

Washington Alpine Club | Bulletin

September 2011 | Volume 95, Issue 7



Washington Alpine Club

P.O. Box 352
Seattle, WA 98111

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.

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Russell Glacier Skiing



Here we go, off on a ski trip in September! Our destination is the Russell Glacier. Wednesday's forecast is not-so-good, but Thursday looks better. So Wednesday afternoon we drive down to Mount Rainier. After assorted fun getting permits (including an extra 20 miles of driving) we park at Mowich Lake and head for Spray Park in the drizzle. Various bedraggled people, who are hiking out, comment on our skis as we hike in.

Soon we reach timberline, and gorgeous flowers in the evening light. The crimson paintbrush is especially spectacular. We continue up to the trail high point, and then head up south towards the Flett and Russell Glaciers. About half an hour later we set up camp near a little pond. Then comes dinner, a beautiful sunset, and sleep.

Thursday dawns cold (ice on the pond) and clear. We are in no hurry since the snow is

rock hard. But after a nice hot breakfast we get underway, up talus and then up the Flett, kicking thin steps and carrying our skis. Soon enough we are at the Echo-Observation saddle, enjoying the sun. On we go, up the Russell. There is essentially no bare ice anywhere - the glacier is still all snow-covered. Not bad for September! Finally at about 9500 feet we stop for lunch. Above us the very upper glacier is covered with dust from Ptarmigan Ridge, so we decide to start our descent from our lunch point.

And now the good part: Skiing down! The snow is pretty good, mostly softened (although it's still a cold day), and not too suncupped. There are only a few minor crevasses. We take turns skiing and photographing. The snow is so good that we ski down the Russell way below the Echo-Observation saddle, a lot farther than we intended! We end up skiing about 2500 vertical on the Russell. Then we

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WAC Information

Calendar

SEPTEMBER 2011	
SEPTEMBER 08	Board Meeting
SEPTEMBER 17	Work Party & Open House
OCTOBER 2011	
OCTOBER 16	Open House 10am Potluck Lunch noon
OCTOBER 16	WAC Annual Meeting 2 PM
NOVEMBER 2011	
NOVEMBER 12/13	WRFA Class
DECEMBER 2011	
DECEMBER 10	Annual New Snow Dinner
JANUARY 2012	
JANUARY 04	Marmot Ski Demo
JANUARY 11	Randonee/Telemark Class Begins
MARCH 2012	
MARCH 10	Vegetarian Potluck Dinner
MARCH 11	Snowqualmie Loppet Ski Tour

Is Your Contact Info Current?

You can check these things on the Washington Alpine Club website: www.wacweb.org. If your mailing 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

New Email Address?

To update your email address log on to

www.wacweb.org

If you don't have an account, you can use the shared name and password:

User name: climbing / Password: climbon

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@yahoogroups.com Subscribe: waclist-subscribe@yahoogroups.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.

Washington Alpine Club

Founded 1916 Incorporated 1923

P.O. Box 352, Seattle, WA 98111

www.wacweb.org

Member Of

Federation of Western Outdoor Clubs,
Washington 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

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Mike Mahanay | 206.931.4713

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Pat O'Brien | 206.527.6881

2nd Vice President

Eli Holmes

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Toby Young

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Ira Rushwald

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John Commiskey, Charles Muzio
Pat Beurskens, Mike Daly, Susan Ashlock

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Randy Oakley

Nordic

Karel Zikan, Mark Daly, Eli Holmes

Back Country

John Commiskey, Ty Tyler, Mary Strazer

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President's Corner

September 2011

by Mike Mahanay

What a great summer this has been! After a bit of a slow start we finally got the warm dry spell we all have been waiting for. This summer WAC folks have been all over our state and around the world - Europe, Alaska, S America, and Asia. The WAC Intermediate Climbing class started with the trip to the Coleman Glacier, and then moved on to the Mountaineers Wall in Leavenworth. The Class builds on the skills learned in the basic class. This is a great class with the best instructors this side of the Columbia River!

This weekend the weather is starting to cool off and the rain is forecast. Thoughts are beginning to turn to the dusty boards against the wall in the basement. Soon the summits of the Snoqualmie Peaks and Northern Cascades will have a pretty coating of white.

Our Nov 12/13 WRFA class is open for registration. We encourage people to take the class, and then go on to the instructor class. We have four WAC instructors but really need several more to make our program what it should be.

The Annual Meeting is next month on October 16 We'll have an Open House, Potluck Lunch, Member Meeting, Video, Raffle, and Group Photo. Everyone please attend!

Although I hate to say it, we have started getting ready for the winter at Guye Cabin. Dale Ott has been up sawing rounds & splitting wood. A whole team of people at the August work party have been splitting wood and

putting it away for winter. Archie, Ralph, Ed, Eli, Mark, Phil, and a bunch of others have been working inside the Cabin installing a French Door, and two fabulous new windows in the Fireplace Room. They also put in a new exterior door in the Ladies dorm. Thanks to everyone who has helped out over the summer! We could not do the things we do without you. The entire Club appreciates your efforts.

We are also looking to fill the slate of Board positions in the next few weeks. Do you have time to attend a Board meeting once a month and take the lead in Club projects such as the Snow Dinners, Bulletin, or marketing our Club? We need your help.

The Washington Alpine Club is an amazing group of people all with the outdoors as a common interest and tie that binds us together. Members new and old step up to commit to giving back a little to our Club, not only with the work parties at the Cabin, but taking the lead as Climbing Class Chairs & Instructors, Wilderness Remote First Aid instructors, and serving on the Board of Directors.

Most of us are not born leaders, but are continually working to improve our leadership skills. Like rope management and skiing it takes practice! Can you organize and lead a successful ascent of Mount Rainier or Mount Olympus? The WAC Chair and Board positions are excellent places to learn and practice leadership skills that will aid you both on the mountain and in your everyday life. Talk to someone on the Board to discuss what you can do to help our Club.



President: Mike Mahanay
1st Vice President: Pat O'Brien
2nd Vice President: Eli Holmes
Treasurer: Toby Young
Secretary: Ira Rushwald
At Large: John Commiskey, Charles Muzio,
Pat Beurskens, Mike Daly, and Susan Ashlock



Things To Do

Russell Glacier (continued from page 1)



slog back up to the saddle, and head down the Flett, with more good skiing. We're getting pretty tired! Finally we get back to our camp. After a bit of a rest we pack up and start back down to the trail.

Back at Spray Park we decide on a 50th



anniversary "climb" of Mount Pleasant, Michael's first mountain in 1961 with the Fireys (photo above). It is still uphill... The summit is windy so we don't linger. We head north through more snowfields, up slippery talus to Knapsack Pass, and finally down to Mowich Lake. We're tired but happy. It's the first time we've been skiing in September!

Hikes

Hiking to Camp Muir

Nine miles round-trip. Elevation gain: 4,700 feet. High point: 10,188 feet. (According to USGS topographic map, though some sources list it at 10,080 or 10,000 feet.)

From the Paradise parking lot, find the Skyline Trail and begin heading up. At 2.3 miles, follow the sign for Pebble Creek and, just ahead, reach the Muir Snowfield. Follow wands, boot tracks, glissade tubes and the like for another 2.2 miles to Camp Muir.



A permit is not needed for day hiking to Camp Muir, but if you plan on staying overnight, you'll need a wilderness permit.

Along with being extremely strenuous, the hike to Camp Muir is potentially dangerous. Storms and white-out conditions can occur quickly and with little warning on the snowfield. Wear sturdy boots, carry the 10 essentials and watch the weather. Do not hike beyond your abilities.

For more information, including detailed maps, go to www.nps.gov/archive/mora/trail/campmuir.htm.

Rangers at Camp Muir maintain several blogs that offer information on current route conditions, weather, guide services, photos and more. Go to <http://mountrainierclimbing.blogspot.com>.

For general information on Mount Rainier National Park, including trail conditions, call 360-569-2211.



Hikes (continued)



Seven Lakes Basin - High Divide Loop

Sol Duc River Trail, High Divide, Canyon Creek Trail A NPS foot trail with moderate to heavy use. 18.2 mile loop provides easy access to subalpine with exceptional views of interior mountains from High Divide. Seven Lakes Basin more than lives up to its name with opportunities to explore open subalpine meadows and lakes. Beautiful old growth forest below 3500 ft. elev.

Trail grade is flat first mile to Sol Duc Falls. Along Sol Duc River Trail to Appleton Pass Jct, gentle to moderate grade. From there to High Divide moderate with a few steep sections. Ups and downs along High Divide. Moderately steep descent via switchbacks from Bogachiel Peak to Lunch Lake Trail jct. Moderate to gentle slope descending from there to Sol Duc Falls.

Elk are frequently seen in the headwaters of the Bogachiel. Bear sightings are common in the Seven Lakes basin area. Deer Lake is aptly named; bear, deer can occasionally be seen in the Anderson Pass area. Fishing is a popular activity in many of the lakes, though there are no fish in Heart Lake and several of the smaller unnamed lakes in the basin.

Primary access is at the end of paved Sol Duc Hot Springs Road, 14 miles from US 101. Trail connects with Appleton Pass Trail, Hoh Lake Trail, and Bogachiel River Trail. Sol Duc is the main approach to cross country traverse through the Bailey Range.

Wilderness Remote First Aid Class

Wilderness remote First Aid Class is November 12/13! Sign up now!

<http://www.wacweb.org/Classes/mofa/default.view>

A Wilderness and Remote First Aid Class is offered every fall at Guye Cabin.

WRFA is a 16 hour first aid course for the wilderness traveler.

Sat Sun Nov 12/13, 2011

Wilderness and Remote First Aid is designed for people whose jobs, volunteer activities or favorite activities take them to remote wilderness settings where Emergency Medical Services responders may be an hour or more away.

Major portions of the course are designed to be taught outdoors.

CPR/AED certification is required, and offer separately.

Head (Brain), Neck and Spinal Injuries
Wounds and Wound Infection
Hypothermia

Heat-Related Emergencies

Allergies and Anaphylaxis

Altitude-Related Illnesses

Bone and Joint Injuries

Burns



The class involves hands-on, interactive learning. Wear casual clothes suitable for working on the ground and outdoors. (getting dirty) Bring cold weather, and wet weather gear. A change of clothes is also recommended in case it gets wet.

This course is held at Guye Cabin beginning at 8:00 AM on Saturday morning and continues 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. You'll need to bring bring food for the weekend, including breakfast, snacks, lunch, and dinner for Sat.



Guye Cabin



1932 - "The cabin will be known as Guye Cabin due to its proximity to Guye Peak. It is owned by the Washington Alpine Club of Seattle. A variegated group of bathers, card sharks, lounge lizards, cats, mountain climbers and skiers."

One of the best things about WAC membership is historic Guye Cabin on Snoqualmie Pass. The jewel of the Alpine Club, the Cabin serves as the focal point for many club classes, activities, and gatherings. First built in 1932, it has been expanded over the years to become a wonderful rustic mountain lodge. It has easy access to all the summit ski areas, the Alpine Lakes Wilderness Area, the Pacific Crest Trail, and is a popular meeting place for members year round!

WAC Community News

Cabin Work Party September 17

Reduce your carbon footprint, save time and gas and come up to the Cabin! Bring your family, friends or group up to show off Guye Cabin. You'll need to be able to open/close or schedule in advance since the Cabin is not automatically be open every weekend in the summer.

Are you ready for a work party?

Come up to play, stay, or work. Spend the day and night! Mostly all outside with yard work. Bring your wood splitters, chain saws, clippers (if you are good with electrical we have some lighting work too) After lunch we will sign folks off to open and close

Annual Meeting Guye Cabin October 19

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 diverse group of folks that make up our Club!

Open House 10-2!

Potluck Lunch at 12 pm (bring your best)
Group Photo at 1:45 (look your best)
Annual Member Meeting at 2 pm
Video to start the meeting & raffle
You will be able to renew your membership for 2012, pay your annual Cabin fees, buy a WAC technical T-shirt!
Bring your checkbook!

The 2011 edition of the Intermediate Class has just two more weekends before wrapping up on the 25th! Under the guidance of our great co-chairs; , the graduates completed lessons on both rock and ice terrains of the Great Northwest.

On the rock in Icicle Creek Canyon, they studied gear placement, multi-pitch techniques, and self rescue. In three days on the Coleman Glacier the students learned to travel on ice of all angles from horizontal (which means less than 45 degrees) to steep (which means less than vertical) to vertical

(which really means overhanging by another 20 degrees). The class wrapped up with a final sunny weekend at Tieton Canyon putting the rock skills to the test on the cracks at Royal Columns.

A great round of thanks goes out to the many instructors who provided hints, suggestions, belays, laughs, taunts, stories, and a supportive experience in the field. Without the classroom in Pat and Nadia's house, and all of the help from the rest of the instructor corps, this class would not be possible.

See some pictures at:

https://picasaweb.google.com/112153452891864152020/Rock1?authuser=0&authkey=Gv1sRgCJ_a4a79xfe3vwE&feat=directlink

<https://picasaweb.google.com/112153452891864152020/WACIntermediateIceClass?authuser=0&authkey=Gv1sRgCJWzkoyisIDNxAE&feat=directlink>

It's time to renew your membership!

Support the WAC and renew your membership for 2012 now!

Fall is the time to renew your membership in the WAC for another year. It is super easy to do! Just look yourself up in the members section (climbing/climbon is the user name/password) to see when your membership expires.

We recommend you just renew online via our Google checkout. Just go to this link, and scroll down to the renewal section

<http://www.wacweb.org/About/join.view>

We hope that you continue to support the Washington Alpine Club and take advantage of all the opportunities that membership offers. Please consider adding an additional gift to your membership renewal check. Your contribution will help us with scholarships and major upcoming cabin expenses. Thanks for supporting your club!

You can also pay by check- Please send your check today made out to "WAC", to:

Washington Alpine Club
c/o Kristin Kaupang
7712 14th Ave SW
Seattle, WA 98106

We hope that you continue to support the WAC!

E-mail: kekaupang@hotmail.com

Thank you for supporting the WAC!

Annual Dues (renewals)

	Regular	Senior	Out of State
Through Dec 2012	\$30	\$15	\$20
Through Dec 2013	\$60	\$25	\$35
Through Dec 2014	\$85	\$35	\$50
Through Dec 2015	\$115	\$45	\$65
Through Dec 2016	\$135	\$55	\$80

Instead of paying nightly (\$15) to **stay at the Guye Cabin**, you can pay the annual cabin dues which are effective Jan 1 to Dec 31. You can add the annual cabin dues to online renewal or check with a note indicating that you are including cabin dues and which WAC adult members are included (if paying dues for a family with 2 or 3 adult WAC members).

Individual Member	\$80.00
Immediate Family of two WAC Members	\$130.00
Immediate Family of three or more WAC Members	\$150.00

The new WAC technical T's are in!

They are cut very nicely and come in WAC green, sunset orange, Snow Lake blue or Snoqualmie Pass granite grey.

You can pick them up at a work party, downtown at lunch. in West Seattle, Pat O'Brien's, Or the Annual Meeting.

S,M,L, XL,



WAC discount at Outdoor Research

WAC members still get a discount in the store. 15% for full priced OR stuff and 10% for full priced Non-OR stuff.

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.

www.facebook.com/group.php?gid=6180692402

Washington Alpine Club

Wicked Good Blueberry Cake

Here's a recipe from Aunt Patty in Boston. This cake rocks.

1 3/4 cup flour
2 tsp. baking powder
1/4 tsp. salt
1/4 cup shortening (crisco)
1 cup sugar
1 unbeatn egg
1/2 cup milk with 1 tsp. vanilla
2 cups blueberries

Sift together 3 times the flour, baking powder, and salt. Set aside.
Using mixer, cream shortening.
Slowly add sugar, beating until light.
Add egg and beat well.
Add flour mixture alternately with milk/vanilla mixture in thirds (flour, milk, flour, milk, flour, milk) beating after each addition.
Fold in blueberries.

Bake in greased and floured 8" pan at 350 degrees for 50 minutes or until toothpick comes out clean from middle of cake. Cool.

Remove from pan and dust top with powdered sugar.



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

Address Correction Requested
Do Not Forward

FIRST CLASS

TO: