

Newsletter of the Issaquah Alps Trails Club

THE ALPINE



July ▲ August ▲ September ▲ 1995

Cougar ▲ Squak ▲ Tiger ▲ Grand Ridge

Lake Sammamish and the Alps—Vital Linkages

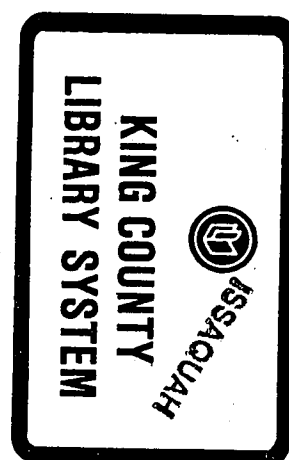
Joanna Buehler—President, Save Lake Sammamish

For those who understood it, the writing showed up on the wall a long time ago. A bold graffiti message painted there by the gash of I-90's replacement of the old U.S. Highway 10! Harvey Manning was amongst the few able to translate its warning.

"Most of the Alps ought to be devoted to growing wood, placed by law permanently in tree farms. Timber is a necessary industry. It also is a good industry to live with, since while growing cellulose the land also can provide clean air and water, quiet, green, homes for wildlife and places for people to play.

Those of us with a background in wilderness preservation are as concerned as loggers and millworkers about the clouded future of Washington's timber industry. But the threat is not the setting aside of parks and wilderness in the high mountains, where trees grow poorly if at all. The true danger is in the loss of lower lands to highways, powerlines, shopping centers and subdivisions."

Extract from the Seattle Times, dated November 13, 1976, article by Harvey Manning "Issaquah Alps—Preserve Greenbelt Near Seattle"



A vegetated watershed is the recipe for clean water. Tiger Mountain State Forest, Cougar Mountain Regional Wildland Park, Section 9 on Squak Mountain, tree-farms and open space are the keepers of clean waters and salmonid habitat in Issaquah Creek and Lake Sammamish.

Lake Sammamish is aging prematurely—a natural process over geologic time called eutrophication—as the watershed is inextricably converted from forest to subdivisions, malls and roads. Clearing the vegetation, exposing erodible, phosphorus-rich soils on steep slopes to rain and wind delivers the first "hit." Its all downhill from there, as sediments ooze and infiltrate creeks and Lake, adding to nutrient loads and smothering clean spawning gravels. Once impervious surfaces—roads, roofs, lawns—and culverts are built to accelerate conveyance of polluted urban stormwater into the creeks, the pollution problem is institutionalized. The

See Lake Sammamish, Page 3

Initiative 164
Must be Stopped!

Ken Konigsmark

The State Legislature recently passed Initiative 164, so-called "takings" initiative, which crosses way over the fine line in balancing individual property owner rights with the need to protect overall societal order.

It requires all levels of government to pay property owners "for any action, requirement, or restriction by a governmental entity other than actions to prevent or abate public nuisances, that limits the use or development of private property." Such a law would bankrupt our government and severely degrade or put at risk all environmental safeguards and laws. In the words of the Seattle Times, "the Legislature has put us in a position of paying to ransom quality of life from those who would profit from its degradation." This is bad legislation that would hurt us all. Even for property rights advocates, Initiative 164 does not provide a good, reasonable solution to the perceived regulatory problems.

As a result, Referendum 48 has been launched to secure 90,000 petition signatures by July 14th, to place Initiative 164 on the public ballot in November. IATC members are encouraged to sign the petition, then to vote against Initiative 164 in November. ▲

On the Importance of Our Water—
A Tribute to Ruth Kees

George Comstock

It often happens to hikers and other nature lovers: dismay and depression because of the constant degradation of our natural environment, on land and water. Environmental preservation in the Issaquah Alps (and elsewhere) has suffered many losses and will surely face more. For those who care and work to maintain our environment, the constant battles can be overwhelming. There are, however, many successes to balance out the losses. These successes are hard won by a few selected individuals who have accepted the challenge and fought to really make a difference to the area.

Ruth Kees is one of this select crowd. She has been living in the Issaquah area since the early 1960's and her tireless efforts to protect the environment have affected the area permanently, and for the better. One cannot calculate her effect, and there is nobody to show us what the Issaquah area would be like without her, but speculation suggests that her influence has been very remarkable.

As a dramatic example, much of the Lake Tradition Plateau would probably be gravel pit now if she hadn't been here to stop it. Such an idea may seem incredible now, but in the early 1970's when I-90 was under construction, the area was seriously considered for gravel mining. The City of Issaquah had issued permits for the destruction of what was just recently turned into a conservation area! In fact, the small pit just south of Round Lake is the result of a small gravel extraction.

Ruth was also a driving force behind the successful efforts to stop herbicide spraying on Tiger Mountain at the headwaters of Fifteen Mile Creek. She organized approximately 200 people to remove unwanted vegetation by hand as an alternative to spraying and, by demonstrating that alternatives were possible, changed the policy on spraying. Currently herbicides are not used on Tiger Mountain State Forest and Issaquah's drinking water is surely the better for it.

If the many blue signs on roads at stream crossings which depict a fish and say "This Stream is in Your Care" has heightened your awareness of waterways, Ruth has influenced you personally. She acquired a grant from Metro for these signs, and designed the fish logo. Again, the effect of this effort cannot be measured, but it is likely that thousands of people who wouldn't otherwise have given it a thought now realize that there is life in these simple streams.

Not all of her efforts have ended in success. Ruth has always worked to prevent environmental degradation however impossible the odds against her. When faced with these inevitable losses, she has had to

See Kees, Page 2

Busy Times in the Alps

Margaret Macleod

It seems as if times have never been busier for the Issaquah Alps and environs; but you and I know this is always true for the Alps! The Issaquah Alps have sparked recreational and natural resource interests and debate for many years and that interest continues.

First, during the month of May, the Department of Natural Resources (DNR) held two public meetings/hearings on the Mt. Si Natural Resources Conservation Area (NRCA) and West Tiger Mountain NRCA management plans. The DNR is also developing and holding public meetings on the Public Use Plan for the Mt. Si area.

The West Tiger Mountain NRCA management plan includes the proposal to expand the NRCA from its present boundaries of 840 acres to encompass approximately 4,400 acres. The City of Issaquah has already designated its Tradition Plateau lands as a NRCA to be consistent with DNR's management program for the West Tiger NRCA.

The management plan was prepared by two University of Washington graduate students for the DNR with a tremendous amount of expertise and help from the West Tiger Mountain NRCA Advisory Committee. The overall management philosophy and goal for the area is: "The West Tiger Mountain NRCA will be managed to protect ecological systems and encourage natural successional processes with minimal human intervention while providing controlled opportunities for low impact public use and emphasizing environmental education."

The management plan will now be forwarded to Jennifer Belcher, Commissioner of Public Lands, for her approval and it is expected that the plan will be finalized by July 1995. Next, however, will be implementing the management goals and strategies outlined in the plan.

Another major project of interest is the "Rainier Boulevard Non-motorized Corridor and Stationmaster's House Renovation Project," otherwise known as the Rainier Boulevard Corridor Project.

The City of Issaquah received a major grant through the Intermodal Surface Transportation Efficiency Act (ISTEA) Enhancement Program for the project. A citizen advisory committee has been appointed by Mayor Rowan Hinds to identify a preferred design for the multiple-use trail following the former railroad grade from City Hall South to Second Avenue and to provide the design parameters for the renovation of the Stationmaster's House for use as the Issaquah Alps trail center.

The advisory committee has met four times and has already selected an architectural firm for the Stationmaster's house. Presently, we are developing a "wish list" as to what improvements are absolutely necessary and what improvements we would like to include. Of course, the amount of funding for the renovation is the biggest limiting factor as to what we can expect in the renovation. It is exciting to think that we will have a trailhead center in the near future. ▲

Renewals and Donations

Ken Konigsmark

Just a reminder that the Club needs all members to forward their membership renewals on a timely basis. Being a typically poor, non-profit organization, we operate on a shoestring budget which is seriously affected if expected renewals are not received. Your help in keeping IATC functional is appreciated. Beyond a standard renewal, we encourage you to consider any additional donation which directly helps fund club expenses beyond Alpiner costs, which consume most of the normal membership fee. An extra \$10, \$20, or more helps greatly and is much appreciated. Whether memberships or donations (or both), it all contributes to preserving, promoting, and protecting our Issaquah Alps hiking trails. ▲

Kees, From Page 1

retreat to her beautiful garden to regain the spirit to continue.

Water has always been the focus of Ruth's environmental concern. Having grown up in Nebraska during the dustbowl years, she remembered her family's well drying up and the deep poverty caused by environmental mismanagement. These childhood experiences have given her a sense of urgency about the protection of groundwater which is rarely seen in the complacent populace or the officials which we elect. These officials face her frequently at public meetings where she tries to help them see the full consequences of shortsighted and environmentally damaging political decisions. In fact, Ruth predicts that as the Issaquah Aquifer is increasingly drawn upon to meet the needs of development, some of the private wells will dry up.

Ruth presently serves on the Tiger Mountain State Forest Citizens Advisory Committee where she successfully advocated the use of composting toilets on Tiger Mountain in lieu of a conventional toilet system. She also serves on the Issaquah Basin Groundwater Management Committee. This groundwater committee has just completed a report which concludes that the primary threat to the Issaquah Basin groundwater is overdevelopment. Her service on these committees and her ongoing efforts as an individual are a continuation of a long career of caring for the community and the environment.

A small and elderly woman with a modest demeanor, Ruth Kees does not display her vitality and strength of character to the casual observer. But the fact is, Ruth can do more than move mountains—she can keep them where they are when others would move them. ▲

Thanks for a Job Well Done!

Thanks, Suzy Roth, for your fine work on the Alpiner layout and design over the years. Suzy was at least half the driving force behind the "new look" Alpiner, and has brought a fine quality and professionalism to each issue of the Alpiner. Suzy is retiring from Alps Club desktop publishing in order to pursue her horticulture interests. ▲

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Lake Sammamish, From Page 1

delivery of eutrophying poisons to the Lake is ongoing and relentless. Nutrients from lawn fertilizers, soil erosion, pet waste, driveway carwashing and thousands of other seemingly-insignificant daily activities lead to murky, scummy water, inedible fish and excessive milfoil around the shoreline entangling swimmers and boat propellers! Every person, automobile, structure, chemical and animal present in, or passing through, the watershed adds to the witches brew flowing to the Lake. Even the pollutants in the air are washed into the creeks and Lake by the rains. "My little bit won't hurt" is absolute sophistry!

Lake Washington of the early 1960's became so polluted, the County had to prohibit swimming because of the health risk—and the stench of rotting vegetation and dead fish was revolting! Excessive aquatic plant growth stimulated by excessive

"...major projects with a high likelihood of hemorrhaging sediments and nutrients into Lake Sammamish, pushing it over the edge, must be avoided"

nutrients had robbed the lake of dissolved oxygen so its waters were no longer "fishable and swimmable." Property values plummeted, as did enjoyment of lakeside homes and recreation in waterfront parks. At enormous taxpayer cost, Metro was formed to install sewers and protect lake water quality in both Washington and Sammamish. Flushed by cold, oxygen-rich, clean waters of the Cedar River, larger Lake Washington cleaned up quickly. Groundwater-fed Lake Sammamish was slower to recover, but gradually did so once relieved of the burden of Issaquah's sewage and the effluents from Dairygold's processing plant and the gravel pit. As this region's population grows, so too does the demand for recreational facilities. Where will the 1.6 million annual visitors to Lake Sammamish State Park go to play if Sammamish becomes unusable again?

University of Washington and Metro scientists recognize Lake Sammamish has reached the limit of its capacity to absorb nutrients, without destroying its value as a regional recreational resource and salmonid habitat. Given this undisputed fact, major projects with a high likelihood of hemorrhaging sediments and nutrients into Lake Sammamish, pushing it over the edge, must be avoided.

The proposed Lakemont Boulevard Extension through Lewis Canyon surely is the "Mother of all" such projects. Dr. Dale Cole, Professor of Forest Soils and Dr. Charles Henry, P.E. of the College of Forest Resources, UW, reviewed the October 1994 Report in which Bellevue Road Department's consultants found suspiciously low phosphorus concentrations (less than one-fourth of the average P concentration in soils analyzed throughout western Washington). Professors Cole and Henry believe *"...this disparity is due primarily to soil sampling procedures,"* and noted that *"Phosphorus generally is highest in the soil surface, especially the fine organic and mineral fractions. These are also the fractions that are most likely to erode during rainfall events when disturbed. The fact that this portion of the soil profile was ignored, in our opinion, significantly alters the conclusions regarding the potential total P loading to the lake."*

These UW experts went on to say *"The risks are high with excess P loading to Lake Sammamish, which, as mentioned, is already close to being overloaded. We feel that there is a very good chance that the amount of escapement of P from this project will cause irreparable damage to the lake, and may not necessarily be reversible. If this project is allowed to happen, the great risk to the lake warrants those promoting it to have effective remediation measures in place, and the true monetary and environmental costs associated with remediation must be acknowledged."*

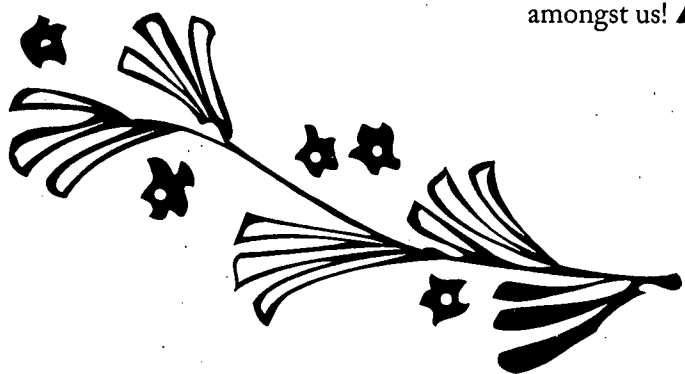
Lakemont Boulevard is Bellevue's road to high densities on Cougar Mountain—a 150 acre upzone from 1 unit/acre to 7.5 units/acres is in process. In conjunction with West Lake Sammamish Parkway scheduled "improvements," it is also going to serve as a north/south alternative to I-405, especially for commuters between Renton's high-density residential areas and Redmond's corporate campuses.

A common misunderstanding is "we cleaned up the Lakes before and we can do it again!" How can we, with a constant inflow of pollutants built into the drainage system? Retrofits are difficult and expensive. Let's try prevention while it's still an option.

Headline on a Harvey Manning article in the Weekly, dated July 14-20, 1976.

"Issaquah Alps Wilderness Park—Now that Lakemont Boulevard is stopped, the logical next step is to link three nearby mountains into a park."

Nice bit of irony there for the irony-deficient amongst us! ▲



News Briefs... Biosolids on Tiger Mountain

The IATC previously endorsed a creative, multi-party program involving DNR, King County Metro, the Mountains to Sound Greenway, Weyerhaeuser, and the UW College of Forest Resources, which would recycle highly-treated, organic solids from the waste water treatment process (biosolids) onto DNR forest lands in King County. In turn, the program will generate several millions of dollars for use in acquiring and preserving as forestland lands that are otherwise threatened with development.

Biosolids have been used for 20 years in this fashion and have proven to provide valuable fertilization benefits to growing trees, as well as enhanced wildlife habitat and food sources. Design and monitoring of applications for any site are carefully planned by the UW technical staff which has a wealth of experience on this subject.

With the joint program planned for a summer 1995 kickoff, and with applications scheduled for a total of 143 acres this year, a demonstration project may be planned for east Tiger Mountain. If so, the intent will be to provide ready public visibility and education on the materials and processes involved, their effects on the forest, and why and how this is a beneficial way to locally recycle wastes, which we all generate, in a safe and effective manner.

If you have questions on the biosolids recycling program, call Ken Konigsmark, 957-5094 for the latest information. ▲

DNR Mount Si and Rattlesnake Mtn. Management Planning

The local staff of the Department of Natural Resources (DNR) has initiated planning efforts for the Mt. Si Natural Resources Conservation Area (NRCA), as well as for the new Rattlesnake Mountain Scenic Area Preserve. Planning for public use, boundaries, and other issues will be considered during these efforts.

The Mt. Si plan is being formulated by Darcy McNamara, while the Rattlesnake Mountain plan is being developed by Molin Ely. Both are available at 888-1566. Also, a draft management plan for the West Tiger Mountain NRCA was published in March, and is available for your review.

DNR has done a superb job in defining approaches and plans for protecting the resources while also allowing for low impact public use. If you have specific knowledge, desires, or concerns about these areas, your input is much desired by the DNR staff. Please call and discuss any inputs you may have with them, and look for notices of public meetings on these plans in local newspapers. ▲

Tiger Trail Note

The Nook Trail on Tiger Mountain Tradition Plateau is being repaired and improved by a private contractor, funded by DNR. While the trail may be messy for awhile, the long-term improvements will make the trail better and will help to keep it from future use impacts. Please obey any restrictions if they become necessary to complete the work. ▲

How Did That Trail Get Its Name?

Bill Longwell

Have you ever wondered how these trails came to be named as they are? Here is some history and local folklore.

Phil's Creek

In November 1971, Phil Hall and Bill Longwell were exploring routes up all sides of Squak Mountain. Usually, they walked the service road from May Valley to the summit but on Thanksgiving Saturday 1971, they found an old logging route leading east from the road. It wound under the cable that powers the electrical works on the summit and reached a hidden, two-mile-long valley deep in the cleft between Squak's east and main peaks and drained by a clear, swift stream.

In early 1972, they discovered that this stream was the same stream that descended past Phil's front porch in May Valley to Issaquah Creek. The stream ran year-long through this hidden valley, but dried up in the summer and fall in the gravels near Phil's house. Later, Phil and Bill opened up this route through Thrush Gap and connected it to the East Side Road.

For years the only walkers here were Phil and Bill and their legions of school students until one Saturday, they met Connie Dow, charter IATC member, walking up from High Valley. She had somehow found the trail.

The first Trails Club hike into Phil's Creek Valley came in November 1979, along a route never again repeated. Ask the survivors why.

Phil Hall moved away in 1977 and died in December 1992.

Squak is the least walked mountain in the Issaquah Alps.

Chybinski Trail

In November 1971, Phil Hall and Bill Longwell discovered an old logging road one mile up from the Highway 900 quarry. In those days the road, now trail, up from the quarry was plied by four-wheelers and motorbikes. The new route crossed a creek on a stringer bridge and reached the block house and once magnificent view of Seattle and the Sound. Trees now obscure the view.

In early 1972, both Phil and Bill read in the Mountaineer "Bulletin" that Dina and Joe Chybinski had discovered a "new" route on Squak and were leading a weekend Mountaineer hike on it. The route was the same found by Phil and Bill a half-year earlier.

Joe Chybinski had migrated from Poland to Seattle after World War II and met Dina. For years Dina was a leader of the Mountaineer Naturalist Committee. The route was dubbed the "Chybinski Trail" in honor of Dina and Joe. The Mountains-to-Sound hike used the Chybinski Trail as part of its 1990 trek from Snoqualmie Pass to the Seattle waterfront.

Bootleg Trail

Most hikers walk trails on the western margin of Tiger because that's the location of most of Tiger's trails. In 1985, Will Thompson began to remedy this. He built low maintenance trails off the Preston Trail to connect to West Tiger I and Fifteen Mile Pass. He called them the "Bootleg Trails."

What is a "bootleg trail"?

A "bootleg trail" offers an alternative route to the same destination as the main route. Often it is a shortcut to the same destination as the primary trail. It is often steeper. It may not receive the same maintenance as the main trail. It may not receive any maintenance.

Will worked mostly alone, but a May 1985 REI work party (62 workers) on Tiger sprung a passel of laborers to help Will finish all his connections. Today walkers ply these "bootleg trails" to reach the Main Tiger summit (3004').

Dwight's Way

Dwight Riggs, long-time Mountaineer and IATC member, has spent countless hours building and maintaining Tiger Trails. His trail work inventory on Tiger began in 1977 and still runs in 1995. Dwight was a charter member of the IATC Weedwhackers.

In 1984 Dwight suggested a connector route between the lower sections of the then TMT and Preston Trails. He laid out a basic route and seven work parties in 1984 and 1985 completed the work. Later, the Weedwhackers connect Dwight's Way to the High Point Creek Trail. It's still a great walk.

Poo Poo Point

Harvey Manning is responsible for this name.

Why did Harvey name this trail and viewpoint "Poo Poo"? It's not what you might think. Before radio transmission recently adopted by many loggers, communication between the yarder and choker (the most dangerous job in the woods) came by a series of air whistles. The choker used a whistle to signal when he had set the cable around a cut log. Then the yarder (out of sight from the choker) would reply and tighten the cable (giving the choker time to stand clear) and haul the log back to the log dump and waiting logging trucks. The whistle carried a "poo poo" sound through the woods.

And you thought this name suggested something else. ▲

They're B A C K

Marilyn Moon

Well, actually they're not here, yet, but our famous fall celebrants, THE SALMON, will be here before you know it! It's not too soon for thinking of what you'd like your local festivities for our SALMON to be this October.

Once again IATC will be at the Trailhead City, Issaquah, for the beloved return of salmon to the Issaquah Alps! More and more, what a treasure we have here in our backcountry Cougar, Tiger, and Squak Mountains to explore and revel in! IATC is that main attraction for individuals and families to learn about and trail available in the area. Be part of the fun! **VOLUNTEER THIS SALMON DAYS!**

We need booth help! And this year, we're asking for your 2-hour volunteer commitment. Save two hours of that Saturday or Sunday for the Club. If you're saying, "I don't know enough about the trails or the workings of the Club," don't let that stop you. You'll be given a brief orientation by a Club officer or Board member. You can share your own experience, even if it's that you've simply walked around Lake Tradition a time or two. It's really *your* opportunity to learn about what's available in the Issaquah Alps. You'll get that just from folks stopping by to tell you about some terrific hikes they've been on and how they got there!

To get on the volunteer list, phone Marilyn Moon (392-1732) or Carolyn Graham (885-0224). Approximately two dozen folks are needed and it's a way to contribute! ▲



Tiger Guide Reprinted

The 1995 "Guide to Trails of Tiger Mountain" and Tiger map are finally back in print. This latest revision, the eighth edition of this book, describes old favorite trails (Have you hiked *every* Tiger trail?) and the new Department of Natural Resources trails near Highway 18. Sales of this book and map support the enterprises of the Trails Club. **SPECIAL NOTE - THANKS, MARTY!** The IATC is indebted to Marty Hanson, IATC Bookseller, for her 10 years of faithful and diligent labor as chief editor of this Tiger book. ▲

Issaquah Alps Trails Club Hikes and Events

July

Saturday July 1

Cougar Park to Issaquah
via Squak Mtn.
3C 8:30 a.m.
Ralph Owen 746-1070

Sunday July 2

Coal Creek Falls and more
2A 9:00 a.m.
Bert Drui 746-0709

Tuesday July 4

Tradition Plateau
Shrub identification
2A 10:00 a.m.
Dave Kappler 392-3571

Thursday July 6

Twin Falls family hike
1A 10:00 a.m.
Peggy Barchi 432-5446

Saturday July 8

Lake Tradition Adventure
Trail, Big Tree and more
2A 1:00 p.m.
Ann Leber

Sunday July 9

Grand Ridge Sampler
2A 10:00 a.m.
Melinda Livingstone 392-7455

Monday July 10

Squak Mt. loop
5 mi./1300 ft. gain
2B 9:00 a.m.
Mary Cadigan 641-4046

Saturday July 15

TMT to Railroad Grade
2B 9:00 a.m.
Trudy Ecob 232-2933

Precipice Trail/Military
Rd., Big Tree Ridge and
Anti Aircraft Gorge
2A/B 1:00 p.m.
Harvey Manning 746-1017

Tuesday July 18

Big Tree/Lake Tradition
2A 9:30 a.m.
Pat Kaald 746-8741

Saturday July 22

Tiger's back side,
Amber hunt
3B/C 9:00 a.m.
Bill McFerren 641-1853

Sunday July 23

Round Lake Nature Trail
2B 1:00 p.m.
Steve Cavit 271-7780

Monday July 24

BOARD MEETING
7:00 p.m. at the Clubhouse
First & Bush

Saturday July 29

Lewis Creek Canyon,
Owen Creek Chasm and
Peggy's trail loop
2A/B 1:00 p.m.
Harvey Manning 746-1017

Sunday July 30

Yah-er Wall:
Oaks and Orchids
3B/C 9:00 a.m.
Fred Weinmann 392-9230

August

Saturday August 5

Tradition Plateau trees,
Evergreen and deciduous
2A 10:00 a.m.
Dave Kappler 392-3571

Sunday August 6

Three Cougar Mtn.
View peaks
3B 8:00 a.m.
Bert Drui 746-0709

Saturday August 12

Tradition Plateau
Fern identification
2A 10:00 a.m.
Dave Kappler 392-3571

Sunday August 13

Marshall Hill to DeLeo Wall
on Cougar Mtn.
2B 10:00 a.m.
Ann Leber

Monday August 14

Middle Tiger via artifact
Trail. 2000 ft. gain
3C 9:00 a.m.
Mary Cadigan 641-4046

Saturday August 19

Precipice Trail/Military Rd.
Big Tree Ridge and AA Gorge
2A/B 1:00 p.m.
Harvey Manning 746-1017

Sunday August 20

Poo Poo Pt. hang glider heaven
3C 9:00 a.m.
Bill McFerren 641-1853

Saturday August 26

East Tiger Trail to
Main summit
4 C/D 8:30 a.m.
Ann Weinmann 392-9230

Sunday August 27

Lewis Creek Canyon,
Owen Creek Chasm and
Peggy's trail loop
2A/B 1:00 p.m.
Harvey Manning 746-1017

Monday August 28

BOARD MEETING
7:00 p.m. at the Clubhouse
First & Bush

Wednesday August 30

Cougar Mtn. Wildland Park
2A 9:30 a.m.
Pat Kaald 746-8741

September

Saturday September 2

Precipice Trail/Military Rd.
Big Tree Ridge and AA Gorge
2A/B 1:00 p.m.
Harvey Manning 746-1017

Sunday September 3

West Tiger 2 and 3
3C 8:00 a.m.
Bert Drui 746-0709

Saturday September 9

Cougar Views
2A 9:30 a.m.
Ann Leber

Sunday September 10

Cougar Mtn. Nike
Town neighborhood
3C 9:00 a.m.
Bill McFerren 641-1853

Monday September 11

Tiger Mtn./Poo Poo Pt.
1800 ft. gain
3C 9:00 a.m.
Mary Cadigan 641-4046

Saturday September 16

Talus Caves
2A 9:00 a.m.
Trudy Ecob 232-2933

Sunday September 17

Lewis Creek Canyon,
Owen Creek Chasm and
Peggy's trail loop
2A/B 1:00 p.m.
Harvey Manning 746-1017

Tuesday September 19

Preston family hike
1A 10:00 a.m.
Peggy Barchi 432-5446

Saturday September 23

Poo Poo Pt., 7 mi./1700 ft. gain
3C 1:00 p.m.
Bob Gross 392-0539

Sunday September 24

Squak Mtn. Loop
2C 9:30 a.m.
Warren Jones 888-0262

Monday September 25

BOARD MEETING
7:00 p.m. at the Clubhouse
First & Bush

Caves on Tiger Mtn.

2A 1:00 p.m.
Steve Cavit 271-7780

Saturday September 30

Tiger Mtn. leader's choice
3C 9:00 a.m.
Ralph Owen 746-1070

Hike Information

HIKE LEADERS

The hike leaders are volunteers who have donated their time to lead people who want to hike and explore the trails in the Issaquah Alps and other nearby foothills (Cascades) in King County. Hikes are scheduled and led year-round regardless of weather. *Minimum attendance is 3, including the leader.*

Trails in the Issaquah Alps may be good or bad, easy or hard, muddy or dusty, brushy or clear, steep or flat, easy or hard—or all of the above. Some are not much more than animal trails. As *volunteers*, neither the hike leaders, the Trails Club or club directors are in any way responsible or liable for hiker's comfort, transportation, property, safety, or general wellbeing while traveling to and from the trailhead or while hiking or working any trail.

The club's sole purpose is to show hikers where the trails are and to lead the way. The public, other clubs, youth groups, church groups and others are welcome and wholeheartedly invited to join with the hike leader and others who want to hike these trails. Children under 13 should be accompanied by an adult. *Please, no pets on these hikes.*

HIKE CLASSIFICATIONS

Each hike has a number and letter designation after it (e.g., 2C). Numbers indicate the hiking time and letters indicate the degree of difficulty.

Hiking Time

Class 1: 2 hours

Class 2: 4 hours

Class 3: 6 hours

Class 4: 8 hours

These are *approximate* hiking times, not including travel time to and from the trailhead (20 to 70 minutes, depending on the hike) and meal times (lunch will add another 20-70 minutes, depending

on the mood of the group). The times are based on an assumption of a two mile per hour pace, with a half hour added for each 1000 feet in elevation gain. Trail conditions, weather, and unexpected hazards can extend the hiking time.

Degree of Difficulty

A: little or no elevation gain, up to 500 feet, no difficulties for average walker

B: some climbing: up to 1200 feet, or some other difficulty

C: more climbing: up to 2500 feet, or some other difficulty

D: much climbing: over 2500 feet elevation gain

This is an *estimated* degree of difficulty. Most trails in the Issaquah Alps are not up to the high standards of state and national parks. Issaquah Trails can be very steep in parts or muddy and brushy. Hikers may gain 1000 feet in just one mile of a five-mile, 1500-foot elevation gain hike. Sometimes there are trees to climb over or nettles and berry bushes to beat through. *Short* doesn't automatically mean easy and *long* doesn't automatically mean tough.

HIKE DESCRIPTION MODIFIERS

Leader's Choice

The leader had not decided where to hike before publication of the hike schedule.

Trail Party

Trail maintenance work party.

Exploratory

The leader goes cross country off the main trail system to explore animal trails, canyons, old logging roads, or old railroad grades. Expect to go through brush, over logs, tiptoe through wildflowers and/or mud and have a good time hiking where others seldom tread.

Family Hike

For parents and children. Easy pace. Call leader for hike particulars.

MEETING PLACE

Trails Club hikes meet in the parking lot at the corner of 1st and Bush next to the "IATC Clubhouse", the little gray Stationmaster's house. To get there, take Exit 17 (Issaquah Front Street) from Interstate 90 and turn south into downtown Issaquah. Go about one mile through town on Front Street past the light at Sunset and turn left on Bush Street. Go one block and turn into the lot on the left. Park beside the Clubhouse or on the east side of the logs opposite the Issaquah Food Bank. Do NOT park on the side of the logs closest to the Food Bank.

CLOTHING

Dress for the Pacific Northwest outdoors—expect rain, snow, sunshine, fog and everything in between. Bring extra clothing, rain gear, food, drink, matches, flashlight and first aid supplies. Wear comfortable hiking boots or hiking shoes.

TRAIL MAINTENANCE

Volunteers organize and schedule trail maintenance parties periodically as listed in the hike schedule. These work parties meet at the same place as the regular hikes (see "Meeting Place" above). The Club is well supplied with heavy trail maintenance tools, but workers may also bring their own loppers, weed whackers and other tools. Trail work parties last at least four hours. *Trail maintenance is vital to the Club's work and an integral part of the DNR management plan for Tiger Mountain.* Work parties must limit their activity to those trails listed by DNR as scheduled for maintenance—**no construction of new trails is allowed.** Work parties are a great way to meet people! Individuals and groups are also encouraged to adopt a trail, or section of trail, and be responsible for maintaining it. ▲



These Folks Are HOT!!!

Marilyn Moon

Hotline Volunteers, that is. Ever wonder what makes the wheels go 'round in our Club? In addition to a very dedicated Board of Directors, we are fortunate enough to have "back stage" volunteers, who really are the spark plug of the organization: **HOTLINE VOLUNTEERS!** They are:

- Bill Davies
- Ed Williams
- Marilyn Moon
- Wilma Eisman, and
- Joann Howe

It's Joann's lovely voice that folks hear, when they phone the 24-hour Hotline number. She records upcoming hikes and general information about IATC so newcomers can join in on hikes. During the week, each—Bill, Ed, Marilyn, and Wilma—have a selected day when they respond to messages left on the Hotline voice mail. Sometimes they simply send a current issue of the *Alpiner* to the name and address left on the message. But other messages are more intriguing, such as, "I'm with Northern Exposure and we want to shoot a set in a waterfall setting. Where's the best place to go?" Or, "Where are some neat places I can take my toddlers for a hike?" (We'll be sending them Peggy Barchi's publication that's now available in our mail order selection for just \$3). Our Hotline Volunteers are the contact point for groups trying to reach IATC regarding vital environmental and trail issues. Recently KING 5 TV did a filming of

Harvey Manning's Lewis Canyon hike on April 15 featuring "NW quality of life." This was one of the many connections made by our dedicated Hotline Volunteers!

So, perhaps you now can see how the IATC wheels go 'round. Thanks, Ed, Bill, Marilyn, Wilma, and Joann!

If you're interested in becoming a Hotline Volunteer, and have just a few minutes each week to give to this vital effort, please phone Marilyn Moon at 392-1732. It's an easy and fun way to get to know what's going on here!

Come Hike With Us, Too!

The Snoqualmie Valley Trails Club is just like the IATC. Except in a different place, "beyond the Alps," in a neighboring and by no means despicable mountain range, the Cascades. The concept behind the success of the IATC—make defenders of the trails by putting feet on them—needed to be extended. And so it has been.

"You don't have to be a member to hike with us!" But if you are a member, you get the newsletter listing the upcoming hikes. If you love the IATC, you'll go crazy over the SVTC. For further information call 888-2426. Or send \$10 (check or money order) to Snoqualmie Valley Trails Club, 45053 SE 166th, North Bend, WA 98045. Annual dues are \$10 (family). Memberships are renewable on May 1. Memberships received after January 1 are applied through April of the next year. ▲

On Berry Picking— and Life

Marty Hanson

I've been a berry-picker for years, having been introduced to this Northwest bounty in the late sixties. Annual pilgrimages are made by me to huge cultivated fields of strawberries, raspberries, and blueberries which all grow so well in our unique Puget Lowland environment. By far my favorite berries to pick are those elusive wild ones. Wild huckleberries, *Vaccinium deliciosum* (and other species) are indeed delicious and tart-sweet. My experience has shown that the best of these are found at least 3 miles up the trail!

I first learned of *Rubus ursinus*, commonly known as wild mountain or trailing blackberry soon after moving to Washington from a neighbor and dedicated berry-picker. We found them growing on our-cul-de-sac in Bellevue. These were the berries used in those delicious pies served at a favorite restaurant near Mt. Rainier! I was hooked. We moved to Tiger Mountain in 1972 where there were many berry patches to be discovered, and I have been picking ever since.

Berry-picking companions have included a husband, Mother, Mother-in-law, two sons and two Labrador Retrievers. The husband has been a good picker, ever mindful of the fruits of his labor. I have good memories of picking with my two Mothers—they enjoyed it as much as I. The two sons were only acceptable pickers, and only because of a family rule: those who don't pick don't eat (pie)! I have softened a bit lately and do serve them pie even though they don't pick. By far my best picking partners were the two Labs, first Prince and then Sophie. They always enjoyed a Tiger Mountain walk and never complained about my slow pace or laughed when I lost my balance and sat down ungracefully in the berry patch. Sophie was an especially good berry sleuth, sniffing out berries I had missed. She enjoyed eating as she picked while my berries went into the bucket. I have picked in the company of spiders, slugs, bees, mosquitoes, snakes, and butterflies, with a lovely background of bird melodies and mostly it has been good. I have shared berry patches with other pickers of the four-legged type called *Euarctos americanus* (black bear), but fortunately never at the same time!

Through the years I have learned a few things about berry-picking...and life. Finding a good patch is not always easy and often takes a lot of looking—patience and perseverance pay off with delicious rewards. Somehow the hardest to find are the most appreciated; where there is one berry on the surface there is often a multitude hiding beneath the leaves—it just takes looking in depth. Being in a hurry is not good—so many treasures are not found by moving too fast. After picking all the visible berries, viewing from a different angle may reveal many more—it is amazing what new solutions a different perspective can give! Never put all your berries in the same bucket—one little spill and you may lose them all; always carry another for the extras. Sometimes the biggest most luscious berries seem just out of reach and too much work to attain. Take that extra step, reach-out and stretch a little to capture the prize. It is so satisfying to attain your goal and besides, reaching and stretching are good—they make you grow. I hope to be a berry-picker for a very long time. ▲

Native Americans and the Forest

Barbara Johnson

Imagine life in the Issaquah Alps 200 years ago. There were no grocery stores open 24 hours per day, no discount hardware stores, no state of the art hospitals. What would you do to survive? Obviously, the Native Americans of the Northwest had discovered and used many local plants for their everyday needs. Here's a list of a few of them.

Cedar, the Tree of Life

Western Red Cedar (*Thuja plicata*) was used for just about everything but food. The larger trees were felled and dug out to be used as canoes. The Makahs made canoes large enough to hold 50 men (in those days, the men did the whaling). These canoes would be rowed or sailed on the Pacific Coast off Neah Bay. Since this was risky work with men often going overboard, they did not want to be burdened with heavy, waterlogged clothing, so they went to sea stark naked. To toughen themselves for this venture, they would beat themselves with nettle plants!

The smaller cedar trees provided wood for bowls and utensils, planks and shakes for long houses, branches that were braided into ropes, and bark for weaving baskets and clothing including diapers—an early day version of disposable diapers. The natives became quite skilled at stripping bark off cedar trees. They knew (probably from experience) that removing all the bark (girdling) the tree would kill it. Thus, they would remove only a 2-3 foot section of the bark. Expert strippers could make a horizontal cut in the bark and proceed to pull off 30-40 feet of bark. Prior to removing the bark, the stripper would bow to the tree and ask forgiveness for removing some of its skin, explaining to the tree that he needed its bark for his family.

Stinging Nettles (*Urtica dioica*)

Nettles, as most backpackers know, when steeped or boiled, makes a great tea and a spinach substitute. Most Northwesterners have experienced the sting of Stinging Nettles. There are several suggested palliatives for their "bite" including many fern saps. Did you ever try slug slime? The secretions of slugs has an anesthetic in it which soothes the sting of nettles. Of course, one then is stuck—literally—with the slime on one's body!

Douglas fir (*Pseudotsuga menziesii*)

Nowadays, we use the lumber from Douglas fir trees to build houses. The leaves can be used for a pleasant tea. It has no caffeine and is high in Vitamin C. The recipe is simple: Take a handful of needles. Wash them. Place in a container. Pour boiling water over. Steep for 7-10 minutes. Strain and serve. This is a delightful treat for school children.

Willow bark (*Salix* spp)

Have you ever tried chewing on a tree to get rid of a headache? There are over 30 species of willows that are native to Washington State. The bark of willows was used by Natives in an infusion to cure headaches. The bark contains salicylic acid. Aspirin's active ingredient is acetylsalicylic acid. Next time you feel achy all over, think of how trees helped ease the Native Americans pain.

Skunk Cabbage (*Lysichitum americanum*)

This harbinger of spring with its distinctive aura is a beautiful flower. Its roots are what the local natives sought. They were dug up, roasted and ground into a flour to be used for breads. Its leaves were placed in the bows of canoes because the leaves are flat and lie still, encouraging the seal to lie still and be easily caught. Whenever you start to turn up your nose at the bright yellow cabbage, remember its usefulness to the natives.

Oxalis (*Oxalis oregana*)

Many folks buy these in March in local stores that advertise them as Shamrocks. Oxalis leaves can be harvested and served as a salad garnish. They are high in oxalic acid which can turn tummies sour, so a little bit goes a long way.

Western Hemlock (*Tsuga heterophylla*)

Western Hemlock leaves were used for an infusion. No, this is not the poison hemlock Socrates drank. That was probably the flower, marsh hemlock (*Cicuta* spp). The natives used the pitch as a sunscreen and the bark was boiled for reddish dye for painting canoe paddles. It was also boiled and used as a laxative, also as a cure for a sore throat.

Lodgepole Pine (*Pinus contorta latifolia*)

Because Lodgepole Pine grows straight and the diameter doesn't change much with height, this tree made an excellent ridge pole for the long houses used as winter residences by Northwest Indians. These houses were usually about 100 feet long, twice as long as the average Eastside house. But several families shared the space. Each family had a low wall separating their space from others. They each had a fire pit and hole in the roof for smoke. Houses in those days were not conducive to good health or energy efficient.

Botanical note: Lodgepole Pine has an interesting survival technique. It has two types of cones. One is the usual kind, it produces seeds annually. The other type of cone has a pitch that melts only when the temperature reaches 140 degrees F. which is generally during a forest fire. These seeds are some of the first to sprout after a fire, giving Lodgepole Pine a head start over other species. These cones are called serotinous (Ser-rottin-us).

Sitka Spruce (*Picea sitchensis*)

Spruce pitch was used for chewing gum and for caulking canoes. The bark was boiled as an infusion to cure "tickling throat." Makah whalers would put sprigs of spruce in their hair as charms when heading out to sea.

Pacific Madrone (*Arbutus menziesii*)

This member of the Rhododendron family has berries which feed local wildlife. The natives would gather its bark and boil it until they had a dark red dye which they would use for decorating canoes, houses, and household goods.

Trailing Blackberry (*Rubus ursinus*)

This is our only native blackberry even though Himalayan and Evergreen are more predominant. True blackberry gourmets swear our native is the

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part of the bunch. It is found on the floor of low-land forests. It has been claimed by certain hikers to actually reach out and grab one's ankles, tripping many souls.

Horsetail (*Equisetum spp*)

The stem and root were boiled for hair wash or eaten with whale or seal oil—a tasty delight. The branches were used to polish or sand arrow shafts and other wood products. Horsetails have a lot of Silicon (sand) in their leaves, giving them the feel of sandpaper. Another common name for horsetails is “scouring rush.”

Wild Rose (*Rosa rugosa*, *R. nutkana*)

Wild rose hips were eaten as a breath freshener. Supposedly they can be candied as a food, but this writer has yet to find a recipe that sweetens the very sour hips. The roots were boiled and the infusion used to ease the pains of childbirth. ▲

Issaquah Alps Trails Club Membership Application

P.O. Box 351, Issaquah, WA 98027

Name: _____

Address: _____

Phone: _____ ☐ New ☐ Renewal

- ☐ Annual Regular Dues \$12
- ☐ Annual Contributing Dues \$22
- ☐ Lifetime Membership \$120
- ☐ Limited Income \$6

▲ Contributing memberships at \$22 or more cover the rest of the club's overhead expenses and allow us some financial leeway in planning special events, publishing trail guides and keeping our trail maintenance tool supply fit and ample.

- ▲ All memberships cover the entire family.
- ▲ A regular annual family membership is \$12. This covers the cost of printing and mailing the Alpiner and a part of the club's overhead expenses.

▲ Lifetime memberships at \$120 give us room to be creative and visionary, to venture forth on projects otherwise beyond our means and dreams.

☐ I would like to get involved with the club's activities. Please send me a volunteer questionnaire.

Issaquah Alps Trails Club Mail Order Service

P.O. Box 351, Issaquah, WA 98027

▲ *Guide to Trails of Cougar Mountain Regional Wildland Park, Coal Creek Park, May Creek Park*
By Harvey Manning and Ralph Owen. 1990 updated edition. This new edition brings you all the old favorites plus new favorites—new trails on the west side connecting to Renton and May Creek plus *all new maps!* \$10.00 (includes map listed below, tax and shipping)

▲ *Guide to Trails of Tiger Mountain—Revised!*
By Bill Longwell. 1995 revised edition. Updated trail information plus the new East Tiger Trail and new DNR trails. Plus encounters with animals. \$10.00 (includes map listed below, tax and shipping)

▲ *The Coals of Newcastle: A Hundred Years of Hidden History*
By Richard K. McDonald and Lucille McDonald. A complete history of the once-thriving coal mining area on Cougar Mountain, now hidden from all but hikers. More than 100 photos, four maps and Tim O'Brian's account of the incredible Seattle and Walla Walla Railroad. \$12.00 (includes tax and shipping)

▲ *Eastside Family Hikes—NEW!*
By Peggy Barchi. 1995 revised and updated edition. Descriptions of family hikes (annotated for stroller use and picnicking) on the Eastside. \$3.00 (includes tax and shipping)

▲ *Tiger Mt. map*, 1995 revision, \$2.00 (includes tax and shipping)

▲ *Cougar Mt. map* \$2.00 (includes tax and shipping)

▲ *Tradition Lake map* Free with self-addressed stamped envelope.

▲ *T-Shirt: "Issaquah Alps Trails Club"* Specify size (S,M,L,XL) color (blue or white) and sleeve length. Short sleeve: \$11, long sleeve: \$15.00.

▲ *T-Shirt: "Mountains to Sound March"* Specify size (S, M, L, XL). \$11.00. All shirts are blue and short-sleeved.

Issaquah Alps Trails Club
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