



MOUNTAINEERING CLUB OF ALASKA

BOX 2037

ANCHORAGE, ALASKA 99510

FEBRUARY 1976

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FEBRUARY MEETING

NOTE CHANGE IN MEETING PLACE!

Wednesday, February 18, 1976, 8 PM, Dimond High School Cafeteria, 2909 West 88th Avenue. Chuck O'Leary, formerly an avalanche specialist with the U.S. Forest Service, will give a lecture on avalanche safety. Mike Heinz will present a slide show on the 1974 Arctic Valley to Girdwood ski tour. An alternate slide show on Byron Peak may be shown by Jim Hale.

BOARD MEETING

Tuesday, March 2, 1976, 8 PM, 2324 Loussac Drive.

HIKING AND SKIING SCHEDULE

February 14-16
Saturday-Monday

RESURRECTION TRAIL SKI TOUR. Cabins have been reserved for the two nights of the tour. Call leader Bill Stivers, 277-2869, for details.

February 15
Sunday

NORDIC SKI CLUB. FUR RENDEZVOUS CITIZENS' TOUR RACE (formerly Eagle River to Anchorage) this year will start at the Eagle River dump at 10 o'clock sharp. Take the first road to the right past the weigh station and go approximately two miles. The tour will go along Eagle River to Paradise Haven, a distance of about 15 miles, with one mid-way stop adjacent to the road. This point will also serve as a cut-off for those skiers only wishing to ski half the course. No skier will be permitted to start after 11 AM.

February 21
Saturday

NORDIC SKI CLUB. PORTAGE TO BEAR VALLEY. Meet at Portage Lodge at 10:30 AM.

March 2 or 3 or 4
Tuesday or Wednesday or Thursday

PROSPECT HEIGHTS MIDWEEK SKI OUTING, 10 AM to 2 PM. Call Donna Agosti, 279-2901, to indicate your day of preference. The group will lunch in the sun overlooking the city! Donna will have her mountain stove, so bring chocolate, soup, what have you.

March 6
Saturday

One day ski tour up middle fork Campbell Creek toward Williwaw Lakes and return, via Prospect Heights. Meet at Fred Meyer at 7 AM. Leader, Bill Stivers, 277-2869.

MINUTES OF GENERAL MEETING, MOUNTAINEERING CLUB OF ALASKA, 8 PM, January 21, 1976,
Pioneer School House, Third and Eagle, Anchorage, Alaska.

The meeting was called to order at 8:00 PM by President Bill Stivers. Preceding the business meeting there was a slide show presented by Jim Hale about a Mt. McKinley climb. The minutes of the previous meeting were approved. The Treasurer's report showed: Savings, \$412.69; Checking, \$593.54; Cash-on-Hand, \$42.88; for a Total of \$1049.11.

The Hiking Committee reported that the Arctic to Indian Ski Tour would be held on January 31 to February 1, and that the Resurrection Trail Ski Tour would be held on February 14-16. There was no Conservation Committee Report.

Nominations for Secretary were held. David Newcombe was nominated and, after no further nominations, elected as Secretary. Bill Stivers announced that the next meeting would be held at another location which would be announced in February's SCRES. Larry Becker reported that the Climbing Meetings being held at A.M.H. were not successful. Bill suggested a telephone co-ordinator for Club climbs. Fritz Reiger volunteered for temporary Climbing Co-ordinator.

Chuck O'Leary reported on the Pieps Avalanche Beacons. He said that they were available for \$37.50 compared to \$50.00 from R.E.I. He brought several beacons to the meeting for a demonstration. There was a sign-up sheet for interested persons. Chuck also reported that on the average Avalanche Beacons cut rescue time by two-thirds, and proposed a future show on Avalanche Safety.

Chuck Evans then brought up Off Road Vehicle Travel. He suggested an O.R.V. Committee and Bill Stivers suggested that O.R.V. travel could be dealt with under the Conservation Committee. Further news on O.R.V. travel will be presented by the Conservation Committee at future meetings.

After a break for refreshments, Gary Bocarde presented an interesting slide show on the Cathedral Spires Expedition. The meeting was adjourned.

David Newcombe
Secretary

PRESIDENT'S PEN

CHUGACH STATE PARK. We have received encouraging reports that State Division of Parks officials are leaning favorably toward a ban on hunting, trapping and shooting within the Chugach State Park. Conversely, the Department of Fish and Game is organizing opposition to the program. Historically, the Department of Fish and Game has managed wildlife for a maximum sustained yield to hunters. This stockyard/slaughterhouse concept has precluded development of a comprehensive program which appreciates and sustains the broad values of our Alaskan wildlife as related to an ecosystem. It is self-evident that with our rapidly growing population the stockyard/slaughterhouse management concept would not only derogate the experience of observing wildlife in a pristine wilderness environment, but would also threaten the very survival of species which compete with the human hunter. The wolf slaughter program now being implemented within two game management units is a corollary of this antiquated and deficient policy. Regardless of manipulation by game management personnel, hunting within the Chugach State Park would provide only token harvests for a minority. The population density of the Anchorage Municipality has seriously aggravated the potential destructiveness of sports hunting relative to hunter benefit. The Chugach State Park should be protected from human predation,

PRESIDENT'S PEN continued.

and preserved as a de facto wilderness area for the enjoyment of ourselves and future generations. Personal letters supporting the ban are urgently needed. Write: Russ Cahill, Director, State Division of Parks, 323 East 4th Avenue, Anchorage, 99501.

CLIMBING COORDINATOR. The Climbing Committee chair remains vacant. Fritz Rieger, 277-8979 (home), 279-8686, ext. 310 (work), has volunteered to coordinate climbing schedules. If you are interested in scheduling a climb or want to join a climbing group, call Fritz.

INSTRUCTOR REQUESTED. An instructor has been requested for a winter camping, winter survival and hiking course at a Homer school. If interested, call Bill Stivers, 277-2869.

GRAFFITI REMOVAL. The Division of Parks has requested volunteers for painting over graffiti on rocks above the Seward Highway. Tentative date for the operation is Saturday, May 15. Volunteers call Bill Stivers.

ICE CLIMBING COURSE. Fifteen participants completed the practical ice climbing training on January 11. Instructors were Terry Becker and Jim Hale.

WINTER CAMPING CLASS. On January 18, Marcel Terbeek, Joseph Kurtak, Bill Lindsey, Jim Shaddock, and Stu Schwartz completed the practical training by an overnight camp-out in the upper Campbell Creek drainage. They survived the balmy temperature of thirty degrees above zero.

OFF-ROAD VEHICLES. At the February meeting Chuck Evans and Bill Quirk will propose an MCA position relative to ORV use. Be prepared to express your ideas on this subject.

A VISIT WITH BRADFORD WASHBURN
by Dick Tero

It seemed very unusual to be sitting outside the office of the Director of the Museum of Science in Boston waiting to visit with one of the foremost experts on the mountain regions of Alaska. More than 4,000 miles separate Bradford Washburn's place of business and the mountains of the Great Land. I was in the "Hub" for a convention last October and had written Dr. Washburn that I hoped to be able to meet him; he wrote back he would be there and to give him a call. So I took the MTA (now "T") subway in Boston's eighty degree heat and humidity out to Science Park on the Charles River, not far from either the Boston Gardens (Celtics) or "Old Ironsides."

My appointment was for 4:00 PM and I had a few minutes to look over the mountain photos on the seventh floor of the museum. When the secretary finally led me into his office the first thing I noticed was a three by six foot photo of "The Mountain" from about Wonder Lake hanging above Washburn's desk. I was greeted by a very energetic white-haired man in his early 60's and we started talking Alaska.

Topics ranged from the passing of Don Sheldon, his thoughts on Don's skills as a mountain flyer, which led to a comparison with his famous father-in-law, Bob Reeves. Brad flew with the "Glacier Pilot" in 1937 on the first ascent of Mt. Lucania, 17,150 feet, in the St. Elias Range. He and Bob Bates ended up walking out 125 miles, including climbing Lucania, Mt. Steele and fording the wild Donjek River on inflated dufflebags to get to Burwash Landing. Bob Reeves had been just barely

A VISIT WITH BRADFORD WASHBURN continued.

able to take off the rotten snow of the Walsh Glacier and couldn't return. Washburn said the chapter in GLACIER PILOT entitled "Anywhere you'll fly I'll ride," quoting a reply of his to Reeves, was a pretty accurate account of that early day glacier landing at 8,500 feet. According to Admiral Byrd that was the new world's record for ski landings in those days of the Fairchild airplane.

Brad, at 24 years old, led a National Geographic Expedition through the St. Elias Range in 1975, naming Mt. Queen Mary, Mt. King George, and the Tweedsmuir Glacier. In 1970 I had crossed the glacier with friends when we were forced to carry our fold boats around Turnback Canyon of the Alsek River. Putting together an article on the history of the Alsek for the Alaska Journal, Dr. Washburn's letter had been most helpful to me several years ago and I really appreciated the time he gave me to compare our experiences in that awesome St. Elias Range. In 1974 we went back down the Alsek River intending to again portage the Tweedsmuir Glacier only to discover it had surged and broken up and was impossible to cross except by plane. So we, too, were forced to hike out about 70 miles to Dalton Post on the Haines Highway. I left our film showing the dynamics of that surging glacier with him to view at his leisure.

He talked about his latest endeavor--mapping the Grand Canyon in detail like his McKinley map. Still in good shape, he and his wife walked down the 5000 feet of vertical from the canyon rim to the Colorado River twice in one day, but were lifted out by helicopter. As I was leaving I mentioned it must have been interesting in his early days at the Explorers' Club meetings and he smiled saying, "Yes, Peter Freuchen, 'Dick' Byrd and 'Stef' [Stefansson] were still around!" I stopped on the ground floor of the museum to view the McKinley exhibit in its own large room containing about an 8 foot square model of the mountain and 50 or so three by four foot photos from over 2000 seven by nine inch negatives in the famous Washburn collection he took flying in the 50's with Sheldon.

It would be a very special evening indeed if the MCA could get Bradford Washburn to talk at a meeting some year!

THE MITRE--6651'

July 27, 1975

by Vaughan Hoefler

At 7:30 AM Sunday Pete Sennhauser, Ed Olmstead, John Mucha and I met at A.M.H. with the preconceived notion (in half our group) of climbing the Mitre. A quick discussion fully confirmed this, whereupon we jumped into the cars and headed for the Eklutna area.

Two hours later we met at our starting point, the end of the Eklutna road at the start of the tourists' trail. Shouldering our packs, we headed in the general direction of the glacier. Once on the glacier we quickly skirted to the top of the first icefall and entered the small valley allowing access to the Mitre's south face. Grass slopes, moraines, and snowfields eventually led to the base of the rock. At this point we took parallel lines, trying to cover easy scrambling with a minimum of time. After about 1500 feet of vertical gain our lines gradually converged onto the south ridge. The rock of the south ridge was somewhat looser, but the route straight forward. Another half hour to an hour saw us to the summit. The register was quickly found and indicated one previous ascent, that of Vin Hoeman and Bill Hauser in 1966. We signed in and prepared to lounge, almost. John noticed that our hair was standing on end and that our ice axes were buzzing.

THE MITRE continued.

We quickly packed up, and in teams of two took different lines of descent, John and I following our ascent route, and Pete and Ed trying a couloir. A few near misses saw us all to the appointed meeting place, and from there we beat a hasty retreat back to the cars.

PERIL PEAK--7040'
September 18-21, 1975
by Bill Brant

After planning yet another attempt on Carpathian Peak and being turned away in the parking lot by driving rain, Jim Olson and I headed back north for Eklutna Glacier. Having never been there, we quickly became lost in the lower icefall as we ascended into the clouds. We camped on bare ice, and the next day in clearing weather found our way through the maze of the upper icefall below the MCA cabin. Going was easy in crampons with impressive views into the depths of the gaping crevasses. Two miles up the West Branch of Eklutna Glacier we camped below the vertical face of the west ridge of Peril Peak. Morning greeted us with the first clear weather of the month. We hiked up the snowfield south of the ridge which rose to almost 5500 feet. Eight nervous pitches up a gully on snow and rotten, snow-covered rock gained us the ridge at its mid-point. Anchors for protection were as usual in the Chugach more psychological than real. Four more pitches and a few spread eagles where the ridge narrowed to one inch wide got us to the heavily corniced summit. The final obstacle was a 40 foot tower that was circumvented by tunnelling through armpit deep snow. The entire Chugach including our nemesis Carpathian glistened white under brilliant skies. Our joy in being there was dampened only by our fears about getting back down. Our gully route had turned into an un-delightfully moist waterfall, but rappelling from dubious anchors was necessary in only two places. We made it to our camp in soft alpenglow as the clouds whose absence allowed us the peak closed in again.

A NEW YEAR'S PEAK

or

Maybe it was Really March?
by El Rojohombre

Winter mountaineering in Alaska? It's supposed to be 40 degrees below, dark and miserable in January. Keep it under your hat, but the worst we saw during the first three days of January was minus two degrees with a light breeze and a little cloud on Kimble.

There were two of us at the start, one from Fairbanks and one from Anchorage. Off for College Glacier and some higher education on a little ridge up the peak affectionately known to us at 8100. Met a dog named Woofie, alone the way, who'd brought along his two people for a fun romp in the same vicinity. Dog was smarter than we because he kept his people tied in camp until we had plowed a foot deep trail up the glacier.

Fine, if short, day with good views to compensate for snow plow ordeal. Other guy was in terrible shape so I had to make plenty of rest stops to accomodate his pace. Camp in the dark at 6600 feet on ridge east of College Glacier.

A NEW YEAR'S PEAK continued.

Dancing lights got us off for the hill. Ridge had considerable merit, glad other guy led in a couple spots. Good place for photo freaks if the other guy doesn't mind photo belays. A few rocks, some steep snow and then dandy summit cornices. Saw a few hills from up there, Denali, too.

Dog let his people out for exercise and we met them part way up ridge. One claimed to have no previous climbing experience, a statement rather difficult to believe issued, as it was, from that ridge. Camp at sunset (2:30).

Next day saw some neat tip-toeing about on rocky towers then a fine, fast ski back to pipeline country.

HIGH ALTITUDE MEDICINE

The following information was submitted by William E. Brant, M.D., USAF. Dr. Brant used these summaries while teaching a pararescue medics course. He says he would be happy to go over the drugs and the medical syndromes with interested climbers, if requested.

MEDICAL PROBLEMS OF HIGH ALTITUDE MOUNTAINEERING**I. ACUTE MOUNTAIN SICKNESS**

Symptoms: Headache, dizziness, lassitude; loss of appetite, nausea; trouble sleeping
Signs: Rapid breathing and heart rate
Treatment: Descend if severe; rest; eat and drink liquids; short periods of voluntary hyperventilation may alleviate symptoms.

II. HIGH ALTITUDE PULMONARY EDEMA

Symptoms: Same as "I" plus: Shortness of breath at rest--key symptom; persistent cough; sensation of pressure in the chest; shortness of breath increases when lying down
Signs: Irregular breathing; Cheyne-Stokes respiration (hyperventilation followed by short periods in which breathing stops); gurgling, frothing respiration; wheezing; rales in lungs (crackling sounds heard with stethoscope)
Treatment: DESCEND immediately; continuous oxygen by tight fitting mask at 6-8 liters per hour (if available); avoid exertion; rest in semi-sitting position; if descent is delayed or patient is worsening give Lasix, 20 to 40mg every 6-12 hours.

III. HIGH ALTITUDE CEREBRAL EDEMA

Symptoms and Signs: Same as "I" plus: Severe persistent headache; depressed mentation--forgetfulness, loss of judgment, foggy thinking, confusion; nausea and vomiting; loss of balance - drunken gait; weakness of arms, legs, cranial nerves particularly on one side of body; hallucinations; seizures; unconsciousness, coma
Treatment: DESCEND immediately; give oxygen if available; give Decadrol 10 mg initially by mouth or intramuscularly, 4 mg by mouth or intramuscularly every 6 hours thereafter.

HIGH ALTITUDE MEDICINE continued.

IV. EYE PROBLEMS OF ALTITUDE--RETINAL HEMORRHAGE

Symptoms: Blurred vision; blind spots in visual field; loss of vision
 Signs: Hemorrhages can be seen only with ophthalmoscope
 Treatment: DESCEND; victim should probably never climb to that altitude again--permanent loss of vision may result; do not rub eye or jar head--may cause more hemorrhaging.

V. SNOW BLINDNESS

Symptoms: Severe eye pain; tearing, burning; extreme sensitivity to light
 Signs: Conjunctiva red; eyelids red and swollen
 Treatment: Patch eyes closed; apply cold compresses; give oral or intramuscular narcotics for pain; recovery usually occurs in 12 to 36 hours.

VI. SKIN PROBLEMS

SUNBURN: Occurs most frequently on cloudy days for the unprepared; best sunscreens contain: PABA--PreSun, Pabanol, Sea and Ski--or benzophenones--Uval, Solbar; but complete protection is avoided only by opaque materials like zinc oxide
 Treatment: Cold compresses; steroid cream (like Kenalog cream)
 DRY SKIN: Skin dries out rapidly at altitude and in the cold; healing of cuts, scratches and fissures is markedly delayed
 Treatment: Use a moisturizing skin cream like 20% urea cream; protect skin from sunburn.

HIGH ALTITUDE MOUNTAINEERING MEDICAL KIT

RECOMMENDED DRUGS	AMOUNT	USE	DOSAGE
Aspirin, 325mg	100	Pain, fever	2 tabs every 4 hours
Tylenol III with 32mg Codiene	20	Pain	1 or 2 tabs every 3-4 hours
Tetracycline, 250mg	40	Antibiotic	1 tab every 6 hours
Lomotil	40	Diarrhea	2 tabs every 4 hours
Neosporin ophthalmic ointment	7gms	Eye and skin infection; Apply 3 times daily	
20% urea cream	2ozs	Dry or cracked skin	Apply 3 times daily
Zinc Oxide ointment	15gms	Sunburn protection	As frequently as needed
Decadron, 0.5mg tablets	200	Cerebral edema	8 tabs (4mg) every 6 hours
Lasix, 40mg	20	High altitude pulmonary edema	$\frac{1}{2}$ to 1 tab every 6-12 hrs.
Demerol injection tubex 50mg	4	Severe pain	50mg IM every 4-6 hours
Triamcinolone cream 0.1%	15gms	Skin rash, sunburn	Apply to skin 3 times daily

ALASKA RESCUE GROUP NEWS

March meeting, 4 March 1976, 7:30 PM, Room 101, Community Center, 6th and G Streets (across street from Hill Building). The ARG Board will meet in the same location at 6:30 PM to conduct business. All ARG members are welcome to attend the Board meeting. Prospective members invited to attend regular meeting beginning at 7:30 PM.

Message from the Chairman:

In my opinion, the sole purpose of the administrative office of Chairman of the ARG is to support the Rescue Leaders on search and rescue missions. The Rescue Leaders are very important members of ARG. They direct the main function of the organization--SAR missions. All other ARG activities must lead to support of these missions.

My goal during my term of office is to develop more skill and ability in each member and as a rescue group. To this end, I urge that each of us look to ourselves, first for training, preparation, fitness and above all attitude. As ARG members you have volunteered for the highest purpose of all, reducing human suffering and saving lives. We must now be prepared to carry out this purpose with the utmost skill and confidence.

Leo Hannan, Chairman
Alaska Rescue Group

What is the ARG?

The ARG is a volunteer mountain rescue organization available to assist the public when human life is in jeopardy, especially where access is difficult due to technical terrain and/or adverse weather.

Where: Anywhere in Alaska where ARG skills and equipment are needed.
Training: First Aid, Avalanche, Rock Climbing, Glacier Travel, Ice Climbing, Skiing, Snowshoeing, Map and compass, Back-packing, Arctic and Subarctic Survival.
Equipment: Organizational--ARG provided; Personal--member provided.
Cost to the Public: Nothing. ARG is supported financially by its own members and by donations from interested parties.

Report on PIEPS I Avalanche Beacons:

The 15 PIEPS I beacons have been used on two field sessions. The consensus of opinion seems to be that they perform adequately, although some practice and experience is required in order to be able to use them efficiently. The location of a buried beacon takes a little doing and is not quite the easy matter that is depicted in the sales literature. The PIEPS I beacon is a valuable aid and any ski mountaineer, winter mountaineer or back-country ski tourer should consider purchasing one. ARG will continue to use the beacons in all avalanche practices and they will be available for emergency SAR use.

Hypothermia Blanket:

The purchase or construction of this piece of equipment is now under consideration. If anyone has information or experience with one contact Denny Williamson, First Aid Committee Chairman, (W) 752-4888.
