

### EVERETT MOUNTAINEERS DISTINGUISHED SERVICE AWARD 1996

## *Forrest Clark*

Forrest Clark has been a member of The Mountaineers since 1986. He graduated from the Basic Climbing and Nordic Skiing programs, has served as Branch Chair (1987–1989) and held numerous committee and appointed positions.

In fact, Forrest's other name might be "Committees-R-Me." The chances of seeing Forrest at any given committee meeting are great, since he is currently an active member of four: Membership, Conservation, Alpine Scramblers, and Lookout and Trail Maintenance. In addition, he has been active with the Singles Committee and instrumental in reactivating the Bicycling Committee. As chair of Lookout and Trail Maintenance he is also a member of the Branch's Executive Committee. He served as chair for the Ad Hoc Club House Feasibility Study Committee (1991–1992). In the Alpine Scramblers program, Forrest has served as a course lecturer and lecture coordinator, field trip leader, instructor and scramble leader. He has been active in the Hiking Committee's program by leading numerous hikes and backpacking trips through the years. He was the instructor for The Ten Essentials (1991–1992), Hiking Safety (1993), and Backcountry Safety (1994).

Forrest was the founder of what was originally called the "T-shirt Committee," before it became Promotions, now a part of the Membership Committee. Forrest was the "Branch Peddler" for several years.

He has accepted assignments from the Branch Chair, such as starting the long effort to develop a Branch Operations Manual. More recently he served as Branch Leadership Coordinator (1993–

1995). This involved organizing the branch-wide leadership development seminars. Notably, he brought fellow Branch member John Graham into the program as workshop facilitator. Consequently, John is now under contract with Mountaineer Books to write a book on outdoor recreation leadership. The Mountaineers Board of Trustees, seeing the value in leadership skills training, has chartered a Leadership Development Committee. This committee is in the process of developing an education program for the entire organization as part of its strategic planning effort. The restoration and maintenance of fire lookouts such as Pilchuck and Three Fingers requires not only coordination and inspiration but also considerable perspiration. Transporting materials via backpack represents a very large time commitment and untold physical effort on the part of Forrest and others involved with this important work. But these two lookouts weren't the only ones that he worked on. He was largely responsible for the restoration of the Evergreen Mountain Lookout completed this Fall. In addition, he serves as co-director of the Western Washington Chapter of the Forest Fire Lookout Association, an organization that is dedicated to the preservation of fire lookouts worldwide.

In 1994, Forrest began to develop National Trails Day into a Branch event. But more has evolved—numerous trail maintenance projects were planned and scheduled, and trail crew leaders recruited and trained. Forrest has established relationships with VOW, WTA and other outdoor recreation organizations concerned with trail work. This leadership and planning effort and the results are

perfectly aligned with the Club's strategic plan for access and stewardship regarding public lands. Each year since 1994 the Branch's National Trails Day response has been better than the previous year's. However, the unprecedented turnout, the work accomplished on the Old Sauk River Trail, and the barbecue afterwards weren't enough for Forrest this year. With the Singles Committee he proposed a fundraising program featuring a prominent speaker. This turned into the Fred Beckey program held on September 24, 1996 at the Everett Performing Arts Center. He conceived the program, formed a planning committee, did a lot of the legwork, and suffered the anxiety associated with such a public event. The result was very successful in terms of attendance, program, positive publicity for the Branch and substantial funds raised to support future committee endeavors.

The achievements and contributions mentioned here are only the most visible. Many of the things that Forrest does aren't noticeable or noteworthy. For example, he has opened and closed the Stevens Pass lodge numerous times to assist committees holding events there. Many members perform similar services quietly and competently, simply because they are needed. Nonetheless, Forrest has distinguished himself within the Branch membership for his many years of service on our behalf. Therefore, for all of the things presented above and more, Forrest Clark receives the 1996 Everett Mountaineers Distinguished Service Award.

—Roy G. Metzgar, Chair, Nominating Committee, November 23, 1996

## *Ken Nelson Climbing Award*

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

Arthur joined the Club in 1980 and took the Basic Climbing Course, graduating in 1981. He then went on to take the Intermediate Climbing Course. Arthur has consistently instructed at Basic Climbing Course and Intermediate Climbing Course field trips for the past 15 years. Although in recent years this has been at the rate of two or three per year, in the past it was more frequent. He is a patient instructor with insights that only

an engineer could provide, and has assisted with several instructor review field trips and leader orientation seminars. One of the purposes of The Mountaineers is "to explore and study the mountains;" Arthur has done this extensively over the years. Many of us have enjoyed and benefited from the leadership and fellowship that he provides on climbing trips. Arthur has many times impressed us with his willingness to help Basic students get their last qualifying climb by going out in nasty late-fall weather.

Like Ken Nelson, he is a "humanitarian," enriching the lives of those that he climbs with, but perhaps Arthur's greatest contribution has been through his long service on the Climbing Committee. For over a decade, he has served on the Basic Climbing Course subcommittee, then on

the Intermediate Climbing Course subcommittee and for the past several years he has been Records Coordinator, an essential but often thankless task. Arthur's length of service enables him to share his experience with newer committee members. He often takes the role of devil's advocate to provoke thought about an issue. As an "old timer" on the committee, his counsel is recognized for the wisdom it reflects when the committee considers policy changes. Arthur, thank you for your many years of dedicated and unselfish service and boundless energy! We look forward to your continued leadership and participation in our climbing program.

—Complied by Chris Johnson, Roy Metzgar and Don Heck

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## Mountain Mamas meet Mount Adams—Making a Marvelous Memory

*by Julie Endres*

My best trip of the summer was the scramble trip in July to Mt. Adams led by Shirlee Read. She dubbed our group of six women, the "Mountain Mamas." Also in our party were Shirlee's stepdaughter Lisa Luther, this year's scramble student Sheri Smith and last year's graduates, Julie Endres, Joanie Pryor and Marilyn Harkins. We met in Puyallup on Monday, July 29, then caravanned to the trailhead at Cold Springs Campground, elevation 5,600'. We hiked out immediately for our first night's destination—the 9,000' "lunch counter." After the arduous climb with heavy packs full of overnight gear, three-days' food, lots of voluminous warm mountain clothes, crampons and ice axes, we were extremely thankful to reach our destination just in time to setup camp and cook before nightfall. Our first night on the mountain was spectacular with a gorgeous sunset, clear views and full moon rising. The weather remained mild that night with just a bit of wind.

During the hot and sunny Tuesday, we relaxed behind our rock wall barricade, napped, ate, explored, ate, read, acclimated, ate more and melted snow for water. Again, another stunning sunset introduced a clear moonlit night as we turned in early to prepare for an early start. The Mountain Mamas arose at 3:30 A.M. to make our summit attempt of Mt. Adams (12,276'). By 5 A.M., with the full moon still shining at sunrise, we were already ascending the false summit.

A steady slog saw us gradually divide into two groups: the first group led by alpha-female Marilyn, followed closely by Joanie and Sheri, reached the false summit and then the summit a half-hour ahead of Shirlee, Lisa and Julie. The second group was cheered on and pictures taken as they approached the summit. Shirlee shed tears of joy and relief to see all of us standing at the summit together in the bright blue sky. We had the top to ourselves for almost

two hours as we wandered around the broad summit, taking photos, resting, and eating. The site of an old lookout provided some shelter from the wind. We were ecstatic at our luck with the weather, the views and our accomplishment. The best was yet to come as Shirlee led the way for the descent. In their exuberance, Julie and Joanie glissaded from the summit in crampons while the others glissaded in more sane a fashion. We rested briefly at the false summit then prepared for the 2,000' glissade of a lifetime in perfect snow to our base camp at the lunch counter. It was fast, giddy fun with many a whoop and holler. Then it was time to pack up and hike back down for the long drive home that same night. Many thanks to Shirlee and the others for the success of our climb. And, many thanks to Mt. Adams for allowing us such a rare and wonderful opportunity to experience the best.

## EVERETT BRANCH AWARDS AND CERTIFICATES

### *1996 Hiking Awards*

#### 100 Miles

Charlene Minis  
John Tolan  
Shelby Weible  
Ron Weiss  
Scott Williams

#### 200 Miles

John Tolan  
Shelby Weible  
Ron Weiss  
Scott Williams

#### 400 Miles

Susan Cole  
Joel Lynn Jackson  
Phyllis Nelson  
John Tolan  
Shelby Weible  
Ron Weiss

#### 600 Miles

Clarence Elstad  
Norene Hogel  
Dana Miller  
Dennis Miller  
John Tolan  
Ron Weiss

#### 800 Miles

Clarence Elstad  
Marjorie Schaller  
John Tolan

#### 1000 Miles

Clarence Elstad  
Julie Endres  
Adrian "Buzz" Pintler  
Susan Williams

#### 2500 Miles

Andy Boos

#### Lookout Peaks

Susan Cole  
Clarence Elstad  
Ron Weiss

#### Twenty Peaks

Lookout Award  
George Swan  
Ron Weiss

#### Ron Borst

Theresa Borst  
Joshua Burns  
Christine Eager  
Elizabeth Freeman  
Donald Gibson  
David Guthrie  
Mary Hansen  
Eric Herrmann  
Michael Johnson

#### Constance Anderton

Deanna Baldi  
Josh Baldi  
James M. Barlow  
Ryan Bergsman  
Dave Brunner  
Julie Buktenica  
Brian Conner  
Dean Differding  
Robin Graham  
Dana Irene Graupmann

#### Jo Ann Johnson

Jack LaMont  
Charles Lindsey  
Jamie Lindsey  
Holly Miller  
Charlene Minis  
Sam Nietfeld  
Neal Osotio  
Toni Osotio  
Rossano Passarella

#### Linda B. Hagedorn

Jeff Hanson  
George D. Holroyd  
P. Alex Huber  
James C. Hunter  
Katherine D. Lynch  
Kinnon O. Mackinnon  
Michael T. Meehan  
Michael E. Mitchell  
Thang Tat Nguyen  
Gene Obie

#### Matt Pene

Kathy Perkins  
David Prins  
Philip Prins  
George Reis  
Mark Shipman  
Sheri Smith  
Laura Snow  
Judy Ullock  
Staci Zeller

#### Darryl Pedde

Robert Pedersen  
Jewel Marie Peot  
Rob Simonsen  
Jonna E. Skokan  
Diana L. Swanson  
Gregory M. Thomson  
Chris Vershave  
Toshihiro Watanabe  
Bob Wicks  
Howard J. Wood

### *1996 Alpine Scramble Graduates*

### *1996 Basic Climbing Course Graduates*

### *Nordic Skiing Graduates*

Geoff Arthur  
Ron Borst  
Theresa Borst  
Anita Both  
Kristi Brockschmidt  
Steve W. Coury  
Beryl Fernandes  
Lyle Harvey

Mary Jane Marsden  
Evelyn L. Nelson  
Phyllis Nelson  
Juli Pearson  
Mary Shaner  
Nancy Webb  
Shelby Weible  
Howard J. Wood

### *Telemark Skiing Graduates*

Clarence Elstad

Paul Spitalny

### *1996 Intermediate Climbing Course Graduates*

Fred Arima  
Mike Conner

Randy Fritch  
Chris Johnson

### *Peak Pin Awards*

#### Bronze

Fran Baker  
Joe Hillis

Johnny Jeans  
Ralph Leach

### *Ken Nelson Award*

Arthur Wright

## Scramble Reunion Fun

by Julie Endres and Bonnie Lindley

The Ninth Annual Alpine Scramblers reunion was a weekend with a taste of winter; rain, sleet and snow greeted scramblers to Mastiff and Jove Peaks on Saturday; hikers to Lake Valhalla got their dose, as well. We woke Sunday to the sounds of snow sliding off the roof of the Mountaineers' lodge at Stevens Pass, but by noon, the weather cleared for great summit views on the scrambles to Lichtenberg and Labyrinth. This year's students recognized leaders, instructors and the committee with a lighthearted spoof of scrambling "Boot Camp." Several leaders were awarded new aliases: Major General Matt Schultz, Drill Sergeant Shirlee Read, Captain MOFA Hawkeye Joellyn Jackson, the Gomer Pyle award to Ron Smith and Rambo award to Clarence Elstad.

The students presented a humorous revised list of scramble graduation requirements, as follows: 1) Attendance

at all scheduled lectures without disruptive snoring; 2) Successful completion of all field trips and three club scrambles. For safety reasons, consumption of five gallons of water resulting in minimum of three group-approved party separations are required. Successful completion is defined as returning from the event alive. 3) Satisfactory completion of MOFA training by treating no less than an accumulated total of forty blisters and three bruises. Additional recognition will be given for successfully treating greater than 100 bug bites per limb; 4) One day of trail maintenance resulting in fourteen miles of brushing, two miles of reroute, manual crushing and distribution of two tons of talus, and the ability to effectively communicate with thirty-three crew leaders simultaneously; 5) If any of the above requirements cannot be met, then the application for graduation must be accompanied with \$100 cash in small

bills. It was noted that the Major General was seen taking notes at that part of the program.

Finally, Saturday evening festivities closed with a slide program by Clarence Elstad and Jim Abbie. Their presentation included slides of the 1996 scramble class in action at the Rock field trip and various trips for the year. Bounteous good food was provided for dinner Saturday night and breakfast Sunday morning by Bonnie Lindley. A potluck dessert on Saturday night completed the meal. The food was great and everyone ate their fill! Thank you to all who helped with this year's Reunion, to all trip leaders who led us to some fabulous places this year, and to the many instructors who offered their time and assistance at the course field trips. We also appreciate the attendance of everyone at this year's reunion and hope to see you again next year... Don't miss it!

## Old News from the Really Boring Business Meetings

This is written in the **happy style™** in honor of our new administration but again we deny that any boring news is factual. This news is compiled from the Sept. and Nov. business meetings and the Nov. executive meeting plus some distorted hearsay news from the Oct. meeting. The fraction of **Everett members voting** in the Branch election was approximately 4.8%. Results for the only contested race, Trustee: Doug Donaldson, 10% and Roy Metzgar, 90%. The Social Committee did not agree that the **furry pumpkin** is "traditional" decoration for the Nov. meeting. Scramblers want more leaders to lead **winter scrambles**. Let new climbing chair Mats Robertson know your opinions on **Seattle mandating** that all climbs be registered through the clubhouse. Evergreen **lookout work** was completed in 200 hours—roof, windows and photography—thanks to project lead Forrest Clark. Mountaineer work parties repaired shutters on Three Fingers and Mt. Pilchuck. In a solo effort, George Swan removed graffiti from the Pilchuck

lookout. A big container of supplies was stored for Heybrook and there was yet another outing in search of its toilet. The Fred Beckey Program was a successful fund raiser: **401 tickets yielded \$1,800**. Part of this money will purchase tools for Lookout and Trail Maintenance. Canyon Creek trail, down because of **bridge deconstruction**, might open in Sept. 1997. Dana Miller **really, really wants to retire** from her 8-year stint as the chair of the Membership Committee. Hope for sufferers of **hypoMOFA availability** comes in the form of **nine new instructors**. Thanks go to Rick Furhman for instructing the instructor training class. The bylaw amendment stopping conservation requirements for courses was **narrowly defeated**. The powers that be would like to block this kind of member initiative by revising the Charter. Let way-cool trustee Roy Metzgar know your opinion. A **401k retirement plan for club employees** was approved. It's expected to help retain staff particularly in our publishing division. A dues increase is proposed to compensate

for expected **growth that isn't happening**. You will *not* see—"Wanted: SWM, HWP lite SD with rope" because the club has nixed personal ads and other "**marginal advertising**" in *The Mountaineer*. Our new Treasurer, Mike Ralph, would like committee members to begin using an **updated version** of the check request form. Contra dancing is tango uniform due to lack of interest but **international folk dance attendance is up**. Folkdancing, under the new and "temporary" leadership of Patrick McMonagle, would like experienced couples to act as role models and show up for the folkdances. The vote on **the Singles committee charter** was yet again tabled after discussion of responsibilities such as leadership qualifications and accident review for singles-initiated activities. The Chair requested that committees with an interest hash it out before the next Executive committee meeting. Marcia Hanson spoke at our annual banquet and asserted that the state-of-the-club was great. She didn't give details but has an **honest face**.

# Nature's Mountaineer: The Mountain Goat

*Oreamnos americanus*

Not a true goat (genus *Capra*) but an ungulate (hoofed animal) believed related to the European Chamois of the Alps and the Serow and Goral of the Himalayas. Their common ungulate ancestor probably migrated to North America via the Bering Strait land or ice bridge during a past ice age. The normal range of native herds includes much of coastal Washington, Oregon, Idaho, Montana and parts of Canada. They have been introduced to many areas both intentionally and accidentally.

Natural selection in an alpine environment has developed a body like no other on earth. Tremendously strong shoulders and legs end in "traction pads" surrounded by sharp hooves on pincerlike toes. A thick fur coat of long, hollow guard hairs and fine, soft undercoat protects against the winds and severe temperatures. Add to this extreme dexterity, a keen, cool mind in tight situations, and the nanny's careful care

and tutoring, and you get a superb mountaineer that can escape from most predators.

Despite its evolutionary advantages, a price is paid for its adventurous life at altitude. Eventually some are injured and others are found dead below cliffs, though it's unknown whether they are victims of falls or avalanches. The mountain goat is not only a product of a harsh alpine environment, but has become dependent upon alpine features for survival. Snow fields and glaciers give it respite from the heat of summer, flies and other insects. The steep terrain has given it peace, and "freedom of the hills"—at least until now.

Another way goats contend with insects is by wallowing in the dirt. Dirt baths along with grazing raise havoc with the slow-growing alpine plants and smaller animals dependent upon them. The Park Service has tried to include the Fish and Wildlife and the Forest Services in its study of the problem, but their

philosophies are too far apart for effective collaboration, so the Park Service now has to go it alone. It expects to release its plans for a solution sometime this fall. None of these plans sounds appealing to the Conservation Committee, but Nature will show no sympathy. Whether or not we act and whatever choice is made, there will be very serious consequences to the goat and its environment. Your Conservation Committee wishes to hear your thoughts on the matter and would be happy to furnish further details and references.

—HJK

## **WANTED**

### Alpine Scramble Instructors and Leaders

The Alpine Scrambles Course for 1997 will soon begin and we need help with all the activities. If you are either a Scramble or Climbing graduate we hope you will consider giving of your time and expertise. We need instructors for all four of the Scramble Course field trips. We will pair new instructors with experienced instructors. So come refresh your skills, discover the rewards in sharing and teaching, and help support this year's Scramble program. Call Field Trip Coordinator Julie Endres, 360-668-2481, for more information or to volunteer.

We also need leaders for scrambles throughout the 1997 scramble season. All leaders: please think about the scrambles you want to lead and when you would like to lead them. Call our Trip Coordinator Toivo Perala, 206-546-1830, to schedule trips. Call any member of the Scramble Committee for information on becoming a leader.



Henry J. Kral Studios

*This specimen was "shot" a few years ago at Klahanie Ridge in Olympic National Park.*

*Mary and I heard of their daily trek to this spot, and prepared for them by putting a telephoto lens in the camera only to find they came too close, necessitating a change back to a normal lens. We were amazed at their lack of fear.*

## Do you need to be refreshed?

It's time to think about getting your MOFA card renewed. They are valid for three years. If it has expired or was issued in 1994, the 1997 MOFA Refresher course can resuscitate that old card for you. This course is a refresher; you must be able to successfully demonstrate the skills to pass. Instruction and skill practice will *not* be provided. Students must read the new 4<sup>th</sup> edition of *Mountaineering First Aid* by The Mountaineers and *Community First Aid* by the American Red Cross prior to the class; a test on the information in these texts will be given. If you don't feel you can meet these requirements, please register for the fall MOFA course. For more information, call John or Debbie Hughes, 206-334-5100 (before 9 P.M.).

**Date & time:** Sat., March 8, 1997, 8 A.M.-8 P.M.

**Registration:** Opens, Jan. 1, 1997; Closes, Feb. 21, 1997.

**Course fee:** \$25.00

**Eligibility:** Anyone who has previously passed a MOFA or MOFAR class.

Students must send a photocopy of their old MOFA card with their registration form. The card must say "Mountaineering Oriented First Aid" and/or have the MOFA stamp on it. We will not accept a regular standard first aid card.

**New requirement:** You must have a current adult CPR card dated April 1996 or later to take this class. You may register for the course without a CPR card, but we expect students to bring their current CPR card to the class. If you do not have a current adult CPR card or photocopy of the card with you on Mar. 8, you will *not* be allowed to take the course and we will not refund the course fee. Yes, we will be hard nosed about this, so take heed. Bring your current adult CPR card with you on March 8!

**To register:** Complete the Seattle course registration form inside *The Mountaineer*.

The course number and title are, respectively, 13155, Everett MOFA Refresher.

Remember to attach a copy of your last MOFA card.

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## Publication Deadline

The deadline for our next issue is February 5, 1997. Contact Loretta or Russell at (206)316-7973. You can E-mail your submissions to deadrat@u.washington.edu.

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## Mountaineer Magazine Articles

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

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