



Mountain Ear

MONTHLY NEWSLETTER OF THE ROCKY MOUNTAINEERS
OF WESTERN MONTANA

March 1983
Vol 21. No. 12

Meeting
March 9, 1983

7:30 PM
Montana Power Co.
1903 Russell St.

Program: Slides of Bicycle Tour
of Australia

Paul Stanton, Hamilton, Mt.

THE MOUNTAIN EAR
P.O. Box 4262
Missoula, MT 59801

FIRST CLASS

Dave Line
1135 Whitaker Drive
Missoula, MT 59803

MEMBERSHIP LIST UPDATE - NEW AND RENEWAL
(renewals that were on the Jan. membership
list are not repeated)

Bill Bishop
Shoreline Rte.
Polson, MT. 59860

Arnold Vinnard
336 So. 6th W. #8
Missoula 59801
Ph 728-7112

Cyndy Braun
1301 Phillips
Missoula 59802
Ph. 728-7808

Jean Pfeiffer
855 Beverly
Ph. 549-0570

**
Newest member is "JULIA"
born to members Nancy Shrader
and Joe Lauinger

Recent Events--

The lack of snow and a prolonged warm spell have made this winters trips something less than dependable, but a few got off the groune -- that is to say there was at least some snow to ski on.

Feb. 12 didnt result in any telemark lessons but a small group did manage to make a few runs on Fujii before Jim Burns lost a bail from his binding and we limped back to the parking lot at Lolo,


The Washinton Birthday weekend trip was scratched for several reasons, but your editor found solace on the finely groomed trails of Crosscut ranch near Bozeman, and probably for the better as several people were avalanched that weekend, including one fatality.

The Little St. Joe trip was scratched for the same reason, much rain and heavy wet snow led us to be suspicious of slide danger in the cirque.

No direct report on Nahcy DeCou's trip at Lolo.

The big event of the weekend was the Arlene Blum dinner and slideshow which sold out and was a success as well for the Mountaineers table. Many people stopped by for instruction on making rope climbers for skis, and some picked up copies of the Mountain Ear and expressed interes in the club.

President Ilona and member Lynn Paul had a real treat in spending Friday morning taking Arlene Blum to Lolo Pass for a ski outing before the evenings events got under way. Ms. Blum must have discussed food because Ilona garnered the recipe for a complete dinner, Nepalese style (see next page).



Lloyd's

CONVERSIONS done on lace-up downhill ski boots to make a thinner-soled heavy duty X-C touring boot

CONVERSE with LLOYD'S

1230 West Kent
(N. end of Tremper's Shopping Center)

*SHOE REPAIR * LEATHER CARE * ZIPPERS *
* "VIBRAM" * ACCESSORIES *

NEPALAESE DINNER

Dal Chapathis Raita Fruit Plate

(Recipes from Laurel's Kitchen)

DAL

1 1/2 cups yellow split peas	1/2 green pepper
1 tsp. salt	1 onion
3 cups vegetable stock or water	1 tsp. turmeric powder
2 Tbsp. oil	1/2 tsp. curry powder
1 Tbsp. black mustard seed	juice of 1 lemon

Prepare yellow split peas by boiling in salted vegetable stock for about 30 minutes. Cook them until they are tender but not so long that they lose their shape. The peas should be rather dry, like mashed potatoes. Chop onion and green pepper. Heat oil in a large heavy pan with a lid. Add mustard seed to hot oil and cover. Allow to brown, but not to burn. This takes a short time. Peek, but very carefully--the seeds jump like popcorn. Stir in turmeric, curry powder, onion, and green pepper. Saute until vegetables are soft and add to peas along with the lemon juice. Serves 6 to 8.

CHAPATHIS (unleavened bread)

3 cups whole wheat flour	1 scant tsp. salt
1 cup water	2 Tbsp. oil

Mix the flour, water, salt and oil, adjusting quantity of water to make a stiff dough. The dough is often kept for a few hours or overnight before kneading, but this is not necessary. Knead the dough until the texture is smooth and elastic. Pinch off the dough into 15 balls. Flatten each ball between the palms of your hands and roll it out on a well-floured surface into a circle 7 inches in diameter. Roll out no more than 3 at a time or they may dry out. Have an iron or other heavy griddle hot. Teflon works particularly well. Chapathis often blow up like little balloons after a minute on the hot griddle; however, this usually requires a little encouragement in the form of light pressure with a large spoon or spatula. If the large bubbles don't appear the chapathis will still be good, but the hot air inside helps to cook it nicely. When the bottom starts to brown, turn and cook the other side. Makes 15 chapathis.

RAITA Raita is an Indian salad, refreshing and low in calories. Two or three spoonfuls makes an ample serving.

1 1/2 cups yogurt	dash cayenne
1 cup finely chopped raw vegetables	dash curry powder
2 tsps. finely minced fresh ginger	

Stir vegetables into yogurt, choosing two or more of these: radishes, cucumber, green pepper, green onions, tomatoes, or beets. Season with cayenne, curry powder, and fresh ginger.

Trip Schedule

- Mar. 12 Ski trip Granite Ridge to Lolo Hot springs. Moderate to difficult. Meet at K-Mart 8 am. Leader: Dan Weinstein, call 543-4783 for details.
- Mar. 13 Woods Gulch to Marshall loop trip. Moderate. Meet Eastgate 8am. Leader: Ralph Klawitter 728-4778
- Mar. 20 Ski trip toward the Beacon (Mt. Sentinel) if snow allows. Moderate Leader: Charles Hanna 549-0463
- Mar, 19-20 Ski trip to Little St. Joe mountain Moderate to strenuous Leader: Rob Holden 543-5545
- Mar 27 Ski trip to Squaw Peak Moderate to strenuous. For information call Bill Morgan 1-363-5339 or Bob Benson 549-1426

NOTE: Nancy Shrader will bring rope (for sale) and instructions for making climbers for skis to the meeting Mar. 9

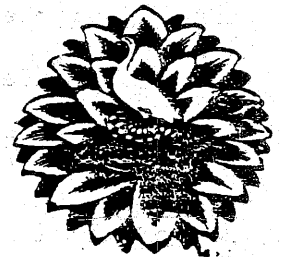
NOTE

MAMMOTH BAKERY CAFE

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136 W. MAIN

MISSOULA'S ORIGINAL NATURAL
FOODS BAKERY AND CAFE

Open 8am - 6pm Mon.-Sat.
(til 8pm Fri.)



***** SOME ITEMS OF INTEREST *****

Energy - On March 9, all day (and evening too) the Northwest Power Planning Council will hold hearings and receive comments on the draft Energy Plan, at the Montana rooms, Univ. Center. This is an important document because it will form the blueprint for energy planning in the four Northwest states for the next 20 years. The Council is made up of two members from each state (MN, ID, OR, WN) and is not beholden to any of the major energy interests like power companies, BPA., the Corps, etc. Aside from the fact that we are all rate payers for electrical power, the plan involves outdoor and environmental items that concern all: rehabilitation of the anadromous fish in the Columbia drainage, location and impacts of power generating facilities, wildlife impacts, and alternate energy sources. Those who have time to attend may find this interesting.

Bicycles - The Missoula Bike club has prepared a brief summary of proposed State legislation that greatly increases the rights and safety of bicyclists. Local contacts are: John Williams, 721-4700; June Siple, 542-2607; Mark Cadwallader, 549-3446.

Speak up - If you know of any issues that concern the interest of the Mountaineers particularly those that aren't getting much fanfare in the paper and might otherwise slip by unnoticed, speak up at the meetings, or phone your Mt Ear editor with a brief of the details, and we can get it in the next issue.