

CASCADE
Caver



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NEAREST RECRUITING STATION

Newsletter of the Cascade Grotto of the National Speleological Society

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Cascade Caver

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All material to be published, subscription requests, renewals, address changes, and exchange publications should be sent to the Grotto address.

GROTTO MEMBERSHIP

Membership in the Cascade Grotto is \$15.00 per year. Subscription to the *Cascade Caver* is free to regular members. Membership for each additional family member is \$2.00 per year. Subscription to the *Cascade Caver* is \$15.00 per year. Subscription via email is \$11.00 per year.

GROTTO ADDRESS

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MEETINGS

Regular grotto meetings are held monthly at 7:00 pm on the third Friday of each month at the Shoreline Community Center in the Hamlin room. The Community Center is at 18560 1st Ave NE in Shoreline. Please see the back cover for directions.

UPCOMING EVENTS

August 14	Dynamited Cave – Trout Lake. Call Jon McGinnis for information.
August 20	Grotto Meeting. 7 p.m. Shoreline Community Center
August 21-28	Weymer Creek area Vancouver Island. Contact Rick Coles.
August 23 – 25	Survey Practice at Jackman Creek Cave. Date not set yet. Contact Michael McCormack.
September 17	Grotto Meeting. 7 p.m. Shoreline Community Center
October 2-3	NCRC Orientation to cave rescue practice at Trout Lake. Contact Dave McElmurry.
October 15	Grotto Meeting. 7 p.m. Shoreline Community Center
August 2006	NSS Convention Bellingham, WA

COVER: This month's cover was done by Michael McCormack. This coming year we will be losing both our Chairman (who's going back to school on Friday night's) and our Vice Chairman (shipping out with the Navy after the new year). The grotto has been growing and prospering and this is due to the leadership that we have had in our officers over the last 4 or 5 years. We need to thank Michael and Dave for their hard work but also we need to think about who will replace them so that the grotto will continue to grow.

Cascade Grotto May Meeting Minutes – May 21, 2004

By Marla A. Pelowski, Secretary-Treasurer

Attendance: Van Bergen, Garret Coffman, Dan Crape, Renato Dalle Mule, Dave Decker, Mike Fraley, Dick Garnick, Andrea & Mark Gunther, Jim Harp, Emily Ingram, Michael & Nikki McCormack, Stuart Monson, Marla A. Pelowski, Mark Sherman, Aaron Stavens, Chris Wittenbrink

Old Business: Carol Tiderman from the NSS was at the meeting today. She has conducted her site visit in regard to the 2006 NSS Convention bid, which the Cascade Grotto submitted to the NSS. Carol Tiderman, Dick Garnick, Michael McCormack, and Van Bergen toured Western Washington University. One complaint was the lack of small rooms for use during the convention, but the overwhelming amount of large rooms definitely makes up for it. How often do you have rooms too big?!? Two campground options were checked out, the art gallery at the University was very nice, they had a chance to talk to the building manager, the tourist and other recreational options in the area more than make up for the lack of caves... Overall it was a very productive tour.

The Gainesville, Florida, grotto will be putting in a competitive bid for the 2006 convention Monday at the BOG at the 2004 Convention in Michigan.

New Business: A motion was made to donate a Cascade Grotto T-shirt to Carol Tiderman and today's guest speaker, Ken Cornea. The motion was seconded and Ms. Tiderman and Mr. Cornea were each the proud owner of a new T-shirt.

Trip Reports: Emily Ingram went caving in TAG country in Alabama in Cemetery Pit.

The pit has a 160-180 ft. entrance pit.

Dave Decker went to sea caves at Cape Flattery. Of course, he didn't go into any of them since he didn't have a kayak. The Indian reservation requires a \$7 yearly permit.

Renato went to Ape Cave with Susan Armbruster and her class of 5th graders, approximately 35 kids. They all had a fun time.

Garrett Coffman climbed Rattle Snake Wednesday and found a nice crevice at the top.

Aaron Stavens talked about the Three Mile Creek dig.

Chris Wittenbrink went hiking with his son in eastern Washington outside of Vantage. Found some rock shelters on some cliffs.

Dan Crape brought pictures of a possible cave on Sumas Mountain in Whatcom County.

Special Presentation: Ken Cornea attended and gave a presentation on limestone in the North Cascades. Ken has a geology degree from the University of Washington, was a Professor of Geology at Olympic College, was associated with Compass North Guide Service and Mountaineering and is now the Manager of an outdoor recreation center in Whidbey Island, among other things.

NCRC Rescue Class – October 2&3

By Dave McElmurry

The National Cave Rescue Commission (PNW Region) and the Cascade Grotto are pleased to offer an Orientation to Cave Rescue and Small Party Rescue Techniques class on Saturday and Sunday, October 2 and 3, 2004, near Trout Lake, Washington. Meet at the Trout Lake Creek Campground at 9:00 a.m.

on Saturday for registration. Campground information is available at <http://www.fs.fed.us/gpnf/recreation/current-conditions/campgrounds.shtml>. Camping is first-come, first-serve, so try to arrive early. NCRC signs will be posted to help you find the registration area.

Course topics will include patient assessment and stabilization, litter handling, litter rigging, assessing when to go for help, and other practical techniques to help you prevent caving accidents and respond effectively if they occur. Persons with interest and experience in vertical caving will have the opportunity to learn and practice a variety of small-party/self-rescue techniques well suited to the limited equipment and personnel typically available when a vertical caving accident first occurs.

All persons with interest in caving and cave rescue are invited to attend. A donation of \$15 per person is suggested (to help offset NCRC costs).

Participants must be properly equipped to work in the cave environment.

Minimum required personal equipment includes:
UIAA approved helmet (mountaineering type), 3 light sources (at least one helmet mounted - preferably electric, rugged caving clothing (knee pads highly recommended), gloves (leather recommended), rugged cave pack, water, food, small personal first aid kit.

To work in the vertical caving (small-party, self-rescue) exercises, participants must also have: sewn seat harness, caving-type mechanical ascending system, rappel device for static rope (rack, micro-rack with hyperbar, figure-8 with ears, or bobbin-type device).

Participants are responsible for their own meals and camping arrangements.

Please pre-register (so we know how many to expect) by contacting Dave McElmurry at trout_lake_ncrc_registration@yahoo.com.

Youth under the age of 18 may participate provided certain conditions are met. Contact John Panches, NCRC PNW Regional Coordinator, at pacificnorthwest@ncrc.info in advance to make arrangements.

The camping arrangements may change to Peterson Prairie, but we could not commit to that at this time.

Hope to see you there.

A Survey Trip to Digger's Paradise

By Mike Fraley

I'm not entirely sure I'll be able to get Michael and Nikki McCormack or Aaron Stavens to go caving with me again... Oh, the day started well enough; a 6am start and a long drive into Canada to the Chilliwack Valley. Sometime around 10am we parked the vehicles at the end of a long, dusty road many miles from anywhere approximating civilization. Someone asked me where we were hiking to. I pointed up the side of a cliff and a string of complaining quickly ensued. It was not the last bit of complaining I observed that day.

The route to Digger's Paradise isn't easy. It basically takes you straight up the side of a rather steep hillside. There are various longer routes, which may or may not be more pleasant, but I find the direct approach to my liking. Besides, none of the others along on the trip knew any better. The area consists of a perched bed of limestone sitting just below a ridge top. The contact zones are littered with sink holes, vertical pits and sharp, jagged limestone. Nearly every depression looks like it could be dug open to reveal a new cave. A small resurgence emanating from the hillside usually proves to be the easiest route to the

top as the creek is devoid of the heavy underbrush common to the area.

I guess I never thought about how nasty bushwhacking can really be. I've been doing this in the Chilliwack for a decade now without a lot of thought about it.

Bushwhacking is just a fact of life if you want to find new caves, or visit the more remote locations. Cuts, bruises, but bites, bee stings and other bits of nastiness are all commonplace. I didn't even think twice about it before hurtling the rest of the party up the creek bed, and boy did the rest of the party ever let me know it every step of the way!

The hike up the creek could be described as... steep. In many places I found myself stepping up as high as my legs would reach, only for the others behind me to complain that they could not make the same maneuvers. Eventually, the creek turns into a waterfall where the water emanates from the hillside. We diverted off into the trees at this point, and began pseudo-climbing / hiking up the hillside. Half the time I found myself holding onto tree branches, vines and even small bushes in an attempt to stay glued to the steep hillside. At one point I was putting my full weight on bushes, climbing hand over hand up a vertical bank. Luckily, they didn't break...

Upon reaching the top, I quickly noted how much the terrain had changed since the last time I had been there. The tiny alpine trees of years past had grown up, obscuring their surroundings and leaving me with less of an idea on where to lead the group. After a bit of hiking, and some truly memorable slips and falls down steep grassy hillsides, Mike McCormack must have noticed something in my body language and asked if I was lost. While technically not lost (just jump off the cliff, you'll be back at the trucks pretty quickly) I admitted I was somewhat unsure where the cave was. I decided it would be best to let the group rest while I set out and

figured out where we were. I headed uphill for a better view of the area and ended up hiking right to Digger's Paradise Cave. We were in luck, the stream that usually feeds a very unpleasant waterfall inside the cave was dry.

After lunch, and a debate on how to rig the rope, we were ready to begin our survey. There was some concern that my rope wasn't long enough to reach the bottom of the entrance pit once a portion of it had been used in the rigging. Some crafty use of webbing quickly alleviated this problem however. We sent Aaron down the pit first to act as our lead tape man. (We were really just testing the rigging) An unfortunate rock fall ensued which damaged the rope; luckily well below the point on which Aaron was attached. Unfortunately though, the damage to the rope occurred well above the bottom of the pit. Settling onto a ledge, Aaron pulled the rope up and isolated the damaged section of rope with a bi-direction knot, allowing us to continue the survey. Fortunately, we are all adept at crossing knots on rope!

Once the rope drama had been taken care of, we attempted to begin the survey. I had been standing in 90 degree direct sunlight in full caving and vertical gear for some time at this point and was about to come unglued. After taking the entrance survey shot, we all rappelled down to the first ledge just to get some escape from the heat. It took some considerable effort to get each survey shot from that point on. Apparently the Compasses and Inclinometers, which were newly purchased, were proving very difficult to read inside the cave. Coupled with the extreme difficulty of taking near vertical survey shots, it was rough going. After what seemed like an eternity of having difficulty with shot after shot after shot in the tight vertical passages that make up the entrance, we actually abandoned the survey. I fully believed then and now that it was the correct thing to do.

Between all the little things that had gone wrong and were going wrong, I wasn't sure if the data we were going to come out of the cave with was going to be useable. A lesson to be learned here, is when you practice surveying, practice near vertical shots... a lot.

The cave is pretty small overall. We did a quick trip to the back of the cave to check out a small going passage in the back. Nikki McCormack, being by far the smallest person on the trip, went down the passage to see about the possibilities of digging it out. (I didn't carry that shovel up the hill for nothing!) She came out and indicated that it did appear that it would go, but it didn't appear that anyone as big as me would ever be able to make it. Hey! I'm big boned! I proved this on the way out of the cave when I became quite stuck in a crawlway. A helping hand from Mike McCormack (I think, I couldn't actually see) resolved that issue however.

No one had any issues crossing the knot in the rope, and we all made it out of the cave without injury. After briefly touring the sink holes and karst features in the area, we headed down the mountain. By the time we made it back down off the logging roads it was getting dark. I had intended to have dinner in Bellingham after crossing the border, but when one of my rear tires decided to go flat, that hope quickly faded away. Once that was taken care of, we settled for pizza in a small town on Canada Highway 1. I've been driving through that town for a decade and I'm still not even sure what its name is, but the pizza was good. After what must have been 2 liters of coca cola, I felt ready to make the long drive back to Seattle. I think I slept for 12 hours that night, waking the next morning with no indication of having overslept; the sign of a good trip.

Lake Lenore Caves

By Dave Decker



My wife Johanna and I, and my two dogs Daisy and Stella visited Lake Lenore caves over the weekend of June 13th. The caves are located north of Soap Lake, WA on SR 17. It was a beautiful day, mid 70's, big puffy clouds and a slight breeze to cool us off after the short hike from the parking area to the caves.

The caves are a group of shelters on the East side of Lower Grand Coulee created when Glacial Lake Missoula emptied and gouged out the Channeled Scablands roughly 12,000 years ago. As the floodwaters poured over the Dry Falls just to the north, giant vortices were formed which literally pulled loose tons of basalt columns from the Grand Ronde basalt flow in a matter of days leaving behind these small shelters. There are eight total at this location, the largest of which can hold fifty people comfortably. The shelters were used by nomadic tribes of Native Americans as temporary shelter during their forays for food. Several small tools have been found within the caves, but nothing suggesting they were a permanent home for the tribes.

On the day we were there we saw four other couples, all of which stopped at one of the larger shelters and then turned back. None of them followed the easy, well defined path

further to see the most impressive shelter there, which is in the bottom of a 30-foot deep circular pit approximately 100 feet across. The cave is situated on the south side at the base of this pit and is the largest of the eight shelters. The mouth of the cave takes up about half of the diameter of the pit and extends back into the cliff face nearly fifty feet. The floor is filled with rubble which could easily be dug out, however it's unlikely the cave continues much past what can be seen now. Lights were not needed to examine

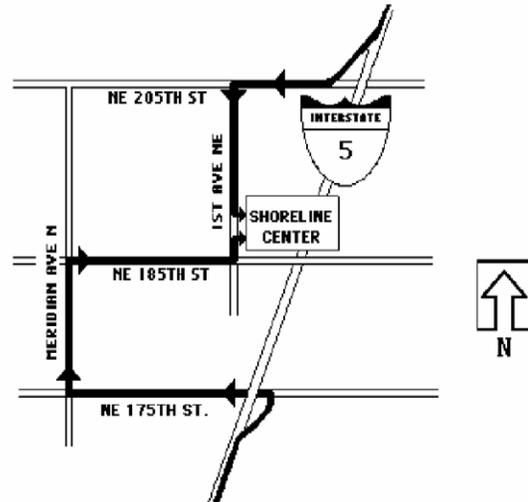
the caves; there was some graffiti in a couple of the shelters, but no trash.

These caves are interesting geologically, but really only worth the visit if you're in the area.



Johanna in the entrance of the first large shelter, though not the largest, it had the best view.

The Cascade Grotto meets at 7:00pm on the third Friday of each month at the Shoreline Community Center. The Community Center is located at 18560, 1st Ave NE in Shoreline. To get to the Community Center from Seattle, take Exit 176 on Interstate 5 (175th St. N) and turn left at the light at the bottom of the off ramp. At the next traffic light (Meridian Ave. N) turn right. Turn right at 185th St. N (the next light). Turn left on 1st NE, which again is the next light. The Community Center is on the right. Don't get confused with the Senior Center, which is on the end of the building. Enter the building on the southwest corner and find the Hamlin Room.



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