



# BULLETIN

## Annual Member Meeting Oct 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!

October, 2008  
Volume 91, Issue 10

**Washington  
Alpine Club  
Po Box 352  
Seattle, WA 98111**



Denny Trimble is stabilized in a Mountain Oriented First Aid practice scenario last fall at Guye Cabin. If you have not have a first aid class we encourage you to take advantage of this opportunity!

### Get involved!

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- **Annual Meeting Oct 19**

### MOFA Instructor Class starts Oct 09!

If you have your MOFA card already we really need you to sign up to become a MOFA instructor for our Club.

### MOFA Class is November 15/16! Sign up now!

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

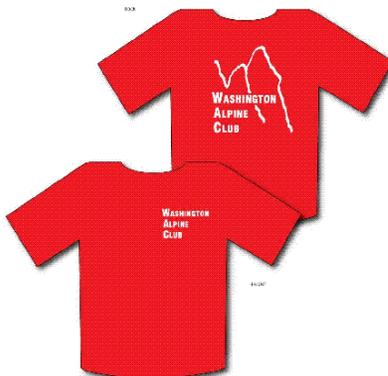
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**WAC technical T's**  
**Are almost gone!**  
**Have you got yours yet?**

You can pick them up at the  
Annual Meeting.  
S,M,L, XL,XXL

**Just \$20**



**WASHINGTON ALPINE CLUB**

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

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**MOVING ??-**

Send change of address forms to:  
 Washington Alpine Club, PO Box 352  
 Seattle, WA 98111

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

**Looking Ahead! WAC Calendar**

October 09 > MOFA Instructor Class Begins

October 18 > Fall Cabin Work Party

October 19 > GUYE Cabin Open House 10-2

October 19 > Tree Planting (100 trees)

October 19 > Potluck Lunch 12 pm

October 19 > Group Picture 145 pm

October 19 > Annual Meeting 2pm

Slide show after the meeting

Fall > Time to renew your membership

Fall > Telemark Applications open

November 15/16 > MOFA Class

December 13 > New Snow Dinner

**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@yahogroups.com](mailto:waclist@yahogroups.com)

Subscribe: [waclist-subscribe@yahogroups.com](mailto:waclist-subscribe@yahogroups.com)

Important: You must be a current Member! We have to approve  
 you before you can join. All we see is your email address unless  
 you tell us more. Please put your name in the comment sec-  
 tion. As much as we love you all, we haven't memorized your  
 email addresses, and if we can't figure out who you are from  
 your email address alone, then we'll deny your request. If this  
 happens to you just apply to join the group again and in the com-  
 ment section, tell us your name.

Does the WAC have your good email address?  
 You can check these things on the WAC website.  
 Please go to [www.washingtonalpineclub.org](http://www.washingtonalpineclub.org)  
 If your address changes please let us know!

If you don't have an account on the [www.wacweb.org](http://www.wacweb.org) you can  
 use the shared name and password:  
 User name: *climbing* Password: *climbon*

Thanks -George Snelling, Mike Garrison, Sim Larkin

# President's Corner October 2008

After a superb September of mostly dry and warm weather, fall has arrived!

Now is the time to take that last trip to the high country to see the larches in their stunning yellows. The huckleberries 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 to the peaks from Guye Cabin the highlands are alive with yellows, reds, and orange colors.

We finished 2008 with a very healthy 514 members. Our Club continues to improve and make things better. We have had a large number of people sign up for multi-year memberships! If you can, make it easier on yourself and sign up for 3, 4, or 5 years. The renewal process gets smoother each year. A huge thanks to Kristin Kaupang, our Membership Chair! The Membership Chair is one of the most challenging positions in the WAC! The entire Club appreciates Kristin's hard work!

We need a few folks to help with the 2009 Board of Directors. Specifically, Treasurer. Are you good with finances in challenging times? Consider helping manage the WAC check book for a couple of years (or more).

Lynne Miller is working on setting up a WAC ski pass program with the Summit. If you are betting on snow, hang on for a little bit until the details are worked out. 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 with perfect weather. They enjoyed perfect weather for most of the class. Thanks to Joe Sambataro and Todd Gitts for organizing and heading up the class! We couldn't have better co-chairs! As always, thanks to everyone who volunteered to help out with this class. It was very successful!

The WAC is fortunate that we are a 100% volunteer organization. Folks participate because they are motivated to teach others, help out where they can and do the right thing. Why do we volunteer our time and help out? One lady put it this way, "Mike, I do it because it makes me feel good inside." What other reason do you need? Motivation is having the encouragement to do something good. It comes from deep inside. Find a way to help the WAC, and help others.

Sunday October 19 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 10, Potluck at 12, Group photo at 1:45, Meeting at 2:00, afterwards we'll have a slide show! Who would want to miss this? If you can't come, be sure to 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. All the sides are traditionally potluck. It can be anything you want, so please give me an email or call soon if you would like to lead this Din-



ner. Audrey Pitigliano did a wonderful job last year with a pork loin roast. Yum! As always, this 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.

Tell your friends and neighbors about the WAC and encourage them to join. At \$30 for a year, we are almost free! There is no better place in the Pacific Northwest to learn all the outdoor skills—climbing, skiing, first aid, winter travel. The WAC also gives folks the opportunity to make new friends with common interests to enjoy the outdoors.

Now is the time to renew your membership and commitment to the WAC, and bring in new members to

Our Club has had a terrific year, and look forward to an even better one in 2009!

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

## Climbing Hiking Biking Skiing Partners

Many folks are looking for skiing, hiking, biking, and climbing partners. The Yahoo Waclist is a very effective way of looking for someone on short notice. Participating in Club events is also an excellent way of making new friends and finding long term partners.

## Can you help the WAC?

Are you interested in developing your leadership skills? Are you ready to be a part of the leadership team that will lead the Washington Alpine Club into the 21<sup>st</sup> Century? We have several positions available now.

We need a treasurer, and two at large positions.

Please contact any Board member for more information.

If you have the time, energy, and drive to assist with any of these things

please contact your President – Mike Mahanay at [mikem@grandcanyontreks.org](mailto:mikem@grandcanyontreks.org)

## The 2008 edition of the Intermediate Class

just wrapped up after an amazing run of four weekends in September with no rain-outs. Under the guidance of this year's co-chairs; Todd Gits and Joe Sambataro, the six 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:

<http://picasaweb.google.com/Michael.T.Daly/IntermediateClassSelfRescue>

<http://picasaweb.google.com/bengadbaw/ColemanGlacierSeptember2008#>

<http://picasaweb.google.com/ddaniell/WACIntClassRockI#>

Intermediate Climbing Class at Mount Baker by Anonymous

[http://www.wacweb.org/Trips/TripReports/default.view?\\_mode=details&RowId=454](http://www.wacweb.org/Trips/TripReports/default.view?_mode=details&RowId=454)

## The Last Polar Bear at the Burke Museum

The Burke Museum presents *The Last Polar Bear: Facing the Truth of a Warming World*, a powerful photography exhibit documenting the polar bear in its disappearing Arctic habitat. See more than 40 heartwarming photographs by environmental photographer Steven Kazlowski, who spent nearly a decade in this remote and delicate region. The exhibit will also include Northwest filmmaker Arthur C. Smith's *Ice Bears of the Beaufort*, a short documentary that provides a portrait of polar bear behavior. *The Last Polar Bear* runs through December 31, 2008.

Just print out this coupon for a 2 for 1 admission to the Burke! Perfect for an evening outing or that rainy fall day!



### **Renew your membership for 2009 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 to see when your membership expires, and send Kristan a check. Just go to this link, and scroll down to the renewal section- <http://www.wacweb.org/About/join.view>

Kristin will update the database for you. Thank you for supporting the WAC!

### **Mountain Oriented First Aid -> Enroll now!**

Learn how to treat injuries in the backcountry. Nov 14/16 at Guye Cabin.

There is a new format this year.

Instead of two weekends there is self-study prior to the weekend at our Lodge.

All the information at:

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

Thanks to Scott Calhoun for leading the MOFA effort for the WAC!

To sign up just email Mike at [mikem@grandcanyontreks.org](mailto:mikem@grandcanyontreks.org)

## **WASHINGTON ALPINE CLUB 2008 ANNUAL MEETING PROXY FORM**

The Annual Meeting arrives on schedule on October 19, 2008 - always the 3rd Sunday In October. The event is held at the Guye Cabin.

At the general meeting all WAC members will have a chance to vote on the agenda issues, including voting in the 2009 Board of Directors.

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 16th.

Washington Alpine Club  
PO Box 352  
Seattle, WA 98111

### **2008 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

## WAC Trip Reports! - *Post em' on the WAC website*

Intermediate Climbing Class at Mount Baker by Anonymous

<http://www.wacweb.org/Trips/TripReports/default.view? mode=details&RowId=454>

Ellingwood Ledges by Andrew Sullivan

<http://www.wacweb.org/Trips/TripReports/default.view? mode=details&RowId=453>

Photos at

<http://www.flickr.com/photos/andrewjohnsullivan/sets/72157607103798921/>

Powell River Forest Canoe Route by Eli Holmes

<http://www.wacweb.org/Trips/TripReports/default.view? mode=details&RowId=452>

Photos at

<http://picasaweb.google.com/e2holmes/PowellRiverForestCanoeRoute2008#>

### Intermediate Climbing Class at Mount Baker's Coleman Glacier

Last weekend the 2008 WAC intermediate climbing class made the annual pilgrimage to Mt. Baker's Coleman Glacier for their ice climbing and glacier travel lesson. The three day extravaganza went something like this:

Day 1: First order of business, after the mandatory safety meeting (starts with "by the way, we'll be practicing inside an active ice-fall this morning..." and ends with "let me tell you about the time a student fell into a crevasse like that one over there...") is to learn the french technique for climbing horizontal or moderate\* ice. We all thought french technique meant we would get to hang on to fixed gear like it does in rock climbing, but we were wrong. No, it means pretend your crampons don't have front points because those were invented by the Germans and walk around like a duck instead. Unless the ice is "moderate" in which case, since you can't use the front points and you can't duck walk up anything over 15 degrees, you need to turn around and climb backwards up the mountain kicking your legs in the air like une danseuse topless du Moulin Rouge. This is very dangerous and painful if you're not a topless dancer. Since only a couple of the students were topless dancers, the rest of us suffered a lot during this lesson.

After that, the agenda called for mock leading low angle ice up to an area where the class could practice building anchors. Mock leading means the students pretend like they are leading and the instructors mock their technique. Once we made it to a point where the ice was sufficiently moderate (see definitions below), we learned how to construct V-thread anchors. This is supposedly a safe and efficient method for getting down from an ice climb without leaving any valuable gear behind. A V-thread anchor is about what it sounds like -- drill a 'V' in the ice using a couple of ice screws (takes about an hour) then take an old coat-hanger and thread a piece of dental floss through the V (takes about 45 minutes if the holes intersect, a little longer if they don't), tie it off with a double fisherman's and rap down. The last part takes the longest because with that kind of bomber anchor you sure as hell don't want to weight the rope on the way down.

\*(a few definitions, as used by the geometry challenged WAC instructor core:

"horizontal" or "low angle" = steep "moderate" = really steep to vertical

"vertical" = overhanging "steep" = still falling out of the sky)

Day2: Starts with just enough french technique to leave the students sweaty, contorted and in pain, followed by the students laying facing down on the ice with a coil of rope around their neck and the instructors dragging them backwards down the mountain. I'm not sure what the point of

this exercise was, but the instructors seemed to enjoy it.

After that, we were finally introduced to the use of front points. It turns out the Germans put front points on their crampons so they could walk up and down moderate ice without all that burning pain in their ankles and calves. Apparently only Pat and the French refuse to use them.

The front point lesson started with the students climbing a vertical face barehanded, then with their ice ax and finally with two ice tools. This order was selected for the entertainment of the instructors.

Eventually we got on top rope to climb the steep stuff. The high point of the day came while we all observed a series of complex and delicate negotiations between an instructor belayer and student belayee. The negotiations involved a Tyrolean traverse, several vegetarian entrees and a bottle of some kind of alcoholic beverage. Everyone agrees the belayer lost out when we found out about the valuable concessions he left on the table.\*\*

(Side note - that very same instructor, still peeved because a student got the better of him in the negotiations spent the rest of the afternoon loading rocks in all the student's backpacks. Get over it TG.)

\*\* (Because some prospective students may be reading this report and I don't want to bias any future deals, I won't tell you what these valuable concessions were; if you ask around enough, I'm sure someone who was there will be more than happy to reveal them. In fact, you probably can't stop them from revealing them. Repeatedly.)

Today also saw the only bleeding injury of the weekend when one of the instructors was slicing baloney for his bagel and stabbed himself in the leg. He begged us to carry him back to the trailhead and call a helicopter but we decided to call it a "boo-boo," put a band-aid on it and told him to quit crying. Unfortunately that meant all the students had to do an extra half-hour of French technique, just because one student had to laugh out loud at him. (Thanks a lot KR.)

Day 3: Yes there was a third day this year. Moving the ice weekend up half a month meant that the weather was fine and for the first time in the history of the intermediate class we actually got out on the glacier for three full days. No one knows what genius figured this out.

The down side was that the instructors were completely unprepared for the extra day and ran out of food, Bushmills whiskey and MD20/20 long before the weekend was over. It also meant they had no specific agenda for the last day, so we just used our French technique to go up the glacier until it went past moderate to vertical and the topless dancers started falling over. Then we set up some top ropes and started climbing.

The instructors carefully selected one moderate, two vertical and one steep pitch for us to work on, then supervised the students as they argued and fought over the best way to build anchors for each climb that wouldn't kill us all over the next 4 hours.

Once the anchors were up, the instructors immediately went to work spraying, posing and bending their picks on the steep test piece, leaving the students alone to practice their climbing on the other routes, tend the anchors and occasionally laugh at the instructors.

The students were only interrupted once, when Joe Stallone, in a moment of bravado and egged on by all the posing, etc. decided to demo a vertical limit style leap from the top of a 6-inch wide ice fin to the middle of the test piece overhang. Of course once he actually stood up on the fin and looked at the

jump, he decided it would be a good time for a short didactic on the advantages and disadvantages of climbing with leashless ice tools. After an hour or so of this, the crowd figured out he was just stalling and demanded the jump. I don't actually remember if he stuck it or not, but I do remember 27 reasons why leashless is better than leashed.

Meanwhile, the students, without the instructors harassing them, quietly built up their skill and confidence practicing on the vertical routes and at the end of the day, with the instructors lying wasted at the base of the wall, the students, one after another, methodically polished off the test piece. Humbled, the instructors had nothing left to do but march everyone back down the mountain and off to the Beer Shrine for final penitence.

Je suppose que vous avez du etre la.

### **It's time to renew your membership!**

We hope that you continue to support the Washington Alpine Club and take advantage of all the opportunities that membership offers. Please send your renewal to Kristin Kaupang at the address listed below. email: [kekaupang@hotmail.com](mailto:kekaupang@hotmail.com)

Annual Dues (renewals)

	Regular	Senior	out of state
<b>Through Dec 2009</b>	<b>30.00</b>	<b>15.00</b>	<b>20.00</b>
<b>Through Dec 2010</b>	<b>60.00</b>	<b>25.00</b>	<b>35.00</b>
<b>Through Dec 2011</b>	<b>85.00</b>	<b>35.00</b>	<b>50.00</b>
<b>Through Dec 2012</b>	<b>115.00</b>	<b>45.00</b>	<b>65.00</b>
<b>Through Dec 2013</b>	<b>135.00</b>	<b>55.00</b>	<b>80.00</b>

Please consider adding an additional gift to your membership renewal check. Your contribution will help us with scholarships and major upcoming cabin expenses including construction of the new parking lot. Thanks for supporting your club!

Please send your check made out to "WAC", to:

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

If you need to update your member contact information, or confirm your email address is current you may do it online at [www.wacweb.org](http://www.wacweb.org)

### **Cabin Fees**

When renewing, members also have the opportunity to pay annual Guye Cabin fees in lieu of single day or overnight fees. These annual cabin fees are effective for the membership year. If you would like to pay for cabin fees please indicate on the return form what membership rate(s) and cabin fees you are paying for

Annual Cabin Dues \$70.00 per person  
\$100.00 for two family members  
\$120.00 for three or more family members (13 and older)

# Final 2008 Guye Cabin Work Party Oct 18 8-5

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 open except in the winter. Come up to play, stay, or work. Spend the day and night! Annual Meeting the following day!

### Firewood Detail

### Trail work

### Final Bridge work

**Bring your wood splitters, chain saws, rakes, clippers. Please RSVP (if you are good with electrical we have some lighting work too)**

**After lunch we will sign folks off to open and close**

#### Guye Cabin tasks still on the list

##### Inside

Paint projects - bathrooms, basement, chimney  
New carpet in hall from landing to women's dorm (in progress)

##### Bathrooms

Improve lighting  
Redo shower room

##### Ping pong room

New lighting for the ping pong room

#### Outside the Cabin

Repair siding in various areas (left over from new roof)  
Touch up paint – red and green

#### Outside in the Yard

Firewood detail (split and stack)  
Trail work

#### Needed Donations (must be nice)

New Ping Pong Table



## Annual Meeting October 19



Open House 10-2!



Tree Planting 10-2 (100 new trees!)



Potluck Lunch at 12 pm (bring your best)



Group Photo at 1:45 (look your best)



Annual Member Meeting at 2 pm



Slide Show after the meeting



**You will be able to renew your membership for 2009,  
pay your annual Cabin fees,  
buy a WAC technical T-shirt!  
Bring your checkbook!**



## Wicked Good Blueberry Cake

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

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

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 for 50 minutes or until toothpick comes out clean from middle of cake. Cool.

Remove from pan and dust top with powdered sugar.



The Washington Alpine Club  
PO Box 352  
Seattle WA 98111

**First Class**

Address Correction Requested

Do not forward

To: