Climbing Committee for the past several years and has made

significant contributions especially in our leadership seminars and climb leader mentoring program. He also helped produce the video and text for teaching ice axe arrest currently used by the Basic Climbing and Alpine Scrambling courses.

Andy attends many course field trips each year and shares his wealth of knowledge with our students. Andy is a role model for many members; he is a patient leader with excellent judgement and a great sense of humor, and one who encourages growth in others.

The Mountaineers is an important part of Andy's life, and he dedicates an important part of his life to the Mountaineers.

—L. Turner, M. Royer, and D. Heck.

Past recipients are:

1986	Steve Kieffer
1987	Jack Bennett
1988	Bill Iffrig
1989	Jerry Thompson
1990	Dick Schneider
1991	Art Hedstrom
1992	Gail McClary
1993	Connie Bennett
1994	Mike Bacon

Thanks

In this holiday season, we should not forget to thank our volunteers who have worked hard in the last year to make our Branch a successful and fun organization. In particular, we take this opportunity to thank those who have recently retired from their positions with the Branch. Sandy Simila worked as coordinator for our Branch to the Mountaineer Magazine from 1993 to October 1995. She did more than just collect submissions and pass them on. As coordinator she turned the submissions of varied forms and coherence into understandable, specifically formatted text on a single floppy, every month. Sandy Barr was our Branch secretary for the past year and also coordinated our annual salmon bake for the last two years. Dolores Wagner retired from the Branch vice chair position. Greg Warner and Tom Barnhart were chairs of Hiking and Kayaking Committees, respectively.

The new faces are:

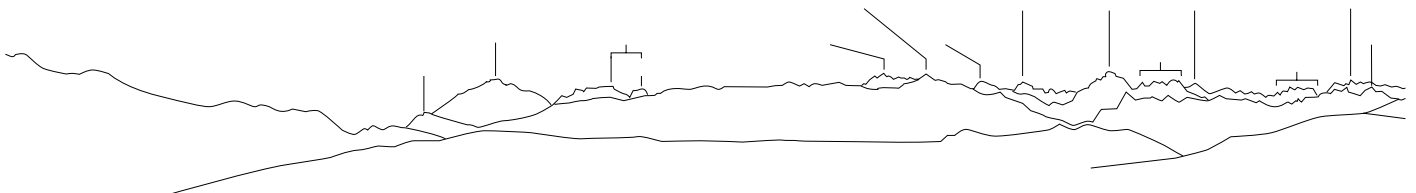
Larry Ingalls	Branch Vice Chair
Donna Praetorius	Branch Secretary
Susan Williams	Hiking Chair
Mark Devereux	Kayaking Chair

Name these peaks



Below we've sketched the horizon line we can see from Everett. Please help us attach names. Bring your answers to the January 3 Branch meeting. Whoever provides the most complete or helpful information will be our Valentine.

—Editors



Hiking Awards

Lookout Peaks Award

The lookout peak award is presented to Mountaineers who climb any 12 of the following 20 peaks. These peak have or had lookouts and can be reached by a trail.

Peak	Height	Miles	Gain	USGS Map
Alpine Lookout	6,227'	10.5	1,700'	Wenatchee Lake
Anderson Butte	5,420'	8	1,800'	Lake Shannon
Church Mt.	6,315'	8.5	5,400'	Mt. Baker
Mt. David	7,431'	16	5,200'	Wenatchee Lake
Mt. Dickerman	5,732'	8.5	3,800'	Bedal
Dock Butte	5,210'	4	1,700'	Hamilton
Green Mt.	6,500'	8	3,000'	Downey Mt.
Hidden Lake Peak	6,890'	8	3,500'	Eldorado Pk., Sonny Boy Lakes
Mt. Higgins	5,142'	10.5	3,200'	Oso
Huckleberry Mt.	5,355'	7	4,800'	Huckleberry
Lookout Mt.	5,719'	8.5	4,500'	Marblemount
Park Butte	5,450'	7	2,250'	Mt. Baker, Hamilton
Mt. Pilchuck	5,324'	4	2,100'	Granite Falls
Rock Mt.	6,852'	8	3,400'	Wenatchee Lake
Sauk Mt.	5,537'	4	1,138'	Lake Shannon, Rockport
Mt. Si	4,167'	8	3,200'	Mt. Si, North Bend, Bandera
Sourdough Mt.	5,985'	7	3,900'	Diablo Lake, Ross Dam
Surprise Mt.	6,330'	15	4,100'	Scenic
Mt. Townsend	6,280'	11	3,500'	Tyler Peak
Winchester Mt.	6,521'	9	3,000'	Mt. Shuksan

Gene Baker and Fran Baker received this award.

Alpine Scrambling Certificates

Theo Cleveland	Rick Monroe
Susan Cole	Dave Neese
Clarence Elstad	Phyllis Nelson
Julie Endres	Lara Porter
Robert Feldman	Joan Pryor
Shane Haddrell	Mike Ralph
Dennis Harkins	Karl Sebby
Marilyn Harkins	Erik Sebby
Lyle Harvey	Lucy Traxinger
Joellyn Jackson	Ronald Weiss
Lori Jones	Susan Williams
Peter Kruger	Jolene Wolverton
Stacia Marks	Nancy Wolverton
Margo Milandin	Howard Wood

Mileage Awards

100 Miles

Julie Balogh
Susan Cole
Clarence Elstad
Deanna Gill
Joellyn Jackson
Phyllis Nelson

200 Miles

Julie Balogh
Susan Cole
Clarence Elstad
Deanna Gill
Joellyn Jackson
Phyllis Nelson

400 Miles

Jim Endres
Mike Endres
Clarence Elstad
Noreen Hogle
Adrian "Buzz" Pintler
Susan Williams

600 Miles

Julie Endres
Adrian "Buzz" Pintler
Michele Royer
Susan Williams

800 Miles

Julie Endres
Sharon Orr
Adrian "Buzz" Pintler
Lewis Turner
Susan Williams

1000 Miles

Judy Case
Sharon Orr
Lewis Turner

1500 Miles

Dolores Wagner

3500 Miles

John Witters

Basic Climbing Certificates

Kathryn Abbott
 Kevork Arackellian
 Mark Allen
 Russell Beckley
 Kari Beckman
 Drew Cassady
 Chantal Charles
 Jean Philippe Charles
 Lauri De Vore
 Bob Eule
 Kim Gordon
 Jenifer Grace
 Steve Grasser
 John Graupmann
 Donald K. Hallwhich
 Steve Hammond
 Michael D. Hendrickson
 Lisa Hutchinson
 Fred Hutchison
 Larry Ingalls
 Martin Iverson
 Richard Jones
 John Kane
 Cherie Keese
 John E. Kelly
 David W. Miller
 Tammy Miller
 Bill Richardson
 Jerry Sanchez
 Marina Sandsmark
 Todd Schwartz
 Darrell Stuart
 John J. Tolan
 Rick Vershave
 Steven W. Wenzel
 Lee Wilcox
 Ernie Zeller

Intermediate Climbing Certificate

Lori Winnemuller

Telemark Skiing Certificates

Jim Abbie
 Sam Houston

Everett Bronze

Randy Fritch
 Roy G. Metzgar
 Mike Shikany

Everett Silver

Fred Beavon
 Roy G. Metzgar
 Mike Shikany

Everett Gold

Gene Baker
 Roy G. Metzgar

Five Majors

Gene Baker
 Roy G. Metzgar

Snoqualmie 1st Ten

Andy Boos

Classic Eight

Andy Boos
 De Forest Eveland
 Johnny Jeans
 Jeffrey Williams

Cascade Classic

De Forest Eveland

Nordic Skiing Certificates

Julie Balogh
 Julie Endres
 Bill O'Neil
 Morgan Balough
 Rita Gaddis
 Mike Ralph
 Susan Cole
 Joellyn Jackson
 Susan Ricketts-Arthur
 Fred Dykins
 Ken Janicke
 Carrie Strandell
 Rosemarie Dykins
 Don Martin
 Jim Endres
 Scott Miller

Climbing Awards

Five Majors Peaks

Mt. Rainier	14,410'
Mount Adams	12,307'
Mount Baker	10,778'
Glacier peak	10,528'
Mount Olympus	7,954'

Classic Eight Peaks

Bonanza Peak	9,511'
Mt. Challenger	8,236'
Dome Peak	8,920'
Eldorado Peak	8,868'
Forbidden Peak	8,815'
Mt. Goode	9,200'
Mt. Logan	9,087'
Mt. Redoubt	8,956'

Everett Peaks

Climbing any six peaks within a group constitutes an Everett Bronze Peak Award. Climbing six peaks in each of two groups constitutes the Everett Silver Peak Award. Climbing at least six peaks out of each group qualifies a climber for the Everett Gold Peak Award.

Darrington Group

Mt. Chaval	7,127'
Jumbo Mountain	5,840'
Liberty Mountain	5,688'
Pugh Mountain	7,201'
Three Fingers (North Pk.)	6,870'
White Chuck Mountain	6,989'
Whitehorse Mountain	6,852'

Monte Cristo Group

Big Four Mountain	6,135'
Cadet Peak	7,186'
Columbia Peak	7,172'
Del Campo Peak	6,610'
Silvertip Peak	6,140'
Sloan Peak	7,835'
Vesper Peak	6,214'

Index Group

Baring Mountain	6,125'
Gunn Peak	6,245'
Mt. Index	5,979'
Merchant Peak	6,113'
Mt. Persis	5,452'
Spire Peak	6,213'
Mt. Stickney	5,367'

Conservation Notes

Watching a glacier on Mt. Baker, it's easy to imagine that it will always be there and will always look the same. But with stress and friction these immense rivers of ice fracture apart, causing one to sit up and take notice of what the glacier is really doing. Similarly, enthusiasm for conservation activity expands and contracts, working quietly year after year, seldom attracting much attention until environmental issues create stress and friction. Then the power and energy stored up in the glacier is dramatically demonstrated. The vista that was comfortingly the same for years is suddenly changed. Terrain that seemed to sit still for all of your lifetime is broken apart and pieces are hurled through the air.

Resources you thought were protected are now threatened by forces difficult to foresee. Outdoor enthusiasts must now compete fiercely with other interests for the use of natural areas. The Conservation Committee is seeking input from the Branch on the following issues:

1. **Roads: access vs. wilderness.** Most roads are closed because of lack money for maintenance and not to reduce impacts. Road closure does reduce impacts; when the Lake Dorothy road was 2 miles longer because of a washout, the number of visitors and impacts decreased. However, when a road is closed we can't necessarily get to our favorite lake in a weekend trip. How do we balance access and impacts? This is a complicated and stimulating subject for a club which promotes the sometimes conflicting agendas of recreation and conservation. The Committee needs help with this and would like to hear from the members regarding their road and wilderness concerns. A concern for the wilderness comes from a love of the wilderness, but if we can't get to it, how can we come to love it?
2. **Camping and party size restrictions.** The Forest Service is now taking applications to reserve a trip to the Alpine Lakes for July 2020 and requires a \$1000 deposit. Just kidding, but wow, think about it! Increasingly severe restrictions on access to the Alpine Lakes, user fees, restrictions on access at North Cascade National Park are signs of things to

come. Will there be anywhere to go in the future? These limitations result from population growth in our area and land use policies attempting to preserve wilderness experience (wild ≠ lots of people). Again agendas of recreation and conservation come into conflict. The Mountaineers have attempted mitigation by promoting minimal impact techniques in its courses and books. Is this enough or can we do more? The Committee needs your energy and ideas.

3. **Education and outreach.** This is a successful program operating out of the clubhouse in Seattle. We travel to schools and teach about the conservation of natural resources by techniques such as "refuse, reduce, and recycle." In a living presentation, we teach where resources come from, how they are utilized, and how they relate to the wilderness we love to explore. My character is Willy in the Woods, who has tales from the present. Another presents tales from the past. High school kids get a logger-based character with statistics on his lips. Our Branch has donated \$500 for the last two years in support of the outreach program although we have mainly operated in Seattle. I would like to expand our operations into Snohomish county and need volunteers to step out into our community.

Everyone is welcome on the Conservation Committee. Please call me, Louie Coglas, at (206) 672-4521 or write me at 3109 228th SW, Brier, WA 98036.

Do you know where this place is? A pool in a world at the fringe of life zones nestled among dwarf conifers and miniature plants. Once a year trees are gilded to celebrate the season. The abundant floral life includes many species of *Erigeron*, heather, saxifrage, Indian pipe, fireweed, and goldenrod. Annual snowfall in this world is 40 to 80 inches. One way to get there is to drive up what the Cle Elum call Naskelt Creek. Send me your answer to this puzzler by December 31. A winner will be drawn from all correct answers and receive a Mt. Pilchuck shopping bag. Have fun.

Contra Dance

It's easy. Beginners welcome—no partner needed. Come and try these very popular old time contra and square dances. Enjoy the live music, and learn by instruction from skilled callers. All dances will be taught throughout the evening. Dress is casual. Dances will be held on each third Friday through February.

The next dance is December 15 in Floral Hall at Forest Park in Everett. Warren Argo is calling with a special surprise band. Admission is \$5 to cover the cost of the band. Call Clarence at (206)252-3811 for more information.

Leadership Skills Workshop

The Branch is again offering our Leadership Skills Workshop. This entertaining and informative program is designed to enhance the leadership skills of Branch members who volunteer in our various activities. The 1996 Workshop will be held on Saturday, February 17, 8 A.M.–4 P.M. at First Congregational Church in Everett.

Because of limited seating, attendance is by invitation only, with preference to those members who are currently active committee members, class instructors, or trip/activity leaders. However, any Branch member who is interested, may call the Coordinator, Andy Boos, (206)258-6199.



Ho River Guard Station

Henry J. Kral Studios

Alpine Scramble Instructors and Leaders

Preparations are under way for the 1996 Alpine Scramble class field trips and scrambles. All scramble and climbing graduates are invited to participate as instructors or leaders. Help support a quality scramble program and refresh your skills. Scramble leadership training will be held February 8, 1996 from 7–9 P.M., location TBA. An instructor and leadership practical review will be held February 24, 1996, location TBA. Instructor training for field trips in the Scramble class will be held March 23 in conjunction with the first field trip. If you are already an instructor or leader, be thinking of the field trips you would like to instruct for the class, and scrambles you would like to lead during the 1996 season. Please call any member of the Scramble Committee for more information or to express interest.

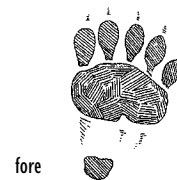
Bear facts

The black bear, *Ursus americanus*, is one of the most widespread species in the Pacific Northwest and in North America. Bears are found in every ecological zone in our area with the exception of the extreme high alpine. Bears are omnivorous—they eat most anything. Bears have a depressed metabolism during the winter sleep, but they continue to stir around the den, may even emerge for brief periods, and give birth during the winter. An adult black bear is as long as a person is tall and may stand three feet or more at the shoulder. Young bears may climb trees, but adults are too heavy. Cubs stay with the sow for about two years.

Bears are not intentionally aggressive towards people, but will attack if startled, afraid, or feel their cubs threatened. This, and a common passion for certain wild woods delicacies, such as ripe huckleberries, can lead to accidental meetings. It's

best to let bears know you are there (hiking with a “bear bell” is a way) so they may leave discreetly, probably without your knowledge. Of more concern are bears who have become accustomed to people. The beach along the Washington coast is one area where bears and people frequently share a narrow strip of wilderness. Bears there may covet dried fruits, bacon, fish, or other hiker delicacies. To avoid attracting bears, keep a clean camp in bear country. Hang food high and do not take edibles into your tent at night. Respect bears and give them the chance to remain wild.

Signs of bear include scat (resembles dog feces, only larger, with obvious signs of berries in the fall); bear clawed or gnawed trees (they eat the soft inner bark in the spring when food is scarce); and bear tracks.



Henry J. Kral Studios

MOFA is coming!

Mountaineering Oriented First Aid (MOFA) is adjunct to, and required for graduation from the Climbing, Scrambling, and Telemark Ski courses. It covers injuries common to mountaineering activities and first aid in situations where help is hours or even days away.

Course Dates: Thursday, March 21, 6-10 P.M., Saturday/Sunday, March 30/31, 8 A.M.-8 P.M./8 A.M.-5 P.M. respectively; optional Standard First Aid exam/CPR class, Thursday, April 4, 6-10 P.M.

Registration Opens: February 1, 1996.

Registration Deadline: March 20, 1996.

To register: Contact Everett Parks and Recreation Dept., (206)259-0300. Register by phone using a credit card or by mail. If you register by mail, please refer to class #3100702. *Class is limited to the first 100 students in the order of registration.*

Eligibility Requirements: MOFA is offered in conjunction with the Everett Parks Dept. and the American Red Cross (ARC). It's open to both Mountaineer members and the general public age 13 and older. MOFA students may register for the optional CPR class. Health professionals and others with extensive first aid backgrounds may apply to take MOFAR in lieu of the basic MOFA course.

Course Fee: \$28 includes *American Red Cross Community First Aid* text. *Mountaineering Oriented First Aid* is available at the Mountaineers and area book stores.

Course Structure/Graduation Requirements: Thursday evening is a lecture. Weekend lectures alternate with first aid skills practice and field scenarios. To graduate, attend all 25 hours of class, pass all skill tests, and pass a written exam based on *Mountaineering Oriented First Aid* and *ARC Community First Aid* texts. To earn an American Red Cross Standard First Aid card, you must have a current CPR card from ARC or American Heart Association (less than one year old) and pass the Standard First Aid written exam. The Standard First Aid exam will be given in conjunction with the adult CPR course on Thursday, April 4.

MOFAR

The MOFA Refresher (MOFAR) course is for members who need to renew their MOFA certification before their card expires.

Course Date: Saturday, March 9, 8 A.M.-8 P.M.

Registration Opens: January 1, 1996.

Registration Deadline: February 19, 1996.

To register: Complete and send the application form below.

Eligibility Requirements: MOFAR is open to anyone with a MOFA card about to

expire, or with an expired MOFA card and a current CPR card. MOFA cards expire three years from date of issue. MOFAR students may register for the optional CPR course. Health professionals and others with extensive first aid backgrounds who want to take MOFAR in lieu of the basic MOFA course must submit their registration application and a summary of their training/experience to the First Aid Committee for consideration on a case by case basis. They should do so immediately after registration opens so they'll have a chance to register for basic MOFA if their MOFAR application is denied.

Course Fees: \$13. Late registrations (\$20) will be accepted on a space available basis.

Course Structure/Graduation Requirements: MOFAR includes a standard of care update, skill review and sign-off, and five field scenarios. To graduate, attend the entire class and complete all required skills. Adult CPR and Standard First Aid progression are options for MOFAR students.

Special Note: Members renewing their MOFA cards may also help the First Aid Committee as "teaching assistants" during the basic MOFA course. Teaching assistants attend all MOFA classes/field trips, rotate through the lectures with the students, and help evaluate student performance during scenarios (they cannot sign off skills). You receive a reduced price (\$5.00 to cover the cost of the MOFA card) and a chance to hear the lectures again.

1996 CPR and MOFAR Course Registration Form

MOFA Refresher (MOFAR) course on Saturday, March 9*	\$13.00
MOFA course teaching assistant (MOFA card fee only)**	\$ 5.00
Adult CPR course, Thursday, April 4 (MOFA & MOFAR students only)#	\$15.00
Optional Standard First Aid exam, Thursday, April 4 (MOFAR students only)@	\$ 5.00
Total:	_____

*Registration fee increases to \$20.00 and is on a space available basis after February 19.

**Must meet all eligibility requirements for MOFA Refresher course.

#Registration fee increases to \$20.00 and is on a space available basis after March 20.

@MOFAR students may take the Standard First Aid exam and earn a Standard First Aid card if they have current CPR card or successfully complete CPR the same night.

Name: _____

Address: _____

Day phone: _____ Evening phone: _____

Attach copy of applicable forms:

Current MOFA card
or
expired MOFA card & current CPR card

Make check or money order payable to: Everett Mountaineers

Send check and registration form to: Everett Mountaineers/First Aid Committee
P.O. Box 1848
Everett, WA 98206

CPR

Course Date: Thursday, April 4, 6-10 p.m.

Registration Opens: January 1, 1996.

Registration Deadline: March 20, 1996.

To Register: Complete and send the application at left.

Eligibility Requirements: CPR is offered jointly with the ARC. MOFA and MOFAR students may register for this optional CPR course.

Course Fees: \$15. Late registrations (\$20) will be accepted on a space available basis.

Graduation Requirements: Students must attend all four hours and pass both written and practical skills tests.

Winter Scramble Trips

The Alpine Scramble Committee is once again offering WINTER SCRAMBLE TRIPS. These are open to any graduate of the Scrambles course (or Basic Climbing course) or equivalent. Since most trips involve snowshoeing, some snowshoeing experience is desirable, though not mandatory. Trip leaders can help you determine whether your experience level is adequate for their trip. Please note that winter scrambles do not have ratings, because winter conditions can often distort the normal summertime ratings.

Dec. 9 or 10, Sat. or Sun. - Bald Mountain, 5,851'. Bob Maxwell, (206)334-1053.

Dec. 16, Sat. - Mt. Persis, 5,452'. Mike Beeman, (360)668-8475.

Dec. 17, Sun. - Damnation Pk. 5,653'. Andy Boos, (206)258-6199.

Dec. 30 - Jan. 1, Sat.-Mon. Mt. Baker Lodge Weekend. Snowshoe or winter scrambles based from Mt. Baker Lodge. Gene Baker, (360)658-8725.

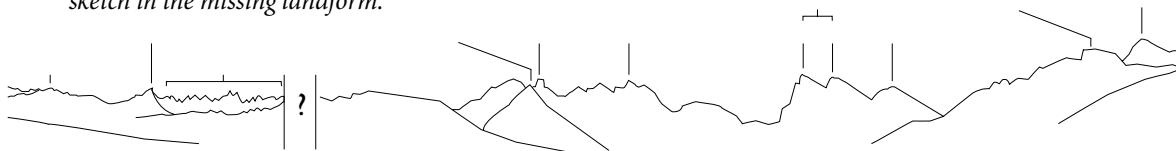
For additional trip listings, check the Scramble Line, (206)348-7842.

Sea Kayaking

The Sea Kayaking committee is up and running, and looking for volunteers to help plan activities. If you are interested in helping, attending the Seattle sea kayaking class, or gaining sea kayak equivalency, please contact Mark Devereux at (360)794-3638, or by E-mail at 74653.2034@compuserve.com.

We are planning a repeat of repeat last years "Introduction to Sea Kayaking" seminar in February so keep an eye on the Magazine for upcoming events and trips.

Secret Bonus Points for those who can sketch in the missing landform.



Basic Climbing Course Application

Name: _____ Age: _____ Mountaineer member: yes ___ no ___

Phone: (h) _____ (w) _____ Member No.: _____

Address: _____ Branch: _____

City: _____ State: _____ Zip: _____

Emergency Contact/Relationship: _____ Phone: _____

Outdoor Experience: _____

Climbing Experience: _____

Do you have any medical/health conditions which might interfere with your performance/participation in the course? yes ___ no ___

If "yes," please elaborate on a separate page.

List any medical training (i.e. current MOFA, doctor, nurse, EMT, etc.): _____

Everett Climbing Course:		\$125.00; \$175.00 [†]	_____
Text: <i>Freedom of the Hills</i> (cloth)	25% student discount	\$25.95	_____
Text: <i>Freedom of the Hills</i> (paper)	25% student discount	\$18.62	_____
Text: MOFA	20% discount	\$8.00	_____
Mountaineer Application		\$75.00 [†]	_____
	[†] non members	Total*	_____

How did you hear about the course?

___ Everett Parks and Recreation Department

___ friend

___ *Everett Mountaineers Newsletter*

___ *The Mountaineer* magazine

___ other _____

Return completed application to:

Mike Shikany, Basic Climbing Course Coordinator

Everett Mountaineers

7117B Lower Ridge Road

Everett, WA 98203

*A check for the total amount will be expected upon acceptance in this class. Notification of acceptance or rejection will be mailed on January 10, 1996. Upon notification of acceptance, the prospective student has two weeks to mail a check to the address above. Checks must be received by January 24, 1996. Failure to meet that date will result in the loss of your position in the class.

The cost of the course is \$125 for members and \$175 for non members. The cost does not include the costs for necessary equipment and clothing, Mountaineer membership, the course textbook, or the required MOFA (mountaineering oriented first aid) course. The costs for the texts and Mountaineer membership are optional. However, if the texts are bought independently, the student discount will not apply.

Committee Meetings

The next Executive Committee meeting is January 17, 7-9 P.M., Snohomish County PUD, room 2A, 2320 California, Everett. The meeting is open to all interested persons.

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.

Our next Hiking Committee meeting will be Mon., Jan. 8 at 7 P.M. at the Snohomish County PUD, 2320 California Street. We will be planning February and March activities. All are invited. Contact Susan Williams at (360)316-0367.

Membership Meeting

Membership meetings are at 7:00 P.M. on the first Wednesday of each month except for December. There is no meeting in December. Meetings are held in the Everett Congregational Church, 2624 Rockefeller, in downtown Everett. The monthly program follows a business session.

Publication Deadline

The deadline for our next issue is February 7. 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 or Russell at (206)316-7973. You can E-mail your submissions to deadrat@u.washington.edu or loretta_matson@mdv-beer.com. You really can, just ask Lewis T.

What can I submit? The best answer is to look at what has been submitted in the past. Submissions have included: travelogues, nonfiction stories, book reviews, favorite haunts, upcoming events, editorials, pictures, drawings, ads, testimonials, letters to the editor, plagiarized news, pleas for items, informative tidbits, irrelevant tidbits, trip schedules, thank you's, Branch news, politics, etc.

Mountaineer Magazine Articles

Submit to Russell or Loretta at (206)316-7973 by the 20th of the preceding month.

Officers

Chair Roy Metzgar (206)258-6985
Vice Chair Larry Ingalls (206)338-9431
Secretary Donna Praetorius (206)334-6892
Treasurer Don Heck (206)337-5742
Trustee Bill Iffrig (206)334-2126

Key Personnel

Alpine Scramblers Matt Schultz (206)882-1683
Climbing Don Heck (206)337-5742
Conservation Louis Coglas (206)672-4521
Hiking Susan Williams (206)316-0367
Kayaking Mark Devereux (360)794-3638
Explorer Scout Post .. Doug Donaldson (206)546-3501
First Aid Joellyn Jackson (206)258-1388
Folkdancing Jerry Wade (206)670-2302
Lookout &
Trail Maintenance Forrest Clark (206)487-3461

Promotions Doug Coleman (206)348-2174
Membership Dana Miller (206)335-5336
Programs Cathy Lewis (206)335-1471
Singles Elaine Short (206)488-1290
Skiing Connie Bennett (360)568-7773
Leadership Andy Boos (206)258-6199
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