

MOUNTAINEERING CLUB OF ALASKA

BOX 2037

ANCHORAGE, ALASKA 99501

DECEMBER 1971

VOL. 14, NO. 12

ATTENTION! HEAR YE! HEAR YE! PLEASE NOTE: MEETING DATE CHANGE for the month of DECEMBER ONLY!!

THE DECEMBER MEETING WILL BE DECEMBER 15 - a Wednesday...8:00 p.m...Central Junior High Multipurpose Room...December 15, 1971...PROGRAM: Mini slide show--A surprise--come see!.. business meeting...refreshment break...Betty Ivanoff Menard will show slides of Mt. McKinley.

BOARD MEETING...Monday, January 3, 1972...7:30 p.m...at Kathy Selken's...3808 Indiana Dr.

#### MCA CALENDAR

December 18-19 (Sat.-Sun.) ANNUAL FLATTOP SLEEP-IN commemorating the shortest day of the year...details and a map may be obtained at meeting...may either climb up by yourself anytime Saturday or with a group--time and meeting place to be announced at meeting...bring log to the top...any questions, call Wendell Oderkirk (344-8744).

January 9-10 (Sat.-Sun.) NORDIC SKI CLUB NEWSLETTER announces Snowbird Mine Overnight. Details to be announced later. Their meetings are the first Wednesday of each month at Central Junior High or contact President Leo Hannan (277-4748) or Newsletter Editor J. Whittaker (344-2456).

January 15-16 (Sat.-Sun.) Proposed Winter Camping Survival School. Details to be announced at the December meeting.

January 22-23 (Sat.-Sun.) Winter Mountaineering Glacier School. Details to be announced at the December meeting.

#### PRESIDENT'S PEN

Bob Spurr has accepted Chairmanship of the Outings Committee, relieving Bill Barnes of his responsibility so Bill can concentrate entirely on the Training Committee.

Bob is a past president of the MCA. He has been in Fairbanks and "Outside" for the past couple of years but is now back in Anchorage instructing at AMU.

I am personally very happy to have Bob heading up this Committee. He has climbed extensively in the State and has numerous first ascents to his credit. His experience is welcomed. Glad you are back with us, Bob!

--Wendell Oderkirk--

#### MINUTES OF MCA MEETING--November 18, 1971

The meeting was brought to order by our new president, Wendell Oderkirk, who invited all new members to sign our guest book and have a copy of our paper, SCREE.

The last secretary's report by Carol DeVoe was read by Kathy Gorham with one correction



Minutes continued--

being noted as to the \$10 donation to the Parks and Recreation Council rather than \$20.

Tom Meacham has offered to take over the chairmanship of the Conservation Committee recently vacated by Barbara Winkley. He had no report as of yet but did add that as many as possible should write or submit their views on the Katmai Wilderness area plan coming up.

Bill Barnes will be our new Training Committee chairman with plans to be announced later.

Equipment report by Joanne Merrick showed all is well and accounted for.

Kathy Selken was introduced as the new editor of SCREE and asks that all material be mailed to her at 3808 Indiana Drive as early as possible every month.

Nothing new yet on the "55 HIKES" book.

Barry Kircher invited people to contact him if they have a trip they might like to show for program later on.

John Samuelson will be leading a ski trip out on the Winner Creek Trail on Nov. 20th for all those interested. Those going were asked to sign up later during the meeting.

An amendment in the by-laws made at the last meeting was opened for discussion on the addition of the Training Committee to the line-up of the other NCA committees. It was voted on and passed that it be added.

Randy Renner invited everyone to a Thanksgiving Eve party to be held at his place. Bring anything and call for directions if needed.

It was noted that Marsha Freeny will be in charge of the refreshments and may be calling on members from time to time.

The meeting was adjourned for the Mini slide show of the Suicide Peaks by Ted Ireton and slides of McCall Glacier in the Romanzof Mountains by Bob Spurr.

Respectfully submitted,  
Kathy Gorham---NCA Secretary

The Alaska Rescue Group presents.\*FOOD FOR THOUGHT\*

GENERAL PROBLEMS OF SURVIVAL  
Survival Stresses (con't)

(6) FATIGUE

In survival, fatigue is an ever-present source of strain and reduction of efficiency with which survivors must cope. The effects of overexertion are well known and include temporary reduction of work capacity and effectiveness, and feelings of weariness and unpleasantness. You as a survivor should be aware of the dangers of over exertion. In many cases you may already be experiencing strain and reduction of efficiency as a result of other stresses, such as heat or cold, dehydration, hunger, or fear. You must judge your capacity to walk, carry, lift, or do any necessary work, and plan and act accordingly.

You may find it necessary to exert yourself to an unusual degree to cope with some extreme emergency. If you understand how fatigue works and the attitudes and feelings generated by various kinds of effort, you should be able to call on available reserves of energy when they are needed. You must avoid complete exhaustion which may involve physical and personality changes, including impaired liability to injury and accident.

Fatigue is an inevitable consequence of exertion, but there are ways to lessen its effects. You should also be able to recognize the feelings of fatigue so that you are able to determine your ability to perform a necessary action in an emergency.

Fatigue sets in more quickly when the work requires greater effort and when the rate of exercise is more rapid. The sooner you reduce output on a given task, the less marked is the rate of decline thereafter. The following procedures improve performance not only by preventing the onset of fatigue, but also by their effects on boredom, motivation, skill and other aspects of behavior.



Rest is the basic factor in recovery from fatigue and also important in resisting further fatigue. It is essential that the rest following fatiguing effort be sufficient to permit practically complete recovery; otherwise the remaining fatigue will accumulate and require longer rest to recover from subsequent effort. There is sound evidence that the rate of recovery from fatigue during rest is more rapid during the early stages of rest than it is later. This is true of muscular fatigue as well as mental fatigue. Sleep is the most complete form of rest attainable and is of basic importance in recovery from the fatigue of daily activity.

Short rest breaks during extended stress periods have been found to improve total output from five to twenty percent. There are five ways in which rest breaks are beneficial: (1) they provide opportunities for partial recovery from fatigue; (2) they help reduce energy expenditure; (3) they increase efficiency by enabling you to take maximum advantage of planned rest; (4) they relieve boredom by breaking up the uniformity and monotony of the task; and (5) they increase morale and motivation.

Rest should be taken before output shows a definite decline. If rest breaks are longer, fewer may be required. When efforts are highly strenuous or monotonous, rest breaks should be more frequent. In deciding on the most desirable rest period, if a choice is possible, the loss of efficiency resulting from longer hours of effort must be weighed against the absolute requirements of the survival situation.

Fatigue can also be lessened by using methods which reduce the effort expended. You can do this in several practical ways: (a) adjust the pace of the effort. You must balance the load, the rate, and the time period. Walking at a normal rate is more economical of effort than going at an uncomfortably fast rate. (b) adjust the technique of work. The way in which you do the work has a great bearing on reduction of fatigue. Economy of effort, using no more effort than the task requires, is most important. Rhythmical movements, suited to the task, are best.

The feeling of fatigue involves not only the physical reaction to the effort, but also subtle changes in your attitudes and motivation. Remember that you have reserves of energy to cope with an important emergency even when you "feel" very tired.

Fatigue is an enemy of survival. Try to set up a program of rest. Size up the situation. Don't overestimate your strength -- but remember, if you have to go on, you can.

...information from: Outdoor Living: Problems, Solutions, Guidelines-MRA

The good word of the day is THANK YOU:

THANK YOU - Liska Snyder, formerly Editor of SCREE, a SPECIAL THANK YOU to you. We appreciate your conscientiousness and the work you did over and above that required.

THANK YOU - A well deserved, hard earned round of applause to last year's Committee Chairmen and Officers. "You did good".

THANK YOU - Also, last always it seems but definitely not least...thank you so much, too, to those of you in the background--without you it's "no go"--mailing staff, trip leaders, typist, people who write up trips, number crampons, serve refreshments, etc., etc., etc. Bless your hearts!!

#### MCA PROFILE: Vice President Tom Meacham

Born in Scottsbluff, Nebraska on Jan. 17, 1943...raised in Loveland, Colorado, 1946-1961, in the shadow of Longs Peak, 14,256', which he had never climbed until May, 1971!! Sort of like living in Anchorage for 20 years and never doing Flattop...attended Loveland High School...graduated from Dartmouth College in Hanover, N.H. and the Univ. of Colorado Law School...passed the Alaska Bar Exam in Nov...works for Ely, Guess & Rudd...the U.S. Army originally brought Tom here...from 1967-69 he was in the Military Police at Fort Richardson...joined MCA Nov. 1967--soon after he had arrived



after viewing Clarence Serfoss' slides of the south face of Mt. McKinley at an NCA meeting - delusions of grandeur...his wife, Jane, is a librarian at Service-Hanshaw... she was here with Tom from Aug. 1968 until they moved to Colorado in 1969...belonged to NCA at that time...no kids or dogs (yet!). Hiking background as a youngster in Colorado but no serious climbs there; mostly fishing and camping...didn't really become actively interested in mountaineering until joining NCA, mainly due to economic factor, though he had always had an underlying interest in peaks and those who climbed them...except for a few recent scrambles in Colorado, all his technical experience has been gained in Alaska...interests: classical and pre-classical (Baroque) music, especially brass; also bluegrass and folk music (by Cisco Houston especially); tinkering with cars (though nothing serious enough to keep it from running) and photography (especially wildlife, when he can find it).

#### CONSERVATION COMMENTARY

The NCA's conservation energy this past month centered on the proposed management plan for Chugach State Park, and the public hearing on that plan held in Anchorage on November 17th. After a series of committee meetings, and after several discussions with the planning group designing the park plan, the NCA Chugach Park Advisory Committee decided to strongly endorse the proposed plan. A statement to that effect was read at the public hearing, and several suggestions for implementing the plan's broad concepts were also made. A copy of the Club's statement is available from Tom Neacham or Frank Nosek, if anyone wishes to read it in detail.

The NCA as a club did not take a formal stand concerning the proposed plans for Lake Louise or Hatcher Pass study areas, nor on the Katchemak Bay Park plan, since the committee's authority and efforts were concentrated on the Chugach plan. However, several Club members as individuals gave statements at the hearing concerning Hatcher Pass.

Not all of the action last month was found on the state park front, since the U.S. Department of the Interior also held hearings in Anchorage to gauge public sentiment on the creation of formal Wilderness Areas in Katmai and Glacier Bay National Monuments. Barbara Linkley testified on an informal basis for the NCA, supporting both plans in concept. The hearing record for both Wilderness proposals is open until December 18th for the submission of written comments. Personal experience is a weighty factor in a hearing analysis, so if any NCAers have visited Katmai and/or Glacier Bay, please write a note to the hearing officer before Dec. 18th. And if you haven't been to either area, but support the concept of the Wilderness Act (or oppose it, for that matter), send your comments just the same. The address for both Katmai and Glacier Bay proposals is:

National Park Service  
U.S. Dept. of the Interior  
605 T. 4th Avenue  
Anchorage, Alaska 99501

More Wilderness Act action is scheduled for this month, when the U.S. Fish & Wildlife Service holds a hearing on December 17 concerning the classification of a large part of Unimak Island Nat'l. Wildlife Refuge as a Wilderness Area. The address for submission of written comments is:

U.S. Department of the Interior  
Fish & Wildlife Service  
6917 Seward Highway  
Anchorage, Alaska 99502

The amount of federal land in Alaska presently classified as Wilderness is almost a joke, comprising by far the smallest percentage of land devoted to legally-protected wilderness in any western state. The deadline for such classification is 1974. Seven years have expired since the Wilderness Act was passed, so what amount of Wilderness



Alaskans inherit after 1974 will be due entirely to public and private efforts in the next three years.

Some influential community "leaders" and opinion-makers, including a local newspaper, the chamber of commerce, and the state government itself, appeared shocked to learn that 83% of the Alaskan responses to the Katmai Wilderness proposal were in favor of the plan. These organizations have apparently launched a concerted drive to oppose all future wilderness proposals regardless of their details or individual merit, as indicated by recent public statements and editorials. Any Wilderness in Alaska is going to need a lot of "home-folks" support to overcome the predictable barrage of flak aimed in its general direction by our citizens of affluence and influence. So do your part!

--Tom Neacham--

#### WINNER CREEK SKI TOUR

November 20

John Samuelson

Two other hardy (fool, that is) souls, Phil Fikkan and Jim Rogers, and I ignored the previous week of thawing and raining and determined to uphold the MCA outing schedule. After the first obstacle, a hazardous traverse of the parking lot at Alyeska which we did unprotected, we put gobs of blue klister on our skis. This proved to be entirely unequal to the task of gliding over the rocks and moss, and maintaining any control on the intervening patches of ice that always seemed to intervene on the hills, so we abandoned the route in favor of the drier snow of the Crow Pass Trail. We drove to the end of the last snowmobile track where we were cheered to find the snowmobile with a set of snowmobileboot tracks leading back down the trail. A pleasant climb up the road and trail through new untracked snow to the Girdwood mine was followed by a somewhat less pleasant lunch in the limited shelter of an old boiler, and an even more pleasant run back down the trail, much of which was again untracked, due to a gentle but persistent breeze.

#### HAT-SCREE-SAID-WAY-BACK-THEN-DEPT.

##### 10 years ago...December 1961

Newly elected officers for 1962 were: Pres. - Howard Schuck, V. Pres. - Gene Morning, Sec-Treas. - Marjorie (Prescott) Maagoe, Board - Johnny Johnston.

##### 5 years ago...December 1966

Nick Parker and Dave Meyers left with six days worth of food (in Aug.) from Eklutna Glacier for a traverse to Girdwood. They encountered fierce winds, snow and driving rain; were stranded, soaked and foodless in their tent for 10 days; eventually got too weak to hike out even when the weather cleared. On the 11th day they got a food drop by plane from Paul Crews and later a helicopter rescued them. They each lost about 15 lbs. in the ordeal...This issue also contained an interesting account of the mountaineering history of the Kenai Range, written by Vin Hoeman.

\* \* \*

In the moonlight at 5° below zero, facing Mt. McKinley and their nearly completed cabin, Betty Mary Jane Ivanoff and George Menard were married at Ermine Lake, Denali State Park, November 26. Fifty-five guests--friends through climbing, the Peace Corps, Nepal, the frontier cabin life--stood around them in the snow through the ceremony and celebrated with them afterward in Kent and Martha Smith's Chulitna River Lodge.

Betty, MCA secretary for several months the past year, was part of last spring's Mt. St. Elias expedition which had to cancel because of bad weather. She then turned around, and on a moment's notice, climbed Mt. McKinley with three German climbers who needed a fourth. Betty thus became the first woman Eskimo to the top of Mt. McKinley.

---Marie Lundstrom---



BITS AND PIECES

DUES: To continue receiving SCREE, you must pay your dues by the end of the year. Anyone not paid by January 1, 1972, will be removed from the mailing list. A list of rates and address are at the end of SCREE.

CONGRATULATIONS are in order for Tom Neachan. Tom was notified in November that he passed the Alaska Bar Examination. Gee, we knew you way back when.

In March another supply of mastheads of SCREE will need to be printed. If anyone is interested in engineering a new one--drawing it himself/herself or having someone draw it--contact Kathy Selken (277-8269).

ADDRESS CHANGES

		<u>WORK</u>	<u>HOME</u>
BIRBOWER, Barbara	3105 . 33rd, Anc 03	272-9461	279-7008
		(ask for Lab)	
CRENS, Paul	740 I St., Anc 01	277-5605	277-4076
FERCHE, Ludwig	Box 4-1732, Anc 09		279-0054
McNEMELY, Jane	Box 4-1617, Anc 09		279-0054
KEESE, Gordon	Box 535, Girdwood 99587		No telephone now
SCHUCK, Howard & Elinor	2701 Valley Forge Circle, Anc 02	279-5501	344-7365
ULMER, Jerry & Scott	2231 E. Speedway, Tucson Ariz 85719		

NEW MEMBERS

		<u>WORK</u>	<u>HOME</u>
ABEL, Maarina	2112 Churchill Dr., Anc 03		
DACON, Hugh	Star Route A, Box 1649 Anc 02		344-2618
BOUSHAN, John	RD #2, Delanson, NY 12053		
BROOKMAN, G.R.	1220 F St., Anc 01		277-8886
COOLIDGE, B. J.	Box 2006, Anc 01		344-1007
FARLEIGH, John & Family	1651 Parkway Dr., Anc 04		333-4623
HENDRICKSON, David	Star Rt. A, Box 1714K, Anc 07		
JOHNSON, Barry	1029 . 3rd	279-5622	279-3292
MOORE, Ferris	123 Brattle St, Cambridge, Mass 02138		
PANK, Robert Dr.	7450 Tangle Court, Anc 04		333-0825
TODD, Gilbert	3805 Shannon Circle, Anc 04	272-6414	279-7794
TILSON, Tom	Dept. Earth Sciences, Montana State Univ., Bozeman, Montana 59715		
WISS, Rhett	1703 . 36th Apt. L, Anc 03		272-3276
ZIEGLER, Jacqueline	3901 Northwood #9, Anc 03		

SCREE

Monthly publication of the Mountaineering Club of Alaska (affiliated with the Anchorage Department of Parks and Recreation). Please send material for the January SCREE to Kathy Selken, 3808 Indiana Dr., Anchorage, Alaska 99503 by Thursday, January 6.

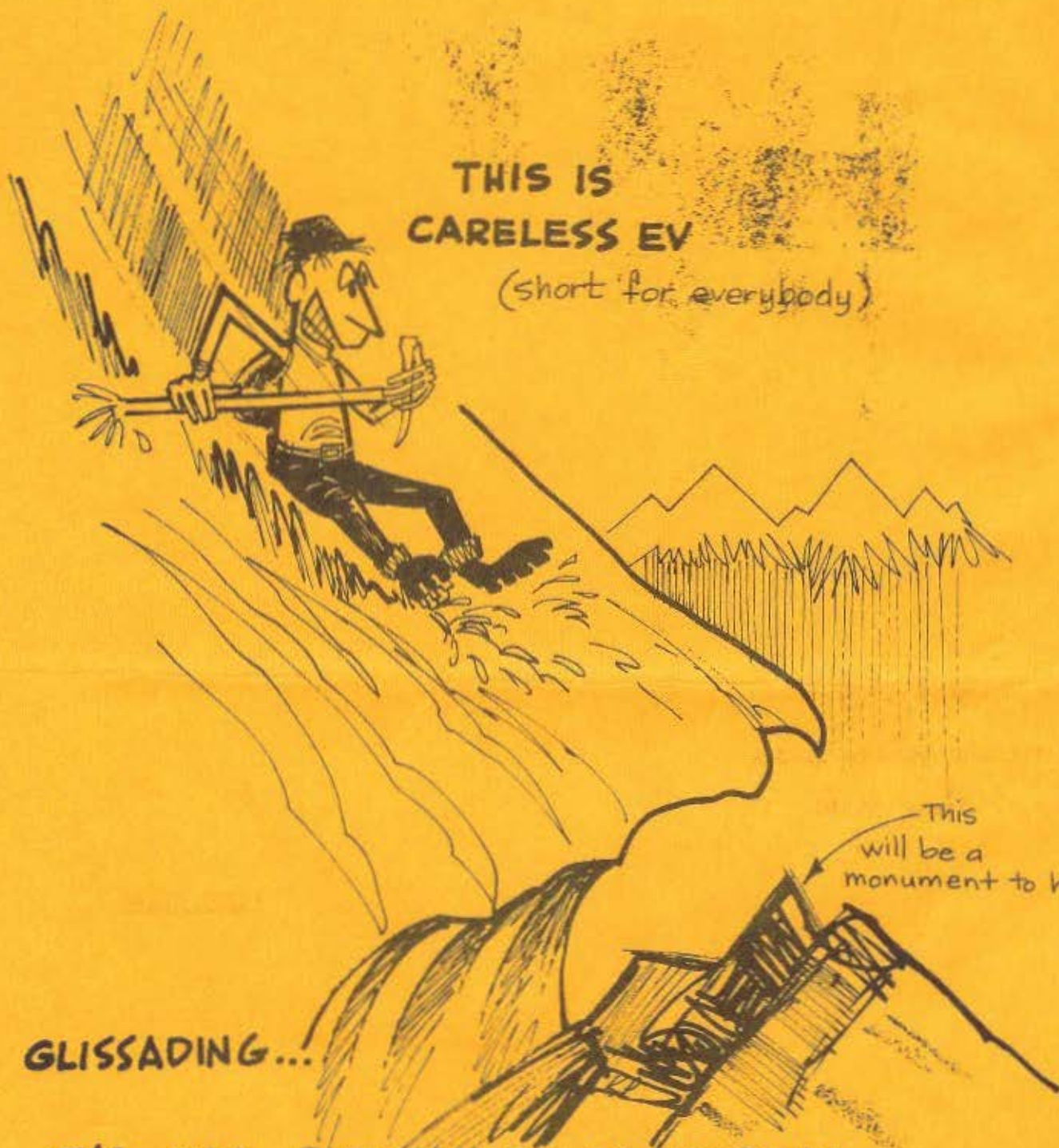
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DUES (Send to MCA, Box 2037, Anchorage, 99510)  
 FAMILY.....\$7.50  
 SENIOR.....5.00  
 JUNIOR.....\$2.50 (under 18)  
 OUT-OF-TOWN...\$2.50 (50 miles from Anchorage)



**THIS IS  
CARELESS EV**

(short for everybody)



This  
will be a  
monument to him.

**GLISSADING...**

**IT'S FUN, BUT CAN BE DANGEROUS**

*This poster furnished as a public service by the Mountaineers*