A Marys Peak Scenic Botanical Special Interest Area (SBSIA) was created by the Forest Service’s Regional Forester in 1989 under the authority of 36 CFR 294.1a Roadless Area Conservation. The goal was to protect special areas that were too small or otherwise failed to fall under the wilderness protection rules. The new construction in the fall of 2011 at the communication site at the summit ignored all of the rules and made no effort to protect this special place.

There are about 130 acres of grass meadows and an equal amount of noble fir forest within the 924 acre SBSIA. The special botanical features include an almost pure noble fir forest and the small population of sub-alpine plants in the “rock garden” at the summit. Noble fir rarely grows in pure stands, and Marys Peak has the only such forest in the Coast Range.

The rock garden plant communities are also unique. Most of the plants growing there are...
extremely rare in the Coast Range, although all of the individual species can be found elsewhere. These special plant communities grow only in an area of about three acres at the summit. It is like no other place in the Coast Range. The earliest botanists to visit the mountain wrote that they were surprised to find plants on the mountain that were more characteristic of eastern Oregon.

Why is this? Scientists speculate that during a period 6000 to 4000 years ago, plants adapted to cold dry conditions spread across southern Oregon and up the Coast Range. The climate changed and along with it the habitat, leaving only the highest peaks in the Coast Range suitable for many of the species.

When you stand on the summit of Marys Peak (4097 ft.) you are surrounded by many sub-alpine species that grow only above the 4000-foot level on the mountain. The prostrate lupine (\textit{Lupinus lepidus}) has dense wooly hairs on the leaves to protect it from wind and ice – it is a native of the Klamath Mountains of southern Oregon. Scalloped onion (\textit{Allium crenulatum}) and cascade desert parsley (\textit{Lomatium martindellii}) and several others are native to the high Cascades and eastern Oregon.

Spreading phlox (\textit{Phlox diffusa}) is characteristic of these subalpine species. This phlox is not found at lower elevations on the peak. It grows in a dense low mat to reduce exposure to winds that occasionally exceed 100 mph. Its flowers have five petals connected to a narrow tube at the throat. The petals form a small reflector that concentrates solar energy and the flowers turn to face the sun as it crosses the sky.

Even on the coldest day (typically about -7C) the centers of the flowers are relatively warm. The warmth attracts insects, which carry pollen from flower to flower. On cold mornings in early spring you will find insects huddled in the flowers where they spent the night.

There are some plants at the peak that can be found elsewhere. Cardwell’s penstemon (\textit{Penstemon cardwellii}) grows down to about 3500 feet elevation. Some plants like tiger lily (\textit{Lilium columbianum}) and Menzies’ larkspur (\textit{Delphinium menzesii}) can be found growing from the top of Marys Peak all the way to the floor of the Willamette Valley. But the tiny rock garden at the top is the main reason the SBSIA exists.

The plants at the summit are not in a single community. As you walk up the road from the parking lot to the summit you pass through several distinct assemblages of plants, although you have to be there at the right time of year, and take your eyes from the distant vistas in order to see the variety at your feet.

In the meadows below the summit to the east, you can see tiger lilies, larkspurs and grasses that can be found at lower elevation. On the east and north slopes where the last snow packs melt in spring, you can find glacier lilies (\textit{Erythronium grandiflorum}) that are found only on Marys Peak and Mt. Hebo in the Coast Range. There are a few western groundsel (\textit{Senicio integerrimus}) scattered in the lower southeast edges of the meadow. A few hundred feet farther up the road, the plant community changes into a dense patch of western groundsel approximately half an acre in size (or at least it was before about 1/5 of it was bulldozed). The change from scattered plants to the dense colony occurs over about a 30 foot border around the patch.
Another 200 feet up the road, the plant community changes again, drastically. The change from dense groundsel to no groundsels at all occurs across a sharp 10-20 foot border. Beyond this, you will find dry hot semi-desert like conditions that are exposed to harsh freezing winds in winter. This is the upper rock garden that is dominated by subalpine plants. It covered 0.4 acres from the road almost to the top, but at least 10% of it was bulldozed in 2011. A different plant community extends 100 feet or so down the slopes below the road on the south side. It contains blue field gilia (*Gilia capitatum*), rough wallflower (*Erysimum capitatum*) and other species that are less common above the road.

When you round the sharp bend in the road, you enter a different world. Below the road to the southwest is the lower rock garden. This is an extremely harsh habitat. Strong winds blow away snow in winter, exposing the soil to freezing winds and ice. Little moisture remains to thaw in spring, and in summer this area is exposed to direct hot summer sun and a constant breeze that dries the soil to desert-like conditions. This area is sparsely populated with sub-alpine and high desert plants.

The very top of the peak was severely disturbed in the late 1950s when the Air Force built a radar site there. Before they could turn the equipment on, a storm blew the antenna off the mountain. The site was abandoned. This pristine area had been destroyed for nothing.

Recovery takes time. Plants “travel” by dropping seeds from the ends of flowering stalks. Most of these plants are short to reduce exposure to wind, so they can disperse seeds only a few inches away each year. A plant that spreads its seeds within a four inch radius will take three years to spread a foot – if it happens to drop its seeds in the same direction every year. The recently bulldozed area on the peak is about 200 feet by 130 feet. At four inches per year, it will take some of these plants just under 400 years to cross from south to north, or 600 years from west to east (if the plants actually made a forced march in the same direction from year to year). Of course, this assumes that the seeds dropped one year will germinate the next.

Douglas’ silene (*Silene douglasii*) is a plant that is normally found growing from cracks in the rocks along the road on the south side of the peak. I first identified it about 25 years ago, and I look for it every year. I thought it grew in only a 20-30 foot section of the rocks. But several years ago as I walked up the road I saw the upper rock garden covered with an unusual tall plant with white flowers. When I got closer, I saw thousands of plants of Douglas’ silene all over the upper rock garden! Since then there have been none, except along the narrow rocks by the road. In a quarter of a century, I have seen these plants grow and bloom in the open meadow only once. This tells me two things. First, there must have been a lot of seeds there to germinate and produce all of those plants, and there is a new crop of seeds in the ground now. Second, those seeds may not germinate for another quarter of a century, when conditions are just right.

Unlike nursery-raised flowers that have been bred to bloom every year, native
plants do not grow for our pleasure. They grow for one purpose only, to survive. This means that their seeds germinate only when conditions are favorable, which may not be every year. Meanwhile the seeds endure in the soil, waiting. So these plants do not advance every year, and that means natural recovery will take longer still.

Around the buildings of the communication site at the very top of the peak, a distinctly different population of plants grew up until last fall. The plants there were still trying to recover from the initial disturbance half a century ago. The most noticeable were Menzies’ larkspur and a few grasses, with some prostrate lupines on the west side. Few of the rock garden species had managed to find their way back into all of the disturbed site. About 85% of this community was bulldozed. Now recovery will have to start over again.

In the area around the buildings was found the largest known population of a not-fully-characterized subspecies of Boisduval’s blue butterfly (Plebejus icaroides ssp. unknown). One entomologist thinks that this subspecies is found only on Marys Peak, but another thinks it may also be found on Mt. Hebo. It could be one of the rarest butterflies on earth. It lays its eggs on sickle keeled lupine (Lupinus albicaulis), which grows scattered all over the SBSIA, so it may not have been completely eradicated. But like the plants that grow there, this butterfly’s chance of survival certainly weren’t improved by the bulldozing.

All of these unique communities are packed into less than three acres at the summit. The recent work plowed up about half an acre of this native plant habitat.

Consider what will happen in the disturbed area. The soil there is no longer as tightly packed as it normally is. The plants that once grew there have been shredded. Seeds from all over the area have been mixed and spread widely. These will include the seeds of sour dock (Rumex acetocella), a very aggressive alien invader not native to Oregon. It was already present at the site but was held in check by the climate and competition from established natives. Now it has freshly tilled soil to germinate in and no competition. When the construction work was done, gravel was dumped on the road at the top, introducing who knows what other invaders? If introduced species spread rapidly over the disturbed site, it may never recover.

The plant communities at the summit of Marys Peak are supposed to be protected by the SBSIA. This is why “just a small disturbance” really had a huge consequence. The Siuslaw NF Land Use Management Plan, the Marys Peak SBSIA Management Direction, and the Marys Peak Communication Site Management Plan all contain specific wording to avoid disturbance of these special plant communities. All of these rules were ignored, all of them broken.
This summer, no doubt, we will enjoy some high temperatures and dry weather. We are all looking forward to some warmer, dry weather. Unfortunately, we will also see higher prices for gas and oil. Very little of what we are doing is changing the bottom line with regard to oil consumption. Oil is getting more expensive. Demand is rising worldwide and crude oil is becoming scarcer, more difficult to collect and refine, and with greater environmental impact than ever before. We need to be very diligent in looking at how we can reduce our consumption of oil and oil based products, such as gasoline.

We have found ways to gather oil from permeable shale by drilling wells vertically and then horizontally and then injecting millions of gallons of water mixed with toxic chemicals into the ground and driving the oil up the well. This is an expensive process costing more than $50 per barrel. But more importantly what is the impact on the local ground water? Contaminant free freshwater is becoming a scarce commodity.

And then there is the oil that can be gathered from sandstone that is saturated with a thick, viscous form of petroleum called bitumen. This oil is gathered through large open pit mines and results in huge piles of toxic pollutants that affects nearby water sources. This oil requires massive amounts of energy to refine and generates 10% – 15% more greenhouse gases per barrel than conventional oil.

This increases the cost per barrel to $50 - $75. The overall environmental impact of securing oil from shale is horrendous. But what choice do we have?

First we can reduce our consumption. Are we really driving a vehicle that is what we need from a size and performance perspective, and are we doing what we can to get the most from our car. Of course an electric car or hybrid is best but there are many high mileage alternatives available these days. Also there are tips to get the most out of your car mileage such as checking your tire pressure regularly, driving about 60 mph on the open highway, and doing regular maintenance. Can you combine trips around town and drive less? What about taking the bus or riding your bicycle or even old fashioned walking? Do you know how many calories
you would burn per day just by walking or riding your bike to work?

A second important step we can take is to stand against letting our children pay for us to have oil. The true cost of all the environmental issues we create by stripping oil through fracking and refining bitumen is astronomical – far more than we will see at the pump this summer. The Club has been leading the fight against this and you can too. Please help. If you would like to get involved, send me an email, bruce.encke@hp.com We have a local group of Marys Peak Group folks that meet regularly to work on local and national level issues. It’s called the EnACT (Environmental Action) Team. It would be great to see you there.

Hope to hear from you and meet you in person on a hike this summer.

Bruce
A sense of adventure brought Marys Peak Group outings leaders Richard and Linda Seekatz to Oregon, and they took an adventurous route to get here. The couple followed the Lewis and Clark Trail when they moved from White Plains, New York to Corvallis in October of 2007.

“We have no children, so there was nothing to hold us in New York anymore, and we were ready for adventure,” said Linda.

Camping in their tent most nights, the couple explored every major site of Meriwether Lewis and William Clark's early 19th-century expedition.

Their decision to move out West came after several visits to the area, beginning with a trip in 2005. After a trial run of the Pacific Northwest's infamous rainy season, the decision was final. During that last visit, Richard and Linda even attended a meeting of the Marys Peak Group.

“When we visited, we went to a meeting that October and bought Margie Powell's book about hiking in the area,” Linda said. “When we came back in 2007, we got more involved and then became leaders.”

“Coming out here was a natural,” Richard added. “We went to a Sierra Club meeting and started to participate and one thing led to another. It's been wonderful.”

Initially, they thought they'd spend a month in Corvallis and then a month in Portland.

“After two weeks, we thought, 'Why go to Portland?'” said Richard.

Richard and Linda started leading Marys Peak Group outings in 2010, both together and separately. A former elementary school teacher, Linda tends to select educational walks. She's led a trip to Cascadia Cave with the state archaeologist, Tony Farque, a salmon walk with fish biologist Karen Hans, a tour of the fish hatchery research center near Alsea, and an exploration of the Alley of Artwork here in town.

“There are paintings in some of the little alleys, it's really neat,” Linda enthused.

In general, Richard takes on longer hikes, cross-country ski trips, and snowshoe treks everywhere from Dimple Hill to Iron Mountain.

“He does their longer walks: five miles, eight miles,” Linda said. This despite Richard thinking he'd be out of commission last February.

“Last February I ruptured my Achilles, I thought that was the end all,” he related. “But last year I really got into backpacking.”

Despite his injury, Richard spent more than 50 nights in a tent last year, earning the Phil Schary Award for the most Marys Peak Group outings. Linda joined him for backpacking trips to Thousand Island Lake near Yosemite, Table Lake Loop in the Jefferson Wilderness, and Indian Heaven Wilderness near Mt. Adams.

The trips they lead include both well-established and novel routes, such as excursions on private land in Starker
Forest where a permit is required.

“It's nice to offer the old, reliable ones and also come up with some new ones, too,” said Linda.

The outdoors has always played a vital role in their lives. Before moving out West, Richard spent much time cross-country skiing, snowshoeing, and hiking at his home in the Adirondack Mountains. The two even met at a ski club: Ramapo Ski Club in New York. Now married for almost 30 years, they delight in sharing that love of the outdoors with others. For them, the Marys Peak Group is much more than a walking club.

“Being new to the area and becoming involved with the club, that's a great way to meet people and find out about the community. It just snowballs from that,” Linda said.

“I think the Marys Peak Group is noted for being diverse and social,” added Richard. “It's not just a walking group to get from Point A to Point B. There are a lot of other features: tracks, a view that you want to take in—that's the experience.”

While Corvallis is now their home base, their adventures are not limited to Oregon by any stretch. This year they plan to hike the West Highland Way in Scotland, the Pyrenees in Spain, and perhaps take a trip to Arizona. Wherever they go, the goal isn't just to take in the sights but to enjoy good company. In the case of Richard and Linda, that means sharing the adventure, often with their newfound friends in the Marys Peak Group.

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From the MPG Outings Chair

Spring and summer are a great time to get outdoors and enjoy the natural world. Whether you are new to the area, new to hiking, or enjoy getting out every day, we have the trip for you! It can be hard deciding what outing to go on with all the choices we have. We offer everything from easy rambles near town, to overnight backpacks involving difficult, mountainous terrain. On our day hikes, some of our leaders prefer a more casual & slow pace, while others lead fast paced hikes, and others can take either approach depending on the hike. Take your interests into account when picking out a hike – if you like to stop and take lots of pictures and view the scenery then a fast-paced hike will be frustrating. If you are looking for a workout but the leader is stopping every 5 minutes to point out wildflowers then you will be frustrated, too. The same hike or hike destination could have these very different leadership styles, so read the listing and check in beforehand with the hike leader. A good example is Marys Peak hikes; we have 5 hikes currently on the schedule that visit the top of Marys Peak. Depending on your interests, you can learn about the geology of the peak, identify wildflowers, get a history lesson, or give your heart and lungs a challenge. As John Muir said, “Keep close to Nature's heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean.” Hope to see you on an outing soon!

Irene Schoppy
After our rainy winter and early spring, we are all eager to get out and enjoy the valley sunshine and warmer temperatures. There are lots of opportunities to enjoy local wildflowers, as well as Cascades hikes as the weather really starts to warm up. If long hikes aren’t for you, perhaps you’d enjoy a lunch at the Thyme Garden? And for those of us who make regular use of the local trails, there is a volunteer trail work party on the schedule with more to come. Those who have off in the summer will appreciate our many mid-week hikes and outings.

For summer ventures, good footgear, plenty of water and sun protection are essential. Often mornings and evening are cool, so dressing in layers is a good idea. 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. Watch the weekly email for additions and changes. Also check out our online calendar, all these outings and those that are added later will be there.

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

Important: For General Outing Policies, see page 16. Please read them with care.

**Thursday, May 3 – Butterfly Ecology Hike at Beazell.** Join MPG and Al Kitzman, with Benton County Natural Areas and Parks, for a moderate hike through mixed forest, where you will experience larkspur, exotic wild ginger, trillium and Indian pipe. The loop trail will take us to a meadow where prairie restoration efforts are expanding habitat for rare Taylor’s checkerspot butterfly. We will discuss butterfly biology and research efforts to understand why there are only two functional populations of this butterfly in Oregon. With luck, we may even see a few of these rare gems. Moderate. 3.2 miles, 450 feet of elevation gain. Meet at the northwest corner of the Bi-Mart parking lot at Philomath Blvd. and 53rd St. at 1:00 p.m. Contact leader Leslie Hogan, 541-924-0130 or qwizats@peak.org.

**Sunday, May 6 – Santiam Little North Fork Trail.** This much loved Cascade foothills hike is east of Salem, near Opal Creek, in mossy old growth forests with spring flowers. It passes emerald pools and a waterfall. Steep and rocky in places; probably muddy. Moderate, 9 miles with 900 feet of elevation gain. Meet at the Wilkinson Hall parking lot (Arnold & 27th) for an 8:00 a.m. departure. Contact leader: Bob Custer, 541-745-3994 or laststand@exchangenet.net.
Sunday, May 6 – Peavy Arboretum Wildflower Walk. Part of the Natural Areas Celebration Week. Early May is usually an opportune time to view some 20-30 different wildflowers and plants along the Forest Discovery Trail in Peavy Arboretum under the guidance of a mentor from the Native Plant Society. There is a short (200-yard) but steep climb (140 ft elevation gain) on a gravel or packed earth surface early on during the mile walk; the rest is then gradually downhill. Meet at Road 500 parking area near College Forest Office in Arboretum for a 3:00 p.m. start. Limited to 15, must preregister, contact leader: Julie Arrington, julie.seahorse@gmail.com, or 541-752-6052.

Wednesday-Sunday, May 9-13 - Lost Coast Backpack. Bob Custer, see page 17.

Thursday, May 10 – McDonald Forest New & Old Growth Nature Walk. Part of the Natural Areas Celebration Week. This beautiful 2.0 mile loop trail, an easy hike with just 260 ft elevation gain, takes us initially through a recently developed new growth segment of the trail and then through a spectacular grove of old growth, featuring 200-year-old Douglas firs, hemlocks, and towering maple trees. The forest floor is covered with ferns and native wildflowers in early spring. According to Margie Powell (Trail 18), “This relatively small preserved area of old growth in an otherwise heavily forested section of McDonald Forest...is a notable low-elevation native forest.” Meet at First Street parking area behind Super 8 Motel for a 5:30 p.m. departure. Contact leader: Nancye Ballard, at ballardjn@gmail.com or 541-752-4441.

Saturday, May 12 – Decker Ridge North View Loop. Last year we dubbed the lovely lunch spot on this hike "Iris Heaven" because of the hundreds of iris blooming around our lunch spot. Near Decker Ridge, east of Philomath, we'll shuttle cars to an exit point about 1.5 miles from the trailhead. Then we'll hike a road on private property that climbs through excellent panoramic views of Marys Peak, plus other parts of the coast range mountains and a rural valley. After eating lunch at a grassy viewpoint, we'll descend to a new-to-MPG view of the attractive pond on Moss Creek. We will then have a short climb and exit along a mossy trail to our cars. Probably some good wildflowers. Moderate, 5 miles or a little less, with 1,000 feet of elevation gain, much of it in one long, fairly steep climb at the beginning. Meet for a 10:30 a.m. departure from the northeast corner of the Bi-Mart parking lot, Philomath Blvd. and 53rd Street in Corvallis. Contact leader; number may be limited: Doris deLespinasse, 541-753-4775 or ddeles@proaxis.com.

Wednesday, May 16 – Fall Creek. Welcome the start of spring with a hike along a woodsy, low-elevation creek outside of the Dexter/Lowell area southeast of Eugene off SR 58. This beautiful trail in the Willamette National Forest is an easy 5.8 mile round trip with 200 feet of elevation gain. Preregister; limited to 12 participants. Meet at the First Street parking area behind the Super 8 Motel for an 8:00 a.m. departure. Contact leaders: Sam Miller, 541-484-4586 or miller_sk@comcast.net, or Lon Otterby, 541-231-7655 or ottercruz@aol.com

Thursday, May 17 – Cardwell Hill. We’ll walk on this old grassy or gravel roadbed dating back to 1855. The road once connected Corvallis to Wren. It provides the character-building experience of a steep climb in both directions. Margie Powell in her book on Corvallis trails says the eroded trough the road now occupies provides a “magical, hobbit-like feeling as ferns, mosses and other plants have grown along the shady walls.” We’ll also see an enormous “wolf tree.” Moderate. 5.2 miles. 935 feet of elevation gain. Meet behind Super 8 Motel at First and Harrison at 2:00 p.m. Contact leader: Leslie Hogan, 541-924-0130 or qwizats@peak.org.

Saturday, May 19 – Trail Work at Chip Ross Park. We will be assisting Corvallis Parks & Recreation with trail work at Chip Ross Park. The main trail is a moderate 2-mile loop and we can use volunteers to help out with many different tasks. Meeting at 8:30 a.m. at Wilkinson Hall parking lot. Contact leader: Ray Drapek, at raydrapek@gmail.com or 541-754-7364.
Sunday, May 20 – Silver Falls. This tree-lined trail to ten waterfalls is one of Oregon’s premier sights. A great opportunity to get intimate with some of the Columbia River Basalt flows. We will start at the north parking lot and stop by the historic lodge to eat our lunches inside or out, depending on weather. Good rain gear and water-resistant boots or sturdy walking shoes are essential. Moderate, 7.1 miles with 1,000 feet of elevation gain. Numbers are limited; preregister with leader for meeting time and place: Randy Selig, rselig@peak.org or 541-738-0753.

Thursday, May 24 – Chemeketan 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 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. Instructors: Rod Graves, Allan King, Joanne DeMay and Rick Cooper. For car pooling from Corvallis, contact Bob Custer: 541-745-3994, or laststand@exchangenet.net

Sunday, May 27 – North Ridge Trail. This is the longest and steepest trail up Marys Peak, traveling up the North Ridge. We will be going at a faster-than-usual pace, through Douglas fir and mixed forest to the parking lot. Then we will go up the dirt road through meadows to the peak for a short rest, and take a mixture of trails and forest roads back to our cars. This is for experienced hikers who prefer a faster pace. Difficult, 9 miles with approx. 2,600 ft elevation gain. Must preregister with leader for meeting time and place: Irene Schoppy, at iamyers@yahoo.com or 541-758-8591.

Friday, June 1 – Takena Landing Trail. Come to Albany to hike back across the bridge and alongside the Willamette River under some grand old cottonwood trees. Easy. 4-1/2 miles. Park in downtown Albany and meet in front of Sweet Red, a wine and coffee house at 208 1st Ave. SW. at 9:30 a.m. If you wish to carpool from Corvallis, contact the leader and then meet behind Super 8 Motel at First and Harrison at 9:10 a.m. After the hike we’ll stop for coffee or lunch at Sweet Red. Contact leader: Leslie Hogan, 541-924-0130 or qwizats@peak.org.

Sunday, June 3 – Eugene Ridgeline Trail to Spencer Butte. This forested urban trail provides an opportunity for nature appreciation just a few miles from downtown Eugene. We’ll hike from the Blanton Heights trailhead to the top of Spencer Butte, the highest (2,054’) and most prominent landmark at the southern end of the Willamette Valley. If the weather cooperates we’ll have outstanding views of the surrounding area. This moderate 9-mile hike has 800 feet of elevation gain. Preregister; limited to a total of 12 participants. This will be a joint hike with the Many Rivers Group of the Sierra Club in Eugene. Space is limited to six hikers from the Marys Peak Group and six hikers from the Many Rivers Group. Meet at the First Street parking area behind the Super 8 Motel for an 8:00 a.m. departure. Contact leader: Sam Miller, 541-484-4586 or miller_sk@comcast.net.

Sunday, June 10 – Woodland Walk near Corvallis. We’ll walk along the lovely Calloway Creek Trail in McDonald Forest, making a loop with the Bonsai Trail and old growth portion of the Section 36 Loop Trail. Moderate level, about 6 miles and about 1,000 feet of elevation gain. Walk will start early afternoon; contact leader for details of meeting place and time: Lelia Barlow, at lelia.trips@gmail.com.

Tuesday, June 12 – Heceta Lighthouse via Hobbit Trail. Follow an inland route along China Creek, past a beaver-dammed lake and then up some steep trails with beautiful panoramic views of the beach and ocean to the historic Heceta Lighthouse. Wild rhododendron and iris should be in bloom along several sections of the trail. The return trip to the car opens up on to the beach for a 1.5 mile walk on the beach. Moderate, 5–6 miles total, 800 ft elevation gain. 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
meeting at the coast, please contact Steve Griffiths for directions and times. Contact co-leaders to register: Steve Griffiths, sgoregon@gmail.com (415-290-1016) or Leslie Hogan, qwizats@peak.org (541-924-0130).

**Thursday, June 14th – Thyme Garden Tour and Luncheon.** Join us for a tour of this beautiful garden followed by one of their gourmet luncheons for our group. This family operated nursery and display garden is located on the Crooked River, 13.5 miles west of Philomath on the Alsea Highway. Our hosts, Janet and Rolfe Hagan, will treat us to one of their marvelous luncheons and take us on a tour to see their salmon restoration efforts. $25 per person fee. Reserve your place now for this popular outing; space is limited to 24 participants. For information, contact leader: Barry Wulff, 541-929-6272 or wulffb@peak.org.

**Saturday, June 16 – Tyee Winery Tour.** Tyee Winery is 100% solar powered and certified salmon safe. We will tour the grounds of the winery with the winemaker and learn about their wetland restoration program, salmon safe designation, and other sustainable practices. We will hike their nature trail, a 1.5 mile trail that winds through native valley wetland/woodland habitat, hazelnut orchards and historic farmland. Afterwards we will enjoy a wine tasting, and picnic on the grounds. There is a $5 charge for the wine tasting; bring your lunch for the picnic. You will have the option of biking there from the grounds of OSU (about 20 miles round trip) or carpooling. Limited to 20 participants, must preregister with leader: Irene Schoppy, iameyers@yahoo.com or 541-758-8591.

**Sunday, June 17 – Forest Peak Wildflowers.** With a permit, we'll go on private property to see the best of Forest Peak, which is on the southern border of Dunn Forest, north of Corvallis. June can be special at Forest Peak. Early summer treasures in the meadows might include balsam root, larkspur, sometimes wild strawberries, much more. We'll lunch there, with a great view of the coast range hills. We may also find a whole different collection of early spring wildflowers on a nearby cool, mossy, shaded trail. Depending on route, we may have a short car shuttle. Moderate/difficult, up to 8 miles, with 1,600 feet of elevation gain. Contact leader to register, and for meeting time and place: Doris deLespinasse, 541-753-4775 or ddeles@proaxis.com.

**Wednesday, June 20 – Evening Picnic on Dimple Hill.** Welcome summer with a hike up a forest road 600 from the Lewisburg Saddle to the top of the hill where we will enjoy a picnic and good views of Corvallis. Moderate, 4.8 miles with 545 feet of elevation gain. Meet on First Street behind the Super-8 Motel for 5:15 p.m. departure. Contact leader: Barbara Loeb, at 541-752-5081 or loebb@comcast.net.

**Friday-Sunday, June 22-24 – Rogue-Umpqua Divide Wilderness Backpack.** Allan King and Joanne Demay, see page 17.

**Saturday, June 23 – Marys Peak East Ridge, Summit, and Tie Trails.** Citing Bill Sullivan, the trail "climbs across a slope of dense, old growth Douglas fir to the peak's high meadow views... (From Conner's Camp) the well-graded path soon enters a stand of 5-foot-thick fir with June wildflowers...." According to another flower expert, late June "is when the rock garden blooms. It is the most colorful flowering period." Per Sullivan, "...the mountaintop 'island,' or the (once) wildflower-dotted summit meadows command views from the ocean to the Cascades." We'll lunch at the summit, weather permitting, before returning via the Tie Trail as it traverses back to the East Ridge Trail. Moderate 5-mile loop with 1250 feet of elevation gain. Meet at the Wilkinson Hall parking lot (27th & Arnold) for a 9:00 a.m. departure. Contact leader: Bruce Encke, at 541-230-1970 or bruce.encke@hp.com

**Sunday, June 24 –Annual Solstice Party.** This will be our twelfth year of gathering together to celebrate mid-summer, and we'll be returning to the beautiful Dancing Oaks Nursery www.dancingoaks.com on the eastern slopes of the coast range between Corvallis and Monmouth.
We usually have 100 people in attendance, and the food is always great for this potluck affair. We provide the burgers, veggie burgers and hotdogs with all the fixings. We ask that you bring hors d’oeuvres, salad, or a dessert to share, plus your own beverage (alcohol permitted). We’ll be entertained with some fine music and an interesting speaker. $5 suggested donation for adults. The fun starts at 5:00 until 8:00 p.m. Show your support for the Marys Peak Group by wearing your MPG T-Shirt to the event. For information, contact: Marilyn Hinds, at 541-929-7136, or mkhinballard@peak.org

**Wednesday, June 27 – Tour of Tec Labs in Albany, the company that invented Tecnu.** We will visit the offices, warehouse and production facilities in Albany and learn the history of the innovative poison oak treatment, Tecnu, as well as other products that ease our time in the outdoors. Meet on First Street behind the Super-8 Motel in Corvallis for 1:00 p.m. departure or at 1:20 p.m. in the Tec Labs parking lot, 7100 Tec Labs Way in Albany. Contact leader: Barbara Loeb, at 541-752-5081 or loebb@comcast.net.

**Friday-Sunday, June 29-July 1 – Rebel Creek Backpack.** David Anderson, see page 17.

**Sunday, July 1st – Marys Peak Summit Wildflower Walk.** The summit of Marys Peak is blessed with a unique assemblage of alpine flora. We’re near the peak of the season for their flowering this weekend. A resource person from the Corvallis Native Plant Society will be along to help us identify the flora. We’ll drive to the upper parking lot on the peak and walk the road to the summit. One easy mile! Bring your camera, plenty of sunscreen and lunch. Meet at 9:00 a.m. at the Wilkinson Hall parking lot on the OSU campus for carpooling. Register with leader Barry Wulff at wulffb@peak.org or 541-929-6272.

**Thursday-Friday, July 5-6 – Detroit Lake area Car Camp - French Creek Ridge, Dome Rock.** Though the French Creek Ridge Trail has the benefits, according to Bill Sullivan, of being a “quiet, ridgecrest path” that climbs on a well-graded trail to a crest of castle-shaped rock formations and views of Mt. Jefferson on the way, it’s greatest allure in early July is, if we get the timing right, a profusion of rhododendron blooms. Easy. 4.8 miles. 900 feet elevation gain. We’ll spend a very basic night of camping at the quiet South Shore Campground at Detroit Lake and then find the upper trailhead to Dome Rock and Tumble Lake. If we hike to both Dome Rock and way down to Tumble Lake, the hike is rated at moderate. 5.2 miles. 1,550 feet elevation gain. If the eroded Tumble Lake path sounds too steep, we may settle for just the Dome walk. Long hiking pants are suggested for a brushy walk and the chance of some mosquitoes. Contact leader: Leslie Hogan for further information, at 541-924-0130 or qwizats@peak.org.

**Saturday, July 7th – Iron Mountain.** This diverse walk will take us through an old growth forest including the rare shaggy barked Alaska Cedar. Early summer wildflowers should be in abundance. This is a moderate but challenging 6.6 mile walk with 1,900 feet of elevation gain. Meet at the Wilkinson Hall parking lot (Arnold and 27th in Corvallis) for a 9:00 a.m. departure. Contact leader: Richard Seekatz, at 541-230-1107 or seekatz@comcast.net.

**Monday-Wednesday, July 9-11 – Cascades Camping Trip.** We will be camping on the east side of the Cascades on the Metolius River, and enjoy hikes ranging from moderate to difficult each day. Wildflowers should be blooming, so we will be sure to include a hike to the top of Iron Mountain on our way back to Corvallis. Contact leader to preregister: Mary Holbert at holbertmary@gmail.com or 541-265-4208.

**Thursday, July 12 – Marys Peak Geology Hike.** We will hike up the East Ridge trail from Conner’s Camp. From the summit, we will hike down the Meadow Edge Trail past the campground to the Marys Peak Road, and return to the trailhead on the road. The hike will emphasize the geology of the peak, with the best rock exposures along the road. This outing is for those who wish to learn something about what supports all of the varied flora on the peak. Moderate, 5.6 miles with 1,537 feet of elevation gain.
Meet at the Wilkinson Hall parking lot (Arnold and 27th in Corvallis) for a 10:00 a.m. departure. Pre-register with leader: Ralph Nafziger at 541-926-4245 or nafziger@peak.org.

**Sunday, July 15 – Paddle in Search of the Outfalls of the Jackson/Frazer Watershed.** This is the fourth in the “Stream of Consciousness” tours of the Jackson Creek Watershed. Bring your own canoe or kayak to paddle from Michael’s Landing downstream to explore the stream outfalls from the Jackson-Frazier watershed into the Willamette River. Learn some history and water lore about our local urban streams. Then prepare for an invigorating paddle back upstream to Michael’s Landing. First half is easy and educational. The second half is an athletic experience. A PFD and whistle are required safety equipment. Boats over 10 feet need to have a valid Oregon Invasive Species Permit. Difficult, due to upriver paddling required on the way back. Starting at 4:00 p.m., pre-registration is required. Contact leader: Larry Davis, at 503-390-8210 or larrydavis@peak.org.

**Wednesday-Wednesday, July 18-25 – Bob Marshall Wilderness Backpack.** Joanne Demay, see page 17.

**Thursday, July 19 – Gwynn Creek Loop.** One of the best old-growth walks on the Oregon coast, this trail will take us across Captain Cook's Ridge near Cape Perpetua and down Gwynn Creek, draped with big Sitka spruce, Douglas fir, cedar, and hemlock. Moderate, 6.4 miles, with 1,100 feet of elevation gain. Limited to 15 participants. Contact leader to register: Steve Griffiths, at sgoregon@gmail.com or 415-290-1016.

**Saturday, July 21 – Browder Ridge.** Wildflower meadows and superb views will beckon us to this ridge across Highway 20 from Iron Mt./Cone Peak. We will begin at the Gate Creek trailhead and switchback up in the Douglas fir forest to the ridge. After crossing the ridge, weather and snow conditions permitting, we will climb to the 5,760-foot summit after traversing around the summit cliff on the trail. Difficult, 8.4 miles, with 2,100 feet of elevation gain. Meet at the parking lot behind the Super 8 motel on First Street for an 8 a.m. departure. Pre-register with leader: Ralph Nafziger, at 541-926-4245 or nafziger@peak.org.

**Monday, July 23rd – McDonald Forest Traverse.** Starting from Lewisburg Saddle, we will hike up a forest service road, switchback down Horse Trail, connect with Dan’s Trail, and end at Chip Ross Park. Expect to hike through mixed forest, including an old orchard toward the end of the hike. Moderate, 5.2 miles with 700 feet of gain and 1,060 feet of loss. Meet on First Street behind the Super-8 Motel for 10:00 a.m. departure. Cars will be set up ahead of time to minimize shuttling. Contact leader: Barbara Loeb, at 541-752-5081 or loebb@comcast.net.

**Sunday, July 29th – Evening Float/Potluck Picnic on the Willamette River.** Now an annual MPG event, directed since last year by Dawn Jones' successor, Patricia Benner, we'll actually float 9-10 miles from North Riverfront Park to Hyak Park on 6 to 8 -person rafts. (No private watercraft are allowed on this outing.) Patricia, a river ecologist and historian, will enlighten us along the way about the history of the WR and its ecology. The floating itself will begin at 4:00 p.m.; we'll picnic, potluck style, on the riverbank, 60-90 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 at 3:00 p.m. We’ll be on the water until 9:30 or 10:00 p.m.; if everyone assists, unloading and deflating the rafts and storing the equipment will take another 30 minutes. Limited to 26; pre-registration and payment of $30 per person is required by Wednesday, July 18. Contact leader: Christy Stevens, 541-753-4353

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Saturday, August 4 – Cardwell Hill. Hike up old forested roads and check out the new interpretive signs and talk about the history of Cardwell Hill Road. Route is along the Mary's River part of the time. Mostly shade, 5.2 miles and 935’ elevation gain. Moderate. Bring a snack and water. Meet at Wilkinson Hall parking lot for a 9:00 a.m. departure. Preregister with leader: Janet Throop, at throopj@peak.org or 541-753-1804.

Saturday, August 11 – Calloway Creek Trail. Hike this beautiful, shady loop trail at the Peavy Arboretum. Starting out on the Intensive Management Trail, we then meet up with the Calloway Creek trail and loop around pretty old growth forest before returning back to the car. 3.2 miles and 250’ elevation gain. Easy to moderate. Meet at Wilkinson Hall parking lot for a 9:00 a.m. departure. Preregister with leader: Janet Throop, at throopj@peak.org or 541-753-1804.

Thursday, August 16 – Chip Ross Park Loop, Evening Picnic, and Conversation with Nancy Ross Hathaway. Starting from the edge of the park, we will climb the hill to open meadow edged with beautiful oaks. At the top, we will linger for a picnic and information from Chip Ross’s sister Nancy on the family and the history of the park. The loop is short, but the first half mile is somewhat steep. Moderate. 1.5 miles with 310 feet of gain. Meet on First Street behind the Super-8 Motel for 5:30 pm departure. Contact leader: Barbara Loeb, 541-752-5081 or loebb@comcast.net.

Friday-Sunday, August 24-26 – Waldo Lake - Drive Once / Hike Twice. Our second annual Waldo Weekend Campout will be held Friday evening through Sunday afternoon at the Waldo Lake Shadow Bay Campground. Co-sponsored by Marys Peak Group and Juniper Group, there will be several hikes on Saturday and Sunday ranging from Easy to Difficult, so everyone is welcome to come and camp, hike, swim and enjoy the "Gem of the Cascades" Waldo Lake. This will include a hike up Mount Fuji on Saturday and Twin Peaks on Sunday. Contact leader: Bruce Encke, at bruce.encke@hp.com or 541-230-1970.

Sunday, August 26 – Beazell Memorial Forest Hike. This hike is in Kings Valley. We will walk upward along Plunkett Creek and loop down past South Meadow. We will stop for an end-of-the-summer picnic under four magnificent old Douglas firs, so bring a lunch. Moderate, approximately 3 miles with 600 feet of elevation gain. Meet at the Wilkinson Hall parking lot for 10:00 a.m. departure. Contact leader: Barbara Loeb, 541-752-5081 or loebb@comcast.net.

Tuesday -Thursday, August 28-30 – Rosary Lakes / Maiden Peak Backpack. Ray Drapek, see page 17.

Future Plans

Friday-Sunday, September 14-16 – Mt. Jefferson Wilderness Backpack. Larry Davis, see page 17.

Wednesday, September 19 – Opie Dildock Loop. Looking for a terrific hike that combines distance, variety and outstanding scenery? Then be sure to include the Opie Dildock loop in your list of must-do hikes. This 15-mile scenic walk begins and ends at the Obsidian trail head in the Three Sisters Wilderness with an elevation gain of 2,400 feet. Very difficult, must preregister; limited to six participants. This will be a joint hike with the Obsidians outdoor group from Eugene. Space is limited due to wilderness permit restrictions. Meet at the First Street parking area behind the Super 8 Motel for a 7:30 a.m. departure. Contact leader: Sam Miller, at 541-484-4586 or miller_sk@comcast.net.

Friday-Sunday, September 21-September 23 – Indian Heaven Wilderness Backpack. Lelia Barlow, see page 18.
**THE BENCHMARK**

**Friday-Sunday, October 5-7 – Beacon Rock Car Camp.** The Columbia Gorge offers many great hikes including great views of the Gorge, scenic trails following streams, and views of dramatic waterfalls. Day hikes in this beautiful spot require too long a trip from Corvallis. Therefore, we’re doing a car camp at Beacon Rock State Park with three days to enjoy autumn’s color in the Gorge. Difficult and easier hikes will be offered each day, including a hike up Beacon Rock. Co-led by Bob Custer and Mary Holbert. For more information and to register, contact: Bob Custer at 541-745-3994 or laststand@exchange.net.

![Lineup of skiers near Elk Lake](Photo by Bill Geibel)

**General Outing Policies**

**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](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.
Marys Peak Group 2012 Backpacks

Most MPG backpacks are joint trips with the Chemeketans, a Salem hiking group. So if you are interested, please contact the leader right away for further information. These events fill early, but often there are vacancies later, which are filled from waiting lists.

**Wednesday-Sunday, May 9-13 - Lost Coast Backpack.** The beautiful Lost Coast runs along the King Range Mountains of northern California from Mattole to Shelter Cove. The trail is 24 miles along the ocean on rocks, sand, and dirt. Some points cannot be passed at high tide. Bear canisters are required and can be rented in Petrolia. We will set up a shuttle and then hike 3 days from north to south. The trail is basically flat but the difficult walking in some places makes this a hard trail. The drive time to Mattole is about 8.5 hours. Moderate pace. Rated: Medium Hard, Driving distance 850 miles RT. Must pre-register with leader: Bob Custer at laststand@exchangenet.net or 541-745-3994.

**Friday-Sunday, June 22-24 – Rogue-Umpqua Divide Wilderness Backpack.** We will explore a section of the Rogue-Umpqua Divide Wilderness, 75 miles east of Roseburg, just west of Crater Lake. If the snow level cooperates, we'll do a 12-mile loop, and climb up to the restored fire lookout on Hershberger Mountain. This backpack is designed for people new to backpacking or those who have not slept out under the stars for a long time and want to see how it feels to carry a pack again. Call or email Allan or Joanne if you have questions. Moderate pace. Must pre-register with leaders: Allan King (kingalla@gmail.com) 503-390-9990 & Joanne Demay (joannedemay08@gmail.com) 971-237-9775. Rated: Medium; Hike distance 12 miles; Elevation gain 2,000 feet.

**Friday-Sunday, June 29-July 1 – Rebel Creek Backpack.** Three-day loop hike going up the Rebel Creek trail and returning via Trail Creek, with an overnight stay at Rebel Rock lookout. The lower parts of the loop pass through magnificent stands of old-growth fir and cedar. The upper part of the trail offers panoramic views of the Three Sisters and Mt. Jefferson. We'll hike a total of about 15 miles, and climb 3,300 feet. Moderate pace with time for detours and exploration. Joint MPG/Chemeketan trip. Rated Moderate/difficult. Contact leader: David Anderson, 541-758-7602, toodamp@gmail.com

**Wednesday-Wednesday, July 18-25 – Bob Marshall Wilderness Backpack.** For years I've wanted to see the Bob Marshall because of its reputation as the most remote and pristine area in the lower 48. No reason to wait any longer. I have not yet chosen which route we'll take out of the many possibilities, but it is guaranteed to be beautiful and rugged. I've been in contact with a backcountry ranger and have good information and trail recommendations. Like the Tetons and the Wind River, there are grizzlies here. About 10 hours, 650 miles driving each way. Limit 6. Must pre-register with leader: Joanne Demay: joannedemay08@gmail.com or 971-237-9775. Hike distance 40 miles.

**Tuesday -Thursday, August 28-30 – Rosary Lakes / Maiden Peak Backpack.** This is a 3 day backpack. We'll take a short 2.9 mile hike north from the Willamette Pass to the Rosary Lakes and we'll make a base-camp at one of the Rosary Lakes. On day 2 we'll make a roughly 12-mile round trip day-hike up to the top of Maiden Peak. From the top of Maiden Peak we should be able to see the Three Sisters and Mt. Bachelor to the north and Diamond Peak, Mt. Scott, and Mt. Thielsen to the south. There will be some significant climbing on this trip. The parking lot is at 5,000 ft and the top of Maiden Peak is at 7,800 ft. Difficult, approx. 16 miles and 2,800 ft elevation gain. Must preregister, contact leader: Ray Drapek, raydrapek@gmail.com or 541-754-7364.

**Friday-Sunday, September 14-16 – Mt. Jefferson Wilderness Backpack.** 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. Rated: Medium-Hard, Driving distance RT 160 miles;
Hike distance 24 miles, Elevation gain 3500 feet. Must preregister with leader: Larry Davis 503-390-8210.

**Friday-Sunday, September 21-September 23 – 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. 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: Medium, Driving distance RT 240 miles, Hike distance 6.8 miles, Elevation 900 feet. Must pre-register with leader: Lelia Barlow, 503-739-2193 or lelia.trips@gmail.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 Marjean Austin at marjeanaustin@gmail.com by August 1st.

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

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

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

$10 EACH!

*To purchase yours, contact Jane Luther, janeluth@gmail.com, or 541-758-8279*
Waste management in Corvallis has come a long way since the post-WWII days when folks brought their trash to Coffin Butte and burned it. Not only is the waste now buried in such a way as to prevent contamination of the ground water, but a huge effort has been made to keep a lot of the waste out of the Coffin Butte landfill through recycling.

The next question is, how do we reduce our waste stream at home? Here are a few ideas:

- Check out books, DVDs and CDs at the library instead of buying new.
- Borrow or rent tools.
- See if your paper carrier can reuse the rubber bands and plastic bags that are used to deliver the newspapers.
- Share your magazine or newspaper subscription with a friend.
- Use scratch paper when printing non-critical items.
- Carry a reusable coffee mug to work or while traveling instead of using a disposable cup.
- See if your veterinarian has an “angel fund” and can give your unused pet medicines to someone who can not afford them for their pets.
- Register with Catalogchoice.org and cut down on the number of catalogs, junk mail and phone books you receive. This non-profit will instruct the companies you select to remove your name from their mailing lists. You will be given a chance to donate to the company but you are not obligated to do so.
- Turn old clothes into rags.
- Patronize consignment and thrift shops, used book stores, and businesses that sell salvaged building materials. There are also shops that sell used video games and records.
- Social media can be a great place to find used items for sale.
- Take your cloth bags with you when you shop.
- Get rid of your nasty chemicals at the next household hazardous waste event on May 12 at the Allied Waste offices in Corvallis at 110 NE Walnut Boulevard. Check their website for spring cleanup collections in your town.

**MPG Members Share Their Ideas.**

Bruce Martin suggests that we buy box wine instead of wine by the bottle. Box wine is lighter in weight than glass so it saves on shipping costs and storage costs. Because air does not mix with the wine when it is poured, there is less spoilage. The cardboard box can be recycled in the mixed waste cart. After the spout is cut off, the plastic bag can be taken to the plastic recycling at the supermarket or at Allied Waste. The spout can be taken to the First Alternative Co-op to be placed into the hard plastics bin.
Kathy Valdez points out the great recycling programs at St. Vincent de Paul. They take the usual goods that we are used to giving to thrift stores. But they also accept a surprising array of awkward items such as pianos and propane tanks. Large appliances are refurbished. Their extensive recycling program turns old mattresses into pet beds and half-used candles into a simple fire starter. Window glass becomes beautiful sun catchers and wind chimes. There are St. Vincent de Paul stores and donation centers in Albany, Eugene and Florence.

Check out this website to see what St Vinnie's will take: St. Vincent Donations

Ella May Wulff reminds us that we can dispose of our prescription drugs at the Philomath police department. Albany and Salem police departments also offer this service. Check their respective websites for details. Allied Waste offers an annual drug disposal event in Corvallis. Watch the newspaper for an announcement. Flushing your medicines down the toilet can contaminate our streams.

Can it be rebuilt? My fence was sided with old growth cedar but it was getting weak. I hired two clever carpenters who used new 4x4's and 2x4's to make a new frame for the siding. The cedar was given a second life and a unique fence was preserved.

Helpful Websites
This website provides a guide for those living in Marion County who do not know where to take their goods for recycling or disposal: Marion County Recycle

The Corvallis Sustainability Coalition publishes a directory that shows where you can take your clean, reusable items: Coalition Directory

Recycling at First Alternative Co-op: Co-op Recycle

Recycling at Allied Waste: Allied Recycle

A Final Word
Mike Brantley leaves us with an excellent closing thought. “I see it as a service to my children to get rid of things as I go through life rather than burden others with my mess. Beside, it is so freeing to live less cluttered.”
There’s nothing better than a bowl of fresh fruit at the start of a day. We’re often reminded of how important fruit is in our diet, yet many of us slide when it comes to getting fruit into our daily regimen, especially in the winter. For the most part, we’re at the mercy of what looks appealing in the produce section of the supermarket. Finding attractive, organically grown fruits is a chore for many of us.

Have you considered focusing on producing fruit in your summer garden? What about cutting back on the greens and developing a pesticide-free fruit garden that will produce enough variety in the summer to both your summer and your winter needs? If you grow it, you’re more likely to eat it. Fortunately for us, a wide diversity of fruits will grow in our northwestern climate.

Sally Shaw, of South Corvallis, has taken on this challenge and succeeded beyond most expectations. I visited with Sally and her two Australian shepherds, Skye and Kitka, this past year and got to see her backyard fruit growing operation. She has moved well beyond the strawberries and apples that many of us have in our yards. She produces enough variety and abundance to satisfy her year-round needs, with some left to share.

Sally, a native easterner, migrated to Corvallis seventeen years ago after having grown up in Connecticut and spending ten years working as a book designer in Manhattan. Along the way to Oregon she spent a few years in Minnesota. She moved to her present South Corvallis home six years ago, because it came with a quarter acre paddock for her 27 year-old horse, Dave. The yard was somewhat of a mess when she moved in to her present home; the previous owner had let the blackberries get beyond control and the yard was overshadowed with black and English walnuts.

I asked Sally how it was that she decided to focus on growing fruits. When she was ten, she moved with her parents into a home with an apple tree in in the yard. There was a simple ‘click’ of a light going on in her head that set her on a course to growing fruits. But her biggest boost came thirty years ago when she read a book about edible landscaping – turning one’s yard into a garden. Since then, she has grown fruits for her personal pleasure and for friends. More recently, belonging to Oregon’s Home Orchard Society has provided her with an excellent education and opportunities to meet with other fruit growers, who have given her a chance to taste many varieties before attempting to grow them.

Today, her one-eighth-acre yard sports three varieties each of peaches, plums, and pears; eight varieties of apples and cherries; and some plums. Tucked in here and there are blueberry bushes, strawberry plants, a kiwi tree, and a young quince. Top that off with raspberries, marionberries, tayberries (Rubus fruticosus x idaeus), jostaberies

Barry Wulff

Sally Shaw
(Ribes x nidigrolaria), and good old blackberries. She also grows black currant and four varieties of grapes.

In order to fit all these varieties into her small garden, she has had to master the art of grafting. Her sweet cherry has five varieties grafted onto it. By selecting good, strong rootstocks, she’s been able to develop a compact garden. Her grafting talents have become an art as well as a science. On my walk through the garden with her, she proudly displayed the many grafts she had made.

Sally manages her garden with love and care, as any serious gardener does. She avoids the use of pesticides. Her part of South Corvallis has wonderful silty-loam, not the clay that gardeners on higher ground are burdened with. Yet each spring she amends the areas around her plants with “washed cow manure” that she gets from OSU.

She has planted her trees for optimum pollination, varieties of those that need cross-pollination for fruit production. A variety of flowers and grasses have been planted in and around her fruit trees to encourage natural pollinators, especially those that will overwinter and emerge before area honeybees become active. Over the years, she’s developed the garden to the point where there is relatively little maintenance – some summertime watering of young trees and wintertime pruning. She knew that she didn’t want to be a slave to her garden; she wanted time for trail riding Dave in the Cascades. In addition, Sally finds time to hike and paddle her kayak when the urge arises.

Sally is generous with her time and produce. She said there’s “enough fruit for me to have two servings a day year-round, enough for company, and enough for potlucks in her neighborhood SHARE program”. She’s not alone in maintaining a small fruit growing area in her community. The South Corvallis fruit growers group goes under the acronym FIGS, Fruit is good, sigh! When the summer and fall crops come in, she and her fellow residents gather to share their abundance. Whatever isn’t eaten fresh, she freezes, dries or cans for off-season pleasure.

I came away from my visit with Sally realizing that there can be much more to a backyard garden than the usual peas, lettuce, tomatoes, and a few strawberries. This year, why not grow something you can’t buy in the supermarket?
The rocks by the Yaquina Head lighthouse have always been a popular nesting area for seabirds. Just about any time of the year, there is likely to be something worth watching – cormorants, oystercatchers, pelicans, and of course, gulls. The late spring, however, is when the common murres take over. We stopped by there in early July last year, and the offshore rocks were totally covered with the murres, plus many cormorants. Approximately 65,000 common murres nest on the Yaquina Head rocks. Apparently, they form the densest colonies of any birds – up to 20 nesting pairs per square yard. This closeness offers some protection, but the bald eagles in the area get a pretty steady diet of these birds, nevertheless.

We spoke with a volunteer naturalist on the site who had a lot of information about murres. According to the naturalist, the murres behave much like penguins and are part of the auk family, which includes puffins, guillimots, and murrelets. They all have their legs set way back on their bodies, have waterproof feathers, and can fly underwater. In fact, they probably “fly” better in water than in the air. With their legs so far back, it’s hard to get a running start, and with their stubby wings not providing much lift, getting “lift-off” is a real challenge for these guys. It is clear to someone watching them take off on the water, that they need a very long runway. Sometimes, they just give up and try again later.

What is especially interesting about the murres is their parenting. Once the chicks are hatched, mom takes off, not to be seen again until next year. Dad then takes over. His first job is a big one – convincing the chick to leap off the rock (which is probably 60-100 feet high) into the water, even though the chick cannot yet fly. Talk about a leap of faith! It must be equivalent to a human’s first bungee jump off of a high bridge. I can imagine the chick weighing its options while poised atop the rock: 1) I can stay here and possibly be eaten by an eagle; 2) I can jump and possibly land on the rocks below and be killed; 3) I can jump and make it to the water and join my dad. Most choose the last option. Once in the water, they start swimming to Alaska. Somewhere along the way, the chick learns to fly; so presumably at that point the journey becomes a mix of swimming and flying. After all, it is a long trip.
You may have seen Alsie Campbell on one of her many training hikes – from Bald Hill to Fitton Green she walks, her backpack filled and fitted to her petite frame. What you might not have realized as you crossed paths with Alsie is that 1) she is training to hike the Oregon section of the Pacific Crest Trail this summer, and 2) she is 80 years old. Learn a little more about this remarkable woman from her own words:

When I say I want to hike the Pacific Crest Trail, people ask ‘What’?, ‘How’?, and ‘Why’? I first heard about the PCT back in the thirties, when I was a child. Back then it was called the Skyline Trail, and it was a route cobbled together by the Forest Service from existing trails to go along the crest of the Cascades from Crater Lake to the Columbia. It sounded like a grand adventure. Gradually the track was extended through southern Oregon, and then Washington and, after much work, planning, revising, lobbying, name changing etc., it became the Pacific Crest National Scenic Trail, the PCT, a path leading 2,650 miles from Mexico to Canada.

I have hiked in the Cascades all my life, back-and-forth, across, and along the PCT, but for years I never put the bits together. Then, ten years ago, when I turned 70, I thought “It’s now or maybe never.” So, over a period of four years I walked from California to Canada: a summer in Oregon and a summer in Washington -- and then I did most of it again. I’m 80 now, and I’ve decided to do it again. I’ll start with the Oregon section, beginning South of Mount Ashland and ending 465 miles later at The Bridge of the Gods -- or at the ice cream shop nearby. Can I do it? Will I? Who knows?!

Many people understand the ‘What’ and the ‘How’, but not the ‘Why’. Somehow, I’ve never been able to come up with an adequate answer. The question has always baffled me, and I’ve finally figured out why. It’s the wrong question. The question for me has always been ‘Why wouldn’t I hike’? Nothing feels more natural to me than to be out in nature. Why wouldn’t I want to see the stars at night? … hear Mountain Chickadees before dawn? … smell the mountain Hemlock? … hear a Pika calling from its rockslide hideout or catch an unexpected glimpse of a Fisher? … see a magnificent view every day? … eat food that tastes ten-times better at the end of a tough climb and then sleep ten-times better for the effort. So, why wouldn’t I hike? Why would I ever stop?

I know I’m not the only one who feels this way. Unfortunately, though, we all have obligations, so we circumscribe our dreams of Himalayan adventure, just a little, and hike closer to home, for just as long as we can. California to the Columbia is a good
walk, and that ice cream shop is an arbitrary, but convenient, point to stop -- for just a while -- until I can take care of the rest of life. I’ll do that while it’s cold and rainy. But I can’t stay cooped up all the time, so I’ll find my way out for a walk whenever I can. And, fortunately, I live in Corvallis, where we have nearby open spaces where I can hear the Winter Wrens in the understory, see beautiful views, catch a glimpse of a weasel, or find a Phantom Orchid beside the trail. There are trails within three or four miles of everyone in Corvallis. It takes a lot of work and money to bring the “out there” within reach of all, but I am thankful for it.

~ Alsie Campbell

Left to right: Mary Campbell (Alsie’s daughter-in-law), Janet Throop, Alsie Campbell.

Alsie is hiking the Pacific Crest Trail (Oregon), starting in July, as a fundraiser for Greenbelt Land Trust’s Trails Fund. For more information on Alsie’s trek, or how to make a donation or pledge in her honor, visit www.greenbeltlandtrust.org.
Despite the record rain and snow that fell this spring, our native wildflowers are starting to emerge. If you wander along the Mulkey Creek Trail you might come across one of the most striking wildflowers in our region, the Calypso Orchid. In Homer’s Odyssey, Calypso lures shipwrecked Odysseus to the island of Ogygia where she holds him hostage for seven mythical years. Be careful, this petite orchid might capture you as well!

The calypso orchid is found growing under conifers with rich organic soils. The magenta flowers appear in April and they will stop you in your tracks. Though only an inch or two in size, the flower to this orchid is actually quite large when you consider that it is produced from a single leathery leaf no bigger than a potato chip. The secret to this maiden’s wealth is a botanical “sugar daddy”. Much of the nutrients required to grow such a showy flower are actually captured by endophytic fungi associated with the roots of surrounding fir trees. Instead of spending energy producing lots of leaves to capture solar energy, this orchid fraternizes with underground beings that support this lavish flower. Such an intimate connection with fungi also explains why the plants do not survive transplanting into the garden.

Interestingly, the timing of flowering is synchronized with the emergence of queen bumblebees. Like Odysseus, the sleepy bumblebees are drawn to this irresistible flower. After being lured inside the orchid’s lair, pollen is neatly attached to the bumblebee, who, has been greatly deceived; this orchid provides no nectar reward! Just to be sure, the bumblebee visits one more Calypso, thus transporting the pollen, but quickly learns that Calypso will neither make a suitable mate, nor provide nourishment. This deception by the orchid is risky business since they require pollinators to transfer pollen, but a single successful ruse results in the production of hundreds of thousands of dust like seeds.

While exploring the woods this spring keep your eyes peeled for the pink Calypso orchid. If you have difficulty finding this treasure you may want to trade gossip with a betrayed bumblebee queen!
As we traipse along the trails, most of us have been the victims of a nasty sting from brushing against poison oak. It’s sometimes hard to recognize, as it has many different appearances. Here’s a little refresher course in what to look for!

- Early spring poison oak leaves
- Flower buds on poison oak
- Poison oak - shoots
- Poison Oak - summer foliage
New Year’s Day Walk, Northwest Corvallis Hills
Sunday, January 1st, 2012  
Leader: Doris deLespinasse

A New Year’s Day walk followed by a social occasion is a popular Marys Peak Group tradition. Thirty-three people gathered for a walk through MLK Park and on a wandering route in the Skyline area exploring the trails in parks and green spaces, plus some quirky streets and little-known pedestrian paths.

Another Way to McCulloch Peak
Saturday, January 7th, 2012  
Leader: Bruce Encke

A group of 12 joined in this strenuous climb to the highest point in McDonald Forest, ascending up from the Oak Creek area then descending down in a new way through mixed forest along a ridge in Starker Forest’s Alder Creek area.

Left to right: Doris deLespinasse, Andy Cyr, Prasad Edekar, Karen Cyr, Steve Metzger, Diane Loop, Susan Kropp, Bob Custer, Angela Fendley, Shirley Schmidt, Hilary White.
Temperatures in the 30s were tempered with beautiful sunshine for this walk along three different local boardwalks: the Bob Frenkel Boardwalk at Jackson/Frazier Wetlands, the Marys River Natural Park Boardwalk, and the Homer Campbell Boardwalk at Finley Wildlife Refuge.

South Beach Loop & Mike Miller Trail
Friday, February 17, 2012
Leader: Leslie Hogan

Protected by coastal pines and grass-anchored dunes, a group of MPG hikers walked the South Beach trail, had lunch at a nearby seafood café, and finished off the day walking the inland Mike Miller Loop with its ancient stabilized dunes, old growth Sitka spruce and a verdant marsh area.
Elk Lake Ski Trip
Friday-Sunday, January 27-29, 2012

Leader: David Anderson

Twenty people joined the group for a memorable weekend of skiing, snowshoeing, and merriment at Elk Lake Resort, near Mt. Bachelor. The resort is located 11 miles from the nearest plowed road in a highly scenic area, and includes log cabins, a lodge, restaurant, and bar.

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Left to right, David Anderson, Dan Shapiro, Virginia Shapiro, Mari Baldwin, Ray Drapek, Hannah McAllister, Fred Prahl, Marilyn Syverson, Joanne Fitzgerald, John Skarda and Joan Taber.
Many folks know that Sierra Club hike leaders carry a first aid kit on each hike. However, most do not realize that all Sierra Club trip leaders need to have up-to-date first aid training. A one-day class is needed for the basic certification. Those leading participants away from cars overnight need Wilderness First Aid certification; however, most leaders who lead long day trips, or multi-day trips also seek this extra training. This involves taking a two or three day class. In order to help our leaders get the longer training, Bruce Encke, our MPG Excom chair and Oregon Chapter Outings Chair, began almost a year ago to put this WFA class together.

The 30 participants were Sierra Club members from the Marys Peak Group (Corvallis, 14), Many Rivers Group (Eugene, 3), Juniper Group (Bend, 2), LooWit Group (Vancouver, WA, 4), Columbia Group (Portland, 2), and the High Desert Committee (Portland area, 5).

The training session ran Saturday and Sunday from 8 AM to 5 PM. We were asked to wear hiking clothes, to layer up for warmth, and bring a pack with lunch and rain gear. We had to prepare ourselves for sitting or lying on the ground. We were warned that the instructors were going to use fake blood and make-up on us to simulate injuries, and that we would be playing the role of either patient or rescuer. We were outside about half the time. Thank goodness the workshop was not held the previous weekend when we had buckets of rain. We actually had warm weather and sun – unheard of in February – in Oregon.

We learned a set of steps to follow when responding to trouble on the trail. The first thing to do is to quickly size up the scene where the injury occurred. Is the site stable or, for example, has a landslide or downed tree blocked the trail? Would it be dangerous to go help the victim? Second, the rescuer has to figure out how many people are hurt and how badly,
and begin to attend immediately to acute life-threatening situations. All of the above is to be done in the first minute of time on site! Next comes a head-to-toe physical exam of the victim, a check on vital signs, and history. All this is done without being judgmental. After problems are known, the rescuer makes a plan of what to do and follows through on it, while continuing to monitor the patient as necessary.

We practiced the above in the hands-on sessions enough times that we really began to be familiar with the procedure. As rescuers, we found ourselves trying to figure out how to analyze and deal with the accident without causing any more problems or damage to anything or anybody. As victims, we found ourselves sitting/lying on the ground, getting fake blood smeared on us, and acting helpless, playing our role.

We discussed and practiced how to treat different injuries such as spinal injuries, head injuries, shock, and wounds. We went over problems from heat, cold and altitude to lightning strikes. We were shown how to safely move a comatose victim and wrap him in a sleeping bag. We also learned to create splints out of available materials to deal with broken or fractured arms and legs. Several “victims” found themselves all bandaged up!

Remarkably, things did not feel rushed. We expected a final written test but did not get one, at which somebody commented loudly, ”Oh, if I had known that, I wouldn’t have been trying to listen all the time!”

At the end of the second afternoon, one instructor took ten people out into the large field adjacent to the building and assigned each an injury. There were five injuries assigned altogether, so two people ended up having the same injury. These ten people then wandered off individually into the field and assumed some position commensurate with their injury such as lying on the ground, standing, sitting, or standing bent-over. This was strictly a matter of role-playing. The remaining folks paired up in teams of two and went out to administer Wilderness First Aid (WFA) to their stricken colleagues.

My partner and I looked out at the field. Victims were sprawled all over. It looked like a lot more than ten! We went over to one bent-over figure. We started by surveying the scene. It turns out that our patient was at 17,000’ in the Himalayas and had just come over a pass that my partner himself had actually hiked years earlier. He remembered it well. The patient did not have an acute life-threatening situation, so we did the patient assessment, found out the relevant history, and decided what had to be done to help him.
When we got back to the classroom, the instructor asked how the rescue teams had handled the five different assigned scenarios, and what had been the outcomes. It was interesting to see how the different teams had assessed, treated, and reported the situation at hand. The two teams that had the same problem had handled it in the same manner, but particulars differed, in some cases significantly. And we had some pretty professional sounding reports at the end! I was impressed.

Bruce Encke told us this class would be fun, and it was!

Special thanks go to Bruce for putting this WFA training together. Thanks to the Chapter for paying half the cost for all 30 members who attended. Thanks to Irene Schoppy, the MPG Outings Chair, for coordinating Marys Peak Group participation, including the hosting of the WFA training here. In addition, thanks to the kind folks of MPG who volunteered to have out-of-towners stay at their homes: Robert Verhoogen, Denise Nervik, Doris deLespinasse, and Lon Otterby.

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**Old Growth Trail - Saturday, March 10, 2012**

Leader: Julie Arrington

How do you determine the length of a fallen tree when you don't have a tape measure? Thirteen hikers learned that by forming a human chain with their arms outstretched alongside a downed tree, they could make a good estimate. The tree in question was 37 “arm widths” long which is about 220 feet.

The Old Growth Trail in McDonald Forest shared many delights with the hikers. Moss, lichens and ferns made bright green the dominant color. One giant maple extended its branches full of ferns over the trail. Woodpeckers had drilled large holes in many of the older trees. The recent snowfalls had knocked down a few trees and left a huge pile of branches in one of the streams we crossed.

A hike along the Old Growth Trail is always a treat.

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Hikers pose near the rootballs of 3 huge fallen trees next to the Old Growth Trail.
Left to right: Julie Arrington, Jan Zeller, Doug Brusa, Dave Madison (kneeling), Marta Torres, Barb Ketchum, Lynn Ketchum, Celia Ross, Arona Rosegold, Bill Diehl, Joe Raia.
Lichen Walk - Saturday, March 17, 2012
Leader: Richard Seekatz

The luck of the Irish graced this St. Patrick’s Day outing with rare dry March weather. Lichenologist Linda Geiser led the group through the world of lichens, explaining how to distinguish lichens from other fungi and mosses, the most common species in the valley, how to tell lichens apart, some common names, lichen biology, as well as ecology (habitat preferences, responses to climate and air quality, wildlife and human uses).

Maxwell Butte Ski Trip
Saturday, March 24, 2012
Leader: Larry Davis

The great snowfall we had in late March was welcome to this group of avid skiers, who made a loop at Maxwell Butte (shown in background) in Santiam Pass, with lunch at the Mountain View snow shelter, shown on the right.

Skiers are left to right: Karen Hans, Lelia Barlow, David Anderson, Mary Greaney, Susan Kropp and Russ Pike
Come join us for the Twelfth Annual Marys Peak Group - Sierra Club Summer Solstice Gala at the showcase Dancing Oaks Nursery Sunday, June 24th at 5:00 p.m

Featured speaker: Phil Hays Corvallis Native Plant Society

Live music will be provided for your enjoyment

**Bring to share:**
salad, side dish, dessert or appetizer

**Bring your own:**
beverage (alcohol permitted)

**We’ll provide:**
dinnerware, grilled hamburgers, hotdogs, veggieburgers

For directions to Dancing Oaks, go to: www.dancingoaks.com
Suggested donation -- $5.00/adult
GET INVOLVED!

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

**Trail maintenance/Building:** Interest in working on local and regional trails? There’s a regular schedule for trail building and maintenance here in the Willamette Valley. Contact: 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: Irene Schoppy at iameyers@yahoo.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 wulff@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 wulff@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: Christy Stevens at Christy.stevens@linnbenton.edu or 541-753-4353.

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