



Good Tidings! The much hoped-for snow is here and people are beginning to get out into it. This issue of the newsletter was written in an effort to address the different aspects of cross-country skiing. We hope that both the novice and the veteran will be able to glean some knowledge from the ensuing articles--if nothing more---inspire you to get out into the wilderness!

COMING ATTRACTIONS

November 27-29. Thanksgiving ski tour into Canada's Garibaldi Park. A 4-hour drive from Edmonds begins this "non strenuous" trip. For further details contact Joan at 479-4692.

November 29. A cross-country ski trip to "wherever the snow is" (probably Paradise). This is a good chance for beginners to pick up some tips from an experienced skier--a great trip to start the season with. For information, call Hank Moravec at 876-1211.

December 7. If enough people are interested, Steve Tontini may give an on-the-snow lecture on avalanches at Paradise early Sunday morning. (If no one is interested, or the weather is too nice for lecturing, a trip to Muir may be substituted!) Snow conditions at the time will be discussed with its relevancy to avalanches and the proper use of rescue beacons will be demonstrated. A snow "pit" will be dug and the layers of snow analyzed. The rest of the day will be dedicated to cross-country skiing in the Paradise area. If interested call Steve or Sussette at 479-3892.

December 8. The regularly scheduled meeting of the PWC will meet in Room Art 103 at Olympic College at 7:30 p.m.. John Fuller, director of the

Nordic Mountain Ski School in Seattle, will present this month's entertainment. Two movies and two slide presentations are slated for this hour-long show. One movie depicts the first cross-country ski descent of Mt. Ranier which took place in July of this year; and one of the slide series relates the filming of this feat. The second movie demonstrates cross-country/downhill technique--just what the doctor ordered as a refresher before hitting the slopes this year. The last slide presentation relates skiing the Hawaiian volcanoes. Hope to see you there!

(Note: It has been customary to take guest speakers out to dinner prior to the meeting. If you are interested in meeting John Fuller in this informal setting, please contact Jim Busek at 871-4691 or Bob Shaffer at 479-4692.)

December 13-14. Climbers, a winter ascent of the Castle/Pinnacle is planned. If you are interested in this ski/climb, call Skip McKenzie at 373-2874.

January. A cross-country ski trip for novices wanting help with getting started the right way. Instruction will focus on basic techniques. For information contact Jim Busek at 871-4691.

Coming Attractions Continued

January 17-18. An overnight, cross-country ski trip is planned to Deer Park. Anyone who took part in the Mountain Marathon this summer will remember the area--three-sided log shelters, running water, and toilet facilities. For further details call Joan Jerrett at 479-4692.

February 22. The second annual Washington's Birthday climb of Mt. Washington. If interested call Dale Boyle at 377-9042.

First Quarter 1981. A cross-country ski vacation is in the making--tentatively planned for Sun Mountain Lodge in Winthrop--east of the Cascades. This area offers 50 miles of prepared trails, equipment rentals, a heated pool, etc. Because the lodge is already booked for weekends during this time, a midweek trip would be in order. Discussion regarding this trip will be held at the Dec. meeting. For information before that time, call Jim Busek at 871-4691.

A leaderless trip. Jorgen Nelson, a member of the Seattle Mountaineers as well as the PWC, recommended a short, interesting day hike--one that would be especially suited for children. The Rhodendron Preserve, out near Wildcat Lake, provides a pleasant forest setting for an afternoon's enjoyment--particularly right now as the salmon are running upstream. To get to the preserve from Bremerton, head north on Kitsap Way to the Lakewood Shopping Center. Turn left on North Kitsap Lake Way and travel 1.2 miles to the Seabeck Highway. Turn left again--.9 miles to the preserve.

Your Chance to Get Involved

Jim Busek and Steve Tontini are about to "tap" people whom we feel will be capable of leading a day or weekend outing with an emphasis on sharing their knowledge with others. A wide range of activities is anticipated with trips emphasizing cross-country skiing, white water, photography, climbing, mushrooms, backpacking, etc, etc. Jim and Steve's main problem is not being fully aware of the reservoir of outdoor knowledge contained in our membership. If you have an area of expertise (or know of a member who is too "shy" to offer his/her own) please let Jim or Steve or any club officer know.

First Aid Class Offered

A mountaineering-oriented first aid class is being offered through the Red Cross after the first of the year. The class will meet twice weekly to total 9 - three hour sessions, with a field practical ending the course. Topics to be covered include injuries, illnesses and decision making with respect to mountaineering. Upon completion of the course one receives a Mountaineering Oriented first aid card (MOFA) --which is required of all members of the Seattle Mountaineers. Dates and times are to be set. For information contact Jorgen Nelson between 10-5 at 275-2020.

Officers:

President.	Bob Shaffer.	479-4692
Vice President/Activity Coordinator.	Jim Busek.	871-4691
Treasurer.	Dale Boyle.	377-9042
Secretary.	Nancy Busek.	871-4691
Activity Coordinator.	Steve Tontini.	479-3892

CROSS COUNTRY SKIING!

Where to go....

The wings of winter are upon us and down from their summer homes come the cross-country skis. The smell of pine tar and base wax permeate the nostrils, old dried out boots soak up the waterproofing, knickers, long johns and colorful ski hats are searched out. Finally everything is readied for the first tour of the winter.

Well, where should I go this time, Mt. Rainier or Hurricane Ridge?Lord! Is that the only choice? Why can't I find some nice powder snow or some set tracks to run on for a change? ... Well cheer up Bunky, there is hope. Though virtually unknown, except to a few select powder purists and track truists, these options are available to all of us. Their precious secrets have been kept too long, its time to let everyone know.

If it's cold crisp powdery snow you seek as opposed to our Cascade Cement, there are some excellent spots. The Methow Valley, in the North Cascades, is phenomenal, a virtual mecca for cross-country skiers with miles and miles of prepared track as well as powdery wide open slopes. The temperatures and low moisture keep the snow crisp and ideal for waxing. Accommodations abound at Sun Mountain Lodge as well as numerous motels and hotels in Winthrop and Twisp. Though two or

good tracked skiing. Hyak has quite a few miles of set tracks and numerous others will be set this winter as the Washington Nordic Ski Federation attempts to achieve parity with the snow mobilers. In this, their first year, they have already cleared a number of trails in the Snoqualmie area and will soon be setting the tracks. East of Snoqualmie near Easton is a small area called Mountainholm. They offer lessons with their 10-15 miles of prepared tracks. They also have a small snack area with a blazing fireplace - a little hot blueberry soup and hot fire to warm your innards.

So what's your problem now Bunky? ...You want to ski off the tracks but tired of the same old place? Well, how about the backcountry around Snoqualmie or Steven's Pass, or the Mt. Baker area, which offers some beautiful open terrain and plenty of snow? Or why not try the beauty and serenity of our Olympic Mtns.? Many forestry roads rise up to 2,500 feet or more like LeBar Pass on the South Fork of the Skokomish or BonJon Pass up near the Quillicene. Or the trails you hike in the summer. All of these and more exist.

All this is to say, be creative, open your mind to all the possibilities. Don't get in the Mt. Rainier/Hurricane Ridge rut. Look at your maps, think about your backpacking trips as ski options. some

During winter conditions clothing must be adequate to protect against a variety of severe cold, wet, windy, everchanging conditions. Clothing in winter must be adaptable to provide comfort for these changing conditions. To conserve warmth, the traditional favorite has been wool; wool will keep you warm even when wet. Cotton such as blue jeans will conduct heat away from the body when you need it the most, thus should be avoided. Recently synthetics such as "Pile" garments and polypropylene underwear have been rapidly gaining favor among climber's and backpackers. These are lightweight and moisture can be wrung out more readily than for wool clothing. For our rainy wet climate, Gore Tex will keep you drier than anything else available. Several "layers" of efficient clothing will be preferable to one or two heavy coats; such "layering" helps you to adjust to changing conditions quite readily.

Once you have warm efficient clothing on you or in your pack, don't forget to bring sunglasses and sun screen; even on cloudy days the sun's rays are reflected everywhere. Sun screen should be applied at the beginning of your outing not when the sun comes out, you can get a good sunburn on a cloudy day. Sunscreen agents will also protect your skin against windburn and drying out.

An item that's really nice to have along for your lunchbreak is a site-pad--usually a piece of ensolite to insulate you from the snow while having lunch.

During a day outing you should have enough gear along to be able to survive unexpected occurrences which may force you to have to bivouac. Having the "10 essentials" gives you the ability to survive in relative comfort. The ten essentials are: Extra clothing, extra food, map, compass, first aid kit, knife, flashlight, sunglasses, sunscreen and fire starter.

Weather...

Mountain Pass Conditions
for the Highways. 464-6010

Snoqualmie Pass Area-
snow conditions & cross-
country conditions. 285-WASH

Hurricane Ridge road &
ski report. 452-9235

State Weather Forecast. . 285-3710

Weather Radio Station 162.55 MHz

T.V. Satellite picture

... Parking

The State Highway Dept. has available Snow Park Area Permits. The department plows out parking areas alongside the road on Snoqualmie, Steven's and White Pass and they guarantee to pull out any vehicle stuck in these areas. Vehicles not displaying a permit and found parked in these areas may be fined and towed. The permits are available for around \$5.00 and can be purchased at the Mt. Constance Mt. Shoppe.

What to avoid...

Avalanche Notes

The following is the first of a series of articles by Steve Tontini on the nature and dangers of avalanches.

DON'T GET SUCKED IN!

The leeward side of avalanche-prone ridge routes have features which are beguiling to backcountry travellers and skiers:

1. The leeward side of a ridge is more comfortable since it is protected from the wind.
2. The snow is deeper and smoother because the wind will pick up snow from the windward side of an obstruction and deposit it on the leeward side.
3. The windward side may even be somewhat swept free of loose snow, making it undesirable for skis or snowshoes.
4. The scarcity of trees (wiped out by previous avalanches) make for open runs and traverses in an otherwise wooded area.
5. A dangerous slope angle of approximately 40° will often entice expert skiers as a "run", or snowshoers and less expert skiers as a traverse (since they would be reluctant to work their way up or down such steep terrain to a safer route).

So does this mean that you must consign yourselves to windy, rocky, gentle slopes? Not at all. We have plenty of great backcountry here in the Pacific Northwest and we can enjoy it all the more by learning to respect and read the DANGER signs it does give us.

Rescue Beacons

Steve Tontini is making up a list of people owning rescue beacons (Pieps, Skadi, Echo) who would be willing to lend them out to club members heading out into dangerous terrain. Anyone wishing to put themselves on the list, please let Steve know. 479-3892

BOOKS

The following is a list of books you might find helpful in assisting you in your skiing endeavors.

- Beginners: Contemporary Cross-country skiing, by Pat Thornton
Cross-country skiing the Natural Way, by Leif Odmark
- Intermediates: Cross-Country skiing by Ned Gillette
- Advanced: Cross-Country/Downhill by Steve Barnett
- Racers: Caldwell on Cross-Country by John Caldwell
- Avalanche Safety: The ABC of Avalanche Safety, by Ladrapelle
- General Reference: Freedom of the Hills
- Where to Go: Snow trails of WA, by Gene Prater
Snow Tours in WA, a Signpost publication.

Veteran's Day Trip!

by Dale Boyle

It was one of those bright, clear crystalline mornings. The snow glittered as if spread with millions of diamonds. In front of us Rainier rose; once again clothed in purest white instead of the lifeless gray of ash. It was Veteran's Day and the first ski trip of the season at Paradise. Dee Molenaar, Dale and Lee Boyle, Jim Busek, Judy Harkness, Joan Jerrett, Werner Kripl, Charlie Miller, Skip McKenzie, Bob Shaffer, Steve and Sussette Tontini had all converged at the Paradise parking lot to cross-country ski in the two to three feet of new snow. Some sought favorite trails but the majority skied up above Alta Vista and spent the day playing with and/or learning the telemark turn on a small hill. After a most pleasant day we returned to Bremerton having to forgo the traditional stop at Moore's as they are open weekends only in the winter, we discovered.