

# Marys Peak Group

## THE BENCHMARK

Summer 2010

MPG established 1970

[www.oregon.sierraclub.org/groups/marys\\_peak](http://www.oregon.sierraclub.org/groups/marys_peak)

### Confronting Fear And Other Reasons to get Politically Active

by Debra Higbee, MPG Vice Chair

“Our environmental challenges are many. One way that we collectively work on these challenges is through the political process. That is, we elect good politicians who understand, care, and have the vision to help us solve them.



Debra Higbee

But let's be clear: the operative word here is "work". In other words, we need to support those candidates by working to get them elected. However, the biggest challenge is how to get Sierra Club members motivated to do this work. We can motivate using tactics that have been used since the beginning of politics: appealing to ego, offering monetary gain, promising power, or playing on fears. <sup>i</sup>

If we choose to use fear (especially fear about the environment), we are at an advantage, given that we have reached or are nearing the "peak" where demand exceeds the supply of many of the earth's resources – essential

*continued on page 14*

### THIS ISSUE



Chair Retrospect .....	pg. 2
Leader Profile .....	pg. 3
MPG Outings .....	pgs. 4-7
Backpacking Trips .....	pg. 8
Camping Trips .....	pg. 10
ExCom Nominations Sought. ....	pg. 11
Gear-up for Trail Work .....	pg.12
Join Us For Summer Solstice .....	pg. 13
Climate Change, Forest Ecology & Carbon Sequestration .....	pg.16
Earth Day in the Bering Sea .....	pg. 18
Ten Essentials for Hiking .....	pg. 20
Where Have all the Fish Gone? ....	pg. 22
Get Your MPG T-Shirt! .....	pg. 23
Past Outings. ....	pgs. 24-25
Get Involved! .....	pg. 26

### INSIDE:

Earth Day in  
the Bering Sea.

*see pg.18*



## CHAIR RETROSPECT

*Try an Organic Garden this year*

Well, spring is here, and the warm weather beckons us to the great outdoors.

This is the time I get motivated to work in the garden. There is something special about eating a fresh tomato, cucumber, or carrot that is grown in your own garden.

Or perhaps you are more the type who loves the radiance of color and peaceful nature of a beautiful flower.

After a long wet winter, there is no better therapy in our busy lives than to take a step outside into the garden.

The key is to maintain the delicate balance between leaving nature alone and manipulating it to produce crops.

Much the same as when we hike and strive to “leave no trace”; when we garden, we should seek to nurture and enhance the garden ecosystem to ensure the long-term ability of the soil to produce crops.

This brings me to the challenge: are you willing to put away the quick fix chemical fertilizers and noxious pesticides and use only organic fertilizers and natural organic gardening practices?

Pesticides and fertilizers hurt the ecosystem and damage the soil. They create an unhealthy environment for you in the garden (ever read the fine print on the caution label of a pesticide box?).

It's not just what gets on your skin—it's in the air and water, and it spreads into the streams and fish. Even landfills are contaminated.

When you consider the impact across even a small city such as Corvallis, it is huge. Imagine if everyone stopped using these poisons. The Willamette Valley would be a healthier place.



*Bruce Encke*

So what do you say? Are you willing to grow organically?

This means ignoring the claims of bigger tomatoes and bug-free broccoli. Instead get out into your garden and get to know how nature does it.

Avoid the “fast food” frenzy. Your garden will thank you, and so will I.

*~Bruce Encke, Chair*

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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.

## LEADER PROFILE: CHRISTY STEVENS

**R**aised in the mountains of Southwestern Virginia in the small town of Troutville, with the Appalachian Trail just a stone's-throw away from home, it seems natural that Christy Stevens became a MPG outings leader.

During the summer of 1976, the Appalachian Trail through-hikers that came by her house left quite an impression on Christy.

"The 1976/1776 Bicentennial Trail ran right in front of my house," said Christy. "During that summer, many AT through hikers stopped at my house and requested water or directions to the post office. I was an impressionable kid!"

Besides being impressed with the AT hikers, some of her first memories of outdoor adventures included bicycling.

"I rode the back roads of Botetourt County with my friends," said Christy. "By the time I was 12, I owned a road bike and was riding in bike-a-thons to raise money for different causes."

She didn't stop there. In her late teens, she started canoeing. And by her early twenties, she was whitewater kayaking, camping, and hiking.

"I love the outdoors for its spectacular scenery, connection to nature, and its majesty," said Christy. "I can choose an experience that is about being quiet and centered or a different type of experience where I go for the aerobic burn or an adrenaline rush. I am in awe of miniscule plants that grow in unexpected places and blinding vistas."

Christy's early outdoors experience led her to whitewater kayaking, an adventure her friends were not anxious to share.

"When I was a beginning whitewater kayaker in Virginia, none of my friends would boat with me," Christy says. "One friend actually called it my 'suicidal tendency.' So here I was a new boater with no one to play with. I looked in the phone book and located a boating club called the Float Fisherman of Virginia. Don't be deceived by the name. The Float Fisherman sported some of the most hard-core whitewater canoeists I have ever met. These folks took me under their wings and taught me how to read water, refine my skills, and pulled me out of the river when I missed a roll. They introduced me to the sport of whitewater kayaking and I have never forgotten their generosity. They welcomed and taught me and now I try to do the same for others."

Today, Christy likes to camp, sea kayak and snowshoe. And she has started learning Tai Chi. Besides leading hikes for MPG, Christy also serves as coordinator of the annual overnight rafting trip.

"I have a list of favorite places that I like to go," said Christy "But my all-around favorites are the Sawtooth and White Cloud Mountains in central Idaho. My favorite trail is the Fourth of July in Idaho; my favorite hike in Oregon is Triangulation Peak in the Mt. Jefferson Wilderness; and my favorite Oregon camping and kayaking place is Hosmer Lake in central Oregon."

She says one good reason to take others along is the fact that in terms of conservation and preservation, people are more likely to want to save what they know.

And what has been Christy's greatest adventure so far? Well, let's just say it sounds like a great, once-in-a-lifetime trip!

"My greatest adventure took place when I was 25," Christy explained. "I fell in love with a fellow boater on the Chattooga River in Georgia. He was a nurse and I was a teacher. We sold everything we owned, lived out of a truck and traveled all over the west, mostly from New Mexico to Glacier National Park in Montana. I saw Rattlesnakes in the Chama River Valley of New Mexico, moose in the Grand Tetons, and bison in Yellowstone. We ran out of money in Boise, Idaho and I ended up staying there for 7 years."

After attending graduate school in Idaho, Christy eventually left the state (and her guy friend) and headed back to northeast Georgia where she worked as the director of Teacher Support Services at Foxfire, Inc., a national program for teachers.

After several years in the Southeast, Christy started thinking about what she wanted to do next and where she wanted to live.

"My roadtrip west really cemented my love for the outdoors," said Christy. "So when a teaching job came up in Oregon, I jumped at the chance to move back to the Northwest."

Christy teaches Education/Child and Family Studies classes at Linn-Benton Community College in Albany. She is an avid reader and journaler, but says she is the black sheep of the family when it comes to participating in outdoor activities. Lucky for us she is.



*Christy Stevens*



## MPG SIERRA CLUB OUTINGS MAY ~ AUGUST, 2010

Oregon summers must be some of the most beautiful on earth. We have a wide variety of activities to help you enjoy it, and learn about your environment. We may be adding additional activities, especially weekday and evening walks. If you are not on the weekly email list, see side box and sign up so that you will know about all that is happening in MPG.

Even summer outings require dressing for all kinds of possible weather: heat, sun, cold winds, especially at the coast and in the Cascades. Good footwear 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. Contact the leader before each event. Space is often limited. 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

**IMPORTANT:** For General Outing Policies, see page 7

**Saturday, May 1-Trail Work for Natural Areas Celebration Week.** Please come give a hand as we continue our work on the South Meadow Trail at Beazell Natural Area, to prepare it for a guided walk during the Celebration. Meet at the Wilkinson Hall parking lot (Arnold & 27th) for an 8:30 a.m. departure. Contact leaders: Margie Powell, Tom Bucht, Denise Nervik, 541-752-8241 or <mailto:nervikd@peak.org>

**Saturday-Sunday, May 1-9 -Corvallis Sustainability Coalition Natural Areas Celebration Week.** For information on walks and other activities during this week, including evening events, visit online at <http://sustainablecorvallis.org/naturalareasactionteam>

**Sunday, May 2 - Cascade Head.** We will take the Nature Conservancy Trail from the Salmon River Estuary area up through a forest of large old Sitka spruce before reaching and climbing along a nearly two-mile long fragile meadow with breathtaking views of the estuary and the rugged, rocky coastline. The trailhead sign lists 14 wildflowers/grasses, 4 animals, and 6 birds that may be spotted during the course of the hike. Rain & wind gear, shoes for a muddy trail, and possibly 1-2 trekking poles advised. Moderate, 6.2 miles round trip, 1300 ft elevation gain. Meet at the Wilkinson Hall parking lot (Arnold & 27th) for an 8:00 a.m. departure. Contact leader: Robert Verhoogen, 541-745-5185, [rverhoogen@mac.com](mailto:rverhoogen@mac.com)

**Wednesday, May 5 - Backpack Class.** See pg. 8 for details.

### NEW to MPG OUTINGS?

**We're a friendly group that goes out of its way to welcome newcomers.** Come alone, or with a friend. Contact the leader with questions. Non-members are always welcome to attend.

**For additional outings, see our weekly email.** Please contact [maryspeakgroup@peak.org](mailto:maryspeakgroup@peak.org) to be added to this email list for weekly updates. In it we announce upcoming outings and other events. These include added activities, changes, and cancellations.

**Saturday, May 8 - Marys Peak, East Ridge.** We'll climb up from Conner's Camp, with views over the coast range, lunch at the summit, and loop across the Tie Trail on the return walk. We should find some spring wildflowers along the trail, and maybe a few early glacier lilies at the top. Great views from the top, from the ocean to the Cascades on a clear day. Moderate, 7 miles, with 1,600 feet of elevation gain. Meet at the Wilkinson Hall parking lot (Arnold & 27th in Corvallis) for a 9:30 a.m. departure. Contact leader: Loretta Rivard, 541-753-6884.

**Saturday, May 15 - Forest Peak and Vulture Ridge.** We'll go to two view-packed ridges on this fairly strenuous hike, which is on forested Starker and BLM lands northwest of Corvallis. Gravel roads, often overgrown, and trails. Late spring wildflowers should be blooming in the high meadows. Difficult, 11 miles, 2,000 feet of elevation gain. Meet at the Wilkinson Hall parking lot (Arnold & 27th in Corvallis) for a 9:00 a.m. departure. Contact leader: Doris deLespinasse, 541-753-4775, <mailto:ddeles@proaxis.com>

**Sunday, May 16th - Tide Pools at Devil's Punch Bowl.** Let's catch the very low tide (minus 1.9') by doing a tide pool hike at Ottercrest Marine Garden and Devil's Punch Bowl north of Newport. Co-leader Lon Otterby is a local expert with knowledge of the wondrous oceanic flora and fauna, and can answer all your questions. We'll follow this with an outstanding bowl of hot chowder near the water in Nye Beach. Bring rubber boots, a walking stick for balance on the rocks and binoculars, if you have them. Easy, minimal mileage and elevation gain. Meet in the BiMart parking lot next to Philomath Blvd. and 53rd Street in Corvallis for an 8:00 a.m.

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## MPG Club Outings (cont.)

departure. Please reserve spot by contacting Jane Luther, 541-758-8279, <mailto:janeluth@gmail.com>

**Friday-Tuesday, May 21-25 - Lower Deschutes River Trail Backpack.** See pg. 8 for details.

**Saturday, May 22 - Trail Work MLK Park.**

We will reroute a trail with step construction. This is the only MPG activity scheduled for this weekend. We are hoping for a big turnout to give some needed attention to the trail through this northwest Corvallis city park. A variety of tasks are available including step construction, grubbing/ roughing-in new trail, limbing trees and pulling invasives. Poison oak should not be a problem. City parks will supply all the tools. Snacks will be provided. Wear long pants, sturdy shoes or boots, work gloves if you have them, water, and lunch. Meet at the Wilkinson parking lot diagonally across from the Monroe Beanery at 8:30 AM to carpool out to the work site. If you live on that side of town, you can meet us at 8:45 AM at MLK Park instead. We should return mid-afternoon. Leaders: Margie Powell and Tom Bucht. Contact: Margie Powell, 541-752-5922, [margiepowell@comcast.net](mailto:margiepowell@comcast.net).

**Friday-Monday, May 28-31- Memorial Day Weekend Camping/Hiking in the Siskiyou.** See pg. 9 for details.

**Sunday, May 30 - Silver Falls Geology Walk.**

The Canyon Trail to 10 waterfalls is one of Oregon's premier sights. We'll walk the Canyon and Ridge trails, discussing the geology of this special place, and making a stop by the fire in the classic lodge. Good rain gear and water-resistant boots or sturdy walking shoes are essential. Moderate, 7.1 miles with 1,000 feet of elevation gain. Pre-registration required; number limited to 12. Contact leader to register and for departure time and places: Ralph Nafziger, 541-926-4245 or <mailto:nafziger@peak.org>

**Saturday, June 5 - National Trails Day.** Marys Peak Group will not have trail building on this date, but we suggest that you assist one of the many groups in our area who will be working on trails. These include Greenbelt Land Trust and OSU forests in Corvallis, Chemeketans in Salem, and several others. See our weekly email for more information.

**Sunday, June 6 - Beginner hike.** It's National Trails Day weekend, a perfect time to take a walk and discuss hiking skills, etiquette, and equipment. We'll do something fairly easy, 2-3 miles, with a few hundred feet of elevation gain. Anyone who is fit enough to walk this at a moderate pace is welcome. See weekly email for details about where we'll go. Meet at the Wilkinson Hall

parking lot (Arnold & 27th) for a 9:00 a.m. departure. Contact leader: Christy Stevens, 541-753-4353.

**Wednesday, June 9 - New Nature Conservancy property visit.** With guides from The Nature Conservancy, we'll visit a recently acquired property next to Baskett Slough near Salem. See weekly email for details. Number will be limited. Contact leader: Steve Ford, 541-929-6207, [sandsford@peak.org](mailto:sandsford@peak.org)

**Friday-Sunday, June 11-13 - Boulder Creek Wilderness Backpack.** Beginners welcome. See pg. 8 for details.

**Saturday, June 12 - Rooster Rock.** This is a challenging but beautiful hike in the Menagerie Wilderness beyond Sweet Home, to a peak which once held a fire lookout, which will give us Cascade views if we're lucky. We expect to go up the very steep Rooster Rock trail and return by the more gradual Trout Creek trail. Wildflowers should be blooming on both. Difficult, 5.4 miles, with 2,300 feet of elevation gain. Pre-register; wilderness limit of 12. Meet at the Wilkinson Hall parking lot (Arnold and 27th in Corvallis) for an 8:30 a.m. departure. Contact leaders: Irene & Armand Schoppy. 541-758-8591 or <mailto:iameyers@yahoo.com>

**Sunday, June 13 - Cape Lookout.** Walk through a dense forest of gnarled spruce and hemlock on this narrow, cliff-edged cape jutting into the Pacific. We may stop at a local café for warm pie a la mode after the hike. Easy, 4.8 mi/400' gain, leisurely pace. Meet at the Wilkinson Hall parking lot (Arnold & 27th in Corvallis) for an 8:00 a.m. departure. Contact leaders: Jim & Nancye Ballard, 541-752-4441, [ballardjn@gmail.com](mailto:ballardjn@gmail.com)

**Sunday, June 20 - New Trails at Cape Perpetua.** Hike some brand-new trails and some that will be new to most of you. The views are some of the best on the Oregon coast. We'll go south from the middle of Yachats on a new section of the Oregon Coast Trail, eventually climbing through forest to the spectacular St. Perpetua Overlook. Then come down, with continuous views down the rugged coastline, to the Visitor's Center or Spouting Horn. Car shuttle. Moderate, about 6 miles, with about 1,000 feet of elevation gain, all on one big hill. Meet at the Wilkinson Hall parking lot (Arnold & 27th in Corvallis) for an 8:00 a.m. departure. Contact leader: Cliff Cooper, 541-760-2543 or <mailto:cliftoncooper2002@yahoo.com>

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## MPG Club Outings (cont.)

**Friday-Sunday, June 25–27 - Salmon River/ Devil's Peak Backpack.** See pg. 8 for details.

**Saturday, June 26 - Mt. June / Hardesty Mountain.** A new hike for MPG southeast of Eugene (I-5 exit 188, SR 58) takes us first 1.2 miles to Mt. June (4,618 ft altitude), involving a steep climb (900 ft gain over 0.5 miles). Then, the Sawtooth Trail goes up and down along the ridgecrest to the slope of Hardesty Mountain (at 4,266 ft) and a small loop to its summit. Per Sullivan, "the ridgecrests here are known for their eerie fogs, shafted by rays of sun." Fog permitting, possible views are from Mt. Hood to Diamond Peak, the Calapooya Mountains, and Bohemia Mountain on the southern horizon. Difficult, 9.6 miles (trailhead is at 3,700 ft; cumulative gain elevation for the hike is 2,100 feet). Early 8:00 a.m. departure from Wilkinson Hall parking lot (Arnold & 27th in Corvallis). Contact leader: Robert Verhoogen, 541-745-5185, mailto: [rverhoogen@mac.com](mailto:rverhoogen@mac.com)

**Sunday, June 27 - Solstice Party.** A grand time for everyone! See pg. 13 for details.

**Sunday, July 4 - Iron Mountain Loop with Wildflowers and Geology.** Hike to Oregon's premier wildflower meadows and stunning Cascade views. Leader Ralph Nafziger will help us understand some of the geology. Moderate, 6.6 miles, with 1,900 feet of elevation gain. Limited to 12. Contact leader to register and for departure time and places: Ralph Nafziger, 541-926-4245, mailto: [nafziger@peak.org](mailto:nafziger@peak.org)

**Saturday, July 10 - Family-Friendly River Hike.** Join us for a hike along a river, probably in the Buena Vista area. Easy; slow pace, child-friendly. See weekly email for more details. 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 mailto: [julie.seahorse@gmail.com](mailto:julie.seahorse@gmail.com).

**Saturday, July 17 - Browder Ridge.** We'll hike up this wonderful flower-filled ridge near Iron Mountain. Watch the weekly email for details about the hike, which will be moderate or difficult, depending on the trails chosen. Randy Rasmussen, 541-745-5452.

**Sunday, July 25 - Ona Beach and Seal Rock.** Join us for a hike along a quiet beach at one of the Oregon Coast's most scenic spots. Scientists say that 15 million years ago the lava forming Seal Rock flowed all the way across Oregon from an area near Hells Canyon. Thus it is the toe of one of the greatest lava floods in history. Easy/moderate, not more than about 5 miles

and a few hundred feet of elevation gain. Meet at the Wilkinson Hall parking lot (Arnold & 27th in Corvallis) for a 9:30 a.m. departure. Contact leader: Loretta Rivard, 541-753-6884.

**Saturday, July 31 - Jackson Frazier Wetlands & Yoga.** An easy stroll around the wetlands, with a yoga class in my backyard afterwards. Please bring yoga mat or blanket. Easy. Limited to 12. 9:00 a.m. Contact leader to register and for meeting place directions: Irene Schoppy, 541-758-8591 or mailto: [iameyers@yahoo.com](mailto:iameyers@yahoo.com)

**Saturday–Monday, July 31–Aug. 2 - Rogue Rafting Trip.** See pg. 10 for details.

**Sunday, August 1 - Harts Cove / Cascade Head.** The path taken features old-growth spruce forest, young and giant hemlocks, a scenic flower-filled headland's meadow, and a rocky shore where sea lions bellow (per Sullivan). Moderate, 7 miles, 1,300 feet of elevation gain on return leg. Early 8:00 a.m. departure from Wilkinson hall parking lot (Arnold & 27th in Corvallis). Contact leader: Robert Verhoogen, 541-745-5185, mailto: [rverhoogen@mac.com](mailto:rverhoogen@mac.com)

**Friday–Sunday, August 6–8 - Indian Heaven Wilderness Backpack.** Beginners welcome See p. 8 for details.

**Saturday, August 7 - McKenzie raft.** See pg. 10 for details.

**Sunday, August 8 - An Old Growth Hike in the Cascades.** We'll go somewhere wonderful. Watch the Peak View weekly email in July for details. Moderate or difficult. Bruce Encke, 541-974-3439, mailto: [bruce.encke@hp.com](mailto:bruce.encke@hp.com)

**Saturday, August 14 - Hebo & Huckleberries.** We're hoping for lots of ripe red and blue huckleberries on Mount Hebo north of Lincoln City, but the season is always uncertain. We are assured of a beautiful drive and a great hike. We'll climb historic Native American trails up this coastal peak, to meadows atop a 15 million year old basalt lava flow. Views extend from Tillamook Bay and Cape Lookout to Pacific City's Haystack Rock. Moderate, up to 8 miles, with 1,500 feet of elevation gain. Meet at the Wilkinson Hall parking lot (Arnold & 27th in Corvallis) for an 8:00 a.m. departure. Contact leader: Cliff Cooper, 541-760-2543 or mailto: [cliftoncooper2002@yahoo.com](mailto:cliftoncooper2002@yahoo.com)

**Sunday, August 15 - Duffy & Santiam Lakes.** We will explore two lakes amidst the Douglas fir and hemlock forests west of Three Fingered Jack. The trail climbs 3.3 miles along the North Santiam River to

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## MPG Club Outings (cont.)

Duffy Lake, where we will break for lunch. Swimmable Santiam Lake, with its wildflowers and reflection of Jack, is another 1.4 miles beyond Duffy Lake. Moderate, 9.4 miles, with 1,100 feet of elevation gain. Early 8:00 a.m. departure from Wilkinson Hall parking lot (Arnold & 27th in Corvallis). Pre-register; wilderness limit of 12. Contact leader: Robert Verhoogen, 541-745-5185, <mailto:rverhoogen@mac.com>

**Saturday, August 21 - History Outing to Champoege State Heritage Area & the Old Aurora Colony Museum.** We'll visit the spot where the first provisional government in Oregon was formed and the site of the Aurora Colony, a nineteenth-century Christian communal society. We'll tour museums at both places and walk 3 to 4 fairly level miles at a leisurely pace. Meet at the Wilkinson Hall parking lot (Arnold & 27th in Corvallis) for an 8:30 a.m. departure. Admission fees. Bring lunch. Contact leaders: Jim and Nancye Ballard, 541-752-4441, <mailto:ballardjn@gmail.com>

**Sunday, August 22 - Willamette Evening Float.** See pg. 10 for details.

**Saturday, August 28 - Family-friendly Baker Creek walk.** Join us on a child-friendly hike in the cool forest along Baker Creek in the Soap Creek area of McDonald Forest. We'll walk across a recycled railroad bridge and enjoy a pleasant hike along Baker Creek.

We'll see what animals and birds we can spot in a beaver pond. Easy, 0.6 mile round trip, slow-paced. 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, <mailto:julie.seahorse@gmail.com>

**Sunday, August 29 - Opal Creek Old Growth.** Some of the best old growth forest in the Willamette Valley foothills is in the Opal Creek area, northeast of Mehama. We'll hike to Jawbone Flats via a trail past Opal Pool and along the gushing Little North Santiam. Return on a gravel road through ancient forests. Moderate, 7 miles with 500 feet of elevation gain. Meet at the Wilkinson Hall parking lot (Arnold & 27th in Corvallis) for an 8:30 a.m. departure. Contact leader: Randy Rasmussen, 541-745-5452.

### A SAMPLING OF FUTURE EVENTS:

**Sunday, September 5 - Three-Fingered Jack.** With Ralph Nafziger, 541-926-4245, [nafziger@peak.org](mailto:nafziger@peak.org)

**Saturday-Sunday, September 4-12 - PCT Backpack.** See pg. 8 for details.

**Friday-Sunday, September 10-12 - Car Camp at Trillium Lake near Mt. Hood.** See pg. 9 for details.

**Thursday-Monday, September 16-20 - South Coast Lodge Trip.** See pg. 9 for details.

## General Outing Policy

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.

**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 <http://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.

## MPG BACKPACK TRIPS MAY ~ SEPTEMBER, 2010

Join us to get started at backpacking, or to take part in the fun on a more advanced trip. All backpacks are joint with the Chemeketans, a Salem outdoor club. This year, all trips are in or near Oregon. Numbers are limited for all trips; often they fill quickly. So please contact leaders well in advance to determine whether a trip is the right choice for you. Changes and additions are possible. Watch the MPG Peak View weekly email for details.

**Wednesday, May 5 - Backpack Class.** Our annual backpack class is for both new and experienced backpackers. We will share information on gear, food, leave-no-trace camping and various ways to enjoy your time in the backcountry. If it's been a while since you slept under the stars, or if you want to know how to start, you'll find this class useful, and maybe even entertaining. Information on MPG and Chemeketan backpacks planned for 2010. Chemekeden, 360-1/2 State Street, Salem, 7-9 pm. No need to preregister. For information on car pooling from Corvallis area, contact Bob Custer, 541-745-3994, or [laststand@exchangenet.net](mailto:laststand@exchangenet.net)

**Friday–Tuesday, May 21–25 - Lower Deschutes River Trail Backpack (from Macks Canyon).** The plan is to start at Macks Canyon and backpack down the river trail to the state park at the mouth. The first few miles of trail might be a little sketchy, but there are several campsites farther on. We'll need a shuttle car. The trail is described in [portlandhikersfieldguide.org](http://portlandhikersfieldguide.org). About 23 miles total. Contact leader: Joanne DeMay, 971-237-9775, or [jodemay@comcast.net](mailto:jodemay@comcast.net)

**Friday–Sunday, June 11–13 - Boulder Creek Wilderness Backpack.** If your last backpack was 20 years ago, or never happened, this weekend trip is for you. We will go to the Boulder Creek Wilderness on the North Umpqua east of Roseburg. The trail to our campsite is only a couple of miles, but it has some elevation so you will get a feel for carrying your pack uphill. On Saturday we will explore the wilderness without our packs, and then we head back home on Sunday morning. This is a good time to test new gear. The area does have poison oak and ticks. We'll hike about 5 miles and climb 1,000 feet with packs; Saturday's day hike will be moderate to difficult. Contact leaders: Joanne DeMay, 971-237-9775 or [jodemay@comcast.net](mailto:jodemay@comcast.net), Allan King, 503-399-9990; Brian Briggs.

**Friday–Sunday, June 25–27 - Salmon River/Devil's Peak Backpack.** One-way exploratory backpack up the Salmon River, with a detour to Devil's Peak and car shuttle to return. The Salmon River segment is a leisurely stroll through old growth with roaring falls below. Devil's Peak rewards a strenuous hike with a commanding view of Mt. Hood and environs. Joint MPG/Chemeketan trip. We'll hike a total of about 22 miles, and climb 3,000 feet. Most of the elevation gain is without pack. Moderate/difficult. Contact leader: David Anderson, 541-758-7602, or [DAAMP1@MSN.com](mailto:DAAMP1@MSN.com)

**Friday–Sunday, August 6–8 - Indian Heaven Wilderness Backpack.** In this area of southern Washington near Mt. Adams, we will hike past mountain lakes, going through subalpine forest and meadows around Bird Mountain. We'll camp at Cultus and Wood Lakes. Elevation gain is 1,700 feet, including an 1,100-foot gain on the first day. Moderate. Well equipped beginners in good condition are welcome. Contact leader: Lelia Barlow, or [leliatrips@gmail.com](mailto:leliatrips@gmail.com)

**Saturday–Sunday, September 4–12 - Pacific Crest Trail.** This year's Pacific Crest Trail will pass through Crater Lake National Park and the Sky Lakes Wilderness area. Nine days and 90 miles. This is a rather challenging trip. Mileage per day is not excessive (8.6-11.5 miles), but there are some very dry stretches and some climbs. We'll begin at Hwy 138 near Diamond Lake and finish at Highway 140 just south of Mt. McLoughlin. California, here we come! Moderate/difficult, for experienced backpackers. Contact leader: Ray Drapek, 541/754-7364, or [drapek@fsl.orst.edu](mailto:drapek@fsl.orst.edu)



## MPG CAMPING TRIPS MAY ~ SEPTEMBER, 2010

MPG offers several camping trips and one lodge trip. Currently scheduled ones are below, but a few additional informal camping/hiking trips may be added; watch the weekly email. These are in places too distant from the Willamette Valley for one-day outings. All involve day hiking. For camping trips, participants bring their own food and camping equipment. The cost to participate in an extended outing varies with the destination and activity.

These sometimes fill months in advance, so you are encouraged to contact the leader early if one interests you.

**Friday–Monday, May 28–31 – Memorial Day Weekend Camping/Hiking in the Siskiyou.** This year, our traditional camping trip will take us to an amenity-filled campground in southern Oregon, near Cave Junction. We'll have a wide variety of possible places to visit and hike, which may include old-growth forest near the caves, the high Siskiyou's Bigelow Lakes area, the Kalmiopsis Wilderness and the Illinois Wild and Scenic River area. Contact leader with questions and to reserve a spot: Tom Bucht, 541-738-1333, or [tombucht@gmail.com](mailto:tombucht@gmail.com)

**Thursday–Monday, September 16–20 - Southern Oregon Coast Lodge Outing.** We'll stay four nights in a comfortable fishing lodge just north of Port Orford, and our group will occupy the entire lodge. Each double room has its own bathroom. Delicious light breakfast provided. The trip will include moderate day hikes overlooking and along the Oregon Coast, to such well-known areas as Cape Blanco, Cape Sebastian, and Blacklock Point. Contact leaders: Jim and Nancy Ballard, 541-752-4441 or [ballardjn@gmail.com](mailto:ballardjn@gmail.com)

**Friday–Sunday, September 10–12 - Car Camp at Timothy Lake near Mt. Hood.** 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. Probably 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 with questions and to reserve a spot: Bob Custer, 541-745-3994, or [laststand@exchangenet.net](mailto:laststand@exchangenet.net)



## MPG RAFTING TRIPS MAY ~ AUGUST, 2010

Join us for a wonderful water adventure. All raft and float trips are provided by licensed, fully insured outfitters, with which we have worked for many years. Watch the weekly Peak View emails for possible added activities.

### **Saturday–Monday, July 31–Aug. 2 - Rogue**

**River Raft Trip.** This trip includes three days of whitewater fun and two nights of comfortable camping. Abundant wildlife, cascading side streams, fern-adorned grottoes, inviting sandy beaches, and a leisurely itinerary create the perfect opportunity to experience the wonders of the Rogue River Wilderness. Be prepared for thrilling rapids, numerous hiking opportunities, and a rich history of Indian battles and hermit miners that the guides love to recount. Ouzel Outfitters provides all camping gear, meals, return transportation to the Galice Resort, paddle jackets and pants, and complimentary t-shirt and water bottle. Trip cost \$695.00 per person. A \$250 deposit is required to reserve your spot. Participation is limited. Adults only, please. For more information or to register, please contact Christy Stevens at 541-753-4353

**Saturday, August 7 - McKenzie raft.** The McKenzie River flowing out of the Cascades always has plenty of water to provide a full, fun, splashy day outing on one of Oregon's most beautiful rivers. This is a very scenic run. We'll paddle raft from Blue River to Helfrich County Park with class II-III rapids. This is a great treat for our summer visitors, so invite them along. This is an adventure that every Oregonian should experience. \$50 fee per person. Pre-registration required. Contact leader: Ray Drapek, 541-754-7364, or [drapek@fsl.orst.edu](mailto:drapek@fsl.orst.edu)

### **Sunday, August 22 - Evening Float / Potluck**

**Picnic on the Willamette.** On this annual event, from 3:30 to 10:30, we will float 9-10 miles from Michael's Landing to Hyak Park, stopping around 6 p.m. to raft up and picnic on the riverbank. The beavers, osprey, and herons will entertain us as the nearly full moon rises. Bring friends and summer guests on this very popular outing. \$25 per person fee. Limited to 30. Pre-registration required before Monday, August 16th. Contact leader: Robert Verhoogen, 541-745-5185, or [rverhoogen@mac.com](mailto:rverhoogen@mac.com)



## 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 either Ray Drapek at [drapek@fsl.orst.edu](mailto:drapek@fsl.orst.edu), Marilyn Syverson at [marilyn.syverson@yahoo.com](mailto:marilyn.syverson@yahoo.com), or Julie Arrington at [Julie.Seahorse@gmail.com](mailto:Julie.Seahorse@gmail.com) by August 1st.

***This is your opportunity to serve the Marys Peak Group!***



## Looking for Your Photos of MPG Activities!

We see so many of you on our various outings, shooting up a storm with your cameras. Share those photos with us so that all of our readers can enjoy them too!

## Looking for Interesting Articles!

Do you like to take pictures or write about the environment or people in the environment? Is there a new idea percolating in your mind? Would you like to research an environmental issue, write about the issue and then see it published in the Benchmark? We're always on the lookout for new and interesting articles. We'll work with you to develop or edit your work, if necessary.

**Send your submissions to Benchmark editors: Barry Wulff at [wulffb@peak.org](mailto:wulffb@peak.org) or Jane Luther at [janeluth@gmail.com](mailto:janeluth@gmail.com)**



## Gear Up For Trail Work Days

*By Barry Wulff*

When walking the trails in my own Benton County, I am constantly checking their condition. How are they holding up? Each spring I notice how some of my favorite woodland trails are littered with debris and have deteriorated over the winter. I often find ruts that were not there in the fall. Branches have fallen across the trail, some of which can be easily removed, others not so easily. The large limbs and some trunks would need more work and effort to remove than I can provide. I vow to return later, with others, to clear the trails of debris and even shore up the base make for easier walking.

We are blessed with many fine trails in Benton County, and they get some pretty heavy use from hikers and bikers throughout the year. Some are on Marys Peak – administered by the U.S. Forest Service; others are in our county parks, such as Beazell Memorial Forest, Bald Hill Park, and Fitton Green; and still others are in Corvallis's Chip Ross Park. All one needs do to get an idea of what we are fortunate to have is peruse Margie Powell's book of "Corvallis Trails". Trails need looking

after; each year they are in need of repair and maintenance before serious damage occurs. In addition, new trails are being developed every year.

You and other members of the Marys Peak Group can play a role in the development and upkeep of our local trails. Our trail crew organizers (Tom Bucht, Denise Nervik, and Margie Powell) plan for two trail work days each spring before the seasonal rains end and then another two in the fall shortly after the rains resume.

This spring, the MPG is organizing spring trail workdays on May 1st and May 22nd. We need you to join us. There is a role for everyone in these events. Some of us will be armed with clippers or small saws to trim branches, others with rakes to smooth out the walking surface, and others with shovels and Pulaskis for heavier work. Will you join us? Let's make our trails the best and most pleasing to use. There's nothing more satisfying than to be on a well-maintained and quiet woodland trail to enjoy our natural surroundings.

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## Rebecca Lomincky Concert Benefits MPG

Peter Willis, Rebecca Lomnicky and David Brewer warm up for their February benefit performance for the Marys Peak Group.



*Photo by Barry Wulff.*

## MPG X Summer Solstice Celebration ~ 2010

Join us for our tenth annual Summer Solstice gathering at Dancing Oaks Nursery. Great food, music, speaker, a raffle and more!

**Date:** Sunday, June 27

**Time:** 5:00 - 8:00 PM

**Place:** Dancing Oaks Nursery

**Donation:** \$5.00

**Participants:** Bring salad, chips/dip or dessert to share, & your own table service & drink.

**MPG provides:** Veggie burgers, hamburgers, & hotdogs from the grill.



**Speaker:**

Paul Englemeyer, Ten Mile Creek Audubon Sanctuary Manager who will speak on the Land-Sea Connection, terrestrial and marine conservation, marine reserve issues in Oregon

For more information or to reserve space, contact Marilyn Hinds at [mkhinballard@peak.org](mailto:mkhinballard@peak.org)

## Oregon Coast Trail Guide Now Available!

Third in a series of trail maps from Sky Island Graphics. This map covers coastal trails in Northwest Oregon as well as the trails in Saddle Mountain State Park.

*Get your copy at local bookstores!*



*Confronting Fear* continued from page 1

resources such as arable land, drinkable water, raw materials, and petroleum (our main source of energy and contributor to global warming).

These resources, some of which are shared with plants, animals and insects, are needed at a time when humans are at, or nearing, their own peak where population exceeds the earth's support capacity. All good motivators to work on campaigns, right?

Maybe not. Fear does not appeal to our higher aspirations or reasons to volunteer any more than do other tactics. And it often leads to poor choices. Fear brings up emotions and short-term wants, not a deeper understanding. Fear, similar to all other emotions, ideally points to something needing attention. With attention comes understanding – if the process of discovery is applied, especially if it's the scientific method (of forming a hypothesis, with objective data collecting, and empirical testing).

Overall, fear is not as powerful nor appropriate to the task as other motivators, such as the **evidence of what has worked in the past**, inspiration, or a positive vision of the future.

Let's apply these other motivators to one of our environmental challenges: the diminishing supply of petroleum, and need for a cleaner replacement energy source.

The first motivator, finding evidence of what has worked in the past, helps us move toward solutions. It also helps us hold politicians accountable because there's evidence that something worked.



*Windfarm at the junction of the John Day and Columbia River. Photo by Brian Pasko.*

For example, California's challenge with energy started in the 70s when the state realized it was running out of power plants to meet its rising population's demand for energy. Instead of building more coal-fired power plants, they turned to the potential energy in efficiency. California's success set an example that Oregon, and the world, is looking to today.

This shift in energy solutions through efficiency, instead of business as usual, was realized through the political process, through electing politicians who understood, and cared enough to enact legislation. This example can motivate us to work on campaigns when we look to the solutions, not just the problems, and then help elect those politicians who understand and care.

Another motivator, **inspiration**, can come from the fact that California's response to their energy challenge sparked a revolution in energy-saving appliances. California saved nearly \$56 billion in energy

costs between 1972 and 2006 through efficiency measures and consequently avoided the construction of nearly six 500MW power plants.<sup>ii</sup>

This was given a name, the Rosenfeld Effect.<sup>iii</sup> California now uses 40 percent

less electricity per person than the national average. It also generates 68 percent more gross domestic product for every unit of energy used than does the rest of the nation. This means that in addition to cutting pollution, energy efficiency has helped the economy grow – it is credited with creating up to 1.5 million jobs.

The final motivation, having a **positive future vision**, is the concept that Oregon, too, can mine this vast energy reserve; and we have begun to. Following California's lead, we have the Energy Trust, we have bills that passed in the 2009 legislature, such as SB 2626 (a weatherization bill), SB 79 ("energy performance scores" plus energy efficient "reach" building codes for new and existing buildings), and HB 3039



*Confronting Fear* continued from page 14

(a tariff whereby utilities pay individuals and businesses for the solar energy produced), to name a few.

We also have something California doesn't, which is supportive land-use and transportation policies in the form of urban growth boundaries and HB 2186 (requiring metropolitan areas to reduce greenhouse gas emissions through transportation planning and programming).

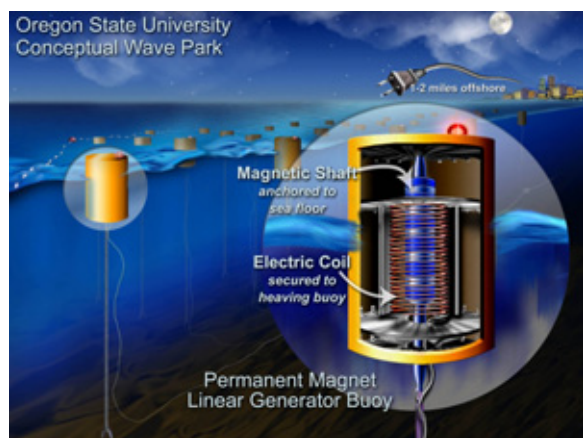
However there are politicians and groups who are working to oppose this. So in order to continue to bring about this

challenges. We also need them to watch-dog this process for accountability. Which means we need all parties, especially Democrats and Republicans, working on environmental solutions.

Right now, Democrats are seen as supportive of "environmentalists", whereas Republicans are seen as supportive of "business." However, this is a false dichotomy. If the future vision is a revolution in business to support solutions to environmental challenges, this is not a workable paradigm. We need Republicans asking questions such as whether subsidizing antiquated, energy- or CO2-intensive businesses, or archaic transportation solutions, hold back businesses with environmental solutions.



*Windfarm at the junction of the John Day and Columbia River. Photo by Brian Pasko.*



*Wave Energy graphic courtesy of Oregon State University, developed with Nicolle Rager Fuller.*

future vision, we need politicians who see this, understand it, and continue to bring it to Salem.

We need to elect or re-elect politicians who support finding solutions to environmental

We similarly need Democrats asking who is negatively affected by environmental policies and how we can mitigate this, or if money is being funneled to ineffective businesses or solutions.

I look forward to the day when we muster the courage to knock down negative motivators like fear, to supplant them with motivators that are positive visions of the future, (such as an Oregon's Rosenfeld Effect: where power plants are replaced by energy efficiency, alternative transportation, and solar, wind, wave and other energy sources). It is then that the revolution can begin.

To start this positive vision, join the MPG Political Group in our work to elect both Republican and Democratic politicians who care about environmental issues. If you're interested, contact the MPG Political Chair, Debra Higbee at [dwhigbe@juno.com](mailto:dwhigbe@juno.com).

We'll be working on campaigns this coming political season and would love to have your help.

<sup>i</sup>These strategies were advocated in a Republican National Committee fundraising document "The leading export of the GOP? Fear," Leonard Pitts, Oregonian, March 10, 2010.

<sup>ii</sup>[http://switchboard.nrdc.org/blogs/nzigelbaum/strategies\\_to\\_promote\\_energy\\_e\\_l.html](http://switchboard.nrdc.org/blogs/nzigelbaum/strategies_to_promote_energy_e_l.html)

<sup>iii</sup>Named after a pioneer in energy efficiency. [http://en.wikipedia.org/wiki/Rosenfeld\\_Effect](http://en.wikipedia.org/wiki/Rosenfeld_Effect)

# Climate Change, Forest Ecology & Carbon Sequestration: The Real Effects of Forest Management Practices

by *Asante Riverwind, Eastside Forest  
Coordinator, Oregon Chapter Sierra Club*

**D**iminishing glacial and polar ice, rising sea levels, and the unpredictable “fever/chill” of weather and storms herald earth’s ongoing climate change. Altered bird migrations, booms in insects, erratic winter recreation conditions are coming home to roost. Countering climate change is now an issue in forest management. Protecting our remaining natural ecosystems helps maintain climatic balance. Forests from tropical to temperate help offset exponentially increasing climate change by storing carbon. Although trees are the visible embodiment of contained carbon, forest soils comprise the major source of sequestration, containing millennia of recycled carbons, nutrients, and detritus matter.



*Asante Riverwind*

Fires and other natural forest disturbances, such as insects and disease, help in the accumulation of stored carbon. Research shows that forest fires release limited amounts of carbon, primarily from small limbs and branches, needles, duff and brush. Large tree boles and limbs generally are not consumed by fire. Instead, scorched and fire seared, these are retained in the forest ecosystem for long periods as standing snags and fallen trees.

Fallen trees slowly decay into forest soils, replenishing nutrients. The many species that cycle these nutrients form the foundation of forest ecological systems. Subsurface species include an amazing array of protozoa, bacteria, fungi, nematodes and arthropods: scientists report that in every shovelful of dirt they discover numerous new varieties. Above-surface species include many small mammals, insects, fungi, lichen, and plants.

In Oregon’s eastside forests, conservation efforts continue to protect forest ecosystems from misguided logging projects. Agency logging plans and proposed legislation erroneously postulate that widespread logging-thinning will reduce high severity fires, reduce carbon emissions, and restore forest “health.” The Forest Service and BLM repetitiously attempt in mid and higher elevations where large-scale logging-thinning is neither effective

nor beneficial this kind of management, which is more appropriate for limited ponderosa pine low elevation forests instead.

Scientific research demonstrates that fire ecological patterns are far more complex than federal agencies’ simplistic premise. Much of Oregon’s eastside forests are not “frequent low severity fire” systems, but instead are mixed-fire systems with varied mosaics and cycles of frequency and severity.

Pacific Decadal Oscillation and ENSO (El Niño/La Niña) cycles, and the solar cycles these are tied to, influence weather, ecosystem moisture, vegetative growth, and fire patterns in addition to localized weather variations and conditions. PDO and ENSO influenced cycles resulted in drier conditions and more extensive fires both at the beginning of the last century and again in 2002 through 2004.

Eastside forests include ponderosa, lodgepole, sugar, and white pines; white, grand, Douglas, and Shasta red firs; incense and Alaskan yellow cedar; western larch; Pacific yew; spruce; juniper; mountain mahogany; aspen; red alder; bitter cherry; various willows; cottonwood; and other tree species. Different trees and vegetation are adapted to varied elevation, geology, watersystem, aspect, and interrelated conditions.



*ONF Lookout Mountain summit.*

Ponderosa pine areas vary in fire frequency and severity, with more recurrent low impact fires in open low elevation dry locations, and more infrequent mixed fires in mid and higher elevations where firs, larch, and spruce are also often present. Lodgepole pine is a natural “boom and bust” system, growing densely, with insect-caused die-off between 80 and 120 years old, culminating in severe fire and the regrowth of the area as lodgepole. Many of the region’s lodgepole forests are coming into the insect and fire stages of this cycle, as the last recurrence was approximately 80 to 120 years ago. Mixed conifer forests are moister, with less frequent but often more severe fires. The rise and fall of mountain terrain, with wetter north aspect slopes, creates a patchwork mosaic of



continued from page 16

variation. Over time, despite different types, all areas will eventually burn severely – nature’s method of replenishing nutrients, recycling forest habitats, and ensuring resilience across the landscape.



*Upper Beaver mixed conifer discussion.*

Research concludes that protection and restoration of natural disturbance patterns, rather than the artificial manipulation of these, will best provide for forest ecosystem resilience and carbon sequestration - especially in areas distant from human communities.

Mechanized “fuel reduction” thinning degrades forest soils, increases solar exposure, and releases stored carbon. Compaction from heavy machinery diminishes carbon sequestration and harms soil communities, reduces moisture retention, impairs nutrient recycling, and degrades habitat for forest species.

In a relatively brief time, logging-thinning can result in a flammable landscape. Larger, more fire-resistant trees removed by “thinning” are soon replaced with fire-susceptible, smaller diameter trees, brush, and grasses; forest soils compacted by logging machinery retain less moisture; and thinned areas have higher runoff flows from increased solar exposure. Reduced moisture and impaired soils result in less resilient forests; reduced tree vigor, growth, and bark thickness; less moisture during summer dry seasons; and greater susceptibility and risk of severe fires. Within a decade, drier conditions, higher fuel levels, and abundance of small diameter trees and brush can result in greater risk of severe fire than existed previously.

Nutrients and carbon removed during thinning in the form of logs and biomass represent an irreplaceable

“withdrawal” from the storage banks of the forest ecosystem. This diminishes soil carbon and nutrient stores essential for long-term forest resilience, impairing the role of forest ecosystems in earth’s globally interwoven geophysical cycles.

Eastside forest efforts continue to work for the incorporation of scientific research, the recovery of imperiled wildlife and fish, and the protection and restoration of our wondrous forest wildlands. Last year, efforts helped spare more than 50,000 acres from harmful impacts. Yet some timber sales disguised as “thinning” are being re-issued in 2010. These, in addition to several new logging plans, will again need to be stopped, protecting irreplaceable old growth forests, salmon waterways, roadless wildlands, and wildlife from harm, while helping to maintain forest carbon sequestration and resilience essential in these “global warming” times.

For a visually inspiring presentation on Oregon’s eastside forest ecology and efforts, visit the Juniper Group website at <http://oregon.sierraclub.org/groups/juniper/index.asp>



*Upper Beaver marked unit.*



## Earth Day in the Bering Sea

by Julie Arrington

The logbook reads “Earth Day, April 22, 2009. Air temperature at 07:30 is 0.7°C. Surface seawater temperature at 13:00 is -1.6° C. We can see an island off to starboard. Saint Matthew Island?”



Julie Arrington

What a great place to spend Earth Day! We were in the Bering Sea off Alaska aboard the U.S. Coast Guard Icebreaker Healy. It was a typical day at sea for 41 scientists and 85 crew who were participating in the BEST project, the Bering Sea Ecosystem Study, funded by the National Science Foundation. Halfway through a thirty-eight day research cruise, we were enjoying a rare glimpse of land.

The Bering Sea fisheries account for nearly half of all U.S. catches. This area is critical for seabirds, walruses, seals and whales. BEST is a five-year, multimillion-dollar project to determine why this region is so productive.

How does the sea ice melting in the spring affect the growth of phytoplankton, the microscopic plants? How fast are the phytoplankton being ingested by the zooplankton, the grazers of the ocean? What other creatures are feasting here? How is this food web affected by climate change? How will changes in sea ice coverage impact this ecosystem? These were some of the questions being asked by the scientists.

The Bering Sea was studied from top to bottom, literally. There were groups that worked with the ice phytoplankton while others trapped particles falling from the ice. Special sampling bottles collected water from the upper depths while nets captured creatures from the middle depths. A structure that looks like a lunar landing module was used to collect mud and animals off the seafloor.

Celia Ross and I were studying microzooplankton, tiny one-celled grazers, for Drs. Evelyn and Barry Sherr from the College of Oceanic

and Atmospheric Sciences at OSU. The 2009 cruise was the second of three successive springtime cruises for the Sherr lab.

Every other day, we were at work by 5:30 a.m. to begin sampling with a group of scientists from Woods Hole Oceanographic Institution. We collected water samples and incubated them in water baths on deck in conditions that simulated their natural environment. After 24 hours, we processed and preserved these samples for analysis at home.

What is life like at sea? There is no time off. Ship time is too expensive, plus everyone wants to make the most of their limited sampling opportunity. The ship works 24 hours a day. Some creatures, such as krill, a shrimp-like organism, are best captured at night. There is always someone at work and always someone sleeping on a ship.



What I loved about the cruise was the chance to be back in the ice, to hear it scrape along the side of the ship, to watch it fracture and break as it was punctured by the bow, to see it turn over and reveal its brown undercoat of phytoplankton.

One of the highlights was the chance to spend a few hours playing on the ice on a sunny day. After a safety briefing by the executive officer, we suited up in our flotation safety suits and descended the steep gangway to the ice. Two Coast Guard crew had checked the ice for safety and remained on the ice to act as a rescue swimmer and polar bear guard while we

continued on next page

continued from page 18

made snow angels, took photos and played kick ball. What a unique experience in such a beautiful place!

We were welcome to visit the Healy's navigational bridge, which was a great place for viewing walrus, seals, and sea birds. Two scientists who were conducting a bird census informed us that the cute white and gray birds hanging out on the helicopter deck were McKay's buntings, one of the rarest songbirds in North America. Some avid birders pay thousands of dollars to fly to this region in order to add them to their life list, and here they were temporary members of our ship.

The Bering Sea is a beautiful place, a humbling place. It reminds us that we are only beginning to understand our marvelous and complex planet Earth. And that is a good thought to keep in mind on Earth Day.



***Gyrodinium* dinoflagellate from the Bering Sea with ingested diatom chain**



Two views of the same dinoflagellate cell. A similar *Gyrodinium* cell with no ingested prey is shown for comparison.

*Two views of the same dinoflagellate cell, *Gymnodinium* sp. A similar *Gymnodinium* with no ingested prey is shown for comparison.*



## A Thought about the Ten Essentials

By Barry Wulff

Many times I have heard from colleagues that we need to carry the ten essentials when we go hiking. Which ten essentials? I know I should carry water, but what else? Have you got a list? Is it an all inclusive, good list? Why do I have to carry what I don't need? I'm out there essentially to hike, not carry essentials. Those essentials get in the way of my enjoyment and comfort. If I were climbing Mt. Hood in the winter, perhaps there are some things that I would need to ensure a safe return.



Let's see. I have right here the master list that I put together some years ago. A fist full of 3x5" index cards and a standard #2 lead pencil (always writes and does not deteriorate) are at the top of the list. Also, I take a roll of orange surveyor's tape. The tape is better than bread crumbs or popcorn for marking my pathway. (I'd probably eat them before I got very far.) With cards, pencil and tape, I can leave notes describing where I am going, with the date and time, etc. I'd mark the spot with my surveyor's tape and leave a note for all to see. You've seen those flags in the woods, haven't you? Well, they are there to mark the spot of someone who has been there. Then I'd walk to the next spot where I'd place another note and marker. If I do this repeatedly, anyone trying to find me will have my "bread crumbs" to go by. On the way back, I can just retrace my steps. I know, GPS solves all.... But, no one will be able to find me if I use a GPS. All I would know is the coordinates of where I died! By the way, I have never been lost, and I've never had to be found either.

You might have a more practical list, right? Let's take water, for instance. Some people say, to always take water. But, there's plenty of water to be found in the woods, if one looks for a source. Where I walk there are streams or seeps. (I try to avoid extended trips in desert areas. There's rattler's out there.) I try drink a lot before I head out and then raid the jug stashed in my car upon return. Sometimes I even spike it with electrolytes. Oh, does that juice me up!

What about a map? Oh yes, a map. I like maps. I have a couple of boxes of maps for places near and far. You might call me an armchair mapist. On dark, rainy winter nights, I pull out the maps and dream of where I've been and where I want to walk in the future. I know the trails I've hiked already, because they are highlighted on the maps with an orange marker. So I prefer to check

out the distances and elevation gains for various trails I haven't walked. I make a note on a 3x5 index card and set it aside for a summer day.

Surely I would need a whistle, you say. I have purchased a number of them over the years. I started with one of those metal whistles that the sports coaches wear around their necks. I blew it a couple of times around the house to see my wife's reaction. After the third time, she just pointed and stared at me. The cat was cowering under the bed. Maybe it was too loud. So I went to REI and found a couple of plastic whistles. They are lighter weight. After trying them out at home, I soon realized that I could yell as loud as the noise I could make with a whistle. I decided I wouldn't need a whistle, because people coming to look for me would be blowing their whistles. If they have a whistle or two, I don't need one, do I?

What about food? I'm very particular about food. I'm all for sit-down hot meals, white tablecloths and exquisite service. Carrying gorp or sandwiches just doesn't do it for me. I've never been a fan of raisins or mushed, soggy sandwiches, especially those sticky, gooey peanut butter sandwiches. Yes, I like picnics – as long as someone else is carrying the basket. And besides, my wife says I should hike to lose weight and stay fit, which translates into "stop all that snacking". She says I'll be fed when I come home. Two big meals a day are enough for anyone, right? I want to let you in on a secret. I know where every DQ is in the state of Oregon, and I stop at one after every hike. It's a procedural thing with me.

Extra clothing? Who needs a change of clothes on a day hike? I take the right amount clothing. Usually it is less than what most people take, because I know I will get warm as I hike, just as those runners we see around town do when they get to running. As I get warm, I peel off the layers and wrap them around my waist. If it's cold, I walk faster. I hear tell that it might rain now and then, just when we least expect it. So, yes, I do take a lightweight raincoat, always a bright color so the cougars and bears will see me coming. A raincoat should prevent my tattoos from washing off.

I've been told that it's wise to carry a flashlight. Now why would I need a flashlight? Since I no longer carry a backpack, I don't need it to see what's in the bottom of a pack. I don't plan on doing any oral surgery, which

continued on next page





# Where Have all the Fish Gone?

by Lon Otterby

Many of us can remember the days when we would bring home gunny sacks full of rockfish and shellfish from a day's trip to our ocean. Since those days, Oregon's territorial waters have been deeply stressed. Recent scientific population studies have shown that a legacy of heavy fishing has depleted fish stocks. At the same time human use of our ocean as a dumping ground for all sorts of chemicals has compromised the breeding and nursery areas for marine birds, mammals, fish, and invertebrates. Scientific research shows that the creation of marine reserves and protected areas can play an important role in revitalizing ocean ecosystems. By creating a network of marine reserves and protected areas in Oregon's coastal waters, the state can protect some of its most valuable and important offshore resources.

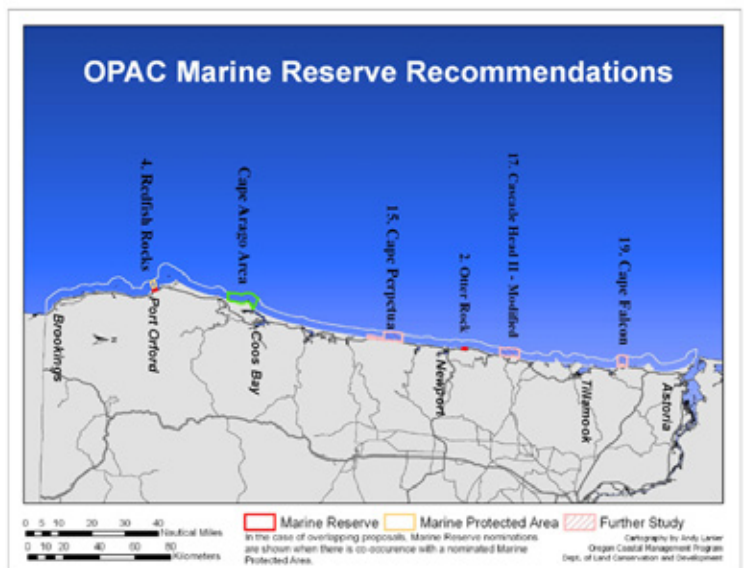


Lon Otterby

So to protect our ocean resources, Governor Kulongoski in March 2008 directed Oregon's Ocean Policy Advisory Council (OPAC) to research a network of no more than nine "no-take" marine reserves in state waters. The governor instructed the OPAC to provide him with recommended locations for marine reserves. He also instructed OPAC to gather data on the potential beneficial and adverse social and economic results of each of the proposed sites.

OPAC held a series of public hearings to gather data in compliance with the governor's request. After vetting over 90 possible sites of the council recommended five sites. It designated two pilot sites, one at Redfish Rock near Port Orford and one at Otter Rock north of Newport, and also designated three other sites at Cape Falcon, Cape

Perpetua, and Cascade Head – to be analyzed by community teams of 16 individual representing all the stakeholder groups affected by the proposal. OPAC sent its proposal the Governor's office on November 29, 2008. In May, 2009, the Oregon House voted 51-0 on HB3013 to establish the two pilot sites and approved the OPAC recommendation for community teams to research and return with advice by fall, 2010 concerning the size and economic impact of the three additional sites. The Oregon Department of Fish and Wildlife will then give an analysis of the recommendations to the Governor's office for action.



The Marys Peak Group will be visiting all three of these proposed sites on outings this spring and summer. These outings will give you all a good opportunity to see for yourselves the wonderful ocean habitats we are trying to protect for the future. Those good old days are gone for good, but we do have a chance to pass on some of what we had.

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# MPG Past Outings

## Snowshoe Outing

by Karl Hartzell

On February 7, eleven snow seekers from Corvallis and Salem converged on Ray Benson Snow Park for an MPG planned trek of the four mile North Loop, using the appropriate big foot gear, otherwise known as snowshoes. Not surprisingly, women comprised the majority of our number, since this was Super Bowl Sunday, after all, and a must view TV event for most men, but not eight women and three guys who preferred being outdoors, playing in the snow. Despite seeing the barest of a snow pack most of the way up to Santiam Pass, we were privileged to have a generous layer of the white stuff covering our route. And owing to recent rains and unusual winter warmth, it came with a perfect softness for snowshoeing but not a surface of slushiness which, by all rights, it should have had.

The weather forecast that day called for a mixed bag of possible rain and some snow, with cloudiness ruling the day. Well, the rain never materialized and when we completed the first leg of our trek to Blowout Shelter, the clouds parted and the sun came pouring forth, inducing all of us to eat lunch outside the shelter while blessed rays worked to renew our Vitamin D stores. After a suitable sojourn for our midday repast amid plenty of stories and good humor bandied about, cloud cover reformed, putting away our solar heater for the day and providing the perfect cue to turn our attention to snowshoeing the remaining two plus miles of our loop, back to the parking lot.

Owing as we had an international flavor to our group, with an OSU professor from Korea, an Ecuadorian grad student, and a father and daughter twosome thoroughly Italian, conversation was heard to flow in the direction of culture and roots at times, including a prolonged discourse



*Snowshoe group at Blowout Shelter (l to r): Brenda Summers, Lynn Cornell, Hilary White, Juyun Lim, Karl Hartzell, Larry Davis, Rachel Snyder, Nathalie Quezada, Veronica Christie, Tony Crisi, and Alison Crateau.*

into ethnic cuisine for which I was privileged to overhear. Sadly, as I came to find out, apparently no Ecuadorian restaurants exist in Oregon!

A fine finishing touch to our tromp in the snow was provided by the weather gods in the last half mile. Perhaps because they saw two of our participants who had never experienced Oregon snow before (one a recently relocated native Floridian) and the remainder of our group being ready for a taste of true winter, they let loose a short lived but delightful dumping of luscious big flakes to make for a mood enhancing ending to our already superb snowy outing in the woods. With an upbeat and smiling group of folks and perfectly timed weather blessing our day, my fellow leader and I could not have imagined (much less scripted) a more perfect outing!

## MPG Past Outings continued



### Sunriver Ski Weekend Participants

Standing (l to r): Ray Drapek, David Anderson, and Barbara Loeb. Seated back row (l to r): Mike Neeley-Brown, Julie Arrington, Denise Nervik, Allan King, Joanne Fitzgerald, Doris deLespinnasse, and Larry Davis. Middle row (l to r): Randy Selig, Rick Cooper, Nancy Rockwell, Joanne DeMay, and John Nervik. In front: Tom Bucht and Lelia Barlow.

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### Tree Planting in Corvallis

David Eckert, Steve McGettigan and Rob Horman plant the last four white alder trees on March 3rd in the Concrete to Trees project, whereby the City of Corvallis removed concrete and inserted soil so that trees could be planted. These trees were part of the 61 trees that were purchased last fall by MPG in a cooperative effort with other local organizations for planting around Corvallis.



*Photo by Barry Wulff.*

## Get Involved!

**Y**ou 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](mailto: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](mailto: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: Barry Wulff at [wulffb@peak.org](mailto:wulffb@peak.org).
- 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 at [dwhigbe@juno.com](mailto:dwhigbe@juno.com)
- Graphics/Illustration – Have you graphics and illustration skills? Have access to Adobe InDesign on CS2 or CS3? Like making displays for events and booths? Contact: Barry Wulff at [wulffb@peak.org](mailto: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](mailto: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](mailto:Lincoln.janet@gmail.com)
- Writing/photography – Do 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](mailto:wulffb@peak.org).

### 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](mailto: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.*



## We Need Your Photos!