



## National Trails Day 2004

By Paul Clare

**Be sure to save Saturday, June 5, 2004** on your calendar so you won't miss CTA's annual celebration of National Trails Day. Work will be done on the Bells Mtn. Trail starting from Cold Creek Campground. The Bells Mtn. Trail is a portion of the 30-mile segment being considered by the U.S. Forest Service for National Recreation Trail status.

We meet as a group at the parking area of the Clark Public Utilities Operations Center on 117th Ave. (SR



Past work party busy dressing up the trail.

503) at 8:00 a.m. Here the participants will register, carpool and caravan to the work site at Cold Creek Campground which is about one mile north of the Larch Mtn. Honor Camp.



Past National Trails Day work party on its way to the work site.

Activities will include a hike along the newly completed Bells Mtn. Trail while doing light trail maintenance such as pruning winter growth and roots, cleaning out water bars and culverts, and removing blown down limbs. We will also be using CTA totes (mechanized barrows) to transport gravel which will be spread to dress up approaches to the major bridge near Cedar Creek Falls.

Trail snacks, cold drinks and a late barbecue lunch will satiate our hunger at the Cold Creek Campground. Commemorative tee-shirts will be given to all participants.

This event should be a fun social time while at the same time getting some necessary trail work done.

Be there!

## CTA to Co-Sponsor Mountain Hikes

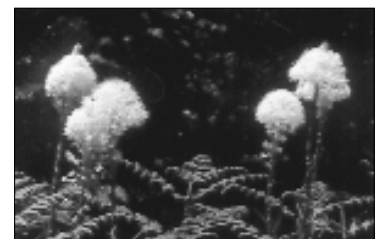
### Silver Star - June 19th

Mark your calendars for a hike to Silver Star Mountain on June 19th. CTA is co-sponsoring the hikes with Friends of the

Columbia Gorge as part of the "Hike the Gorge" weekend.

Silver Star has great variety with a profusion of tiger lilies, penstemon, phlox, avalanche lilies

—Continued on Page 5



(Photo by Michael Fahay)

Bear Grass is one of the many flowers found on Silver Star Mtn.

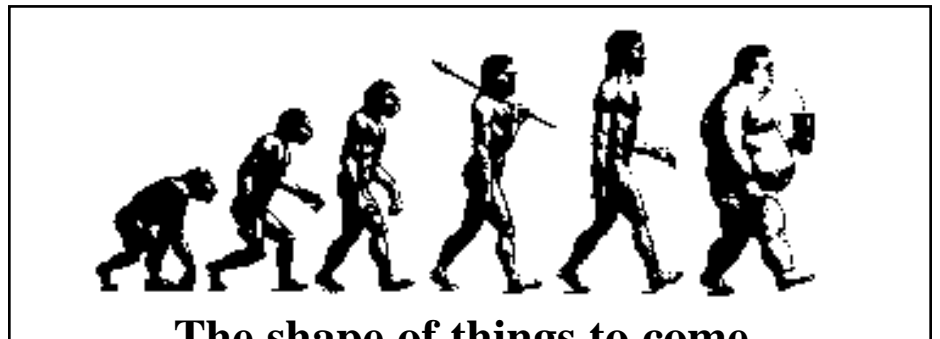
## Tidbits Gleaned

- ★ DON CANNARD, who suffered a heart attack in early January, is recovering well in their new home.
- ★ Premier mountaineer JIM WHITAKER, who visited Vancouver in February, delighted a group of environmental activists with tales of his life on the Columbia. Several CTA members attended.
- ★ MIKE DIANICH, MEGAN MURRAY, and ROGER ANDERSON have some great plans for future CTA non-work-party activities which will help us spread the word about CTA's work.
- ★ Thanks to PAUL CANNARD, CTA board members enjoyed treats and delicious box lunches at the February retreat at the Residence Inn.
- ★ ROGER ANDERSON recently attended a weekend WTA leadership workshop in North Bend. CTA will undoubtedly benefit from this commitment on his part.
- ★ LARRY and JUDY SWATOSH spent a week in Hawaii with their extended family including eight grandchildren under 10 years old!
- ★ Did you see DON CANNARD's great Trail by Rails Op Ed in the *Columbian*? It elicited two excellent supporting editorial columns which helps immeasurably to raise public awareness. See the reprint on page 4 of this newsletter.
- ★ MARGARET ZUKE travelled to the Grand Canyon and surrounds during the month of April.
- ★ Frequent traveler VERN SWAIM reported that the air pollution observed over S.E. Asia was scary on his recent trip to the area.
- ★ MORGAN MILES, back from long days on the Kerry campaign trail in Iowa, New Hampshire and North Carolina, has updated our CTA website.
- ★ DAN and ADAM SAUL have agreed to take over the task of webmasters for the CTA website.

## Family exercise: Help yourself, help your kids

Regular exercise is usually right at the top of the family resolution list. It should remain there according to national fitness statistics because far too many Americans are passing on their harmful sedentary lifestyles to their children.

A recent U.S. surgeon general report shows that less than half of the nation's children are physically active for more than 20 minutes a day. Many elementary schools have even eliminated recess time. Just as children model their parents' eating habits, they also tend to follow in the footsteps of their family regarding exercise, whether those footsteps lead to a brisk walk or to the couch. A prominent physical therapist strongly suggests the best way to help your kids is to select an activity that you both can enjoy together and just do it regularly.



The shape of things to come

We are fortunate in Vancouver to have many urban trails which provide considerable variety and safety without traveling great distances. Consider picking up a copy of the Vancouver Clark Parks & Recreation Trail Guide for details.

Just remember, home exercise equipment is designed for adult fitness. Children simply don't derive much benefit from adult-sized equipment, nor is it likely to

hold their interest.

Even if the outside weather is cold and wet, just bundle up in rain gear and loose fitting clothing and take a brisk walk. A minimum of 20 minutes a day, three to five days a week will establish a lifelong pattern of activity for your children and you will be well on your way to a healthier lifestyle! Do it for your kids and for yourself.

# A walk on the Pacific Crest Trail

by Paul Cannard

As the CTA continues its eastward push beyond Silver Star Mountain, plans are to intersect the Pacific Crest National Scenic Trail just east of Three Corner Rock in Skamania County. This will be a major milestone as our trail joins this gem of our National Trails System. At over 2600 miles in length, the trail spans seven national parks and many wilderness areas as it winds from the Mexican border to Canada.

For several years now, I have been slowly traversing the Washington section of this great trail and it has been an exhilarating experience. Unlike those “super-human” through-hikers who complete the entire trail in five or six months, I have been moseying along northbound, frequently with the help of my two sons, at the rate of 40 to 50 miles per year. This is a labor of enjoyment rather than achievement!

This past fall found my northern terminus in the Glacier Peak Wilderness of the Mt. Baker National Forest. It is adjacent to the remote and stunning North Cascades National Park. One can't describe the feeling of excitement as each new vista unfolds up there. While any day on the trail has been a pleasure, some areas have had a unique ability to inspire.

Beginning at Bonneville Dam, the climb out of the Columbia River Gorge to Table Mountain provides a glimpse of what is to come. An amiable ramble through Indian Heaven Wilderness prepares the hiker for the Mt. Adams traverse. It is a treat of waterfalls, abundant mountain flowers and beautiful mountain views.

As many are aware, the Goat Rocks Wilderness is in a class by itself. High alpine meadows with



Paul Cannard in the Alpine Lakes Wilderness

active glaciers and magnificent views of five of the great Cascade volcanoes are in store and all with the companionship of Rocky Mountain goats!

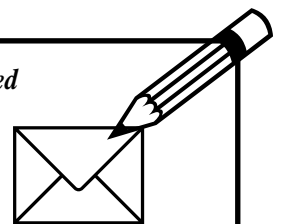
Then along comes a bucolic stroll through the William O. Douglas Wilderness, the old stomping grounds of the famed, late Supreme Court Justice. After crossing Chinook Pass at Mt. Rainier, it is 76 miles through many clear cuts on a mix of private and state lands before we reach Snoqualmie Pass. The beautiful and difficult Alpine Lakes hike prepares one for crossing Stevens Pass and then on to the most strenuous portions of the Oregon and Washington sections of the Pacific Crest Scenic Trail.

As one who has had the good

fortune to hike on this trail, I often think of John Muir who proposed this trail as early as 1897. People like him as well as Vancouver's Dan Ogden and those who toil today in our organization have, and currently are, making possible the opportunity for untold thousands to enjoy the great outdoor experience. It is now possible for so many to express in their actions an emulation of what Henry David Thoreau said early in the 19th Century: “I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came time to die, discover that I had not lived.”

Friends, I am living!

*PLEASE RENEW your CTA membership using the enclosed envelope. Your membership contributions are needed to help defray the cost of this newsletter and to continue our vital work.*



**EDITOR'S NOTE: The following is a reprint of an Op Ed piece written by Don Cannard which ran in the March 2, 2004 issue of the *Columbian* newspaper.**

# *Trail by rails would boost county's health*

by Don Cannard

Seventeen years is a long time to wait! Our Clark County has been wise in its attempts to create a working railroad to serve industry, commercial interests and interested land owners.

Considerable county resources have been invested in seeking funds to bring the county railroad up to a safe and operable standard. As valiant as these efforts have been, it appears to be a drop in the bucket of what's needed to provide a first class freight and recreation train system.

Meanwhile, other interested potential users have been at the railroad siding, waiting for the opportunity that they too could receive the same type of creative thinking that has gone into securing funding to upgrade the railroad.

Individuals cannot enter into the serious business of writing grants and securing funding to create a desirable trail system adjacent to the railroad without strong leadership from our county.

Trail users are quite a bit different from industrial and recreational railroad users. We are not involved in gaining profit from a functioning trail. We really have no central organization focusing just on this one goal.

## **Hiking builds camaraderie**

Potential trail users do have many things in common. We enjoy being outdoors.

We enjoy the physical benefits coming from an active physical life.

We enjoy supporting positive activities enhancing the quality of life for our community.

We enjoy joining with others in building and maintaining facilities to aid in healthy outdoor activities.

There are several facilities built almost entirely with volunteer effort and dollars, from trails to ball fields to equestrian facilities. These types of effort show that citizens, when given the opportunity, want to participate in creating viable outdoor recreation facilities.

Our community has become known as a community welcoming people from throughout the world to engage in hiking and walking activities, namely the International Marching League. Volkswalking has a wide and active support group. Both of these groups travel to distant as well as neighboring communities to enjoy the healthy and pleasant pastime of walking.

Our high schools all have strong cross-country running sports programs, setting up young

people for an active and productive physical life.

There are many inventories of trails in urban and rural settings in Washington and Oregon that not only have local use but also attract a public participation from far and wide to use numerous well-built and well-managed facilities, and for people to visit many other communities in the process.

Now appears to be the time to focus on the patient watchers and waiters. Costs for development of recreation facilities are like all costs: not getting any cheaper. Our Vancouver-Clark Parks Department has long had some very specific plans for development of a viable trail system along the county railroad.

The time also seems ripe for the development of the "River to the Cascades Trail." We believe connecting the Columbia River with the foothills of the Cascades and to the Gifford Pinchot National Forest is very doable.

Completion of this trail system would present unlimited possibilities for formal and informal community activities benefiting cities, communities and people along the county railroad's 31 miles.

## **Email Appeal**

### **HELP US SAVE POSTAGE EXPENSE . . .**

In an effort to save on our limited resources, we would appreciate it if you would provide us with your email address by sending an email to us at [cta@pacifier.com](mailto:cta@pacifier.com) with a cc to [rnelson@pacifier.com](mailto:rnelson@pacifier.com). We can then keep you up to date via email with alerts, news on activities and PDF versions of the newsletter (Acrobat Reader is needed to view PDF documents). In this way you can help us save substantially on postage expenses.

### **. . . & STREAMLINE NEWSLETTER PRODUCTION**

If you are writing an article for submission to the newsletter on a computer and you have email, copy your completed article into the body of an email and send it to [rnelson@pacifier.com](mailto:rnelson@pacifier.com) for inclusion in the next newsletter. You still need to provide a printed copy to the editor, but this will help us cut down on the amount of work involved in producing the newsletter.  
Thank you.

## President's Message

By Larry Swatosh

Your board celebrated St. Valentine's Day this year with a fairly short but productive annual retreat. We had a good turnout of board members plus two attendees from our general membership.

A number of items were discussed, but we tried to focus our efforts on filling board vacancies with a more diverse group—hopefully more people who represent areas in Oregon and Skamania County where future trail work will take place. The board is trying to come up with names of potential board nominees, but we welcome ideas from the general membership. If you have a good idea, please give me a call at 360-694-1313.

With the technical expertise of Morgan Miles, we managed to get the website back up and running and *mostly* updated. Thanks Morgan.

In late March, we were informed that the Fish & Wildlife Department needed us to vacate the office space they had been providing us in their facilities. This threw us into a scrambling mode but we have now



Larry Swatosh  
CTA President

## Mission Statement

The Chinook Trail Association (CTA):

- Advocates development of a Columbia River bi-state loop trail;
- Cooperates with appropriate local, state and federal agencies to develop this recreational resource;
- Monitors and participates in route selection, design standards, trail development and maintenance in an ongoing spirit of conservation to preserve the natural beauty of the Gorge;
- Provides information and education to develop public support.

found a new location at the new Columbia Spring Environmental Education Center facility.

Our thanks go out to Fish & Wildlife who so generously housed us for years.

Your dues help CTA to continue its vital work. Please use the enclosed envelope to mail in your contribution today. Thank you!

## CTA Mountain Hikes (continued from front page)

and columbines presenting a tapestry of color equal to any found in the national parks of the Pacific Northwest.

We will meet at Clark Public Utilities at 8600 N.E. 117th Avenue at 8 a.m. and carpool to the trailhead. The hike will be led by Roger Anderson with one or two "shepherds" provided by Friends of the Columbia Gorge to help keep everyone safe and accounted for. Call 360-254-2371 for information.

### Hamilton Mtn. - June 19th

A second scenic hike will also occur on June 19th. Fred Rogers will lead a hike up Hamilton Mtn. in Beacon Rock State Park, which affords a rewarding panoramic view of the Columbia River Scenic Area and Mt. Adams to the east. The trail winds through a beautiful



Trillium ovatum



Iris tenax

More flowers typical of those found on Silver Star Mountain. (Photo by Michael Fahey)

forest, passing the magnificent Rodney Falls and Pool of the Winds. A loop route above the falls takes you to the top and then along the summit ridge and return via Hardy Creek. Keep your eyes open for eagles on the summit ridge.

The first meeting place will be at the Pendleton Mills parking lot in Washougal for a carpool departing at 8 a.m. The second meeting place is at the Beacon Rock State Park picnic area

parking lot. The hike will begin at 9:00 a.m. There is a \$5.00 per car state park fee. Call 360-256-2927 for information.

The Chinook Trail Association and the Friends of the Columbia Gorge have been co-sponsoring these two hikes for several years now which have been well received by the public.

Please make a note: CTA's office phone number has changed to 360-883-6211.

# Bells Mtn. Progress Report

By Roger Anderson

The work on the Bells Mtn. Trail is in full swing with our first work party of the season having occurred in late March. CTA is constructing short sections of trail between five of the bridges. When these sections are finished and the approaches are filled in, our trail should finally be complete!

CTA is being assisted by the Northwest Service Academy (Americorps) Eastfork Watershed team. They are scheduled to work on the trail two days a month. The five-person team will be learning about trail construction during their tenure this year.

CTA is without the assistance of the Larch Mtn. Corrections crew this year. Their work last year was primarily to construct the bridges and install culverts

after the materials were delivered. That portion of the project was completed in January.

The workparty schedule is listed on our website at [www.chinooktrail.org](http://www.chinooktrail.org) or call 360-254-2371 for information.



Photo credit: Ted Lee, Hong Kong

**The Butterfly Effect:**  
Tiny efforts produce enormous results.



## CTA Work Parties for 2004

- May 8 . . . . . Kloochman Ridge (Silver Star)
- May 22 . . . . . Bells Mtn.
- June 5 . . . . . National Trails Day - Bells Mtn.**
- June 19 . . . . . Hike the Gorge Weekend - Silver Star and Hamilton Mtn. Hikes lead by CTA**
- July 17 . . . . . Ed's Trail (Silver Star Area)
- July 31 . . . . . Bells Mtn.
- Aug. 14. . . . . Ed's Trail or Bluff Mtn. (Campout?)
- Aug. 28. . . . . Bluff Mtn. Trail (Campout?)
- Sept. 11. . . . . Silver Star
- Sept. 25. . . . . Silver Star
- Oct. 2. . . . . Hamilton Mtn. (Beacon Rock State Park)
- Oct. 23 . . . . . Hamilton Mtn.

For more information on work parties and trail building events, visit our website at [www.chinooktrail.org](http://www.chinooktrail.org) or you may call either Roger at 360-254-2371 or the CTA office at 360-883-6211.

<i>CTA Board Members</i>	
Don Cannard, Co-Founder . . . . .	360-694-4033
Larry Swatosh, President . . . . .	360-694-1313
CTA Business Office . . . . .	360-883-6211
Roger Anderson, Vice President . . . . .	360-254-2371
Bob Scullin, Interim Secretary . . . . .	360-834-7892
Dave Sanks, Treasurer . . . . .	360-834-6103
Roger Anderson, Project Manager, Bells Mountain Trail . . . . .	360-254-2371
Bob Scullin, Tool Steward . . . . .	360-834-7892
Paul Clare, Newsletter Editor . . . . .	360-892-8173
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**E-Mail:** [cta@pacifier.com](mailto:cta@pacifier.com)    **Website:** [www.chinooktrail.org](http://www.chinooktrail.org)  
**Business Office Phone:** 360-883-6211



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## National Trails Day June 5th

More Info on Front Page!