

# WASHINGTON ALPINE CLUB | BULLETIN

October 2009 | Volume 92, Issue 8



## WASHINGTON ALPINE CLUB

P.O. Box 352  
Seattle, WA 98111

[www.wacweb.org](http://www.wacweb.org)

### The Bulletin is 100% online

This format allows us to offer photos, color, more timely content, and saves a lot of paper and trees. For those without email, with dial up connections, or with incompatible software we will continue to mail the Bulletin.

### IN THIS ISSUE

Calendar	2
President's Corner	3
Intermediate Climbing Class	4
MOFA Class	5
Trip Report: Nations Lake	6
Index Town Walls Climb-A-Thon	7
Annual Meeting Info	8
Nostalgia	10

## Intermediate Climbing Class Wrap-Up



photo by Ty Tyler

*Kate and Susan rappelling to critique gear placements*

The Intermediate Climbing Class builds upon the skills taught in the Basic class and introduces students to placing and evaluating traditional rock gear, multi-pitch climbing, alpine climbing, rock self-rescue, and ice climbing. This class is a great source of knowledgeable and experienced volunteers for future basic classes and many a basic class co-chair has come out of the intermediate class (including one this year).

The class is winding to a close as we transition into Fall weather. Students this year learned how to place traditional rock gear in the smooth granite of Leavenworth and the steep andesite of Tieton as well as how to rescue their partner on a rock should something go awry. Weather has been very cooperative for our...

continued on page 4

### Submit a story or photo!

Do you have a story or photo that you would like to share? Please send it in to us!

Email: [wacbulletin@yahoo.com](mailto:wacbulletin@yahoo.com)

### WAC Technical T's

We still have a few WAC Technical T's left. Available sizes: S, M, L, XL, XXL

Just \$20

## WAC Calendar

<b>October</b>	
17	Work Party at Guye Cabin
18	Annual Meeting at Guye Cabin
<b>November</b>	
13-15	MOFA Class at Guye Cabin
26	Thanksgiving Weekend
<b>December</b>	
13	New Snow Dinner
21	Starts Christmas Week
<b>Looking Ahead</b>	
January 6	Telemark / Randonee Class Starts
January 9	Nordic Kids Ski Class Starts
February ??	Vegetarian Potluck
February ??	WAC Fun Ski Day
March ??	Snoqualmie Loppet

## Join the WACList on Yahoo

If you want to get mail on the WAC email list, join the yahoo group at:  
<http://groups.yahoo.com/group/waclist/>

### Post message:

waclist@yahoo.com

### Subscribe:

waclist-subscribe@yahoo.com

Important: You must be a current member! We have to approve you before you can join, so please put your name in the comment section.

## Is Your Contact Info Current?

You can check these things on the Washington Alpine Club website: [www.wacweb.org](http://www.wacweb.org). If your address or email address changes please let us know!

### Moving?

Send change of address forms to:

Washington Alpine Club

PO Box 352, Seattle, WA 98111

Or email Dave Mitchell at: [dtmitch@mindspring.com](mailto:dtmitch@mindspring.com)

### New Email Address?

To update your email address log on to [www.wacweb.org](http://www.wacweb.org). If you don't have an account, you can use the shared name and password: User name: climbing Password: climb

Thanks -George Snelling, Mike Garrison, Sim Larkin

## WASHINGTON ALPINE CLUB

Incorporated 1916    Incorporated 1923

P.O. Box 352, Seattle, WA 98111

[www.washingtonalpineclub.org](http://www.washingtonalpineclub.org)

### Member Of

Federation of Western Outdoor Clubs, Washington Trails Association, Washington Environmental Council, Washington Wilderness Coalition, and MidFORC Coalition

The primary purpose 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.

## BOARD OF TRUSTEES

### President

Mike Mahanay | 206.931.4713

### 1st Vice President

Pat O'Brien | 206.527.6881

### 2nd Vice President

Dave Mitchell | 425.235.1039

### Treasurer

Toby Young

### Secretary

Lynn Simmons | 206.543.9024

### At Large

John Sargent | 360.377.3217

Jeff Wright | 206.244.7410

Laurie Rich

Eli Holmes

John Commiskey

Ira Rushwald

## ALPINE DIVISION

### Climbing Class Co-Chairs

Mike Daly, Jeff Watts, Kristin Kaupang

## WINTER DIVISION

### Telemark Ski

Randy Oakley, Jeff Knudson, Jeff Wright

### Back Country

John Commiskey, Ty Tyler, Mica Schonbeck

## PROPERTY & MEMBERSHIP

Cabin Chairman . . . Bill Hooper | 206.325.2851

Work Party . . . . . Bill Hooper | 206.325.2851

Membership . . . Kristin Kaupang | 206-251-8295

Publicity . . . . . Kay Ishi | 206.528.5630

Cabin Supply . . . . . Tami Sargent

## PUBLIC RELATIONS

Bulletin Editor . . . . . Jeff Dietz | 206.618.7589

Conservation . . . Mike Mahanay | 206.931.4713

Circulation . . . . . Dave Mitchell | 425.235.1039

By Laws . . . . . Dave Mitchell | 425.235.1039

# PRESIDENT'S CORNER

## October 2009

by Mike Mahanay

Fall has arrived! Now is the time to take that trip to the high country to see the larches in their stunning yellows. The blueberries are done, the bears and marmots are getting very sleepy, and the rhubarb at the Guye Cabin garden is done for another year. Pumpkins are ripe and orange and will soon be turning into jack-o-lanterns at Snoqualmie Pass. Looking up from Guye Cabin the highlands are alive with yellows, reds, and orange colors.

The **membership renewals** season is underway. Take a minute to check the website and see if you are up for renewal. Help Kristin and the WAC by renewing for multiple years. You'll save money and time. We are finishing 2009 with a very healthy 517 members. Our Club continues to improve and grow. More people each year are signing up for multi-year memberships! The renewal process gets smoother each year. We are now all on the calendar year. A huge thanks to Kristin Kaupang! The Membership Chair is one of the most challenging positions in the WAC! Kristin and our Treasurer Toby Young process several hundred renewals and checks, which is no easy task. The entire Club appreciates their hard work!

If you are betting on snow, don't forget to pick up your annual ski pass this month. The price

will go up at the end of October. It only takes 7 days to pay for the pass. If you or the kids ski, or are enrolled in lessons, then the pass might work for you.

The **Intermediate Climbing Class** wrapped up last weekend on Mount Baker. They enjoyed perfect weather for most of the class. Thanks to Andrew Sullivan and Doug Daniell for organizing and heading up the class! We couldn't have better co-chairs! Thanks to everyone who organized the weekends and everyone who volunteered to help out with this class.

**Guye Cabin** now has a spanking new main electrical panel, thanks to Mike Dietsch taking some days midweek to purchase and install the panel. We have upgraded the wiring in the dorms thanks to Eli Holmes, Geof Grogan, Phil Harvey, and others. We have some new windows thanks to Archie Brenden, Ralph Preston, Dave Mitchell, Ed Kelting, and others. We have new floors in the Women's dorm. The outside looks great too. Lots of trail work and brush cleanup. I wish I could name everyone! Thanks to the more the 100 people who participated in the work parties over the summer!

The WAC is fortunate that we are a 100% volunteer organization. Folks participate because they



are motivated to teach others, help out, and do the right thing. Motivation is having the encouragement to do something. It comes from deep inside. We are lucky to be involved with this wonderful group of like minded people that love the outdoors.

Sunday October 17 is our **Annual Meeting** at Guye Cabin. As always we will have an array of great food, (specialty potluck) and fun. We'll have an Open House and Tree Planting beginning at 9, Potluck at 12, Group Photo at 1:45, Meeting at 2:00. If you can't come, be sure to email or snail mail your proxy vote today to Lynn Simmons.

The **New Snow Dinner** will be December 13. We are looking for someone, or a team, to organize the entrée. It can be anything you want, so please give me an email or call soon if you would like to lead this Dinner. Gino and Kathy Amodei did an awesome job last year with a prime rib! They will be a tough act to follow!

Outdoor activities tend to foster independence, self-reliance and critical thinking. In this wonderful time between summer and winter please visit the highlands, come out and meet your old friends, and make some new friends, at one of the many WAC events.

---

## The Washington Alpine Club is on Facebook!

Facebook is yet another way to keep up with the Washington Alpine Club. Once you've joined Facebook, go to the WAC page and join the group. And invite your friends to join the group. You can connect with other WAC members, get information on upcoming events and post messages for other members.

Just click on the Facebook logo on the right to visit the WAC Page.



# EDUCATION

## WAC Intermediate Climbing Class

rock climbing weekends, but a road closure forced the class to reschedule the ice class until the first weekend in October.

We've had a very strong group of students with all students leading routes out at Tieton and placing solid gear. Our roster included a very skilled and unique group of students:

**Susan "Cupcake" Ashlock** - overcame swine flu to become a rock climbing star

**Joanna "JoJo" Hingle** - got talked into co-chairing the basic class next year

**Dave "Climbs with Beckey" Wilson** - skipped out on a climbing weekend for a once in a lifetime opportunity to climb with Fred himself

**Larry "Fully Charged" Colagiovanni** - is investigating form fitting climbing attire

**Megan "Orange Tang" Zdancewic** - eats 5.10b finger cracks for breakfast

**Charles "The Don" Muzio** - makes the rock an offer it can't refuse

**Jaga "Kielbasa" Pamula** - is pioneering a Kielbasa-based alternative to the Big Bro

**Carlos "El Gaucho" Pessoa** - has used official WAC funds to develop an affair with Argentinian rock

**Dan "Alpine Bod" Nelson** - looks for global signatures in the rock to tell where to place gear

**Denny "Rock(et) Scientist" Trimble** - knows this trad stuff isn't rocket science

**Doug Daniell** and **Andrew Sullivan** were the co-chairs of the 2009 Intermediate Climbing Class.

The weekend organizers were **Todd Gitts**, **Murray Kahn**, **Mica Schonbeck**, **Benjamin Gadbaw**, **Kate Ronkainen**, and **Todd Lee**.



photo by Denny Trimble

*Megan rescues Dan in Leavenworth*



photo by Denny Trimble

*Susan and Murray inspect gear placements on Rock 1 in Leavenworth*



*Carlos stems out wide to look for his next piece on Double Trouble (5.6)*

## Mountain-Oriented First Aid (MOFA) - November 13-15

This is an accelerated MOFA course and students will be expected to do significant study and pass a course pre-test prior to the course start. The Mountaineering First Aid book, American Red Cross text book will be distributed two weeks prior to the class. A pre-test will be emailed to the students with time to study and complete prior to the Guye Cabin Weekend.

This course will held at Guye Cabin and begin at 7:00 PM on Friday evening and continue through Sunday evening approximately 5:00 PM. Be prepared for fall unpredictable weather, as a good portion of the class will be held outdoors, come rain, snow, or shine.

Led by Scott Calhoun, the WAC is working hard to build our MOFA program. We hope that you will take the MOFA class and come back to help instruct the class each year.

► Check to see if space is still available: <http://www.wacweb.org/Classes/mofa/default.view>

## Trip Report: Nation Lakes Canoe Route

By Eli

Our second canoe trip was a 110km trip which included 4 lakes and 3 river sections. This route is up north of Prince George, BC which is 1000km from Vancouver. From Prince George, we drove 2 hours to Fort St. James, a small logging town on Stuart Lake. We arrived during a wind storm and camped next to Stuart Lake. The next morning, we drove 2 1/2 hours on logging roads to the home of Doug and Dolores who run a shuttle to the start of the route and rent canoes. We spent the night in their guest cabin and at 7:30am the next day, we did the 5 hour shuttle on logging roads to the start of the route. After 5 hours of bumpy logging roads, we were really ready to be on the way.

After Dolores dropped us off, we paddled 7 days and only saw one other canoe (on day 2). Other than that, we were on our own (although there are a few lodges along the way if we needed civilization). It was a really beautiful trip -- lovely large lakes, great views of the surrounding mountains, animals to see (from the boat), great camps with sandy beaches, and lots of solitude. I highly recommend the trip.

### Logistics:

We rented canoes at \$140 per week from Doug and Dolores French who run Nation Lakes Canoeing Camp during the summer. They shuttled us in their truck (\$500 for the shuttle). They will also shuttle you in your car for \$175. Why the difference in price? Wait till you see what the roads are like! The roads are fine for 2-wheel drive, but expect your car to take a beating and make sure your spare and jack are in good order.

### Maps:

You can download a basic map from [www.nationlakes.com](http://www.nationlakes.com) and Doug gave us a more



detailed map. I also downloaded the detailed map on the BC Parks website.

### Rivers:

This trip involves three river sections. Note we did this in late August during low water.

**Tsayta-Indata (6.5km):** This section was very tedious. Water was low, there are snags everywhere and the river is very twisty. We had to use a lot of river-technique to paddle most of this. We had to teach the girls how to do a strong river draw to be able to paddle the twists and avoid the sweepers. We could have lined the boats. The water was shallow and the river narrow. But that seemed both slow and boring, so we paddled as much as we could. There were 3 big log jams that we had to portage around. It took us 4 hours to do this 6.5km section. A saw would have been handy for the first section. Ug.

**Indata-Tchentlo (4.8km):** This section was fine. It was wider, there was more water, and it was straighter. There were just two or three parts where we needed to use river techniques. At the end, there was one log-jam, but we were able to slide the boats over the one log that blocked out

way. We took this jam on the right. This section took us two hours.

**Tchentlo-Chuchi (5km):** The section was easy. Wide and straight. We zipped right through this in 1 1/2 hours.

### Camps:

We stayed at the recreation camps because it works better with kids to have a bigger area for them to explore and to have a privy. The recreation camps had tables, fire rings, privies, and sometimes "bear bars". The bear bars were logs put about 10 feet off the ground. I don't think they'd keep a bear away from your food, but they work of the smaller critters. All camps that we saw were placed where there was a nice sandy beach. The map on [www.nationlakes.com](http://www.nationlakes.com) shows the locations of these camps that have big sandy beaches. There are other places to land too, but these are the better/bigger sites.

### Bears:

We saw signs of bears (tracks) only at one point (not a camp) near a big stream. Dolores said that people see black bears sometimes, but the bears are shy and there have never been problems.

# STONE GARDENS - OCT 17

climbing comp 5:30 - 8:30pm  
climb the most routes  
and win PRIZES!  
m/f : youth (17 & under) . adult . masters (40+)

SPECIAL GUEST  
slideshow 8:30 - 10pm

huge gear raffle!!!

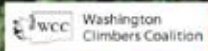
all proceeds support the  
purchase of washington's  
premier climbing area

BEER  
21 & older

WCC kickoff  
event!

photo: ben gillkiron

# index fundraiser climb-a-thon



\$30 comp entry fee

5:30pm - october 17th

Call Stone Gardens or visit the the website for details

Stone Gardens - 2839 NW Market Street - Seattle, WA 98107 - (206) 781-9828 - www.stonegardens.com

# COMMUNITY NEWS & EVENTS

## 2009 Annual Meeting Proxy Form

The Annual Meeting arrives on schedule on October 18, 2009 - always the 3rd Sunday In October. The event is held at the Guye Cabin. We are are expecting a very good turn out and hope each one of you will attend.

At the general meeting all WACers will have a chance to vote on the agenda issues, including voting in the new board.

Can't attend? Well, you can still vote by proxy. Please use this form. Fill it out and give it to someone you know will be there. Have that person take this form to the meeting. Your proxy form must be physically present at the meeting. There's no line item provision, so you entrust your vote to any and all issues your proxy will be voting on.

Don't know someone who will be there? You can have the secretary act as your proxy. Mail your proxy form so that it arrives no later than Thursday, October 15th.

Washington Alpine Club  
PO Box 352  
Seattle, WA 98111

---

### 2009 Proxy Form

I \_\_\_\_\_ allow (please print your name) by proxy at the 2008 Washington Alpine Club General Meeting.

Please sign \_\_\_\_\_ Date \_\_\_\_\_

FOLD AND MAIL to the WAC Secretary, Lynne Simmons, or any Board member,  
or scan and email to Lynn or Mike



# Annual Meeting Guide October 17-18, 2009

Saturday, October 17:

## Work Party >> RSVP

**Outside (come dressed for mixed weather)**

- Trail work >>> help build the new WAC trail system!
- Yard cleanup

**Inside**

- Cleaning
- Window installation
- Painting

Or, just come up and stay overnight!

Mixed weather this weekend so there are still hiking/climbing opportunities. The Mushrooms are out!

Sunday, October 18

## Annual Members Meeting

**Come one come all!**

Don't miss this event at Guye Cabin! Bring your family and friends and enjoy the pass, open house, plant trees, have lunch, and attend the Annual Meeting. This is a good opportunity to introduce your friends to the Cabin and meet the outstanding dedicated eclectic diverse group of folks that make up our Club!

You'll be able to pay your annual dues, cabin fees for 2010, buy a WAC Technical Shirt, or if you bring up a prospect they will be able to sign up to join the Club

10:00 - 12:00	Tree Planting
10:00 - 12:00	Open House
12:00 p.m.	Potluck Lunch
1:45 p.m.	Group Photo
2:00 p.m.	Annual Meeting

We'll hear the state of our Club, committee reports, and most importantly, we'll vote in the 2010 Officers!

Can't make it? Mail, fax, or give your proxy to someone to deliver.

### BOARD OF DIRECTORS

President	Mike Mahanay
1st VP	Pat O'Brien
2nd VP	John Sargent
Treasurer	Toby Young
Secretary	Lynn Simmons
At Large	Ira Rushwald
	Dave Mitchell
	John Commiskey
	Jeff Wright
	Laurie Rich
	Eli Holmes

## New Windows at Guye Cabin

We now have brand new windows in the Dining Room! Most people won't notice the difference in the look of the windows, but they will sure notice the difference in the new warmth. These our state of the art energy efficient windows and continue to WAC's Green program. We have installed energy efficient zoned furnaces, high tech thermostats, and additional insulation in many areas. We'll continue to make changes where it makes sense and where it will have the greatest impact.

We had fantastic turnouts all year with the Work Parties. The one in September we had 30 people! Thanks to everyone who participated a day or more over the summer! Your effort and hard work is appreciated! Every visit to Guye Cabin you can see the results of your work.

## Guye Cabin - Episode of Cutting off Basement Post

A rot cavity near the bottom of a post in the men's room had grown to 5" long and 2" deep over several years. One August weekend in about 1980, my wife and I took up three screw housejacks, two hefty pieces of channel iron, some long bolts, and other miscellaneous stuff. We clamped the channel iron to the post and rolled in some large cedar rounds from the outside steps. We spent quite a while leveling the stacks to support the three jacks. The blocking

settled slowly and the screws got hard to turn, then wouldn't turn. The post had raised about 1/32 inch.

We came up the next weekend and it had not moved. I sawed above the rot, fitted the form, poured concrete and went home. We returned two weeks later so, hopefully, the concrete would be cured. I let the post down, removed the jacks, cleaned up and we called it "good".

- Hans and Myrt Heia



Washington Alpine Club  
P.O. Box 352  
Seattle, WA 98111

Address Correction Requested  
Do Not Forward

FIRST CLASS

TO: