# the **SCREE**

## **Mountaineering Club of Alaska**

June 2008 Volume 51 Number 6

Monthly Meeting Wed, June 18 @ 7:30 PM Program: to be announced

Great Guns, this is a go! ~Mark Twain

The Ptarmigan A Trip to the UK El Obispo, Ecuador Bread Loaf Peak - POM

## The Mountaineering Club of Alaska

"To maintain, promote and perpetuate the association of persons who are interested in promoting, sponsoring, improving, stimulating and contributing to the exercise of skill and safety in the Art and Science of Mountaineering"

Join us for our club meetings the 3<sup>rd</sup> Wednesday of the month at the First United Methodist Church, 9<sup>th</sup> Avenue and G Streets next to the ConocoPhillips Building (you may use marked parking after hours).

Contact information is provided on the back page or visit us on the web at www.mcak.org.

**Cover photo:** Stan Olsen on El Obispo, Ecuador. Wayne Todd photo.

Article Submission: Articles and photos are best submitted on the web at MCAK.org. You can also attach a word processing document to an email. Due to formatting problems please do not submit material in the body of an email. We prefer articles that are under 1,000 words. To get on the cover, a photo should convey the feeling of mountaineering and show human endeavor.

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**Change to Meeting Time?** 

## **Hiking and Climbing Schedule**

- 2nd or 3rd week of June Pika Glacier/Little Switzerland Glacier Travel and Technical Climbing Trip. 5-7 days. Airfare required. Contact Robert Kaye if interested 907-355-1787.
- June 9, Flaketop and Peak 3 Contact Tim Harper for details Silvers78@gmail.com
- June 12, Bird Ridge Contact Tim Harper for details Silvers78@gmail.com
- Saturday, June 14th Sunday, June 15th Mystery Overnight Hiking Trip Leader: Annette Iverson, 907-222-0581
- June 16, Potter to McHugh Creek Contact Tim Harper for details Silvers78@gmail.com
- June 17, Little O'Malley Contact Tim Harper for details Silvers78@gmail.com
- June 19, Falls Creek Contact Tim Harper for details Silvers78@gmail.com
- Friday, June 20th Saturday, June 21

Annual Sumer Solstice Flattop Sleep out. Class B, Elevation gain 1500+ distance 2-3 miles Leader TBA

June 27 (eve), 28 & 29 Grant Lake area.

Huge peak to be attempted Saturday. Come and hike, fish or day-trip as preferred. Gorgeous views. A canoe crossing of Trail Creek available Fri eve and Sun aft. Call Tom C. at 333 5309 for arrangements and details.

July 18 to Aug 3, Survey Pass and Shivering Mountain Gates of the Arctic National Park, Class C, \$200 air charter deposit per person due by May 1. Costs: \$320/person Fairbanks to Bettles and return, estimated air charter \$610/person Foley Lake drop off from Bettles & Natak Lake pickup Party limit 5. Leader Don Hansen 243-7184, donjoehansen@msn.com

Friday, July 25th - Sunday, July 26th

Women's Crow Pass Traverse, Class: D-E. Elevation Gain: 2,000'. Distance: 26 miles Come join other women in MCA for this classic Chugach traverse. Will hike to Crow Pass after work Friday, camp at Thunder Gorge on Saturday and hike out Eagle River Sunday. Good fitness required. No dogs allowed. Leader: Jayme Dixon, 907-382-0212 or jaymelmack@hotmail.com

## The Ptarmigan Anonymous

The ptarmigan is strange As strange as he can be Never sits on ptelephone poles Or roosts upon a ptree And the way he takes pto spelling Is the strangest thing pto me

Photo by Michael Funke



## A Trip to the UK by Marcin Ksok

In 2006 Kate and I set out on a trip around the UK. The itinerary included some outdoor activities which required lugging around a rope and full trad rack in our backpacks-not easy if you plan on camping for two months. The first major stop was Pembrokshire Coast National Park in Wales. After missing a train connection due to the lousy rail service and being dropped off in the wrong city, we caught a lift from a local family of three traveling in an already cramped vehicle. Utilizing some magical power, the driver stuffed both of us and our packs inside and went out of his way to deliver us to the final destination of a small village named Bosherston. We ended up at a pleasant camp park (campground) behind a private farmhouse. Next morning we walked a few kilometers toward the coastal cliffs and met some climbing locals who showed us around. The access to climbs was a little nerve-racking: at the edge of the cliffs metal stakes, pipes and rebar were driven into the ground, using the above as anchors we repelled, hoping to be able to climb back out after pulling the rope. There was no other way to get back out but to climb out. Standing on a ledge above crashing waves, basking in warm sun and admiring the fearsome cliffs I couldn't help but think that it might have been the most beautiful rock climbing area I have ever visited. The rock proved wet and slippery, and cams and crack gear a little scary in sea-eroded pockets, but hand holds were good and the angle stayed below vertical. Although out of climbing shape, and with less than optimal gear, we managed to finish a few routes and enjoyed every minute of it.

#### **Coastal Cliff Climbing in Wales**



A week or two and numerous rain storms later we ended up on the Isle of Skye in Scotland. We were told of the beautiful landscape here, but not of the clouds obscuring it. Nevertheless we managed to get a hike in through wet and boggy Sligachan Valley and completed a day traverse of Red Cuillin peaks. It was a windy and cloudy morning; therefore, we were unable to see the tops of the mountains, which form a horseshoe-shaped ridgeline. After about an hour the clouds surrounded us and visibility dropped to 50 feet, but the path was well marked with cairns and inspired confidence. A few hours later we reached the fourth and highest of the peaks Squrr Mhairi at 775 meters. The whole time we never got a break from the clouds and occasional rain. From there it was a long descent down a scree slope back to the two-house town of Sligachan.

#### **Red Cuillin Horseshoe**



The next goal was Ben Nevis, highest point in the UK. We planned on doing some long rock route on the north face, but due to rain and clouds had to settle for the tourist path. After setting the tent at a camp park in Glen Nevis (glen-valley) we headed up for the mountain, starting at the trailhead at noon. The summit was, and remained in clouds, but the weather below treated us with occasional sunshine. The trail was marked with cairns, stone-paved and well maintained, we could not complain about a lack of company either. The path steadily gained altitude exposing wonderful views of valleys and hills around us. We zigzagged up scree fields before becoming enveloped by a dark cloud. On the top we found two storm shelters and about fifty other "hill walkers." The way up took about three hours and in another two we were back at the tent. The next day we headed out for shorter rock climbs of Polldubh Crags located on the southern slopes of Ben Nevis. There is no bus service to the crags and hitching a ride in Scotland proved impossible; we walked up the road for an hour or so trying to get a lift without success - so much for the highland hospitality we heard about. The rock was rewarding, although slightly wet, the dark granite proved grippy, gear placements solid and secure, and green

scenery of Glen Nevis stunning. Unfortunately, after only two or three routes the rain came, ending our last adventure in the UK.

#### Views from Ben Nevis



Wales proved to be very picturesque with friendly, eager to help people, but Scotland captured my imagination due to its vast open spaces, rolling hills and a wild and rugged feel. It is not a place for the sun-seeker, while camping we had to endure two day-long downpours, almost daily drizzles and strong winds, not to mention biting insects called midges, which constituted a painful annoyance.



## El Obispo, Ecuador 17,446' by Wayne L Todd

The El Altar mountains located in the Sangay region of Ecuador receive 400" of precipitation per year. With this in mind, but with a friend's high recommendation, six Anchorage friends and our suave guide Nicholas placed this on a climbing agenda.

With pack mule support and wearing rubber boots (highly recommended for the ankle to knee deep mud on the trail), we hiked from town to the Italian base camp at 15,000 feet (about 5 miles and 4,000' of gain). The hike up valley is through pamero (3-foot high grass tussocks), along numerous flowers with views of distant long waterfalls. One of those falls drains from a lake that the Italian camp overlooks.



The last section before Italian Camp is along an alpine ridge typically in wind and rain. We had a typical experience.

Randy had the foresight to bring along a heavy plastic tarp that was fastened into a cover for a cooking and

#### Volcano Country All photos by Wayne Todd

eating area. We also used his axe to dig water trenches around the tents.

Glimpses below through rain and snow clouds revealed a blue lake in a deep cirque, filled by many long waterfalls. Above, a ridgeline with steep snow and rock spat views of various summits.

A reconnaissance day to the base of El Obispo in poor weather revealed conditions and a route suitable for only a small group.

If there were no more snow that night and if the weather remained adequate the next day, Stan and I were to accompany Nicholas up Obispo.

We hike out of camp by headlamp at 4 am in lightsucking fog and mist. At our previous day's highpoint, we gear up by natural light (crampons, harness, rope, helmet and ice tools). Nicholas leads over a small bergschrund and up 45° soft snow to a cliff band. (He leads all day). Heading right, we stay on snow over quasi ice inclining to vertical before topping out onto a 30° snow field directly lit by sun.

We are now above the clouds and have views of a nearby orange-tinged rock ridge, our looming rock and snow peak, and below - a glacier and snow covered ridges tapering to lakes through mottled clouds. The direct sun rays sucker us into shedding some clothing on the mild penitentes snow.

Minutes later we are in shade with a light breeze, wishing for more clothing.

The route traverses the inclining snowfield leading to a 50°70° ice gully banked on the right by vertical r ock.

Nicholas supplants the two very worn rock station belays with a couple of screws.

At a point where I can see the summit ridge up the gully, the route (and presumably the summit) is fairly clear in my mind.

Nicholas suddenly climbs back and right up the near vertical rock with crampons. Stan and I do a "what the ...", verbally acknowledging rock is not our forte. Trusting the chicken-head holds, we traverse the short rock section without incident.



Back on moderate snow, we head up in sun once again, crossing an 8' rock band before the snow tapers to the summit. Below the rock band, Nicholas tried his "una mas hora" line, but Stan and I know better from an earlier climb. After nine pitches, we are ready for the top.



From the summit we have short views of the summit ridge left and right (90° drop to the north - hence the abrupt rock traverse route), a distant ridge, two ash plumes from Tungurahua and a single ash plume from Sangay.

We head down at 10:30 am, not able to lounge on the summit due to the softening snow. We reverse the order, with me, Stan, then Nicholas descending. We rappel the rock section into the gully, but the ropes want to stay. A Herculean pulling effort by Nicholas eventually recovers the ropes. Stan thought my rope was 5 meters longer after that. Between that and a rope-feed anchor fiasco, we lose over an hour.

Up high the sun is intense and warm, but avalanches are dropping with more frequency and our crampons are balling up.

The rest of our rappels go smoothly, though with three climbers not expediently. We sacrifice a picket for a dead man anchor to rappel the last very steep and softening snow section.

Stan and I leisurely return to camp about 4 pm in the digitally sephia'd snow (the fresh snow had melted revealing the previous ashen gray covered snow but with wisps and trails [from our hikes] of white snow).

A cheery welcome bursts from under the plastic in camp as we emerge from the now raining clouds. Stan and I appreciated the sacrifices others had made so we could climb.

Hunkering under the plastic, we swap climbing stories of the day. Later, in darkness, we venture out for the frequent lightning display.

Guided by Nicholas Moranda (Highly recommended) Accompanied by Randy Howell, Larry Oliver, Stan Olsen & Sally Balchin, and Carrie Wang. 12/14/2007



## Peak of the Month: Bread Loaf Peak by Steve Gruhn

Mountain Range: Brooks Range; Schwatka Mountains Borough: Northwest Arctic Borough Drainages: Angayu Creek and Reed River

Latitude/Longitude: 67°25'20" North, 155°10'9" West Elevation: 5477 feet

Prominence: 1027 feet from Peak 5627 (near Angayu Creek and the Reed River)

Adjacent Peaks: Peak 5093 (near Angayu Creek and the Reed River), Talus Mountain (6429), Peak 4848

(near the Reed River), and Spalook Peak (5014) Distinctness: 927 feet from Peak 5093

USGS Map: Survey Pass (B-5)

First Recorded Ascent: August 12, 1968, by Alvin DeMaria, Charles Loucks, David Roberts, and Sharon Roberts

Route of First Recorded Ascent: From the west Access Point: Near the mouth of the Iyahuna River at an elevation of about 1875 feet

Very little has been written about Bread Loaf Peak. The peak was mentioned in Dave Roberts' trip report for Mount Igikpak that appeared in the 1969 *American Alpine Journal*. The peak's name appeared on a map on page 298 and a brief record of the ascent of Bread Loaf Peak appeared on page 303.

In late July 1968 the party flew from Bettles to a gravel bar on the southwest side of the Noatak River near the mouth of the Iyahuna River. After four days of traveling up the Noatak River, up Tupik Creek, through Angiaak Pass, and down the Reed River, they established a base camp on the west side of the Reed River at an elevation of about 3000 feet and commenced a month of climbing peaks. Three days after DeMaria, Loucks, and Dave Roberts made the first ascent of Mount Igikpak, the three joined with Sharon Roberts to climb Bread Loaf Peak from their base camp to the west, descending the south ridge.

Peak 5446 6109 409%J Peak 67 Angiaak Pass Reed River Bread Loaf Peak 48511 3 4594 at Ja 02 RK NAT PA TUT 11 O E R C C 5563 7 Spalook Peak 4988 7 Angayu Creek Peak 5427 Peak 5093 40.35 RCT THE WILDERNES

Map created with TOPOI® @2003 National Geographic (www.nationalgeographic.com/topo)

For Sale

Have a large amount of static rope/gear for fixed lines. It was used once on a glacier traverse set up in Black Rapids for a race but the section was cancelled and the ropes removed before teams traversed it. Its in great shape. Here's the list:

Approx 10000 ft of 10mm Sterling HTP Static rope (http://www.ahsrescue.com/p-1140-sterling-htp-staticrope.aspx approx value \$.88/ft ~ \$8800): will sell all rope, including bags for \$3500 or \$.35/ft)

Or	buy	by	the	bag	-Rope	Bag	breal	kout	(all
measurements estimate, bags included in rope price):									
8 bags of 800 to 850 ft sections: \$200/bag									
1 bag 950 ft:							\$250	)	
1 bag 500 ft (2 sections - 1 of 430 ft, 1 of 70 ft) \$75									
1 b	ag 16	00 ft						\$350	)
125 Omega Jake Quik-lok 23 kN Carabiners									
(approx value \$18 ea ~ \$2250):								\$12	
each or \$1375 for all of them									
					prox val		) -	\$30	
2 3/8" drill bits (approx value \$20) -								\$10	
1500 ft of plastic (polypropelene?) yellow rope									
1" diameter (approx value									
\$.20	)/ft ~ \$	<b>300</b> )	:					\$150	)

Total estimated value (WELL below retail, of course) is around \$11,420 Will sell everything for \$4500. Call or email Marc. 907-350-8222

PS: All funds raised in selling this gear are going to support 4 Wounded Service Members to climb Denali in June 09, check out:

http://www.theveteranscoalition.org/operation\_denali/

Marc, 907-350-8222, marc.hoffmeister@us.army.mil

## Letters to the editor

During recent meetings, the U.S. Geological Survey's Board on Geographic Names approved the name Taq' Nust'in Mountain for a 2370-foot peak near Upper Talarik Creek and the Newhalen River in the Alaska Range. The BGN also did not approve of the proposed name Mount Bearzi for a 7030-foot peak near the Witches Cauldron in the Coast Mountains because Michael Bearzi, whom the proposal intended to commemorate, was determined to not have had a longterm association with the peak.

#### Steve Gruhn

Alpinist.com reports that Ben Gilmore, Maxime Turgeon, and Freddie Wilkinson made the first ascent of Bat's Ears Peak (11044) near the Lacuna Glacier in the Alaska Range in late April. Their route was on the south face.

http://www.alpinist.com/doc/web08s/newswire-alaskabats-ears

http://www.alpinist.com/doc/web08s/newswire-alaskamax-turgeon

Steve Gruhn

## **Parting Shot**



Jaccuzzi au SOMMET du Mont-Blanc 4807m, 13 septembre 2007

## MOUNTAINEERING CLUB OF ALASKA MEETING TIME PREFERENCE SURVEY

The Mountaineering Club of Alaska is conducting a survey of its members concerning the starting time of our monthly meetings. Your input is requested.

Currently, the Mountaineering Club of Alaska conducts our monthly meetings, the third Wednesday of each month at 7:30 p.m. at the First United Methodist Church at 725 West Ninth Avenue (corner of Ninth & G Streets, downtown Anchorage).

The Mountaineering Club of Alaska is conducting a survey. We are accepting written comments and votes. Please vote on the following meeting time preference. (1 vote per active membership) The MCA Board will review all written comments and votes. Thank you for your input.

(Please check one)

**O** 6:30 pm

**O** 7pm

**O** 7:30 pm (Current Time)

**O** No Preference; (Please explain why below.)

Membership	p N	ame
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First

**Additional Comments:** 

Ballots may be submitted: In person: at the next monthly meeting. By Mail: **P.O. Box 102037**, **Anchorage**, **Alaska 99510-2037** Online: www.mcak.org

Last.

#### **MCA Trip Classifications**

The classifications below do not take into account individual trip hazards such as river crossings, scree slopes, snow fields, bears, etc. Trip leaders are required to inform the trip participants of any such hazards either verbally, on the sign-up sheet, or in the trip description. Leader approval is required for participation on all trips. NON-TECHNICAL: Following are a few standards used to classify nontechnical trips. The classification is made in terms of hiking distance and altitude gain. Many trips are not on established trails.

CLASS A: Easy hikes with a maximum distance of 8 miles for day trips or 4 miles per day for overnight trips. Altitude gain up to 1200 feet.

CLASS B: Trips involving a maximum distance of up to 12 miles for a day trip or 6 miles per day for an overnight trip. Altitude gain of 1200 to 2500 feet.

CLASS C: Trips up to 15 miles for a day hike or 8 miles per day for an overnight trip. Altitude gain up to 3500 feet. Scree, steep grass or other rough terrain problems may be encountered.

CLASS D: Hikes and climbs with an altitude gain of over 3500 feet or a distance of greater than 15 miles for a day-hike or greater than 8 miles a day for an overnight trip. Peaks in this classification may require minimal climbing skills.

CLASS E: Hazardous climbing conditions or stream-crossing conditions may be encountered. A basic mountaineering course may be required.

TECHNICAL: Technical trips are open to all qualified climbers. However, the registration on any particular trip must be restricted to a safe and manageable number of climbers. Registration is made directly with the leader, who determines the qualifications needed for the trip.

GLACIER TRAVEL: Trips requiring roped travel over glaciers. Knowledge of crevasse rescue, and ice axe and crampon skills are required. Basic understanding of ice and snow anchors also required.

FIFTH CLASS: Trips which involve fifth class climbing. A Basic Mountaineering course or equivalent is required. Knowledge of belay and rappel techniques and placing anchors is required. Climbing difficulty varies widely with each trip.

TRIP PARTICIPANTS have the obligation to acquaint themselves with the nature of the trip and to verify that it is within their capability and experience. Anyone wishing to participate in any trip above CLASS A must have completed one or more trips of the next lower classification, or the equivalent.

Approved: MCA Board, February 15, 2000

#### **General Rules for MCA Sanctioned Trips**

- 1. Proper equipment is available from the trip leader.
- 2. No dogs. (Among the reasons are bear problems.)
- 3. The trip leader can require special equipment and refuse participation to any person that is ill-prepared (e.g. inappropriate clothing/gear).
- 4. The leader's suggestions are to be followed. Do not go off alone, return or rush ahead without his (her) permission, and don't ford a stream before the leader assesses the situation. Remember, this is a club trip and the leader must know where all participants are. Anyone separating from the group without the leader's approval is no longer considered a participant the MCA Sanctioned trip.
- 5. The trip leader has the authority to split the group (fast and slow), dependent upon current conditions. However, he/she must appoint a qualified co-leader to lead the second group using the guidelines specified in the current Trip Leader Responsibilities.
- 6. Trip participants who, in the leader's opinion, put themselves or other members of the group in danger by disregarding the leader's suggestions, shall be subject to sanction by the club. Sanctions may include, but are not limited to, reprimand at general meeting, exclusion from future trips, termination of annual membership, or lifetime exclusion from the club.
- 7. You must sign up on a trip roster (club meetings) or contact the leader, and you must have signed the club waiver to be on a club trip.
- 8. If you find you cannot participate after signing up on the roster, please let the leader know, both for transportation and gear-planning and so someone else can go. If you are the leader, help find a replacement.
- Total number of people on club trips: Minimum: 4 (for safety reasons) Maximum: Leader option, depends upon the trail and campsite conditions, but generally limited to 12 in trail-less areas or State/ National Parks
- 10. Firearms are not encouraged, and please let the leader know if you want to carry one it will be leader's option. Aerosol bear repellent is preferred.

Approved: MCA Board, February 15, 2000

#### RELEASE OF LIABILITY-READ CAREFULLY

\_\_\_\_\_ (initial that you have read this paragraph)

#### GIVING UP MY LEGAL RIGHTS

By signing this Agreement, I agree to give up for myself and for my heirs all legal rights I may have against the MCA and my fellow participants in MCA activities (except to the extent that insurance coverage for any claim is provided by an automobile insurance policy or related excess insurance policies). I give up these legal rights regardless of whether the injury, death, or property damage results from mistakes or negligence on the part of either my fellow participants or the MCA. (As used in this agreement, MCA means the Mountaineering Club of Alaska, Inc., and all of its officers, directors, guides, instructors and trip leaders.) I understand this agreement shall remain in effect until such time as I provide signed written notice of its revocation to the MCA.

\_\_\_\_\_ (initial that you have read this paragraph)

#### **MY PROMISE NOT TO SUE**

I agree that I will not sue, or otherwise make any claim against, the MCA or my fellow participants in MCA activities for injury, death, or property damage which occurs in the course of my participation or instruction in mountaineering sports. Any lawsuit relating to MCA activities or this release shall only be filed in the Superior Court for the State of Alaska, Third Judical District., Anchorage, Alaska. The provisions of this release are severable and if any part of this release is found unenforcible, the remaining provisions shall remain in full force and effect.

\_\_\_\_ (initial that you have read this paragraph)

#### **MY RELEASE OF LIABILITY**

I also agree to release and discharge the MCA and my fellow participants in MCA activities from all actions, claims, or demands, both for myself and for my heirs, dependents, and/or personal representative, for injury, death, or property damage occurring in the course of my participation or instruction in mountaineering sports.

\_\_\_\_\_ (initial that you have read this paragraph)

#### **MY PROMISE TO INDEMNIFY**

I agree to pay all expenses, including attorney's fees and court costs, that the MCA or my fellow participants in MCA activities may incur as a consequence of any legal action arising out of injury, death, or property damage suffered by me.

\_ (initial that you have read this paragraph)

#### **MY CONSENT TO MEDICAL TREATMENT**

I consent to any hospital care or medical or surgical diagnosis or treatment which may be necessary as a result of my participation in activities with the MCA. I also understand and agree that I am solely responsible for all applicable charges for such medical treatment, including evacuation and/or rescue cost.

\_\_\_\_\_ (initial that you have read this paragraph)

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A BINDING, LEGAL AGREEMENT BETWEEN ME AND THE MCA.

Dated:\_\_\_\_\_

Signature:\_\_\_\_\_

Signature of Parent or Guardian (if under 19):

## Mountaineering Club of Alaska

President	Sean Bolender	830-5102	Board member	Andy Rembert	243-7184
Vice-President	Annette Iverson	222-0581	Board member		688-3230
Secretary	Bridget Paule	230-9903	Board member		382-0212
Treasurer	Travis Taylor	382-4823	Board member Board member	Steve Parry	248-8710 529-0618

Annual membership dues: Single \$15, Family \$20

Dues can be paid at any meeting or mailed to the Treasurer at the MCA address below. If you want a membership card, please fill out a club waiver and mail it with a self-addressed, stamped envelope. If you fail to receive the newsletter or have questions about your membership, contact the club Treasurer. The Post Office will not forward the newsletter.

The 'Scree' is a monthly publication of the Mountaineering Club of Alaska. Articles, notes and letters submitted for publication in the newsletter should be submitted on the web at www.mcak.org or e-mailed to the Scree Editor. Articles should be received by the monthly club meeting (third Wednesday of the month) to be in the next month's Scree.

Paid ads may be submitted to the attention of the Vice-President at the club address and should be in electronic format and pre-paid.

Missing your MCA membership card? Stop by our monthly meeting to pick it up or send a self-addressed stamped envelope and we'll mail it to you.

Mailing list/database entry: Yukiko Hayano and Randy Plant - 243-1438 Hiking and Climbing Committee: Randy Howell - 346-4608, Jayme Dixon - 382-0212 Huts: Greg Bragiel - 569-3008 Calendar: Stuart Grenier - 337-5127 Scree Editor: John Recktenwald - 346-2589 Web: www.mcak.org (change your address here) Mailing list service: MCAK@yahoogroups.com

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