



April 2005

A Publication of the Mountaineering Club of Alaska
Box 102037, Anchorage, Alaska 99510

Volume 48 Issue 4

Monthly Meeting
April 20 @ 7:30 PM
First United Methodist Church
9th & G Streets
Downtown Anchorage

Next to the Phillips Building (you may use reserved parking after hours)

Program: Stu Grenier will give a presentation on paddle climbs
focusing on two successful climbs of Mt Susitna

Hiking and Climbing Schedule

April 09 Wolverine Peak

Climb this 4455' front range peak standing above Anchorage. We will ski and/or snowshoe to the summit. This is a fun, all day trip with considerable elevation gain and great views. Required Equipment: snowshoes and/or backcountry skis with skins, avalanche gear. Contact Leader Sean Bolender for more info. 333-0213

April 10 - 17 Annual Eklutna Traverse

Travel from Eklutna Lake up over the Eklutna glacier to the Crow Pass trail head near Girdwood. (Approximate dates) Sign up at February or March meetings. This group MUST meet for pre planning and training sometime in March. i.e. Safe glacier travel techniques and crevasse rescue.

Any participants without sufficient experience at Glacier Travel and rescue are also required to attend the MCA classes on Beginning Snow Travel, February 24 and 26th, and Glacier Travel and Crevasse Rescue March 1,3 and March 5-6, 2005. Glacier Travel.
Leader: Greg Bragiel 569-3008

April 12, Tuesday at 6:00 p.m.

California Creek (Class A)

Contact leader at least one day in advance of trip. Leader: Steve Gruhn 344-1219 (h), 868-9118 (w), steven.gruhn@hartcrowser.com

April 14, Thursday at 6:00 p.m.

Notch Mountain (Class C)

Contact leader at least one day in advance of trip. Leader: Steve Gruhn 344-1219 (h), 868-9118 (w), steven.gruhn@hartcrowser.com

April 16 Vista Peak

(Class C) Start at the Mt. Baldy trailhead and climb Mt. Baldy, Blacktail Rocks and Mt. Vista (5,000'), which is appropriately named as it offers stunning vistas of the Chugach from the summit! If trip participants feel like it, we'll also climb Roundtop Peak on the way back to the trailhead. Unless all the snow melts, bring crampons, ice axe, food, water, warm clothing and SMILES! To sign up contact trip leader Amy Murphy, (h) 338-3979 or e-mail: hayduchesslives@yahoo.com.

April 19, Tuesday at 5:30 p.m.

Falls Creek Ridge (Class D)

Contact leader at least one day in advance of trip. Leader: Steve Gruhn 344-1219 (h), 868-9118 (w), steven.gruhn@hartcrowser.com

April 21, Thursday, 6 p.m.

Dew Mound and Dew Lake

Class A (6 miles, 400 feet of elevation gain)

Leader: Steve Gruhn, 868-9118;
steven.gruhn@hartcrowser.com

Contact leader at least 24 hours in advance of trip.

April 26, Tuesday, 6 p.m.

Peak 3980

Class B (3 miles, 2,000 feet of elevation gain)

Leader: Steve Gruhn, 868-9118;

steven.gruhn@hartcrowser.com

Contact leader at least 24 hours in advance of trip.

April 28, Thursday, 6 p.m.

Peak 2831

Class B (2 miles, 1,230 feet of elevation gain)

Leader: Steve Gruhn, 868-9118;

steven.gruhn@hartcrowser.com

Contact leader at least 24 hours in advance of trip.

May 9, Monday, 6 p.m.

Peak 4009

Class D (6 miles, 3,800 feet of elevation gain)

Leader: Steve Gruhn, 868-9118;

steven.gruhn@hartcrowser.com

Contact leader at least 24 hours in advance of trip.

May 13 for about 10 days

Paddling in Western Prince William Sound, (and just maybe some hiking). Starts with a Ferry or water taxi out of Seward or Whittier to Chenega bay. Class B Contact Sean Bolender 830-5102.

May 16, Monday, 5:30 p.m.

Nest Peak

Class D (14 miles, 4,800 feet of elevation gain)

Leader: Steve Gruhn, 868-9118;

steven.gruhn@hartcrowser.com

Contact leader at least 24 hours in advance of trip.

Scree Deadline

The Scree is changing the deadline for articles and trips. It will be the same as the date of the monthly meeting (the third Wednesday of the month). This is effective with the April meeting for the May Scree. The Scree will then be published toward the end of the month for the following month instead of the beginning of the month for that month. This is closer to the schedule used for most periodicals.

Trip Reports

Peters Creek Backcountry Skiing By Amy Murphy



On March 11, 2005 Tom Dolan, Jenny Magee, Ron Gehres and myself decided to go exploring up the Peters Creek valley on our backcountry skis. We weren't sure what the snow conditions would be like since the temperatures had been in the high 30s all week, along with heavy rain the day before, so we brought along snowshoes just in case we needed them. We were pleasantly surprised to discover that the beginning of the trail still had good snow cover, even though it was a bit crusty and icy in places.



We started skiing up the trail at a pretty good pace, chatting, telling jokes and, of course, discussing interesting peaks lining both sides of the valley. We skied up to the intersection in the trail where it drops down closer to the creek and enjoyed a nice, long downhill run to the creek crossing. Luckily the creek still had a deep solid cover of snow and ice so we crossed it easily. We took a break and discussed how far we wanted to go as none of us had ever gone more than ½ mile or so past this creek crossing (below the old homestead). After setting a turn-around time we continued up the trail.

Thankfully the trail was closed to snowmachines (due to lack of adequate snow depth), but snowmachines had been back along the trail and packed it down so we didn't have to break trail and slog through heavy snow. This helped us make good time and we marveled at the stunning scenery that surrounded us as we progressed farther up the valley. We decided there were quite a few ridgelines and peaks we wanted to come back and explore some day!

I'm not sure how many miles we covered, but at one point we got pretty close to Peters Creek and went over to check it out. The creek was still mostly frozen solid, although there were open leads here and there. We decided to ski up the river for a while, spreading out to keep some distance between each of us, for safety's sake. It started snowing while we were skiing along, which increased our enjoyment of the trip tremendously! We finally stopped for lunch, finding a nice sheltered area right along the riverbank.

We really regretted having to turn around as we were having so much fun in the better-than-anticipated conditions; we would have preferred skiing up the river for a while longer. However, I had plans for the evening and had to get back to town, so we rather disappointedly turned around and headed back to the trailhead.

We opted to ski down the river for a ways instead of getting back onto the trail where we first came onto the river. The snow had started coming down even harder as we ate lunch and clouds covered up some of the mountains that had previously been visible. We continued our trek exploring down the river until we determined it was time to head uphill as the river was getting farther away from the trail and the uphill climb was getting steeper. Once we climbed through the woods back to the trail we headed to the trailhead.

Of course the trail seemed longer going back than heading out and it also seemed like we had to do a lot of climbing – both ways! My

“original” plan was for this to be an “easy” trip because I had a longer ski trip planned for the Johnson Pass trail the next day, but Murphy's Law came into play. By time we finally got back to the main homestead trail I was really looking forward to the long stretch of downhill grade that you get to enjoy descending on the last section of the trail! And luckily, about the time we got back to the creek crossing near the old homestead, the sun broke through the clouds and we were blessed with sunshine and blue skies for the rest of the way back to the cars.

I had gone skiing up the Bird Creek drainage the previous weekend and borrowed some waxless backcountry skis from Chuck Kennedy, and was impressed with how well they worked in the warm temperatures and soft snow conditions. However, Chuck must have put some kind of spell on those skis before he loaned them to me, as they really seemed intent on wanting to break trail, for miles! Amazingly, the guys I was skiing with graciously allowed those determined skis (and myself) to lead the way, breaking trail through deep, heavy snow. Luckily for me the skis finally wore themselves out and allowed somebody else to break trail for a little while. Boy, my tired legs and I were sure glad to give those skis back to Chuck at the end of the day!

Anyway, I decided to break down and buy a pair of waxless, metal-edged skis as they definitely beat using klister and allow me to get out and enjoy skiing in warm temperatures and soft snow with much less hassle. I used my new skis for the first time on this trip and they performed quite well in the different snow conditions we encountered so I was even more pleased with the great bargain I got. If, by chance, we get more snow this winter, something tells me that an MCA trip will be planned to go exploring up this scenic valley. If not, I will definitely lead a trip back there next winter. But from now on I'll have my own waxless skis and won't have to borrow Chuck's energetic, determined, waxless skis that sure enjoy breaking trail!

Summer 2004: Random Scrambles

By Tim Kelley



Peak 5950, Talkeetna Mountains, Peters Creek Drainage (Anchorage D-7, T 21N, R 1E, Sec. 27)

A mile and a half to the southeast of Salix Peak in the Talkeetna Mountains is an obscure 5950 foot peak on the edge of the Anchorage D-7 map. I had seen this peak before while climbing Gnome Peak, the nearby 5750' peak north of Gnome Lake, with Bill Spencer in the early 1990's. And a few years later I tried climbing this peak with Wiley Bland, though we got weathered out. So – visiting this mystery summit had been on my list for quite a while.

On July 10th I took off from the Archangel Valley / Fern Mine trailhead to give this peak a shot. With a bright and early 1:00 PM start I hiked to the Lane Hut and then climbed to the top of the ridge to the north. I descended into the Peters Creek drainage using a route I had been on before. This is a route that involves negotiating jumbles of very large granite blocks.

When you descend down to around the 4000 foot level you enter one of the nicest areas in the southern Talkeetna Mountains, in my opinion. The high reaches of the eastern Peters Creek drainage is bedrock that has been buffed smooth by glaciers and then carpeted in tundra and dotted with numerous picturesque mountain tarns. And what is really neat is all the glacial erratics - massive boulders gently set in place on bedrock by the melting of the last major alpine glaciers in this area.

There are also plenty of refreshing streams that thread down through this tundra zone. And due to the 80 degree temps and burning sun, I gulped down probably a gallon of this fine mountain juice.

I figured, from the map, that the northwest gully up my destination peak would go. And I

realized that I was right when I got around this peak's west ridge and looked up. After a long sun-exposed scramble over loose, frost-shattered rock I hit the ridge-top, turned left and carefully scrambled to the high point.

On top I found an old cairn. I say "old" because lichens had grown between the rocks thus bonding them together. So, maybe the cairn was from the 60's? I didn't find any register. It had taken me about 5 hours to get here. I hung out on top for a bit, checking out my old haunting grounds. It had been a while since I had last been peak bagging in the Talkeetnas.

On the way back I wanted to check out a mountain tarn that was on the map. It looked really neat - a long and very narrow "slot" lake. This lake is on the Anchorage D-7 map in sections 28 and 27 to the southwest of the peak I climbed. But when I got to the lake ... it was gone!!

All that was left was a lake-bed, and a cairn, with an early 80's, plastic coated mining claim form inside it, at the east end of the lake bed. This got me to thinking ... what came first? The lake draining naturally? Or the mining claim being staked after the lake was drained unnaturally? Who knows! Anyway, my neat looking lake on the map turned out to be quite unimpressive.

I retraced my route past the tarns and erratics, grunted up the 1500 foot exit-climb and topped-out on the ridge above the Lane Hut at 11:00 PM. My reason for hiking the late hours of the day – summer's midnight twilight, guided me back to my truck.

I was baked by the sun after a long, hot and cloudless day in the mountains. But as I was driving past the cars and trucks of the over-nighting rock climbers, I glanced out the window and realized I wasn't the only one here that was "baked". Several rock jocks were passing around a doobie the size of a baseball bat! I chuckled ... it seems that some things in the Talkeetna Mountains just never change!

Peak 4950, Talkeetna Mountains, Purches Creek Drainage (Anchorage D-7, T 20N, R 1W, Sec. 23)

During the Peters Creek peak bagging trip mentioned above I noticed a prominent peak off to the north of the "War Baby" ridge that walls off the north side of the Craigie Creek drainage. I had never hiked around the War Baby and Lucky Shot mines so I figured this peak would be a good excuse to go there.

On July 31st Benji Uffenbeck and I mountain biked from the Hatcher Pass Lodge, up over the pass and down to a point about 1 ½ miles past Craigie Creek. We ditched our bikes, and climbed to the ridge-top, which we then followed northeast above the mines. A bit of down climbing and gully groping was needed to get past the rugged part of this ridge. We descended a loose scree slope east of 5050' War Baby Peak (Section 26). Easy ridge cruising got us to the top of our 4950' peak just in time for a good chilling soak from rain showers and wind.

Back on War Baby Peak we decided to try and drop straight down the ridge, instead of side-hilling in the rain back the way we came. So way set off from War Baby Peak – the land of great riches. The land of what!? Here's the story:

On our way up, we noticed three mine-shafts at around the 4600 foot level of the north side of the valley that leads up to War Baby Peak. We decided to head over and check them out. As suspected, the shafts had been dynamited to close them off. But next to one of the old mines we were surprised to find a stash of new shovels and pick axes. We also noticed that there was evidence of recent digging in the area. And we also found a recent mining claim marker, dated a week before, on the ridge above the mines.

My guess is that some modern day prospectors had been up here digging around

the mineshaft areas and then running a metal detector over the dirt. The fact that they filed a mining claim can mean only one thing. There is still HUGE amounts of gold here!! The secret is now out! The War Baby gold rush is on!

Just below the mine we found remnants of what might have been an old bunkhouse for miners working the last gold rush in these mountains. Down the slope from the rotting remains of the building was a very large dump – of old cans. What may have been the situation was that the miners ate a lot of canned beans back in the day. And when the can was emptied the cook would throw it out of the window and it would land in the refuse dump down the hill. I guess that during the early decades of the 1900's folks had more to worry about than being environmentally conscious. They were likely concerned with mere survival most of the time.

Instead of following our route back, we opted to carefully down-climb the wet and slippery, steep tundra slopes to the Craigie Creek road. Once at the road we ran back to our bikes and began pedaling the climb back to the top of Hatcher Pass.

As the Tour de France was in progress, our conversation slipped to this topic and our pace began to reflect our fantasies of racing with Lance in the Alps. The pace ramped up a notch after every corner. I was drafting off of Benji when we approached a VW van that was parked on the side of the road. A beautiful, earthy looking woman that had been picking blueberries said something to Benji as we passed.

I didn't quite get what she said so, gasping, I asked Benji: "Did she just offer you blueberries?" "Yeah", Benji replied, "but I said that we didn't want any." Hearing this I almost fell off my bike. I couldn't believe the heinous wrong that Benji had just committed. The universal law that all men live by is that you NEVER refuse food when it is offered by a

woman. Especially when the woman is beautiful!

When I regained control of myself after this shock, Benji had gapped 20 feet on me. I quickly downshifted, stood up on my pedals and dug deep. I was pissed. Honor must be restored to this fight in the mountains. And Benji must die. We ground gears side by side making each other suffer. Then, at the last hairpin before the summit lake, I made my move and sprinted ahead. When I sensed silence behind me I turned to see Benji doing the big fade. I pushed hard over the top and down to the lodge to take the stage win.

Benji showed up a couple of minutes later, with a hypoglycemic shake and sunken eyes. "Looks like your gas tank ran dry" I said, "guess you should have taken some of those blueberries!"

Peaks 4465 and 4462 (West and East Groundhog Peaks), Kenai Mountains, Groundhog Creek Drainage (Seward C-7, T 7N, R 1E, Sec. 21, 22 & 28)

These two peaks were a couple of the few remaining mountains I needed to summit to finish off the cluster of peaks between the Seward Highway and the Johnson Pass Trail. I hooked up with Tim Miller and on June 12th and we mountain biked in from the north trailhead of the Johnson Pass Trail. After about five miles we crossed the bridge in the Groundhog Creek gorge and then stashed our bikes a quarter mile or so up-trail.

Some quality bushwhacking was involved to get up into the valley. We stayed high on the south side until we were above tree-line. Then we dropped north, crossed the creek and scrambled up 4465 foot West Groundhog Peak. From this perch there is a good view of the headwaters of Lynx Creek. This is some rugged country that I remember Bill Spencer, Wiley Bland and I descended at the end of a south to north Kenai Mountain traverse from Moose Pass in the 1990s.

Soon we were off to visit the neighbor peak to the east: 4462 foot East Groundhog Peak. Jogging tundra and snow fields we soon got to the summit. On top I noticed tracks in the snow 100 yards to the north. We soon discovered that the tracks were VERY fresh and from a large mother brown bear and her two adolescent cubs. By following the tracks we could tell that we had probably startled the bears and they took off down the west face of this peak. Skid tracks down the snow, with snow spray on the rocks that had not yet melted, told us they had left the area only minutes before us.

We stood on the edge of the west face and scanned down slope looking for the mountain bruises. But there was no sign of them. Soon I looked behind us and noticed something interesting. The top of the ridge had a large cornice on it, and there were many belly-slide marks off the edge of the cornice and down the snowslope to the rocks where the west face started. Apparently the bear kids had been making trips up and down here to cornice dive and slide down the snow for fun.

Brown bear cubs, teenage humans – seems there is a common bond in their genetic need to catch air, go bit and hurtle down mountains. I could picture the big momma brownie fretting over the cubs: "Now you kids be careful, damn it!!!" And the cubs' responses: "Aw - chill out ma!" I wish we had seen this bear-glissading show before we spooked them off of their playground.

Hiking back to our packs on this summit we found what is now strewn all over the mountains of this area – heli-skiing landing site markers. Or "heli-trash" as we call it. There is much backlash against heli-skiing by folks that say the noise of these operations is a big problem. But you never hear anyone, other than me and fellow peak-bagger Steve Gruhn, complain about the legacy of litter that heli-skiing has left behind. It strikes me as incredibly ironic. Noise comes for a couple

months, and then it's gone. But litter, heli-trash ... it remains forever.

In Alaska, industries like oil production, fish processing and cruise ships have environmental regulations, monitoring and enforcement so that dumping drilling waste, wanton by-catch or sewage dumping is not tolerated. These industries are fined if they are caught trashing the environment. We have learned over time that you've got to monitor industry in Alaska, or profit will prevail over protection of the environment.

But the Chugach National Forest has yet to figure this out; they are absentee and irresponsible custodians of our local mountains. After rubber stamping what seems like any tourism industry proposal that comes across their desk, whether it is heli-skiing or summer snowmobile tours on glaciers or whatever, they don't adequately monitor or police the concessionaire. The tour operator has free reign to leave what ever they want strewn over our Chugach and Kenai Mountains. And they do this flagrantly because no one checks up on them; except for a few peak-baggers that no one listens to.

Peak 5050, Kenai Mountains, between drainages above Grant and Ptarmigan Lakes (Seward B-6, T 4N, R 2E, Sec. 16)

On September 4th Trond Jensen and I set off from the Falls Creek trailhead south of Moose Pass. Hunting season was going on in the Falls Creek valley and 4 miles in we came to a hunters' camp. We stopped to talk to the hunters for a bit. Letting these guys know we are in the valley helps the safety situation. And talking with folks from a different outdoor "user group" is always good diplomacy.

After crossing the creek a couple of times we ran back to the northeast corner of the valley and followed the ridge towards our 5050 foot destination peak. The peak ended up being feistier in reality than on the map. We eventually had to bail off the ridge down to the

glacier in Section 21. From there we scrambled scree slopes to a high point on the east ridge. More scrambling, and some shooing away of large rams, got us to the top. We found no cairn on the summit, and left a small one.

A Blast from the Past

Coal Creek Ridge Rescue

As told by Norm Pichler to Stu Grenier 3/1/05



For those of us in the MCA the name Pichler is well known. Joe Pichler was an active member in the early years of the MCA and the driving force behind the construction of the first MCA hut that was built from scratch. Pichler's Perch was that hut and carries the Pichler name in memory of Joe. His son Norm was also active in the club as well as Denali Ski Patrol and AMRG. The day before he went to the Pioneer Home he shared this story with me. It is not quite word for word but close.

In the first week of September 1948 my dad and I went goat hunting up Coal Creek. We crossed the Matanuska River on the tram-cars where Caribou Creek runs into the Matanuska. The way it works is there were two cars. You took one car across and then both cars back, and then you took one car back so that you always left one car on each side.

So we were going goat hunting – sheep hunting. We didn't care which. We got in there and we had an old little military mountain tent. With wood poles that broke apart which we thought was pretty stinking good. So we get in and we walk up that creek quite a ways. And we got in there and pitched the tent and started up the mountain. And through the pucker brush, and fighting that brush – it was hell. In those days him and I literally ran up that hill. We got up to the ridges and all day long we're hunting and we keep coming on these prints in the sand of a sneaker print. We kept wondering where are those guys but we couldn't see them. We turned around from where we were hunting and my dad shot a billy. A good sized one. That god darn animal – my dad could just about eat anything but that animal was in rutting seasons – he was pretty potent.

Well anyway it was getting late. And we didn't have the equipment so we didn't want to get caught up on that ridge line after dark so we gutted the animal and aired it out and said we're going down. Now we elected to go down and we were right. We came to the creek bottom and to our tent but as soon as I touched the tent it all fell down. All the guy wires were all gone. I was madder than a wet hen. Those #%bs took all our line to bundle up some meat or something I thought. My dad turned around and thought about it for a while and said "No. They wouldn't do that. There is an emergency. There is something wrong."

So we turned around and improvised the tent as best we could. We were all right. It got dark. We had a fire going. And all of a sudden out of the darkness above us we hear a guy going "Hup!" He comes to the camp and says "You got any line with ya?" We said, "Hell no! You took it all, you bum!" And he said, "I got my partner stuck on a cliff up there". So I said, "Okay what do we do?" He said, "Well I'm going out to Chickaloon Lodge." And my dad said, "Norm You go with him." So Bill (his name was Bill) and I took one flashlight and a gun. He had the flashlight and I had the gun. So we agreed that I'd shoot and he's do the pointing. It was a quick hour and a half – three and a half miles to the lodge. When we got out to the lodge they didn't have any suitable rope. But they had four rolls of romex cable (cable used to wire a house). As I remember it those cables were like 25 foot to a roll. They were heavy – like 25 pounds to a roll.

Anyway up we went. When we got back to the camp it was still dark, but my dad still had the fire going. I was so darn tired I just laid down beside it and went to sleep. Slept about an hour and a half and daylight came. So off we went through the pucker brush and got above timberline. He had marked where his partner was. What had happened was the guy on the ledge was the guy in the sneakers. His name was Rip Harris, a miner from Jonesville Mine.

What had happened was they got down into this ravine and Bill had decided to go back up again because they got to a sixty-foot drop off and they couldn't handle it. Rip had decided to climb up the wall. He got up on this wall and all of a sudden he can't go up any higher and he can't go back down again. So anyhow, there he was.

Me being the smallest and the lightest, they elect to lower me over the cliff with the cable. I was within twenty feet of that man and could not see him. That is how shear this thing was. He was belly aching that I was dropping rocks on him. So I lowered the cable to him and we pulled him out.

After all this my dad wanted to take care of the goat, but I was so darn tired I said "I aint taken another step up. I don't care what happens. I aint going to do it." So they said, "Okay you carry the cable down." So they put all that cable on my back and it was so heavy. I could lean but if I sat down I'd never have got up again." So I made it down and right across from our camp by the creek I was face to face with a black bear cub. I didn't care about the cub, but it was the mother I was worried about. In two pops I was through that creek and going the other way. When I turned around and looked that little bear was going the other way just as fast.

Years later I was at a Miners baseball game up in Palmer. So between innings, what do men do, they start talking hunting. So this guy next to me says, "Ya, years ago I got hung up on a cliff and had to be rescued." And all this sort of silly nonsense, and I looked at this guy and I said, "Do you know who I am?" And he said, "No, who are you?" And I said, "I'm the guy that rescued you."

We only saw each other that little time but it was something else.

2006 MCA Calendar

One more Last Chance. Please bring your VERTICAL photos to the April Meeting. We hope to have them on the wall for voting at the May Meeting. Please have your name and phone number on the back. We recommend 8 by 10's which can be done for \$2 at Costco, but will accept anything. Most any Alaskan mountain culture shot will be accepted.

For more details contact Stu at oinkmenow@hotmail.com or 337-5127

The Prusik knot

Strictly speaking this is not a knot but a hitch. An Austrian professor of music, Dr Karl Prusik, originally devised this knot during the First World War to mend the broken strings of musical instruments. In 1931 he published the instructions as a means of self-rescue for European mountaineers. The original Prusik knots were also used to safeguard a loaded rope and to attach tackle systems to raise a helpless person.

The Complete book of Knots
Geoffrey Budworth

Lost?

If you are lost without a compass, point the hour hand of your watch at the sun. Halfway between the hour hand and 12 on the watch will be south. This even works with Daylight Saving Time.

Mountain Treat Recipes

Belly Bombs Allison Sayer

Here's my favorite mountain treat to eat! I've never had them freeze but they melt when it's hot. They are kind of heavy, but chock full of calories. Definitely winter fare. These bars are super easy to make and have lots of staying power.

1 cup peanut butter
1 cup maple or corn syrup (or a mix of the two)
4 cups grape nuts

Heat the peanut butter and corn syrup in the microwave or on the stove until they are liquidy but not boiling.

Stir in cereal.

Spread out into baking pan, cut, cool.

Any crunchy item (other cereal, pretzels, nuts...) can be mixed in with grape nuts, as long as you have about four cups of stuff in the end. Any sticky paste (tahini, almond butter...) can be mixed in with peanut butter. Throw in candy, etc. to your taste.

Lemon-Raisin Breakfast Bars Carlene Van Tol

Here's the recipe for the treats I shared snow camping. Officially called Breakfast Bars, as two equal a full meal (1165 calories), but better used to "graze-as-go" whether hiking, climbing, or skiing. I make a batch and keep in the freezer, then throw one in my food bag when going out..Enjoy! –Carlene

Recipe Ingredients

- 2 cups raisins
- 14 oz sweetened condensed milk
- 1 Tablespoon lemon juice
- 1 Tablespoon lemon rind
- 1 cup butter
- 1-1/3 cups brown sugar
- 1-1/2 teaspoons vanilla
- 1 cup flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1-1/2 cups rolled oats
- 1 cup chopped walnuts

Serves: 6 (2 bars per serving)

Directions: In a saucepan, combine raisins, milk, lemon juice, and lemon rind. Heat and stir until bubbling, then remove from heat to cool slightly. In a bowl, beat together butter, brown sugar, and vanilla to make a batter. Stir in flour, baking soda, and salt, and then add oats and walnuts. Press all but 2 cups of the batter into a greased 13 x 9-inch pan. Spread raisin mixture on top of batter to within ½ inch of the edges. Sprinkle with dollops of reserved batter; press lightly. Bake at 350 degrees for 25-30 minutes, or until golden brown. Allow to cool. Slice into 12 bars and package 2 bars per zip-lock bag.

Calories: 1165 Carbohydrates: 166

Cholesterol: 13

Dietary Fiber: 5 Fiber: 6.8 Protein: 17.1

Saturated Fat: 25.4

Sodium: 696

Total Fat: 52.5

MCA Board Meeting Minutes
March 9, 2005
7:00 p.m., Harry's

50th anniversary committee to be chaired by Willy. Stu has also agreed to help. Any other volunteers?

John Recktenwald was present and discussed ideas for more variety in Scree as a way to hopefully get more members to read the club's monthly newsletter. He also wanted to change the Scree's deadline to the night of the general membership meeting, so just-approved trips could get in. This would also give him time to get the publication done and out by the last week of the month so folks would have in their hands by the first of the month—like most magazines. The board voted on and passed this new deadline, with 1 opposition.

Hans has sent out a lengthy E-mail regarding liability insurance for the board to read. Not everyone had a chance to read before tonight; this will be tabled for discussion at the April board meeting.

After checking into different credit unions, it looks like Denali is the best for the club, as there will be no monthly service fees or per check fees.

We need more than one person available to approve climbing trips, and more than one person available to approve hiking trips. Randy Howell agreed to be on the climbing

committee, approving trips rated D, E (technical). Carlene agreed to be on the hiking committee, approving trips rated A, B, and C.

Jayme reported that the library at AMH needs some volunteers to go in and finish the inventory, put books back on shelves, and possibly put up some more shelves. No books are being checked out until this phase is complete.

Photos for the 2006 calendar will be collected at or before the April General Meeting and judged during the May meeting.

The meeting was adjourned at 9:00 p.m.

Adze

Looking For

A deal on lightweight ski mountaineering skis with or without Dynafit bindings, skis like Tour guides, K2summits, volkl norbert Joos, etc
783-3310 thomasb@chugach.net

Notice

Wilderness First Aid Course Date: April 9-10, 2005 Cost: \$140 This is a 20 hour course over 2 days. Certification is valid for 3 years. Covers basic anatomy and first aid procedures specific to the wilderness environment. Registration form is available at: <http://herc.org/wfaregistration/MCAWFaregform.pdf> Please complete and return to the address on the bottom of the form along with a \$70 deposit.

Course is limited to 20 participants.

Andi Enviroknow@aol.com

For Sale

Used 2003 Dyna-Fit TLT700 AT Boots. Size 27-27.5 (9.5 - 10)
Thermofit Liners.
455-3888

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.
9. 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

Mountaineering Club of Alaska

President	Steve Parry	248-8710	Board member	Eric Teela	240-9693
Vice-President	Steve Gruhn	344-1219	Board member	Annette Iverson	222-0581
Secretary	Carlene Van Tol	748-5270	Board member	Sean Bolender	333-0213
Treasurer	Joe Kluberton	301-4039	Board member	Randy Howell	346-4608
			Board member	Jayne Mack	694-1500

Annual membership dues: Single \$15, Family \$20 (one Scree to a family)

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 and notes submitted for publication and other communication related to the newsletter should be emailed to Scree@yahoogroups.com or submitted on the web at MCAK.org or mailed to Scree Editor Box 102037 Anchorage Alaska 99510. Articles should be received by April 20th (the club meeting) to be in the May Issue.

Paid Ads may be submitted to the attention of the Vice-President at the club address and should be 'camera ready' 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: Greg Bragiel
Hiking Committee: Matt Nedom - 278-3648, Carlene Van Tol – 748-5270
Climbing Committee: Richard Baranow - 694-1500, Randy Howell – 346-4608
Huts: Hans Neidig 355-3244
Calendar: Stuart Grenier 337-5127
Scree Editor: John Recktenwald 770-1636
Web: MCAK.org (change your address here)
Mailing list service: MCAK@yahoogroups.com

Mountaineering Club of Alaska
Box 102037
Anchorage, Alaska 99510