Many popular prescription medications, including painkillers, anti-depressants, estrogens, statins, drugs for high blood pressure, antibiotics and antihistamines, not only have side effects on our bodies but also can be a source of chemical pollution.

As Americans continue to take ever-increasing amounts of prescription medications (four out of five patients leave a doctor visit with a prescription for medication in hand), persistent residues accumulate in unprecedented amounts in our streams, rivers, and lakes, in sludge left from sewage treatment, and in municipal landfills. In 2000, when scientists from the United States Geological Service sampled 139 streams in 30 states, they found medication residues in 80% of the streams! Cities provide drinking water for their citizens by channeling water from local streams, rivers and lakes through their own water treatment plants, which, unfortunately, are not engineered to filter out these prescription medications.
Scientists are deeply concerned about the impact of pharmaceutical pollution on aquatic life and water quality. Because aquatic ecosystems are not able to detoxify and distill unsafe waste to safe levels, freshwater fish and the invertebrates they eat are increasingly bathed in a weak solution of popular medications. Little is known about the levels at which these compounds become toxic or lethal, but increasingly, research results are showing adverse effects on wildlife in the form of mutations, infertility, higher death rates in the young, feminization of male fish, decreasing populations, and behavioral changes. Researchers from many U.S. government agencies, including the U.S. Fish and Wildlife Service (USFWS), U.S. Geological Service (USGS), Government Accountability Office (GAO), and the Environmental Protection Agency (EPA) have determined that more investigation of these effects is needed. They are concerned about the long-term effects on humans as well as on wildlife. Because most people consume significant amounts of surface water daily, these medication residues produce a widespread, longtime, low-level exposure to pharmaceuticals. Environmental organizations are also concerned. Jennifer Sass, a senior scientist for the Natural Resources Defense Council, has stated, "Although the human health impacts of these exposures to pharmaceuticals and personal care products are poorly understood, what we do know is troubling." The EPA considers the presence of pharmaceuticals in the environment to be one of the most significant emerging health threats of this century.

In this article, I will use one very popular type of prescription medication, painkillers, to illustrate how a class of medications can become a persistent pollutant; but much of what follows applies to other medications, as well. Analgesics were selected because they are among the most frequently prescribed of all medications and their use continues to grow. To treat acute pain from injuries, or chronic pain problems such as headaches, menstrual pain, fibromyalgia, and joint and muscle pain, physicians in the U.S. now prescribe a wide variety of medications, including non-steroidal anti-inflammatories such as ibuprofen, aspirin, and naproxen; opioid analgesics such as codeine or morphine; or combinations of the two such as hydrocodone and oxycodone. In 2010, physicians wrote 131 million prescriptions for hydrocodone (Vicodin), making it the number one prescribed medication in the United States; oxycodone and ibuprofen were in 15th and 25th place, respectively. In 2010, enough narcotic painkillers were prescribed to medicate every American adult around-the-clock for a month. Another indicator of the increasing popularity of narcotic painkillers is the number of deaths from prescription narcotic overdose, which nearly quadrupled between 1999 and 2008. Forty Americans die each day from analgesic prescription overdose. Writing in the journal Pain Physician, L. Manchikanti, MD points out that, although the United States is only 4.6% of the world’s population, it consumes 80% of the global opioid supply!
How does this high level of analgesic consumption affect the environment outside our own bodies? A 2008 Associated Press investigation revealed that if you live in Philadelphia, your drinking water, which is drawn from the Schuylkill and Delaware rivers, is contaminated with acetaminophen, aspirin, diclofenac, ibuprofen and naproxen. EPA research has found that all of the water in Colorado’s Lake Mead has been contaminated with hydrocodone and codeine from Las Vegas’s wastewater. The previously mentioned United States Geological Service sample of 139 streams in 30 American states detected residues of acetaminophen, aspirin, codeine, hydrocodone and ibuprofen in many bodies of water. Of the 18 most commonly detected medications in “purified” water coming out of American sewage treatment plants, five are painkillers. Scientific research has never proved that these medications are safe when they are constantly present, even in minute amounts. Complicating efforts to understand the safety of these medications is the fact that wastewater often contains residue of more than one analgesic. These could react together chemically to produce new, unstudied and possibly dangerous compounds.

Analgesic residues end up in our waters, landfills, and sludge in three main ways:

**MANUFACTURE**

Water is used extensively throughout the drug manufacturing process, from mixing and processing medications at the factory, to washing and sanitizing the machinery afterwards. During these processes, water becomes contaminated with active pharmaceutical ingredients. Factories discharge wastewater into nearby streams and rivers; sometimes the wastewater is treated before release. Pharmaceutical manufacturing facilities typically generate significant amounts of hazardous, solvent-laden waste, as well as trace pharmaceuticals.

In a 2010 study, U.S. Geological Survey scientists tested the water downstream from several pharmaceutical factories as it went into water treatment plants and compared that to water going into other treatment plants that did not receive any water from drug factories. At the plants downstream from pharmaceutical factories, levels of opiates and other painkillers were sometimes 1,000 times higher than levels in discharges from other sewage sources. Water treatment plants were never designed to eliminate the chemicals in the painkillers; hence, the chemicals go directly back into the city drinking water. When a city or town needs to boost the drinking water supply, they draw this contaminated water out of the stream, run it through the city water treatment facility, and from there it is piped to homes and businesses.

This information is not new. The first research on analgesic residues in sewage effluent, which showed that residues persisted even after treatment, was published in 1977.

**HUMAN WASTE**

The human body does not metabolize or use all the medication taken by mouth. Christian Daughton, an EPA scientist, has stated, “People think if they take a medication, their body absorbs it and it disappears, but of course that’s not the case.” Chemical residues are left in urine and feces excreted from the human body. These go down the toilet and back into the
domestic sewage system. When medication left on the skin from pain patches and analgesic gels is washed off the body, it goes down the drain, too, and ultimately into streams and rivers.

THROWN-AWAY MEDICATIONS

Considerable unused medication is dumped into the trash and ends up in a landfill. For example, in Washington State, which has a population of 6.25 million people, an estimated 33 million containers (equal to 82,000 pounds) of pills go unused every year.

Once in a landfill, rainwater frequently dissolves medications and transports them back into our creeks and rivers. American hospitals and long-term facilities throw away 250 million pounds of pharmaceuticals and contaminated packaging each year, including partially used vials, intravenous equipment, and syringes, the equipment and cleanup supplies used in general compounding and preparation of medications, and outdated medications. Analgesics make up much of this wasted medication. In take-back events in Maine and California, analgesics were the single most common type of unused or expired medicine given back. Many people also use toilets to dispose of medications. In private homes and care facilities, many bottles of pills are flushed down the toilet when a patient dies, when a medication has expired, or when the patient does not need them anymore.

What to do?

Because this is such a big problem, many communities in the United States have begun programs that encourage people to turn in their medications for safe disposal rather than flushing it. [In the Corvallis area, unused prescription medications can be taken to the Philomath police station.]

As healthcare professionals are becoming increasingly aware of the growing concerns expressed by the scientific community and federal regulatory agencies, organizations that promote “Green Medicine” such as Teleosis are urging them to take steps themselves. These include: informing patients about safe disposal of medicines, not prescribing more medicine than can be used, learning which medications have significant environmental impacts, and using effective non-pharmaceutical approaches to health problems whenever possible.

Physical therapies, which include therapeutic exercise, osteopathic manipulation, massage therapy, careful application of hot and cold, and warm water pool therapy, are effective for many kinds of chronic pain for which pain medications are commonly used. Even acute pain can often be alleviated with careful use of these treatments. Physical therapies are also harmless in their effects upon the environment. Until the safety of analgesics in the environment can be determined, physical therapies must be
deemed a less harmful pain management strategy.

For healthcare providers, for example, instead of prescribing medication for a patient who suffers from pain caused by severe osteoarthritis, a provider could first prescribe physical therapy or recommend regular massage therapy or even a water exercise class – all are known to relieve osteoarthritis pain. If the patient does not get significant pain relief from these options, then medication is a reasonable alternative.

SUMMARY

Analgesics are widely used and have become a significant part of the problem of pharmaceutical pollution. Most painkillers are synthetic chemicals made in large factories, whose manufacture creates toxic waste, and requires more infrastructure and consumes far more energy and raw materials than non-chemical pain-relief therapies. Knowing that chemical analgesics can become pollutants, perhaps the most important thing that you can do when your physician prescribes a pain killing medication is to ask, “Do I really need this?”

Reference


Link to the digital issue: <http://imjournal.com/DIGITAL/2012/IM11_5/>
or visit www.marybettssinclair.com

Article and photo submission guidelines: MPG welcomes your articles and photos. Please keep articles to a maximum of 1,500 words. Photos should be in jpg format, 300 dpi when possible.

The Sierra Club Foundation is a 501©3 organization. Donations are tax-deductible.
Getting out in nature is a wonderful thing and we of the Marys Peak Group love to make it a priority. We offer outings throughout the year. Hiking, camping, backpacking, kayaking, skiing, snowshoeing and more. Did you know that all our leaders are trained and certified?

Are you prepared to deal with unexpected situations that can happen anytime, anywhere? Our MPG leaders are! How do you handle someone who is feeling dizzy or disoriented on a hike? What do you do if someone trips and falls? Have you ever had to be the one who needs help (but of course don’t want to be)?

Isn’t it great to know that when you go on an outing with Marys Peak Group that it will be led by someone who is trained and qualified as a Sierra club leader and is at least First Aid Certified and in many cases Wilderness First Aid Certified?

It is so important to have trained leaders. They are there making sure the Sierra Club’s Best Practices are being followed and if first aid is needed they have been trained and are ready. In March 2014 we held a weekend training camp where dedicated MPG Leaders were trained in Outdoor Leadership Skills and Wilderness First Aid (Certified by NOLS – National Outdoor Leadership School). It was an incredible experience and great hands-on training for all.

Of course not only is this important for Sierra Club outings but also for the community at large. The more people who have been trained in how to lead in difficult situations and help with Wilderness First Aid the better off we all are. Imagine in the event of a large-scale emergency such as an earthquake or flood or a smaller scale event such as a car accident, having more people in our community with emergency skills means more responsiveness, better aid, and broader coverage across the area.

If you are interested in joining Marys Peak Group as an Outings Leader and being trained to lead outings and getting certified in First Aid let me know. We would love to have you join us.

Hope to see you on a hike soon,

Bruce Encke
If you have done an MPG hike on the Oregon Coast in the last couple of years, there's a good chance that you know Steve Griffiths. Living in Lincoln City for the last five years, Steve began leading coastal hikes in 2011. But he has a lifetime of hike-leading under his belt, beginning with the Hawaiian Trail and Mountain Club and the Sierra Club during his grad school years at the University of Hawaii, and continuing during his 30 years with the national Sierra Club.

But Steve's hiking life began much earlier than that. When he was only a year old, his mother moved with him and his eight-year-old sister from Oregon to the Philippine Islands, where his father was an Episcopal missionary in the remote village of Balbalasang. "Surrounded by pine-forested mountains, it was the Episcopal church's most isolated mission, reached by a three-day hike from the west coast or a two-day hike from the mountainous interior," Steve remembers. The move to the Philippines was a return to his parents' pre-World War II life. That life had been interrupted by the Japanese invasion, when Americans had to flee or be interned in prison camps. Villagers saved the family's lives then by hiding them in various mountain villages for 16 months. The Japanese Army then found them and moved them to an internment camp for two years. After the war the family returned to Oregon to recover, and Steve was born.

When Steve was eight years old, his father became headmaster of an international boarding school in Baguio. In gratitude to the villagers for their loyalty during the war, Steve's parents began making an annual pilgrimage back to Balbalasang from their new home in Baguio every summer with their two children. This would continue for the next ten years that Steve lived there. Reaching Balbalasang required an all-day trek through rain forest to a place where villagers met them with two ponies, one for Steve and one for his sister, enabling them to ride the rest of the way. "Oh, I loved it!" Steve remembers. A hiker was born.

Steve remained in the Philippines until he was 18. There followed a B.A. in English from Hobart College in upper New York State, two years in the Peace Corps on a Malaysian island, and then a Ph.D. in anthropology from the University of Hawaii, where one of his classmates was Ann Soetoro, mother of Barack Obama. "Barack was 11 or 12 at that time. I met him at a reception once," Steve recalls. Of Ann, he says, "She was very intelligent. Very calm. There was a small smile at one corner of her mouth, as if in amusement at life."

During these years Steve volunteered at the Sierra Club office in Honolulu. And he hiked, up mountain ridges and valleys. Haleakala National Park remains one of his favorite places to hike.

Moving on to the national headquarters of the Sierra Club, Steve provided administrative and fundraising support for volunteer-led Inner City Outings programs in Club chapters across the country. These programs offered day hikes, overnight
backpacking trips, and white-water rafting trips for inner city youth and physically disabled individuals.

Steve also volunteered with the San Francisco Chapter of the Sierra Club. The largest Sierra Club chapter in the world, the San Francisco Bay chapter divides itself into many activity sections, such as Sierra Singles, Sierra Couples, backpacking, rafting, and snowshoeing. In 1986 Steve helped establish the Gay/Lesbian Sierrans, and became a hike leader for them. That group now has about 1000 members.

Next Steve worked for the National Sierra Club producing the Outings Catalog. He also managed a team of grant writers, helping to win major foundation grants in support of crucial conservation work. "I loved supporting the sharp and talented people all over the country who were trying so hard to accomplish great projects. We worked on everything – coal, global population, trade, Great Lakes clean air/water, grizzly bear habitat, reintroducing wolves."

Steve has co-led national Sierra Club hikes, too, including four trips to Hawaii and two along the north Oregon coast. Cannon Beach to Oswald West and Seaside to Cannon Beach are two favorites.

Now enjoying retirement, Steve doesn't spend much time in his rocking chair. He is chair of Lincoln City Parks and Rec and is active in all aspects of Theater West, both onstage and backstage. He is currently working towards getting trails established through various undeveloped parcels that the city bought in order to protect the natural balance of the area.

I asked Steve what he liked best about hiking. "The MOVEMENT!" was his passionate response.

Fortunate indeed are those of us who have a chance to hike with Steve Griffiths.

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**MPG Executive Committee Nominations Sought**

Each year the MPG holds elections for membership on its Executive Committee (ExCom). The MPG is a wonderful and dynamic group to work with.

**Would you like to serve?**

There will be four positions contested this fall. Persons are elected for two-year terms. If you are interested, or if you know of someone you think would be a good ExCom member and might like to serve, please contact any of the following by July 15th:

Debra Higbee-Sudyka at dwhigbes@gmail.com
David Eckert at deckert@willamettewatershed.com
Carolyn Kindell at ckindell@yahoo.com

*This is your opportunity to serve the Marys Peak Group!*
The Benchmark containing the outing schedule appears electronically (and in print by request) in very early January, May, and September. Leaders are to propose and submit outing descriptions by the first of December, April, and August, respectively. My predecessor, Irene Schoppy, instituted a change to allow a leader to submit an outing proposal two to three weeks prior to the actual date of the outing in order for it to appear in at least two Sunday Peak View announcements. She developed the EVENTS CALENDAR viewable on the Marys Peak Group website at: http://oregon.sierraclub.org/groups/marys_peak/events/; not only is The Benchmark list for the same trimester viewable - and beyond for backpacking, river and snow outings - but also any new entries that were posted after the leaders’ deadline date (one month prior to the last Benchmark). Those planning ahead and considering certain types of outings are strongly encouraged to check out the Events Calendar in addition to the Benchmark before making their choice.

In celebration of the 50th Anniversary in 2014 of the Wilderness Act, MPG is offering at least one outing, a same day hike, a backpacking trip, or a car camping/hiking long weekend, in closer-by and readily accessible Wilderness Areas: Coast Range - Drift Creek, Cummins; Western Cascades - Menagerie; High Cascades - Mt Jefferson, Mt Washington, Diamond Peak, Waldo Lake, Three Sisters, Sky Lakes; Washington Cascades - Indian Heaven, Mt Adams, Goat Rocks. Four of the five MPG backpacking outings planned for September jointly with the Chemeketans in Salem will be in a Wilderness Area.

MPG’s overnight backpack leaders are currently certified to provide Wilderness First Aid (WFA). Leaders of same-day hikes, water activities, and snow trips are certified in First Aid and CPR., but may also be WFA-certified. One of the Sierra Club’s “commandments” in the Outing Leader Handbook, adapted from the Wilderness Medicine Institute of NOLS, is for leaders to “encourage (but not require) participants (in outings) to pack and carry a personal first aid kit.”

“The High Desert Committee (HDC) is a Conservation Committee of the Oregon Chapter of Sierra Club. The Committee works to protect and conserve the public wildlands in Oregon’s high desert administered by the Bureau of Land Management (BLM)...The HDC traditionally hosts a variety of trips which include backpacks and base camps, gorgeous day hikes, inspiring service projects, enlightening archeological, ecological, and historical tours and lots of desert adventure.” It sponsors a variety of trips for the pure enjoyment of the desert but it is “also trying to expose new people to the wonders of the Great Basin and develop advocates who will help protect desert wild lands for the future.” Three outings in June and August 2014 are listed and described in this issue of The Benchmark.

I hope that you enjoy what MPG is offering this spring and summer....have fun!

Robert Verhoogen
Saturday, May 3rd – Hike to the Source, from 1:00 to 5:00 p.m. Have you ever found the source to a spring or a river? Then hike with us up through McDonald Forest to one of the highest principal sources to Oak Creek. The water seeps out of the ground in a hidden alder woodlands and quickly forms a small rushing creek, slowly building in size as it pummels down a steep grade toward Oregon State University and the Marys River. This is a difficult hike for those who are ready to do some real climbing along a rushing stream. Very steep sections of trail, some off trail travel, muddy/wet conditions possible. This hike is for experienced hikers only. This is the first of three separate outings celebrating Oak Creek as the 2014 Corvallis stream of the year. Leaving at 1:00 p.m. Contact leader for meeting information and to register: Irene Schoppy at iameyes@yahoo.com

Sunday, May 4th – Drift Creek South. This is a less frequently hiked trail in the Drift Creek Wilderness, the Coast Range’s largest wilderness. The Drift Creek South trail meanders down through densely forested canyons to the Harris Ranch, an old homestead meadow in a creek bend. Difficult, 6 miles, with 1,200 feet of elevation gain on return. Preregister; wilderness limit of 12. Meet for a 9:00 a.m. departure in the Wilkinson Hall parking lot (27th Street and Arnold, on the OSU campus). Contact leader: Loretta Rivard, at 541-753-6884.

Sunday, May 4th – Peavy Arboretum Intensive Management Trail, from 10:00 a.m. to 12:00 Noon. Our mentor will be Stephen Pilkerton, a forester and the Forest Engineer / Operations Manager for the OSU College Forests. Per Steve, "a forest engineer is a stew of forester, engineer, surveyor, and industrial engineer." He feels that 2 hours +/- 30 minutes seems adequate to cover some of the history of Peavy Arboretum and the nine stops related to forest management on the 1.2 mile-long Intensive Management Trail (an elevation gain of 80 feet). Meet at the IM trailhead in the Arboretum at 9:45 a.m. (keep to immediate right on entry) for the 10:00 a.m. start. Limit of 25 participants. Pre-register please, by contacting the leader: Robert Verhoogen, rverhoogen@mac.com or 541 745-5185.

Monday, May 5th – Peavy Arboretum Wildflower Walk, along the Forest Discovery Trail, from 6:00 to 8:00 p.m. The event will again be mentored by an enthusiastic and very knowledgeable botanist and superb teacher, Ian Silvernail, from the Institute of Applied Ecology. In early May, we’ll have the opportunity to identify some four dozen flowers, plants, and shrubs along the 3/4-mile trail. We will meet in the Arboretum’s main graveled parking area (at the Road 500 gate) at 5:45 for the 6:00 p.m. start. Limit of 25 participants. Pre-register please, by contacting the leader: Robert Verhoogen, rverhoogen@mac.com or 541 745-5185.

Wednesday, May 7th – Peavy Hall Tree / Shrub Stroll, from 6:00 to 7:30 p.m. Ed Jensen, Professor in the College of Forestry and author of TREES To Know in Oregon (2010) and Shrubs To Know in Pacific Northwest Forests (2013), will teach us how to identify and distinguish numerous trees and shrubs commonly seen in our state, in the area immediately to the east of Peavy Hall. The number of participants is limited to 30. We will meet at 5:45 p.m. for a 6:00 p.m. start at the east entrance to Peavy Hall, located at 30th Street and Jefferson. Parking is on the south side of Peavy and Richardson Halls (conjoined buildings). Pre-register please, by contacting the leader: Robert Verhoogen, rverhoogen@mac.com or 541 745-5185.
Saturday, May 10th – Walk to Mary’s River Natural Area Park, Corvallis, 5:00 to 7:00 p.m. Mary’s River Natural Area Park is an easily-accessible wetland in SW Corvallis. Until the storms of last winter there was a boardwalk traversing the park, but it has been totally destroyed; there is a project to recreate the boardwalk in progress. We will meet at Reser Stadium on the south side in front of the ticket booths for a 5:00 p.m. DEPARTURE and we’ll walk about 1.5 miles down Brooklane Drive to the park where we’ll view the park and walk around, watching hawks circling above and enjoying the natural area. EASY: the walk will be about 4 miles, mostly on the shoulder of a rural road with little traffic, with some possible slogging through mud if it has been raining. Contact leader to pre-register: Dave Rabinowitz, davr@davr.us, assisted by Robert Verhoogen.

Sunday, May 11th – Ferns and Mosses in Beazell Memorial Forest. We will hike the beautiful Plunkett Creek loop with botanist and forest ecologist Duncan Thomas, stopping to look at the ferns and mosses along the trail. This hike is in Kings Valley. Moderate, approximately 3 miles with 600 feet of elevation gain. Meet at the Wilkinson Hall parking lot at 27th and Arnold in Corvallis for a 1:00 p.m. departure. Contact leader: Barbara Loeb at 541-752-5081, or loebb@comcast.net

Tuesday May 13th – Walk through Talking Water Gardens, Albany, from 6:00 to 7:30 p.m. Talking Water Gardens is ”a partnership for engineered wetland science”, located in Albany. We will meet in Albany at 6:00 p.m. to walk along various paths through the park where we will view and discuss the natural treatment of waste water in this engineered wetland. Easy: the walk will be about 2 miles on paved paths. The outing will officially begin in Albany at 6:00 pm (make a reservation for details), but the leader will be riding to Albany from Corvallis by bicycle and would be happy to be accompanied by anyone else interested in the ride. The bike ride will be about 15 miles each way along a road with ample shoulders for safe biking, and will leave Corvallis at 4:30 p.m. Bring a headlight for the return trip and wear a helmet. Contact leader to pre-register: Dave Rabinowitz, davr@davr.us

Friday-Sunday, May 16th-18th – Southwest Oregon car camping trip. The southwestern coast area of Oregon is beautiful in the spring. Camp two nights at Harris Beach State Park. Hike 7 miles on Saturday on the Oregon Coast Trail in Boardman State Park. Sunday hike 5 miles along the Illinois River to Buzzard’s Roost. Return home Sunday afternoon. $. Contact leader: Ray Drapek at raydrapek@gmail.com or 541-754-7364.

Thursday, May 22nd – Beginner Backpack Class. Everyone is welcome to join us for the annual backpack class. We’ll discuss conditioning, preparation, food, packing, gear choices. You can see the types of gear different people choose to use. The class will be held at the Chemekeden, 360½ State Street, above Cooke’s Stationery in downtown Salem. It starts at 7:00 p.m. and will last about two hours, but there will be time to ask questions and get excited about the backpacks scheduled for this season. No need to pre-register. For car-pooling from Corvallis, contact Bob Custer: 541-745-3994, or laststand@exchangenet.net

Saturday, May 24th – Rooster Rock via Trout Creek Trail. We will ascend via the Trout Creek Trail to an excellent viewpoint, which was the site of a base cabin for a tiny fire lookout shack atop Rooster Rock’s pinnacle. Nothing remains of the lookout. Bring lunch, the ten essentials, and appropriate foul weather gear. Poles will be useful during the upper steep half mile. Difficult, 6.6 miles, 2,300 feet elevation gain. Meet behind the Super-8 motel off First Street for an 8:00 a.m. departure. Contact leader: Ralph Nafziger at nafziger@peak.org or 541-926-4245.

Sunday, May 25th – McDonald Forest Traverse. This is the second annual thru-hike of the McDonald Forest. Ever wonder how all the various trails/gravel roads of the McDonald Forest link together? Looking for a challenging hike to prepare for summer backpacking season? We will be hiking
the entire length of the McDonald forest, as well as hitting some of the high points along the way (including Peavy Peak, Dimple Hill, and McCulloch Peak). This is for experienced, fit hikers only! Very difficult, 18+ miles. We will be doing a car shuttle; if weather on Sunday is terrible this hike will be moved to Monday. Led by Irene Schoppy & Richard Seekatz. Contact Irene for meeting time and location and to register at: iameyers@yahoo.com or 541-758-8591 (no calls after 9:00 p.m.).

**Saturday, May 31st – Willamette Slough Kayak or Canoe.** We'll get out on the water near Salem's Riverfront Park and explore a back channel rich in plants and wildlife. This outing is appropriate for beginning boaters with good equipment. Some equipment is available to loan. PFD and whistle are required. If your boat is 10' or longer you will need an Aquatic Invasive Species permit. Approximately three hours on the water. Number of participants will be limited. Easy. Please contact leader in advance to register and get additional trip information including meeting place and time. Larry Davis at larrydavis@peak.org, or 503-390-8210.

**Tuesday, June 3rd – Public Transit and Hike to Chip Ross Park,** 3:15pm to 7:30 p.m. We will take advantage of the Corvallis Transit System CVA bus to bring us from downtown Corvallis to NW Highland from where we will walk along roads (not Highland Ave) to Chip Ross Park and then down through the Timberhill Natural Area to 29th Street and Walnut to catch the CTS 1 or C1 bus back to the Downtown Transit Center. Easy: the walk will be just over 3 miles on road and trails with mud likely, some uphill and a bunch of downhill hiking. We will leave on the 3:15 p.m. CVA bus from the Downtown Transit Center at Jefferson and 5th Street SW. Since the next bus will not be until 5:30 p.m., if you miss this bus you’ve missed the outing, or you can meet us at Highland and Highland Dell where the outing will officially begin about 3:30 p.m. The outing does not return to this departure point, and there will be no buses to this point after the walk ends, so use of buses from and to the Downtown Transit Center is encouraged. Buses are free for all users. Contact leader to pre-register: Dave Rabinowitz, davr@davr.us

**Saturday, June 7th – Takena Landing Trail with environmental economist Dr. Joe Kertviel.** Walk this gentle path along the Willamette River and learn about the economic value of fishing and other ecosystem services, as well as how those values affect water and river management. Easy, 4 miles with no significant elevation gain. Meet at the Wilkinson Hall parking lot (Arnold and 27th) for 9:30 am departure. Contact leader: Barbara Loeb at loebb@comcast.net.

**Saturday, June 7th (National Trails Day) – Mary’s Peak trail maintenance party.** We will be working with the US Forest Service and will be clearing brush from the trail starting from Conner’s Camp and working up the East Ridge trail and possibly as far as the Tie Trail. Tools and extra personal protective gear will be available, but we suggest you wear sturdy work clothes, bring some sturdy work gloves, and be prepared for bad weather. Let’s meet to leave from the NW corner of the Philomath Bi-Mart parking lot at 9:30 a.m. The work party will go until 2:00 p.m. Our partners in these work parties always like to have some kind of a count of how many are coming before the event. It helps them to plan properly, so please do contact me if you are thinking of coming. It would be helpful if I could provide a count by Monday, June 2nd. Contact leader to pre-register: Ray Drapek at 541-754-7364 or raydrapek@gmail.com.

**Sunday, June 8th – Willamette River Paddle.** Bring your own canoe or kayak to paddle a ten- or twelve-mile stretch of the lovely Willamette River; exactly where we go will be determined closer to the date. PFD (personal flotation device) and whistle required. If your boat is 10' or longer you will need an Aquatic Invasive Species permit. Please contact leader in advance to register and for additional trip information including meeting place. Number of participants will be limited. Moderate. 9:00 a.m. departure from Corvallis. Contact leader to sign up: Andi Stephens, at andi.q.stephens@gmail.com.
Thursday, June 12th – Beazell Memorial Forest - Plunkett Creek/South Meadow loop. Enjoy summer wildflowers and a variety of habitats as we hike along Plunkett Creek and up to South Meadow. Moderate, approx. 3 miles with 600 feet of elevation gain. Bring a snack, water, and clothing appropriate to the weather. Limit of 15. Plan for a 9:30 a.m. departure. Contact leader for meeting information and to register: Carolyn Kindell at ckindell@yahoo.com or 850-728-6901. Assistant leader, Leslie Hogan.

Sunday, June 15th – Ankeny National Wildlife Refuge. Join us as we walk along the boardwalk at Ankeny National Wildlife Refuge in search of migrating songbirds. The 2 mile loop includes a stop at a bird blind. Bring lunch, water and dress for possible rain. Those who enjoy a more leisurely pace will enjoy this outing. All children must be accompanied by an adult. Children who are not with their parent or guardian must bring a release form signed by the parent which can be obtained in advance from the hike leader. Meet in time for a 10:00 a.m. departure at Wilkinson parking lot, 27th and Arnold, on the OSU campus. Limit 15. Contact co-leader Julie Arrington at 541-752-6052 or julie.seahorse@gmail.com.

Thursday, June 19th – Heceta Lighthouse via Hobbit Trail. We’ll follow an inland route along China Creek, past a small lake, and then hike up a steep trail – with expansive views of the beach and ocean – to historic Heceta Lighthouse. Wild rhododendron and iris should be in bloom along the trail. Our return route includes a 1.5 walk on the beach. Moderate, 5-6 miles total, 800 feet elevation gain. Limited to 12. Contact leader to register: Steve Griffiths at sgoregon@gmail.com or 415-290-1016. Corvallis area hikers meet at 9:00 a.m. in the northwest corner of the Bi-Mart parking lot on the corner of 53rd and Philomath Blvd. (Hwy. 34.) Hikers on the coast, contact Steve for meeting spot.

Saturday, June 21st – Erma Bell Lakes Plus Two. Lower and Middle Erma Bell Lakes, separated by a waterfall, are popular destinations within the Three Sisters Wilderness Area. There are a number of wildflower types alongside the broad trail. The hike continues past Upper Erma Bell Lake to Williams Lake, in “an entire area still recovering from glaciation that ended just 6000 years ago” per Bill Sullivan, and then past Otter Lake to complete a loop. Moderate, 8.4-mile loop, with an 800 foot cumulative elevation gain. Outing limited to 12. Meet in the parking area at First and Tyler behind the Super 8 Motel for an 8:00 a.m. DEPARTURE. Contact leader to register: Robert Verhoogen at rverhoogen@mac.com or 541 745-5185.

Saturday, June 21st – Fern Ridge Lake Kayak or Canoe. We’ll get out on the water for a low-key paddle at a local lake and work on paddling skills. This outing is appropriate for beginning boaters with good equipment. Some equipment is available to loan. PFD and whistle are required. If your boat is 10' or longer you will need an Aquatic Invasive Species permit. Approximately three hours on the water. Number of participants will be limited. Easy. Please contact leader in advance to register and get additional trip information including meeting place and time. Contact leader: Larry Davis at larrydavis@peak.org, or 503-810-8210.

Sunday, June 22nd – Willamette River Paddle. Bring your own canoe or kayak to paddle a ten- or twelve-mile stretch of the lovely Willamette River; exactly where we go will be determined closer to the date. PFD (personal flotation device) and whistle required. If your boat is 10' or longer you will need an Aquatic Invasive Species permit. Please contact leader in advance to register and for additional trip information including meeting place. Number of participants will be limited. Moderate. 9:00 a.m. departure from Corvallis. Contact leader to sign up: Andi Stephens, at andi.q.stephens@gmail.com.

Sunday, July 13th – Salt Creek Falls and Vivian Lake. This will be a serious waterfall hike in the Willamette Pass / Diamond Peak Wilderness Area. We will pass Salt Creek Falls, the state’s second highest waterfall. After passing Diamond Creek Falls we will continue up a steep trail past Fall
Creek Falls to Vivian Lake in the Diamond Peak Wilderness. Be prepared with good footgear, food, and plenty of water. Moderate to difficult, 1,600 feet of elevation gain, 8 miles round trip, from 8:00 a.m. to 5:00 p.m. Meet at the First Street parking area behind the Super 8 for an 8:00 a.m. departure. Space is limited so pre-register with leader: Robert White, at rlwii47@gmail.com.

**Sunday, July 13th – Willamette River Paddle.** Bring your own canoe or kayak to paddle a ten- or twelve-mile stretch of the lovely Willamette River; exactly where we go will be determined closer to the date. PFD (personal flotation device) and whistle required. If your boat is 10' or longer you will need an Aquatic Invasive Species permit. Please contact leader in advance to register and for additional trip information including meeting place. Number of participants will be limited. Moderate. 9:00 a.m. departure from Corvallis. Contact leader to sign up: Andi Stephens, at andi.q.stephens@gmail.com.

**Saturday, July 19th – Beaver Creek Kayak.** We’ll get out on the water for a low-key paddle on this coastal creek near Newport. This outing is appropriate for beginning boaters with good equipment. Some equipment is available to loan. PFD and whistle are required. If your boat is 10' or longer you will need an Aquatic Invasive Species permit. Approximately three hours on the water. Number of participants will be limited. Easy. Please contact leader in advance to register and get additional trip information including meeting place and time. Contact leader: Larry Davis at larrydavis@peak.org, or 503-390-8210.

**Thursday, July 24th – Hart’s Cove and Cascade Head.** From our trailhead on Cascade Head, we’ll descend almost a thousand feet through an old-growth Sitka spruce forest to a coastal meadow. Our destination is a narrow bluff where we’ll enjoy terrific ocean views and see Chitwood Creek cascade over rocky cliffs into Hart’s Cove. If we’re lucky, we’ll hear sea lions roaring above the ocean winds. Our return takes us back over the same trail with most of the elevation gained in the last mile. Limited to 12. Meet behind Super 8 Motel at First and Polk for a 9:00 a.m. departure. Contact leader to register: Steve Griffiths at sgoregon@gmail.com or 415-290-1016.


**Saturday, July 26th – Four Cascade lakes & Scott Mountain.** Starting near the Scott Lake campground, we’ll “hike to the beautifully blue, cliff-rimmed Benson Lake....explore the somewhat less heavily visited Tenas Lakes - half a dozen swimmable pools scattered among huckleberry meadows and forests....continue to the wildflowers and mountain views at Scott Mountain’s former lookout site.” (Bill Sullivan). The return will be “via a delightful loop on less crowded trails....passing a lava flow, Hand Lake, and several meadows on the way.” Moderately difficult, 9.7-mile loop, 1,300 ft cumulative elevation gain. Limited to 12 in Mt. Washington Wilderness Area. Meet in the parking area behind the Super 8 Motel at First and Tyler for a 7:30 a.m. DEPARTURE. Contact leader to register: Robert Verhoogen, at rverhoogen@mac.com or 541 745-5185.

**Sunday, July 27th – Willamette River Paddle.** Bring your own canoe or kayak to paddle a ten- or twelve-mile stretch of the lovely Willamette River; exactly where we go will be determined closer to the date. PFD (personal flotation device) and whistle required. If your boat is 10' or longer you will need an Aquatic Invasive Species permit. Please contact leader in advance to register and for additional trip information including meeting place. Number of participants will be limited. Moderate. 9:00 a.m. departure from Corvallis. Contact leader to sign up: Andi Stephens, at andi.q.stephens@gmail.com.

**Friday, August 8th – Evening Float/Potluck Picnic on the Willamette River.** An annual MPG event, now directed by Dawn Jones’ successor, Patricia Benner, we’ll actually float 9-plus miles from North Riverfront Park to Hyak Park on 6 to 8-person rafts. No private watercraft are allowed on this
outing. The date and time selected for the outing are totally dependent on the date of the full moon and the time of the moon rise (as well as the amount of water expected in the river in June through August). The optimal time is usually 2-3 days before the full moon, which in this case is August 10th and therefore the Float on a Friday night. Patricia, a river ecologist and historian, will enlighten us along the way about the history of the Willamette River and its ecology. The floating itself will begin at 3:30 p.m.; we'll picnic, potluck style, on the riverbank, 90 minutes into the float. Herons and ospreys will entertain us in the early going; at dusk and as the full moon rises, beavers will capture our attention. Since the outing will require shuttling cars, gearing up equipment-wise, and getting rafting instructions, please be at Michael's Landing (2nd Street & Polk Avenue) at 2:30 p.m. We'll be on the water until about 10:00 p.m.; if everyone assists, unloading and deflating the rafts and storing the equipment will take another 30 minutes. Limited to 25; pre-registration and payment of $38 per person is required by Monday, August 4th. Contact leader: Robert Verhoogen, at rverhoogen@mac.com or 541 745-5185.

**Sunday, August 10th – Willamette River Paddle.** Bring your own canoe or kayak to paddle a ten- or twelve-mile stretch of the lovely Willamette River; exactly where we go will be determined closer to the date. PFD (personal flotation device) and whistle required. If your boat is 10' or longer you will need an Aquatic Invasive Species permit. Please contact leader in advance to register and for additional trip information including meeting place. Number of participants will be limited. Moderate. 9:00 a.m. departure from Corvallis. Contact leader to sign up: Andi Stephens, at andi.q.stephens@gmail.com.

**Friday to Sunday, August 15th-17th – Waldo Lake Car Camping.** We will be joining with the Juniper Group for a great weekend of car camping at Waldo Lake Wilderness with a variety of day hikes from Bobby Lake to Fuji Mountain both Saturday and Sunday and bring your kayak or swimsuit for some fun in Waldo Lake – one of the most pristine lakes in the country. This weekend campout has something for everyone. Please contact leader: Bruce Encke, at bruce.encke@hp.com for more information. Pre-Registration required.


**Sunday, August 24th – Marys Peak North Ridge-East Ridge Trail loop.** We will start off hiking the longest and steepest trail up Marys Peak, the North Ridge trail. If the weather is nice we will continue to the summit for a rest, then we will take the East Ridge trail and a forest road back to the start. This will be led at a steady and moderately fast pace, for fit hikers only. Meeting at noon with an optional dinner stop at the Woodsman in Philomath for Thai food. Difficult, 9+ miles with 2,600 feet elevation gain. Led by Irene and Armand Schoppy, please contact Irene for meeting location and to register: iameyers@yahoo.com or 541-758-8591 (no calls after 9pm).

**Sunday, August 24th – Willamette River Paddle.** Bring your own canoe or kayak to paddle a ten- or twelve-mile stretch of the lovely Willamette River; exactly where we go will be determined closer to the date. PFD (personal flotation device) and whistle required. If your boat is 10' or longer you will need an Aquatic Invasive Species permit. Please contact leader in advance to register and for additional trip information including meeting place. Number of participants will be limited. Moderate. 9:00 a.m. departure from Corvallis. Contact leader to sign up: Andi Stephens, at andi.q.stephens@gmail.com.

**Friday to Sunday, September 5th-7th – Carl Lakes, Mt. Jefferson Wilderness.** Leader: Dave Anderson. See backpack listing on page 16.

**Friday to Sunday, September 12th-14th – Indian Heaven Wilderness Backpack.** Leader: Lelia Barlow. See backpack listing on page 16.
THE BENCHMARK

Friday to Tuesday, September 19th-23rd – Bandon to Port Orford Backpack. Leader: Bob Custer. See backpack listing on page 17.


Tuesday, September 30th to Tuesday, October 7th – Gila Wilderness Backpack in Gila National Forest, New Mexico. Leader: Joanne DeMay. See backpack listing on page 17.

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2014 Summer Backpack Outings

Thursday, July 24th to Sunday, July 27th – Sky Lakes Wilderness Backpack. This is intended to be a moderate to easy backpack. On the first day we will hike into the Seven Lakes Basin on the Seven Lakes trail and camp near one of the lakes. Cliff Lake looks like a likely candidate for a camp site and this will be our base camp for the weekend. The first hike will be about 5 miles and will have a 1,600 foot gain. On day 2 we will hike around Devil's Peak. This will be a roughly a 6 mile hike and will be a 1,300 foot climb. On day 3 will hike in the Seven Lakes Basin down to Lake Ivern and back. This will be a 5 mile round trip and a gentle 600 foot drop to the lake. On day 4 we'll hike back out to the trail head. The lake basin is quite lovely and the views of Devil's Peak should be spectacular. It should be a great trip. Limit 8 participants. Must preregister. Contact leader: Ray Drapek, at raydrapek@gmail.com or 541-754-7364.

Saturday, August 23rd to Monday, September 1st – PCT backpacking in Gifford Pinchot National Forest, Washington. This year's PCT will pick up where we left off last year at the north end of Indian Heaven Wilderness area. We will continue north and for the first two days we will approach Mount Adams from the south. Days three through five we will be skirting along the base of Mount Adams. Then we will head up into the Goat Rocks Wilderness area for the last few days of the trip. We will come out at White Pass. Spectacular scenery is guaranteed. We will be on the trail for nine days and most days we will hike close to ten miles. The longest day will be 12.2 miles. Most days will have significant changes in elevation (1,000 feet or more). Must be a fit and experienced backpacker. Moderate pace (2-3 mph on the flat). Medium-hard. Total distance 85 miles. Limit: 8 participants. Must preregister, contact leader: Ray Drapek, at raydrapek@gmail.com or 541-754-7364.

Friday to Sunday, September 5th-7th – Carl Lakes, Mt. Jefferson Wilderness. This three-day backpack will take us to an alpine lake in the Jefferson Wilderness. The first day we will hike to Carl Lake and set up camp. The following day we will ascend South Cinder Peak to enjoy the view. Backpack distance 14.6 miles, elevation gain 2,200 feet. Moderate pace. Chemeketan rating: medium-hard. Driving distance round trip 100 miles from Salem. Pre-register with leader: Dave Anderson, at 541-760-1520.

Friday to Sunday, September 12th-14th – Indian Heaven Wilderness Backpack, Gifford Pinchot National Forest, Washington. In this area of southern Washington near Mt Adams, we will hike past mountain lakes, going through subalpine forest and meadows. We’ll camp at lakes where swimming is an option, and huckleberries should be plentiful. Relaxed pace. Backpacking distance is 6.8 miles and 900 feet of elevation gain total. Optional day hiking of 4+ miles. Group size limited to 8 participants. Well-equipped beginners in good hiking condition are welcome! Rated easy/moderate. Contact leader: Lelia Barlow, at leliatrips@gmail.com

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Friday to Tuesday, September 19th-23rd – Bandon to Port Orford Backpack. Highway 101 mostly hugs the Oregon shoreline but in the stretch between Port Orford and Bandon the highway takes an inland course miles away from the beach resulting in Oregon’s quietest stretch of beaches and scenic headlands. We will drive to Port Orford to place a shuttle car and return to Bandon for the night at Bullard’s Beach State Park. We will hike down the coast camping three nights. The fourth day we will hike out 3 miles and return. Total distance is 29 miles (elevation gain 600 feet). There are three stream crossings. Moderate pace. Chemeketan rating: medium. Pre-register with leader: Bob Custer, at 541-745-3994 or laststand@exchangenet.net

Thursday to Sunday, September 25th-28th – Eight Lakes Basin Backpack, Mt Jefferson Wilderness. We’ll hike past Duffy Lake and Mowich Lake, explore and camp in the Eight Lakes Basin two nights, and may take a long day-hike around Marion Lake. Moderate pace. Chemeketan rating: medium-hard. Driving distance round trip 160 miles; hike distance 24 miles; 3,500-foot elevation gain. Must preregister with leader: Larry Davis, at larrydavis@peak.org or 503-390-8210.

Tuesday, September 30th to Tuesday, October 7th – Gila Wilderness Backpack in Gila National Forest, New Mexico. Help celebrate the 50th anniversary of the Wilderness Act with a backpack in the first one, established by Aldo Leopold. I haven’t determined a specific route yet, but we’ll spend several days on the trail in this beautiful part of New Mexico near Silver City. We might add on some time in the Jemez Mountains. Chemeketan rating: hard. Pre-register with leader: Joanne DeMay, at 971-237-9775.

Show your support for MPG by purchasing a special Marys Peak Group T-shirt!

Maia Kazaks takes to the bike trails!

Pre-shrunk neutral ash gray cotton
Women’s – S, M, L, and XL
Men’s – S, M, L, and XL

Only $10 each

To purchase yours, contact Jane Luther, janeluth@gmail.com, or 541-758-8279
YOUR RESPONSIBILITIES:

If you attend an MPG Outing, you are responsible for your own care, including but not limited to making sure that you are sufficiently fit and equipped for the event. Talk with your leader if you have any doubts about whether you can handle the outing, or any questions about what to bring. Tell your leader about medical conditions which could affect your participation and safety, including but not limited to diabetes, heart conditions, insect allergies.

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. Occasionally 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 $3.00 for every hour driven; perhaps more when the roads are difficult or the number of riders is small; possibly a little less if a vehicle has 5 or more people in it.

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. For longer outings, especially in wilderness areas, you should consider bringing the Ten Essentials.

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.
The advantage to being at the top of the food chain is that you get to use, and/or abuse, all the resources below you for your own benefit. The disadvantage is that you also tend to plant the seeds of your own demise without realizing it.

Everyday things change: longer or shorter days, hotter or colder temperatures, leaves falling from the trees or leaves sprouting out. These are all in the natural order of things and go along at a pace that has been established for hundreds of thousands of years. But there are those who suggest that this pace of changing seasons has been altered, not by a natural progression but by humans, who are the top link of the food chain.

Global warming is a subject that piques my emotions. There are those who believe and there are those who don’t believe, as if it were a “faith based” situation. There are those who accept and those who reject the concept of an environment that is changing, in part because of our own actions and oversights. Whether you believe or not, accept or reject, here is a piece of advice you get for nothing: beware. Over the passage of time, change is inevitable.

There is no shortage of data and information on the subject of global climate change. Particularly here in the Northwest, scholarly, intelligent, insightful research and collaborations have been, and are being, done on an on-going basis by universities and institutions all over the region. I would like to credit every person who has contributed to these reports and efforts to document global warming and its effects, but there simply is not enough room here for pages of citations. Here are the web sites of the works and reports from which I have drawn information: the Oregon Climate Change Research Institute on the OSU campus; the Northwest Climate Assessment Report (NWCAR) for 2013, compiled by scholars from Idaho, Washington and Oregon (OSU and UO) and the Oregon Climate Assessment Report (OCAR) for 2010 (both at the aforementioned web address); and Willamette Water 2100. These reports are hundreds of pages long, with summaries of the detailed and precise

**Lyrics from the song "The Times They Are a-Changin" by Bob Dylan**

Come gather ‘round people  
Wherever you roam  
And admit that the waters  
Around you have grown  
And accept it that soon  
You’ll be drenched to the bone  
If your time to you  
Is worth savin’  
Then you better start swimming  
Or you’ll sink like a stone  
For the times they are a-changin’
work of data collection and research. There is also *Environmental Migrants and the Future of the Willamette Valley: A preliminary Exploration*. This report was researched and compiled at Portland State University during the fall term of 2011 as a Master’s degree program project by 16 students. If at any time you doubt or question statements that you read here, I highly recommend that you go to these reports and research them yourself. These reports pass along connections to other work being done, so you can follow the trail of data as far as your tenacity will allow.

Here are some of the more interesting points:

The effects of global warming, described and detailed in these reports, are not going to happen like a huge scythe cutting wheat in a field but rather in small shifts of temperature over time, the sum of which results in changes that we may not see but our children and grandchildren will most definitely know.

Over hundreds of thousands of years, climate has changed. As a natural process, climate changes at a pace that usually is constant, orderly and even. At times of catastrophic events, climate will change in radical ways. But on the whole, the natural cycle is routine. Or was, until the industrial revolution caused the natural cycle of climate change to accelerate. By the middle of this century, the temperature in the Willamette Valley will be ten degrees (F) hotter, on climate average, than it has been over most of human history. Some researchers predict that the weather regime will change to shorter, warmer, wetter winters and longer, hotter summers with less water available from snowpack melt.

And let us understand that climate change will not just be happening here; it will be happening everywhere, which will give rise to human and wildlife migrations. With drought and agricultural conditions worsening in some places, people will move to places where the conditions aren’t so bad. The population in the Willamette Valley is estimated to grow by 40% by the middle of this century as people arrive here from waterless infernos such as Las Vegas and Phoenix. And here’s the question: if there is going to be less water, due to less storage in snow packs because of warmer winters, earlier melt of what snow packs there are, and more water usage due to hotter growing seasons (amounting to drought conditions), where are we going to get the water to service a 40% population increase in the Valley?

According to some predictions, by the middle and end of this century, precipitation will decrease by as much as 14% in the Valley. And the temperature of the surface water will go up by as much as five degrees on climate average. This means hotter water, less water, and water with lower dissolved oxygen levels because warmer water holds less oxygen than cooler water. This, in turn, means that organisms that depend upon cooler, oxygen-rich water resources will have to survive in a marginal environmental habitat. Steelhead trout and otters, just to name a couple, will be gone from the Willamette due to the changing “quality” of water and elimination of habitat by the increasing human population.

Agriculture will suffer as well. The Willamette Valley is famous for its four growing seasons. What happens if farmers lose a season due to hotter summers with less water? Or what happens to crops that need a “freezing off” period in their development but don’t get one? Tulips and irises are huge industries in the valley.
What if you couldn’t grow those anymore due to lack of winter chilling? Ever wonder why they don’t grow tulips and irises commercially in the south? I presume that people in the south like flowers just as much as anyone, but it doesn’t get cold enough there for these particular flowers. And one of the most sensitive crops in the valley, when it comes to climate change, especially warming winters and drought, is grapes. The wine industry in the valley is significant. The wine produced in this region has become world famous. But if the balance of growing conditions changes, will those grapes be as sweet, as flavorful? Will their growth be as luxuriant?

Here’s another thought – macro- and microclimates. During certain times of the year, the Willamette Valley is in inversion conditions, which is to say that the cooler air that blows over the valley from the ocean holds in the warmer air near the valley floor, making ground level temperature higher. Add this condition to pollution growth and you have a mounting health concern. Portland routinely emits 10 million metric tons of carbon pollution into its environment every year. Interstate 5, with millions of vehicles traveling up and down the valley daily, darkens the sky and spreads pollution like a bad wind. This pollution holds in heat from the sun, making the ground temperature even hotter. And this is just with the present population.

And think about it, while all this is going on in the Valley, it’s also going on everywhere else in the Pacific Northwest. Consider this scenario: snow packs that used to store water into the spring and summer are now melting earlier and in heavier volumes. All the streams that feed the Willamette River are swollen and the Willamette River is over its banks in some areas. Aside from the most obvious effect of that, erosional damage, consider all the rivers that empty into the Columbia River having that same effect on the Columbia. And with all that extra run-off water dumping into the ocean, and the melting of the global ice sheets, it is estimated that by mid- to late century, the sea level will be four feet higher than today.

Here’s the upside. The earth has weathered climate changes so severe that they have killed 95% of all life on the planet. But still nature came back with its wonderful diversity. If we want ours to be one of the more enduring epochs of global and environmental history, we need to determine what we want in relationship to what we can have.

Eden, a garden where man lived in accordance with nature, is still so close to us in our memory that on drowsy summer afternoons one can almost reach out and touch it. Sure, we could get hit by a huge rock from space tomorrow, bad luck, indeed; but if we’re going to play a hand here, let’s play one where we are partners in our own creation as opposed to being accomplices in our own demise.
Part Two

Introduction

The 50th anniversary of the Wilderness Act of September 3, 1964, provides an opportunity to reflect on what has been achieved since that time, its importance to Oregon and for future wilderness campaigns because wilderness protection is the foundation of the conservation movement, especially in Oregon. In the second part of this story, we learn about the adoption of the Wilderness Act and how conservationists campaigned for the protection of the areas designated in Oregon.

The Wilderness Act Emerges – Accommodation and Compromise

The Wilderness Act took eight years, between 1956 and 1964, to move through the legislative process and become law. Because it faced the united opposition of the mining, grazing and timber interests as well as, initially, the Forest Service and National Park Service, it was a struggle to get the bill approved.

The mastermind and conductor for the campaign was Howard Zahniser, executive director of The Wilderness Society. He quietly and patiently brought skeptics and opponents together, listened to their concerns and then made the adjustments and accommodations needed to build the support and bipartisan coalition for the bill. His closest comrade was David Brower, who became executive director of the Sierra Club in 1954 when Zahniser took over The Wilderness Society.

The passage of the Wilderness Act involved several accommodations and compromises between its proponents and opponents. One of these was just how much “instant” wilderness would be designated by the bill. Would it include all or some of the existing wilderness, wild, and primitive areas established by the Forest Service? The final bill included just the wilderness and wild areas while the primitive areas would be subject to further review and require Congressional approval. However, the two most significant compromises involved who would have the final authority to designate wilderness areas and just what uses could be permitted within designated areas.

1. Who Designates: Conservationists wanted the president to designate wilderness areas based on agency studies and subject to veto by either house of Congress. The
opponents of this, primarily the very powerful chairman of the House Interior Committee, Representative Wayne Aspinall of Colorado, considered this an unacceptable abrogation of Congressional authority over the public domain and blocked any bill with this provision.

**Compromise:** Conservationists finally yielded to Aspinall’s demand and Congress now has the sole authority to designate or change a wilderness boundary, based either on recommendations from the president on the basis of agency studies, or from local conservation organizations. More often than not, Congress has expanded on presidential and agency recommendations, thanks to broader coalitions of grassroots activists. The expansion of recommended areas by Congress was not possible under the terms of the earlier language, because it only provided for a strictly up-or-down “legislative veto.”

2. **Permitted Uses:** Conservationists wanted to prohibit all roads, mining, grazing, logging and motorized vehicles in wilderness areas. Opponents wanted to permit as many of these as possible.

**Compromise:** Motorized vehicles and equipment and other nonconforming activities including grazing are permitted in certain circumstances. Mining claims could still be filed and patented in any wilderness area for 19 years after the passage of the Act – until December 31, 1983. Further, the president could permit reservoirs, power projects, transmission lines and “other facilities needed in the national interest.”

Legislation involves compromise, and risk is an inherent part of this process. These compromises were not considered major “losses” in the passage of the bill, and as it turned out, none led to any serious problems or undermined the eventual implementation of the Wilderness Act. All but part of one primitive area, which included the Mount Jefferson Primitive Area, was designated as wilderness in 1964. Grandfathered uses have been limited, no president has permitted any prohibited uses “in the national interest,” and no mining claims have been perfected in a designated wilderness area.

Finally the biggest concern was that the requirement for Congressional approval of all wilderness areas would significantly limit future designations. This “defeat” has in fact, turned into “great liberating force in the conservation movement,” because it brought the political decisions that federal agencies and departments make behind closed doors into the open and the more transparent legislative arena more open to citizen influence. Zahniser and Brower were aware that this change would force the wilderness movement to decentralize and lead to a far more effective grassroots movement that has been the real secret to the success of the growing wilderness system. As we all know, local wilderness groups have been essential to the major additions that have been made to the wilderness system since 1964.

**Wilderness Since 1964**

The passage of the Wilderness Act in 1964 gave Oregon nine areas with about 663,000 acres, including all the previously administratively designated wilderness and wild areas mentioned earlier.

Since the passage of the Wilderness Act in 1964, Oregon has gained 38 new wilderness areas and significant additions to the original ones. Oregon now has a total of 47 areas.
with about 2.4 million acres. The first addition was the only remaining Primitive Area around Mount Jefferson not designated in 1964. It was designated by Congress (and expanded over the Forest Service proposal) in 1968 with about 100,000 acres.

During the 1970s, several additional areas were established. These included the small but significant Oregon Islands and Three Arch Rocks areas and an area within the Hells Canyon National Recreation Area. Finally, the Endangered American Wilderness Act of 1978 restored French Pete Creek to the Three Sisters Wilderness as well as designating the Wenaha-Tucannon and Wild Rogue areas.

As the 1970’s ended, there were continuing attempts by conservationists and Oregon’s Congressional delegation to develop and pass a comprehensive wilderness bill. There was hope that the Forest Service’s Roadless Area Review and Evaluation (RARE) process would provide the information needed to develop and finalize a bill. But the RARE process proved to be deeply flawed and biased against wilderness designations, conservationists had disagreements about which areas should be designated, and Oregon’s senators and representatives also could not reach consensus. The key negotiations were between Senator Mark Hatfield (representing timber interests) and Congressman Jim Weaver (Oregon’s wilderness champion). When the dust settled, the Oregon Wilderness Act of 1984 (PL 98-328) was approved and made many significant additions to the wilderness system in Oregon. It added 24 new areas and additions to seven existing areas for about 716,000 acres of new wilderness.

There is not space to tell the entire story of the 1984 additions, but it was a very controversial bill both with the traditional opponents of new wilderness areas and within the conservation community over strategy. Despite disagreements, unity was maintained to support a strong bill. Senator Hatfield hoped that this bill would end the long debate over wilderness in Oregon, but as we know, this has not been the case nor should it be. The 1984 bill did not include all the areas that wilderness advocates wanted but additions in future years have been made to address many of these deficiencies. Later areas have been approved at Opal Creek (96), Steens Mountain (2000) and the latest additions were made in 2009 when seven new areas were added. No doubt future additions will also be made as every Congress has the ability to add to the National Wilderness System. As John Muir said in 1895, the campaign for wilderness is “eternal” and “we cannot expect to see the end of it.”

Wilderness Forever

Nationally, and especially in Oregon, we have been blessed with lovers and advocates for wilderness. As we reflect on the 50th anniversary of the Wilderness Act, we should be thankful for all those leaders and the individual citizens who campaigned to protect the wilderness areas they loved. Supporters like John Muir, Judge Waldo, William Steel, Bob Marshall and Jim Weaver (to name but a few) have led the eternal battle to protect and defend the wilderness. Supported by thousands Oregon citizens, they all had the will to stand up for the protection of the forests and wilderness areas they loved, and for this we should all be very thankful.
They left to us a great natural legacy. Our ability to carry on to protect the remaining wilderness is possible only because of their visionary and tireless efforts. We can safely say that the Wilderness Act has been successful. We started with a wide-open public domain and some forest reserves that evolved into our national forests and one national park. Nine administratively designated primitive and wild areas led to the current wilderness system with 47 distinct areas throughout the state. And we are not done yet.

The Oregon Chapter’s successful campaign for SB 602 to keep motorboats and seaplanes off Waldo Lake as well as its new campaign to “Keep Waldo Wild” is an additional opportunity to further protect additional areas. The Sierra Club in Oregon as well as many other wilderness groups, such as Oregon Wild, have never wearied in this work, and it is great to see the enthusiasm and strength that continues to be brought to these conservation campaigns.

Howard Zahniser spoke to the Sierra Club’s Wilderness Conference in 1961 and set forth for all time the task before wilderness advocates:

“We should never lose heart. We are engaged in an effort that may well be expected to continue until its right consummation by our successors if need be. Working to preserve in perpetuity is a great inspiration. We are not fighting a rear-guard action, we are facing a frontier. We are not slowing down a force that inevitably will destroy all the wilderness there is. We are generating another force, never to be wholly spent, that, renewed generation after generation will be always effective in preserving wilderness. We are not fighting progress. We are making it. We are not dealing with a vanishing wilderness. We are working for a wilderness forever.”

Throughout 2014, let’s celebrate this rich history and draw on its lessons as we work to see the proven effectiveness of the Wilderness Act extended to more of Oregon’s mountains, forests and desert areas. The history and anniversary of the Wilderness Act is not to be found in books or articles like this but rather in the wilderness that has been protected and that we hope will remain forever.

The author wishes to thank Doug Scott, Larry Williams, Brock Evans, Jim Blomquist and Mike McCloskey for their helpful comments and suggestions.
Wilderness Resources

Here is a list of resource materials for those who want more information about the persons, issues and places mentioned in this article.

*A Sand County Almanac and Sketches Here and There*, Aldo Leopold, 1949.
*Conserving Oregon’s Environment – Breakthroughs that Made History*, Michael McCloskey, 2013.
*Wilderness Forever – Howard Zahniser and the Path to the Wilderness Act*, Mark Harvey, 2005

*www.wilderness.net* is the best source for information on the Wilderness Act as well as site specific information about the size and establishment of specific wilderness areas.
If you have ever been to the summit of Marys Peak in June or July, you are probably quite familiar with the yellows, reds and purples that pepper the rock garden each year. This impressive array of wildflowers includes the somewhat elusive and uncommon Olympic onion (*Allium crenulatum*). This little beauty is a flower that you really need to be looking for in order to find. Botanists refer to it as a “belly plant” because you have to get down on your belly to really appreciate it.

This onion is petite indeed, maxing out at only three to eight inches. The pinkish flowers are clustered into umbels at the tip of a scape bearing one to two narrow, curled up leaves. These sheathing leaves turn brown and die back at the tips when the onion is flowering. The scape is sometimes *crenulate*, meaning that it has small rounded teeth along the edges, lending to its species name, *Allium crenulatum*, which translates as “toothed onion”. The tiny bulbs have a classic onion odor.

The Olympic onion has historically been grouped into the order of the lilies, but attempting to pinpoint this plant’s most up-to-date classification might make your head spin. Recently the lilies have been split off, creating a new order for asparagus, and it has taken the onions and garlics along with it. Onions have been placed in the Amaryllis family by botanists who study genetics, while traditionalists continue to stick with the lilies, at least for now. In addition to its head-scratching genealogy, it has an impressive number of both Latin and regional common aliases. Its three Latin synonyms (*A. cascadense*, *A. vancouverense* and *A. watsonii*) are mainly outdated names, and the Olympic onion is also known as the mountain onion and the scalloped onion in other parts of the Pacific Northwest.

The onion’s distribution is scattered throughout the mountains of the Coast and Cascade ranges, from Oregon to British Columbia. The flower’s coloration and other characteristics can be highly variable between the northern populations and disjunct populations in Western Oregon. There are several specimens of *Allium crenulatum* at Oregon State University’s herbarium, two of which were collected at Jefferson Park in the Mount Jefferson Area by famous female botanist and Oregon native Lilla Leach in 1933. Leach is known for discovering and naming *Kalmiopsis leachiana*, or the Siskiyou kalmiopsis, a flower endemic to southwestern Oregon.

The Olympic onion is most often found in a scree habitat. These rocky subalpine and alpine places are known for their...
harshness, and most plants cannot survive in such restrictive environments. The slopes are extremely steep, and there are many rock outcroppings with only a thin layer of soil. Exposure to the elements leads to mechanical weathering and rock debris continuously moves downward. The onion’s bulbous anchor provides support and stores food for the plant, allowing it to withstand low moisture availability and few nutrients. As tough as the resident flora seems to be, remember to always walk carefully in scree rock gardens because they are also fragile environments. That being said, they are some of the best places to find many of our most rare northwestern plants.

Neptune Beach
This six-mile afternoon walk/hike combined Roads 500, 560, 543, and 540 with portions of the Section 36 Loop, Calloway, and Intensive Management Trails. It was a compatible group of good hikers and fair weather, making this an enjoyable and memorable outing.

Left to right: Miriam Richards, Vic Russell, Leslie Hogan, Hilary White, Mia Lieber, Tracy Byers, Jim Hogan, Robert and Sandra Verhoogen.

Willamette Park/Kendall Natural Area
Sunday, January 5th, 2014
Leader: Robert White

This urban area is often overlooked and can provide wonderful sites within the wooded areas and along the river. With a heavy frost still on the ground, the hardy group started at the Crystal Lake Sports Fields and headed south for a complete loop.

Left to right: Kris Graves, Erma Holmes, Mia Lieber, Hilary White, Marybetts Sinclair, Robert White, Vic Russell, Marilyn Syverson and Ken Fitschen.
Screamin’ Jack is a beautiful mountain bike trail accessed from Oak Creek that weaves through the forest. The weather cooperated, and the great group of nine people thoroughly enjoyed this difficult but pretty loop.

Left to right: Jim Hogan, Don Kuhns, Ralph Nafziger, Hilary White, Miriam Richards, Leslie Hogan, Randy Selig, and leader Ken Fitschen.

Mulkey Creek - Wednesday, January 15th, 2014
Leader: Leslie Hogan

It’s great when you can find some nice weather in January, but this group was lucky and enjoyed being out along meadows and deep glens and up into the wild wood with ferns and lichens and tangled growth. And it’s all in Corvallis’ backyard!

Left to right: Becky Garrett, Jim Hogan, Don Kuhns, Ken Fitschen, Barry Wulff, Vic Russell, Patti Dunning, Linda Lamb, Susan Nevin, Hilary White, and Ralph Nafziger.
A Different Saddle / Dimple Hill Loop  
Sunday, February 16th, 2014  
Leader: Robert Verhoogen  

One of the few outings that did not get postponed due to the wild, wet and snowy weather in February this year, this loop took the group up Patterson Road 600 from the Lewisburg Saddle to Dimple Hill; the return leg was via Dan's Trail, the Dan/Horse Connector Trail, and Road 610 back to the Saddle.

The leader writes: “I’ll wager that this is a very uncommon site on any trail, in this case on the Upper Dan’s Trail. The goats are in training and are carrying tea and bagels!”

A Different Saddle / Dimple Hill Loop  
Sunday, February 16th, 2014  
Leader: Robert Verhoogen  

A group of ten looking for some good snow sports spent a weekend in three comfortable rustic cabins at Shelter Cover resort at Odell Lake, near Willamette Pass. In the words on one participant, Ray Drapek, “The ski trip was great. Very little snow and it was crusty and icy. We didn't bother to ski, but we got a good hike in. I ate a lot of good food. Saturday night we headed off to the East Odell Lake Lodge to listen to a couple of Cajun musicians. Sasquatch was there dancing to the music. I'm a believer now!”

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The leader writes: “I’ll wager that this is a very uncommon site on any trail, in this case on the Upper Dan’s Trail. The goats are in training and are carrying tea and bagels!”
This tree lined trail to ten waterfalls is one of Oregon's premier sights. Despite the rain, which only enhances the beauty of the lovely area, this group of six walked the Canyon and Ridge trails with a stop by the fire in the classic lodge.

Left to right: Hilary White, Don Weller, Peter Rosenblum, Diane Loop and Mary Ellen Lind.

**SOLV Beach Cleanup - Saturday, March 22nd, 2014**

Once again, MPG joined the National SOLV Beach Clean Up Program to celebrate 28 years of cleaning up our Oregon beaches. Eleven people headed over to the central Oregon coast to help clean the dunes and beaches in the Newport area, and enjoyed some warm clam chowder and other coastal delights before heading back.

Left to right: Chuck Flavin, Barbara Loeb, Sue Wailling, Greg Hayes, Joan Hayes, Sharon Hanson, Jaime Jones, Erma Holmes, Bruce Encke
Sixteen current and future leaders from the Marys Peak Group joined a large number of others from all the Sierra Club groups in Oregon to update their certification in Outdoor Leadership skills, as well as Wilderness First Aid training. It was a great weekend of learning and socializing. (Refer to the Chair Retrospect on page 6 of this issue for more information and an additional photo.)
With the intent of beginning near the former Mountain House Restaurant at Upper Soda, this group was thwarted by very high water in one place, forcing them to return and drive around to the east trailhead to begin anew. However, the day was pleasant, the group a hardy one and the area spectacular with its lush moss and ferns, alder, maples, old firs and waterfalls.

Left to right, Hilary White, Dave Rabinowitz, Bob Custer, Sally Matthews, Becky Garrett and Robert Verhoogen.

Little North Santiam - Sunday, April 6, 2014
Leader: Leslie Hogan (for Robert Verhoogen)

This beautiful and diverse hike set off amid young alders and Douglas-fir, then plunged into an old-growth forest carpeted with sword ferns. A steep climb to bypass a precipitous narrows in the river canyon, was followed by switchbacks down to the river again. The water was full from the spring rains, and views included waterfalls and emerald pools.

Left to right, Hikers cross their hiking poles in triumph as they finish this challenging hike.
Large-scale rainwater harvesting is a 5,000 year-old technology that nearly vanished from the American landscape in the early 20th Century. Innovative pioneers in Corvallis are now reviving this ancient technology in the 21st Century using modern materials and techniques. Participants on bicycle and in a carpool followed this tour of five residential systems in Corvallis used to supplement the landowners’ well water or municipal water with rainwater. Some residents turned to rainwater as their wells dried up in summer, while others installed their systems to diversify their water source options. The system owners described rainwater harvesting design considerations, how the system was purchased and installed, and their experiences, successes and challenges collecting and using rainwater. It was a very educational and fun outing!

Phil Guoy shared his experiences with the group in front of his large rain harvesting system. Next to him in the hat is tour organizer, David Eckert.

Jon Carroll had many unique aspects to his system.

The final stop at Lyn Cornell’s house featured a large installation, only part of which is shown in this photo.
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: Ray Drapek at raydrapek@gmail.com

**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: Robert Verhoogen at rverhoogen@mac.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: Debra Higbee-Sudyka at dwhigbe@juno.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: Bruce Encke at bruce.encke@hp.com

**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: Marjean Austin at marjeanaustin@gmail.com, or 541-752-0068; or Barbara Loeb at barbaraloeb10@gmail.com or 541-752-5081.

**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 Barbara Loeb at barbaraloeb10@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.

We Need Your Photos!