THE
CASCADIANS
BULLETIN OF INFORMATION

Including Excerpts From The

Constitution and By-Laws

Of

The Cascadians

Yakima, Washington
THE CASCADIANS

Objects

The objects of this organization are: To afford an opportunity for needed recreation of mind and body in a systematic and inexpensive manner; to encourage a true appreciation of the mountains, streams, woods, flowers, game, and natural scenery with which Washington and its neighboring states and provinces have been so bountifully endowed; to aid in the preservation of the natural resources of the Northwest; and to foster sportsmanship, loyalty, and friendship among the members.

The Spirit of the Cascadians

The mountains and the great out-of-doors engender a broad and enveloping spirit, which reaches out to all who fall within the magic circle of their charm. Poor, indeed, is he who does not feel the throb of interest in all forms of nature and the desire to perpetuate their beauty that others, too, may share the delights that he has experienced.

Under the leadership of the Cascadians, the most prominent peaks of the Northwest have been scaled and many of the principal points of interest have been visited; outstanding individual mountain climbers have been developed and the spirit of exploration fostered. A quality that has stood out foremost in the history of the Cascadians has been the spirit of cooperation to accomplish the greatest good for the greatest number.

The Club has been most fortunate, indeed, in having excellent and far-sighted founders and leaders who, with firm hands and high ideals have established certain traditions and a strong organization. Its governing board consists of a president, a
vice-president, a secretary, a chairman of the outing committee, a treasurer, a historian, and three other members. Other committees are appointed to direct each branch of Club activities. But it is on each individual that the Club must depend after all.

**Certain Precepts Have Developed**

**That Are Deeply Respected by a Good Cascadian**

The Chairman of the Outing Committee or the appointee for the trip is in charge and responsible for the welfare of the members. A good Cascadian leaves the responsibility to him but does all he can to help keep the party together, governs his rate of speed to at least keep behind the leader, and gives a cheering word to anyone who has become a bit fatigued.

It is the purpose of the Club on the hikes into the woods to enjoy nature to the fullest. It is the duty of the leader or of some other member especially selected to point out the points of interest along the route. Other members are chosen to acquaint the hikers with the biological and geological facts concerning the trees, flowers, and other vegetation, the animal life, fossils, streams, rocks, etc., which are encountered.

It is a question of honor with the Cascadians to leave the camping place in better condition than it was found. Good Cascadians bury or burn their papers and other debris, do not mutilate or destroy the shrubbery and flowers, and do not pollute the water of the streams. Most important of all, they will not leave their camp fire until every infinitesimal spark of fire is out. That is why the Cascadian organization ranks high in the estimation of the Forest Service, as why special
privileges are given to them that are not given to the average hiker.

Friendliness is synonymous with the Cascadians, and to new members every courtesy is extended. Persons who love the out-of-doors, who are physically able to make the trips or can become so and who would appreciate the opportunity to join in the regular activities of the Club, are desired as members; and while the endorsement of two members is the rule, any one who is not acquainted with the Club, but who feels the urge to join, may apply to the membership for endorsement.

When planning for a hike, a good Cascadian will see that his footwear is in order. Sensible boots and enough wool socks to fill them comfortably should be provided. However, a little adhesive tape in the pocket or pack is sometimes a life saver.

A good Cascadian will look after the welfare of his guest—see that he is provided with proper footwear and other clothing, utensils, etc., that transportation is arranged for, that the guest is properly introduced to fellow members, and will look after the guest's welfare generally on the trip.

It is really very bad form for a Cascadian on a local hike to get lost. It is Cascadian etiquette to keep with the party, between the leader and the rear guard; but if one does fall behind the leader, it is well to remember that leaves and ground foliage are not disturbed where no one has walked, and that a branch blocks a wrong trail and the open one leads to his companions.

The leader will appoint a rear guard whose duty
it shall be to see that every person is accounted for, and that all members of the party arrive at destination. The leader will not permit any member to leave the party without special permission and then in groups not smaller than three members, as he is responsible for the welfare of every member. It is very easy for inexperienced members to get lost or injured if they are permitted to wander about the mountains by themselves, and the foolishness of one person may easily spoil the enjoyment of the trip for the entire party.

On all regular trips the good Cascadian notifies the Secretary in ample time to make necessary arrangements for transportation and arrives at the meeting place at least ten minutes before the appointed time to leave. He brings only what is necessary for the trip, keeps his pack down to the minimum in bulk and weight, and does not burden his fellow members with his lunch, extra coats, etc. Each Cascadian should be equipped with a suitable pack sack of his own.

A good Cascadian holds himself in readiness to do anything within his power for the welfare of the organization. Any member who has a talent for entertainment will find an appreciative audience at rest periods on the trail and at the evening camp fire.

A good Cascadian respects the word of the leader as final and by word and deed accepts that word even though his own opinion may differ. New leaders are being developed and to be a good leader, one must first learn to take directions and follow the leadership of the more experienced.
**Membership Requirements, Club Activities, Equipment, and Policies**

**Fees and Expenses:** The dues for senior membership in the Cascadians are $5.00 for the first year and $4.00 for each year thereafter. The dues for junior membership (those between the ages of 15 and 21, who are not employed regularly at gainful occupations), are $3.00 for the first year and $2.00 a year thereafter. A special rate of $3.00 for senior members and $1.50 for junior members is in effect for those who enter the Club after July 1 of any year; thereafter the regular rates will be charged. All memberships expire on December 31 of each year. Husbands and wives and any children under 15 years of age are permitted to attend all club functions under one membership without extra charge.

For the purpose of becoming acquainted with the activities of the Cascadians, any person may participate in three regularly scheduled trips without charge (except for transportation and food), as a guest of the Club, after which, a charge of 50¢ will be made for each regular trip, unless such person is admitted to membership and pays the regular membership dues outlined above.

A beautiful Club emblem is given without charge to each new member. Other members of the Club may purchase the emblem for 50¢. All the members are requested to wear the emblems whenever possible and to take care of them and keep them clean and neat.

It is the policy of the Cascadians to keep all expenses down to the very minimum in order to enable the members to enjoy all the trips at a very nominal cost.

On all regular trips, each participant is expected to take his own lunch. During the spring,
summer, and autumn, whenever the weather permits, an appetizing and substantial Sunday dinner is served the members after returning from the hike; and if the trip is an overnight one, breakfast is served and sometimes dinner Saturday evening. The cost of these meals usually averages about 25¢ each, as only the cost of material is charged for--the members doing all the work.

The cost of our summer cutings is also kept very low. In 1932 the entire cost for the cutting to Mt. Adams, including transportation by auto, the cost of the pack train for the members' baggage and food, the cost of all the meals for the eight days (and the members were well taken care of and well fed), and all other expenses connected with the outing, was kept below $15.00 for each member. On the outing to the Goat Rocks, the year previous, the cost was kept down to about $11.00 each, for the eight days, including a pack train for the 40-mile round trip.

Activities: The Cascadians belong to an association known as the Western Federation of Outdoor Clubs, which was organized in the fall of 1931 at the Mazama lodge on the slopes of Mount Hood. The principal objects of the federation, briefly, are as follows: The advancement of the common aims of member clubs and societies; a clearing house for dissemination of information; advancement of all projects tending to increase and promote the interest of the general public in the out-of-doors; the preservation of areas of great natural beauty and interest and the acquiring of other such areas; the conservation of the scenery, flora, and fauna of the various regions, and the encouragement of scientific research work on common problems.

Members of any other club belonging to the Western Federation of Outdoor Clubs are given the
same consideration and privileges as any member of our Club, except the privilege of voting, until the end of the calendar year. If such person then remains and participates in the Club trips, he or she will be expected to become a regular member.

The Club schedules trips for every other weekend during the entire year. Starting as soon as the snow is off the ground and the weather permits, usually by the first or middle of March, our Club makes excursions to the surrounding hills, and gradually works back into the mountains as the snow recedes, until by the middle of May we are making from 10- to 20-mile hikes.

A Club tradition unbroken since its organization in 1921 and an event which many members of the Club look forward to with anticipation and pleasure is the annual Decoration Day climb of Mount Stuart. The automobile ride to the foot of Blemett Pass; the 28-mile round-trip hike over a well-kept forest-service trail which skirts the bank of that tumultuous, ice-cold little river known as Ingalls Creek, through beautiful scenery and virgin forest, with snow-capped peaks on either side and air fragrant from honeysuckle and other flowers and blooms that adorn the trail; the activity around camp preparing meals and beds, and the evening campfire with its stories and conversation; the climb of Mount Stuart, which at that time of year can test the mettle of the most experienced mountaineers; the wonderful panorama beheld from its summit; the fascinating slide from near the summit to the bottom—all these things combine to make this one of the most interesting trips of the entire season and one that very few of us will miss except for the most urgent reasons. Those who expect to make this four-day trip should come out regularly during the spring to get in proper condition.
Our Club schedules an annual summer outing to be held in some beautiful spot in the proximity of one or more of our major peaks. This outing is usually one to two weeks in length, depending on conditions, and usually affords opportunity to make one or more mountain climbs during that time, as well as many other trips to special points of interest. These outings are usually held during the latter part of July or the first part of August.

The Club continues its regular outings into the hills until the snow flies, when we don our skis or snowshoes for the winter trips. During the winter we plan our trips according to the weather, and the distance we drive depends upon the amount of snow. The regular every-other-week schedule is maintained, although most of the members are out practically every weekend. Many persons who play golf, go fishing, or otherwise enjoy their summers, join our Club just for the winter sports. Most of our trips are cross-country trips on skis and snowshoes, through the beautiful snow-covered foliage, along murmuring mountain streams, wherever our fancy takes us, although we also enjoy tobogganing and sliding. Many of our members are becoming quite expert on skis.

Arrangements have recently been perfected by your Board of Directors to make each Cascadian in good standing automatically a member of the Yakima Winter Sports Club, a new organization recently sponsored by the Yakima Junior Chamber of Commerce. The newly formed Winter Sports Club is starting off with a charter membership list of approximately one hundred.

A site about a quarter mile from the American River Resort has been chosen for the ski course and toboggan slide. This arrangement will be very satisfactory to our members, as the road to the American River Resort, about fifty miles west of Yakima, is kept open all winter and ample space for
Parking has been promised. This will open up a new playground for our snow enthusiasts, and our members will have full privileges on the course, as well as opportunity to secure gasoline, hot lunches, and other confectioneries.

A bulletin outlining the trips is issued periodically to all the members.

Climbing

While mountain/is not the major activity of our Club, yet many of our members make it a point to climb from one to five peaks a year.

Our Club awards a silver badge of special design to those members who have climbed at least five different major peaks, and a special gold badge to those who have made 25 or more major ascents.

A bronze badge is available at a cost of $1.00 to those who have climbed at least one major peak.

A token of special recognition is awarded each year to the man and woman members having the best attendance record at Club activities.

While the Club owns a tract of land at Goose Prairie near Bumping Lake, it does not own or maintain a cabin. Although we make over-night trips during practically all of the spring, summer, and fall months, we usually camp at a different place each time, and the members have no desire for a cabin. Our plan of bi-weekly trips allows the members an opportunity to attend church occasionally, or arrange their own private trips (fishing or otherwise) on the alternate Sundays and works out happily for everybody.

The Cascadian club was organized in 1921.
Since that time hundreds of trips have been made, nearly every section and point of interest in the Northwest has been visited, all the major mountain peaks have been climbed by nearly every regular Cascadian, some of the mountains have been climbed regularly every year, (a few of our members have more than 70 major climbs to their credit) and during all these excursions and climbs our Club has never had a single accident, automobile or otherwise, or any misfortune greater than the frosting of toes and knees on one climb of Rainier, nor have any of our members on their own private parties or trips had any misfortune or accident. Our Club has been very fortunate in having the leadership and counsel of experienced and capable men who have always placed safety and the welfare of our members in first consideration.

The Cascadian club, however, assumes no responsibility for the safety of its members, and cannot be held responsible for any accident suffered by a member on any trip.

**Equipment:** It is a policy of the Club not to lend its equipment to any one except members and then only on regular trips. The Club's equipment consists of toboggans, ice axes, alpine stocks, climbing ropes, snowshoes, pack saddle bags, and camping equipment including tents, stoves, dishes, cutlery, cooking utensils, etc.

Unless otherwise notified or arranged for each member should take his own trail lunch and cup. On most trips in this district one should carry a canteen of water. When notified that dinner is to be served, members should also take along and leave at the ears the necessary utensils, consisting of such items as the regulation army mess kit or a suitable plate, a cup, bowl, knife, fork, and spoon.
New members should consult with some one more experienced concerning the selection of boots and other equipment and what to take on the hike.

The Cascadians maintain a library of approximately 50 volumes of interesting books on outdoor life, skiing, mountain climbing, etc., which are available to the Club members.

Prepared by
E. R. Thoma
Adopted February 23, 1933.

The Secretary would be pleased at any time to receive visitors at his place of business, The Yakima Business College, 25 North 3d Street, Yakima; Telephone 7323-Club headquarters.

Members from other Clubs are cordially invited to join us on any of our scheduled trips, and the Secretary will be pleased to send trip schedules to any such members who may be in this vicinity from time to time.

CASCADIAN OFFICERS--1933

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Emily Armstrong
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