

The
Kinnikinnick
Fall 2020



WINTER *KINNIKINNICK* DEADLINE: MIDNIGHT NOVEMBER 6

- Events are to be entered online and approved by the appropriate committee chair. Deadline is one week before the Kinnikinnick deadline.
- Send items for publication to editorial@spokanemountaineers.org.
- You should receive the next Kinnikinnick around December 1, 2020.

The Kinnikinnick is published four times a year (spring, summer, fall, winter) for the use and enjoyment of Spokane Mountaineers members.

Changes of address should be made at www.spokanemountaineers.org
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ADVERTISING IN THE *KINNIKINNICK*

Promote your business with us! Proceeds from advertisements in the *Kinnikinnick* benefit the Spokane Mountaineers. Restrictions may apply. Full-page ad: \$150; half-page ad: \$90; quarter-page ad \$60. 10% discount for yearlong contract. For more information, contact Merideth Jeffries 928-853-4566 or editorial@spokanemountaineers.org.

SUBMITTING MATERIALS FOR PUBLICATION

IN THE *KINNIKINNICK*

We welcome all sorts of items for publication in this bulletin. Trip reports, photos, creative writing, drawings, information on schools or special trips, corrections, historical notes, and more are welcome. Events listed in the calendar are taken directly from the online calendar and are not edited for accuracy, so make sure your events are current and correct. Language used in articles should be appropriate for readers of all ages. The editor reserves the right to decline or edit submissions. Substantive editorial changes are always discussed with contributing authors. Photos should be large and include identifying information as well as the name of the photographer. If you have any questions about the suitability of material for publication, or to submit a piece, contact the editor at editorial@spokanemountaineers.org. See formatting guidelines elsewhere in this issue.

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The emblem of the Spokane Mountaineers was adopted on February 9, 1933 and is described as follows: *“In the form of a circle approximately four inches in diameter, representing the woodman’s compass and symbolic of the completeness of nature, the emblem shall have an outer margin of forest green, carrying the name ‘Spokane Mountaineers’ in white block letters, thus utilizing the Association’s colors, green and white. Within the margin, a white field shall carry in the background the outline of a mountain, in the foreground shall be a spray of kinnikinnick, with green leaves and red berries. There shall be a blazing sun above the mountain, bringing in the name ‘Spokane’ in its Indian interpretation, and symbolizing the Mountaineer’s love for the out-of-doors. To symbolize and include the year-round activities of the organization, there shall be inserted in the white border, a brown ice axe and ski pole crossed on the right, a pair of skis on the left.”*

A Note from the President

Greetings Mountaineers,

It is with great sadness that I join our members in mourning the loss of a truly great Spokane Mountaineer. Bill Fix passed away in May of this year. Bill was truly instrumental in not only making the club what it is today, but also making it possible to have access to so many places where we enjoy our activities for generations to come. It is little wonder that the club's highest award for lifetime achievement bears his name.



Bill joined the Spokane Mountaineers in 1956 and served as club president in 1957 and 1959, and vice president in 1989-90. He also served many years as club librarian, amassing hundreds of mountaineering related books, including many valuable first editions. He served as the club's investment advisor for over 30 years, where he created and also personally contributed to the endowment that sustains our efforts today. He was awarded the club's Honorary

Membership in 1991. Bill's first climb was Mount Baker in 1945. While a student at Yale, where he founded the school's mountaineering club, he was on an expedition for 40 days in the BC Coastal Range. In 1948 he climbed an 800-foot ice wall on Pinnacle Gully on Mt Washington. Bill claimed first ascents of Mt Goode North Peak with Fred Beckey in 1953 and Glory Mt in 1956, after which he appeared in the American Alpine Club's journal. He climbed Mt Sir Donald in 1959, and Bugaboo Spire in 1968, as well as Mt Moran in 1965 with a then 16-year-old John Roskelley. In 1975, he was with the first Americans permitted to trek in Bhutan and climbed five times in India and Nepal.

As well as his accomplishments as a leader and on the rope, Bill served our community by helping to acquire the public lands we enjoy today. From 1957 to 1965 he worked to establish the Glacier Peak Wilderness Area and the North Cascades National Park. He spearheaded the establishment of Dishman Hills Natural Area right here in our own backyard. If you look around the Spokane philanthropical records, you will see Bill and his late wife Harriet's name appear in numerous places.

My recent memory of Bill is about three years ago when he showed up to a club board meeting with a badly bruised and bloodied face. At age 91, he was running Bloomsday when he got winded while ascending Doodsday Hill and stopped to rest on a log. He fainted and crashed headfirst into the log. He got up and finished the race.



Climb On, Chuck Huber

A Note from the Editor

Friends,

It has been months since Spokane began Stay Home Stay Healthy orders. While we are in Phase 2 of reopening in Washington state, we are only three quarters through a tough year and entering the fall season with fewer club events, classes and smaller gatherings, but, hopefully enough toilet paper and hand sanitizer to get us through this pandemic. Getting outside makes a time such as this bearable and solidifies my appreciation for the practical skills and knowledge in the outdoors I've gained as a Spokane Mountaineer.

It's been so encouraging to see that even though our gatherings as a club are smaller, Spokane Mountaineers have not been missing out on getting outside. Members have been using the website and social media to connect, share trips, pitch-in to clean up their community, and adventure safely.

Looking forward, don't miss the upcoming 6th Annual Scenic and Wild Film Festival benefitting the Spokane River Keeper and sponsored by The Spokane Mountaineers and other local businesses. The event will be held online this year and boasts a great lineup of films. More details and tickets available online at <https://www.wildandscenicfilmfestival.org/events/spokane-riverkeeper-4-2-2/>

In other club news, make sure you vote this fall for Spokane Mountaineers' leadership! A ballot is included in your issue of the Kinnikinic.

If you are looking for other ways to support the Spokane Mountaineers, we've recently developed a partnership with local business, RambleRaven Gear Trader. When you bring them used outdoor clothing and gear, a percentage of proceeds benefits your club!

Lastly, if you need some inspiration for the outdoor life, club member, and author, Karen Vielle's new book, *Just Walking* is officially available on Amazon as of mid-August.

In this issue, you'll find trip reports, artwork, photos of hard-earned views, and we also celebrate the legacy and impact of two of our late members, Bill Fix, and Kay Guillory. Wishing you great views and great memories this fall. Keep adventuring!

Merideth Jeffries

Editor, Kinnikinic



Spokane Mountaineers - Know before you go!

As the nice weather comes around, we are all excited to get back outside. Just like your 13 essentials, your safety during this health pandemic is paramount.

As a 501c (3) incorporated in Washington, all Spokane Mountaineers' events and activities will follow the

Washington State advisory levels introduced by Governor Inslee for any activity, travel, and social distancing.

The guidance listed below is the starting point for activities. Trip leaders are empowered to require additional measures or PPE if they feel it is necessary. We are currently in Phase 2.

What does Washington's phased approach mean for the operations of the Spokane Mountaineers?

Phase 1 - Any Spokane Mountaineers' events or activities not able to comply with the state guidelines should be either postponed or cancelled.

Phase 2 - Spokane Mountaineer activities of 5 or fewer people are permitted at the discretion of the activity leader.

Phase 3 - Activities of less than 50 people can generally proceed at the discretion of the organizer. Phase 4 - Back to adventures!

Please follow the guidelines on the following page as a supplement to Washington's overall approach (below). Additionally, please respect the regional and local closures across the northwest including any conditional use requirements of the areas you are hoping to recreate at.

WASHINGTON'S PHASED APPROACH

Modifying Physical Distancing Measures as we Reopen the State

INDIVIDUALS AND BUSINESSES SHOULD FOLLOW ALL REQUIREMENTS LISTED ABOVE DURING ALL PHASES

	Phase 1	Phase 2	Phase 3	Phase 4
High-Risk Populations*	Continue to Stay Home, Stay Healthy	Continue to Stay Home, Stay Healthy	Continue to Stay Home, Stay Healthy	Resume public interactions, with physical distancing
Recreation	Some outdoor recreation (hunting, fishing, golf, boating, hiking)	Outdoor recreation involving 5 or fewer people outside your household (camping, beaches, etc.)	<ul style="list-style-type: none"> - Outdoor group recreational sports activities (50 or fewer people) - Recreational facilities at <50% capacity - Professional sports without audience participation (horseshoeing, baseball, etc.) 	Resume all recreational activity
Gatherings (social, spiritual)	<ul style="list-style-type: none"> - None - Drive-in spiritual service with one household per vehicle 	Gather with no more than 5 people outside your household per week	Allow gatherings with no more than 50 people	Allow gatherings with >50 people
Travel	Essential travel and limited non-essential travel for Phase 1 permissible activities	Essential travel and limited non-essential travel for Phase 1 & II permissible activities	Resume non-essential travel	Continue non-essential travel
Business/ Employers	<ul style="list-style-type: none"> - Essential businesses open - Existing construction that meets building code criteria - Landscaping - Auto/IN/Boat/OTV sales - Retail (curb-side pick-up orders only) - Car washes - Pet walkers 	<ul style="list-style-type: none"> - Remaining manufacturing - Additional construction phases - In-home domestic services (e.g., cleaning, etc.) - Retail (in-store purchases allowed with restrictions) - Real estate - Professional services/office-based businesses (network remains strongly encouraged) - Hair and nail salons/barbers - Pet grooming - Restaurants/venues <50% capacity (table size no larger than 2, no bar-area seating) 	<ul style="list-style-type: none"> - Restaurants/venues <75% capacity/ table size no larger than 10 - Bar areas in restaurant/venues at <25% capacity - Movie theaters at <50% capacity - Customer-facing government services - Network remains strongly encouraged) - Museums - All other business activities not yet listed except for nightclubs and events with greater than 50 people 	<ul style="list-style-type: none"> - Nightclubs - Concert venues - Large sporting events - Resume unrestricted staffing of workites, but continue to practice physical distancing and good hygiene



Consign with a Cause with RambleRaven Gear Trader

Do you have used outdoor gear sitting around your house that you don't use anymore?

Clean out your closet and help support the Spokane Mountaineers!

Donate gear and gently used outdoor clothing to support the Spokane Mountaineers through our partner, RambleRaven Gear Trader.

RambleRaven's Consign With a Cause will process and sell your used gear, give you a tax-deductible receipt, and give the proceeds to support the Spokane Mountaineers.

Grab your used outdoor gear and head down to RambleRaven, 3220 N Division Street in Spokane, WA!



A note from the Climbing Chair Submitted by Rich Bennett

I hope everyone is getting out to enjoy some outdoor climbing activities. In these challenging times, we are faced with the inability to hold our usual classes and seminars.

Although we started Mountain School and modified indoor instruction to a virtual format, we exhausted our options and cancelled the rest of the class since it was not advisable to meet in large groups for our outdoor instruction. Those students who were in the 2020 Mountain School will be given automatic acceptance to take Mountain School in 2021. At this time, the committee is discussing how the 2021 Mountain School will move forward.

On behalf of the entire Climbing Committee, I would like to thank Karen Vielle and Marty Newel-Large on their dedication and commitment to the Mountain School program especially under the circumstances.

As June arrived, we experienced some reduced restrictions and we ran a small Trad Climbing Seminar with six students and an equal number of instructors using the Washington State guidelines as closely as possible. Thanks to Brett Barna and Andrew Ratclif for making that happen.

Although Rock School was planned, the feasibility of everyone's safety with increased restrictions precipitated the need to cancel the course. Carol Smucker and Ben Powell are appreciated for their efforts in working to negotiate the everchanging landscape of COVID-19. Since Rock School did not occur, we refunded all of the students.

Tentatively, we are planning for the High Angle Rescue Seminar to occur in October pending any restrictions and conditions at that time. Look for the online application.

On Friday, July 31st, two members, Lindsay Morgan Chutas and Todd Nelson, from the Climbing Committee partnered with the Spokane River Forum and the Spokane River Keeper to clean up trash at the bottom of the Monroe Street Bridge. The clean-up included an 80-foot rappel down a rock face to the river's edge and a haul system was set-up to extract larger pieces of trash. The committee supplied gear for this volunteer effort.

As we look ahead, the committee will face the challenge of considering how to move forward with our schools and seminars.



Todd Nelson and Lindsay Chutas , Spokane River



Lindsay Chutas and Todd Nelson pick up trash at Spokane Falls



Todd Nelson hauling trash bags, while Lindsay Chutas belays

Right Outside My Door

Tiana Luke

I spent a lot of this fall and winter on crutches, so when spring was beginning to show, I was itching to get out. With two foot-surgeries in the books and two good-as-new feet, I made big plans for 2020. What else is a serial planner supposed to do when walking is hard? Then Covid-19 came, and after almost six months of social and physical distancing due to surgery recovery, came more physical distancing and recommendations to stay close to home.

But I had spreadsheets full of plans and data with multitudes of information I'd gathered from around the web. I cataloged trails and fishing spots near my home. I found little spots of public land off the beaten path that looked enticing. I noted wild areas that might hold hidden gems and large, old trees. From my house, near the intersection of Stevens, Pend Oreille, and Spokane counties, there are over 200 different trails covering about 1200 miles within just two hours. Within one hour are 50 fishable water bodies and within two, around 175.

I can access most of the Colville National Forest within 2 hours; that's 1.1 million acres of public land (stolen from the Kalispell, Kootenai, Spokane, Colville, Sinixt, Okanagan, Sanpoil and Nespelem) that never closed, even when the state lands and access to Idaho did. Almost 300,000 of those acres are roadless or wilderness (don't get me started about how only around 40,000 acres are actual wilderness) with several peaks just above 7000 ft.

But I can also access portions of the Idaho Panhandle National Forests within two hours. Then there's state lands, Bureau of Land Management, County-owned parks, and conservation areas. The list continues. By my estimated calculations, there are millions of acres of public land, hundreds of trails, and hundreds of rivers, lakes, and streams within two hours of my home—what a fantastic place to social distance.



Trip Report: Exploring the Elkhorn Mountains

Tabitha Gregory

The Elkhorn Mountains lie just across Washington's border in northeast Oregon. The range is a subset of the greater Blue Mountains and neighbor to the Wallowa Mountains. My husband and I journeyed to the region for the first time on a four-day road trip in late July. Our primary objective was to summit Rock Creek Butte (9,106'), the Blue Mountain's highest point, but we also planned to day hike, car camp and explore our way around the Elkhorn Drive Scenic Byway loop.



The Elkhorns did not disappoint. The range offers interesting geology, high quality alpine, skillfully designed and well-maintained trails, inexpensive camping and parking (no forest passes required) and, compared to nearby destinations such as the Wallowa's Eagle Cap Wilderness, few people.

We launched our adventure from the Twin Lakes trailhead, located at the end of a forest service road approximately 29- miles from Baker City. The road was bumpy but passable by our Subaru Crosstrek, but we chose to park a half mile from the trailhead to avoid the final intimidating hill



The trail climbed moderately under a dense canopy. The exertion was made enjoyable by the serene lapping of Lake Creek and graceful streamside patches of flowering cow parsnip, false hellebore, corydalis, columbine, and pipsissewa. The trail emerged from the forest into broad subalpine meadows (my happiest of places) decadent with paintbrush, lupine, snowbrush, and aster. Hummingbirds buzzed us.

After hiking approximately four miles, we arrived at Twin Lakes. Here, while snacking on Cliff Bars, we noted tufts of gray fur snagged on shoreline brush, and cloven hoof prints in the mud, but the actual mountain goats did not present themselves. The Twin Lakes trail ended here and our route then led us up steep switchbacks to intersect the Elkhorn Crest Trail. As we climbed to the ridge, rocks tumbled nearby and from behind a boulder, a mountain goat eyed us cautiously. We looked down to the lake basin and there a herd of 10 grazed.



We followed the Elkhorn Crest through a stunted world of crooked white bark pine and juniper, and couloirs hiding strips of rotten snow. Views opened and around each basaltic spire a new perspective appeared. The Elkhorn Crest trail leads 23-miles across the range's rooftop, and within a mile I'd made a note-to-self: schedule through hike for next summer.

To reach Rock Creek Butte summit, we veered off trail and stair-stepped our way through eroded scree, fallen limbs, and patches of low-growing wildflowers. It was a laborious grind to the top, but the unfettered view of the entire region—plains and farms, Wallawas beyond—was worth it.

The next day, in our car, we circumnavigated the range on the paved 106-mile Elkhorn Drive Scenic Byway. We passed quiet pull offs, scenic campgrounds, a quaint gold-rush era town, and relics of

the past. The road to Granite and North Fork John Day campground was largely forested, but from there to Anthony Lake, the views escalated in drama. Salt-and-pepper granite brightened the roadsides and rugged mountains rose precipitously from the highway's grade.

We let our feet rest and camped overnight at Anthony Lake Campground; a busy little site loud with the joyful cacophony of children colliding with the outdoors.

The next day, we set out for an easier and shorter exploration up the northern portal of the Elkhorn Crest Trail. Starting at the paved Anthony Lake trailhead, we wandered upward around Gunsight Mountain until the forest thinned and we found ourselves hiking among giant rough-cut granite blocks toward the gap. At approximately 3.8 miles, we lounged on rock slabs, absorbing the stunning vistas. Hundreds of Painted Lady butterflies blew in on an updraft, danced in the high-altitude air, then disappeared through the pass.



Specifics

Trailheads: Twin Lakes trailhead; Elkhorn Crest National Recreation Trail Anthony Lake Trailhead

Distance: Rock Creek Butte: 12.5 miles roundtrip including the walk from car to trailhead
Anthony Lakes to the pass at the headwaters of Anton Creek: 7.6 miles roundtrip

Camping: Deer Creek primitive camp site (beware nails!); Anthony Lake Campground

Jurisdiction: Wallowa-Whitman National Forest, Baker Ranger District

Thunderstorms, Lightning and How to Stay Safe

Chic Burg, Historian

While doing research for our website, Inlandnroutes.com, David and I came across the following facts and figures on recreating safely in inclement weather.



As you read this, there are 2,000 thunderstorms in progress on earth. About 100 lightning strikes will hit the ground in the time it takes to read this sentence.

How does bad weather work?

Have you ever wondered what causes the wind to blow?

As air is heated by the sun, hot air rises, and it causes a vacuum. Cold air flows in from the sides to fill the void. Cold air sinks. As the warm air rises, it cools, causing a form of downdraft. After sinking, the air heats up, and causes updrafts. Updrafts of warm air hold much more water vapor than cold air. As the warm air rises it forms clouds. As more warm, moist air rises, it makes the clouds bellow, much like a balloon blowing up.

Conflicting air currents frequently become unbelievably strong. Large thunderclouds may hold 150,000 tons of water, which will fill a pond 300 feet wide, a mile long, and five feet deep. For instance, in a heavy storm of two inches of rain, an area one square yard gets 90 pounds of water, or more than 200 tons per acre. Over four trillion gallons of water falls in the U. S. every day as precipitation.

Around the world

The Rocky Mountains experience between 50 and 70 thunderstorm days each year. Kampala, Uganda gets about 242 thunderstorm days per year. In the Arctic and Antarctic regions where the air is cold and stable, there may be a thunderstorm once every 10 years.

In Florida, lightning strikes an average square mile of ground up to 46 times a year.

The Rumble of Thunder

Thunder is caused when the air along a lightning bolt expands with explosive violence, radiating pressure waves through the atmosphere. Thunder can be heard clearly for up to seven miles. The air around a lightning bolt can heat up to about 27,000° F. In comparison, the surface of our sun is only 10,000°.

What is the purpose of lightning?

Lightning serves two purposes: it balances the electrical charge between the earth and the sky, and it fertilizes the soil. On Earth, there are more than eight million lightning strikes every day. Each stroke carries about 250 kilowatt hours of electricity.

Lightning is the only way to achieve electrical balance on Earth. Life on Earth could not exist without lightning. Our air contains four parts nitrogen to one part of oxygen. Lightning combines nitrogen chemically with rain. Rain brings the fixed nitrogen to the earth, where it is absorbed by plants. 100 million tons of nitrogen wash down into the soil each year. Or; way more than all the world's manufacturers can produce.

A single lightning strike can scorch an area as small as a spot, or as large as 25 acres. Lightning is responsible for half of the wildfires in our forests. The largest dry lightning storm on record started 1,488 fires in the northern Rocky Mountains during a 10-day period in June of 1940. Between 1940 and 1975, around 230,000 lightning fires occurred in western national forests.

When lightning strikes a tree, the effect depends on how much rain has fallen. If a tree is wet to its base, the lightning travels down the film of water to the ground, leaving the tree intact. If a tree is not wet to the ground, the lightning will follow the sap within the tree on the inside, to the ground. The sap vaporizes, and because it is confined to a narrow channel, it blows the tree apart. Oak trees suffer the most damage because the bark is rough and doesn't carry the water as well as smooth bark.

The do's and don'ts of being out during lightning.

First and foremost, check the weather reports. If thunder is predicted, don't go out. Find another area to recreate.

To read a daily weather chart that explains all aspects of the weather report, log onto NOOA.GOV or forecast.weather.gov, then scroll down the right side of the page to a graph called "Hourly Weather Forecast."

This explains aspects of what is predicted. Above the graph is an area to select the different features. Select all Weather Elements, and Weather/precipitation. From this graph, you can learn an hourly forecast.

The below information was collected from the CDC website.

What are my odds?

On average, 27 Americans die each year from lightning, and of the 300 who are injured 10% who are struck, die from heart attacks.

85% of all fatalities are male.

87% are white

People between the ages of 15 to 34 account for 1/2 of all lightning victims

32% of fatalities occur indoors

Florida and Texas are known as "Lightning Capitols." Yet, another reason to live in the opposite side of the U.S. But, DO NOT TELL ANYONE!

Info you need to know.

Outside but close to civilization

Your car is the best place to weather a lightning storm but be sure to not touch anything metallic. In rain and lightning, the water running off your car, conducts electricity to the ground.

Remember the 30-30 Rule.

If you see lightning, count to 30. If you hear thunder before you reach 30, go indoors, or take shelter.

If you go indoors, DO NOT get near plumbing, electrical appliances, or walls.

DO NOT use corded phones. Cell phones are okay if lightning is far off.

Open convertibles, golf carts, motorcycles, playground equipment, parks, ponds, lakes, pools and beaches are susceptible to lightning.

Safety tips when no shelter is available

Stand far apart from others (currently known as social distancing).

Avoid water or wet ground.

On the trail, stay off of ridges, summits, single tall trees, power lines, and ski lifts.

Run fast; there will be less exposure to ground current.

For pet, replace all collars, leashes, etc. with plastic connectors. No metal.

If a victim has been struck by lightning, it is safe to touch them. Electricity does not store in humans.

Get rid of ALL metal objects on you or in your pack.

Ski poles, skis, ice axes, tent poles, stoves, pans, tools, anything metal, should be separated from you and each other.

All the above does not necessarily attract electricity, but rather conduct it.

Put no metal objects above your head.

If no shelter is available, crouch low next to small trees, or isolate yourself.

Once while climbing Mount Hood, the Mountain School got caught in a sudden thunder and lightning storm. One person's hair stood up.

We scattered all our metal tools in the rocks, and one pot kit fused together, because it wasn't separated.

Other Practical Tips

DO NOT lie on the ground. Ground current happens when lightning strikes close.

Your best bet is to crouch close to the ground without any other contact.

If you're in a town but you can't access shelter, stay near tall structures that may get struck first. DO NOT lean or lie on concrete. All concrete structures contain steel rebar and other conductive materials.

Get Help if you or someone is injured

First, call 911 on your **cell phone** only.

Assess the victim for breathing concerns, abnormal heartbeat, or bleeding, which are common.

Check for a heartbeat by placing your middle and ring fingers on the victim's carotid artery, on each side of the neck, located directly below the back curve of the jaw bone.

If trained, apply CPR and/or cardiac compressions if needed until the EMT's get to the victim. **DO NOT STOP**, even if you think the victim is dead, **UNTIL AN EMT** takes over.

This is a summary of what you need to know about thunderstorms and lightning.

For more information, rely only on reputable sources.

NOOA, [WEATHER.GOV](https://www.weather.gov), universities that study weather, and National Geographic are good sources.



Stevens Peak from the State Line Ridge, Chic Burg

The Quiet Mountaineer

In Memory of Kay Guillory

4/28/1957-6/20/2020



For those lucky few who have met Kay Guillory, they knew a treasure. An avid hiker, Kay was often seen at Wednesday evening hikes, especially her favorite, Horse and Quartz on Mt. Spokane. However, she was quiet and reserved, so you may not have noticed her tall, slender, graceful figure. Under this seemingly fragile appearance was a woman of great strength.

For five years Kay valiantly battled against evil cancer. Through four rounds of chemotherapy treatment, a double mastectomy and radiation, she stoically endured it all with barely a complaint. When she lost the use of her left arm due to yet another tumor, she watched YouTube videos of how to do things with one hand.

That is, she chose to enjoy life as much as she was able, still smiling and interested in others, instead of sinking into an abyss of despair. A friend of mine from New England met her and described her as "relentlessly optimistic" – an odd compliment of both the negative and the positive!

Kay's inner serenity shone from her kind eyes, her gentle demeanor. Yet underneath she possessed a wry wit and humor, and an intense appreciation of all living things, no matter how creepy or repulsive some may find them. No other person have I known that, upon seeing a big, fat slimy slug, would exclaim, "Oh! My dream come true!" Then proceed to take several pictures of the creature at various angles.

Her one claim to fame was to play her trumpet onstage in her youth with Helen Reddy. But she will be remembered by many things: her devotion to her calico feline Princess Abby, her beautiful smile, her love of life and her courage to live despite much pain and discomfort.

In her very last text to me, as she lay waiting at Deaconess Hospital to be transferred to Hospice House, she wrote, "I'll be there in all the birds, plants, bugs and slugs."

And we will all look for you there, dear Kay.

Sadly submitted by Wendy Huber



Illustration courtesy of the McGill Library

STYLE GUIDELINES FOR **KINNIKINNICK** SUBMISSIONS

Files may be submitted in any form, but editable Word documents are preferred. Photos should be large format (do not compress for sending), color or black and white, and sent as separate files (not embedded in text) or downloadable links. Please limit trip reports to no more than 2,000 words unless specified by the editor. If you are submitting print-ready files, use these parameters:

- Page size 5.5"x 8.5";
- Half-inch margins all sides;
- Font = Corbel 8.5-pt regular for text, Corbel 12-pt bold for titles, Corbel 10-pt regular for "submitted by" and Corbel 8-pt italic for picture captions.

Page numbers will be inserted into your text as needed. If you have any questions, please do not hesitate to contact the editor at editorial@spokanemountaineers.org. The editor can work with most file types and assist with formatting.

THIRTEEN (OR MORE) ESSENTIALS

These are the selections of essential outdoor gear, which the Spokane Mountaineers refer to as the Thirteen Essentials and promote as critical and essential items, which belong in your pack as insurance against the unexpected. Although you may not use all the essentials every day, they can be lifesavers in an emergency.

Never forget the ultimate essential not on the list—COMMON SENSE.

And consider Jason Luthy's recommendation for a 14th essential—compassion.

1. EXTRA FOOD & WATER: Emergency packet of high-energy food and minimum of one quart of water
2. EXTRA CLOTHING
3. MATCHES in a waterproof container with striker
4. FIRE STARTER: candle or other commercial starter
5. MAP: topographic map of current area
6. COMPASS with 2° markings and base plate
7. HEADLAMP or flashlight with extra bulb and batteries
8. SIGNALING DEVICE: whistle and/or mirror
9. POCKET KNIFE
10. EMERGENCY SHELTER: tarp, space blanket, or bivy
11. FIRST AID KIT
12. TOILET PAPER & TROWEL
13. SUN PROTECTION: Sunglasses with 98-100% UV protection, sunscreen with 15+SPF, lip balm



Hunt Lake Idaho, Amy Voeller

ARE YOU MISSING FROM THE PICTURE? DID YOU GET YOUR **KINNIKINNICK**?
SOMETHING AMISS?

If you need help, first check the FAQ on our web page: www.spokanemountaineers.org, then contact the following individuals:

- Login problems: ecomm_chair@spokanemountaineers.org
- No *Kinnikinnick*, or multiple copies: membership@spokanemountaineers.org
- Committee list changes (back of this book): editorial@spokanemountaineers.org

For other problems, try a leader of the activity in question, a board member, or an officer (see inside cover or back pages) We will get your problem solved or your question answered!

CLUB VOICEMAIL

The club phone number is 509-838-4974. When you connect, you will be given options to leave a message in one of the committee voicemail boxes. These messages will then be forwarded to the appropriate chairperson or person responsible for these areas. We do not have mailboxes for all committees at this time, so when in doubt, use the general mailbox and it will be recorded and routed as needed. An extension number can be pressed at any time to bypass the message.

If you do not choose an extension, the message will be left in the general voice mailbox. To leave a message, choose from the following:

- General mailbox or if you are not sure who should receive the message Press 0
- Membership Press 1
- Centennial Celebration and Historian Press 2
- Club President and Officers Press 3
- Chalet..... Press 4
- Conservation..... Press 5
- Climbing..... Press 6
- Hiking..... Press 7
- Mountain Biking..... Press 8
- Skiing..... Press 9

Events at a Glance

CLIMB

Tuesday Drop-In Climbing (John Shields Park)	Tues	Sep 1-Sep 22
Thursday Drop-in Climbing (Q'emlin Park Post Falls)	Thurs	Sep 3-Sep 24

CLUB-WIDE

Monthly Board and Leadership Meeting	Mon	Sep 7
Wild and Scenic Film Festival	Thurs	Sep 10
Annual Business Meeting	Mon	Oct 5
Annual Banquet	Sat	Nov 7

HIKE

Ward & Eagle Peaks Fall Colors hike	Sun	Oct 4
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ROAD BIKE

Mission Park	Tues	Sep 8
Eloika Lake	Sat	Sep 12
Green Bluff Sunset Road Bike and Party	Tue	Sep 15
2020 RIM Ride (25, 50 or 100 miles)		
Crater Lake Loop	Sat	Sep 19



Peak 7171' above Harrison Lake looking south down the Selkirk Crest, submitted by David Crafton

CALENDAR

EVENT: Tuesday Climbs
DATE: September 1, 2020
TIME: 05:00 PM - 08:00 PM

TYPE: Climbing - Top Rope Climbs
DAY: Tuesday
COST: Free

MEET: John H. Shields Park, East Upriver Drive, Spokane, WA, USA

LEADER(S): Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors.

EVENT: Thursday Climbs in Post Falls
DATE: September 3, 2020
TIME: 05:00 PM - 08:00 PM

TYPE: Climbing - Top Rope Climbs
DAY: Thursday
COST: Free

MEET: Q'emlin Park, West Parkway Drive, Post Falls, ID, USA

LEADER(S): Club Climbing Committee

Weekly Climbing at Q'emlin Park. Bring your own gear and climb with the group. Check out the Kiosk for our climbing location. First to arrive set the climbing area for others. Currently no designated leader. Contact climbing committee members for information.

EVENT: Board of Directors and Leaders Meeting
DATE: September 7, 2020
TIME: 06:00 PM - 07:40 PM

TYPE: Clubwide
DAY: Monday
COST: Free

MEET: Online via Zoom
Meeting ID: 81700931939
Passcode:980758

LEADER(S): Club President 509-939-2644

The Spokane Mountaineers Board of Directors meet the first Monday of each month to conduct club business. Committee chairs to report on activity within committees. All club members are welcome to attend and are encouraged to learn and participate.

EVENT: Tuesday Climbs
DATE: September 8, 2020
TIME: 05:00 PM - 08:00 PM

TYPE: Climbing - Top Rope Climbs
DAY: Tuesday
COST: Free

MEET: John H. Shields Park, East Upriver Drive, Spokane, WA, USA

LEADER(S): Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors. Bring Headlamp to pull ropes, days are getting shorter.

EVENT: Mission Park to Peaceful Valley
DATE: September 8, 2020
TIME: 06:00 PM - 08:00 PM

TYPE: Road Bike
DAY: Tuesday
COST: Free

MEET: Mission Park, Spokane, WA, USA

LEADER(S): Martin Ward 509-991-1221
Ride on the Centennial Trail through Peaceful Valley and return

EVENT: Eloika Lake
DATE: September 12, 2020
TIME: 10:00 AM - 01:00 PM

TYPE: Road Bike
DAY: Saturday
COST: Free

MEET:

LEADER(S): Club Road Bike CoChair1 509-991-1221
Rick Haney will select a ride 15-30 miles call Rick for details 509 434-6693.

EVENT: Tuesday Climbs
DATE: September 15, 2020
TIME: 05:00 PM - 08:00 PM

TYPE: Climbing - Top Rope Climbs
DAY: Tuesday
COST: Free

MEET: John H. Shields Park, East Upriver Drive, Spokane, WA, USA

LEADER(S): Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors. Bring Headlamp to pull ropes, days are getting shorter.

EVENT: Green Bluff Sunset Road Bike and Party
DATE: September 15, 2020

TYPE: Road Bike
DAY: Tuesday

TIME: 06:00 PM - 09:00 PM

COST: Free

MEET: 17827 North Sands Road on Green Bluff

LEADER(S): Paul Eichin 509-238-2300

A short ride on top of Green Bluff to watch the sun set on the tuesday evening rides. After the ride we will have a potluck with main dish complements of the Promised Land Hazelnut Orchard and Farm. Call Paul to reserve your place at the table. 509 238-2300

EVENT: Thursday Climbs in Post Falls

TYPE: Climbing - Top Rope Climbs

DATE: September 17, 2020

DAY: Thursday

TIME: 05:00 PM - 08:00 PM

COST: Free

MEET: Q'emlin Park, West Parkway Drive, Post Falls, ID, USA

LEADER(S): Club Climbing Committee

Weekly Climbing at Q'emlin Park. Bring your own gear and climb with the group. Check out the Kiosk for our climbing location. First to arrive set the climbing area for others. Currently no designated leader. Contact climbing committee members for information.

EVENT: Crater Lake Loop

TYPE: Road Bike

DATE: September 19, 2020

DAY: Saturday

TIME: 08:00 AM - 05:00 PM

COST: Free

MEET: Crater Lake Oregon

LEADER(S): Martin Ward 509-991-1221

This event has been canceled by the National Park Service Ride the rim road 33 miles around Crater Lake. Road will be closed to vehicle traffic except for 5 miles between north entrance and Steel visitor center. we will carpool from Spokane on Friday, return Sunday or Monday. lodging and camping is available both in the park or nearby must book early it will fill up.

EVENT: Tuesday Climbs

TYPE: Climbing - Top Rope Climbs

DATE: September 22, 2020

DAY: Tuesday

TIME: 05:00 PM - 08:00 PM

COST: Free

MEET: John H. Shields Park, East Upriver Drive, Spokane, WA, USA

LEADER(S): Brian Hoots 509-868-4048

Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID19 Restrictions or

leader discretion). If weather is poor, wear your rain gear and we can work on anchors. Bring Headlamp to pull ropes, days are getting shorter.

EVENT: Thursday Climbs in Post Falls (last night of season) **TYPE:** Climbing - Top Rope

DATE: September 24, 2020

DAY: Thursday

TIME: 05:00 PM - 07:00 PM

COST: Free

MEET: Q'emlin Park, West Parkway Drive, Post Falls, ID, USA

LEADER(S): Club Climbing Committee

Weekly Climbing at Q'emlin Park. Bring your own gear and climb with the group. Check out the Kiosk for our climbing location. First to arrive set the climbing area for others. Currently no designated leader. Contact climbing committee members for information.

EVENT: Tuesday Climbs (Last night this year)

TYPE: Climbing - Top Rope Climbs

DATE: September 29, 2020

DAY: Tuesday

TIME: 05:00 PM - 08:00 PM

COST: Free

MEET: John H. Shields Park, East Upriver Drive, Spokane, WA, USA

LEADER(S): Brian Hoots 509-868-4048

Last night of the season. Join us at John Shields Park for an evening of climbing at Minnehaha Rocks. Meet other climbers, share ropes and routes. The leader(s) have committed their evenings to get some climbing in and support the event. We will climb on the main wall in the beginning, verify how folks are doing with anchors, and work our way to other areas as the summer progresses. Check the kiosk for any notes. If we are not on the main wall, we will leave a note. If you are the first to arrive set up and we will join you. Leave valuables at home or not visible in your car. (Event is subject to cancellation due to COVID19 Restrictions or leader discretion). If weather is poor, wear your rain gear and we can work on anchors. Bring Headlamp to pull ropes, days are getting shorter.

EVENT: Ward & Eagle Peaks Fall Colors Hike

TYPE: Hiking - Day Hike

DATE: October 4, 2020

DAY: Sunday

TIME: 07:00 AM - 06:00 PM

COST: Free

MEET: Bitterroots

LEADER(S): Chic Burge 208-659-8183

If you have never been to Ward & Eagle Peaks, you are missing out on a spectacular hike and area. They are located SW of St. Regis, Mt., on the Idaho/Montana boarder. The fall colors here are extra colorful. From the trailhead, Ward Peak is a mile walk with 912 verts. Once on the summit, after stopping for a view of the Unnamed Double Lake, we will hike NW then N down to the saddle above Hub Lake. From the saddle, we will hike up to Eagle Peak about 833 verts. Lunch will be on Eagle Peak. After lunch we will hike Trail #250 back towards Ward Peak but follow it along its south face on the main trail, back to the cars. **THINGS TO BRING:** 13 essentials, 3 quarts of water, clothing for all weather conditions to include rain gear, lunch-trail snacks-libations, and don't forget your camera. We will meet at the ALBERTSONS on Ironwood and Lincoln Way (95) in CDA at 7am by

the hospital, and carpool from there. The usual meeting area may have freeway construction by it. Please call me at 208.659.8183 if you are interested in attending. For more images of past trips to Ward & Eagle Peaks, log onto...inlandnwroutes.com, click on Lolo N.F., then Ward & Eagle Peaks. Enjoy

EVENT: Annual Business Meeting
DATE: October 5, 2020
TIME: 06:30 PM - 09:00 PM

TYPE: Clubwide
DAY: Monday
COST: Free

MEET: Online Via Zoom
Meeting ID: 909 797 1833
Passcode: ClimbOn20

LEADER(S): Club President 509-939-2644

The Club's Annual Business Meeting will include election of officers and board of directors. Annual committee reports will be submitted and reviewed. Amendments to bylaws, if any, will be discussed by the membership and voted on and help the club take care of any business. A quorum of 25 members is required to conduct business.

EVENT: ANNUAL BANQUET
DATE: November 7, 2020
TIME: 05:00 PM - 09:00 AM

TYPE: Clubwide
DAY: Saturday
COST: Free

MEET:

LEADER(S): Chris Baldini 509-924-4608 / 993-8971 (c)

SAVE THE DATE FOR OUR ANNUAL BANQUET! More details to follow....



Dalton Lake, Lolo National Forest Montana Li Ciavola



ST. PAUL'S PASS, AMY VOELLER

Officers & Board of Directors

officers@spokanemountaineers.org

board@spokanemountaineers.org

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	² Term ends Fall 202		

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