Chair Retrospect

A Green Eye on Shanghai

Half of all the concrete produced each year in the world is consumed in China. Upon my recent visit to Shanghai, I asked why concrete? I was told that the Chinese don’t like wooden buildings. Wood is expensive. It is also unsafe. Concrete is strong and will not burn.

I travel several times a year to places such as Shanghai and elsewhere in China. I would like to share with you some of what I’ve seen and learned in my travels. Looking out across the Shanghai cityscape, I saw construction going on everywhere. Tearing down the old three and four story buildings and constructing new 20 - 40 story buildings. They are also racing to have the tallest buildings in the world, right in downtown Shanghai. Space is very limited, and almost everyone in the city lives in a small condo or apartment. Of course, just as in America, having a larger living space on an upper level is considered a sign of wealth and prosperity, as is the view from the living room. The challenge in Shanghai is with all the rampant building you may buy an expensive condo on the 40th floor with a great view one year, only to have a new building built next door that is 20 feet away and 60 stories tall and blocks your view completely. Air quality is also a huge issue in Shanghai. The entire
time I was in Shanghai recently, the smog never lifted. It was thick and had a heavy chemical smell. I am told that it never clears during spring and summer. Only in winter, when it is cold and windy, does it clear. According to SEPA (State Environmental Policy Act) 350- 400,000 premature deaths are a direct result of outdoor air pollution in China. The government is working hard to improve conditions, but it is going to take years to change the number one cause – coal – and now that numbers of automobiles are increasing logarithmically, it is unclear when things will improve.

Another thing that you will notice is that smoking cigarettes is common in Shanghai. It is particularly important to men; it is a status symbol. Seven out of ten men smoke, while only four out of ten women smoke. Smoking sections are still common in many restaurants and hotels. The cigarette companies have created special event cigarette packs to be given as gifts for weddings, promotions, births, etc., and they are very popular. I was told that if you are given a pack of cigarettes as a reward for a job well done, it is expected that you will share them with your co-workers as sort of a team building time. Of course, if your manager offers you a cigarette, you will accept and share a smoky moment together.

China has a population of over 1.2 billion people, which is roughly 22% of the world’s total population. Shanghai alone has 20 million people. The Chinese are a very proud people, and nationalism is strong. In general, they have really bought in to the “American way of life”, or at least their perception of it (thanks to TV and advertising). They want it all – their own home/condo, cars, electronic gadgets such as computers, TVs, cell phones, iPods, etc. The challenge is that the sheer number of people in China makes their consumption and emissions so much more of a problem.

Per capita, people in China have a smaller carbon footprint than per capita in the USA. However, overall, China now generates more emissions than any other country, because of its population size. According to the latest report from the International Energy Agency, China overtook the USA in carbon emissions in 1997. This was not predicted to happen until 2020. China is the second largest consumer of oil (USA is #1), and they consume more coal than the USA and European Union and Japan combined. China is building new power plants (almost all coal) as fast as they can to meet the ever increasing demand from their expanding population. In 2008, they added 66 Gigawatts, which is roughly equal to the annual consumption of all of Great Britain.
So what is the good news? Conservation in Shanghai and China in general is really beginning to take off. Recently, China established more than 700 nature reserves to protect their native plants, trees and animals from extinction. This equals approximately 15% of mainland China. Logging of natural forests has been banned since 1998. The government has pledged to cut CO2 emissions by 40% by 2020, and they are investing heavily in clean energy such as photo-electrics for the future. They established a sustainable development policy as a national strategy in 1994, but, of course, it is constantly being challenged by economic growth. They have been said to have an attitude of “pollute first, then clean up”, but this is slowly changing. Personally, I could see where they were conserving on things that cost money. Remember, the average annual per capita income in Shanghai is $8,000, and in China overall, it is only $3,600. In the USA, the average per capita income is $42,240. The Chinese have been known to drive with car headlights off or very dim. There are limited or no streetlights. Most people walk or ride bikes (although, sadly, this is changing too fast). A bicycle is for 3 or 4 people, perhaps even a family. So are scooters. Mass transit is extensive but not nearly enough for the sprawling population. Taxis waiting for a fare not only turn off their engines but will push their car up the street to save gas. It is common practice for people to bring their own bags to the grocery store (free plastic bags are now illegal). You need to provide your own napkin in common food court restaurants, and most people use cloth, not paper. Not to mention toilet paper: best to keep some handy. Outside the city, if you own land, you are not allowed to cut down trees except for personal use, and you need a permit. They will limit the number of trees per year. No clear cutting. They value their forests, at least what’s left of them.

What can we in the USA do about Shanghai’s environmental impact? We have all heard about outsourcing of jobs. Consider, if you will, the concept of “outsourced emissions”. According to the Carnegie Institute, over one third of greenhouse gas emissions related to consumption of goods in wealthy nations actually occurs in developing countries, mostly China, where the goods are manufactured. All those cheap disposable products we buy in the USA, then use briefly and toss in the landfill, actually increase emissions in China. When we reduce our consumption of these goods, we not only help our environment here in the USA, we help China and the world overall. We should all be trying to change our habits to conserve, re-use, and recycle. Also, we can use our purchasing power to influence manufacturers to meet the new green standards such as EPEAT – more on that next time.

~Bruce Encke
According to the father of MPG outings leader Robert Verhoogen, Robert has always had - and still has - shepherding instincts--instincts that have served him well in life.

Robert and his three younger siblings were born in the Belgian Congo in Central Africa during WWII, after their parents migrated there from Belgium for safety reasons.

The family returned to Belgium in early 1946 and in the fall of 1947, emigrated from Brussels, Belgium to Berkeley, California. Some seven years later, Robert became a naturalized U.S. citizen.

“I completed all of my schooling through four years of university in Berkeley,” said Robert. “I then went on to complete medical school in Geneva, Switzerland, and medical training at Stanford University in California.”

Robert’s early outdoor experiences began with family car camping in Yosemite in the early 1950’s, followed by a number of summers spent in the Sierra Nevada’s hiking, camping and working.

“My organizing and leadership abilities were already apparent during my preadolescent years and later scouting years,” said Robert. “Perhaps my most memorable experience was my very first prolonged hiking and camping trip in the early summer of 1952, following an extremely severe winter. Here I was, a new 11-year-old scout trudging through knee-high snow in late June carrying a heavy backpack. The leaders were having difficulties finding what was usually an easy trail to follow. It was a rather tough going for my very first 48 hours backpacking and camping; being slightly homesick added to the temporary misery I was feeling.”

Roberts played an active role in scouts for many years, both as a scout and as a scoutmaster. In the distant past, he enjoyed rowing and some snow skiing, and currently he likes to hike, camp and swim in mountain lakes.

“During the late 90’s, I swam almost daily in the San Francisco Bay water without a wetsuit,” said Robert. “Long-distance swims included from Alcatraz or the San Francisco Bay Bridge to Aquatic Park and across the Golden Gate.”

For Robert, the outdoors brings him serenity and tranquility, the solitude and the beauty, the marvels and wonders of nature. The feeling of being in a grove of redwoods is, for me, like being in a gothic cathedral: quiet, calm, and peaceful.”

Robert has served MPG as a hike leader and Willamette River float leader, and was recently nominated for election to the MPG Executive Committee. As a group leader, Robert feels the fresh air and a change of pace and environment usually have a rather positive effect on individuals who do head outside. He especially likes geographic sites that include views of the water,
mountains and forests.

“I have tremendous respect for those MPG hikers who are still very active and vigorous in their mid-70's”, says Robert. “I truly admire Bill Sullivan and his many talents as an outdoorsman, biologist, botanist, writer, photographer and speaker.”

As for his immediate family, Robert says his 39-year-old daughter is the most gifted one athletically, whether it is swimming, rowing, or backpacking in the High Sierra's. His wife formerly ran marathons and participated in some triathlons, and swims, hikes, and camps.

Now fully retired as a pediatrician, Robert is still actively involved in facilitating, leading, and presenting at adult ADHD support groups in Eugene and Portland. He says the more he hikes in the coastal range and the Cascades, the more he wants to pursue relevant botanical subjects. Says Robert, “Like many retirees, I am finding retired life to be very busy!”
You’ve asked for it: can we do more hiking and exploring, less driving? Yes! Be sure to look at the options marked Drive Once – Hike Twice (or more) in the schedule below. They include our traditional fall camping trip, to Mt. Hood this year, and other options to camp or stay in cabins. Two trips are already full, but some others still have plenty of space.

We also have a wide variety of close-to-home explorations, both old favorites and new-to-us routes.

Even as the weather cools and Oregon rains begin, we have a wonderful time in the out-of-doors. But late fall and winter outings require dressing for all kinds of possible weather: cold winds, rain, and snow, especially at the coast and in the Cascades. Good footgear, rain gear, and plenty of water is essential. Don’t hesitate to ask your leader any questions you have about which outing is right for you or what you should wear and bring.

Often, space is limited, so check with the leader in advance of an outing, and then be sure the leader knows if you must cancel. Always fun, MPG outings also provide opportunities to explore our natural environment, learning more about the unique flora and fauna of our region and how they can be preserved.

Important: For General Outing Policies, see page 11. Please read them with care.

Sunday, September 5 – Three-Fingered Jack. We will hike the Pacific Crest National Scenic Trail north from Santiam Pass through the B&B Burn and bear grass to the spectacular west cirque of Three-Fingered Jack. The views are magnificent, and we hope to see numerous flowers. Limited to 12; wilderness area. Difficult, 10.4+ miles round trip, 1,400 feet of elevation gain. Contact leader to register and for departure times and places: Ralph Nafziger, 541-926-4245, nafziger@peak.org

Drive once – hike three times:

Friday-Monday, September 10-12 – Mt. Hood Area Car Camp at Timothy Lake. Timothy Lake is on the southwest side of Mt. Hood, at 3,250’, and about 51 miles from Sandy, OR. It is wooded, with an excellent view of the mountain. We will have a group site at the Pine Point campground, with vault toilets and picnic tables. Showers are available at another campground after Saturday’s hike. Probable hikes are at Timothy Lake after arriving on Friday, to the top of Tom Dick and Harry Mountain on Saturday, and from Timberline Lodge on Sunday. Possible hikes range from moderate to difficult, with easier options available each day. Contact leader for detailed information and to reserve a spot: Bob Custer, 541-745-3994, laststand@exchangenet.net; Mike Neeley-Brown.
THE BENCHMARK

MPG Club Outings (con't)

Sunday, September 12 – Plunkett Creek Loop at Beazell Memorial Forest. In this King's Valley preserve northwest of Philomath, we'll climb through forests and grassy meadows, then wind down through one of the most beautiful riparian ravines in Benton County. Bring water, lunch. Easy/moderate, 3 miles with 600 feet of elevation gain. Meet at the Wilkinson Hall parking lot (Arnold & 27th in Corvallis) for a 10:00 a.m. departure. Contact leaders: Irene & Armand Schoppy, 541-758-8591 or iameyers@yahoo.com

Drive once – hike lots (full, wait list only):
Thursday-Monday, September 16-20 – South Coast Lodge Trip. Several easy/moderate hikes. Contact leaders: Jim & Nancye Ballard, 541-752-4441, ballardjn@gmail.com

Drive once – hike twice (full, wait list only):
Thursday-Friday, September 16-17 – Clear Lake Overnighter. Two easy/moderate hikes; overnight in rustic cabins at the lake. Full; wait list only. Contact leader: Leslie Hogan, 541-924-0130 qwizats@peak.org

Saturday, September 18 – Farm and Forest Loop. We'll hike sections of Bald Hill farm lands not generally open to the public. Greenbelt Land Trust is seeking to acquire this property. With leaders from MPG and Greenbelt, we'll climb through forestland on the Mulkey Creek trail and return via an old forest road that takes us to a farm road. Just before the farm road is a good spot for lunch or snack while Greenbelt talks about the property and project - a mini-presentation with a few maps. Afterwards, we'll pass through the farm lands to complete the loop. There is an electric fence to duck under and may be some poison oak; wear long sleeves/long pants. Moderate, 4 miles, 600 feet gain. 10:00 a.m. departure, contact leader for meeting point: Tom Bucht, 541-738-1333 or TomBucht@gmail.com

Sunday, September 19 – Iron Mountain in the Fall. Iron Mountain isn’t just for wildflower time. It’s among the best Cascade hikes any time of the year – and one of the easiest to drive to. In September it’s quiet and lovely, with a few flowers remaining, fall colors starting, perhaps some strange mushrooms popping up. Wonderful 360 degree views from the top platform, once a fire lookout location. Possibly an early coating of new snow on the Sisters and other nearby snowcaps. Moderate, 6.6 miles, with 1,900 feet of elevation gain. Meet at the Wilkinson Hall parking lot (Arnold & 27th in Corvallis) for an 8:00 a.m. departure. Contact leaders: Richard Seekatz, 541-230-1107 or seekatz@comcast.net ; Linda Seekatz

Drive once – hike twice:
Saturday-Sunday, September 25-26 – Coastal Camping with Tahkenitch Dune / 3 Mile Lake Hikes and Ten Mile Creek Preserve. Saturday we will hike through the huge Tahkenitch Dunes near Florence to the ocean, then loop back past 3 Mile Lake. Then we will car camp nearby in a tent group camp site at Sutton Creek. Sunday we have a unique escorted visit to Audubon’s Ten Mile Creek preserve, a rich temperate rain forest area linking Cape Perpetua and Cummins Creek Wilderness. It is home for a wide variety of wildlife, including the federally listed marbled murrelet and northern spotted owl. We’ll hike more at Heceta Head if time allows. Hiking level is moderate. Joint with Sierra Club’s Eugene-based Many Rivers Group. Participants are limited, so pre-registration is required. Contact leaders for detailed information and to register: Bruce Encke, 541-974-3439, bruce.encke@hp.com; Lon Otterby, 541-752-0390, ottercruz@aol.com
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THE BENCHMARK
MPG Club Outings (con’t)

Saturday, October 2 – Trail work.  Assist with trail building at Beazell County Park, about 30 minutes from Corvallis. We will continue gravel placement and tree trimming on the trail skirting the upper S Meadow (great view). Thanks to MPG’s prior help, many of the trails at Beazell are now all-weather. Bring work gloves, water and lunch or snack; return noonish. Meet at Bald Hill trailhead on Reservoir Rd (1 mile west of 53rd Street) for an 8:30 a.m. carpool to site. Contact leaders: Tom Bucht, 541-738-1333 or tombucht@gmail.com; Denise Nervik.

Sunday, October 3 – Marys Peak Meadow Edge and Summit.  We will wander through meadows and old growth Noble Fir forest, as well as climbing to the top of Marys Peak. Bring water, a snack, and extra clothing for breezes at the top. Easy, 3 miles, 600 feet of elevation gain. Meet at the Wilkinson Hall parking lot (Arnold & 27th in Corvallis) for a 1:00 p.m. departure. Contact leader: Randy Rasmussen, 541-745-5452.

Friday, October 8 – Middle Pyramid. Join us to hike the short but steep trail to a 360 degree Cascades view from the former lookout site atop this “Old Cascades” peak. The trail starts in a short old-growth area. Then the climb reveals u-shaped glacial valleys and rugged volcanic plugs. Moderate, 4 miles, with 1,800 feet of elevation gain. Optionally, make this a part of the Chemeketan Cabin weekend, below. Or return home afterward. Meet at 1st Street parking area behind Super 8 Motel for an 8:30 a.m. departure. Contact leader: Randy Selig, 541-738-0753 or rselig@mindspring.com

Drive once – hike two or three times:
(Friday) Saturday-Sunday, October (8)-9-10 – Cascades Hikes and Chemeketan Cabin. Arrive Friday or Saturday at the rustic Chemeketan cabin, beside Whitewater Creek just off of Highway 22. If you’re with us Friday, we’ll go first to the Middle Pyramid trail (Oct. 8, above). Saturday we’ll hike the Whitewater Trail to Jefferson Park (moderate/difficult, 10.2 miles with 1,800 feet of gain). Sunday we’ll hike Triangulation Peak with an optional Boca Cave scramble (moderate, 5 miles, 1,000 feet of gain). We’ll pitch in on joint food, with meals inside or at the creekside fire circle. Sleep in dormitories with your own pad and sleeping bag, or just outside in your own tent. Number will be limited. Day hikers are welcome to join us if space allows. Contact leaders for detailed information or to register: Larry Davis, David Anderson, Doris deLespinasse, 541-753-4775, ddeles@proaxis.com

Saturday, October 9 – Dog and People Walk. With or without a dog, join us for a walk near Corvallis. Dogs must be under leash or voice control at all times, be well-behaved and non-aggressive to people and other dogs. Moderate, not more than 7 miles, with up to 1,200 feet of elevation gain. Meet at the Wilkinson Hall parking lot (Arnold & 27th in Corvallis) for a 10:00 a.m. departure. Contact leaders: Kay Yates, 541-754-0463 or kyates@peak.org; Monika Shepherd, 541-754-5994.

Sunday, October 10 – Family-Friendly Stroll at Snag Boat Bend. We’ll search for birds and signs of other critters as we stroll in this hidden area off of Peoria Road. A boardwalk, a raised levee, and an observation blind will help us get to views of what’s happening in nature on this riverside preserve. Easy, 2.1 level miles. Meet at the Wilkinson Hall parking lot (Arnold & 27th in Corvallis) for a 10:00 a.m. departure. Contact leaders: Julie Arrington and Mike Neeley-Brown, 541-752-6052 or Julie.seahorse@gmail.com
Saturday, October 16 – Trail Work. Assist with a new trail at MLK Park in Corvallis. Digging, hoeing, raking and branch trimming. Bring work gloves, water and lunch or snack; finish around noon. Meet at the park, on Walnut Blvd 1.5 miles north of Harrison at 9:00 a.m. Contact leaders: Margie Powell, 541-752-5922 or margiepowell@comcast.net; Tom Bucht, Denise Nervik

Sunday, October 17 – Marys Peak Geology Walk. We will hike the East Ridge Trail to the summit, observing and discussing the rocks. From there, we will take the Meadow Edge Interpretive Trail to the Marys Peak Road, hiking down this road for about 3 miles. The best rock outcrops are along this road where we will see several formations and geologic structures. Bring water, lunch, and layered clothing suited to the weather, which usually is 10 or more degrees cooler than that in the valley. Moderate, 7.8 miles with 1,537 feet of elevation gain. Preregistration required; number limited to 12. Meet at the Wilkinson Hall parking lot (Arnold and 27th in Corvallis) for an 8:30 a.m. departure. Contact leader: Ralph Nafziger, 541-926-4245 or nafziger@peak.org

Sunday, October 24 – Drift Creek Falls Plus. We’ll visit the spectacular suspension bridge over Drift Creek Falls, plus one or two other special places along the coast north of Newport. (Note: This is not the Drift Creek Wilderness, which we have visited in the past, but a small, dramatic natural area near Lincoln City.) Bring a light lunch or snacks; we’ll stop in Newport for chowder after the hike. Easy, not more than 5 miles, with 500 feet of elevation gain. Meet at the Wilkinson Hall parking lot (Arnold & 27th) for an 8:00 a.m. departure; possible late return. Contact leader: Ray Drapek, 541-754-7364 or drapek@fsl.orst.edu; Lon Otterby

Sunday, October 31 – Trick or Treat hike. If weather is a treat, hike up Henline Mountain, difficult, 5.6 miles, with 2,200 feet of elevation gain. If weather is a trick, hike along pretty Little North Santiam to three emerald-colored pools, moderate, 6.6 miles, with 900 feet of elevation gain. Ghost stories welcome. Leaders will determine hike (trick vs. treat) 2 days before. Meet at the Wilkinson Hall parking lot (Arnold & 27th) for an 8:00 a.m. departure. Contact leaders: Irene & Armand Schoppy, 541-758-8591 or iameyers@yahoo.com

Sunday, November 7 – Mushroom walk in Coast Range near Alsea Falls. The autumn rains bring forth a world of colorful, fruiting fungi. OSU forest mycologist, Dr. Dan Luoma, will be our guide. Meet at 10:00 a.m. at the northwest corner of the BiMart parking lot at 53rd and Philomath Blvd. Note: We go back on standard time today. Preregister; numbers are limited. Please contact leaders: Marilyn Syverson or Marilyn Hinds, mkhinballard@peak.org or 541-929-7136.

Sunday, November 14 – Dimple Hill via Dan’s Trail and Horse Trail. We’ll make a loop to this prominent viewpoint above northwest Corvallis, where there’s almost always a good view of the valley, coast range hills, and even the Cascades if the weather cooperates. Trails wind through mixed forest; probably some colorful foliage. On the difficult end of moderate, 8 miles, with 1,500 feet of elevation gain. Meet at the Wilkinson Hall parking lot (Arnold & 27th in Corvallis) for a 10:00 a.m. departure, or at Chip Ross Park, Lester Avenue, at 10:15. Contact leader: Randy Rasmussen, 541-745-5452.
Sunday, November 21 – A Forested Loop at Peavy Arboretum. At Peavy Arboretum north of Corvallis, we’ll loop through forest of evergreens and ancient big-leaf maples, perhaps with views into the Willamette or Soap Creek valleys. Route will depend on weather. Moderate/easy, not more than 4 miles, 1,000 feet. Meet at the Wilkinson Hall parking lot (Arnold & 27th in Corvallis) for a 1:00 p.m. departure. Contact leader: Bruce Encke, 541-974-3439, bruce.encke@hp.com

Friday, November 26 – Walk off the Tofu or the Turkey. A brisk loop walk on Vineyard Mountain roads from the Lewisburg Saddle in McDonald Forest. Good well-drained gravel roads; pleasant forests; occasional vistas over the Coast Range. Perhaps a detour down the newly rebuilt Old Growth Trail. Moderate, 7 miles, with 650 feet of elevation gain. Meet at the Lewisburg Saddle north of Corvallis for a 1:00 p.m. departure. Contact leader: Lelia Barlow, lelia.trips@gmail.com (e-mail preferred); 541-758-8279

Sunday, December 5 - Peavy Arboretum: Calloway Creek and More. We’ll start on the Forest Discovery Trail and its connection to Cronemiller Lake and then take the circuitous but very attractive Calloway Creek trail back to the parking area. Easy/moderate, 5 miles, with an occasional short slight uphill segment. Mud is possible, though trails have generally been upgraded/graveled. Meet at 1st Street parking area behind Super 8 Motel for a 1:00 p.m. departure. Contact leader: Robert Verhoogen, 541 745-5185, rverhoogen@mac.com

Saturday, December 11 – Dimple Hill from Oak Creek. This excellent winter hike in Corvallis’s McDonald Forest takes us past a riparian area lined with lush mosses and ferns, then up a tree-lined gravel road to Dimple Hill. From here we get views over the valley – perhaps the Cascades, should we be very lucky. The road is well drained, usually mud and puddle free. Moderate, 7 miles, 1,000 feet of elevation gain. Meet at the Wilkinson Hall parking lot (Arnold & 27th in Corvallis) for a 1:00 p.m. departure. Contact leaders: Richard Seekatz, 541-230-1107 or seekatz@comcast.net ; Linda Seekatz.

Sunday, December 19 – A Corvallis Meander. We will do a shorter, easy or easy/moderate walk somewhere in Corvallis, stopping at an interesting spot for hot drinks along the way or after. Easy to moderate. Watch the weekly email or ask the leaders for details. Contact leaders: Linda Seekatz, 541-230-1107 or seekatz@comcast.net ; Richard Seekatz.

Sunday, December 26 – Hike Near Corvallis. The specifics of the hike will depend on weather conditions. If possible, we’ll search for snow on Marys Peak. Contact leader: Lelia Barlow, lelia.trips@gmail.com (e-mail preferred); 541-758-8279

Saturday, January 1 – New Year’s Day Walk. A New Year walk is a Marys Peak Group tradition, usually followed by a social gathering – watch the weekly email for details. We’ll walk interesting neighborhood streets and paths, probably in the Skyline/Witham Hill area. Easy/moderate, not more than 5 miles, with less than 1,000 feet of elevation gain. Meet at MLK Park parking area, on Walnut, across from Elmwood (formerly Walnut Park). 1:00 p.m. departure. Contact leader: Doris deLespinasse, 541-753-4775 or ddeles@proaxis.com

Saturday-Sunday, January 22-23 – Overnight Ski. Take in spectacular views of Cascade peaks on this overnight cross-country ski trip. We’ll leave Corvallis about 9:00 a.m. on Saturday, ski up a moderate trail to Mountain View or another shelter, set up camp, and perhaps build an igloo. The following morning we’ll explore some of the trails in the area, then head for home. This trip is suitable for intermediate level skiers. Contact leader: David Anderson, 541-758-7602 or DAAMP1@MSN.com
Marys Peak Group welcomes all people to their outings program. However, the leader may deny participation in a particular outing if the participant is in any way unprepared. This includes but is not limited to physical fitness and health, inadequate footwear and other clothing or gear, or inadequate experience with the particular activity, or unwillingness to cooperate with the group and with the leader requests.

**ARRIVING FOR AN OUTING:** Please contact the leader before an outing. Then arrive at the start point a few minutes early; we leave on time. Unless otherwise stated, carpool departures are from the parking lot between Wilkinson Hall and the Asian Cultural Center at Arnold and 27th Streets, on the OSU campus in Corvallis. Contact the leader to meet the group at a point other than the start point.

**CANCELLATIONS:** If you are unable to attend an outing you have signed up for, please let your leader know. Often the number of participants is limited. You could be preventing someone on a waiting list from joining the outing if you don’t notify. Sometimes MPG has to cancel or change an outing, usually for safety reasons. If you have given the leader an email address and/or phone number, you will be notified if at all possible.

**CARPOOLS:** Suggested driver reimbursement is $2.50 to $3 for every hour driven; perhaps more when the roads are difficult or the number of riders is small.

**DOGS:** Dogs, other than certified assistance dogs, are allowed only on designated dog walks.

**WHAT TO WEAR; WHAT TO BRING:** Dress for the weather, with sturdy boots or walking shoes, usually rain gear, no jeans or heavy cottons for extended outings. Bring water, sunscreen, snacks, lunch if outing starts in the morning, any medications you might require.

**LIABILITY WAIVER:** All participants must sign a standard Sierra Club liability waiver before each outing. To read the liability waiver before you choose to participate on an outing, please see www.sierraclub.org/outings/chapter/forms, or contact the National Sierra Club Outings Department at (415) 977-5528 for a printed version. Neither the Sierra Club nor the Marys Peak Group is responsible for participants during the trips to and from the trailhead.

**MINORS ON OUTINGS:** People under 18 are welcome on outings for which they have sufficient fitness, but must be accompanied by a responsible adult. A liability waiver (see above) must be signed by a parent or legal, court-appointed guardian.
NEW HIKES IN SOUTHERN OREGON

Oregon's hiking guru William L. Sullivan will take us on a slide show tour of new trails he discovered while researching two just-released books, "100 Hikes in Southern Oregon: 3rd edition" and "Trails of Crater Lake". We'll find hidden beaches on the Illinois River, explore a Darlingtonia bog at Eight Dollar Mountain, backpack in Northern California's Trinity Alps, and find out what new trails are being built at Crater Lake. As always, Sullivan spices his talk with notes on the geology, wildlife, and history. Bill will have his books available for purchase after the talk. If you're planning to buy one of his books anyway, this is the perfect place, as the Corvallis Library receives a percentage of all sales. Wednesday, October 13, 2010, Corvallis/Benton County Public Library, 7:00 p.m. Co-sponsored by the Marys Peak Group and the Friends of the Library.

THE VIKING TRAIL

Newfoundland is no longer the land of the cod, but a destination for adventure and exploration in north country woods and bogs. Former MPG Chair, Barry Wulff, will present an illustrated talk on the land known to Newfoundlanders as “The Rock”. We’ll travel back in time from modern day St. John’s, a prospering oil exploration community, through picturesque abandoned fishing villages, to the beautiful sweeping landscape of Gros Morne National Park, and the recreated/restored Viking settlement at L’anse-aux-Meadows. Wednesday, November 10, 2010, 7:00 p.m., Corvallis/Benton County Public Library.
MPG Past Outings

MPGers Plan Two Autumn Trail Work Days

The paths we travel, hard or soft, make a huge difference in the quality and beauty of our lives. And so it is with the hiking trails in our surroundings. Like all roads, paths and trails need upkeep. The Marys Peak Group engages in trail work each spring and fall. This fall we have scheduled two Saturday trail workdays – October 2nd and 16th. See the outings listing dates for specifics. On October 2nd we’ll be out at Benton County’s beautiful Beazell Memorial Forest (click here for details). Then on October 16th we’ll be back at Martin Luther King Park in Corvallis to continue trail work we started this past spring. There'll be digging and hoeing opportunities, as well as raking and branch trimming to be done, i.e. something for everyone to do. We hope you'll join us in maintaining our local trails.

Thyme Garden Tour and Luncheon
Thursday, June 17th
Leader: Barry Wulff

A large group enjoyed a gourmet herbal luncheon and tour of the beautiful Thyme Garden grounds and salmon restoration habitat. The group is shown in front of the butterfly garden, as owner Rolf Hagen explains.

Trail Work at MLK Park
Saturday, May 22nd
Co-Leaders: Tom Bucht and Margie Powell

Photo by Barry Wulff

Photo by Tom Bucht

Photo by Barry Wulff
Tide Pool Outing at Seal Rock Sunday, May 16th
Co-Leaders: Lon Otterby and Jane Luther

Local experts Lon Otterby and Boone Ogden shared their knowledge of the wondrous oceanic flora and fauna to a group of 20, who got up early to catch the very low tide at Seal Rock on May 16th.

Marys Peak, East Ridge Hike Monday, July 5th
Leader: Doris deLespinasse

A wonderful hike up Marys Peak on July 5th was rewarded with stellar views over the Coast Range, as well as a plethora of wildflowers on the meadows and rock gardens at the summit.
A great time was had by all at this annual gathering. Beautiful surroundings, abundant food, terrific company, an informative talk and a fun raffle were all complimented by good spirits and perfect weather!
The MPG Sierra Club Executive Committee has four positions open this year. Elected candidates will serve two-year terms. Below are five candidates and their statements. Members should look for the ballot in the mail soon, and be sure to vote prior to November 1st.

**Bruce Encke, Incumbent**

Over the past two years I have been honored to work with a great group of people on the MPG Excom who volunteer their time and effort to help put together all the great hikes, activities, and programs that make our Marys Peak Group Sierra Club such a great group. I would like to continue my involvement and support of MPG from the perspective of getting more people outdoors and appreciating nature, as well as the opportunity to network and promote conservation issues at the local, state, and national level. I believe the more people who get out into nature and experience it for themselves the more they will want to conserve and protect it for generations to come. Club member since mid-1990's, Outing leader since 2007, MPG ExCom Chair since 2010. Representative to State Chapter since 2010.

**Julie Arrington**

I have been a member of the Sierra Club for 24 years and have served previously on the Executive Committee. My current focus is on leading hikes for families. Mike Neeley-Brown and I enjoy working with young children and with people who prefer a more leisurely pace. We have visited the Audubon Society's Hesthavn sanctuary and have enjoyed a presentation from a biologist who told us about spawning salmon at the Alsea River. Being on the ExCom would help us to develop these hikes and programs further.

**Irene Schoppy**

Member of the Sierra Club for 11 years; after moving to Corvallis in 2005, I joined the Marys Peak Group. I currently lead outings for the MPG, and I have helped with trail maintenance and tree planting efforts in and around Corvallis. I enjoy the recreational activities in and around town, and appreciate the work of MPG to showcase our natural areas. I want to become a member of the ExCom to help MPG protect our local, and state, environment.

**Marcia Shapiro**

Life member of the Sierra Club. Rock-climbed, backpacked, and hiked in California, rafted down the San Juan in Utah, and hiked and rafted in Oregon with the club. For a year, I represented the Club before the newly-formed Colorado Land Use Commission; I currently organize the MPG's public programs, last year winning the Volunteer of the Year Award. With my long and varied association with the Club, I think I can bring a valuable perspective to the Executive Committee. I believe there is a need, and a place, in the MPG for both serious conservation action and extensive outdoor activities. We need to increase our participation in the former and continue the latter at its current high level.

**Robert Verhoogen**

I have been a hiking leader the past three years and the Willamette float leader for two years. I would like to propose Executive Committee projects developing an on-going liaison with the newly revived Eugene Many Rivers Group, developing a better method of screening hikers' abilities, improving hiking leaders' outing descriptions, and assuring continuation of the float outing.
The Marys Peak Group is the primary sponsor of the developing Crescent Valley (CV) High School Native Tree Arboretum. The Arboretum will be an outdoor research laboratory for students to study Willamette Valley native trees/shrubs/herbaceous plants and their interaction with the local environment. Working in partnership with the Corvallis 509J School System and other local organizations, the MPG initiated and organized the process and administration of this unique educational arboretum that will serve as a model for local, regional and statewide school systems.

The arboretum, sited on an open field to the west of the Crescent Valley High School and adjacent to Jackson Creek, will include two eco-regions – a riparian zone close the creek and an oak woodland zone on higher ground. The two zones will be separated by a wide, wood chip walking path and two rustic benches. The site has been mowed turf for decades, but is being transformed into a rich soil mix in preparation for the young forest. A diverse variety of mid-Willamette Valley native trees, shrubs and perennials will be planted in the appropriate eco-region portion of the site. Some of the tree species to be planted include: Oregon white oak, pacific madrone, white alder, red alder, cascaria, Oregon ash, pacific dogwood, and Willamette Valley ponderosa pine. Interpretive displays will greet visitors and illustrate eco-system functions of riparian and oak woodlands in the Willamette Valley. Additional interpretive displays will accompany each plant species. Students in various classes will study the growth rates, carbon sequestration, general condition, behavior, and fauna habitat value of each plant. They will also analyze the evolution of the soil, and interpret the impact of the growing woodlands on the surrounding environment.

Humanities classes will use the woodlands for pertinent studies and creative exercises. Most importantly, students and teachers will develop a greater appreciation of our local environment and the impact it has upon our lives. The arboretum will also be a special place to be on campus.

By the end of this summer, volunteers will have completed treating the soil mix in preparation for the young forest. A diverse variety of mid-Willamette Valley native trees, shrubs and perennials will be planted in the appropriate eco-region portion of the site. Some of the tree species to be planted include: Oregon white oak, pacific madrone, white alder, red alder, cascaria, Oregon ash, pacific dogwood, and Willamette Valley ponderosa pine. Interpretive displays will greet visitors and illustrate eco-system functions of riparian and oak woodlands in the Willamette Valley. Additional interpretive displays will accompany each plant species. Students in various classes will study the growth rates, carbon sequestration, general condition, behavior, and fauna habitat value of each plant. They will also analyze the evolution of the soil, and interpret the impact of the growing woodlands on the surrounding environment. Humanities classes will use the woodlands for pertinent studies and creative exercises. Most importantly, students and teachers will develop a greater appreciation of our local environment and the impact it has upon our lives. The arboretum will also be a special place to be on campus.

By the end of this summer, volunteers will have completed treating the soil with compost and straw. The trees will be ordered and the rustic benches will be fabricated. Volunteers included members of both the MPG and the Corvallis Oddfellows.

In the fall, students will begin their research on the site before it is planted. Initial research will record the baseline data that will be used for comparison with all future data collection as the woodlands ecosystem evolves. Near the end of November, students, teachers and volunteers will begin the planting process. This is the time that MPG members will be called upon to help. The goal is to plant the trees and shrubs just in time for the rainy season to begin in earnest. The rustic benches and the interpretive displays will be installed.
Once the trees, benches and displays are installed, the primary activities will focus on research and education. There will be occasional work parties necessary to keep weeds at bay. Pruning the trees may also be necessary at times.

The MPG and its members contributed $1,000. These funds were matched in part with a $500 Grassroots Advocacy Grant from the Oregon State Chapter of the Sierra Club. Willamette Watershed Productions provided a $500 grant, the Pacific Northwest Clean Water Association funded $450 and the Oddfellows of Corvallis provided a $200 grant. The project therefore has $2,650 in direct funds. The MPG is also applying for two additional local grants valued at $950. As this would not cover the full costs of the project, numerous businesses and organizations have donated products or services. Cardboard, Mulch and straw for replenishing the soil were donated by the Grocery Outlet, Allied Waste, and Stalford Farm respectively. Wood chips were provided by Limbwalkers and Buena Vista Tree Company. Protective fencing and some displays are provided by the 509J School Systems. Two rustic benches are being provided by Brad Probst.

There will be sufficient funding to purchase the trees and many native shrubs. There is, however, no funding for herbaceous perennials and many of the displays. Anyone wishing to donate funds to improve the functionality of the forest floor and the educational component of the arboretum are encouraged to send a tax deductible donation payable to the Sierra Club Foundation and send it to the Treasurer, Marys Peak Group, P.O. Box 863, Corvallis, OR 97339. If you’d like to know more about the project and help in other ways, please contact the MPG project director, Dave Eckert, at deckert@willamettewatershed.com or call (541) 230-1237.
My wife, Mary, and I eased our heads over a grassy hillock, cameras cocked and loaded. A gentle breeze in our faces blew our scent behind us, making it easy to sneak up on animals. They would not smell us coming. We were following large, cloven-hoofed tracks in the mud. Fresh droppings littered the ground ahead of us.

Earlier that day, Ranger Mike Rivers had shown us where to start. He led us up to Old Snaggy Top, from which we could see the ocean, two miles away. It was early May. Mike left us on our own up there after pointing out a trail. We spent most of that day slipping along the edges of meadows, walking down overgrown jeep trails, and pushing aside branches on obscure foot paths in order to photograph a variety of wildlife and flowers.

Late in the day, as we peered through tall grass on a little hilltop, we spotted our first herd of Roosevelt elk! My Nikon clicked into action. Two cows spotted us, and those beautiful, dark cinnamon-colored ungulates galloped off into the trees ... out of sight in less than a minute.

The two of us are volunteer photographers for the Oregon State Parks & Recreation Department (OPRD). We moved to Oregon from Tucson last December. We had never seen Roosevelt elk. Our first assignment was the Beaver Creek State Natural Area, Oregon's 2010 "Park of the Year", located seven miles south of Newport and two miles east of Highway 101.

In 2007, the department purchased slightly more than 300 acres, including 160 acres of freshwater wetlands and 140 acres of uplands, largely Sitka spruce and open, grassy meadows. Manmade structures include a barn, rough service roads and overgrown trails, a wooden bridge, fencing, gates, and a well. OPRD is working on potential purchases of adjacent parcels to combine with the park's current 300+ acres and ~80 acres owned by the Wetlands Conservancy.

Since 2007, OPRD has negotiated two additional acquisitions: 30.4 acres involving retention of a life estate by the seller, who is over 90 years old, and 25 acres including a 1,900 sq ft house. Remodeling will convert that residence into a visitors' center that overlooks the wetlands.

The Department is hot on the trail of purchasing another 583-acre parcel, with five more parcels (~270 acres) in their sights, all to become part of the new Beaver Creek State Park. Acquisition of the 583-acre parcel involves funds from a lottery acquisition budget, a US Fish & Wildlife grant reimbursement, savings within OPRD's budget, and carbon sequestration (credit) funding.

We are very impressed with the creativity of OPRD staff in achieving protection of this environmentally sensitive area. Upon completion of this land assemblage, there will be a new Oregon park of 1,300 acres (2+}
square miles) that will protect one of Oregon's greatest coastal wetlands, supporting a diversity of migratory and resident birds, salmonids, elk, beaver and a variety of other wildlife species.

On several subsequent trips to Beaver Creek, Mary and I photographed a pair of nesting osprey with two chicks, a band-tailed pigeon that landed in a tree ten yards from us, a turkey vulture who let us walk real close, garter snakes that slithered at our feet and made us hop as if they were Arizona rattlers, tree and red-legged frogs, a variety of insects and flowers, a European red slug, and an array of scenery.

The variety of wildlife, lushness, and colors of Beaver Creek Natural Area are stunning to us two desert rats. We suspect that Beaver Creek will impress all of our fellow Oregonians in a similarly eye-popping fashion.
Memorial Day weekend 2010 was quite memorable for twelve Marys Peak Group adventurers. They were Mari Baldwin, Tom Bucht, Rick Cooper, Bob Custer, Doris deLespinasse, Pam Hood-Szivek, Nancy Rockwell, Richard and Linda Seekatz, Marilyn Syverson, and Mike Wolfson.

We went to southern Oregon for the weekend. By Friday evening everyone had their tents pitched along the banks of Sucker Creek at the Country Hills Resort, near Cave Junction. (We never discovered the origin of the creek, but we were quite sure that by mid-summer, it would be only a trickle of what the water flow is in the spring.) After dinner and a relaxing evening around the ol’ campfire, everyone was ready for a good night’s sleep, which was helped by the white noise created by the fast moving water in Sucker Creek.

As we crawled out of our tents on Saturday morning, everyone marveled at the pure blue sky – not a cloud in it. Soon, we were all ready to hit the road running. Tom, our weekend leader, had spent many hours putting today’s outing together. When we asked what trail we were taking, he replied, “a little of this and a little of that,” plus some stretches that he had just discovered using Google Earth. The long and short story is that it was for about 50 minutes to reach our destination at the 4,000-foot level in the Kalmiopsis Wilderness, on our way to Babyfoot Lake.

The 2002 Biscuit Fire swept through this area and created many outstanding vistas. We clearly could see the volcanic cone shape of snow-covered Mt. McLoughlin in the distance. The drive also took us past portions of the largest serpentine rock outcrop in the nation.

Hiking today proved challenging, with some rather steep portions over snow and loose rocks. Altogether, for the day, there were elevation gains of about 1,800 feet. We reached a point in the early afternoon where the group had to make a decision as to whether to continue on to Babyfoot Lake. Seven went forward, or I should say downward, and four continued on a trail that the rest would meet up with.
later. The scramble down to the lake was very narrow and rocky but well worth the effort. This small pristine mountain lake is truly magnificent. There are many cedars near the lake that had not been affected by the fire, but you can only imagine how glorious it must have been before the fire, with the sheer cliffs being a solid green. Mari decided that the lake looked good and cooled off by taking a refreshing dip.

It was now time to make another decision – how we would meet up with the rest of the group. Tom thought that we could either return the way we came or bushwhack and follow a streambed. The latter choice looked like an adventure. We opted for the streamside bushwhack. We crossed the stream just above a charming, cascading waterfall and started a steep decent through low shrubs and loose rocks, so we met up with the rest of the group by 3:10 p.m. We still had to hike back up to the cars. In the end, we had traveled about 7½ miles and were ready to call it a day and head back to our campground for a much needed happy hour.

Sunday started out cloudy, but by the time we left camp at 8:30 a.m., it was another picture perfect sky with no clouds. Today’s hike took us into the Wild and Scenic Illinois River Corridor. We parked our vehicles and proceeded up the “Four Wheeler Trail” or, as the locals called it, “the trail to the falls”. Straight up was the direction of this morning’s hike. The wildflowers along the route were spectacular, reminding me of the Iron Mountain area in July. This arid region was in full spring splendor. Near the top and close to the falls, we started to see more poison oak than we would have liked, but we continued. The falls were quite tall, and it gave you the impression of being at an oasis.

We descended and had lunch before starting a portion of the Kirby Flat Trail. Once again the wildflowers were outstanding, especially the fragrant western azaleas (Rhododendron occidentale). The highlight, though, was the enormous amount of Darlingtonia in flower, a carnivorous plant living in boggy areas. Most in the group had never seen these plants, and those who had, had never seen so many. There were hundreds. We were very fortunate to find them. We continued along the swift-flowing Deer Creek to where it joined the Illinois River. At this junction, everyone relaxed, took off their packs, and many got their feet wet in the cool to cold waters of the Illinois. Several of us took a mile walk parallel to the river, with spectacular views of the clear emerald green waters. Being here, we could fully understand why this stretch of the river was designated wild and scenic.

We returned to camp around 5:00 p.m. for a final evening together. There’s something wonderful about trekking with a group of strong and adventuresome hikers in one of Oregon’s wilderness areas. Everyone had a wonderful time, thanks to the hard work of our leader, Tom Bucht; he truly made Memorial Day 2010 a memorable one.

All Photos by Tom Bacht
Goat slobber all over my hiking poles! Who would have guessed my cork handles and straps would be so attractive to a pesky herd of mountain goats? But there we were at 7700 feet, camped out near two gorgeous lakes, carefully protecting our backpacking gear from a cute but mangy herd of mountain goats.

We were on a three-night Chemeketan backpack along the Elkhorn Crest in the Blue Mountains of Baker County. Bob Custer led this trip for the Marys Peak Group five years ago, and the hike was so lovely that Rick Cooper led it again this summer. Nine of us signed up and were treated to a relatively easy, good weather, flower extravaganza. Rick herded us along the longest day – thirteen miles. No dilly-dallying, he would say. We made it to our second lakeside camp in decent time and sat by the shoreline listening to jokes and stories, about which some of us had been warned.

The Blue Mountains and the Elkhorn Crest run NW to SE just west of Baker City. We started hiking to our first lakeside camp at Twin Lakes, at the south end of the range. While driving to the trailhead, and periodically from the crest trail, we could see Phillips Reservoir and the huge dredge piles created during the Gold Rush by the giant dredge at Sumpter, OR. These piles must be visible from the moon. They are very extensive and well organized, too. Climbing out of the Twin Lakes basin, we got to the ridge and could look west at the Strawberry Mountains. Some trip members were sure they could see Mt. Thielsen, also. And that was before happy hour.

As we walked along the ridge, we saw the Wallowa Mountains to our east. Some sources describe the Wallowas as part of the Blue Mountains, which take up most of NE Oregon. The Blue Mountains are geologically complex, a mish-mash of metamorphic and igneous rock. Our second night camp at

Elkhorn Backpack participants:
Standing (l to r) Bob Custer, Debi Gile, Joanne Fitzgerald, Mathieu Federspiel, Nancy Rockwell, and Ken Ash. Kneeling (l to r) Rick Cooper, Susan Ruff, and Randy Selig.

Back to top
Summit Lake was in a gorgeous granite bowl reminiscent of the Sierra Nevada of California. The crest trail that we hiked is the divide between the Powder River drainage on the east and the North Fork of the John Day on the west.

Our lovely lakeside camps occasionally did have mosquitoes, but later in the season this would not be a problem. We saw frequent goat and elk signs but only saw goats at Twin Lakes, our first night’s camp. Good news for hikers! The Oregon Dept. of Fish and Wildlife just transplanted some of those goats to the Mt. Jefferson Wilderness, so we’ll be able to visit them more frequently in our own hiking backyard.

We saw a few day hikers on day one; otherwise, we had the 31-mile crest trail all to ourselves. I imagine that the backcountry fills up with hunters during elk season, however. The backpack is described in Lorain’s backpacking book and the first day hike to Twin Lakes is in William Sullivan’s book on Eastern Oregon. Every night, you hike downhill to a lakeside camp, and in the morning you hike back up to the crest trail. We saw water crossing the trail only once, so camping by lakes is the only way to replenish your water supplies. The main trail is never very hilly and is well-graded and maintained. The only drawback to this hike is the relatively long shuttle from the trail end near Anthony Lakes back through Baker City, and around the south end of the range, and up to Twin Lakes. Road trips to Eastern Oregon with friends are always fun.
Go Bandanas!

by Barry Wulff

Do you carry a bandana or two when you go on an outing? I have been carrying bandanas ever since I went on my first Outward Bound adventure in the Florida Everglades. There I learned and saw the many uses of bandanas and over the years I have accumulated a number of them of various colors. They come in a number of sizes. I’ve always favored the larger sizes because they can be used in more ways. I thought I’d share a list of 55 possible uses of bandanas.

1. Super-sized handkerchief
2. Sling for a fractured arm
3. Emergence brassiere
4. Flag to signal for help
5. Sweat band
6. Pot holder
7. Use several to secure a leg splint
8. Bundle up food or be a hobo
9. Use as a dish cloth
10. A great picnic napkin or placemat
11. Tourniquet for puncture wounds
12. Carry your lunch
13. A smooth pillow cover
14. Play tug of war with new travel friends
15. Neck gaiter - just wet and tie round your neck.
16. Connect with travel partners in a crowd
17. Clean your camera lens
18. Shine your shoes, or wipe your boots
19. Lash extra stuff to your knapsack
20. Polish fruit
21. Wear as a funky bracelet
22. Collect shells on the beach
23. Collect berries in the woods
24. Wipe away sweat (or tears)
25. Emergency belt
26. A large compress
27. Use as a washcloth
28. Wear as a "sleep" blindfold
29. Shoo away bugs
30. Cover your nose or mouth from dust
31. Stay clean sitting on dusty surfaces
32. Creative wrap for a gift
33. Protect your head from the sun
34. Disguise your voice on the phone
35. Wear as a necklace
36. Fill with ice and use as compress
37. Clean your sunglasses 
38. Mark a trail 
39. Wave at a concert or sporting event 
40. Wipe the windshield of your rental car 
41. Unveil a surprise 
42. Wrap breakable gifts in your knapsack 
43. Eye patch 
44. Foreign Legion sun shade 
45. Coarse water filter 
46. Mark luggage at an airport 
47. Blindfold for sleeping 
48. Sink drain plug 
49. Open stuck jar lid 
50. Shine shoes 
51. Canine bandana 
52. Emergency coffee filter 
53. Towel 
54. An occupied sign at an outhouse 
55. Use to flag down a taxi

MPG endorsed candidates for the 2010 November election:

Dan Rayfield – State Senate, District 8
Bud Laurent – State Representative, District 15
Sara A.Gelser – State Representative, District 16
Linda Modrell – Benton County Commissioner
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**GET INVOLVED!**

You joined the Sierra Club because you like the outdoor life, or because you want to support the environment. The Marys Peak Group offers opportunities to engage more actively in both. Here are a few areas you may wish to involve yourself.

**Trail maintenance/Building:** Interest in working on local and regional trails? There’s a regular schedule for trail building and maintenance here in the Willamette Valley. Contact: Denise Nervik at nervikd@peak.org

**Leading outings:** Enjoy working with people in group settings? How about leading an outing, such as a snowshoe or ski trip, hike, rafting adventure, backpack or special field trip of interest? Training is available. Contact: Doris deLespinasse at ddeles@proaxis.com

**Conservation/Sustainability:** You may be interested in specific environmental issues, and would be willing to attend meetings of government agencies to monitor their activities and testify at hearings. Contact: Bruce Enke, 541-974-3439 bruce.encke@hp.com

**Political activism:** How about engaging in lobbying? Would you be willing to become involved in political issues relating to the environment or supporting a candidate for election? Contact: Debra Higbee-Sudyka at dwhigbe@juno.com

**Graphics/Illustration:** Have you graphics and illustration skills? Have access to desktop publishing software? Like making displays for events and booths? Contact: Barry Wulff at wulffb@peak.org

**Fundraising:** Do you like to promote activities for organizations? Like to meet people? How about producing concerts or managing a party? Do you have fundraising skills? Contact: Barry Wulff at wulffb@peak.org

**Membership:** Do you like to communicate with people? Are you able to organize tabling events? Help assure the future of the environment by getting more people interested and involved in MPG activities. Contact: Janet Lincoln at Lincoln.janet@gmail.com

**Writing/Photography:** You like to write? Would you like to research an issue and then write about it? Are you handy with a digital camera? Want to show off your camera skills? Contact: Barry Wulff at wulffb@peak.org

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**SIGN-UP FOR THE WEEKLY EMAIL**

The Marys Peak Group offers many activities other than those listed in the Benchmark. Our weekly email announces upcoming events and activities with complete contact information. You may sign-up to receive the weekly email by sending a note to Jane Luther at janeluth@gmail.com.

Or, if you have a Google account, you can subscribe by going to: http://groups.google.com/group/marys-peak-group/ subscribe and choose “E-mail - send each message to me as it arrives” (the message “Approximately 1 e-mail per day” is incorrect; MPG weekly email will be sent once a week.)

*Your email will not be shared with other entities.*

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We Need Your Photos!