

The Everett Mountaineers

Newsletter

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UPCOMING PROGRAMS

June 5— As tradition dictates (remembered by Dorothy Philipp and endorsed by the Social Committee), men are to bring edible treats. Gordon White, author of the *Stein Valley Wilderness Guidebook*, will present a slide show featuring backcountry skiing and hiking in the Stein valley, located in one of the newest provincial parks in Canada.

July 3—To be announced.

August 7— Oh oh oh. It's the Budget and Nomination meeting. No program but a special treat.

September 4—Members bring their own slides.

Be More than a Warm Body

Several committee chairs have resigned, and the Branch heartily thanks them for their service. Their work has contributed to making the Branch a vibrant organization. Dana Miller was Membership Committee chair for 7 years. Connie Bennett led the Ski committee for 4½ years and Doug Donaldson chaired our Explorer Post for 8 years. Don Heck spent 1½ years in his second term as Climbing Chair; Don is also retiring as Treasurer. Greg Warner chaired the Folk Dancing committee for 1½ years. Roy Metzgar and Larry Ingalls are stepping down as Chair and Vice Chair of the Branch.

Membership and Folkdance committees are recruiting chairs. The Nominating committee is collecting names for Branch Offices. Don't be reluctant to say yes. The Branch needs you. Please step forward. Contact Ron Smith (206)347-0763.

Volcanoes of The Savior

By Frank Voris

El Salvador, The Savior, is a tiny country packed with two things—people and volcanoes. No fewer than 25 volcanoes run along the country's 150-mile east-west length, and El Salvador has the highest population density of all mainland countries in our hemisphere. Volcanoes are scattered randomly across the map as if positioned by long tosses of not-so-straight flying darts. At the base of each is a city or town proudly bearing its name. About 85 percent of the population live in a volcano's shadow.

Volcanoes are to El Salvador as oil wells are to Kuwait. Volcanoes pump wealth in the form of coffee. A perfect combination of rich soil, altitude, and cheap labor make them geological bonanzas. The "gold" never runs out—a new crop appears every year. A fortunate few benefit from this perpetual source of hard currency.

I can see Volcano San Salvador from the front step of my house. The volcano dominates the North horizon of the capital. This volcano last blew in 1917, but is already fully grown over with trees and coffee *fincas* (plantations). One can drive up almost to the rim of the crater *Boqueron* (Big Mouth). Sad but true, the crater was a favorite body-dumping spot for the Death Squads of the 1980s. Strange but true, while hiking to the bottom, I realized that Boqueron was inhabited by 100 or so *campesinos*.

Volcano Santa Ana, 25 miles west of the capital, is the largest and highest in the country. At the trailhead to the crater, a platoon or two of well-armed soldiers is always hanging out. Their presence is welcome as they discourage robberies and vandalism. The hour climb is straight up and steep, but well worth the trip. The rim and immediate perimeter are as rocky



Steam venting on Volcano San Vicente

Frank Voris

and barren as the surface of the moon. The crater is deep, with awesome plumes of steam continually hissing from an open fissure at the bottom. The venting steam was so loud and constant I had to raise my voice to be heard. The trail circles the existing crater, and to the west are semi-circular remnants of three other craters, created as the active region moved with the subducted continental plate.

Thirty miles east of San Salvador is another giant, Volcano San Vicente. I gaze in wonder at it every day from my job site at the international airport. Although the three cones dramatically crowning the top are dormant, the mountain seems an evil presence. A Boeing 737 from my client company slammed into its side last August—the pilot had drifted off the normal approach. A friend from Boeing and I hiked up to the crash site in October, and found what can only be described as a 1,000'-long dump for scrap aluminum. The flight recorder was never found. The only intact item I noticed was a lone aircraft tire. Maybe San Vicente really is evil... It appears to lurk and wait patiently for the next confused pilot.

North from the capital in the war-torn state of Chalatenango stands the fortress-like Cerro Blanco. Long dormant with non-discernible crater, Cerro Blanco is a broad plateau covered with pine. I visited here with a large group from San Salvador. As we arrived at the edge of the plateau, a young man became excited. He had been a soldier here eight years prior, and had fought guerrillas on the very ground we were treading. Our hike instantly became a battlefield tour. We were shown old trenches, ramparts and bomb craters. The ground was littered with the detritus of war—shell casings and spent rounds. Numerous pine trees were charred and felled. The two sides must have fought terribly hard for this high ground.

At 250 years, Izlaco is the youngest member of The Savior's volcano family. The last eruption was in the mid-1950s. The perfect, very steep cone of Izlaco is bare and covered with gray rubble. I tried once to crawl to the top, but after an hour of taking one step forward and sliding back two, I quit.

I have lived and worked in El Salvador since September 1994. During this time, I have visited several volcanoes, and no doubt will visit more before my assignment is over. Each has proven to be distinctive, and some seem almost alive. Currently I have plans for scrambling Volcano San Miguel, which towers over El Salvador's number two city of San Miguel. Want to come along? Just hop on a TACA Airlines flight out of San Francisco and you'll be here in about six hours. Hiking here is much less complicated. We only need five essentials. They are called the "Five Extras"—extra food, extra water, extra sunscreen, extra-dark sunglasses, and extra ammunition for your sidearm. Happy Trails!

Thirty-Five Refreshed in Just One Day

The MOFA Refresher (MOFAR) course held March 9, 1996 provided "refreshment" to 35 Mountaineers and Search and Rescue members. Students encountered razor-clawed raccoons, icy rocks, extreme cold, injured children, frantic parents, and the usual hostile snakes. Russell Dills also had a close encounter with a frog when he played a victim.

The MOFAR course compressed 25 hours of MOFA into half that time. During the 12 hour class, students received a quick review and standard-of-care update, demonstrated first aid skills, and rotated through five varied scenarios. The Mt. Rainier scenario certainly required lots of imagination to shift from Snohomish, 50°F and rain to below freezing, 15 m.p.h. winds, and snow everywhere!

My "desperate woman" plea at the March business meeting and lots of phone calls by Rita Gaddis took the number of victims from one to 14. These dedicated victims enabled the students to practice their skills in four scenarios and play a victim in the fifth. Thanks go to the following people: Chris and Julie Endres; Judy Ullock; Loretta Matson; B.J. Rose; Clarence Elstad; Cheri and Adam from ARC; Mary, John, and Jenny Hughes; Sarah Tunnell; Jerimey Davis and Roy Metzgar. The First Aid Committee will refresh more students next year. Look for information in the October *Mountaineer*.

Leading? Sloan Peak

by Norm Buckley

I thought I was going to Sloan Peak for the shared exhilaration of climbing and to provide my companions with the benefit of experience. Tom Barnhart knew I had climbed Sloan before and I naturally assumed that I would lead. He asked me to bring my rope, tent and stove but actually never mentioned that I was the leader.

Tom, Jim Abbie, and I left Bothell at noon Saturday and arrived at the Sloan Meadows trailhead shortly before 2 P.M. The lower portion of the trail was easy to follow, although somewhat overgrown. I then lost their confidence in my route-finding skills by losing the trail soon after crossing the North Fork of the Sauk River in an mistaken attempt to shorten the route. I had decided not to go down river to the known log crossing. Beyond the river, we continued on, over and around logs on the unmaintained track. Almost all the creeks beyond the large waterfall on Cougar Creek were dry. The lack of water was in stark contrast to the rapidly flowing streams I crossed on my previous climb two years ago. We made it to our base camp at 5,000' in just three hours.

On Sunday we started for the summit at 6 A.M. I was leading once again, but not following a route in Beckey's *Cascade Alpine Guide*, Tom's constant companion. As we started up a rock basin heading for a large rock knob Tom yelled, "Stop! Let's talk about this." I yelled back that this route was OK even though it wasn't in Beckey's guide. We reached the ridge without difficulty. The ridge was slightly exposed and Tom started yelling again. I kept well ahead of him to lower the volume. From the ridge we scrambled up rock to a snow finger that led to a lower shelf. We roped up and climbed high on the glacier, staying near the rock, going toward the south side of the mountain. At 7,200' we unroped and, taking the western route, we summited just three hours out of base camp. I'm not sure how religious Tom is but I do recall him saying, "Thank God it didn't rain." Rain would have made the ridge treacherous.

After an hour on the summit we scrambled back to where we had left the rope, ice axes and harnesses. By consensus, we didn't rope up for the climb down. Tom and I followed the same route back to the ridge while Jim explored the upper shelf. We rejoined at the upper ridge and descended to our camp in two hours.

After packing up, Tom said he was going to "mosey on down the trail." He disappeared. Soon Jim disappeared. I never caught up with them. I then realized I had been asked along for more than insurance and leadership. I was the pack mule, carrying the rope, tent, stove, and fuel all the way down the mountain. Could that have been the motivation for them to race ahead? Or was it the large ice cream cones we had all talked about earlier? The ice cream cones at the Whitehorse Mercantile never tasted better!

1996 Climbing Seminars

These seminars are presented by the Everett Mountaineers Climbing Committee. To register contact Bruce Wolverton, (206) 743-2934. An instructor is needed for a seminar on leading 5th class crack climbs. Other seminars will be listed in July's issue of *The Mountaineer*.

Introduction to Big Wall and Aid Climbing, May 16 & 25. Lecture on setting aid protection, aid climbing and use of big wall gear. Instructors: Tom Dance and John Slotemaker. A field trip will be at the Index Town Walls, City Park and Iron Horse, on June 22. Limit is 10.

Introduction to Leading on Rock, in July. This evening seminar and demonstration at the Bueler Barn will include protection placement, anchors and other equipment. Class limit is 10. Instructor: Mike Bacon.

WANTED

The First Aid Committee needs the items listed below for our MOFA(R) classes. Your damaged or torn clothing, rain gear, or tarps may not be intact enough for mountaineering, but with a little duct tape they become important accessories. We use these items to increase verisimilitude and to protect our "victims" from

the cold and wet. The clothing goes on over the victim's rain gear for further protection from the elements and the moulage (makeup).

Who does not have a childhood memory of turtle hunting, turtle keeping, or turtle wonder at huge and ungainly tortoises, colorful painted turtles, or clumsy box turtles?

We have two kinds of turtles in Washington: the Northwest pond turtle (*Clemmys marmorata*), usually found west of the Cascades and the painted turtle (*Chrysemys picta*) found primarily to the east. Neither is common at high altitudes, preferring lowland ponds, streams and pools. Turtles hibernate in winter, emerging in the spring to sun themselves on logs or rocks. UV rays keep fungi and other parasites at bay and the heat from the sun makes them more active. Reptiles are cold-blooded, that is they do not have an internal heating system, and take the temperature of the surrounding environment. Pet stores no longer sell turtles because they can carry *salmonella* bacteria, a health hazard.

Baby turtles hatch from eggs laid from spring to autumn. The eggs are fertilized inside the female's body and she may



Henry J. Kral Studios

empty high blood pressure or heart medicine bottles (we'll remove names).

Other desired items you don't pack for mountaineering but which may be lying around your home or workplace include pieces of foam rubber (common packing material), really big old clothes and wigs (from those old Halloween costumes or Aunt Martha's estate). Contact Joellyn Jackson at (206)258-1388 (before 9 p.m.).

Painted Turtle

carry fertile eggs for several years from one mating. Eggs are laid on land in soil, sand or rotting plant matter. The skins are leathery, the eggs round, and they hatch under the influence of the sun's warmth. Baby turtles are helpless and make good eating for raccoons, birds or most any small predator.

Painted turtles are omnivorous, eating weeds, minnows, tadpoles, insects, worms and other delectables. The painted turtle is brightly colored with yellow lines on head, neck and legs and a red spot behind the eye. The turtle's shell is probably its most distinguishing characteristic; younger turtles have a brilliant red and black pattern on their bottom side, that is, the plastron. The carapace is black or dark green, occasionally shot with red. The carapace is constructed in two layers. The inner layer is actually a part of the turtle's skeleton. Turtles have only very small ribs, which serve as attachments for the plates of the inner shell. The outside layer of the shell consists of horny structures called scutes. Some soft-shelled turtles and leather-backed turtles have skin instead of horny scutes. The structure of the shell is established during the first 5-10 years of rapid growth.

Turtles live a long time, some dry land tortoises and box turtles live nearly a century. You could live a long time, too, if you carried your domicile with you and could just go inside and shut the door whenever you wanted. However, turtles, and most reptiles, are especially sensitive to water pollution. Pesticides, herbicides and agricultural runoff poison the waters where they make their homes. There are fewer and fewer turtles as their wetland habitats are impacted by man.

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A MOFA THRILLER

RACOONS Ripped her flesh

by Rollo Rodent

I was on a week-long backpacking trip with my family in the Pasayten Wilderness. Miles from civilization, we were ill-prepared for the dark and sinister fate that stalked us in that upland forest. Laurie, our alpha male, set up our tent next to a 20' dead white pine filled with delicious beetle grubs. Jo was all bubbly over a "cute and just absolutely cuddly raccoon" and put food up in the snag for it. I thought that no good could come of this; after all, I was cuter, more cuddly and didn't have saliva dripping out of tightly clenched jaws. Later that evening, I was awakened by a crack. Oh no, the snag broke when the raccoon climbed up to get the food! I did the only thing I could—I hid deeper in my sleeping bag. I shook hearing the shrill screams of Beth as she fought off the raccoon which was now in our ripped up tent. Blood sprayed the tent walls. Little wheezing gurgling noises came out of Jo's chest where a branch had poked it. Laurie moaned that his knees hurt as the 300 pound snag had fallen across them. Marmie looked a little green, she had forgotten to take her heart medicine and was having one of those "stress attacks." I was praying that when the raccoon finished off Beth, he would be too full to eat me.

Thank heavens a party of Everett Mountaineers trained in Mountaineering Oriented First Aid (MOFA) was passing by. They quickly beat that raccoon senseless and saved us all. We were lucky they had been able to get into the infrequently taught class. Laurie had tried to sign up but it was filled on the first day.

The First Aid Committee Chair comments: Rollo and his family suffer from a common problem, *hypomofaavailability* (lack of MOFA courses). This chronic condition arises because the supply of MOFA and MOFA

Refresher courses does not meet the demand. In 1996, we turned away 15 from MOFAR. In addition, 50 climbing and scrambling students were unable to register for MOFA along with an unknown number of nonstudent Mountaineers.

We have identified several possible treatments for hypomofaavailability. First, we could further limit the number of students in the climbing and scrambling courses. Second, we could allow the climbing and scrambling students to substitute Standard First Aid for MOFA. Neither of these approaches to reducing demand are preferred. The treatment of choice is to increase availability. But, how can we do this when many potential instructors are already succumbing to *volunteertitis* (inflammation of volunteers)? This highly preventable condition is characterized by avoidance behavior,

Old News from the Really Boring Business Meetings

This news was compiled from the March and April Branch meetings with a little of the April 29 Executive Committee meeting and rumors from the May Branch meeting thrown in. We twice said in the last Newsletter that there is a trail maintenance requirement for climbing students; **we were wrong**. Trail maintenance is only required for scramble students. **The news is short** for two reasons: 1) the notes on the April meeting appear to have been written imperfectly by space aliens and 2) an urgent Las Vegas wedding kept us away from the longed-for May meeting. Dolores Wagner presented **2,000 mile awards** to Andy Boos and John Wagner. The Leadership skills **workshop trained 47**, making the three-year total 150. This was the last year John Graham was committed to lecture. Leadership Coordinator Andy Boos would like suggestions on the direction this program should take. The Branch watched a beautiful slide show and then **donated \$1,500 to The Trust for Public Lands** for its attempt to buy out inholdings and thereby prevent logging at Spider Meadows. Trustee Gail McClary announced that The Mountaineers had donated \$1,000. Branch chair Roy Metzgar's inspection hike to the Canyon Creek bridge has been postponed indefinitely because of the **washouts on the**

withdrawal and apathy. Every year we lose two or three instructors to this malady. This means we must work hard to simply maintain the current number of instructors. But to overcome hypomofaavailability, we must nearly double our instructor base.

You can help stop the spread of hypomofaavailability by joining the First Aid Committee. If you enjoy teaching or have a special interest in first aid skills, you can become a MOFA instructor. The First Aid Committee has scholarships available for instructor training (thanks to the Branch general fund and the Climbing committee). Our longtime committee member, Rick Fuhrman, will train new MOFA instructors in late summer. For more information on preventing the spread of hypomofaavailability, call Joellyn Jackson at (206)258-1388 (before 9 P.M.).

Suiattle River road at 2.5 and 12 miles. First Aid chair Joellyn Jackson has many needs, but is no longer a **desperate woman** (see related stories). A private MOFA course for our students and Search and Rescue may be scheduled for Sept. The Hiking Committee warned of the **Baker Lodge Weekend**, Sept. 14-15. The post-incipient Bicycle Committee is off to a start with a temporary charter. **Cyclists are encouraged** to "step forward or see the flop" as reportedly happened 4 years ago. Lead a bike trip—on pavement or on logging roads and designated trails; no stump-jumping please. Ron Smith is **our new Social Committee**. Because of the Mountain Loop Highway washout, the **trail of interest for National Trails Day** is changed to the old Sauk trail; contact Forrest Clark or Louie Coglas for more info. Bring a helmet (construction, bicycle or climbing), shovels, loopers, and rakes. "40 feet of trail per person" is the rallying cry. Leave your dynamite and chainsaws at home (so much for *my* favorite tools). A **Heybrook interpretive trip** is scheduled for June 2. Sea kayaking equivalency is possible; call Sea kayaking chair Mark Devereaux. Talk was about being able to hang upside down in the water. He seeks volunteers for **stewardship of the Cascadia Water Trail** site at Camano Island State Park.



Illustration by Phyllis Nelson

Hickory Dickery Dock...

The Deer Mouse (*Peromyscus maniculatus*) is the stuff of fairy tales. Perhaps no other mouse is so, well... mouse-ish. With tawny fur, big eyes, long dark whiskers, and an inquisitive snout, one can easily imagine the deer mouse scaling the storybook clock or in any other of the classic mouse roles.

The deer mouse is found in all parts of the U.S. except the Southeast and makes its home in the wilderness, rural and semi-rural areas. It is the classic “country mouse” with large ears, dun or tawny on top, white beneath with white legs and feet and a long tail, at least the length of the body. City mouse (*Mus musculus*) differs from the country mouse in that it is dark all over, the tail is shorter in proportion to the body and the ears are smaller.

The deer mouse, also called white-footed mouse, lives in shallow burrows, in hollow logs, abandon structures, or occupied structures. Two to four litters a year of 4 young are average. The offspring can begin their own reproductive lives at two months. Obviously, since we are not overrun with mice, someone is eating them. Nocturnal, the deer mouse is the primary prey of owls. Foxes, coyote, hawks, almost any predator will munch a mouse or two by choice, by chance, or by necessity. Mice are an important link in the food chain.

Mice store seeds, fruits, and nuts against the winter but do not hibernate. They stay active at a reduced level in their burrows

under the blanket of snow or earth throughout the cold months. Outside of urban areas, when a summer cabin, or year-round residence is available, a deer mouse will be happy to come inside. They like people-food, fiber, and warmth.

Not all legendary mice are charming, however. Traditional Navajo legend reveres the mouse as the bearer of seeds, which bring life. Mice, however, belong to the night world, while humans belong to the light and the two may not meet. Mice are prohibited from homes and contact with food. If a mouse touches clothes, the clothes must be burned lest illness result.

The darker side of the deer mouse is that it is the bearer of disease. Deer mice harbor the tick associated with Lyme disease and the flea associated with the plague. In April a woman in Lynnwood died of hantavirus pulmonary syndrome (greater than 50% mortality). This fulminant disease primarily occurs in the Southwest, and the American strain, *Sin Nombre*, was first confirmed among the Navajo by the U.S. Centers for Disease Control (CDC). The Korean version of this infection has been known for years, occurring among field workers who contract the disease during the harvest season. The fields are cleared by hand, raising dust which contains minute particles of dried mouse dung, urine and saliva. The dust is inhaled and infects the field worker. The same mechanism of transmission applies to the U.S. version of the disease.

Each strain of hantavirus is specific to its own host mouse species. They live together in peace—the mouse does not get sick. The virus does not want to live in people, but when it is forced to do so it latches on to the lungs and victims drown in their own fluids. The disease initially resembles flu but can be fatal in only a few days.

The CDC recommends the following steps for hikers and campers:

- Avoid coming into contact with rodents and rodent burrows or disturbing dens (such as pack rat nests).
- Do not use cabins or other enclosed shelters that are rodent infested until they have been appropriately cleaned and disinfected.
- Do not pitch tents or place sleeping bags in areas in proximity to rodent feces or borrows or near possible rodent shelters (such as woodpiles).
- If possible, do not sleep on the bare ground. Use a tent with a floor, or a cot at least 12 inches above the ground.
- Keep food in rodent-proof containers.
- Promptly discard or contain garbage and trash.
- Use only bottled water or water which has been disinfected by filtration, boiling, chlorination or iodination for drinking, cooking, washing dishes and brushing teeth.

Mountaineers already follow much of this advice. Take care. That cute mouse may not be as harmless as it seems. “They all ran after the farmer’s wife...”

Trail Maintenance Dates

June 1, Old Sauk trail, 8 A.M. at Darrington Ranger Station. 9 A.M. at trailhead, Louie Coglas, Forrest Clark, Andy Boos.

June 15, North Fork Skykomish, George Swan (206)743-0309.

June 16, White Chuck, Andy Boos (206)258-6199.

June 22, Crew Leader Training at Lord’s Hill, 8 A.M. in parking lot, Forrest Clark (206)487-3461.

July 13, Mt. Higgins, Andy Boos (206)258-6199.

That bear is back!

On March 30, that hungry bear from the Olympics came back to Forest Park. Angry bees, hostile snakes, and killer surf logs also returned to the MOFA field trip. Eighty-seven students triumphed over long hours, cold, and rain. Eighteen instructors and 16 teaching assistants guided students through skill acquisition and management of multiple victims. While they taught, 14 instructors and assistants were recertified.

Examples of student comments: "Need more time between the Thursday class and the weekend," "I've taken MOFA three times and this year's was the best," "Excellent instruction on scenarios." Many students simply said "thank you." We all enjoy hearing that.

A big thank you goes to the Search and Rescue members and Everett Mountaineers who rolled around on the cold, wet ground as victims: Mary, Chris, and Jenny Hughes, Russell Dills, Loretta Matson,

Steve Dirgo, Phyllis Nelson, Eric and Daniel Sandrin, Matt Britt, Leif Gustafson, Jen Stollwerck, K.C. McAuliffe, Jason Hord, Dean Krutsinger, Jennifer Babcock, Jess Christofferson, Charlene, Brittani, and Alexander Petterson, Brooke and Brittney Smith, Tyler Rey, Chris Yvrick, Pam Kepford, Sall Sterner and Matt Moots.

Teaching assistants who provided invaluable help: Delores Wagner, Skip Walton, Darrell Stuart, Stacey Sigvartsen, Jennifer McIntyre, Lee Conrad, Mike Ralph, Marilyn Parrish, Kathy Wilhelm, Julie Balogh, Bob Turcott, Ron Borst, Cherrin Pugmire, Buzz Pintler, Ron Weiss, and Forrest Clark.

Committee members who give their time and creativity: Linette Andres, Vera Bonner, Jim Drechsler, Dianne Duffy, Rick Fuhrman, Rita Gaddis, Rick Hawkinson, Michael Hill, Debbie and John Hughes, Millan Krc, Tim Myers, Mats Robertson, Duane Sandrin, Linda Sebring, Karen Sizemore, and Ron Smith. A special thank you to Dr. Chris Herter

who lectures yearly on altitude illnesses and the body under stress. We welcome new committee members/instructors-in-training: Ron and Theresa Borst.

Publication Deadline

The deadline for our next issue is August 7. 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.

Mountaineer Magazine Articles

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

It looks to me as though this newsletter has been taken over by animals. I'm concerned. Are you?



Officers

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