

Washington Alpine Club | Bulletin

March 2012 | Volume 97, Issue 3



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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Honorary WAC Member



By Magda - Photo by Viktoria Stepitova

This is a Pine Marten! It has been living on the back porch of the Guye Cabin. Please make sure your food is secure and do not feed it, since it is a wild animal. Hopefully you'll get a chance to see it.

Did you know that Pine Martens are in the mustelid or weasel-like mammal family? Martens are related to mink, otters, badgers, wolverines, weasels, and skunks.

What do martens look like?

Pine martens are very agile and can climb high up in the tree tops. They are slender with a pointed face and a bushy tail. Their tail helps them balance in the trees. Male martens are larger than females. They are about the same

length as a house cat. These cute animals are between 19-27 inches long including their tail which is from 5-9 inches long. They only weigh between 1-3 pounds. Pine martens are brown with paler underparts and dark brown legs. They have small rounded ears and sharp teeth for eating meat.

Where do martens live?

Martens prefer old coniferous forests in northern climates. The Northwest is an ideal habitat for them. Martens live in most of Canada, the northwestern US, the Rockies, and New England. Martens like old growth forests best because there are plenty of dead trees to find food and shelter in. An old forest has a thick canopy that provides shade for the

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WAC Information

Calendar

MARCH 2012	
MARCH 8 - 9	Karl's Physics Class
MARCH 10 - 11	Scouts First Aid Training
MARCH 11	Snoqualmie Loppet Ski Tour
MARCH 16	D'Asaro Scouts for the day (Fri)
MARCH 17	Vegetarian Potluck
MARCH 17 - 18	Skiing the Steeps at Alpentel Clinic
MARCH 17 - 18	Climbing Class Instructor Training
MARCH 20	Climbing Class begins
MARCH 23 -25	Wilderness First Responder Class at Cabin
MARCH 30 -31	Wilderness First Responder Class at Cabin
MARCH 31	Climbing Class Mount Si Weekend
APRIL 2012	
APRIL 8	Easter
APRIL 21 - 22	Olympic Beach Cleanup

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.

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President's Corner

March 2012

by Mike Mahanay



We are having a fantastic winter! There have been days of epic snow and champagne powder conditions. Our snowpack has more than doubled in the space of a month. Guye Cabin is surrounded by a deep snowpack. Have you renewed your membership? Just a reminder that it was due back in December. Please renew today! We rely on your support to keep the WAC healthy and to allow our volunteers to keep offering all of our classes. If you are not sure if you need to renew, please [email](#) or call me.

Co-chairs Susan Ashlock, Alex Ford, and Denny Trimble had the Winter Backcountry Travel Class at Snoqualmie Pass last weekend. They had excellent instructors helping out and a fantastic group of students! The 2012 Climbing Class will also be underway this month. It is led this year by Amanda, Erik, Gerhard, and Ira. Thanks to the co-chairs and all the volunteer instructors who work so hard to organize and teach this and other WAC classes!

There are several **Cabin events in March**. We are looking for excellent conditions for the annual Snoqualmie Loppet on March 11. The Vegetarian Potluck is March 17! The Climbing Class will have the instructors' clinics at Guye Cabin on March 17/18. Also that weekend is the WAC's "Skiing the Steeps" at Alpentel. Sign up if you want to improve your skills. A big thanks to Randy Oakley for pulling this together. Just a reminder- the first weekend in April is Sahalie's Mardi Gras. There will be no parking available for the WAC that weekend.

As the ski season winds down start making your plans to visit Guye Cabin in Spring & Summer. Many people say that Snoqualmie Pass is even more appealing in the summer! At these times you will find the Cabin is generally quiet and relaxed. We will do some work parties starting in May. We'll do a few Cabin improvements and will focus on Trail work and firewood. The Cabin is a great place to meet new friends and renew old friendships!

April 21/22 is the 11th annual Olympic Beach Cleanup, our yearly service trip. The winter storms, unfortunately, bring a new delivery of flotsam and jetsam to our beaches. We don't expect much from the tsunami this year (the eta is next year). Started as a grass roots effort by our good friend Jan Klippert, the coastal cleanup now goes all the way from the Long Beach Peninsula to Cape Flattery. The WAC portion is Hoh Beach. Come join the fun! We have participated since the second year and each year it has been even more fun than the year before! It makes everyone feel good to know they help clean up the only wilderness coastline in the lower 48. Come on out on April 21, to where the cold glacier water from Mount Olympus meets the Pacific Ocean! You can come for the day, or overnight. Sign up with [Mike](#).



President.....Mike Mahanay
1st Vice President.....Pat O'Brien
Treasurer.....Dave Wilson
Secretary.....Ira Rushwald
At Large: Susan Ashlock, Pat Beurskens, Mike Daly, Eli Holmes, Charles Muzio, Toby Young

What is the Washington Alpine Club? An all volunteer grass roots local community organization that supports outdoor recreation and each other. It is a huge effort to run our organization. There are almost 200 people that play key roles in teaching, organizing, and motivating students on a yearly basis. They do this for no reason other than the satisfaction it brings them to see others experience the wonders of the Pacific NW and grow in skills and confidence! A long standing tradition, the WAC began in 1893 helping to create Mount Rainier National Park, and is stronger than ever with 500 members! Most of them actually know each other. Do you know someone who would be a good fit for the WAC? Please take some time and introduce them to some of the many benefits our unique Club has to offer, and get them online to [sign up](#)! They will thank you for it!



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Honorary WAC Member (continued from page 1)



ground cover which stays dark and damp. This environment is ideal for small animals such as voles and squirrels.

What do Pine Martens like to eat?

Pine Martens spend a lot of time searching the forest floor for rodents. Martens prefer to eat Red-backed voles. They will also eat other species of voles, mice, birds, flying squirrels, reptiles, and rabbits. Martens will eat honey, insects, conifer seeds, worms, eggs, and even berries.

How do Pine Martens hunt?

Martens are fast, strong, and agile. They have lots of energy and leap from tree to tree zig zagging to find flying squirrels. They also forage along the ground poking their heads into crevices in rock piles, hollow logs and holes in search of prey. Sometimes they stalk their prey like a cat and other times they pounce at them from above.

Did you know that Pine Martens stay active all year round even in the winter?

Martens have special ways of keeping warm during the winter. They burrow into the snow which insulates them from the cold (or live at

Guye Cabin!) Martens look for hollows in the snow around tree stumps and shrubs to find mice and other small mammals. They even have fur on the soles of their feet to keep them warm and to create a snowshoe effect when they walk!

Do Pine Martens live in groups?

No, martens prefer to live alone. When adult martens run into each other they will often growl and show their teeth. They live in ranges of between 5-15 square miles. When there are plenty of voles and mice available the martens only need a small range, but when food is scarce they must cover more territory.

When are young martens born?

Martens give birth to their young in March-April. They usually have litters of 2-5 young. The mother finds a suitable tree hollow or an abandoned den to raise her young in. The young martens nurse for the first 6 weeks of their lives.

Adult martens begin to mate when they are 1 or 2 years old. They mate in the middle of summer. The young are born 8 months later. It is quite unusual for an animal of this size to have such a long gestation period. This 8 month delay is important because it allows the young to be born during the spring when there is plenty of food and the weather conditions are favorable.

Did you know that martens have been trapped for years for their beautiful soft fur?

Pine martens almost became extinct due to the heavy amount of fur trapping in the 1700-1800s. The fur was traded to Europeans and was highly valued because of its warmth and its soft, luxurious feel. Trapping still goes on today in this country but with changing

fashions and the increased awareness of the fur trade there is less demand for the marten fur. There are laws that protect the animals to prevent them from becoming extinct.

What are some other concerns facing the lives of Pine Martens?

Martens have very few enemies besides humans. Logging has had major effects on marten populations. Since the martens rely on old growth forests for food and shelter, clearing the forests leaves the animals hungry and homeless.

We are fortunate here in the Northwest, because much of the forest is inaccessible for loggers and their trucks. Pine Martens thrive here because of the large expanse of old growth trees and pristine wilderness.

What are some signs of marten activity?

Look for marten scat along fallen logs or rock piles. The droppings are about 5-6 inches long and may contain bits of nuts and berries. Their footprints are less than 2 inches wide and show 5 toe pads around a rounded heel pad. You may be fortunate enough to see a marten jumping from tree to tree!

Sources :

<http://www.wildernessclassroom.com/>
Casey, D. 1988. The American Marten. Dodd, Mead & Company, New York.
Stensaas, M. 1993. Canoe Country Wildlife: a Field Guide to the North Woods and Boundary Waters. Pfeifer- Hamilton, Duluth, MN.
Whitaker, J.O.Jr. National Audobon Society Field Guide to North American Mammals. Alfred A. Knopf, Inc., New York.

President's Corner (continued from page 3)

Guye Cabin Work Parties beginning in May

This year we would like to see if we can find folks to commit to working on certain projects at the cabin on specific weekends. This will allow us to have the materials and helpers etc they need to accomplish the tasks.

Here is the list we would like to do this summer. Some are must dos, and others are nice to have.

Normal summer work:

Chainsaw rounds / split wood

Trail work / yard work

Paint / repair outside Cabin

Guye Cabin Work Party Dates are on the website!

We would like to thank all our volunteers for helping us for the last year (and years past). Working together we have made the WAC into something very special. We certainly appreciate the continuing support of those who have already contributed. But we would especially welcome anyone who has not yet contributed in the past to take a volunteer job to help our devoted "regulars". We would like to get to know you better and we could really use your help. Volunteering with the WAC can be very rewarding and provide an additional avenue to finding interesting things to do with the club.

Vegetarian Potluck March 17 at 6 pm

This is the tenth year we will do the Vegetarian Potluck! Come up early and spend the day, or get some time in the snow and work up a big appetite. Everything will be specialty potluck. Please bring your very best hot dishes, main courses, salads, appetizers, vegetables, and/or desserts. Bring plenty to feed 5-10 hungry skiers. Can't cook? Just go by PCC and pick up something nice from the deli, or bring fresh daffodils or tulips, or lots of juices and teas.

Snoqualmie Loppet

Snoqualmie Loppet Sunday March 11

Fifth Annual! From Hyak to Cabin Creek. 9 am Mass Start

Here is a second chance (for those who hoped to do the Hog Noppet!) and an easy way to experience the fun, thrills, adventure, and drama of a long distance ski tour. What a great way to introduce people to the entire Nordic trail system at Snoqualmie Pass! This is an informal event with no sponsors, no support, no prizes, and no responsibility! Just a group of friends out for a challenging ski! I have some great shirts for \$20! We will arrange car shuttles to Cabin Creek.

The course is about 35 kilometers total distance, a little more than the Hog Loppet. You can also do any of the sections if you are not up to full Loppet. The first year in 2008 there were 6 of us, and in 2009 thru 2012 there were 30+ participants. Come join the fun!

1. New Hyak lift to the top and the upper trails at 9 am. Course instructions, then a mass start
2. Around Mount Catherine counter clockwise all the way to Hyak Lodge
3. Descend to the Iron Horse and the long fast 12K to the Stampede Pass Road
4. Ski North on the Stampede Pass Road, then enter the Trollhaugen trail system
5. Ski a loop in the Trollhaugen (visit their Cabin if you want)
6. Exit Trollhaugen and ski toward I-90 until you connect with the Stampede Pass Road
7. Walk the road, crossing I-90, and into the DOT yard
8. Bear slightly to the right and in a couple 100' join the Cabin Creek Trail System
9. Ski the Viking course and Berg course to the end!

There is no entry fee, however, you must have a trail pass to use the Summit Nordic Trail System, and if you park your car at the Cabin Creek finish you must have a SNO-PARK permit! It is recommended that you start promptly at 9 am for the best snow conditions.

We will meet at Hyak at 8 am sharp to shuttle cars to Cabin Creek. I am also willing to make a return trip if necessary. (Mike's cell 206.931.4713) There is no recommended ski gear or technique suggested. Classic or skate is fine. Faster skiers will complete in about 3 hours. Slower skiers perhaps 5-6 hours. It depends on your gear, your technique, your wax, the weather, grooming conditions, and your physical ability.

Please bring plenty of snacks and water. There is no support in terms of food on the course other than Hyak Lodge. This is a good stop for a hot drink or piece of pizza, and a place to leave a drop bag.

After the finish we will regroup for a tailgate party to relive the day's excitement at Advaark mobile café near the upper Hyak parking area. He has fresh Iron Horse Burritos, Tacos, Organic Juices and Treats.

Keep track of your time and we'll post the results.

Please RSVP with [Mike Mahanay](#)

Guye Cabin

Winter at Guye Cabin

In December, January, February, and half of March, the Guye Cabin is open Friday to Sunday. Friday opening happens in the late afternoon. If you show up on Friday, please help out by snowshoeing the trail to the cabin lower door and kitchen. Also shovel the stairs to the upper (exit) door and put out the parking signs.

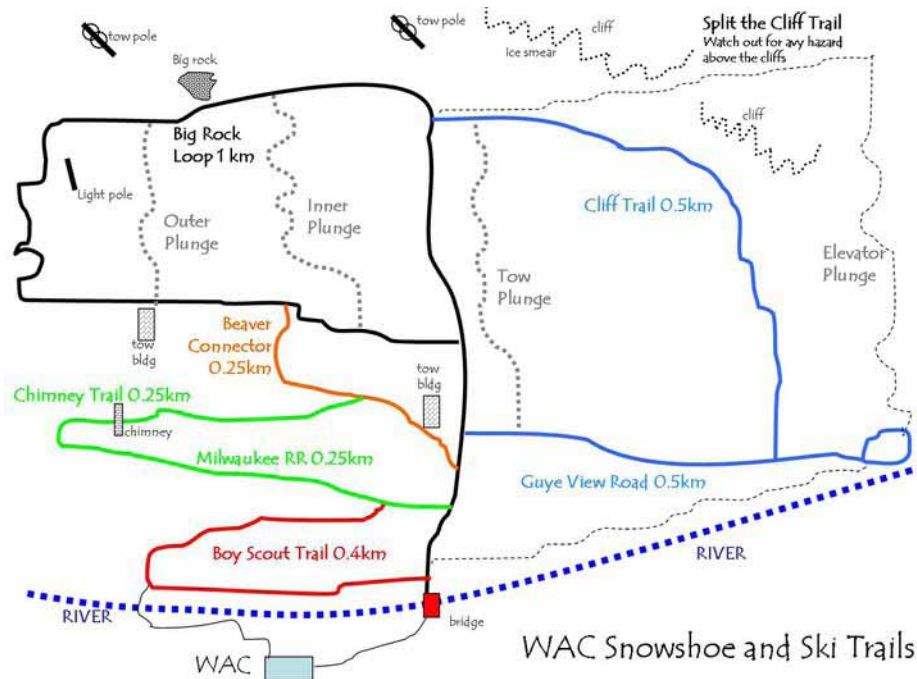
Make sure to:

1. Sign the sign in sheet and the registration
2. Place your payment in the envelope
3. Sign up to do a chore. This includes day users. Not sure what to do? **Ask.**

Sledding safety: There is a big drop-off on the right side into the creek. Build a berm on the lower right before sledding and direct all tracks away from the right (creek) side.

Watch the kids!

Trails: There is a marked 5km ski/snowshoe trail system across the bridge. The trails are flagged and color coded with wooden markers and intersection signs. Please, no post-holing on the trails. The trail will often be packed hard to the start of the Boy Scout Trail (just past the bridge), but after that you'll start punching through. Post-holing ruins the trails and creates a serious hazard (hidden holes). Please use snowshoes or skis on the trails! Snowshoes marked with green tape or paint are for WAC use. A trail map is attached (see above). All trails are fine for beginner snowshoers, but beginner skiers will probably want to stay on the Guye View, Milwaukee RR and Boy Scout Trails. Skiers wanting to get in some turns should head to the Big Rock Loop and try the Inner and Outer Plunges or do laps on the Tow Plunge.



Big cabin rules:

1. Do not park on Sahalie's side on the SOUTH end. The far NORTH end on the Sahalie side is OK/good. Be polite to Sahalie folks when they park on "our" side because actually all the winter parking is on their land and they are plowing it and allowing us to use parts of it for very little money.
2. **Quiet after 9pm**, really quiet after 10pm. Especially, teens that return 10:30-11pm after the lifts close need to be reminded about keeping quiet. Also adults use the upper sleeping area (women's and men's dorm) for peace and quiet. Kids/teens need to be reminded to respect that.
3. **No alcohol.**
4. The kitchen is not be used as a thoroughfare by kids (knives, boiling water = recipe for ER visit). **No running in the cabin.**
5. **No electronics that project publicly:** like radios or TVs or DVD players. Also the WAC

cabin culture encourages board games, card games, puzzles etc. over electronic games.

6. Enjoy the cabin and have fun this winter!

The following members are at the cabin almost every weekend during winter and can answer questions:

Archie
Zikans (Karel and Eli)
Sargents (John and Tami)
Mahanays (Mike and Doerte)
Balises (Michael and Magda)

Want to buy an annual pass for the cabin? You can do that with Google Checkout right now (scroll to the bottom of the webpage):

<http://www.wacweb.org/About/renew.view>
You can also renew your membership for 2012 and beyond at this website. Note: there is a list of folks that need to renew at the cabin. If you've recently renewed and your name is on the list, make a note because cabin chairs will be checking the list and reminding folks at the cabin who haven't renewed.

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 Dana Beck
14724 30th Ave NE
Shoreline, WA 98155

We hope that you continue to support the WAC!

E-mail:

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 WAC events, downtown at lunch, in West Seattle at Pat O'Brien's, or at 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/groups/6180692402

Washington Alpine Club

Extended Calendar

MAY 2012	
MAY 11 - 13	Alpine Climbs at the Pass
MAY 12	Work Party
MAY 18 - 20	Alpine Climbs at the Pass
JUNE 2012	
JUNE 16	Work Party
JULY 2012	
JULY TBA	Work Party
AUGUST 2012	
AUGUST 11	Summer Appreciation Party
AUGUST 25 - 26	Rhapsody Bike Ride
SEPTEMBER 2012	
SEPTEMBER 22	Work Party
OCTOBER 2012	
OCTOBER 21	Annual Meeting
NOVEMBER 2012	
NOVEMBER 3 - 4	Remote Wilderness First Aid (tentative)
DECEMBER 2012	
DECEMBER 8	New Snow Dinner



Washington Alpine Club
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FIRST CLASS

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