



# Trail Notes

**RENEW YOUR MEMBERSHIP!  
BECOME A MEMBER TODAY!**  
See page 3

## Accomplishments ...

In 2005, VOW focused on five projects: **Golden Gardens Park** in Seattle's Ballard neighborhood, the **Iron Goat Trail** just west of Stevens Pass; the **Lime Kiln Trail** near Granite Falls; **Taylor Mountain Forest** in east King County; and the **Tinkham Discovery Trail** in the I-90 corridor. Backcountry, frontcountry. Partnering with city, county, state and federal land managers. Constructing a wildlife viewing platform, removing invasive species, grading and graveling trail, planting native vegetation.

Our largest urban effort, Golden Gardens Park, saw 42 work parties amounting to over 2,600 trail hours and 521 volunteer days. The Iron Goat Trail continued its back to life story with 53 work parties totaling 3,481 hours and 531 volunteer days.

On **National Trails Day** VOW fielded 80 volunteers on three projects. At **Day in the Park**, an annual Earth Share of Washington event, VOW supplied the trail crew leaders who supervised hundreds of volunteers. The result? 300 ft of trail graded and gravelled and over a ton of English ivy removed (literally!).

VOW is proud to report the following totals for 2005:

Work parties: 117      Volunteer days: 1,240  
Trail hours: 7,705      In-kind gift to our state: \$84,755

Note: These numbers reflect work on the ground only. Including administrative hours—just as important to getting the job done!—VOW volunteers contributed well over \$100,000 in a labor of love. **Amazing work!**



*New recruits do their share at Day in the Park (top left); Dennis Evans takes a rare rest from his Iron Goat work (right); and a volunteer wheelbarrows on the Tinkham Discovery Trail (bottom).*

In addition to moving dirt, VOW volunteers led 10 interpretive hikes on the Iron Goat Trail, sharing their knowledge and passion on everything from wildflowers to railway history with over 250 people. Hundreds of people were also reached through publicity events including the red carpet premiere of *Back to Life*, the Iron Goat Trail documentary that also appeared on PBS, and tours of the 1951 Great Northern caboose in Skykomish. Caboose tours will continue until its moved to its final destination this fall, the Iron Goat Interpretive Site, a combination Highway 2 Safety Rest Area and Iron Goat trailhead.

## ... & Awards

Every year we gather together to look back on the year that was and to prepare for the next season. Volunteers meet over one of Richard Bott's amazing meals and enjoy presentations, door prizes and a silent auction. Most of all, **VOW's Annual Dinner** is a time to say thank you to all our dedicated volunteers who are the lifeblood of this organization. Thanks to an REI Conservation Grant Award (that also went toward a gas-powered drill for curb log installation!) we presented our most outstanding volunteers with some cool outdoor gear and clothing.

**See Page 2 for the entire list of VOW's 2005 award recipients.** A big thank you to these volunteers, many of them crew leaders that build and restore trails to ensure safe public access, and to REI Redmond for their ongoing support!



*Youth group at Golden Gardens Park.*

# New Faces at VOW

## Introducing ...

### **Dieema Young, VOW Intern**

Greetings! My name is Dieema Young and I am the new intern at VOW. I was born and raised in Philadelphia, PA. I earned my first degree at the Community College of Philadelphia in culture, science, and technology and am currently working on my second degree, in



herbal science, at Bastyr University. I've also ventured into other aspects of science: my curiosity of wanting to know more about plants as medicine and to learn what's so great about the "Great Outdoors" linked me to VOW. I'm elated to be here!

I volunteered at Golden Gardens Park recently and had a great time. I really enjoyed working with high school students; they brought a lot of joy to the project. The best aspect about Golden Gardens was gaining a sense of accomplishment by helping make the park more accommodating for others.

### **Henry Sladek, VOW Board Member**

Henry (pictured right) is Vice President and member of the Skykomish Historical Society; the President of the Stevens Pass Greenway, an organization dedicated to maintaining the scenic beauty and historic, cultural and recreational character of the US 2 highway corridor; volunteer and Scenic Trailhead, committee member for the Iron Goat Trail; Treasurer of the Skykomish Mountain Lions Club; and owner/operator of a small hotel & restaurant, the Cascadia Inn at Skykomish. Whew! Henry's also active with AKCHO (Association of King County Historical Organizations) and a Skykomish City Council member since 2004.

Previously, Henry was President of Hostelling International Washington and Treasurer and Board Member of Hostelling International USA. He graduated from Central Washington University with a degree in Accounting. Prior to that, Henry served for four years with the US Marine Corps.



and began attending trail building work parties in 1999. Louise works for an investment management firm in Belltown and volunteers on weekends.

"The accompanying photo shows me with one of the Lime Kiln Trail signs. If anyone asks me 'What's your sign?' I can now tell them, 'Lime Kiln 1.2 miles, Hikers Only Beyond This Point.'"

### **Louise Owen, VOW Board Member**

A Washington native, born in Richland and raised in New Mexico, Louise (pictured right) has lived in the Seattle area since 1988. Her family were avid tent campers; her father an enthusiastic hiker. She has been actively involved with various volunteer organizations since 1992,



(...**Awards** continued from page one)

**Over 50 Hours:** Debby Cooke, Bob Hoot, Bob Keeney, Bob Kelly, John Perlic

**Over 100 Hours:** Harold Buresh, Endre Dale, Steve Dean, Herb Schneider, Annik Wolfe

**Over 150 Hours:** Richard Botts, Sheridan Botts, Ed Burns, Jim Chapman, Don Davidson, Tom McArthur, Mike Sharpe

**Over 200 Hours:** Janet Wall, Dale Thompson, Sandy Evans, Al Wagar, Dennis Evans, Jim Mattson, Ruth Ittner (Ruth tallied 1,235 hours in 2005!)

**Volunteer of the Year:** Former VOW President and longtime crew leader Al Wagar claims the 2005 award for his tireless dedication on the ground, most recently leading 42 work parties in 2005 at Golden Gardens Park (and counting in 2006!).

**Hall of Honor:** Dennis & Sandy Evans. As shown in the Iron Goat Trail documentary, Dennis and Sandy were even married on the trail. VOW is grateful for their ongoing dedication to environmental stewardship.

**Outstanding Agency Partner:** Tom Davis, Trails Coordinator, Skykomish Ranger District. "For Exemplary Service and Dedication on the Iron Goat Trail Project Volunteers for Outdoor Washington 1990 - 2005."

# Participation and Membership



## Letter from the President:

Years ago I went to a seminar where we learned to “fully participate” in everything we do in life. This includes simple things, like folding your clothes or getting up the first time your alarm rings in the morning. But it’s also bigger things, like being true to yourself by keeping your New Year’s resolutions, obeying traffic laws, and getting involved in the greater good. There’s no better feeling than doing good things and leave nothing undone.

This year, our theme at VOW is “Participation!” I sincerely hope that you will learn what you can do to get more involved with this great organization. You’re no doubt aware that our Mission is to *promote volunteer stewardship of Washington State’s natural, heritage and recreation resources*. (If you’ve been around me much, you know I repeat that all the time!) Make 2006 the year you decide to fully participate in the Mission of VOW. We’re run by volunteers, and we can do great things with your Participation!

VOW is the ultimate lean organization with most of its work—administrative and trail work—accomplished by

volunteers. Besides the Board of Directors, key players at VOW lead teams that manage **Service Projects, Fundraising, Membership, Tools, Special Events, Publicity, Database** and our signature project, the **Iron Goat Trail**. In recent years, we have been very busy adapting to changes in the way our land manager partners have been evolving to keep up with new regulations and budgets. Somewhere in the shuffle, we started to lose track of some of the teamwork that makes VOW great. This year we’re bringing that back to VOW. It’s the year of Participation. Join us!

I urge you to get involved with VOW. Become a member for the many reasons noted below. Join a work party and get dirty. Or look at the items listed in bold. Do you have interest or experience in one of those areas? Do you want to join a team of other volunteers committed to promoting environmental stewardship? Contact the office at 206 517-3019 or [info@trailvolunteers.org](mailto:info@trailvolunteers.org). We can succeed and increase membership, show more people how fun it is to do trail work and share the importance of being a steward of the environment.

Together, we can do it!

## Membership Has Its Rewards

VOW’s mission is simple: we train volunteers to be stewards of the environment. To accomplish this we partner with land managers—from the City of Seattle to the Forest Service—to build trails, restore habitat and preserve Washington State’s rich heritage.

At VOW there are two ways to make a difference, and we encourage both: (1) volunteer on one of our work parties and (2) become a member. Are you a member? Check the

Joe Pulaski  
123 Iron Goat Trail  
USA

Last Renewed 11/08/2005

newsletter mailing label to see if you’re current. If you’ve given in the past your last renewal is noted in the lower right corner (see example above). If there’s no date then it’s time you became a member!



We offer three membership levels, with benefits at each level. (Each level includes a subscription to *Trail Notes* and a VOW sticker.)

**\$25 Individual:** VOW carabiner pen

**\$50 Family:** Iron Goat Trail Guidebook—while supplies last!

**\$100 Patron:** Iron Goat Trail documentary, DVD format—as seen on PBS!

## Why Join? Why Renew?

In addition to membership level benefits there are many good reasons; here are a few:

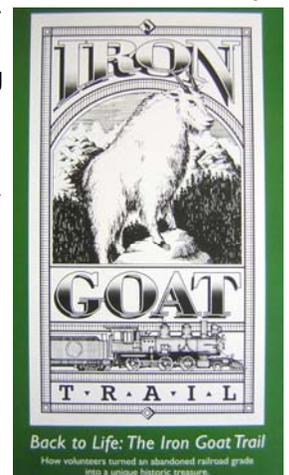
- VOW is volunteer-powered. With a paid staff of one, rest assured that a dollar donated is a dollar spent building trail, restoring a favorite route, planting a tree.
- Special members-only events. In February we snow-shoed the Iron

Goat Trail, with après soup at the Mountaineers Lodge. Stay tuned to for future events.

- Give back! We are lucky to live in this jewel of outdoor recreation, rain and all. But safe access to public lands is under constant threat by overuse, erosion, invasive species and lack of funding. Join VOW and be a part of the solution!

**Workplace giving** is another way to give back to the environment. Many employers offer

matching gifts, or payroll giving opportunities like **Earth Share of Washington** or United Way. Questions? Please contact the VOW office at 206 517-3019, or ask your employer to see if your business participates.



Back to Life DVD

## Botts Celebrate a Decade of Volunteer Vacations

In 1995 Ruth Ittner asked Richard and me to coordinate a week-long volunteer vacation. That first year was a challenge. We had eight volunteers from the American Hiking Society and five local volunteers from VOW. Some of the food wasn't to the liking of the

volunteers and they had a "spaghetti revolt" on Friday night, cooking their own pasta and sauce. After the first year we developed a plan, honing it through succeeding years and, yes, spaghetti is a fixture for Friday night!

Now our coordination effort is relatively easy. All the information is on a website available via VOW ([www.trailvolunteers.org](http://www.trailvolunteers.org)) or the Iron Goat Trail ([www.irongoat.org](http://www.irongoat.org)). Richard

calculates how much food to buy. We sleep in The Mountaineers' Lodge at Stevens Pass which, though rustic, has hot and cold running water and a full kitchen.

2005 accomplishments include the erection of a 40-foot long rock wall, completion of 10 drain dips, construction of a three-foot high retaining wall, and installation of an 18-inch diameter culvert. We also pulled three large stumps and cleared and graded many feet of trail. This summer we look forward to constructing a crossover hiking trail that will link the lower and upper grades of this historic route. Should be fun! — Sheridan Botts

P.S. We receive notes all the time from happy Volunteer Vacation participants. Here's one:

Hi Sheridan and Richard!

Thank you to you and all of the VOW folks for a great vacation. Lydia and I had a great time being part of the Iron Goat Trail work crew. We have many good memories to share with our friends and family.

— Barb in Lima, New York



*2005 Volunteer Vacationers on the Iron Goat Trail.*

## Trail Notes

**Volunteers for Outdoor Washington**  
8511 15th Avenue NE, Suite 206  
Seattle, WA 98115-3101

Phone: 206 517-3019  
Email: [info@trailvolunteers.org](mailto:info@trailvolunteers.org)  
Website: [www.trailvolunteers.org](http://www.trailvolunteers.org)

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