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Dates to Remember

- June 24 John Day River - Potluck
- June 26 Challenge Course
- July 6 Board Meeting

Detailed trip schedules at:
www.obsidians.org or
 Register-Guard - Sports - Thursday

No Bulletin in August

The Obsidian Bulletin will not be published in August. Articles promoting activities between July 15 and Sept. 15 should be submitted for the July Bulletin. Deadline is Saturday, July 2nd. All trip reports should continue to be submitted in accordance with normal procedures during the summer.

Please Help

To donate to the lodge renovation campaign or to volunteer your time, see Page 6.

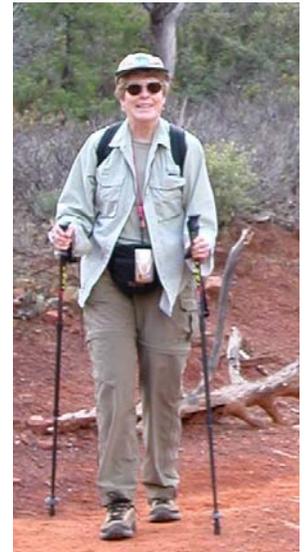
New Knees Is Good News

(Editor's note: Long an active outdoorswoman, Obsidian Barbara Bruns dealt with knee problems for many years, letting her positive personality and sense of humor confront the pain. As the prospect of a double knee replacement loomed last fall, she intensified her hiking and biking, extracting all she could get out of her failing knees...while also getting herself into the best possible physical condition for the surgery. The Obsidian Bulletin is pleased to present Barb's story and even happier to see her back on the trails.)

By Barbara Bruns

FOR 20 YEARS, I "managed" my bad knees -- doing quad exercises, wearing knee braces, using trekking poles, taking ibuprofen. Each year, I had more "discomfort" (I dislike using the word "pain"). Surgery was always postponed...until this past fall.

I gathered information on surgeons and talked with people who have gone through the knee replacement process. I was tired of not knowing when an "inflammation" might end my activities. My decision made, my doctor reviewed my x-rays, history, current activity level and goals...and told me of the risk of death, blood clots and infection. I thought, "Oh, no, another doctor doesn't want to do surgery." However, he said surgery was the only option to repair my kneecaps (the problem). Surgery would allow me to once again get in and out of a chair without using my hands, downhill ski (but not moguls, which I don't like anyway) and cross country ski. He said there was a 95% probability I would be very happy with the result. And, no problem with doing both knees at once. That was my choice, since both knees were equally bad and I would need to be hospitalized and get help only once, not twice.



Barbara Bruns on trail

The doctor's office gave me a wonderful notebook explaining the surgery, hospital stay, pre and post-op activities and exercises. A hospital class helped prepare me for the procedure and answered questions about equipment (e.g. crutches, walkers) and getting my home in order.

The following are recollections from a journal I kept.

NOVEMBER 22, 2004 -- The Day! More nervous than I thought I would be. My daughter-in-law, a medical professional, took me to the hospital and hung around a day and a half to monitor my progress. I had an epidural, not general anesthesia, but the sedation was enough. I don't remember a thing (they say I listened to my new age music CD by Secret Garden).

Welcome!

New Member

MARTIN HOLLAND-BAK (Active)
3417 W. 15th Avenue
Eugene, OR 97402
686-9178 martinhb@comcast.net

Directory Changes

DAVID BECKER becker51@msn.com

MARY CROSON
1245 W. 16th, Apt .1 (correction)

JIM FRITZ
2395 Onyx Street
Eugene, OR 97403-1539

ANNE HOLLANDER
P.O. Box 51504
Eugene, OR 97405

SCOT HUNT
1046 Archie Street
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510 E. 32nd Avenue
Eugene, OR 97405-3761

CHRISTINE KNUDSEN
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LOIS NELSON
6520 196th St. SW, Apt. 190
Lynnwood, WA 98036-4554

EVERETT OW
235 Meadow Vista Way
Encinitas, CA 92024-4321

SUZANNE STEUSSY
suzannesteussy@yahoo.com

Norma's Helper List

NORMA LOCKYEAR is undergoing physical therapy at Good Samaritan following her recent accident. As of the Bulletin deadline, it was not known when she would be going home or what help she might need at that time. A number of Obsidians have expressed a desire to help Norma, so a contact list is being established. If you are interested in adding your name to this list, please email Sharon Ritchie at:

rehugr@ix.netcom.com
or call 342-8435.

Gilbert Alexander Sprague

GILBERT Alexander Sprague of Eugene - an early member of the Obsidians - died May 10, 2005 of age-related causes. He was 96. Sprague was born March 16, 1909 in Towner, N.C., to Gilbert and Maggie McCrai Sprague. He married Nellie-Gray Jones on Dec. 23, 1936 in Eugene.

Sprague moved to Eugene when he was 9-months-old. After marrying, he lived in Sweet Home until 1946; then moved back to Eugene. He held a bachelor's degree and received a master's degree in 1931 and was a member of Phi Beta Kappa. Sprague was director of Eugene swimming facilities and playgrounds from 1925 to 1930 and also taught swimming for Eugene Parks and Recreation. He was a public school administrator for 47 years -- serving as superintendent of the Oakridge and Sweet Home school districts and principal of three Eugene junior high schools (Woodrow Wilson, Cal Young and Colin Kelly). He was a former national president of the Secondary Principals Association and president of the Oregon Education Association.

SPRAGUE WAS a member of the Rotary Club in Eugene since 1946 and was a recipient of the Paul Harris Fellowship. He was also a member of First Congregational Church. He enjoyed travel, photography, skiing and mountain climbing.

Survivors include his wife; three daughters (Barbara Gates and Nancy Sprague, both of Eugene, and Marilyn Pederson of Renton, WA); a sister, Edythe Rogers of Sacramento; four grandchildren; and three great-grandchildren. A family memorial service was held and a public service is being planned at a later date. Poole-Larsen Funeral Home in Eugene is in charge of arrangements. Memorial contributions may be made to the Downtown Rotary Youth Fund.

OBSIDIANS, INC

P.O. Box 322
Eugene, OR 97440
Website: www.obsidians.org

Board of Directors

President - John Jacobsen
Vice President - Wayne Deeter
Secretary - Jim Duncan
Treasurer - Sheila Ward
Mary Croson Sandra Larsen
John Pegg Steve Schriver
Susan Sullivan

Board meetings are held at 6:00 p.m. on the first Wednesday of each month, except August, at the Obsidian Lodge.

Committee Chairpersons

By-Ways By BusLiz Reanier
Climbs..... Sue Sullivan
Concessions Laurie Funkhouser
Conservation Doug Nelson
Entertainment..... Kathy Hoeg
Extended Trips..... Lana Lindstrom
Finance Ken Kodama
Lodge Building Rob Castleberry
Lodge Grounds Max Brown
Librarian/Historian.....Lenore McManigal
MembershipSharon Ritchie
Online Wayne Deeter
PublicationsMarshall Kandell
Publicity..... Mary Croson
Safety John Pegg
Science & Education..... Rick Ahrens
Summer Camp Jim Duncan
Summer Trips Sandra Larsen
Trail MaintenancePeter Asai
Winter Trips..... Bill Johnson
Youth Andy Jobanek

The *OBSIDIAN* Bulletin

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bulletin@obsidians.org

Although email is preferred, submissions can also be sent to:

The Obsidian Bulletin
P.O. Box 51424, Eugene, OR 97405

Deadline
for July Bulletin
Saturday July 2nd

Editorial Team
Marshall Kandell, Janet and John Jacobsen

Assembly/Mailing Team
For May Bulletin

Yuan Hopkins, Vi Johnson, Lenore and John McManigal, Marshall Kandell and Dick and Rose Marie Moffitt (crew chief)

COMING THIS MONTH:

John Day River Adventure

ON FRIDAY, JUNE 24TH, Guy Santiago will take us along on a paddling and camping trip covering 69 miles of the beautiful John Day River as it passes through basalt canyons and meanders past grazing lands in Central Oregon.

Each spring Guy helps organize a small group of adventurers who spend a week traveling from Clarno to Cottonwood in canoes and inflatable kayaks, camping out on riverbanks along the way. The rapids in that stretch of the river are



only class I-II whitewater, but it still seems like a miracle that Guy didn't swamp, judging from the photo. His boat looks more like a barge than an inflatable kayak.

Co-owner of Oregon River Sports in Eugene, Guy is not only an avid pad-

dlar but also a seasoned trip leader, hiker and backpacker. Among the other trips he leads is one to New Zealand that includes hiking the famous Millford Track.

Join us at this month's potluck as he shares slides of his adventure on the John Day and his insights on how to organize and enjoy an outdoor trip.

Dinner, 6:30 p.m. **Program**, 7:30. Bring your own plate, cup, utensils and a dish to share. Limited parking. **\$1 per person fee to cover utilities, etc.**

POTLUCKS

MAY REVIEW:

A Journey in Diversity

By Anne Hollander

OBSIDIAN POTLUCKERS were treated to a slide tour around Oregon on May 20th by Josh Laughlin. While attending the U of O in the mid '90s, Josh was so awed by the beauty of our forests that he and a friend founded Cascadia Wildlands Project (CWP), a non-profit dedicated to the preservation of our last old growth forests. He still works full time in CWP, but finds time to explore the other parts of Oregon and has found amazing diversity.

We began in our own Cascadia bioregion. Simply put, the region where the salmon go. Finley Wildlife Refuge still retains oak savannahs and prairie habitat, resembling what much of the Willamette Valley once looked like. It is a prime waterfowl migration stopover. From Finley, you might be able to spot Mary's Peak, highest point in the Coast Range at 4,000 ft. and home to abundant old growth silver fir. From there, we traveled to the Old Cascades, an area formed from volcanic activity 30 to 40 million years ago. Erosion wore down the volcanic peaks and the Old Cascades bear no glaciers below tree line. Many grassy meadows teem with wildflowers in early summer.

IN CONTRAST, the New Cascades around Mt. Jefferson, Three Sisters and Mt. Washington were formed from volcanic activity which took place as recently as 2,000 years ago, as evidenced by lava rocks in abundance. These volcanoes are still active (as recent news of a bulge on South Sister reminds us). Views from Olallie Mountain include Three Sisters Wilderness, Waldo Lake Wilderness and Fuji Mountain roadless area, all of which makes up The Big Wild, over 300,000 roadless acres in the Willamette National Forest.

A very interesting image looked down on Waldo Lake from a high vantage point. It showed the Charnelton Burn and the line between the burned and unburned forest. Forces of fire and wind and topography dictated the clear delineation.

The Eugene-to-Crest Trail can be picked up beyond Oakridge. If you take it, you will find yourself in the Waldo Wilderness and in the Warner burn area, where it hooks up with the Pacific Crest Trail. From there, it is only a small leap to the east side of Oregon, an entirely different landscape.

WITH ITS PONDEROSA Pine forests, the Painted Hills and John Day fossil beds, the diversity of Oregon again astounds. On the east, you also find wildlife we don't see here: pronghorn antelope at Hart Mountain Wildlife Refuge, Golden Eagles at Malheur Preserve and herds of wild mustangs in the Steens Mountain area. The Kiger mustang is a descendent of the Sorraia, a primeval wild horse native to southern Iberia (established through DNA). Unlike many mustang herds, this one is a pure breed. There is a controversy over how to manage the mustangs. The BLM proposes to capture and slaughter large numbers; but the public voice may change that.

The gray wolf has wandered back into Oregon from Idaho, with more on the way, to be sure. From the high desert, we leapt to the coast. From harbor seals at Cape Perpetua to bear tracks at Tahkenitch Creek, to the "threatened" marbled murrelet (which nests in the old growth forest in Eliot State Forest), an explorer is richly rewarded for his or her trouble. The marbled murrelet spends much of its life out at sea, but will fly as far as 40 miles inland to nest in old growth forests.

WE ENDED OUR TOUR back in the old growth forests of Fall Creek and the McKenzie River watershed. Thanks to advocacy by CWP and others, the Forest Service dropped its plans to log in the 5,000-acre Fall Creek old growth reserve and roadless area in the aftermath of the 2003 Clark fire. From ancient forests to mountains to deserts and painted hills, mountain lakes, wetlands and sea, and all that lives therein, we do have diversity and all the beauty that one could need. Thank you Josh! For more information, contact CWP at 434-1463 or see their webpage, www.cascwild.org

BOARD NOTES

June 1, 2005

President John Jacobsen called the meeting to order. Board Members present: Wayne Deeter (vice-president), Mary Croson, Susan Sullivan, John Pegg, Sheila Ward (treasurer), Steve Schriver, Sandra Larsen, and Jim Duncan (secretary). Also present: Kathy & Stewart Hoeg, Bill Johnson, Max Brown, Laurie Funkhouser, Marshall Kandell, Doug Nelson, Lenore & John McManigal, Brian Hamilton, Bob Huntley, Liz Reanier, Sharon Ritchie, Lana Lindstrom and Peter Asai.

The minutes of the May Board Meeting were approved.

Treasurer's Report (Sheila Ward): May report distributed. CD (\$16,414) will mature on 06/28/05. Board agreed in light of upcoming construction bills, the Finance and Lodge Construction Committees should determine the disposition of these funds at a later time. Board approved bill payment for: EWEB, \$76.05; Publications (bulk mail), \$100 & Insta-print, \$490.25; Postmaster (PO Box 322, 1 year), \$48; Margaret Prentice (Summer trips), \$66.83; WBGS (architect fees), \$2,445.

Old Business

Trip Leader Awards: Sharon reported committee would meet in July.

Fund-raising Committee: Sharon reported as of May 31, goal of \$50,000 met with 161 members making donations. Ed Lichtenstein had contacted local businesses for donations. Deadline for REI donation requests expired, but they are willing to donate a backpack or hiking boots for a raffle. A horse packer in the Willows has donated a horse pack trip. Committee hasn't determined best use of this donation. McKenzie Outfitters interested in 10% discount on purchases by Obsidian members & willing to give that amount to lodge construction fund (with the member's permission) for a period of 4 months. To do this they need a list of names of Obsidian members. Board approved motion to accept offer beginning July 15, 2005, for a four-month period.

Nominating Committee: Lana reported committee met May 5 to review constitution language re board membership and discuss criteria. Two individuals have accepted the committee's invitation to be nominated; will present full slate at next board meeting.

Lodge Construction Committee: Brian reported no action since May board meeting. WBGS and 2G will meet on June 3 to discuss progress and WBGS expects to have drawings ready for building permit review by City of Eugene June 10. Review may take 4-5 weeks. Committee will meet to evaluate flooring options, heating, etc.

Land Use Study: John Pegg attended a joint session of the Land Use Planning Commission for the City of Eugene and Lane County on May 10. The rezoning changes appear primarily to involve protection of streams and riparian areas and include setbacks on building near streams. There appears to be nothing in the plans that would affect the club's immediate plans; rebuilding is allowed.

New Business

Lodge Rental: John contacted by neighbor, inquiring about renting the lodge to teach Pilates classes, on a continuing basis.

Board consensus was that we not allow the use of the lodge for this purpose.

Board Voting Procedures: John will ask for hand votes on important decisions. Those who abstain need to make that clear.

Committee Reports

Summer Trips (Sandra Larsen): 20 trip reports were received in May (84 members, 20 nonmembers, \$163 fees).

Climbs (Sue Sullivan): One report (9 members, 4 nonmembers, \$58 fees). The Climbs and Safety Committees held a CPR class on May 25th with 4 Obsidians plus additional people from Eugene Mountain Rescue. The planned first aid class may be pushed back to the fall because of Lodge construction.

Trails (Peter Asai): Non in May; two outings held on June 4th, National Trails Day. Peter in contact with Judy Mitchell, volunteer coordinator for Willamette NF, to discuss opportunities for trail maintenance.

By-Ways by Bus (Liz Reanier): 18 riders on "Birds Around Lane County" trip with Rick Ahrens May 12. 46 riders on "Rhodies, Bridges and Murals" trip May 17. Ewart Baldwin's immediate family was present to celebrate his 90th birthday. Mt. Shasta & Mt. Lassen trip for July canceled; that trip modified to include Yosemite NP and rescheduled for June 2006.

Summer Camp (Jim Duncan): Committee decided to hold two-week summer camps in future. Lana Lindstrom agreed to lead the 2006 camp; committee recruiting assistant leader for 2006 who will become leader of 2007 camp. Bill and Becky Montgomery agreed to be assistant leaders in 2007 and lead the camp in 2008. The committee is planning scouting trips this summer to find good camp locations.

Conservation (Doug Nelson): Vi Johnson attended a Wilderness Workshop conducted by the U. of Idaho College of Natural Resources.

Publications (Marshall Kandell): 500 copies of the May Bulletin and "Are You Prepared" flyers were printed.

Entertainment (Kathy Hoeg): May potluck (39 for dinner, 42 for presentation, \$36 fees). Kathy would like suggestions and discussion of the format for the Annual Meeting in October.

Membership (Sharon Ritchie): Board approved one application for membership (Active).

Publicity (Mary Croson): Mary and Janet Jacobsen met to discuss ways to draw attention to Obsidian activities. They produced several colorful and attractive flyers that were distributed to a number of community centers and sports shops. Also designed bookmarks.

Online (Wayne Deeter): Website successfully moved to a different provider. This should result in faster and more reliable access to the site.

Library/Historian (Lenore McManigal): All trip reports recorded. Trip leaders counts being kept up to date.

Safety (John Pegg): John discussed an incident report on the bicycle accident involving Norma Lockyear. He complimented trip leader Sharon Ritchie and other Obsidians on the trip for their rapid and professional responses. Committee found no need for policy revision or further response to the incident. The Committee co-sponsored a CPR class May 25.

My Fractured Sense of Place

By Ann-Marie Askew

I'M ONE OF 10 OBSIDIANS participating in "Discovering a Sense of Place," a weekly discussion group developed by Portland's Northwest Earth Institute. My discovery is that I have a fractured sense of place.

The eight-week course focuses on exploring our relationship to the Cascadian bioregion. All of us migrated from elsewhere and share an appreciation of the Maritime Northwest, along with a sense of responsibility to preserve and restore our habitat. One of the chapters focuses on how our adopted bioregion fulfills our individual needs. Although others spoke of how their sense of place is totally satisfied by living here, I realized I'm torn. I left part of my heart in San Francisco.

This fractured sense of place hit home dramatically the following week when our assignment was to map a place where we live, work or visit -- a place we know intimately. I decided to focus on my modest house in the southwest hills of Eugene.

THE FIRST INSTRUCTION was to mark an X in the middle of a sheet of paper, indicating our personal sense of place. I drew a small X in the middle of a piece of computer paper; then labeled it with my street address. Only after completing the next instruction -- to draw an arrow indicating north in the upper right hand corner of the paper -- did I realize I'd labeled the X not with the address of the Eugene house I bought more than 10 years ago, but with the address of my former San Francisco house, where I lived for 18 years until 1992!

Aha, I thought, my unconscious is trying to tell me something!

I do truly appreciate my little Eugene house and colorful, unruly garden. I enjoy walking around my hilly, verdant neighborhood and hiking and snow shoeing with Obsidians in the Cascade wilderness. However, I miss living where more people have various skin hues and physical characteristics, where I hear languages other than English on the bus, in shops and on the sidewalk; I miss living in a place where I feel enriched by the ethnic cornucopia.

I'M ALWAYS PUZZLED when Eugene is applauded for its diversity, since more than 90% of us have European ancestors. The only diversity in Eugene I'm able to ascertain is whether we define ourselves as progressive, conservative or anarchist; how we feel about the war in Iraq; and whether we have tattoos and chains or wear Birkenstocks and tie-dye.

Several times a year I drive to the Bay Area to visit my youngest son and my sister. On Highway 80 near Vallejo, when I catch my first sight of San Francisco Bay, I feel a

rush of adrenaline. Mt. Tamalpais, the Golden Gate Bridge and the oh-so-white glistening city beckon to me.

ALTHOUGH I APPRECIATE the relatively short distance to the Cascades from Eugene (and haven't forgotten the Sierras are a five-hour drive from San Francisco), I remember many satisfying day hikes on the trails of Mt. Tamalpais and the Marin Headlands. And I miss having easy access to the ocean I so love -- a mere 15-minute drive from my former San Francisco house to Fort Funston, where over many years my kids and I brought our dogs to romp on the beach and sand dunes.

So what does it mean to have a fractured sense of place? I'm not sure. It doesn't mean I'm unhappy living in the Maritime Northwest. I'm here for various satisfying reasons: to be near my daughter and three grandkids; to live in a house I can afford (no longer possible in San Francisco where the house I sold 13 years ago has tripled in value); and to enjoy a community with amenities like the Obsidians. However, unlike other members of our discussion group, I'm not sure I'll stay here for the rest of my life. The restlessness that brought me to the Northwest might transport me back to the San Francisco Bay Area some day.

Oh, Wilderness How Are You?

AT THE REQUEST of Doug Nelson of the Conservation Committee, two Obsidians had a jolly good time conversing with a broad spectrum of wilderness users and answering questionnaires at a workshop sponsored by Ph.D. candidate Erin Seekemp and Prof. Ed Krumpke of the Department of Conservation Social Sciences in the College of Natural Resources, Univ. of Idaho, Moscow.

Obsidians Jane Hackett and Vi Johnson participated in the workshop held at Lane Community College on May 21. The researchers were looking for information from wilderness users about preferences and opinions on wilderness management as an ever-increasing population uses limited wilderness resources. (Green Lakes/South Sister area received special attention.)

The results of the research are intended to help managers better understand the values, preferences and effectiveness of public involvement in management decisions on wilderness areas in Oregon and Washington. Additional workshops in Oregon were held at community colleges in Bend, Salem and Portland.

-- Vi Johnson

Thank You, Thank You, Thank You

To the following generous donors, for "honoring our past by building for our future."

Donations to the Obsidian Building Fund, May 1 to June 1, 2005

Mt. Pisgah \$1 - \$99	Birgitte B. Williams <i>in gratitude of Gene Thaxton & Bob Dark</i> Diamond Pk \$100 - \$249	Brian Hoyland <i>in gratitude of Obsidian trip leaders</i> Allethe Macdonald David Morgan <i>in memory of Joan Morgan</i> Bill & Margaret Prentice Tina Rain Barbara Schomaker Bobbye Sorrels	Mt Thielsen \$250 - \$499
Anonymous Anonymous Brian & Mary Hamilton Richard Heinzkill Helen Knowlton <i>in memory of Virginia Kapsa</i> Royal Murdock Ginny Reich	John D. Agnew Gayle Berge <i>in honor of Bob Devine</i> Shirley R. Cameron Garry Degulis Bep Fontana		Anonymous <i>in memory of Wilma Moore</i> Richard & Mary Bentsen Ray & Jean Jensen Mt. Jefferson \$500 - \$999 Leona Devine Craig Renkert

Fundraising Focus

AS OF JUNE 1, we reached our Phase 1 fund raising goal of \$50,000; with 161 of our members donating to our "Honoring Our Past by Building for Our Future" campaign. Additional member donations are encouraged, so that we may put some second phase goals within reach. Ed Lichtenstein has been talking to local outdoor businesses to explore their willingness to donate.

Preconstruction design work is wrapping up with WBSG architects planning to submit drawings to the city on June 10 in order to obtain our building permit. Construction is currently anticipated to begin in early July. We are working with our contractor, 2G Construction, to define the work items that Obsidian volunteers may do. We need volunteers of varied skills and with varied time commitments to help us build the entry addition and lodge improvements.

So if you have yet to donate or you want to get on the volunteer team please see the form below for details.

Honoring Our Past by Building for Our Future

Contributions Welcome

Count me in! Here is my check to help renovate the Lodge and insure that future members continue to enjoy this vital structure.

This gift is in Memory, Honor or Gratitude

of: _____

Donor Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Donors are recognized by donor level in the Bulletin and on a donor wall at the Lodge. Please indicate the name you prefer we use when we recognize your gift:

Name _____

Mail to:

Checks should be payable to: **Obsidian Lodge Fund
Obsidians, Inc. – Lodge Fund
P.O. Box 51424, Eugene, OR 97405**

Volunteers Needed

We are recruiting volunteers to be a part of the renovation and expansion work at the lodge. There will be jobs for all skill levels and time commitments. Tell us how you can volunteer:

Fill in name, address and phone in opposite column

Hours available (generally): _____

Skills: _____

Call or email:

Lana Lindstrom

683-1409

lane_lindstrom@hotmail.com

Joella Ewing

344-9197

joella23@juno.com

or

Mail to:

**Obsidian Lodge Volunteer
P.O. Box 51424, Eugene, OR 97405**

New Knees News

Continued from Page 1

ICU -- I feel okay, but can't get warm...took a long time before I got to my room late in the day.

DAY 1 -- They have me on my feet, walking to the wall, to the bathroom with a walker. In bed, I spend a lot of hours in a machine that keeps my knees moving, with ice to help prevent swelling.

Next few days went quickly. I was shortly on oral pain medication and eating my choice of food. Physical therapy began. I was quite motivated and worked hard to follow instructions. I was able to walk with friends to the visiting room, using my walker.

DAY 4 -- Moved to rehab. Instructions were I needed "help 24/7" for two weeks. Rehab was a good option. They had fantastic therapists and I continued on the motion machine to assist range of motion.

REHAB -- Mostly positive experience, but some snags as well. I arrived on a Friday and couldn't get food of my choice until the dietitian came on Monday. Thank goodness for friends who kept me stocked with apples, carrot sticks and rye crisp to supplement the given menu. After I consulted with the dietitian, I had quite good food. One day, they accidentally served me the regular diet...hot dog on a white bread bun. Fortunately, they found my ordered meal; chicken breast on field greens.

Neighbor Judy came by and found me sitting by the bed trying to figure how to organize my things so I could manage on my own, without calling for help. She declared the furniture arrangement wrong and promptly rearranged the room. I was groaning over getting a shower only twice a week (the following Tuesday would be "my day"). I wanted to wash my hair! Judy took me to the bathroom and washed my hair. Felt wonderful.

THE PHYSICAL THERAPIST cleared me for independent walking, with crutches. She was smart. I think she realized I would not like confinement. And, with "independent" clearance, I could go to the shower on my own. On Tuesday, I nicely told the person who came to help me shower that I had been doing so, myself, every day. Nights were the hardest; just a few hours at a time. And I depended on the pain pill on time; hard when it was late.

SIX NIGHTS IN REHAB -- I needed to get out. More comfortable at night, but it's noisy and I'm ready to get home. Friend Lyn came to get me, earlier than originally planned, and spent the night with me. Although I practiced stairs with my crutches at the rehab center, I set up my downstairs couch as my bed so I only had to use my stairs to take a shower.

Friends Judy, Ann-Marie, Sharon, Margaret, Joyce and neighbors were wonderful in the next few weeks. They bought me groceries, did errands for me, took me to doctor appointments. I really appreciated being left alone most of the time -- to rest and do my exercises -- and, yet, have someone to call if I needed help. I kept my life to the very simplest -- washing dishes after each meal and reusing the same dishes; leaving things on the counter to be handy.

My neighbor and friend, Fran, did my laundry while I was in rehab. At home, I had help to change sheets, take my trash out, put up my Christmas lights. When I went outside for a walk, I alerted a neighbor, afraid if I fell I could not get back up. It felt good to have so many people willing to give me a hand. I certainly did not feel alone.

Terrific therapists came three times a week. I was quite good about doing my exercises, two or three times a day. In fact, sometimes I felt like I was doing exercises all day. I borrowed an indoor bicycle, which I began using at two weeks...for just four minutes at first, increasing gradually.

FIVE WEEKS -- *Hurray! I'm driving!* I actually could have begun last week. I was off pain medication and had good control of my legs; but it was Christmastime and I didn't want to "fight" the traffic. At first, I mostly just went to rehab or the grocery. Graduated from crutches to trekking poles at six weeks. No aids, no limping.

NEXT COUPLE OF MONTHS -- Still taking naps; seem to need a lot of rest. Hard to sit very long at a time; need to move around a lot. Easy to see progress from day to day, week to week. Walking a couple of miles. At 12 weeks, I began to bike ride outside -- 20 minutes to begin, on the flat. I was anxious to get back to my old activity level; however, knees have a schedule of their own. When I do too much, I get more swelling, need to use ice and rest more.

FOUR MONTHS -- I have good range of motion, quite livable. Still have inflammation, which causes discomfort going up and down stairs and sitting in chairs. Outpatient therapy decreased from twice a week to once; to every other week; to once a month. Peter was terrific in helping me understand there are no "givens" or rules -- just take a little at a time and back off if the swelling increases.

FOUR TO FIVE MONTHS -- Most discouraging. Progress is not so easy to see. I felt ready to do more than my knees tell me is okay. Range seemed to make no improvement, although according to my diary there was a little increase. Same level of discomfort. Hiked the lower part of Pisgah.

FIVE MONTHS -- Quite suddenly, I was active several days in a row with no adverse consequences. I began to go on the easiest Obsidian hikes with no problems. Have now biked 40 miles with some hills, hiked Pisgah to the top; hiked six miles on Obsidian trips. My range has improved. "Discomfort" level is better than pre-surgery, but still some pain going down stairs and in and out of a chair. No discomfort hiking downhill or walking. Balance is better. I was on a suspension bridge in Cottage Grove when I did Janet's hike and I felt very stable; not like the old "peg legs."

When asked to write up something to share, I was going to wait until I was completely back to my old life. I had visions that at three months I'd be doing everything (yes, I know, a bit unrealistic). But I was in such good shape with high motivation I thought I could do it. Then I thought I should be "there" at four months. I re-read my notebook and found it said it took 6-12 months to get back to vigorous activities. The doctor said there could be improvement up to two years. I'm so happy now to be back hiking and biking with my friends, even if it is the easier options. I feel confident I'll be doing even more as the summer progresses.

Treat Boots with Care And They'll Care for You



By *Kristin Hostetter*
Special to the *Seattle Post-Intelligencer*

ASK HARD-CORE HIKERS and backpackers what their most important and beloved piece of equipment is and chances are the answer will be, "my boots."

That's because comfort starts with your feet. Without good-fitting, supportive and comfortable boots, a trip will quickly become a forced march.



It usually takes some trial and error to find that perfect pair of boots -- your solemate -- and once you do, you'll want to know how to provide maximum TLC to ensure a long happy relationship.

Here are some tips:

NEVER DRY WET BOOTS near a fire or other heat source. I learned this the hard way once with a favorite pair of \$225

Scarpa boots. After a day of river crossings in Wyoming's Wind Rivers, I was desperate for dry feet. I got my boots warmed up and dry thanks to a cozy campfire, but in the meantime they shrank by at least half a size, and I had crater-size blisters on both heels the next day. The best way to dry boots is slow but sure. Remove the insoles and laces. Open the boots up as much as possible for maximum airflow. Insert newspaper or, if you're in the field, try chemical heating packs/hand warmers.

When you reach the car, avoid the temptation to stuff your wet, mucky boots in a plastic bag and slip into a dry pair of sneakers. I did this with the above mentioned Scarpas. Then I forgot about them for a few weeks. When I finally removed them from the bag, those poor boots had been devoured by mold and mildew.

IF YOUR BOOT SOLE starts to delaminate, or peel away from the boot, repair it immediately with Shoo-Goo or a similar product. In the field and goo-less? Just secure the flapping soul with duct tape until you get home. If you wear Norwegian welted boots (the soles are stitched rather than glued to the boot), find a good cobbler to sew them back up.

Condition and waterproof as needed. Depending on the amount of wear they get, your boots will need treating about one to three times a year, or whenever the leather starts to lighten in color and look dry and thirsty. What type of treatment should you use? There are loads of good ones out there, tailored to work with different types of leather and materials. Talk to a knowledgeable salesperson about what type will work best with the boots you have.

WHICHEVER TREATMENT you use, be sure to follow the instructions carefully. Two or three thin coats are better than a single thick, gloppy one. Also, contrary to popular opinion, you should never warm your boots in the oven before treatment -- unless you want the toes to curl up like clown shoes and the glue to melt all over the place.

Avoid using mink oil or any other type of oil that will over-soften most backpacking and hiking boots. (Note: If your intent is to simply soften stiff, unyielding leather, a dab of mink oil may help.)

An outdoors writer for the Seattle Post-Intelligencer, Kristin was Backpacker Magazine's gear editor for seven years and continues to serve as that publication's "Answer Chick," responding to reader inquiries. See:

<http://backpacker.com/experts/expert/0,6794,13,00.html>

Kristin, who recently moved from Portland to Boston, spends most of her time in the outdoors testing gear. She has generously

A Princess And Her Daughter

FORMER BULLETIN editor John Cecil called our attention to a major cover story in the Community Life section of the Bend Bulletin about "admired teacher of outdoor life" Jane Meissner and "her equally famous mother, Virginia Meissner, for whom Meissner Sno-park is dedicated."

John reminds us that Virginia

Meissner was an Obsidian. In fact, she was dubbed "Princess Powder Snow" in 1947. The newspaper feature includes a photo of Virginia taken in 1948 when she won an all-Oregon cross-country ski race. Clearly visible on her shoulder is an Obsidian patch.

VIRGINIA TAUGHT cross-country skiing at Central Oregon Community College for 23 years and was the long-time president of the Central Oregon Nordic Club. She reportedly

knew all the backcountry areas before there were any trails...and she persistently lobbied the Forest Service to "give Nordic skiers a sno-park they could call their own, one that would not allow snowmobiles." She also authored several books about Central Oregon.

Virginia died of cancer in 1988 at the age of 62. Her daughter Jane is keeping up the family tradition of hiking, skiing, teaching and passing the love of the outdoors on to others.

TRIP REPORTS & OTHER ACTIVITIES



Hikes

Sweet Creek Falls

April 17, 2005

Leader: Carol Petty
5 miles, 350 ft. ("A")

IT WAS RAINING heavily as our group met at SEHS to carpool to Sweet Creek Falls outside Mapleton in the Coast Range. This didn't dampen our enthusiasm (particularly as the rain subsided) for one of the most spectacular waterfall hikes. We extended the mileage of this hike to five miles, including three trails offering different views of Sweet Creek and Beaver Creek Falls. We enjoyed a variety of wildflowers -- including bleeding heart, false Solomon's seal, fairy bells, yellow violets, pink fawn lily, yellow monkey flower, trillium, salmon-berry, candy flower and fringe cup. Participants were: Dan Bates, Sachiko Iwasaki (nonmember), Anne McLucas, Carol Petty, Margaret Prentice, Barb and Tom Revere and Sam Tracer.

Autzen-Knickbocker Bridges

April 28, 2005

Leader: Margot Fetz
("A")

SIX OF US met and five of us learned a great deal from Rick Ahrens, Obsidian and naturalist, on this second river walk. The wildflower display was remarkable and we learned a bit of wildflower lore. Many birds were observable, including a goldfinch, (lesser or American) building a nest and cliff swallows building apartments or condos. We saw Canada geese and goslings on the river islands and solitary ducks swam by us. We walked under the I-5 bridge to observe two herons' nests (two very large baby herons in one). Then back along the canoe canal and through a remnant filbert grove. Participants were members Rick Ahrens, Margo Fetz, Bill and Margaret Prentice, Ginny Reich and nonmember Jean Coberly.

Yachats to Waldport

April 28, 2005

Leader: Birgitte Williams

THE SMALL turnout for this walk made it easy to change plans; so, instead, we explored the rarely exposed splendid tide pools and rock formations south of Seal Rock. Janet called our attention to her first exciting chiton in the wild. We



Barbara Morgan in her waterproof footwear (plastic bags!)

immersed ourselves in the incredible, abundant life "on the rocks" exposed to our explorations, with dry feet at the minus 1.3 low tide. We were all in awe of the wonder of this patient life force and form while the ocean cascaded over the rocks further out. Had we walked our planned trip we would have encountered the many razor clam diggers who were in force. And, as always, I felt so grateful for our good fortune being so close to so much beauty, sharing with friends and hikers: Yuan Hopkins, Janet Jacobsen, Sandra Larsen, Barbara Morgan and Birgitte B. Williams.

Sweet Creek Falls

April 30, 2005

Leader: Ann-Marie Askew
3 miles, 350 ft. ("A")

ALTHOUGH ONLY Pat Bitner showed up for this trip, the two of us enjoyed getting acquainted and sharing memories of our former California lives hiking on Mt. Tamalpais in Marin County. Three carloads of students on a field trip arrived at the trailhead just before us, but we got a head start in the light drizzle that shortly subsided. Innumerable skink waddled across the trail as we cautiously gave them the right-of-way, hoping the teenagers would do the same! As always, the cascading falls and wildflowers were glorious. Before driving back to Eugene, we stopped at Alphabits for refreshment

Mt June - Hardesty Mountain

May 1, 2005

Leader: Craig Renkert
9.6 miles, 2,100 ft. ("B")

AS WE ARRIVED at the Mt June trailhead the overnight fog was lifting and eight hikers headed for Mt June, stripping off excess clothing on the way or at the summit. Clouds and fog obscured the views, but made for an interesting show as they slowly revealed and then hid the foothills. From the summit we could see the Sawtooth and the ridge leading to Hardesty Mountain. On our way to Hardesty Mountain we kept looking for wild flowers, but only saw a few; apparently we arrived too early to see the kaleidoscope of color that nature's paintbrush has to offer. Several trails come up from other valleys to join the ridge trail, making it easy to get off route if one does not watch where one is going. The ridge trail is a rolling forested trail with steep up and down sections separated by more gradual grades, making the elevation gain on the hike back almost as much as the hike out. We found the trail littered with many fallen branches and a few trees from the winter storms. As we approached the summit of Hardesty it began to rain. After a quick bite of lunch we headed back across the ridge trail to the cars, quickening our pace as we neared the cars and the intensity of the rain in-

creased. Even this short hike (9.6 miles, five and a half hours) reinforced the importance of wearing appropriate clothing. Cotton is rotten. The hikers were: members LaRee Beckley, Ken Horton, Daphne James, Nancy Whitfield, Ron Wood and Craig Renkert; nonmembers Claudia Arias and Linn Cooper.

Larison Creek

May 5, 2005

Leaders: Margaret Prentice/Helen Martz (Helen reporting)
6 miles, 200 ft. ("B")

FIVE HARDY souls -- Max Brown, Walt Jacobson (non-member) Ellie Maliner, Helen Martz and Margaret Prentice -- ignored the weather forecast for rain and enjoyed a dry hike amidst an array of wildflowers along the trail. Especially gorgeous were the dogwoods in full bloom reaching for the sun between the evergreens. Margaret selected a perfect lunch spot near a quiet pool fed by a small water chute. Her new van accommodated all of us in comfort.

Pamelia Lake/Mt. Jefferson Wilderness ("B")

May 7, 2005

Leader: J. Scott Hovis

PAMELIA LAKE'S elevation is relatively low at just under 4,000 feet. This allows you in May to get in early before the crowds come. If you plan to hike anytime from Labor Day to October 31st, you will need a permit from the Detroit Ranger Station. The south side of the lake is where the views of Mt. Jefferson are. It's fun to bushwhack around the lake. The east end is muddy and has a lot of slippery logs, but it is very doable. A walking stick is helpful. Frogs provided music for lunch. There is still construction on several Hwy. 22 bridges. Hikers: Ann-Marie Askew, Walt Dolliver, Yuan Hopkins and J. Scott Hovis.

Little North Santiam

May 10, 2005

Leader: Dan Christensen
9 miles, 900 feet ("B")

ON A RAINY TUESDAY morning, four intrepid "water dogs" set off for North Santiam. The leader explained to the other dogs that since we were traveling 70 miles north, it would not be raining

nearly as much as in Eugene. In addition, the old growth forest canopy would shelter us. We agreed, since one local weather forecaster stated this would be the last cold and rainy day until October, we didn't want to miss out on such an opportunity. It's about a two-hour drive on paved roads, except for the last ¼ mile to the trailhead.

The trail begins above and away from the river, but one quickly hikes through a forest plantation and drops down to the river level. The remainder of the hike is in old growth forest of Douglas fir and hemlock, with some cedar and madrone, plus a few yew trees along the way. The trail alternates between being alongside the river, high above the river and then out of sight of the river in some sections. A ridge bisects the trail prior to the midpoint, requiring a 500' climb up one side and 400' rather steeply down the far side. The trail is well maintained with solidly constructed bridges over all side streams. During the rainy season a fair amount of water is present on the trail. Hiking time for this in/out hike is about five hours.

The beautiful North Santiam River is the reason for making this hike. Since the river is running high this time of year, the numerous waterfalls are in full force. The triple falls cascading off of Henline Mountain were especially beautiful. In addition to the falls, the river offers rapids, small canyons and beautiful green water pools found only in the North Santiam/Opal Creek drainage in the Western Cascades. It is simply a spectacularly scenic river, especially during the rainy season. Although we arrived back at the car somewhat wet at about 4 p.m., all dogs agreed the weather did not affect our enjoyment of the hiking experience. We arrived back in Eugene about 6 at the end of a very satisfying 10-hour day. Participants: Dan Christensen, Sandra Larsen, Jim Duncan and Janet Jacobsen.

Brice Creek

May 8, 2005

Leader: Lynda Christiansen
5.5. miles, ("B")

Mother's Day and six of us left SEHS under gray sky with the weather forecast promising worse to come. Brice Creek trail was new to all but the leader and there was much delight in the lushness of the old growth forest and, thanks to the recent rain, the brisk flow of the creek

and Trestle Creek waterfall. Only a few trillium remained in bloom. Calypso lilies were still to be seen, as well as white iris. At the trailhead, there is some poison oak to avoid. The threatened rain indeed arrived, but not until we were within a few hundred yards of the car, so failed to dampen our spirits. Hikers: nonmembers Sheila Carter, Emese Foss, Ellen Sather and Myrna Seifert; members Martha Welches and Lynda Christiansen.

Larison Creek

May 14, 2005

Co-Leaders: Karla Rusow/Judith Terry
6 miles, 200 feet ("B")

TRIP DAY was overcast, but not raining, as we met at 9 a.m. at LCC and headed to Larison Creek. All the participants were Obsidians, so we organized quickly and headed up the trail. Several species of wildflowers were noted -- cat's ears, false soloman seal, strawberry blossoms and wild white iris. Unfortunately, the trilliums and red currant were bloomed out. Everyone hopefully avoided the patches of poison oak. Our lunch spot was reached and we did a bit of bushwhacking to the rock outcrop overlooking a pool. We then headed back and re-gathered at the trailhead about 2 p.m. Hikers included Ann-Marie Askew, Danny Baihuber, Barbara Bruns, Marshall Kandell, Joanne Ledet, Ginny Reich, Karla Rusow, Guy Strahon, Jeanne and Denny Schmidt, Judith Terry and Martha Welches.

Mt. Pisgah Arboretum

May 14, 2005

Leader: Marc Hansen

THE LEADER'S primary objective on this hike was to acquaint the participants with an overview of the arboretum in general and the extensive restoration work on the flood plain lying off the south toe of the mountain. So we trekked up Canyon Creek to Zigzag, to plateau, down south boundary to Quarry Road, to the quarry, out onto the floodplain, back to the water garden and then back on the Tom McCall Trail to the parking lot. Objective accomplished. Hikers: David and Shelly Call, Marc Hansen, Bonnie Richman and nonmember Bonnie Romane.

Clear Lake/waterfall Loop

May 15, 2005

Leader: Sandra Larsen

8.7 miles, 600 feet ("B")

WE HAD 11 people for our hike but one person succumbed to the call of the mushroom group gathered at the parking lot. Our hike had a mixture of weather -- rain, drizzle, misty fog and sunshine while we ate lunch. We were treated to calypso orchids and trillium. As we hiked around Clear Lake we saw one bald eagle, osprey and two teals. This lush, watery hike was a first time for some of our group. This time of year is one of the best to see the most water at Sahalie and Koosah Falls and what a spectacular sight they were. We returned to our cars at Sahalie Falls parking lot, where it isn't necessary to have a N.W. Forest Permit. Hikers: nonmembers Keith Christensen and Laurie Reed; members Danielle Delaby, Walt Dolliver, Sandra Larsen, Helen Martz, Nola Nelson, Tina Rain, Barb Revere and Nancy Whitfield.

Hardesty/Mt. June

May 15, 2005

Leader: George Jobanek

18 miles, 6,100 feet ("C")

WE STARTED OUT on intending to do this hike as posted, from the Hwy. 58 trailhead to Hardesty Mt., then along the Sawtooth trail to the top of Mt. June and back, 18 miles all told. However, as there was just the two of us, one with pressing homework issues, and it began raining heavily, we aborted this trip after reaching Hardesty, making instead a hike of about 10 miles round trip, and a respectable 3,200' elevation gain.

The lower portion of the trail was mudlicious and puddle-wonderful, to crib some lines from ee cummings. This was attractive to rough-skinned newts: we counted some 30 on the trail. What a gentle, beautiful, wonderful little animal! (Though, for another apocalyptic perspective, read Karek Capek's *Chez classic, War With The Newts.*) We also heard a pileated woodpecker (but alas, not seen), winter wrens, red-breasted nuthatches, varied thrushes, dark-eyed juncos, black-throated gray and hermit warblers, band-tailed pigeon, golden-crowned kinglets and chestnut-backed chickadees. As when I scouted this trip in April (when most of the higher elevation portion of the trail was under snow),

blue grouse boomed their love songs -- the deep sound, almost more felt than heard, reverberating through the woods. Many flowers were in bloom, with large areas covered in trillium, vanilla leaf, wood sorrel, calypso orchid and deer lily.

Most people hike to Hardesty by shorter trails but I like this climb from Hwy. 58. It is a strenuous workout, a goodly length, especially when you continue on the Sawtooth trail to the top of Mt. June. Making this shorter than advertised hike to Hardesty (sans Mt. June) were Andy and George Jobanek.

McKenzie Watershed ("A")

May 14, 2005

Leader: Peter Graham

IN THIS OUTING emanating from the H. J. Andrews Forest Research Center we used our brains more than our feet. As guest of the U.S. Forest Service, we learned a great deal about present day forest management practices from an experienced forester and a field biologist. It was very informative and somehow comforting to know that there appears to much thought, science and energy directed towards mitigating the effects of logging in our national forests, at least locally. Visiting various previously logged sites, we were able to view first hand, the positive (?) results of alternative strategies to clear cuts. Let's hope the wildlife agree as well. Privileged students on this non-hike were: Max Brown, Kitson and Peter Graham.

Kentucky Falls

May 18, 2005

Leader: Barb Revere (for Larry Dunlap)

4.4 miles, 800 feet ("A")

Weak sunlight occasionally washed over the muddy trail, but most of the day was spent under overcast and misting skies. The three falls thundered with recent rainfall and took our breath away with their grandeur. A profusion of Oregon iris, bleeding heart, false lily-of-the-valley and false Solomon seal added to this hike's appeal. Red columbine, oxalis, salmon berry, fawn lily, yellow monkey flower and thimbleberry also dotted the forest floor. At day's end we, and two other small hiking parties, pronounced it a "great day!" Hikers were Tom Adamcyk, Tom, and Barb Revere.

Little N. Santiam River Trail

May 19, 2005

Leader: Gerry Roe

6.5 miles, 850 feet ("B")

THREE OBSIDIANS and two nonmembers braved the rain to enjoy the roaring Little North Santiam River, old growth forest, lush ferns and foliage, scattered rhodies, few birds and a forked horn deer in velvet. The many streams joining the river were overflowing with the recent heavy rains.

Our lunch stop view was cascading triple falls across the river. We finished the 4 1/2 mile hike to drive down to the river on the opposite side to see the three emerald green pools connected by waterfalls. The final highlight of this outing was the one mile walk into Henline falls.



Henline Falls – Little N. Santiam

Wow, what a spectacular sight!! Well worth the effort. This is a hike that could be done year round and enjoyed each time.

Thanks to Wayne Deeter for bringing up the group from Eugene. Obsidians were Wayne Deeter, Peter Graham and Gerry Roe. Joining us were Robin Cochran and Paul Phillips.

Mt. Pisgah ("B")

May 23, 2005

Leader: Ruth Romoser

IT WAS A BEAUTIFUL sunny evening as prospective member Linda Johnston and I hiked Mt. Pisgah. The view was gorgeous and the fields were green. Linda's first qualifying hike happened to be a great scenic hike.



Bike Trips

West Eugene Wetlands

April 26, 2005

Leader: Ann Montgomery

12 miles ("A")

MARIAN WEST, Marilyn Kerins and I met on this cool, cloudy Tuesday morning for a bicycling and birding trip through the West Eugene Wetlands. Among the birds we saw were long-billed dowitchers, cinnamon teals, green-winged teals, shovelers, meadow larks, killdeer, great egrets, great blue herons, kestrels, turkey vultures, olive-backed goldfinches, Canadian geese, barn swallows, violet-green swallows, northern flickers, scrub jays, song swallows and the ubiquitous red-winged blackbirds. Thanks to Marian and Marilyn for joining me on one of my favorite combination activities.

Buffalo Ranch

May 4, 2005

Leader: Larry Dunlap

20 miles ("A")

WHAT A GREAT experience it was to see huge buffalo up close and watch their newborn calves frolicking in the pasture. The occasional showers didn't dampen our enthusiasm for this 22-mile RT bike ride out the Amazon Path to Fir Butte Road where Don Schroeder's 120 acre "Bisontennial Ranch" is located. His foreman gave us a personal tour of the facilities and drove us out in an ATV for a close view of the 101 head that roam the ranch's heavily fenced pastures. We saw calves only hours old that alternately nursed and hid behind their mothers. Later, at lunch, we got to sample homemade buffalo jerky. It was delicious! Joan Bradley, Peter Graham and I learned a lot about these magnificent beasts that were so important to the Native Americans and have now become a "healthy meat" once again. It was a most interesting way to spend the day.

McKenzie View Drive

May 14, 2005

Leader: Larry Dunlap

40 miles ("B")

IT WAS A FINE DAY for a bike ride, greeted with enthusiasm and energy by

the three participants. McKenzie View Drive is a lovely, rural, pastoral scene as it follows the river along scattered houses and farms. We extended the trip to include Sunderman Drive, as well; then took a meandering course through Springfield to return to Alton Baker Park. A special event during the day was watching a raven fly off unsteadily with a freshly captured, writhing, foot and a half long garter snake. In terms of avionics and gastronomics, it appeared to be a very optimistic capture. Total distance today was 40 miles, just enough to leave a transient impression on one's buttock's without any persisting damage. Thanks to Lana Lindstrom and Richard Hughes for being such excellent company.

Weyerhaeuser Road

May 21, 2005

Richard Hughes

20 miles, 200 feet ("A")

ON A CLOUDY, cool, dry Saturday morning, 13 brave souls arrived at Albertson's in Springfield with their bikes. It was a welcome relief from the past weeks of being sequestered indoors. Safety being stressed by the leader, we then rode off in search of Weyerhaeuser road via Hills Creek Road and returned. Riders, all of whom wore helmets, were: members John Agnew, Joan Bradley, Barbara Bruns, Kitson Graham, Richard Hughes, Lana Lindstrom, Penny McAvoy, Judy Terry and Marian West; and nonmembers Nancy Diaz, Pete Ferrero, Fran Reimer and Virginia Rice.



Climbs

Smith Rock State Park

May 14-15, 2005

Leader: Doug Nelson

THIS IS THE FOURTH year I have had the pleasure of leading a rock-climbing trip to Smith Rock State Park. We had a big group of 13 enthusiastic climbers. We spent day one on Rope-De-Dope Block; a fine place for a group of climbers of various skill levels to test them and learn new skills. I think we all got enough climbing in for one day on Saturday.

We camped again at Steelhead Falls, enjoying the scenery and the quiet, and

watching the gathering clouds. Lightning was dancing in the sky by the time we retired to tents and the backs of cars. The tents were pretty wet by morning, along with the rest of the landscape. Intermittent showers and drizzle convinced us breakfast at the local "greasy spoon" was a better choice than rock climbing. After consuming plenty of calories we went our separate ways, most back to Eugene. A couple of hardy hikers joined me for a quick hike up Misery Ridge to enjoy at least looking at the rock! So the weekend climb was reduced to one day. So far, we are at 50% for getting in the second day of climbing. Still, I had a fine time and hope the group enjoyed the climbing and company as much as I did.

Thanks to all, with special thanks to Maryanne Reiter and Wayne Deeter for all the help. Climbers were: Bob Burnett, Wayne Deeter (asst. leader), Larry Huff, Elizabeth Lamb, Virgil Lamb, Doug McCarty, Juli McGlinsky, Maryanne Reiter, Matt Rodrigues, Steve Stuckmeyer, Stephen and Suzi Swinehart and Doug Nelson.



Bus Trips

Oregon City Historic Homes

April 20, 2005

Leaders: Mary Ellen West and Liz Reanier

THE BUS TRIP to Oregon City was a step back in time to early Oregon. The McLoughlin House was the family home of John McLoughlin, known as the "Father of Oregon." He was the chief factor of the Hudson Bay Company from 1824 to 1845 at Fort Vancouver. The Ermatinger house was built in 1845 and is the location of the coin toss to decide whether Portland would be named Portland or Boston. The Stevens-Crawford house dates from 1905, but the family is from Hudson Bay Company days. Lunch at the Ermatinger House was served in the spirit of 1865. Early clothing was featured in the early houses the group visited. The Museum of the Oregon Trail End is up the hill from Willamette Falls and has displays of early Oregon, Indian trading goods, clothing, pharmacy and a super view of Willamette Falls. We traveled rural Oregon on our return trip past

the Wooden Shoe Tulip Farm. Participants in the trip were (asterisks indicate nonmembers): Ewart Baldwin, Ben Kirk, Mary Bentsen, Gloria Layden, Richard Bentsen, Dode Leppmann, Pat Bitner, Marilyn Lynch*, Ann Bullock*, Joyce Mixer, Shirley Boiles*, Barbara Payne, Mary Lee Cheadle, Don Payne, Kent Christoferson, Marjorie Crueger*, Pat Dark, Margaret Fea, Lindsay Pierce*, Rachelle Fiszman, Liz Reanier, Dora Harris, Karen Seidel, Nancy Hitchcock*, Rachael Smith*, Janet Jacobson, Jean Jensen, Ray Jensen, Nan Smith, Janet Speelman, Richard Speelman, Julie Snell*, Bobbye Sorrels, Mary Ellen West and Vera Woolley.

Birds Around Eugene

May 12, 2005

Leader: Rick Ahrens

Reporter: Ray Jensen

RICK AHRENS- expert birder and possessor of extraordinary eyesight, keen hearing and a powerful telescope -- identified

some 50 species of birds. First, to the Delta Ponds, where a bald eagle in flight greeted us. Lots of action in the early morning and several turtles were warming themselves in the sunshine. Rick's explanation of the restoration work was very informative. Our community can be proud of the progress being made on this project. On to the West Eugene wetlands (another work in progress) for our coffee break (shade grown coffee) at Meadowlark Prairie. Then, on to the end of Royal Avenue, which is an excellent location for bird sighting.

Next, to Alton Baker Park for lunch. We saw lots of ducks, geese and people enjoying a perfect spring day. The final stop was at Cascades Raptor Center, where Louise Shimmel and volunteers displayed hawks, raptors, a northern spotted owl and an 8-week-old great horned owl. The baby had grown his wing feathers, but the rest of his body was still covered by soft baby down. He was playfully chewing on his handler's fingers. A turkey vulture was also dis-

played and it spread its wings to sunbathe in the warm afternoon sun. We also toured the many bird pens. Director Shimmel also told us that they are watching the incubation of a bald eagle egg. Driver Glenn Patton returned us to Shopko at 5 p.m.

In the News

THE 2005 EDITION of the Register-Guard's Discovery Magazine, which offers a recreation guide to Lane County, from the coast to the Cascades, was published in May and included a wealth of outdoors information. Also featured were articles by Obsidian members Chris Cunningham ("Sample a Slice of the Pacific Crest Trail") with quotes by other club members; and Pete Peterson, who expanded on his recent Bulletin feature about meeting bears on the trail by adding cougars to the mix.

Attracting New Members

By Janet Jacobsen & Mary Croson

IN OUR ONGOING EFFORTS to attract new Obsidians, we recently met to review and evaluate what the Publicity Committee (which Mary chairs) is doing to promote our trip schedules in the community and to explore new ideas.

The schedule is already available in the Register-Guard, Eugene Weekly and on the Website. It is posted on the Y and REI bulletin boards. Are there other bulletin boards where the schedule and website could be posted? A bookmark and a business card highlighting the club and the website is being developed for distribution at REI and other venues.

WHEN ONE OF OUR newest members was asked how she found out about our club, she replied, "The website and the trip sampler." She indicated the trip sampler helped her decide if she wanted to go on the trip. Another new member said she had the impression the club was just for young people until she visited our booth at the Eugene Celebration.

One of the best ways to promote the club is word of mouth. Members could help by "raving" to potential adventure seekers. Direct them to the website. Tell them how easy it is to sign up for a trip at the Y. Encourage them to call the leader of the trip. For those who say the club is too big, please consider that new members bring enthusiasm, new ideas and energy. New leaders are always needed.

THIS STATEMENT from our mission: "to encourage our citizens to enjoy the outdoors and to see its value as a community asset" is a reminder of why we need nonmembers on our trips. For leaders, it is most rewarding to share a beautiful trail and experiences with both members and nonmembers. People are grateful for the opportunity to "find pleasure on mountain, forest and stream."

If anyone is interested in working with Mary on the publicity committee, give her a call at her cell phone 221-1866 or e-mail at mcroson@head-start.lane.or.us.

Bulletin Classifieds

Help Wanted:

Staff writers, researchers and desktop publishing wizards. No pay, but we're an equal opportunity employer! Contact the Publications Committee at: bulletin@obsidians.org.

Likes to Go Camping

2001 VW Eurovan camper. Fully equipped. Low mileage. Excellent condition. Call Ann Bonine 345-2095.

Obsidian Goodies

T-shirts \$10.00 (no matter design or size), sweatshirt \$15.00, cap \$15.00, mug or tumbler \$10.00, whistle \$3.00. Contact: Laurie - 206-2303 or funkhouser@callatg.com

Note: There is no charge for placement of Obsidian Bulletin Classified ads; however, only members can place ads and preference will be given to ads that relate to the club's mission and our members' outdoor activity interests.

UPCOMING

Janet's Sampler

JANET JACOBSEN has taken a glance at the upcoming month's trips and selected a few for special mention. If you are leading a hike and would like her to know why you think it will offer something special, call her or email her at bulletin@obsidians.org.

Friday, June 17 -- Cone Peak ("C") -- A 7.5 mile hike led by John Jacobsen. The trip includes Iron Mountain and a side trip to Cone Peak, 5,646'. Wildflowers and views are a plus for this trip in Santiam Foothills.

Saturday, June 18 -- Dog Mountain ("C") -- A 7 mile hike led by Buzz Blumm. The views of the Columbia River are spectacular after steady 2,700' hike uphill to Dog Mountain. It is worth the long drive and hard work.

Saturday, June 18 -- Goodman Creek ("A") -- A 4 mile hike led by Chris Cunningham. After a 30 minute drive up Highway 58 to the trailhead, the trail starts in Douglas fir and includes a little waterfall.

Saturday, June 18 -- Mt Pisgah ("B") -- A nearby 4 mile hike led by Mark Hansen. A must for anyone who lives in the area.

Saturday, June 18 -- Sahallie Falls

Loop ("B") -- 8.5 mile hike led by Danielle Delaby. A classic, most impressive McKenzie River hike with the waterfalls and old-growth forest.

Saturday, June 18 -- Salt Creek Falls ("A") -- This 3.8 mile hike led by Charles Durham begins at Salt Creek Falls and continues to Diamond Creek Falls. This scenic hike was featured in the Register-Guard in May.

Saturday, June 18 -- Tahkenitch Dunes ("B") -- 6.5 mile hike led by Mary Croson through the forest, on the beach and in the dunes.

Saturday, June 18 -- Sawtooth Mountain ("B") -- 9.7 mile hike in the Diamond Peak Wilderness led by Larry Huff (not to be confused with Sawtooth Trail near Mt. June).

Sunday, June 19 -- Crack-in-the-Ground ("B") -- Led by Bob Huntley, who learned how to lead this hike from Curtis Irish. It involves history, some off trail hiking and a bit of adventure trying to find it.

Sunday, June 19 -- Aufderheide Drive ("B") -- 30 mile bike ride led by Richard Hughes. This is a beautiful drive that one can truly appreciate on a bicycle.

Wednesday, June 22 -- Patterson Mountain ("B") -- 6 mile hike led by Melody Clarkson. This is a newly fea-

tured hike in Bill Sullivan's latest Central Oregon Cascade book. Rhododendrons should be in bloom. As of May 8th, the Lone Wolf Shelter looked as if it will be finished soon.

Sunday, June 26 -- Rebel Rock Loop ("C") -- 14 mile hike led by Larry Huff. Ed Lovegren led this death march for many years. Larry is continuing the tradition. It has 3,330 foot elevation gain. It gives you a lot of prestige to say you completed this hike.

Sunday, June 26 -- Browder Ridge ("B") 8.4 mile hike led by Brian Hamilton. Brian volunteered to lead this popular wildflower hike when it was pointed out in the April Bulletin that it was not on the schedule. Brian said it is one of his favorite places to hike.

Thursday, July 7 -- Greenway Bridge—DeFazio Bridge ("A") -- A nature walk led by Margo Fetz, whose trips feature a guide and lots of information.

Saturday, July 16 -- Battle Ax ("B") -- 5.6 mile hike led by Bob Huntley. Located near Detroit, this loop hike gains 1,600 ft. to the highest point in the Bull of the Woods. It has not been on our trip schedule for some time.

Rise to New Heights

THERE ARE STILL a few openings for the Spencer Butte Challenge Course on Sunday, June 26th. The course is designed to build self-confidence and to learn to work with a group to achieve more than you could do individually. Activities include both physical and mental challenges -- some on the ground and some in the trees. You choose the level of participation that's right for you.

An example of a fun activity: You're lying on your back, stiff as a board, in the arms of your teammates. They're passing you through the giant rope spider web *very carefully* so your body doesn't touch any of the tenuous strands. It's a challenge to figure out how each person will go through the web; who will go first, who will step

through the low holes and who will be guided through the higher ones.

It will be a fun day -- experimenting, problem solving and just playing in a beautiful setting. Participants should bring a lunch (high energy snacks and water will be provided) and an adventurous spirit. Cost is \$55 for Obsidians; \$59 for nonmembers.

To reserve your spot, send a check payable to **Obsidians** to Lana Lindstrom (683-1409), P.O. Box 5506, Eugene, OR 97405.



Events at Mt. Pisgah Arboretum

For information and/or reservations on any of the following events, call: 747-1504. References to member and nonmember fees refer to arboretum membership, not Ob-sidian membership.

Guided Arboretum Walks

SINGLES HIKE: Saturday, June 18, Noon-2:30 p.m. Discover the less traveled areas of Mount Pisgah with Tom LoCascio, arboretum site manager of 23 years. Hike to the southeast plateau and then head to the southwest part of the park. Walk, talk and learn about Mount Pisgah. Bring water and a snack and wear sturdy shoes for this vigorous hike. Suggested donation, \$4. Meet at the visitor center, rain or shine.

ALL ABOUT THE NATURAL WORLD: Saturday, June 25, 10 a.m. – Noon. Harold Schyberg, nature guide extraordinaire, leads young and old alike on an exploration of plants, animals, habitats and history of the arboretum. Meet at visitor center, rain or shine.

PLANTS OF MOUNT PISGAH: Sunday, July 10, 1-4 p.m. See what's happening in the plant world of the arboretum with botanist David Wagner. Hike the trails through a variety of habitats and discover which plants are blooming during these hot summer months. Meet at visitor center, rain or shine.

Special Events

SUMMER SOLSTICE NATURE READINGS: Tuesday, June 21, 7-8:30 p.m. Celebrate the solstice by sharing readings from your favorite authors and poets under a canopy of Oregon white oaks. Take in the beauty of the natural world around you while you listen to the eloquent words of those who said it best. Participants are encouraged to bring their own writings, or works by their favorite nature writers. The celebration will be outside. Drinks and snacks will be provided. In case of rain, MPA's cozy visitor center will provide shelter! Suggested donation: \$2.

STAR PARTY! Friday, July 15, 7:30-10 p.m. Join members of the Eugene Astronomical Society for star-gazing. Start the event with a slideshow and presentation in our new White Oak Pavilion; then head out to explore the skies with expert stargazers. Participants can observe as Jupiter disappears behind the moon! The event features telescopes of all sizes and something for all ages to learn and enjoy. Bring a flashlight covered with red cellophane or a brown paper bag. Suggested donation, \$3 per person/\$6 per family.

Correction

In the April Bulletin, it was noted that half-price Mt. Pisgah season passes were available to those over 62 with Golden Age Passports for \$10 only at Lane County Park HQ. Barbara Schomaker checked it out and learned that the passes were also available at REI.

Calendar

June

- 17 Fri – **Cone Peak**, 7.5m 1576' C, J.Jacobsen (343-8030)
- 18 Sat – **Dog Mountain**, 7m 2900' C, B.Blumm (343-8830)
- 18 Sat – **Goodman Creek**, 4m 300' A, C.Cunningham (344-0486)
- 18 Sat – **Mt. Pisgah**, 4m 1000' B, M.Hansen (343-5114)
- 18 Sat – **Sahalie Lp & Clear Lk Lp**, 8.5m 600' B, D.Delaby (688-4978)
- 18 Sat – **Salt Creek Falls**, 3.8m 400' A, C.Durham (687-0885)
- 18 Sat – **Tahkenitch Dunes**, 6.5m 650' B, M.Croson (485-3753)
- 19 Sun – **Adams Mtn Lp**, 11.2m 3000' C, C.Stockdale (767-3668)
- 19 Sun – **Aufderheide Dr**, Bike 30m 800' B, R.Hughes (683-1409)
- 19 Sun – **Crack-in-The-Ground**, B, B.Huntley (687-1823)
- 19 Sun – **Crescent Mountain**, 8m 2200' B, G.Baitinger (344-9345)
- 19 Sun – **Tamolitch Pl to Sahalie Fls**, 7m 800' B, B.Lipton (736-7498)
- 21 Tue – **Clear Lake**, A, M.Kandell (345-8095)
- 22 Wed – **Patterson Mountain**, 6m 1000' B, M.Clarkson (334-6883)
- 22 Wed – **Wildlife Safari 'n more**, Bus, P.Bitner (485-3971)
- 23 Thu – **Lillian Falls**, 4m A, R.Jensen (345-5366)
- 24 Fri – **John Day River--Guy Santiago**, Potluck)
- 25 Sat – **Iron Mountain**, 8m 1800' B, A.Coons (687-9741)
- 25 Sat – **Rebel Rock Loop**, 14m 3300' C, L.Huff (915-9071)
- 25 Sat – **Willamette Valley Loop**, Bike 38m B, S.Ritchie (342-8435)
- 26 Sun – **Browder Ridge**, 6.2m 1550' B, B.Hamilton (343-6550)
- 26 Sun – **Calapooya Div Lp**, Bike 70m 5000' C, W.Deeter (942-0824)
- 26 Sun – **Challenge Crse Spencer Brt**, Workshop, L.Lindstrom (683-1409)
- 26-Jul 2 Sun-Sat – **PCT-McLoughlin to I-5**, Bkpk 50m C, Hansen (747-2529)
- 26 Sun – **Tire Mountain**, 7.6m 800' B, S.Larsen (687-2589)
- 29 Wed – **Eugene Wetlands**, 5m A, K.Riddle (684-4030)
- 29 Wed – **Tidbits Mountain**, 4m 1100' B, B.Kodama (686-3297)
- 30 Thu – **Bohemia Mtn**, 3m 800' A, W.Deeter (942-0824)

July

- 2 Sat – **Camp Creek Road**, Bike 33m B, S.Ritchie (342-8435)
- 2 Sat – **McKenzie Fls - Clear Lk**, 7m 600' B, E.Lichtenstein (683-0688)
- 2-3 Sat-Sun – **Middle Sister**, Climb, M.Slipp (1-503-582-1100)
- 4 Mon – **Eagles Rest**, 5m 1422' B, M.Hansen (343-5114)
- 6-9 Wed-Sat – **Mt. Shasta - Lassen - Redding**, Bus, J.Speelman (344-3019)
- 7 Thu – **Greenway Br-DeFazio Br**, Walk A, M.Fetz (687-0733)
- 7 Thu – **Rock Creek Wilderness**, B, S.Hovis (345-7788)
- 9 Sat – **Cowhorn Mountain**, 9.4m 1900' C, J.Jacobsen (343-8030)
- 9 Sat – **Rosary Lakes**, 7m 800' B, D.Delaby (688-4978)
- 10 Sun – **Canyon Cr Meadows**, 7m 1400' B, A.McLucas (485-5608)
- 10 Sun – **Opal Creek**, 7.1m 200' B, M.Welches (345-2056)
- 13 Wed – **Blair Lake**, 6m 1500' B, M.Clarkson (334-6883)
- 13 Wed – **Clear Lk & Waterfall Lp**, 8.6m B, S.Thomas (747-1623)
- 15 Fri – **Butterflies - Big K Ranch - King Est**, Bus, J.Speelman (344-3019)
- 16 Sat – **Battle Ax**, 5.6m 1600' B, B.Huntley (687-1823)
- 16 Sat – **Diamond View Lake**, 9.7m 1400' B, W.Dolliver (345-2975)
- 16 Sat – **Jefferson Park**, 10.2m 1800' C, J.True (688-2514)
- 16-17 Sat-Sun – **Mt. Thielsen**, Climb, K.Sawyer (344-6739)
- 16-17 Sat-Sun – **North Sister**, Climb, J.Pegg (343-0909)
- 17 Sun – **Erma Bell Lakes**, 4.2m 300' A, B.Revere
- 17 Sun – **Rooster Rock**, 6.6m 2300' B, M.Zavodsky (461-2037)
- 20 Wed – **Lowder Mtn**, 5.6m 900' B, J. & S.Duncan (343-8079)
- 20 Wed – **Mt. Pisgah sunset**, 3m 1000' A, R.Murdock (345-8305)
- 23 Sat – **Chucksney Mountain**, 10m 2000' C, A.Coons (687-9741)
- 23 Sat – **Lowder Mountain**, 5.6m 900' B, D.Jeffcott
- 23-24 Sat-Sun – **Mt. Scott**, 5m 1030' B, J.Pierce (344-1775)
- 23 Sat – **Mt. Washington**, Climb, W.Deeter (942-0824)
- 23 Sat – **Santiam-McKenzie Ps**, 13m 2500' C, B.Blumm (343-8830)
- 23 Sat – **Sawtooth Mountain**, 9.7m 2200' B, L.Huff (915-9071)
- 23-24 Sat-Sun – **S Sister (Youth Climb)**, A&G.Jobanek (343-8547)



How deep did they say this was? Janet Jacobsen testing the waters on the Yachats to Waldport hike. See how Barbara Morgan solved the problem in photo on Page 9.



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