

Washington Alpine Club



June 2005

Vol. 87 No. 6

BULLETIN

BOARD MEETING

June 9th Thursday 7:00 PM
Gasworks Park. NE corner in picnic area.

LOOKING AHEAD

- June 09 Board Meeting
- June 11 Work Party Guye Cabin
- July 09/10 STP Seattle to Portland Bike Ride
- July 16 Work Party Guye Cabin
- July 17/23 Hobnailers from Spokane at Guye Cabin
- Aug 20 Old Timers Reunion
- Aug 10/11 ICO at Guye Cabin
- Aug 17/18 Rosemary's Group at Guye Cabin
- Aug 24/25 Sargent Group at Guye Cabin
- Sept. 03/04 Sargent Group at Guye Cabin
- Oct 16 Annual Meeting and Potluck
- Nov 05 MOFA Class at Guye Cabin
- Dec 11 Annual Banquet
- Dec 10 New Snow Dinner

PRESIDENTS CORNER

Summer is here! We have had a couple of 90+ degrees already and the snow is all gone from Guye Cabin. Avalanche lilies and Skunk Cabbage are blooming. As always, since the 1930's, Chef Nelson's rhubarb is coming up in the Cabin garden. Everyone is looking forward to a wonderful summer.

May was an active month for the club. The climbing class did their ascents of some of the Snoqualmie Peaks. I wonder how many will go on to get their Chief Six Pin? This past weekend they were on the Nisqually Glacier, and coming up they will be on Mount Baker. The club participated in the annual cleanup of the Olympic Beaches, and Mike Brown led the annual Hanford Reach Columbia River trip this past weekend. John Sargent has led several bike rides.

It is renewal time! Why make Lynne Miller send out a renewal in the mail? Go ahead and send it in to her! Include annual Cabin fees if you use the Cabin, and something extra if you can help out. Her address is on the website. Please call

WASHINGTON ALPINE CLUB
PO Box 352
Seattle, WA. 98111
Address Correction Requested
DONOTFORWARD

FIRST
CLASS

WASHINGTON ALPINE CLUB
 Organized 1916 Incorporated 1923
 MEMBER OF: Federation of Western
 Outdoor Clubs, Washington Trails Assn.
 Washington Environmental Council.
 Washington Wilderness
 Coalition.MidFORC Coalition
*The primary objective of this club is to
 encourage the healthful enjoyment of
 the great outdoors, to preserve its
 natural beauty and to promote good
 fellowship among all lovers of nature.*
PO Box 352 Seattle Wa. 98111
206-467-3042
WAC Home page:
 www.washingtonalpineclub.org

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Do you plan to move?
 Send change of address forms to:
 Washington Alpine Club
 PO Box 352
 Seattle, WA 98111

or email me if you are unsure what to pay or where to send it and I'll help out.

We'll all go off in different directions all over the world this summer, but there are three dates to remember if you are still in town. We'll have Cabin work parties this coming Saturday, and another one on July 16. On August 20, Mary Jane Steele will once again host the annual old timer's reunion. All three of these events are at our gift from the past, Guye Cabin! These are three excellent chances to get some quality social time in with these amazing folks that make up our unique magical Club. Come on up!

Let's have a great safe and memorable summer! Mike

PARKING AREA UPDATE

We now have in our possession, the revised survey. There are just a couple more changes to make and it will be 100%. Also Rosemary Daszkiewicz has completed the access easement requests. Mike will be presenting it to the Board of the Gymnastics Society soon. Once they sign off on it we can do to the next step of hiring a Civil Engineer. Thanks to Rosemary for her legal work, and to Bill Higgins for his tireless work on the parking area. Mike

CABIN FIRE PROTECTION

Guye cabin is now fully embraced with a fire protection system. Our sprinkler system was activated last year and is silently waiting to

spew large quantities of water on any fire that dares to flare up.

An intelligent fire alarm system is now active and waiting to let everybody know if anything dangerous happens. Normally, it works in the background and doesn't require any intervention.

There is a very loud and annoying alarm and strobe in the hallway that should wake the dead if a fire alarm is triggered, Fire engines roll when that happens.

Any one of three events can cause an alarm:

1. The sprinkler has gone off.
2. A smoke detector has triggered.
3. A manual alarm switch was pulled.

There are two manual fire alarm pull switches, one of which is on the landing by the dining room. Pull one and fire engines will roll. The system is also monitoring itself, for proper operation. If a problem is detected the keypad, by the restrooms, will beep.

Currently there is one required smoke detector installed at the alarm panel, by the restrooms. We will now explore expanding smoke alarm coverage through the rest of the cabin.

It is now necessary to make cabin users and chairmen familiar with the alarm system and how to work with it. User instructions will be posted, describing what to do in the event of an alarm, a false alarm or a system monitoring fault. Dave M

BULLETIN DELIVERED TO YOUR COMPUTER!

Once again you will find the bulletin will come directly to your email address. If you have not emailed me already, please respond and let me

know which method you prefer. So far 64 people have signed up for email only, while 15 like to enjoy getting the bulletin from their mailbox. The idea is to give the bulletin to you in the method you prefer!

Please email me yea or no if you have not already. Our trusted editors and publishers, Dave and Bill, are looking into modifying the format to be more readable in the pdf format.

There are over 350 WAC members with email and this method will translate into a significant \$\$\$\$ savings for the Club over the course of a year. It also saves Bill and Dave a lot of work. Mike

TIMES UP! RENEW YOUR MEMBERSHIP NOW!

Don't wait for the renewal notice! Our membership year ends this month! Save us time and money and send in your renewal today-before you head out of town! Please send in your 2006 renewal to our super Membership Chair Lynne Miller! Membership is still an incredible bargain at \$30 per person! (I know of another outdoor Club that is \$61 a year!)

Want to support Guye Cabin? Send in your Cabin Fees for the year at the same time!

For the entire year Guye Cabin is only \$70.00 per person, \$100.00 for two, or \$120.00 for three or more family members (13 and older). Kids under 13 are always free! This is a great way to not have to worry about sending in your fee every weekend to the WAC Treasurer. Plus the added benefit of knowing that YOU are helping to support Guye Cabin!

Please send in an extra donation to the WAC! It will help with the Guye Cabin restoration projects and the creation of the off street winter parking area! We need your support! Just make a visit to Guye Cabin and you will be surprised what you see!

The Washington Alpine Club
c/o Lynne Miller
3040 NW 57th Street
Seattle, WA 98107

GUYE CABIN WORK PARTY

This summers dates! Mark your calendar!

Saturday June 11 from 9-3

Saturday July 16 (This is actually the third Sat) from 9-3

Can you use a paintbrush?

Transplant trees? Split wood? Enjoy a day? Come on up this Sat. Rumor has it we will have turkey and veggie burgers as extras at the cookout! It's Potluck!

We had a great Work Party on May 14. Attended by a team of six we stained the new kids room, and ping-pong room, put up paneling, worked on the alarm system, and started to refinish the dorm door. We are almost done with most of the projects in this phase.

Several of us have been up on Monday evening to do some work and enjoy a quiet mountain evening. We'll do these most Mondays throughout June and July.

We do lots of little work parties at Guye Cabin, but to make it easy on everyone that would like to come up and help out, we do them the second Saturday of each month in the summer.

Work parties are fun! It is a good chance to meet and get to know others from the WAC interested in Guye Cabin.

Want to get signed off to Open and Close Guye Cabin?

It's easy! Just volunteer at least one day in the WAC? Help instruct one of the classes, serve on the Board or as a Chair. Or, come up for a day at a Cabin work party! There is always something for everyone to do. Even kids! Mike

WAC WEBSITE

www.washintonalpineclub.org is the place to go to find out what is going on in the Club, trip reports, announcements, dates, etc. Please bookmark the page and go back often.

MAJOR INGRAHAM

Major Ingraham, who the Ingraham Glacier is named after, was one of the first leaders of the WAC, especially after Anne Louise Strong left the country. He served several terms as President, and even had a boat, which he would take members out on in the Sound. He was very active in the Club until his death.

Professor Edmond Sturgis Ingraham was a member of the third party that undertook the dangerous ascent of Mount Rainier, and spent one night in the mouth of the crater. He has also ascended Mount Baker. Being a lover of geology and an admirer of the grandeur of the mountain peaks, he found every gratification to his taste in the surroundings of Seattle.

On August 15, 1888 Major Edmond Sturgis Ingraham led a party of nine to the summit. In this group was P. E. VanTrump, who was again making another visit to the top of Rainier, and John Muir, famous naturalist for whom Camp Muir was

named. It was on the sheltered pumice slope where the government cabins now stand that the party spent the night on their way to the summit, and the name Camp Muir was given to this place by Ingraham on that day in honor of the famous naturalist and writer.

In late December, 1895, E.S. Ingraham attempted to climb Mt Rainier by the Emmons and Winthrop Glaciers in winter, sponsored by the Seattle Post-Intelligencer. The well-outfitted party took snowshoes, a toboggan, and sleeping bags, perhaps the first to be used in the Cascades.

PLANET WATCH! JUPITER!

Have you ever seen Jupiter? This month, just look to the South, and high overhead. If you have binoculars or a telescope you should be able to see the big planets four largest moons! Wow! Also, if you look to the west, just after sunset you will see Mercury, Venus, and Saturn close together.

Where ever you are this month, whether high on the South side of Mount Baker or another volcano, at the Cabin at Snoqualmie Pass, or camped at a high lake, take a minute and look up if the sky is clear.

COMET WATCH

On July 4, 2005, the Deep Impact spacecraft arrives at Comet Tempel 1 to impact it with a 370-kg (~820-lbs) mass. On impact, a crater is produced expected to range in size from that of a house to that of a football stadium, and two to fourteen stories

deep. Ice and dust debris is ejected from the crater revealing fresh material beneath. Sunlight reflecting off the ejected material provides a dramatic brightening that fades slowly as the debris dissipates into space or falls back onto the comet. Images from cameras and a spectrometer are sent to Earth covering the approach, the impact and its aftermath. The effects of the collision with the comet will also be observable from certain locations on Earth and in some cases with smaller telescopes. The data is analyzed and combined with that of other NASA and international comet missions. Results from these missions will lead to a better understanding of both the solar system's formation and implications of comets colliding with Earth. for more info, take a look at: <http://deepimpact.jpl.nasa.gov/>

HOW TO TRAVEL SAFELY AT HIGH ALTITUDE

by Andrew M. Luks, MD

The world is loaded with beautiful mountain ranges. To visit these places, we often need to venture into high elevations we do not see on a normal basis. While the rewards of such travel are many, there are also risks associated with it. Specifically, exposure to high altitude has the potential to make some people ill. High altitude illness can range from mild symptoms to very severe problems capable of killing someone if they are not recognized.

Why We Get Sick At Altitude - The reason people get sick at altitude is simple. There is less oxygen in the air as you gain elevation. This lack

of oxygen leads to a series of physiologic changes that allow the body to adjust to the altitude but it also sets in motion maladaptive processes, which, depending on the particular person, can lead them to become ill.

Normal Changes in Your Body at High Altitude - There are several normal changes that will occur in your body when you go to high altitude. It is important to be aware of these so you can tell the difference between what is normal and what is illness up there:

High Heart Rate: with both exercise and at rest, your heart rate will be higher. This will return to normal levels after a few days at the same altitude.

Faster, Deeper Breathing: you will take more and deeper breaths throughout the day and will sigh more often as well. It is expected that you will really huff and puff on the hills but that when you take a break, your breathing will come back to normal within just a few minutes.

Increased Frequency of Urination: Get ready, set, and head off to the toilet as many people have to urinate more often at altitude. It's part of your body's attempt to adapt and it goes away after a few days.

Poor Sleep: Sleep can be very difficult at high altitude and, in some cases, people experience a pattern of irregular breathing where they stop breathing for periods of time throughout the night (sleep apnea). This all gets better with time and you should NOT take sleeping medications to help the problem.

- **Edema:** People can develop swelling of their hands, feet and around the eyes which goes away with descent.

What are the Risk Factors for Developing Illness at High Altitude?

There is one main risk factor, which we can all control that will affect whether or not we will get sick: going too high, too fast. It's simple: someone who goes to 15,000 feet in 3 days with no rest days along the way is more likely to get altitude illness than someone who does the ascent in 6 days with 2 rest days.

Other factors which predispose to high altitude illness over which we have less immediate control are being very overweight, living at an elevation below 2,500 feet and having had altitude illness in the past.

Drinking alcohol and smoking cigarettes on the way up are also a big no-no. Gender and age do not affect someone's susceptibility to high altitude illness..

It is important to remember that being in good physical shape does NOT protect someone against high altitude illness. If they go too high, too fast, the great athlete (marathon runner, triathlete) is just as susceptible to getting ill as the average couch potato. In fact, sometimes, great athletes get into trouble because they have fewer problems with the physical work and, as a result, end up going too high, too fast without intending to do so.

The Main High Altitude Illnesses
Acute Mountain Sickness: This is the most common form of illness at high altitude. Symptoms of AMS generally start 4-8 hours after arrival at elevations above 8,500 ft. Someone is said to have AMS if they have a headache plus one of several other problems (dizzy, lightheaded, poor appetite, nausea, vomiting, fatigued

or poor sleep). You can get headaches for a lot of reasons (dehydrated, exhausted for eg.) so in order to call it AMS, they must have a headache plus one of the other symptoms. As long as the person is not vomiting and the other symptoms are not very bad, the person is said to have mild AMS. If the person starts vomiting and the other symptoms get really bad, we call it severe AMS.

Prevention

GO SLOWLY!!!: Once you get above 10,000 feet you should not increase your sleeping elevation by more than 1000-1200 ft per night. Every 3,000 feet or every few days you should take a rest day and sleep at the same elevation. You can hike as high as you want on the rest day, just come down and sleep at the same altitude. **THIS IS THE BEST THING YOU CAN DO TO PREVENT ALTITUDE ILLNESS**

Never ascend further with symptoms of altitude illness. Only if your symptoms resolve, can you go higher.

No alcohol, tobacco or sleeping medications on the way up

Avoid overexertion: lighten your pack, hire a porter, and take plenty of rest breaks.

Treatment:

The key principle is that descent to lower elevations makes all high altitude problems better. How much to descend will vary based on the person and the severity of illness. In general, descend until symptoms resolve.

Mild AMS: - Stop ascending
- Aspirin, Tylenol, Ibuprofen (but NO narcotics) for the headache
- Acetazolamide 250 mg twice a day (alternative: Dexamethasone 4 mg every 6 hours)

- If symptoms improve, it's okay to ascend. If they get worse or don't go away — descend!

If you have any questions: feel free to email me at:
andrew_luks@yahoo.com or aluks@u.washington.edu

NOSTALGIA

July 4th weekend. 1958 - A most delightful camp-out was held with the climbers at the their base-camp for the Mt St. Helens ascent. Some fifteen members and their families and guests joined the fifteen climbers for a memorable outing. Except for an hour long thunder and lightning storm with hail as big as marbles, the weather was perfect.

While the ascent was in progress, ten campers took the two and a half mile hike along Spirit Lake to Harmony Falls and from there back across the lake by boat with a stop at the Mt. St. Helens Club Lodge accessible only by boat. They were most hospitable and had been watching the progress of our climbing party. The hikers returned to camp at Timberline in time to greet the jubilant but tired climbers. We enjoyed good fellowship around the campfire as Mary Boyko accompanied us on her accordion as we sang old favorites. The successful climbers were: Ray and George Way, Pete Steele, Mike and Mary Boyko, Bob Ketzer, Jerilee Stapp, Don Oelschlager, Don Winningham, Betty Martin, Jim Samson and son, Jim Jr., Dennie Deeds, Maure Engelhart and Ellis VanMeter.

