



Issaquah Alps TRAILS CLUB

— EST. 1979 —

Dedicated to engaging the public to preserve, protect, and promote the land, wildlife, and trails of the Issaquah Alps, for present and future generations.

Newsletter of the Issaquah Alps Trails Club

THE ALPINER

April 2020

The Issaquah Alps Trails Club encourages all members to join us in protecting our open spaces by signing the [Save Coal Creek Petition](#). More information about the petition and our ongoing advocacy efforts is available on [our website](#).

On May 5th some public lands will be opening for day use! Check out [this article](#) from the Seattle Times on what will be open and how to stay safe once you do head outside.

Experience the trail from home with this [two-hour virtual hike](#) of the Tradition Lake Loop, complete with the relaxing sounds of nature.

If you are interested in getting involved with the IATC in more ways, please fill out our [volunteer form](#) and let us know what you are interested in.

Upcoming Hikes and Events

In response to the COVID-19 restrictions in the state of Washington, all upcoming hikes have been cancelled.

"Give Big" to Support our Beloved Issaquah Alps

IATC Staff - April 27, 2020



Now, more than ever, we need the great outdoors to safely recreate and nurture our mental and physical wellbeing. For over 40 years citizen activists and volunteers of the Issaquah Alps Trails Club have worked with civic leaders and land managers to preserve and protect our parks, open spaces, and trails. We have much more to do to ensure that our trails and public lands continue to be preserved and maintained. Please consider giving BIG and making a generous [donation](#) in support of our beloved Issaquah Alps!

Mission

The mission of the Issaquah Alps Trails Club is to engage the public to preserve, protect, and promote the land, wildlife, and trails of the Issaquah Alps for present and future generations.

Impact

The IATC has been a voice for the protection of not only trails but the vast open spaces through which they run achieving unprecedented victories with the creation of Cougar Mountain Regional Wildland Park, West Tiger Natural Resources Conservation Area, Tiger Mountain State Forest, creation/expansion of Squak Mountain State Park, Grand Ridge Park, Talus Open Space, Cougar-Squak Connector, and numerous parks, open spaces and county and state forests.

- 125+ miles of trails saved in the Issaquah Alps
- 13,000+ acres preserved on Tiger Mountain
- 5,000 acres protected on Cougar and Squak Mountains
- 80% of 2,223 acres saved from development on Grand Ridge and in Talus

GiveBIG and Help Preserve, Promote and Protect the Issaquah Alps

[Your donation](#) will go straight to the heart of our mission -- advocacy. All funds raised will help citizen activists organize, mobilize, and influence on a broader and deeper level than ever before. Thank you for considering an investment in our trails, wildlands, and parks. Together, we will make a lasting impact on the public lands we all love.

City of Issaquah Celebrates its 50th Earth Day

Hannah Wheeler - April 16, 2020



Since 1970 Earth Day has been celebrated in the United States on April 22nd, and globally celebrated since 1990. Earth Day was founded by U.S. Senator from Wisconsin, Gaylord Nelson, as a way to bring the growing environmental movement into the national political agenda. On that first Earth Day 20 million Americans demonstrated in rallies across the U.S. supporting a healthy sustainable environment. This year marks the 50th anniversary of the first Earth Day, and while we may not be able to gather, there are still many ways you can celebrate!

The City of Issaquah and Earth Day Northwest are asking that we commit our next five actions towards sustainability. Some of their suggestions include planting a garden, picking up trash, buying Green Power from your utility company, or donating to a local environmental non-profit. See their [full list here](#), or visit Earth Day Northwest to join their [#NextFive campaign](#).

Additionally, the City of Issaquah is hosting three online seminars centering around sustainability and the environment. The first one is this Saturday, April 18th on Sustainable Food Gardening. Check it out

[here](#) or visit [City of Issaquah's Earth Day Page](#) for more information on all three seminars. We hope you will join us and the City of Issaquah in celebrating the 50th Anniversary of Earth Day this year in whatever way you can.

IATC Member Story: Denice Carnahan

Maria Sheldon - April 28, 2020



Denice Carnahan

We all choose to hike and experience nature in different ways and for different reasons. Denice Carnahan, a hike leader and board member for the Issaquah Alps Trails Club, hikes to find inner peace. Along with meditation she finds that her time in nature grounds her to the earth and to the planet. Carnahan was born and raised in King Hill, a town south of the Sawtooth Mountains in Idaho. These childhood years in rural Idaho are where she developed her deep respect for nature. Carnahan went on to study at University of Idaho and eventually ended up in the Seattle area working for Boeing. She now lives in Fairwood as an active member of her community.

Carnahan has always had a deep respect for nature, but did not start hiking until the 90s. In 1991 she became a hike leader for the Mountaineers where she found herself exploring some of the most beautiful natural landscapes in western Washington. However, she always felt at home in the Issaquah Alps area which inspired her to start leading hikes for Issaquah Alps Trails Club (IATC) in 2017. Since then she has led hikes all over the Issaquah Alps. A fond memory as a hike leader for IATC happened in January while leading hikes near DeLeo Wall on south Cougar Mountain. DeLeo Wall offers views to South Puget Sound, and provides habitat for many important flora and fauna, such as 80 year-old native trees and Bald Eagles.

In 2018, the owners of the DeLeo Wall property applied for a logging permit which would destroy the native habitat and recreational areas. Carnahan got involved with the Save DeLeo Wall group whose mission is to preserve the DeLeo Wall natural area. The Issaquah Alps Trails Club was formed on the idea of people coming together to preserve, protect, and promote a natural space precious to the ecology and history of the land. Carnahan exemplifies those principles by using her position as a hike leader to bring awareness to the issue. She started leading hikes to show people the beauty of the DeLeo Wall area, and to educate them on the mission of the Save DeLeo Wall group. The first hike was with local residents, but Carnahan decided to reach further by asking local politicians to join the hikes

so they too could discover the beauty of DeLeo Wall. Five local politicians attended a tour led by Carnahan, including Councilman Randy Corman of Renton, and Councilman Tony Ventrella of New Castle. After the successful hike with local politicians, she hosted one more hike with locals. With the help of so many dedicated community members, Save DeLeo wall raised over \$35,000 to cover the full appraisal of the property.



Photo of DeLeo Wall hike participants provided by Denice Carnahan.

Carnahan has years of experience guiding people through some of Washington's most beautiful natural areas, her favorites being Mt. Rainier and the Issaquah Alps. As a twenty-something fond of the outdoors, I asked Carnahan if she has any advice for young enthusiasts and people interested in outdoor recreation or advocacy. She beautifully composed her advice into two parts: practical and inspiring. She advised that those getting started in outdoor recreation should come prepared. It is important to have the ten essentials. It is also important to have the knowledge to make smart and safe decisions on the trail. Carnahan stresses the importance of safety first. You can practice this by taking classes such as a backpacking workshop, wilderness first aid, or an avalanche course (resources and links provided below). She also encourages those who want to get involved with conservation work to connect with an advocacy group that resonates with you. Along with this advice she provided an important reminder, "If you take care of the earth, it will take care of you." This enlightenment is often forgotten: that we are as much dependent on the health of the earth as it is on us. The actions that we choose will be echoed in how the earth provides for us.

Carnahan lives by this credo in her personal life. Her hopes for the future are that we have "pure water, clean air, and organic land." She strives towards this future by advocating for native landscaping in her local Fairwood community and educating people on the importance of a clean and healthy earth for all.

Save DeLeoWall: <https://www.savedeleowall.org/>

Classes and Courses

<https://www.rei.com/events/p/us-wa-seattle>

<https://www.nols.edu/en/coursefinder/courses/wilderness-safety-training-RST/>

<https://www.mountaineers.org/courses>

Resources

<https://www.mountaineers.org/blog/what-are-the-ten-essentials>

<https://Int.org/why/7-principles/>

Opportunity for "Virtual Volunteer"

Hannah Wheeler - April 28, 2020

Newsletter of the Issaquah Alps Trails Club

THE ALPINER

Are you looking for a way to stay engaged with your outdoor community while at home? The Issaquah Alps Trails Club has an exciting volunteer project opportunity for one or two volunteers interested in digital and print communications. While our newsletter "The Alpiner" is primarily digital, we do send out print copies to members who request the newsletter in print form. We are looking for one or two volunteers who are interested in the following:

- Generate PDF version of the Alpiner Newsletter from the email/blog version of the newsletter. Involves manual cut-and-paste from the website blog into MS Word, from which the PDF is generated. About 1 hour of work once a month (right after the email version of the newsletter is sent out). Requires access to a computer with Microsoft Word.
- Printing and mailing the hardcopy Alpiner Newsletter to about 12 members. Most recipients of the newsletter receive a digital copy, but we do send a print version to members who request one. Envelopes and stamps will be provided. About 1 hour of work once a month (right after the email version of the newsletter is sent out and the PDF version has been generated (see task above).

If this sounds like something you are interested in please fill out our [Volunteer Interest Form](#) . Under " **Area of Interest** " please select " **Other** " and write " **Alpiner PDF** " in the available space and provide a brief description of your background and interest in volunteering.

IATC History- Chapter 32 (2012): Club Sets Biker Policy

Doug Simpson - April 24, 2020

January- March: Kiosks Benefit Hikers

DNR's Doug McClelland discussed their plan to improve and expand the trail system with connector trails in the raging River/East Tiger area. "The issue is getting from Preston to those areas," McClelland stated. He was seeking a coalition of cities, King County, user groups and the Greenway to assist in planning and implementing the proposals.

To benefit hikers in the area, new kiosks were being installed. The Mountains to Sound Greenway was installing eight new kiosks at key trailheads. There were north Tiger Mountain (the first to be completed), Rattlesnake Ledges, Mercer Island's Lin Park, Snoqualmie Point, Iron Horse State Park and the center of Cle Elum. They were to include, besides site specific info, electronic information for cell phones and pictures of maps for smart phones. And in Issaquah, small kiosks were planned for the base of the High School Trail, another near Round Lake on the plateau and a third at the East Sunset Way Trailhead.

The Cougar Mountain Regional Wildland Park was able to expand the park's boundaries with two acquisitions-a link in the Precipice area from the east and, on Squak Mountain, the property below Debbie's View on the southwest. Park Manager Niki McBride announced improvements on the Shy Bear Trail and the Licorice Fern Trail in the southeast corner.

Dan Hoch of Washington State Parks pointed out the importance of Discovery Pass sales, which generated nearly \$3 million in just two summer months. "The agency must rely on user fees and donations to maintain parks after the Legislature slashed funding," he said.

IATC and the Issaquah Environmental Council undertook clearing the 41 acres of the Kissel property on Cougar's Precipice area. The trash included homeless encampments and mountains of trash, including cans, bottles and other recyclables. The work clears the way for access to the internal areas of the regional park.

April - June: Club States Biking Policy

At the club's annual meeting, George Potter and Doug Simpson (stepping down as vice-president) were elected as board members. Potter also took on the job as webmaster. The executive board remained the same with Dave Kappler as president, Ken Konigsmark as vice-president for advocacy, Kathleen Petty as treasurer and Cornelia Remy as secretary. It was reported that in 2011 the club held 128 hikes with 985 hikers, for a lower than usual average of 7.6 persons per hike.

IATC formally stated its position on bike trails. Notably, it stated that there should be no new bike trails on Squak and Cougar mountains and that mountain bike trails and hiking trails should be separated. The club did support the plan to improve and add bike trails on Tiger Mountain. It concluded with a strong statement: "Issaquah is an outdoor recreation destination with hiking the largest and strongest component-and should be marketed as such."

July - September: Hike Classifications Changed

IATC's \$1,000 scholarship was given to Harvard-bound Andrea Liu from Skyline High School. Runner-up Blake Knuth, also from Skyline, received \$500 to help with his Yale expenses. Third place for \$250 was a tie with Akash Ramachandran (Issaquah High School) and Skyline's Shirley Chung (USC). See excerpts from their essays at the end of this article.

Trying to alleviate confusion with the hikes' number/letter ratings that delineated hike difficulty and elevation gain, IATC has switched to simply designating hikes as very easy, easy, moderate, strenuous and very strenuous.

President Dave Kappler, serving on DNR's Snoqualmie Corridor Recreation Planning Committee, requested ideas for adding and connecting trails in the Tiger, Rattlesnake and Taylor areas.

Scott Semans stepped down from IATC's Board of Directors after twelve years. Noting his countless hours working on trails, second only to the legendary Bill Longwell, an editorial stated: "The club owes Scott Semans a great deal of gratitude for his enormous contributions over the years."

In his "Hikers Corner," Joe Toynbee discussed the importance of having proper clothing and footwear for area hiking. He concluded, "Don't try to outguess the weather."

October - December: IATC at Leadership Crossroads

The Washington State Parks and Recreation Commission sought \$18 million to sustain operations during the 2013-2015 biennium. Funding for the Commission had fallen from \$94.2 million to just \$17.2 million in the current biennium. Implementation of the Discovery Pass has brought in only half of what was anticipated and besides has expenses of its own to administer.

An editorial pointed out that IATC was at a leadership crossroads after the generation of strong leaders like Harvey Manning, Bill Longwell and Jack Hornung has passed. While Dave Kappler and Ken Konigsmark are holding the club together, there is an urgent call for vigorous new leadership to step up.

George Potter, having missed the Greenway March of 2010, led 93 miles of hikes over eight Sundays in four months, called "Chasing the Snow." It started at Lake Washington and worked its way east towards the mountains and eventually back again. The segments averaged about twelve miles and averaged five participants, none besides Potter for all eight outings.

A Steve Williams essay, "DNR Can Offer Trail Experiences," provides an interesting synthesis of the countless benefits of hiking on the extensive DNR lands.

Ken Konigsmark submitted a letter to Issaquah public leaders stating IATC's position of the development of Tiger Mountain's Park Pointe trails. He enumerated eleven reasons for narrowing the multi-use plans and restricting use to hiking or walking.

IATC had two new hike leaders in 2012: *George Potter* and *Hazel Weissman*.

Following are excerpts from the club's prize-winning essays that illustrate student insights and experiences in the Issaquah Alps. . .

Andrea Liu: "After seeing the natural environments destroyed in China's cities and the steadily encroaching suburbia on the East Coast, I found that I had an immensely greater appreciation for the pristine, tree-covered mountains as well as the miles and miles of lush mountain trails unique to the Pacific Northwest. It's easy to forget just how much of a gift trails like these are, but I know that I will not."

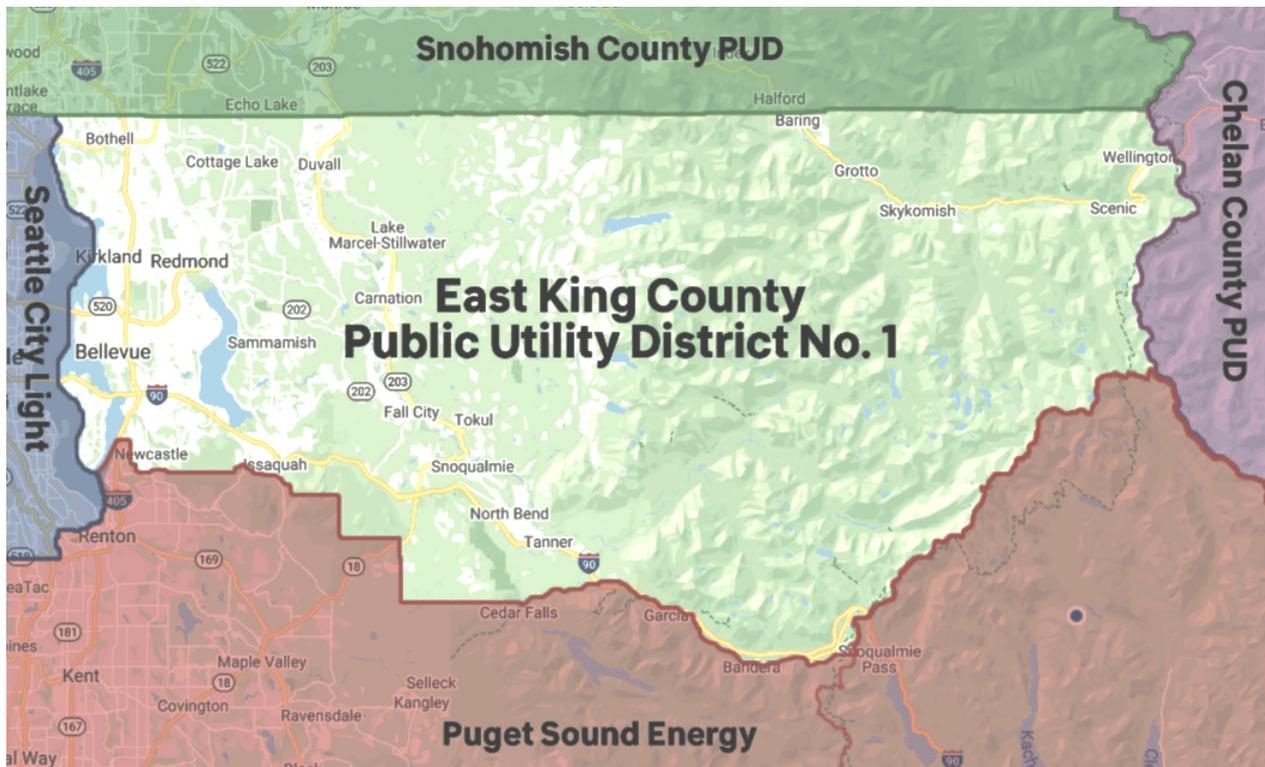
Blake Knuth: "The trails allow me to walk away from the stresses and commotion of my daily life and step into an entirely new world. This gateway to nature and serenity calms and rejuvenates me like nothing else can. While exploring the trails, I also explore myself and embrace introspection. Yet what I value most of all about the Issaquah Alps and their trails is the way they allow me to immerse myself in the environment and perceive the interconnectedness of nature."

Akash Ramachandran: "It is important to comprehend the uniqueness and usefulness of hiking: it provides great bonding time, improves fitness and ultimately provides a picturesque view at the top that makes every step from the bottom and all the exertion worth it."

Shirley Chung: "As Issaquah and the surrounding areas undergo the process of urbanization, the Alps represent an opportunity for people to escape from the bland life associated with suburbia and to connect with nature."

Citizen Activists Work to Create a "Public Utility District" on the Eastside

Hannah Wheeler - April 26, 2020



Looking for a way to reduce our local carbon emissions in a BIG way? You may like to learn about a group of activated citizens working to create a "public utility district" or "PUD" for our electricity on the Eastside of King County. The 1st step to creating a PUD is gathering thousands of hand written signatures to get the initiative on the November Ballot for a vote. As you can imagine, gathering hand written signatures during this time of social distancing has been extra challenging. This motivated group of citizen volunteers behind the campaign has not let this stop them! Barbra Chevalier a dynamo and

concerned Mom is mailing out petitions to be passed around households and close contacts for safe signatures. Petitions can then be mailed back even if they are not filled up! The campaign includes a stamped return envelope, so you don't need to go any farther than your mailbox! Anyone who signs must be a registered voter who lives in the proposed PUD area (Mercer Island to the eastern King County border + northern King County border to Newcastle/North Bend/I-90). 27,000 valid signatures from registered voters in the proposed PUD are needed to qualify. This is not a small feat and help is needed! If it doesn't make the ballot this year we will need to wait until 2022 to try again. You can sign up to get a petition or print one out here <https://ekc-pud.org/sign-the-petition/>

Why go to all of this trouble gathering signatures especially during a pandemic? Unlike most of the electric utilities in Washington State, PSE is a privately-owned for-profit company. This means 10% of their profits go to PSE shareholders, instead of to lowering customer rates. But even more importantly for us nature lovers, PSE has gotten themselves tied up in fossil fuels. In fact 25%-30% of all emissions in the proposed area in East King County come from PSE. We can do better!!!



Learn more about how we can take power over our power and reduce our carbon emissions here <https://ekc-pud.org/> When you look at the map of the proposed area you will notice we have well loved PUD's to our East, West and North! And remember [request a petition](https://ekc-pud.org/sign-the-petition/) if you want to lend a hand!

The Apparatus

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