

Mountaineer

E X P L O R E • L E A R N • C O N S E R V E



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Rebuilding History & Hearts

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Registers and Canisters

A Grand Northwest Tradition PAGE 34

Complacency in the Outdoors

by Rachel Delacour PAGE 38

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The Mountaineers enriches lives and communities by helping people explore, conserve, learn about and enjoy the lands and waters of the Pacific Northwest and beyond.



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Discover The Mountaineers

If you are thinking of joining — or have joined and aren't sure where to start — why not set a date to Meet The Mountaineers? Check the Branching Out section of the magazine for times and locations of informational meetings at each of our seven branches.

on the cover: Allison Swanson repairs the lookout on Mount Pilchuck.
story on page 28

photographer: Ethan Welty - www.weltyphotography.com

Mountaineer uses:



An Appreciation for Washington Stewardship



Geoff and Peg in Mexico

My wife Peg used to travel to Mexico to teach English at a couple of universities in the southern state of Oaxaca. I would typically visit a few times during her assignments and we would travel and explore nearby environs. During one of my visits, we planned a trip to the idyllic seaside village of Mazunte, with a stop in the town of San José del Pacífico. This town sat at an elevation of nearly 9,000ft in the Sierra Madre del Sur mountain range between the interior high savanna and the rugged coast to the south of the state.

Knowing we'd be staying a couple of nights in the mountains, I eagerly researched hiking opportunities to tackle during our visit. To my surprise, my research turned up precious little in these incredibly beautiful mountains that feature frequent vistas

of the Pacific Ocean through the haze, other than several non-specific accounts that "there's good hiking in the pine forests." I finally stumbled on a blog that described a walk up in the mountains, and we set off early the morning after we arrived for our hike. We started walking up a rural road punctuated by a few houses, a ubiquitous church, and many chickens. The graveled road gave way to a rutted dirt track scarred by numerous borrow pits and collections of refuse, and after a mile or so narrowed to single track path and then petered out into underbrush.

As we walked, I thought about hiking back home in Washington and reflected on how a walk in the forest there would probably start at a kiosk at a trailhead, on a trail well maintained by WTA, the PCTA, or other great organizations. It made me realize how fortunate we were to be able to readily enjoy public lands and beautiful wild places, protected and available for access by all. I thought about how I could spend a lifetime exploring and enjoying protected areas in the state of Washington alone, perhaps without trekking the same terrain. I recognized that protecting our land does not happen without effort, making me so appreciative of the individuals and organizations who steward the land, including The Mountaineers that have fought to protect our wild places and to preserve access for future generations. The Mountaineers played an important role in the establishment of the North Cascades National Park, and continues to advocate for wilderness preservation and recreation access. Braided River, an imprint of Mountaineers Books, publishes titles that are intended to shape conversations about the importance of preserving wild places, and inspire support for critical conservation efforts. Our own Senator Patty Murray and U.S. Representative Derek Kilmer have just re-introduced Wild Olympics legislation to protect environmentally sensitive areas and support outdoor recreation, originally introduced by U.S. Representative Norm Dicks in 2012, but repeatedly stalled in Congress. Fighting for preservation and access takes perseverance and passion, but the rewards are enormous.

About two hours after we started our hike in the Sierra Madre del Sur mountains we turned around to return to our casita, discussing what we could do the rest of the day following our unexpectedly and disappointingly truncated hike. I also mused about the options for my next destination when I returned home, with a renewed appreciation for the great value of stewardship and wilderness preservation of the lands in our own country.

Geoff Lawrence
Mountaineers President, Board of Directors



The Mountaineers is a non-profit organization, founded in 1906 and dedicated to the responsible enjoyment and protection of natural areas.

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Suzanne Gerber
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What a Season for a Walk in the Park

Summer rarely disappoints in the Pacific Northwest. For a while, it seemed the winter rains kept all but the more adventurous from moving here. Then, somehow, tech companies discovered the remarkable beauty of our mountains. Either that, or programmers simply didn't mind the idea of gloomy days. Perhaps a little of both. Now, every summer gets a little warmer than the previous and our mountains, hills and trails are seeing more new faces than ever before.

This issue of *Mountaineer* is about taking care of those hills and each other, as we discover our freedom to roam.

The first feature, "The Big Beach Cleanup" is about the history of Washington CoastSavers – the collection of organizations and nonprofits that gather thousands of volunteers twice a year (around Earth Day and July 5th) to clean up the trash on Washington beaches. Like many conservation groups, it grew out of the hard work and dedication of a passionate person who brought together many more.

Then the magazine moves from sea-level to the top of a mountain with its second feature, "Rebuilding History & Hearts." In it, we get a first-perspective look at what it takes to keep the lookout tower on Mount Pilchuck up and running – something the Everett Mountaineers have been doing for decades.

The third feature is also about summits – specifically about the summit registers that you sign when you get up there and the canisters they're stored in.

And our fourth feature is about caring for each other in the wilderness, addressing one of the major factors in many mountain accidents: complacency. Sometimes we can actually be too comfortable outside.

Our Youth Outside column is a special one written by guest writer, Casey Andrews. She's the Seattle coordinator for the Every Kid in a Park initiative which allows all fourth-graders to pick up a free pass to national parks for the year. We get to follow the adventures of 9-year-old Samuel Tinker who used his pass last summer.

And don't miss our Member Highlight this issue, as we feature Courtenay Schurman, our regular Peak Fitness columnist. This is always one of my favorite columns as we learn a bit more about individual members, when they joined The Mountaineers and what they love about getting outside. We have even more members featured weekly on our online blog.

Hopefully one of those people getting outside is you. As you plan your summer adventures, consider participating in OPYA (Our Parks Your Adventure), to help support The Mountaineers.

Thank you for reading the magazine.

Happy Adventuring,

A handwritten signature in black ink that reads "Suzanne Gerber". The signature is fluid and cursive, written in a professional but personal style.

Suzanne Gerber, Publications Manager





Can you identify the location in the foreground?

Send your answer to Suzanne: suzanneg@mountaineers.org. If you guess correctly, you'll receive a \$15 gift certificate* good for Mountaineers purchases, and we'll publish your name in next issue's column with the answer.

In case of a tie, one winner will be chosen at random.

Adventurer? Please send in your trip photographs for possible publication as a mystery location!

Nobody was able to correctly guess last issue's *Summit Savvy* - Valhalla Peak, so hopefully this one is a little easier.

*Not redeemable for cash. Mountaineers employees or persons shown in the photograph are not eligible.

Last issue's summit savvy: Valhalla Peak



Valhalla Peak. Photo by Megan Cromar

Gorgeous views of Mt Constance can be seen from the summit of Valhalla Peak.

Activity Type: Scramble - summer or snow

Seasons: Year-round (check avalanche danger in winter)

Length: 9.6 miles RT

Elevation Gain: 2900 feet

High Point: 5,345 feet



Approaching the summit of Valhalla Peak. Photo by David Morgan

Trip report by David Morgan from December 4, 2016: Surprisingly good weather with intermittent to totally clear skies (in our area) most of the day. Ran into snow around 2,500 feet and put on snowshoes at about 3,500 feet. The temperature was in the 20s and winds on the summit kept our appreciation of Mt Constance brief as well as affording Megan Cromar's beautiful summit spin drift photograph (which you can see to the right). Total trip time was 8.5 hours which included 4.5 hours for ascent.

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Courtenay on Beckler Peak. Photo by Doug Schurman

Name Courtenay Schurman
Hometown Seattle, WA
Member Since June 1992
Occupation Conditioning Coach, Author, Mom, Volunteer
Favorite Activities Scrambling, hiking, climbing, walking with my dog, bird watching, and geocaching with my daughter

How did you get involved with The Mountaineers?

It was 1992 and I had just completed my first climb of Mt. Rainier with friends through the UW Oceanography program. One of them pointed me to The Mountaineers as a way to get outside more often. In 1999, my husband and I decided to take the Basic climbing course so we could climb without relying on guide services. That led to taking Intermediate in 2000, getting on the climb leader list in 2003, running a few mentor groups for Basic, and leading our own graduation ice climb on Adams Glacier. In 2004, our daughter was born, so we transitioned to Family Activities and Photography, as well as getting our kid involved in family hikes and eventually, summer camps.

What motivates you to get outside?

Initially it was to find like-minded people who wanted to explore cool climbs and be involved in giving back through teaching. Then, with a young daughter, sometimes it was hard to find other families who are into the outdoors. Our daughter's friends are all into music or sports, so we try to hook up with a family or two who have daughters and who like hiking.

What's your favorite Mountaineers memory?

When I think "Mountaineers," I think of the wonderful mentors who generously shared their time and abilities year after year; people like Dave Shema, John and Debbie Wick, Cebe Wallace, and Timmy Williams (to name only a few) who taught me during my Basic and Intermediate years. They share their skills and experience with people who will be the next generation of leaders. So while I love the mountains and what they provide, I also have fond memories of those individuals who taught me to love the mountains and treat climbing with respect. And who can beat seeing young kids (2-5 year olds) falling in love with slugs, nurse logs, butterflies, caterpillars, and moss? Running Family Activities was as rewarding as it was challenging.

Who/what inspires you?

I get inspired by my clients, daughter, or anyone who struggles to overcome some hurdle or obstacle. By beautiful music. And by beauty in nature. I've come to savor beauty, struggle, and solitude more as I get older. When I was in my 20's and 30's it was more about "getting to the top." Now it seems to be morphing into "what unique vista can I see? What wildlife will I be able to learn something from? What can nature teach me on this trip? How can I learn from my mistakes?" It's ironic but there really is something to mindfulness and paying attention, and maybe age, grace, and wisdom bring them about.

I would also say that my husband is my anchor who is constantly striving to improve both himself and to help those he loves improve as well. He inspires me to find my way past whatever obstacle I face and come out a better and stronger person on the other side.

What does adventure mean to you?

Being present and challenging ourselves to be the best we can while respecting those around us, from people with different views and life experiences, to the animals we encounter, to the landscape we travel through. My family and I will be heading to Madagascar this summer and I want to savor the three weeks as an adventure of a lifetime.

Lightning round

Smile or game face? Smile.

Sunrise or sunset? Sunrise.

Happy place? Backyard hammock.

Post-adventure meal of choice? Froyo.

If you could be a rock star at any outdoor activity overnight, what would it be? Wildlife photography.



Extended Plank

By Courtenay Schurman, MS, CSCS, PN2

Seattle Mountaineers Staff demonstrate the extended plank. Photo by Suzanne Gerber

Whether you are gearing up for paddling, climbing, or pack carrying this summer, you will benefit from having a strong core to connect upper and lower body. When my husband and I climb mountains, we like to do pushups at the summit. The lovely Mountaineers folks at the Magnuson clubhouse got together to throw a little “plank party” (pictured) to help us out.

Planks are one of the most common and comprehensive movements you can do, and this variation requires no equipment other than a towel or mat to kneel on or a pack for a more advanced version. This variation of the plank requires a strong core and utilizes triceps, shoulders and chest as well as quadriceps, rectus abdominus and transverse abdominus (the muscles along the front of the body). If you focus on “pulling back” with your hands you will also get a mild lat recruitment as well. As you increase your strength you can hold the position longer, extend your arms farther from your legs, or add a pack to your back.

SET UP

Kneel on a towel, mat or blanket with hands directly below your shoulders. On an exhale, extend your legs so that you rise into a traditional plank position on hands and toes. Squeeze the inner thighs together to engage adductors, and contract the glutes so that all your core muscles stay activated.

WALK INTO EXTENDED POSITION

Keep your hips slightly elevated (in other words, avoid letting them sag; always protect the lower back from hyperextension or you might experience a pinching sensation that is uncomfortable). With abdominals held tight, slowly walk your hands forward as far as you can, without the hips moving. If you find that your feet slide, you can brace them against another planker or against a tree, rock, or wall. You can also do this barefoot on a yoga mat but avoid doing it in socks (they will slide too much).

INCORPORATION

Aim for holding the extended plank for 30 seconds or longer, then walk your hands back to the starting position and lower your knees to the floor. Stretch your hips back to your heels (child’s pose) to relax and stretch the lower back. Repeat for 3-5 sets.

VARIATIONS

To make the exercise easier on your balance, widen your legs and don’t walk the hands forward quite as far. You can also do a variation on your knees.

To increase the difficulty, keep feet and hands very close together, add a pack to your shoulders, walk hands as far forward as possible, or consider elevating the feet on a block, step or bench.

For more how-to exercises and nutrition tips for the outdoor athlete, visit Courtenay Schurman’s website at www.bodyresults.com or send her a question at court@bodyresults.com

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alpinemadness.blogspot.com (in Swedish)

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Andrew Monko & Roseanne Kahn
Met: 2006, Life Partners

Roseanne and Andrew. Photo courtesy of Andrew Monko

Long story long, how did you two meet?

Andrew: Roseanne and I met via an online dating site and were probably matched up because we were both looking for an active partner. Our early activities included: running, mountain biking, light hiking, snorkeling, swimming, and beach camping on the Olympic Peninsula.

Roseanne: I contacted him initially. I was intrigued by his well-rounded interests. At the time, he published a successful music and culture magazine. It was important to me that he was physically active too. We did several Seattle half-marathons together and a few short hikes. Andrew also introduced me to sea kayaking, which I love.

Andrew: Our mutual love for outdoor adventure was a key reason we clicked. But perhaps as other couples without kids have experienced, our social life, whether outdoor-related or otherwise, seemed to evaporate as more of our friends began to start families. Enter The Mountaineers. On a whim we signed up for the Alpine Scrambling course through the Seattle Branch. We learned valuable skills and enjoyed challenging excursions, but more importantly we gained friends and a diverse community.

Favorite outdoor memory together?

Roseanne: My favorite outdoor memory would have to be the first time we hiked the Enchantments. We got a Snow Zone permit that year and hiked up to the core from our camp at Snow Lake every day. It was stunning scaling that last ridge for the first time, where Lake Viviane and Prusik Peak come into view and we could see the neon yellow-green of the first larch in September. I remember feeling drunk with the beauty up there.

Andrew: Hard to pick a favorite memory, but Dragontail Peak late last summer stands out for me. We started from the Lake Stuart camp at a moderate pace, and snapped photos along the way. Then it culminated in an icy traverse of the southeast

snowfield and a dark descent of Aasgard Pass. It was a 22-hour day. But the bluebird day, astonishing summit views, and sharing the experience with our friend, Bruno Bonamici (also a Scramble grad, plus Basic), made every step worth it.

Roseanne: Traversing that icy snowfield going downhill without crampons was slippery and terrifying (microspikes weren't enough). Luckily, Bruno had the foresight to bring his crampons and kicked some steps for us. I was truly grateful for The Mountaineers ice ax training that day. I do not wish to repeat our nighttime descent down Aasgard Pass. Ever.

Favorite piece of outdoor gear?

Both: Our three-person tent with separate entrances. We upgraded last year and find the added space worth the marginal extra weight. Plus, no more disrupting each other when entering or exiting – a true relationship saver.

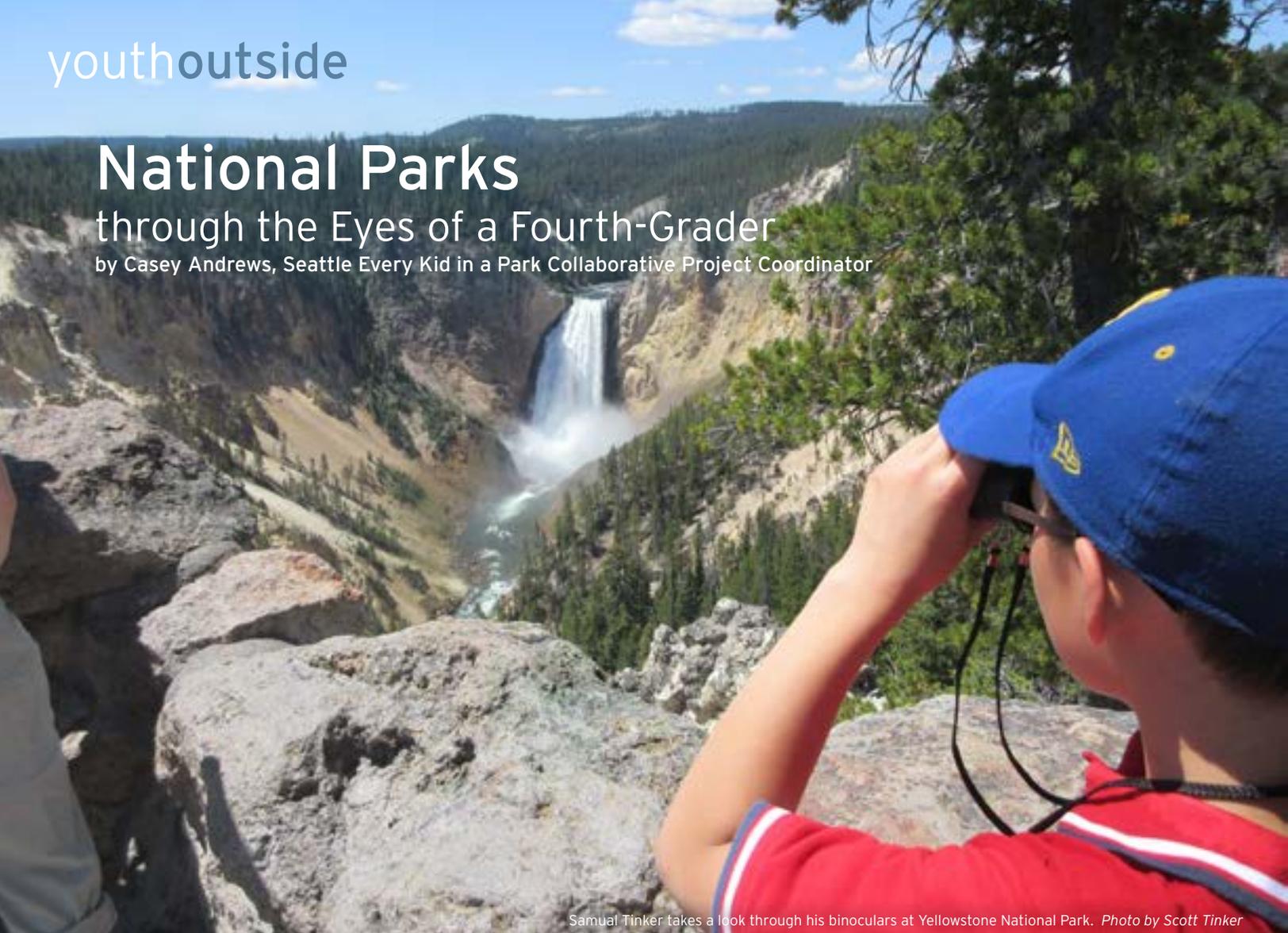


Roseanne and Andrew. Photo courtesy of Andrew Monko

Andrew and Roseanne both joined The Mountaineers in 2014 to take scrambling, First Aid and Navigation. Andrew is now taking the Basic Climbing course.

National Parks through the Eyes of a Fourth-Grader

by Casey Andrews, Seattle Every Kid in a Park Collaborative Project Coordinator



Samuel Tinker takes a look through his binoculars at Yellowstone National Park. Photo by Scott Tinker

"Look Mom!" I cried. "Bison!"

We were heading to the geysers [in Yellowstone National Park], but when we rounded the corner we saw a field of bison.

We could see a calf fighting its sibling, each one tumbling into the dust. We could see the bulls wallowing in the mud pits. We could even see the cows looking after the calves. It was an amazing sight seeing the bison covering that field like ants covering honey.

That's one of the many exciting memories Samuel Tinker shared with me. I had the opportunity to meet up with him and his sister Ruth, to learn about their adventures through the national parks. Samuel used his fourth-grader Every Kid in a Park pass last year to take his family on a national parks adventure. He told many stories that he collected during his visit to eight parks during the summer of 2016 including Yellowstone, Badlands, Grand Teton, and Mount Rainer National Parks along with Devils Tower National Monument, Mount Rushmore National Memorial, Yaquina Head Outstanding Natural Area, and Little Bighorn Battlefield National Monument.

This is what the Seattle Every Kid in a Park Collaborative, a group of local nonprofits and land management agencies led by the National Park Service and IslandWood, is hoping for. This collaborative, with funding from the National Park Foundation, is supporting the initiative by leveraging each other's expertise and

resources to further awareness of this fourth grade opportunity. "Our goal is to inspire the next generation of public lands stewards," Said Charles Beall, Superintendent of the Seattle Area National Park Sites, says. "Connecting fourth graders and their families with their public lands connects them to their heritage, to their inheritance. Public lands must be accessible to all." Collectively, this group that includes the National Park Service, IslandWood, Mt. Baker-Snoqualmie National Forest, Seattle YMCA Bold and Gold, NatureBridge and the Washington Trails Association, provides multiple opportunities for youth to get outside in addition to the fourth grade Every Kid in a Park pass. This collaborative is working to connect youth to not only federal lands, but their local community parks.

The Every Kid in a Park pass grants fourth-graders free access to more than 2,000 federally managed lands and waters nationwide for an entire year. Federal lands that accept the pass include the National Park Service, the Bureau of Land Management, the Bureau of Reclamation, the U.S. Fish and Wildlife Service, the U.S. Army Corps of Engineers, the U.S. Forest Service, and the National Oceanic and Atmospheric Administration. This pass admits fourth-graders and any accompanying passengers in a private, non-commercial vehicle at per vehicle fee areas, or the pass owner and up to three accompanying adults at sites that charge per person.

These federal land agencies invite children of all backgrounds to discover our country's federal lands and all that they offer, including opportunities to be active and spend time with friends and family. As living classrooms, these outdoor places and historic sites also provide hands-on, real-world opportunities to develop critical skills and learn about the natural world. Our goal is to connect our nation's youth to the great outdoors and build the next generation of outdoor stewards of our spectacular and diverse federal lands and waters. When we visit these lands, we create memories and come home with stories to share, like this one from Samuel's visit to Yellowstone National Park:

To my right, the bison covered the ground. To my left, however, it was not plains, but forest and as I looked towards my sister I saw a grey blur. A grey blur?! What was it? I began to look towards the hill wondering what it could be. Apparently, my dad had sharper eyes as he cried out "wolf!" Everyone turned from the bison to look towards the road.

Sure enough, a wolf was waiting in the bushes. Suddenly it burst from the cover and darted across the road pausing only to look at us. It was beautiful. Then it disappeared into the plains below. Everyone was silent enjoying the moment until, of course, I blurted "That was amazing!"

The more kids get to experience their federal lands, the more they will grow up with a desire to protect them so that they can be shared with their own kids someday. Or, as in Samuel's sister's case, share with her family the following summer. You see, Samuel's sister Ruth is in fourth grade this school year and she had such a good time with Samuel last summer, she already picked-up her own pass and made a list of places she wants to visit.

The initiative is slated to continue with each year's group of fourth-graders to inspire successive generations to become responsible stewards of our nation's natural and cultural heritage. It's not too late for current fourth-graders to get their pass for summer 2017 to explore their federal lands and waters. Still in third grade? You don't have too long to wait. Next year's fourth-graders can get their pass starting September 1st. ▲▲

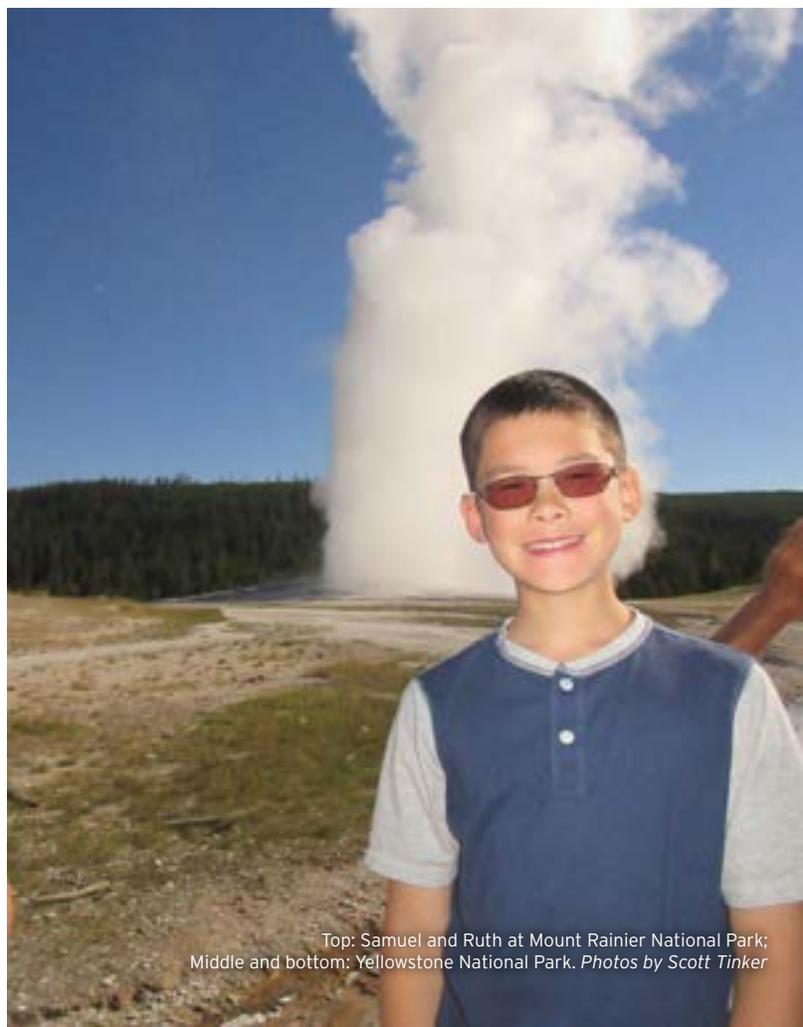
How to get a pass for your fourth-grader



Stop by Klondike Gold Rush National Historical Park in Seattle's Pioneer Square (319 Second Ave. S), the Outdoor Recreation Information Center at REI Seattle (222 Yale Ave. N) to obtain a pass for free entry for fourth-graders and their visitors, or go to everykidinapark.gov.

To learn more about opportunities and resources provided by the Seattle Every Kid in a Park Collaborative please visit ekipseattle.org.

Casey Andrews is the Seattle Every Kid in a Park Collaborative Project Coordinator. Her position is in partnership between the National Park Service and IslandWood. The National Park Service and IslandWood are working together to foster the connection between environmental education and meaningful experiences with our federal lands and waters through a grant provided by the National Park Foundation.



Top: Samuel and Ruth at Mount Rainier National Park; Middle and bottom: Yellowstone National Park. Photos by Scott Tinker



Celebrating Identity In My Backyard

by Amanda Hsu, IMBY Intern

Amanda Hsu in North Cascades National Park during an IMBY intern field trip. Photo courtesy of National Park Service

When I first applied for an internship with the In My Backyard program in the National Park Service, it seemed almost impossible for someone like me to join.

As a young woman born and raised in the suburbs of Thousand Oaks, California, I didn't grow up with a hiking pole in hand, but I soon realized I possessed a key to helping people belong in national parks. National parks hold our histories. They tell our stories. No matter who we are, what we look like, or where we come from, our national parks are spaces where we all belong.

In My Backyard was founded along the lines of these exact principles. Rangers at Klondike Gold Rush National Historical Park-Seattle established the program in 2013. Park rangers, teachers, volunteers, Student Conservation Association interns, and university students have been working tirelessly to resolve an enduring problem: How does the National Park Service connect with communities that the agency has long underserved and, in many cases, ignored? Knowing they didn't have all the answers, rangers tapped into Seattle's dynamic university student community to help find answers. In My Backyard is student-driven, making it one of the first programs of its kind within the Park Service. For example, as an In My Backyard intern, I was directly responsible for designing a mobile park that the program will take to communities that may not have access to parks.

I am a Chinese Filipino student currently taking a year off from attending my studies in Environmental Science and Resource Management at the University of Washington. At this moment in my life, I am finding my passion and self-identity. I am finding how I belong. For me, and like many others, the path to belonging has been challenging.

Growing up, I was a chubby, painfully shy girl who didn't fit in. But I am grateful for that girl. She taught me that stepping out of my comfort zone is well worth the sweaty palms and apprehension. Most importantly, she taught me to live with integrity. By doing

so, I found my familial tribe of queer folk, band geeks, tree huggers, and underdogs.

By the time high school reared its ugly face, I was just becoming comfortable with my sexuality. Being gay was somewhat of a taboo in my conservative hometown, so I felt isolated. With close friends or with just my mom, we found solace in our own backyard at Santa Monica Mountains National Recreational Area, San Buenaventura State Beach, and Wildwood Park, among many others. These were places for reflection where I didn't have to fear judgment. Still, I desired to find people to relate to. It wasn't until my first Pride Parade in Los Angeles that I felt a connection to the LGBT community.

On June 24, 2016, President Obama designated Stonewall National Monument as the Park Service's first unit dedicated to LGBTQ rights. Two days later, I attended my first Seattle Pride Parade and was the proudest to see NPS employees from across the Pacific Northwest bearing a banner that read "#Stonewall." I didn't think it would be possible, but to see my passion for environmental stewardship and my sexuality connected and celebrated right before me truly made me feel like I belonged. I was able to find a community 1,100 miles away from my friends and family in California, and I knew I could translate that same approach into helping others find their connection to national parks.

I want to evoke a strong sense of belonging among high school students. I want them to realize their own unique sense of place within parks. As the lead designer for a mobile national park in downtown Seattle, I am incorporating personal narratives from people of all ages, gender, sex, race, ethnicity, sexual orientation, and ability by sharing their stories involving conservation, community, and national parks. It is from these unique personal perspectives that I hope young people discover, like I have, their own interconnections within the National Park Service - and realize they belong. ▲▲

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JUNE 14 @ 6:30PM | Discovering Seattle Parks @ The Mountaineers Program Center, Seattle
Special author presentation for youth and families

JUNE 22 @ 6:30PM | Discovering Seattle Parks @ Fjällräven Seattle

AUGUST 21 @ 6:30PM | Meet the Mountaineers @ Fjällräven Seattle

SEPTEMBER 14 @ 6:30PM | Discovering Seattle Parks @ Fjällräven Seattle

HIKING INFO SESSIONS

SEPTEMBER 27 @ 6:30PM | Introduction to Hiking Seminar led by Tami Asars @ Fjällräven Seattle

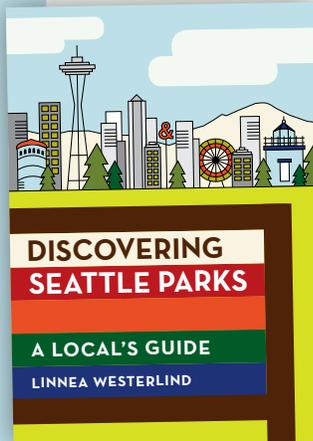
OCTOBER 10 @ 6:30PM | Fall Hikes for Autumn Colors Seminar led by Tami Asars @ Fjällräven Seattle

To learn more about these events and to RSVP visit www.mountaineers.org/Fjallraven. Space is limited. Light food and drink served. Wine generously provided by our friends at Canoe Ridge Vineyard.

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DISCOVERING SEATTLE PARKS

Linnea Westerlind has researched and visited every single one of Seattle's more than 400 public parks, and now she shares the most fun and intriguing options in *Discovering Seattle Parks*, a guidebook like no other. Organized by

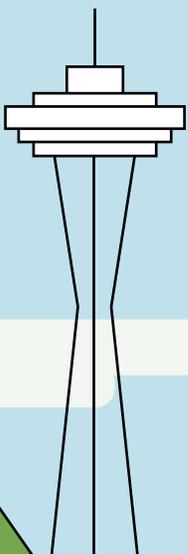
neighborhood, this playful book will keep families, walkers, dog owners, and kids of all ages busy year-round. Linnea is a mother of three boys and has been an enthusiastic hiker, explorer, and traveler all her life. She writes about urban adventure for ParentMap.com.



HIKING INFO SESSIONS



Tami Asars is a third generation Washingtonian professional writer and photographer. Tami has hiked The Wonderland Trail in sections and as a thru-hiker more than nine times. She has led backpacking trips all over Washington State and teaches classes in backpacking basics, lightweight backpacking, and long-distance hiking. Tami is author of three Mountaineers Books titles *Hiking the Wonderland Trail*, *Day Hiking Mt. Adams and Goat Rocks*, and *Hiking The Pacific Crest Trail: Washington*.



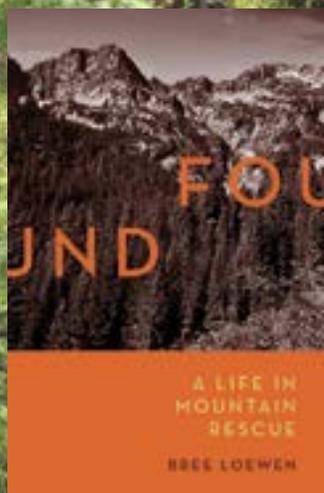
THE MOUNTAINEERS

CANOE RIDGE VINEYARD



Found: A Life in Mountain Rescue

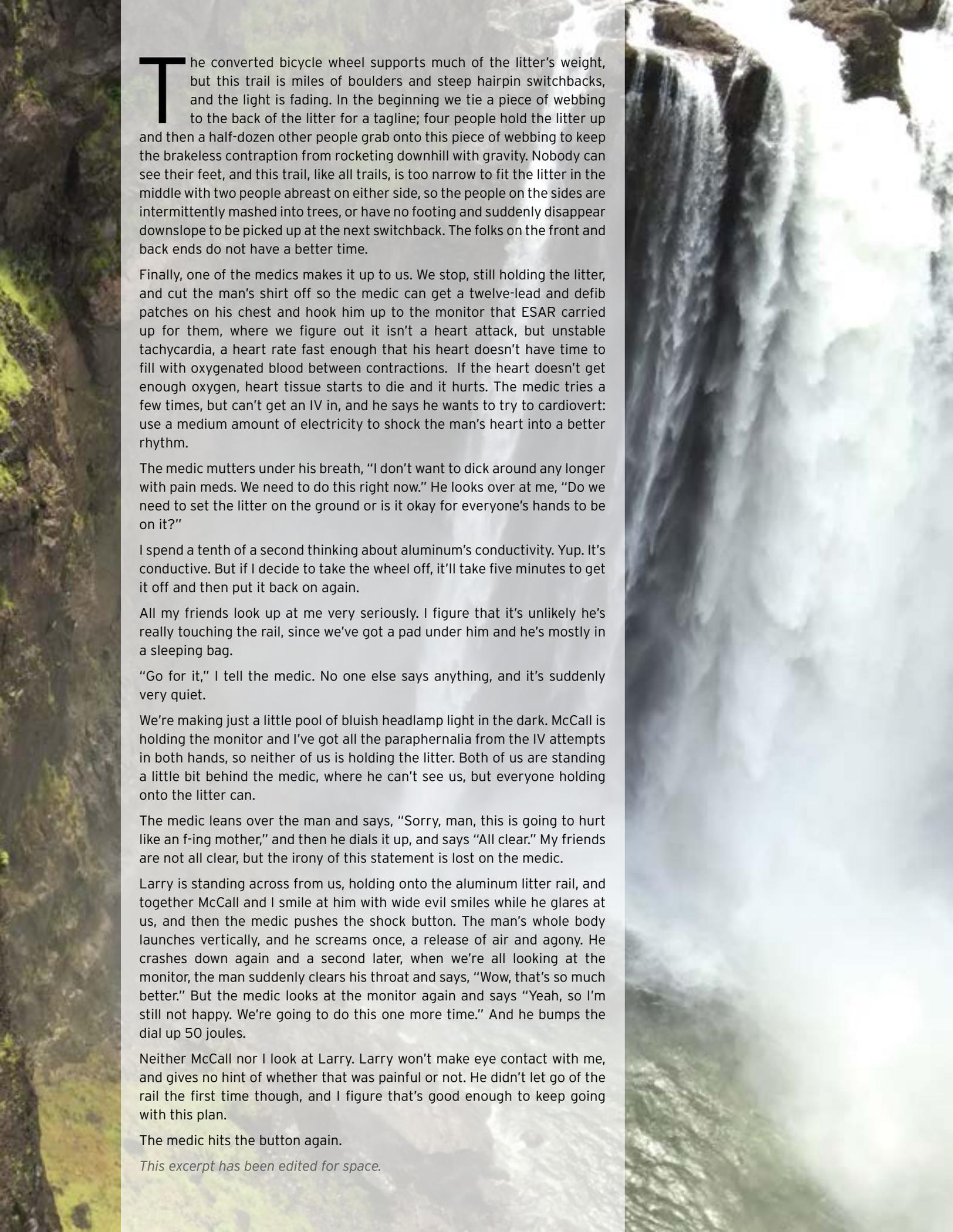
Excerpt and photos by Bree Loewen



A current board member for Seattle Mountain Rescue (SMR), Bree Loewen has participated in hundreds of SMR rescue missions, many of which have saved lives and many others for which the service performed was in returning a lifeless body to the victim's family. A former climbing ranger on Mount Rainier, Bree is also a wife, mother, and nursing student, who loves to climb and ski and work with her mountain rescue friends. The recently released *Found: A Life in Mountain Rescue* (Mountaineers Books) is her second book.

Listen to Bree talk about her book at The Mountaineers Seattle Program Center on June 7 at 7pm, as part of our BeWild adventure speaker series.





The converted bicycle wheel supports much of the litter's weight, but this trail is miles of boulders and steep hairpin switchbacks, and the light is fading. In the beginning we tie a piece of webbing to the back of the litter for a tagline; four people hold the litter up and then a half-dozen other people grab onto this piece of webbing to keep the brakeless contraption from rocketing downhill with gravity. Nobody can see their feet, and this trail, like all trails, is too narrow to fit the litter in the middle with two people abreast on either side, so the people on the sides are intermittently mashed into trees, or have no footing and suddenly disappear downslope to be picked up at the next switchback. The folks on the front and back ends do not have a better time.

Finally, one of the medics makes it up to us. We stop, still holding the litter, and cut the man's shirt off so the medic can get a twelve-lead and defib patches on his chest and hook him up to the monitor that ESAR carried up for them, where we figure out it isn't a heart attack, but unstable tachycardia, a heart rate fast enough that his heart doesn't have time to fill with oxygenated blood between contractions. If the heart doesn't get enough oxygen, heart tissue starts to die and it hurts. The medic tries a few times, but can't get an IV in, and he says he wants to try to cardiovert: use a medium amount of electricity to shock the man's heart into a better rhythm.

The medic mutters under his breath, "I don't want to dick around any longer with pain meds. We need to do this right now." He looks over at me, "Do we need to set the litter on the ground or is it okay for everyone's hands to be on it?"

I spend a tenth of a second thinking about aluminum's conductivity. Yup. It's conductive. But if I decide to take the wheel off, it'll take five minutes to get it off and then put it back on again.

All my friends look up at me very seriously. I figure that it's unlikely he's really touching the rail, since we've got a pad under him and he's mostly in a sleeping bag.

"Go for it," I tell the medic. No one else says anything, and it's suddenly very quiet.

We're making just a little pool of bluish headlamp light in the dark. McCall is holding the monitor and I've got all the paraphernalia from the IV attempts in both hands, so neither of us is holding the litter. Both of us are standing a little bit behind the medic, where he can't see us, but everyone holding onto the litter can.

The medic leans over the man and says, "Sorry, man, this is going to hurt like an f-ing mother," and then he dials it up, and says "All clear." My friends are not all clear, but the irony of this statement is lost on the medic.

Larry is standing across from us, holding onto the aluminum litter rail, and together McCall and I smile at him with wide evil smiles while he glares at us, and then the medic pushes the shock button. The man's whole body launches vertically, and he screams once, a release of air and agony. He crashes down again and a second later, when we're all looking at the monitor, the man suddenly clears his throat and says, "Wow, that's so much better." But the medic looks at the monitor again and says "Yeah, so I'm still not happy. We're going to do this one more time." And he bumps the dial up 50 joules.

Neither McCall nor I look at Larry. Larry won't make eye contact with me, and gives no hint of whether that was painful or not. He didn't let go of the rail the first time though, and I figure that's good enough to keep going with this plan.

The medic hits the button again.

This excerpt has been edited for space.

The Hills are Afoul with the Smell of Poo

by Craig Romano, Mountaineers Guidebook Author

Two bags of dog poop left by the side of the trail to Mt. Washington. Photo by Suzanne Gerber

Ahhh, there's nothing like heading out on your favorite trail to take in the fragrant smells of spring... only to catch the putrid stench of crap. Dog and human alike – it seems lately there's been a proliferation of poo plopped along our trails and streams of toilet paper flowers soiling our backcountry. And this abundance of trailside turds isn't just an affront on our visionary and olfactory senses, it's a major affront to our health and the health of our wild places.

So how did so many of our trails, parks, and forests become open cesspools? The way I see it, there are two major movements in play contributing to our number two problem in the backcountry. Number one is the explosion of new hikers taking to our trails. Many of these newbies are green when it comes to dealing with their browns. They're not all members of hiking and conservation groups that can enlighten them on the proper way to lighten their loads. Nor are they reading guidebooks with their defecation proclamations. These folks need to be scripted in Leave No Trace principles lest they continue to leave nasty traces all over the backcountry.

The second movement is the proliferation of backcountry campers in fragile environments where there are no or inadequate amounts of privies to accommodate so many mound builders. Have you spent the night at Tuck and Robin lakes, Blanca Lake, or Ancient Lakes lately? You may want to do a fecal coliform check at those lakes and check the waters for finless browns. You simply cannot have thousands of folks and their dogs defecating along the shores of these bodies of water and expect a clean drinking water supply.

The carrying capacity of many of our fragile backcountry lakes is simply being strained by the sheer numbers of people flocking to them. Add their free-flowing feces and we have a backcountry that is not only unhealthy for those of us who recreate there, but for the critters that rely on a pristine water supply. So what can we do about all of this doo doo?

First and foremost our duty is to figuratively raise a stink about this literal stink plaguing our trails. This means we need to educate ourselves and our newbie fellow hikers on the proper way to poop in the woods. Perhaps Kathleen Meyer's "How to S#&* in the Woods: An environmentally sound approach to a lost art" (Ten Speed Press) should be mandatory reading for all hikers. The book has sold an astonishing 2.5 million copies in eight languages. But there's still millions of others who have not read the book or understand the principles behind it.

The second thing we need to do is call for more backcountry privies for us heeding our calls. Yes, the Forest Service's budget is crappy, so I don't expect any expenditures for extraditing excrement. The national park service's budget is strained too and there's a long backlog of projects in line before we can address backcountry butt logs. So we may have to look to our conservation leaders and groups to step in before we step in any more poo.

Back in the 1980s, I was a backcountry ranger in the White Mountain National Forest in New Hampshire. One of my duties was literally the s%\$# detail. It was one of the crappiest aspects of my job, but one of the most important. Among my responsibilities



Drums of human waste waiting to be flown out of the Mount Rainier NP backcountry. Photo by Craig Romano

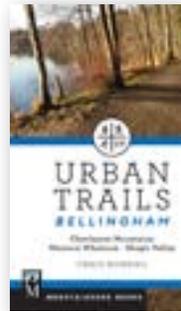
was working on a composting toilet at a backcountry campsite on the shoulder of 5793-foot Mount Adams. Every week I pulled the large drum from the privy and added wood chips to the “stew.” Then I stirred it all up. It was awful. And it was the only time in my life I dabbled in cigar smoking. To keep the flies away and thwart the stench from reaching my nostrils, I puffed on cherry cigars. We were trained earlier in the season by the good folks of the Appalachian Mountain Club that if we should lose it, just barf right into the drum and stir it up! The stew eventually would become sterile after exposure to heat and sunlight. We would then spread the new soil on Mount Adams’ alpine zone where hikers had previously trampled the fragile environment and braided trails. The composting toilet was brilliant – allowing not only for sanitary disposal of all of those rehydrated dehydrated meals – but also for alpine zone recovery.

I have since had the opportunity to help add to some stews in the Sierras, but sadly not much in the Cascades. We definitely need these rectum receptacles in our cherished backcountry. They’re expensive however and so too are standard backcountry toilets. In areas of thin soils it may be impossible to keep digging holes and moving toilets. Having drums emptied out each season via helicopter is even more expensive and pretty difficult to do in wilderness areas. In these cases it may be necessary to blue bag it, as is common practice for alpinists. Dog doo needs to be blue bagged too – and packed out – not left on the side of the trail and forgotten. If folks don’t want to blue bag, and if building backcountry privies is not feasible, we may have to consider the onerous permit and quota system. Some areas like Tuck and Robin simply cannot survive the onslaught of such a s*%\$ storm.

So I give you some food for thought the next time you happen to find a backcountry privy to do some s#%\$ing and thinking.

Maybe it’s time that we work on pushing out focused conservation groups, like People for the Proliferation of Privies, Crapbusters, or Brownpeace. Real groups are out there too. Groups like Access Fund, American Alpine Club, The Mountaineers, and Washington Climbers Coalition (WCC) are currently raising money to build a second toilet at Vantage (www.mountaineers.org/vantagetoilet). The first one, installed four years ago, is already overflowing. But we need more toilets in more places and more people supporting the cause.

We may also have to consider limiting camping in certain fragile overused areas and implementing the use of blue bags at these places. They may seem like inconveniences and an affront to our freedom in the hills, but an abundance of feces in the hills is an affront to our health and overall backcountry experiences; and a deprecation of our wild places. After all, wouldn’t you rather feel pooped after a hike than reel in poop during one? ▲▲



Craig Romano is an award winning author who has written and co-written 18 books. His latest release, *Urban Trails Bellingham* (Mountaineers Books) highlights the best trails for walking, running and hiking in Bellingham, the Chuckanut Mountains and the Skagit Valley. Other popular titles of Craig’s include *100 Classic Hikes Washington*, *Day Hiking North Cascades*, *Backpacking Washington*, *Urban Trails Kitsap*, and more.

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Artwork: Iuna Tinta, Mt. Rainier.



Katherine Hollis rappelling off a climb in Colorado. Photo courtesy of Katherine Hollis

A Public Lands Cry for Help

by Katherine Hollis, Mountaineers Director of Conservation

Some people have a defining moment in the outdoors that changed their lives. I don't. I can recount a vague memory of camping with my dad, and him pulling me out of the tent in my pajamas to hike under a full moon. I can tell you that you couldn't keep me out of waterfalls as a kid, that climbing for the first time as a sixth-grader blew my socks off, and that learning how to crack climb in Indian Creek, Utah 20 years later was completely humbling and inspiring. What I know is that our public lands are integral to who I am, and because of that I believe it's imperative that we protect these places and the experiences they provide, and that we work to provide opportunities for everyone to have nature-based experiences.

2017 greeted outdoors lovers with a dizzying flurry of public land bills - most of which are quite troubling; however, we're already seeing the power outdoor enthusiasts have to affect change. When people speak on behalf of the places they care about, lawmakers listen. That's why we all need to stay informed, get engaged, and take action. It's also why we created a way for Mountaineers members to learn about and follow significant legislation relating to the wild places where we play. The Legislative Trail Map on mountaineers.org highlights the public lands bills we are tracking and provides ways to take action.

Here are some recent issues The Mountaineers has shared with our community for engagement:

The 115th Congress passed a "rules package," which contained a provision [Section 3(q)(1) of H.Res. 5 (p. 35)] allowing lawmakers to transfer federal lands to the state without accounting for the economic ramifications. While a rules package is normal for a new Congress, the provision bolsters a campaign to cede

public lands to state control, where weaker protections and management resources can open the door to privatization of these places. States manage public lands with different mandates than the federal government, and this makes it easier to sell our public lands off to developers - which means the end of access to, and protection of, these natural places.

In late 2016, the Bureau of Land Management finalized its Planning 2.0 initiative which would have created a whole new level of public participation, creating a more transparent process that gives lots of opportunities for those of us who love public lands to shape how those lands are managed. The Mountaineers believes land planning is important because it governs what uses are allowed and where they are allowed on our public lands. Planning is also the headwaters for new protective designations like "Wilderness" and "Wild and Scenic Rivers." Unfortunately, Planning 2.0 was repealed in early 2017.

While these are two instances of steps backwards in public lands protections, there are a number of legislative efforts, many from our public lands champions here in Washington, including:

- A bipartisan resolution, led by Congressmen Reichert of Washington and Lowenthal of California, that calls on Congress "to recognize America's federal public lands as national treasures and to preserve them for future generations."
- The Mountains to Sound Greenway National Heritage Act has been reintroduced. This bill would help protect the 1.5 million acres of land making up the Greenway, extending from the Seattle waterfront to Ellensburg. This landscape is a significant destination for our members, as we can enjoy every

activity offered by The Mountaineers in this watershed. As the population of the Puget Sound continues to increase, protecting this place and planning for use is incredibly important.

- The Methow Headwaters Protection Act, which seeks to protect that valley from large-scaling mining, has been reintroduced by Senators Cantwell and Murray. This place is such an important landscape and recreation destination – exemplifying the intersection of conservation and recreation. We appreciate both senators’ leadership to protect everything the Methow Valley provides.

- The Wild Olympics Wilderness & Wild and Scenic Rivers Act has been re-introduced by Congressman Kilmer and Senator Murray. From the crashing waters of Sol Duc Falls to the ancient 300-foot trees of South Quinault Ridge, this legislation safeguards world-class nature experiences for future generations. Local residents and business have lined up in support, citing the designations as a boon to quality of life, clean water, and the recreation economy. The Mountaineers’ connection with the peninsula started early with our members advocating for the establishment of Olympic National Park in the early 1900s. We feel lucky to continue educating, advocating, and providing stewardship opportunities to ensure the greater recreating community experiences this place as well.

This spring, both Mountaineers’ CEO Tom Vogl and I had traveled to Washington, D.C. to connect with lawmakers, land managers, and partner organizations about issues affecting the places where we play. We both returned to Washington State with renewed hope for the future of outdoor recreation and our national public lands. While these trips signify only one step in what must continue to be significant, focused work to protect the outdoor experience, our wild places have some great champions. Every one of the Washington delegation offices we met with reiterated their support for our national public lands, regardless of party affiliation. Land management agencies showed their continued interest in decreasing barriers to get more people outside to experience our public lands. And we were also reminded that we are part of a large community



Left to right: Kai Lightner, Alex Honnold, Katherine Hollis, Libby Sauter, and Sasha DiGiulian in Washington, D.C., May 11, 2017

and industry that is standing up for the outdoors. Mark Menlove, Executive Director of our partner Winter Wildlands Alliance, may have put it best when he said, “I take huge comfort and find deep inspiration in the knowledge that we have found our collective voice, and that voice is powerful.”

The Mountaineers will continue to follow public lands policy and offer our community ways to engage in issues. While there is significant work ahead of us, we believe there is much to be optimistic about: our wild places have some great champions. In what can seem like a disparate world, The Mountaineers will still keep doing what we do: getting people outside safely and responsibly through amazing volunteer dedication, and protecting the outdoor experience. At the end of the day, the outdoors brings us together to explore, share, and ultimately to protect the experiences they provide. ▲▲

Want to learn more and get tips on how to engage with lawmakers? Visit our Legislative Trail Map: www.mountaineers.org/legislativetrailmap
Follow us on Facebook and subscribe to our Conservation Currents e-news for action-alerts and updates.



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The breeze on my face contained the chill of an early spring day, sunny warmth trying to shaking off the last of winter. On this day, with the task at hand, the chill was welcome. I rested on a bleached log long stripped of bark, the waves filling my ears with swaying sound. A member of my Mountaineers group came into view along the water-line, his body bent as he dragged a line of buoys behind him. Smiling, I picked up my garbage sack and started looking for that piece of plastic I noticed earlier. Today was turning out to be a good day.

From Treasure to Trash

As a child, my summers were split between the sandy expanse of Washington's southern beaches and the more rugged northern coast of Olympic National Park. I didn't noticed the marine debris in those early years. Not that it wasn't there – I was just preoccupied playing tag with the waves, turning over rocks to watch small crabs scurry for cover or poking sea anemones (don't judge - my uncle showed me how).

During my teen years, I began to notice larger stuff like floats. Mom enjoyed beachcombing and would pack us up with a picnic to head to the beach where we would spend the day looking for treasures. Mom looked mostly for agates and sea glass. My sister looked for the perfect shells of creatures she would never eat. I focused my attention on brightly colored stuff: rocks, shells, floats, and pirate booty. Mom never let me bring home the Styrofoam floats, saying, "What do you think you're going to do with it?" I thought it would be cool to hang up in my room, but mom's taste and mine never did mesh well on decorating.

High school science class changed my perspective of beach "treasures." I learned about the Great Pacific Gyre and the trash that accumulated there. I learned how trash in the ocean sometimes gathered there or sometimes was washed ashore. We were shown photos of sea creatures tangled in fishing nets or girdled by six-pack rings. I was horrified. I began picking up garbage where I could. I wasn't alone.

Many Groups - One Goal

While backpacking along the wilderness coast of the Olympics in the late 80's, the late Jan Klippert grew concerned with the large amounts of trash littering these remote beaches. He was distracted from the beautiful landscape by nets, buoys, ropes, and plastic - lots of plastic. He took it upon himself to clean the beaches of Olympic National Park. If he didn't do it, who else would? It turns out a lot of people would. Those first few years, he convinced friends and family to join him on his excursions to pack out as much debris as they could carry.

Soon his friends invited friends, and Jan was coordinating what became known as the Olympic Coast Clean-up out of his living room using only his email, phone and a spreadsheet. Hundreds of volunteers would join Jan around Earth Day to help clean up our beaches, hauling off bags and backpacks filled with floats and plastic, but there was always more to do.

A group I don't always associate with lending the environment a hand is the Pacific Northwest Four Wheel Drive Association, but they have been carting marine debris off Washington's drivable beaches since the early 1970's. They organize Operation Shore Patrol at the end of September to tidy up the beaches they enjoy playing on - a little civic duty to help keep their play areas free of hazards for themselves and others.

story continues >>





THE

Big Beach

Cleanup

by Heidi Walker, Mountaineers hike leader

Mountaineer volunteers use inventive techniques to carry marine debris off Shi Shi beach. Photo by Heidi Walker



Heidi Walker The author poses proudly next to some of the debris pulled off Shi Shi Beach. Photo by Nancy Jordan

The Surfriders Foundation, a non-profit advocacy group for surfers and ocean lovers who protect the world's oceans, waves, and beaches for everyone's enjoyment, coordinates their members for smaller clean-ups up and down the Washington coast, picking up debris and catching a few waves all in the same day. They soon joined Jan and his growing band of volunteers for the Olympic Coast clean-up offering crews, support, barbecues, and trash hauling services. The barbecues soon became the highlight of every volunteer's day where they could sit back, eat, drink, and compare who found the coolest, weirdest, or gnarliest junk.

Farther south on our coast, near the mouth of the Columbia River on the beaches where I spent so much of my childhood, another small group of concerned citizens formed the Grassroots Garbage Gang to help defend their home beaches, not only from the debris that floated in from the ocean but also the debris left by weekend revelers. Residents of the Long Beach peninsula were encouraged to take a trash bag with them on their morning walks on the beach. Soon businesses would adopt portions of the beach with employees working together during the year to pick up debris. The group also coordinated three larger group effort clean-ups a year on Earth Day, July 5th and New Year's.

After years of mismatched coordination efforts, volunteers, non-profits, civic organizations, and government agencies gathered together to form the Washington Clean Coast Alliance and its Washington CoastSavers program to coordinate one massive cleanup along the entire outer Washington coast on Earth Day. We credit Jan Klippert with the success Washington CoastSavers has today in gathering over 1,000 volunteers for just the Earth Day clean-up alone. Sadly, Jan passed away in 2008 but he was

able to see his dream blossom into a movement of dedicated environmentalists who care about the health of our beaches.

A Lending Hand

I became involved with the beach clean-ups when Jan was running the program with a clipboard and emails and asking for volunteers through The Mountaineers and REI. I read a request for volunteers in the Go Guide (the printed newsletter of Mountaineers activities, before the internet and online sign-ups were established) and decided to show up to the information session at REI. I signed up that night, volunteering to go to Cape Alava and camping on the beach for the weekend to pick up trash and cache it near the trail head. The next couple of years, I focused my attention to the beaches near Kalaloch, where my mom used to take my sister and me. Soon after, I convinced my sister and a few friends to join. Each year our group grew to included yet one more person swayed by our passion.

That's really how it works - Girl Scout troops, Boy Scout troops, Girls & Boys clubs, church groups, school groups, co-workers, friends, family, Mountaineers gather all along our coast from Cape Disappointment to Cape Flattery and along the strait to Port Townsend to remove as much marine debris from our coastline as they can.

Can't people just pick up after themselves?

Not all debris on the beach is from people carelessly leaving behind their trash. In fact, very little comes from traditional littering. Sure, you get the plastic water bottle left after a picnic or the plastic bag tossed around by the ocean breezes. But most of the debris is carried on ocean waves through currents and tides. Much discussion happened about when we'd see the debris coming from Japan after the 2011 tsunami. If Japan is on the other side of the Pacific Ocean from us, why would we expect to

see debris from the tsunami? Even before the tsunami, we were finding cans from Japan, bottles from Russia and floats from Hawaii. Marine debris generally floats and is carried or pushed throughout the oceans by currents and winds.

What is Marine Debris you ask? NOAA's Marine Debris Program defines it as "any persistent solid material that is manufactured or processed and directly or indirectly, intentionally or unintentionally, disposed of or abandoned into the marine environment or the Great Lakes." Basically it's stuff in our waterways that shouldn't be there that can cause harm to our marine habitats and the creatures that live there. Fishing tackle, bottles, lost floats, tires, cigarette butts, crab pots, nets, shoes, toys - the list of what constitutes marine debris is lengthy.

While a majority of marine debris washes ashore on the tide and during storms, enough is left behind by people who either toss their trash aside or lose it while enjoying their beaches to cause some concern. This trash can be picked up by the waves and carried out to sea, where it mixes with other marine debris and comes back to shore. Then the next high tide comes to take it back out. Back and forth until the plastic is degraded, the crab pots are rusted, or an animal eats it. Volunteers at the cleanups help to break that cycle.

The stories we get to share of what we find make after-event barbecues entertaining. For several years, volunteers were on the hunt for a pair of Nike shoes in their size. There had been reports of a container filled with Nike shoes that fell off a ship and shoes could be seen floating in the water. A random shoe would show up on beaches every now and then, but I only heard of one person finding a perfect pair, and not in Washington.

Tires are often found on the beach. Look up group photos from previous clean-ups, and almost all of them have a tire somewhere in the pile of debris they're posing around. We've found refrigerator doors and abandoned movie theater seats among the chunks of Styrofoam and plastic bottles. There's a hot tub near Cape Alava. A few years ago, a dock from Japan wedged itself on one of our wilderness beaches.

While the number of volunteers grows steadily every year the need to keep cleaning the beaches continues to grow. The debris never goes away. Every year we pull off more debris than we did the previous year. The stories of the fun stuff we find is entertaining, but when you think of the damage debris can do,



It's a short but steep climb up the hill from Shi Shi Beach, but the bags of trash need to get to the dumpster at the trailhead. Photo by Heidi Walker

it becomes frightful.

Marine mammals can get caught up in drifting nets and ropes. Unable to surface for air, they drown. Fishing line that get wrapped around any creature can cut into skin causing injury or worse, death. Fishing gear can also be a hazard to marine navigation getting caught in propellers. Can you imagine coming across that dock mid ocean? You can't always see debris on the ocean. The tsunami debris didn't head across the ocean in one mass of stuff. It spread out, some got waterlogged and sank. What was left floating was often obscured by waves.

Plastic and Styrofoam are the horrors. As they break down birds and fish think they are food. They ingest but are unable to digest or pass the plastic through their system. Soon they are

story continues >>



A Mountaineers volunteer drags a line of lost buoys along the picturesque shore of Shi Shi Beach. Photo by Heidi Walker

engorged but starving. Too many times I have seen images of a bird's carcass with plastic bits inside it. If you asked, that would be a big reason I return year after year - to try and stop another creature from dying from our waste. Plastic is ubiquitous in our lives. Looking around my desk as I type this, I see a couple of plastic bags, a foam roller, a plastic exercise ball, and other plastic containers. Even as I try to get rid of plastic in my life, there are times I can't avoid it. So I might as well clean up after myself.

In 2016, 1,700 CoastSavers volunteers pulled 26 tons of debris off the Washington beaches between the two events, Earth Day and the International Coastal Clean-up. It's something to be proud of. The Mountaineers are large part of the success over the years. I met Mountaineers on my first trip to Cape Alava way back when, and more Mountaineers at the Kalaloch beaches. The CoastSavers have found that they can rely on The Mountaineers to hike out and back to the remote beaches often several times in one day. We organize backpacking trips to coincide with the clean-up and add a bag of debris or two to our packs on our way out - and that's something to be proud of too.

A Day on the Beach

A group of us woke up early on Saturday, ate a hot breakfast, packed our lunches, and joined our carpools for the ride out to the trail head of Shi Shi Beach, after spending the night at Naturebridge - the environmental learning center on Lake Crescent. We broke up into smaller groups and trekked through the coastal forest to a beach wild and familiar. Our destination: Point of Arches at the other end of the beach where we ate lunch before pulling out our bags to start collecting debris. Some of us shoved as much as we could carry into large backpacks. Others resorted to dragging stuff behind them. We fashioned yokes

out of trekking poles or driftwood. We climbed over driftwood, scouring the nooks and crannies for trash, for that is where debris likes to hide. By early afternoon, we were to capacity and headed back to the trail, passing debris we weren't able carry off this time; a couple of floats here, a plastic bin there, and the ever-present plastic bottles.

Other volunteers greeted us and waved. We compared loads and remarked on the types of debris we found. Every year, other visitors to the beach who had no idea the clean-up was going on asked for an extra bag so they too can join the effort. When we finally made it back to the cars, we piled our "haul" near the dumpster and posed, proud of the work we had done.

Back at NatureBridge, we shower and relax, sharing stories and laughter before the dinner bell is rung. The cook staff at the center fill us up with carbs and veggies before we ask for the fire ring to be lit for the evening.

It's a story that's repeated over the years and in many groups. It's become a friends and family tradition with many beginnings and one purpose - to care for our marine life and environment.

How to Get Involved

We would love for you to join us on a future clean-up. Sign up or organize your own group through The Mountaineers to clean your favorite beach. The next beach clean-up is the International Coastal Clean-up on September 16. The April clean-ups are scheduled near Earth Day, as long as the tides cooperate.

Sign up for a clean-up at coastsavers.org.

Learn more about marine on NOAA's Marine Debris Program website at marinedebris.noaa.gov.



A group of Mountaineers volunteers pose with their loot after a day of cleaning Shi Shi Beach. Photo by Heidi Walker

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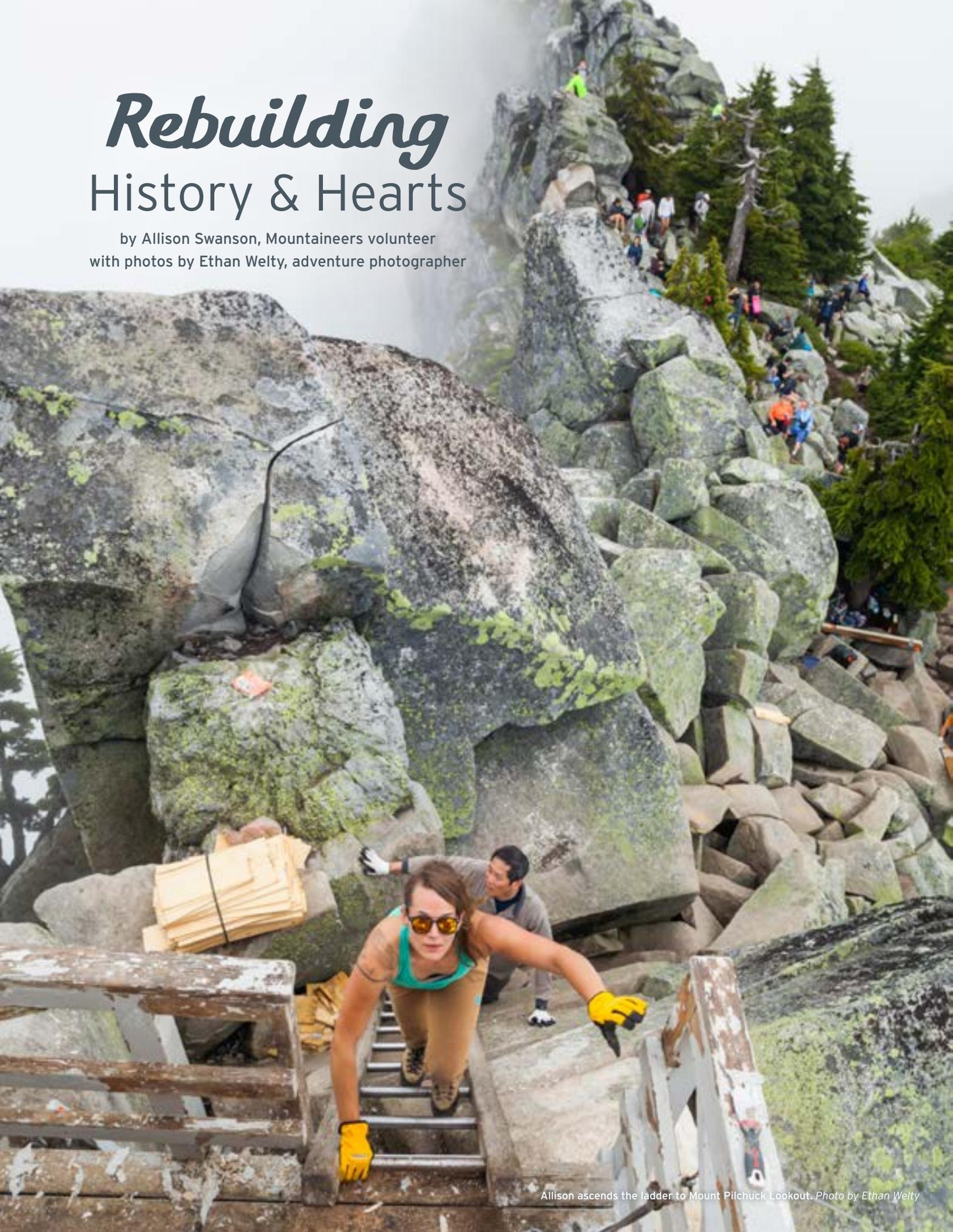
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Rebuilding History & Hearts

by Allison Swanson, Mountaineers volunteer
with photos by Ethan Welty, adventure photographer



Allison ascends the ladder to Mount Pilchuck Lookout. Photo by Ethan Welty



Allison (in sunglasses) carries an old door down from Mount Pilchuck Lookout. Photo by Ethan Welty

“What are those?” I asked, pointing to the four hikers who had pulled off the trail to don microspikes and crampons. It was a frigid, late Saturday in February 2015 on Mount Pilchuck. At this point in my outdoor career I was a sport climber, a casual hiker (at best), and had only backpacked a handful of times. You can imagine my reaction to seeing people take these grizzly-bear like claws from their packs and attach them to their boots.

“Those are crampons, but don’t worry, we don’t need them,” my boyfriend (at the time) replied. All my outdoor excursions and experience had stemmed from him over the course of five-plus years of dating, so I trusted his judgment on the situation. Our little adventure up to the lookout had been overcast, but dry and without snow or other trail hazards, making sense that you wouldn’t need such equipment the rest of the way up. Boy, were we wrong.

Many other hikers were turning around at this point, most likely deciding a day out was a day well spent no matter the distance traveled or elevation gained. Not to be deterred by a little snow, we nibbled some snacks and continued up the trail without deliberation. Rocks, which had been greeting our boots along the way, began to take on the glassy sheen of ice, something I am now all too familiar with. We ventured on and slowed our pace as we began to slip and slide over the icy rocks, only to encounter thicker ice on the trail with crunchy, unforgiving snow encasing the landscape around us. What happened to the nice, dry trail we were on before?

We came to a steeper section that, now coupled with the ice and snow, was proving to be quite the obstacle. My partner took my hand to assure my safe passage up the trail. As the

trail leveled out, we spotted an older hiker just ahead of us moving cautiously, microspikes and ice ax working together like a well-oiled machine to avoid mishap. The folly in our ways was beginning to dawn on me as I saw the hiker move with relative ease across the ice.

“That seems like overkill. Why doesn’t he just use a trekking pole?” I wondered while contemplating the next tree trunk or boulder I could rest a hand on along the Slip’N Slide that had now become the trail. He stepped to the side to allow us to pass, all the while giving us a look that suggested we had no idea what we were in for. “Just kids.”

He turned out to be a smart, smart man.

After much slipping, sliding, and small animal-like yelps from my mouth, we arrived at the lookout find the view socked-in and only a few other diehards (who were probably wondering how the hell we got up there unscathed and without microspikes). While I had initially felt accomplished at having made my way to the top when so many others had turned around, I began to feel mild embarrassment for having been unprepared. I was again reminded of this as I began to descend, comically sliding down on my butt to avoid injury.

I learned a lot during that hike and filed it neatly away in the ‘Dumb Things Done Outdoors’ folder. Only a month later, I started working in the accounting department for The Mountaineers, thinking I had just landed one of the coolest jobs in the world. Climbing in my free time? Hiking with coworkers on the weekend? Count me in! Along with a variety of the mundane, administrative tasks (that someone inevitably has to do), I would soon find out that the mission and work of The Mountaineers is so much more impactful than just climbing and hiking.

story continues >>



"This is the real secret of life - to be completely engaged with what you are doing in the here and now. And instead of calling it work, realize it is play."

Alan Watts

British philosopher, writer, and speaker, 1915-1973



Mount Pilchuck Lookout at dusk. Photo by Ethan Welty



A painful breakup during that same year left me feeling lost and aimless, as does any major loss of someone near and dear. An emptiness settled into my gut and all I wanted to do was feel anything other than the storm of emotions rolling through me every day. A few months after the breakup, I graduated from the Alpine Scramble program and signed up for Basic Alpine Climbing to fill my time and thoughts. I also joined the Seattle Alpine Scramble Committee and slowly began devoting most of my free time and hobbies to The Mountaineers. I started instructing, co-leading trips, and sharing the trail with a whole medley of amazingly skilled humans. Every trip, every carpool, every workshop, and every field-trip, I found myself truly inspired by all of these people who had also suffered their own losses, big and small, but had found comfort and relief from that pain. After many summits and alpine starts, salty sweat, glittery snow, chossy rock, and unforgettable sunrises, these Mountaineers showed me how to heal through mountain therapy. Having received that gift, I made the decision to always give back to The Mountaineers in any way I could, because the mountains are something you share; they are unparalleled in the ways they touch people. I aimed to continue giving that gift to those who came to the club looking to fill that emptiness or curiosity that was begging to be transformed.

Filled with a newfound passion, all that held me back from a sweet, new Basic Alpine Climbing badge on my profile was a stewardship activity. I had been perusing the website trying to find an activity that piqued my interest when I saw a posting for restoration at Mount Pilchuck. Ignoring the minor PTSD that came at me thinking about penguin sliding down the death trap I once called 'The Pilchuck Trail' a year prior, I signed up for it.

Intending to devote one day of the weekend at the lookout and then head down that evening, one of the many great friends I met through The Mountaineers signed up with me. I, on the other hand, decided to take a less luminous approach by suggesting a night hike up on Friday and leaving Saturday evening. Also being of the adventurous mindset, he agreed. Headlamps blazing and packs on our backs, we hit the trail at 11:pm Friday night, navigating our way along the familiar rocky terrain. We arrived in good time to set up our camp just below the lookout in a little clearing that provided privacy and protection from the wind. After breakfast, we reported for duty with the other volunteers to meet our fearless foreman Lou and begin the restoration. We had a wide array of volunteers that day including scramble students, climb leaders, and even a freelance photographer who was there on assignment for another publication. With the morning starting out a very Northwest shade of grey, we began chipping away layers of old paint while exchanging stories of different climbs we tackled and peaks we bagged. Everyone threw their time and energy into the mountain as we had done countless times, but this time it was different; our devotion was giving back to what we loved.

The work was tough and we proudly wore the day's efforts all over ourselves. Evening began to settle in and, as work concluded, we shuffled into the lookout, leaving a trail through the tiny chips of paint that littered the deck like freshly fallen snow. That evening we ate as a family, smiling and admiring the freshly sanded floor and bare walls that provided us shelter, as it had done for many before us. In the middle of exchanging laughs and backcountry meal tips, the curtain of clouds lifted to reveal one of the most

glorious sunsets I have ever seen. Awe silenced our lips as we all filed slowly out of the lookout to sit on surrounding rocks. Despite the chill in the air, we watched the sunset cast growing shadows on the lookout and our tired faces. Cold hands, warm smiles, splendor. This is why we venture outside. This is why we continue to be stewards of the mountains, lakes, forests, and trails. This is mountain therapy.

Going back to the tent that night, we decided to stay another day and continue what we started. The sunset from the night before had brought with it a bluebird morning a perfect day for... roofing?

"Have you ever built a roof before?" asked Lou, knowing full well we had most likely never built a roof that didn't involve Legos.

"No, but I'm sure as hell excited to learn!" I replied with an ecstatic smile. Lou returned the smile, handed me a drill, and lead the way up the ladder.

After some direction from Captain Lou, my friend and I rebuilt the north side of the roof high above the clouds and under a brilliant sun, like building a castle in the sky. Lou would occasionally climb up the ladder to check on our progress, which must have been up to snuff as he would give a nod at our handiwork and climb back down without a word.

As the sun began to wane, we packed up camp and headed back to the car. There wasn't much talk on the way down because all the dialogue was within my head and heart. Less than two years before, I was young and in love as I clumsily found my way up Mount Pilchuck only to be rewarded with less than stellar views.

I had learned so much since then about mountaineering and had gained a whole family of Mountaineers who helped show me a new path when I felt the most lost. It was as if the parting of the clouds on my first night of stewardship, revealing the meditative sunset had also revealed just how different I was and how far I had come since my first time up there.

While the relationship perished, my love for the mountains and for the people who help protect them was smoldering. This was the pinnacle of my goal in giving back what was given to me by protecting and restoring something that could be enjoyed by those with adventure in their hearts. The Mountaineers taught me to love the outdoors and in the process, also taught me the importance of conservation and stewardship. Our work ensured that future generations of adventure-seekers and wilderness explorers would be able to return to the Mount Pilchuck Lookout to walk across the well-trodden floor, run hands along the deck railings that have felt many, worn hands glide across them to peer out over the clouds, and watch the sun rise and set through the delicate panes. Helping restore the lookout was one of the most rewarding experiences I have had during my outdoor career because it brought every experience, relationship, and skill I had learned under the shade of one tree: the tree of giving. And with outdoor recreation, one of the best ways you can give is by being a steward of conservation.

The first time I stepped on to the Mount Pilchuck Lookout, I was young and in love. I'm still young, but now in love with the mountains. ▲▲



The afternoon volunteer crew at Mount Pilchuck Lookout. Photo by Ethan Welty

An aerial photograph of a deep blue mountain lake nestled in a valley. The lake is surrounded by dense green forests and rugged, rocky mountain peaks in the background. The sky is clear and blue. The overall scene is a beautiful, high-altitude landscape.

Registers and Canisters

A Grand Northwest Tradition

by Kristina Ciari, Mountaineers Director of Communications

I heard the buzzing first. As we were placing our signatures back inside the summit canister, an unfamiliar noise tickled my eardrums. The hair on the back of my neck stood up, and I could see the hair on my partners' heads rising to the sky as if to kiss an invisible balloon. I spun frantically searching for the source when it dawned on me: it was us. We were buzzing. Our ice axes and skis and the metal zipper pulls were vibrating in unison. I didn't know what was happening, but I knew it was time to move, and fast.

We should have noticed the signs of the coming storm, but the trip to tag Little Devil Peak in the North Cascades in April 2012 had been, so far, a pleasant affair. We'd camped under clear skies and awoke to high clouds. As we neared the summit in mid-afternoon, we were suddenly engulfed in your classic Pacific

Northwest weather - gusting wind, driving rain, and disorienting fog - all hiding the ominous clouds from view.

The buzzing, I would later learn, is caused by ambient static energy from an electrical storm. Crackling, hissing, humming, or buzzing noises are indicators of a possible lightning strike. In the best-case scenario, like ours, you get to lower ground as quickly as possible. In less friendly situations, you want to drop your metal gear and get as far away from it and as low to the ground as possible. Our situation was scary, and we were lucky.

I had never experienced this phenomenon before, but the trip was full of firsts for me. First time snow camping, first time planning a multi-day trip, and first time writing my name in a summit register.



Summit Canister, Alpine Lakes Wilderness. Photo by Brad Geyer

Cairns and Canisters and Registers, Oh My!

Explorers have been leaving signs of their presence on our peaks since the dawn of adventuring. Methods for marking a summit conquest have evolved through the years. Early explorers built cairns or left flags marking their achievement. Today's summiteers take photos to share on Instagram and check-in through geocaching websites.

The history of summit markers in our area is as storied as it is long. In researching this article, I learned a lot about summit registers and canisters and how they evolved over time. First, a point of clarification: the term "summit register" usually refers to the "document" containing records of who has reached the summit. This is the thing that you sign, ranging from loose pieces of scrap paper to formal printed and bound ledgers. The

"summit container" is the item holding these documents.

When you reach a summit today, you'll find a variety of summit markers. Many impromptu canisters still remain on our peaks. Less effective canisters include a whiskey bottle (the paper has expanded and won't come out), spice jars (won't fit a pencil), soup cans (don't seal), metal cigar containers and band-aid boxes (prone to rust), and film vials (popular in the 90s; always wet).

The best canisters, as trial and error has proven, are tubes – specifically tubes which minimize moisture while offering drainage and ventilation while being big enough to access the register without destroying its contents. And these are what you will most commonly find on peaks - both in historical brass, and in modern plastic.

[story continues >>](#)



Kristina Ciari and friends at the top of Little Devil. Photo courtesy of Kristina Ciari

The History of Summit Canisters

It won't surprise you to learn that some of the earliest efforts to create summit markers were by Mountaineers members. From our 1915 annual:

A committee of which Mr. Redick H. McKee was chairman was appointed to investigate and make recommendations with reference to some kind of weather-proof record box to be placed on the tops of mountains. The result of the committee's efforts was the purchase of eighteen cast bronze cylinders, each 1.75 inches in diameter and 7 inches long (inside measurement), with a hinged flap top fastened down by a heavy brass wire ball, and having attached to it six feet of brass chain for anchoring to the rocks. Each cylinder has a number stamped on it, and in raised letters along one side is the word "Mountaineers". Inside of each is a book on which those who climb the mountain may record their names and addresses and the date.

The committee commissioned 18 brass tubes in 1915, then a second run of 18 more in 1919. These tubes were numbered 1-36 and placed on the most popular peaks in Washington, including the 'six majors'. One tube, #8, was placed on The Tooth and later appeared in a film called "Ascent of the Tooth", featuring Jim Crooks and Fred Beckey. Both men, with Fred in the red hat, can be seen signing the register, and rappelling from the summit using the hair-raising dulfersitz method.

In the 1930s, Mountaineer and REI co-founder Lloyd Anderson fabricated more than 100 additional tubes. Unlike the originals cast in brass, Lloyd's "second issue" were fabricated from off-the-shelf plumbing materials (like heavy gauge pipe and fittings), with "Mountaineers" and the canister number hand-stamped into the pipe. These tubes were then distributed by hearty Mountaineers. It's interesting to note that Lloyd also fabricated "lightweight private issue" tubes - their eventual destination unknown.

The history of summit markers was left undocumented by the club until Mountaineer Don Goodman took up the cause

in the 1980s. In December 1982, Doug pitched a "Proposal for the Establishment and Maintenance of Summit Registers in Washington State" to the Board, who approved \$1950 to fabricate 200 tubes and print 300 register books. He'd been working on this project with a committee formed to work on the project for two years already. "There was a great debate on the material to use, the various properties of metals and plastics, preliminary designs, etc.," said Don, recounting the ordeal.



Fred Beckey's 1940's rappel. Photo courtesy of The Mountaineers

"Casting in metal had one huge hurdle: we didn't have a clue as to where the casting mold(s) were."

Then, "one fateful meeting in a room at the 719 Pike Street clubhouse (now buried by the WA Convention Center), I was literally staring at the ceiling when I noticed a wood box on the top of a storage locker. Standing on a chair I got that box down and - low and behold! - it was the mold!"

The committee went to work. "The bronze castings were poured at a foundry on Harbor Island. My father, Jim Goodman, volunteered to do the machining of the tube and cap threads and the other finish work, which he accomplished with the generous support of Mountaineer John Glaser who owned a machine shop. By the summer of 1983, 200 tubes, each with a register, were ready for placement. Each tube was numbered by hand stamp and assigned to a specific climbing summit. The registers were printed on waterproof paper, an improvement over the vellum version from prior years."

Interestingly, only about 20% of the tubes assigned to various peaks made it to their intended destination. A handful of those successful tubes were delivered by esteemed Mountaineer Fay Pullen.

Everything's Coming Up Fay

I didn't know it at the time, but when I added my name to the register on Little Devil Peak, I was weaving my history to that of PNW legend Fay Pullen. The first woman and fourth person to complete the 100 tallest peaks in Washington by the 400-foot prominence rule, Fay has stood atop the summit of Washington's most obscure peaks. She was also the 25th person to complete the Bulger 100 List and can remember signing a handful of original registers from the early 1900s.

"When I first started climbing almost all of the peaks in the Top 100 had a register on them," said Fay. "As I set about climbing more and more obscure peaks and I'd be dismayed when I wouldn't find a register on them. At that time you could get a brass canister and a register from The Mountaineers if you wanted to place it. But those brass canisters are heavy, and I was doing multiple peaks at a time - it was too much weight to carry."

Fay is passionate about the history contained in the registers, and, wanting to preserve this rich legacy, she started creating and placing her own. A plain piece of PVC pipe, a cap glued to

one end, and a friction cap on the other end, they're easy to make, lightweight to carry, and serve as homing beacons from the past. "It's fun to see who's been up there and get a sense for how often a peak has been climbed. Plus, you know you're really on the summit when you find a register!"

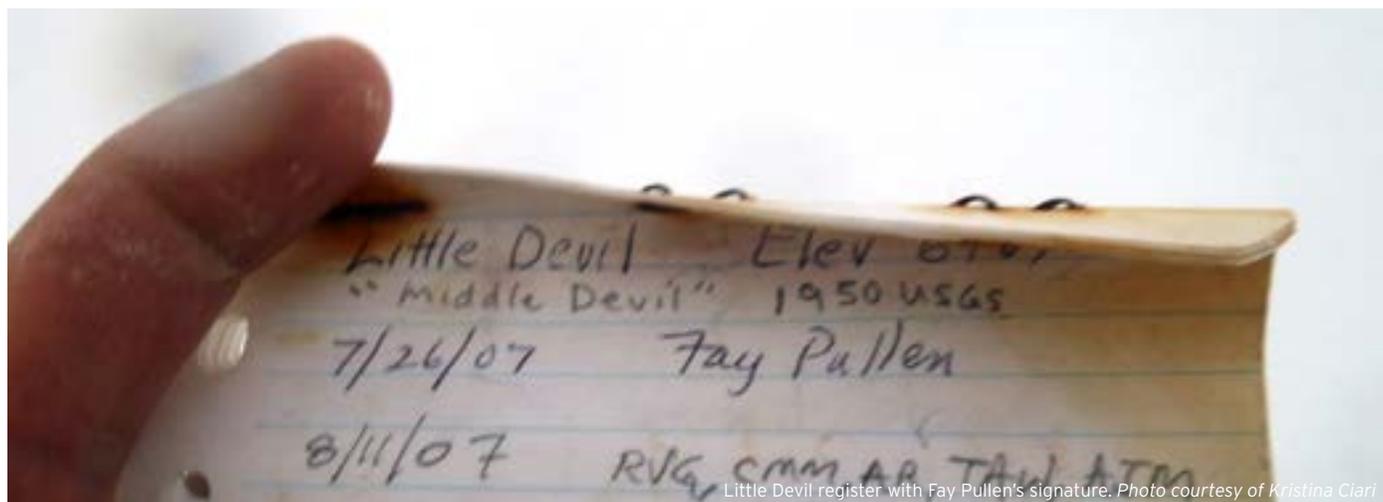
She has no idea - exactly - how many registers she's placed, but she's guessing it's well over 200. "I think registers are a valuable part of the mountains," says Fay, who has been climbing since the 1960s and published trip reports in magazines long before the internet existed. "They're an important part of our shared history and we should all take part in caring for and preserving this history."

In the early 90s, a few rogue rangers chose to remove and destroy registers. Fay's not sure why it happened and she's glad it's more or less stopped. The result of these actions, and of animals and the elements taking their toll, is that we don't exactly know how many Mountaineers or Fay registers remain, but they're out there. "I remember finding an old register on a no-prominence peak in the Cascades. It had been placed by one of the early land surveyors in the 1920s and was full of fascinating, detailed history of the area. Who knew this obscure bump had such an interesting story?"

Each time we venture into the outdoors, we share new and different experiences. If we're lucky, we learn something new about ourselves, our landscapes, and those who came before us. I'm grateful to Fay and all the mountaineers for preserving this rich history of exploration. Thanks to them, you can add your own name into the fabric of our shared history. All you have to do is explore the freedom of the hills on an obscure peak in our PNW and revel in the stories and names of those who came before. ▲▲

Special thanks to Don Goodman and Fay Pullen for contributing to this piece, and to Mountaineers history buffs Lowell Skoog, Milda Tautvydas, Mike Torok, and Monty VanderBilt with their help researching this article. For more information on Fay, check out our December 2012 Mountaineer magazine online in our archives at mountaineers.org. We've also shared the "Ascent of the Tooth" video, where you can see Fred Beckey's spicy 1940s rappel, on our blog.

If you find a full register on your climbs, you can turn it in to The Mountaineers Seattle Program Center and our history committee will make sure it is archived at the UW Special Collections library.



Little Devil register with Fay Pullen's signature. Photo courtesy of Kristina Ciari



Matt Gerdes flying his canopy past Mt. Rainier. Photo by Keith Forsyth



Complacency in the Outdoors

by Rachel Delacour, Skydiver, Skier, Adventurer

On September 7, 2014, just after 5pm, Ross Halverson and his climbing partner were preparing to rappel from the summit of Garfield Mountain. Ross had just finished climbing Infinite Bliss, a twenty-three pitch bolted route ascending the south side of Garfield Mountain. As the late summer sun sunk toward the horizon, it became apparent that both climbers would need to move quickly and efficiently to descend before dark.

Garfield is a large chunk of volcanic rock located just forty miles east of Seattle, offering some of the best sustained slab climbing in the state. After rigging a rappel with two ropes, Ross began to lower safely from the summit. Then, without explanation, he passed the nearest rappel station, continuing toward another set of anchors below. Before he could apprehend his mistake, the ends of his rope slipped through his belay device, and he fell to his death.

While Ross' accident was preventable in nature, several experienced climbers die each year as a result of this same mistake. To avoid this incident, sport climbers often tie knots in both ends of the rope prior to rappelling. As a climber, you plan to have more than enough rope-length to lower to the next rappel station, but the knots serve as a quick and easy preventative measure should you overshoot the length of the rope. Not everyone knots the end of their rope each time they rappel, and additional considerations may dissuade climbers from taking this precaution.

Tyson

Tyson Schoene sat across a patio table from me in the glaring sun, his head resting in his hand. Tyson is the head coach and route setter at Vertical World Seattle, where he has worked for the last sixteen years. He considered Ross to be one of his closest companions and most reliable climbing partners. "He made such an impact on everybody that he worked with, and everyone that interacted with him," Tyson said, a smile spreading across

his face. Ross, thirty-one, was an employee at Vertical World, where he quickly became an integral and beloved member of the climbing community. He worked tirelessly to grow Vertical World's internationally-recognized youth climbing team and had a genuine love for his job.

When they weren't coaching, Ross and Tyson spent their days suspended in harnesses setting indoor climbing routes. Tyson explained the safety implications of his job: "We double and triple-check everything - all the time. Because when it comes down to it, every single day we are in danger." For many years, Ross thrived in a world where inattention to detail was not acceptable.

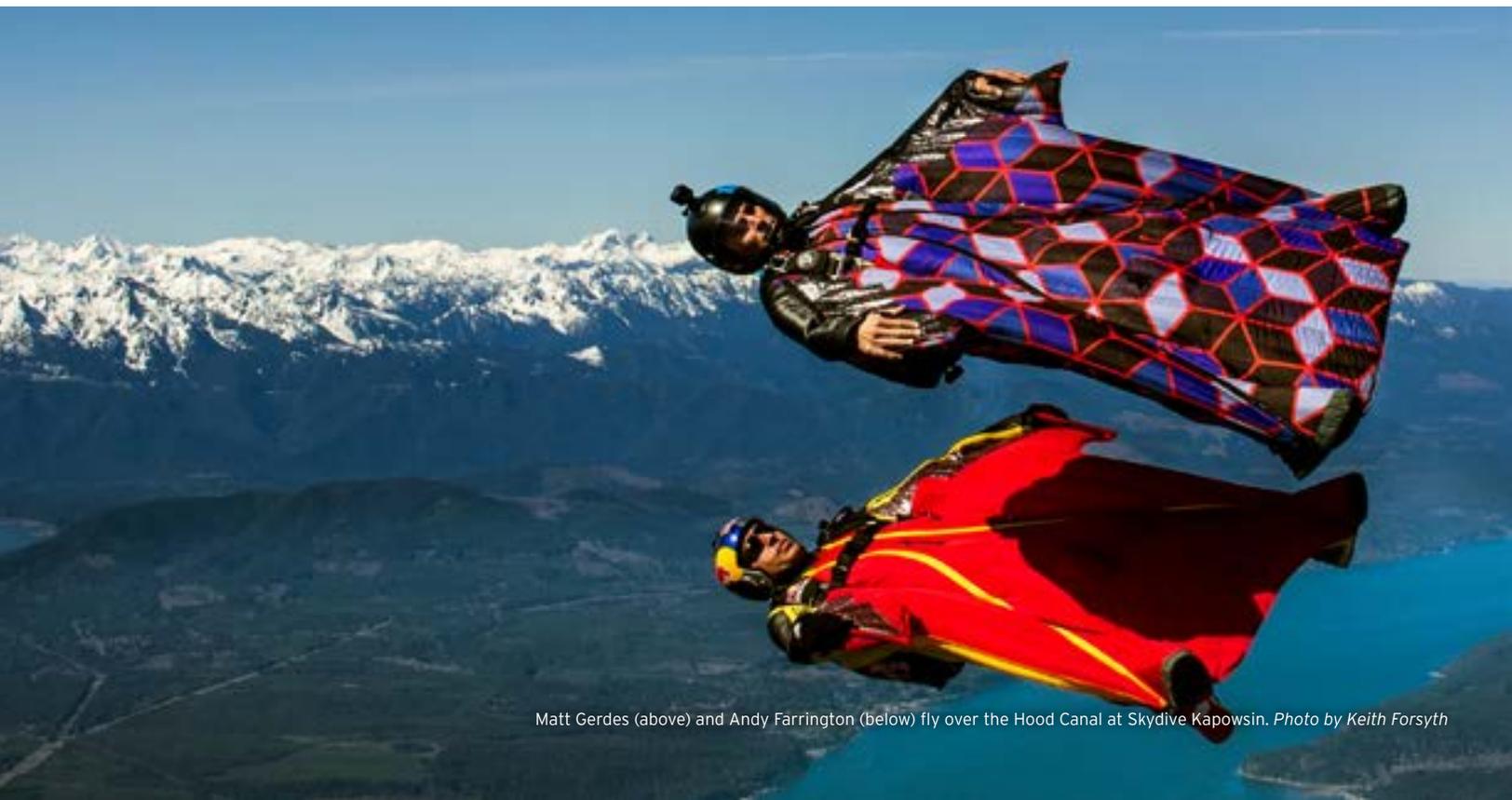
Tyson sighed as he sat back in his chair, "they say he went off the end of his rope... I don't necessarily disagree with that - but I do find it hard to believe."

Ross' accident, and the many others like it, are unsettling and difficult for climbers to comprehend. Why do some of the smartest and most experienced athletes die each year as a result of preventable mistakes?

Matt

Seattle local Matt Gerdes has been involved in air sports for the last sixteen years. He has been skydiving and BASE jumping since 2004, and has completed approximately twelve-hundred BASE jumps without a single injury. He is the co-founder of Squirrel, a rapidly-growing Wingsuit company, and the author of *The Great Book of BASE*. Despite his lengthy resume, Matt will be the first to remind you that experience does not imply safety. He warns, "With repetition and habituation, comes the risk of complacency."

Complacency is a controversial term often used to accuse experienced athletes of exhibiting a lack of vigilance. In reality, complacency is a dangerous behavioral tendency which eventually influences everyone who adventures in the outdoors.



Matt Gerdes (above) and Andy Farrington (below) fly over the Hood Canal at Skydive Kapowsin. Photo by Keith Forsyth

In order to participate in any sport, we need to experience some level of comfort and confidence. As our level of comfort and familiarity grows, we become less attentive to the inherent danger of our surroundings. When making crucial decisions, we begin to overestimate our abilities and underestimate the associated risk. From the casual backpacker, to the hard-charging backcountry skier, to the calculated climber - understanding and anticipating complacency is crucial to mountain safety and survival.

Matt believes that overconfidence is a primary contributor to the development of complacency. If you successfully participate in an activity frequently enough, it's easy to develop an inflated sense of your own ability. Overconfidence in our ability makes us more likely to accept unfamiliar or even unknown amounts of risk, something Matt describes as "taking a short-cut." He believes our desire to accomplish impressive and rewarding things can snuff-out a thorough risk evaluation.

Perhaps the most important thing to understand about complacency is that it can, and will, happen to you. Yes, you. Ask any seasoned adventurer and they will recall at least one moment in their career where they slipped up and are lucky to have survived. I often hear dismissive and critical comments made in response to climbing accidents, "How could they have made such a simple mistake?" Most people don't believe they're capable of making these simple mistakes - and studies show they're not alone.

Many psychologists have illustrated the effects of "illusory superiority," a cognitive bias allowing people to perceive themselves as being statistically above average. A 1977 study showed a whopping ninety-four percent of professors believed they were above average in comparison to their peers. Most adventurers perceive themselves as far safer and more informed than their peers in the outdoors, which is a deeply flawed assumption. The sooner you recognize that you, too, are susceptible to becoming complacent, the safer you will be.

Dr. Peter J. Boyle is a Professor of Marketing at Central Washington University. He's spent the last twenty years studying information distortion and overconfidence in varying occupations. His work confirms our suspicions, "all of the research that I'm aware of on overconfidence, suggests that very few of us are not overconfident most of the time." This overconfidence should be viewed in a medical context, and is distinctly different from exhibiting arrogance. During the decision making process, as people distort available information, confidence in their decision increases. This makes us increasingly susceptible to becoming complacent, "What happens if we think [a task] is easy? We don't give it due diligence. We don't put the effort into it that we should." Complacency allows us to actively ignore or distort valuable information, and negatively impacts our ability to assess our surroundings and abilities.

Tyson says that Ross' accident has changed the way he views and manages risk in climbing. "The reality is: I want to do this again tomorrow. And I want to do it again next week. No one day is ever worth [the risk] to me, ever." You can be neurotic about addressing complacency and still slip up. We must use all the tools we have to mitigate this fatal behavioral tendency - to enjoy another day in the mountains. ▲▲

¹ Ghose, T. (2013, February 6). *Why We're All Above Average*. Retrieved October 24, 2016, from <http://www.livescience.com/26914-why-we-are-all-above-average.html>



Ross Halverson (right) and Tyson Schoene (left) share a celebratory hug. Photo courtesy of Tyson Schoene

Rachel's Suggestions for Avoiding Complacency

Practicing humility and constant self-evaluation will help keep you alive, and we must all work together to get ahead of this dangerous behavioral bias. I suggest you consider these preventative and detective measures when analyzing your own decision-making processes:

Partners - We know almost everyone has a tendency to be overconfident, and Dr. Boyle's research has shown that we are largely incapable of counteracting our overconfidence, therefore it's immensely important we choose outdoor adventure partners wisely. Simply put: we need others to hold us accountable and keep us honest. Find partners you trust and respect, and ask for feedback often. If your partner says you're behaving irrationally, listen to them and act accordingly. An honest friend can be your most reliable resource in the outdoors.

Awareness - Spend time contemplating and planning for your objective. Identify the most risk-prone parts of your adventure, and anticipate mistakes. Matt elaborates, "when I'm standing on an exit point of a wingsuit BASE jump, I'm looking at everything: all the things that could go wrong." His list of concerns is exhaustive and admittedly gruesome. While this strategy may not apply to all mountain adventures, having an acute awareness of the risks involved in your chosen activity is a healthy way to stay scared and safe.

Gear Checks - One pair of eyes isn't always enough, and in most outdoor pursuits our equipment is essential to our survival. Every adventurer should get in the habit of asking for routine gear or safety checks before leaving the ground. While the process of performing safety checks may become less formal over time, it should never be overlooked or neglected.

Rachel Delacour was born and raised in the Pacific Northwest. She graduated from The Mountaineers Basic Climbing Course at age sixteen, and has since climbed all of the active volcanoes in Washington, and skied from the summit of many other peaks. In addition to her growing interest in skydiving, Rachel has spent the last few winters pursuing professional big mountain and backcountry skiing.

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As legend has it, explorers Lewis and Clark noticed a ridge resembling an overturned canoe on their Columbia River journey, inspiring our Canoe Ridge Vineyard name.

Established in 1989, Canoe Ridge Vineyard is one of Washington State's most recognized producers. From our namesake vineyard in the Horse Heaven Hills to the surrounding Columbia Valley, Canoe Ridge Vineyard wines are handcrafted at our Walla Walla winery to reflect the natural beauty of the Pacific Northwest.

With a shared passion for the outdoors and Northwest adventure, Canoe Ridge Vineyard is a proud supporter of The Mountaineers.



WWW.CANOERIDGEVINEYARD.COM



Maiza Lima's Story

by Mary Hsue, Mountaineers Director of Development

Maiza Lima at The Mountaineers annual fundraiser, AWE: Expect the Unexpected, March 2017. Photo courtesy of The Mountaineers

In her first class with The Mountaineers, Maiza Lima was impressed to learn that all classes were taught by volunteers, and all trips were led by volunteers. "It's hard to believe people give so much time to be there for you." She was so amazed she said to herself, "Next year, I will volunteer."

Maiza discovered The Mountaineers four years ago, during a challenging time in her life. She and her mother had just left Brazil to escape domestic violence and create a better life for themselves. Maiza said, "A few years ago I read a Mountaineers' magazine that belonged to a friend's father who took the basic climbing class. As soon as I got home, I logged in and signed up for the sport climbing class. I didn't even know what was sport climbing was!"

She remembers climbing the indoor wall for the first time, getting halfway up and asking to come down because she was scared. She said, "But after the first trip outside, I was hooked and signed up for the basic course." Maiza smiles when she thinks about how much she didn't know because three months later, she exclaimed, "I climbed Mt. Rainier and six more glaciated peaks that summer. And I was the first to graduate from my basic class!"

Growing up in the warm, humid jungles of Brazil, Maiza never thought the snow and glaciers of the mountains would be where she would want to be all the time. "I love camping up high on a mountain and seeing the most awe-inspiring sunsets and sunrises."

"Climbing changed my life. I learned how to manage fear and to trust other people. I learned how to push myself further, and now I have the confidence to be a better climber." If she's not climbing on a Mountaineers trip, Maiza is climbing with the people she met in the basic climbing course. "The Mountaineers is my family now. It feels like home."

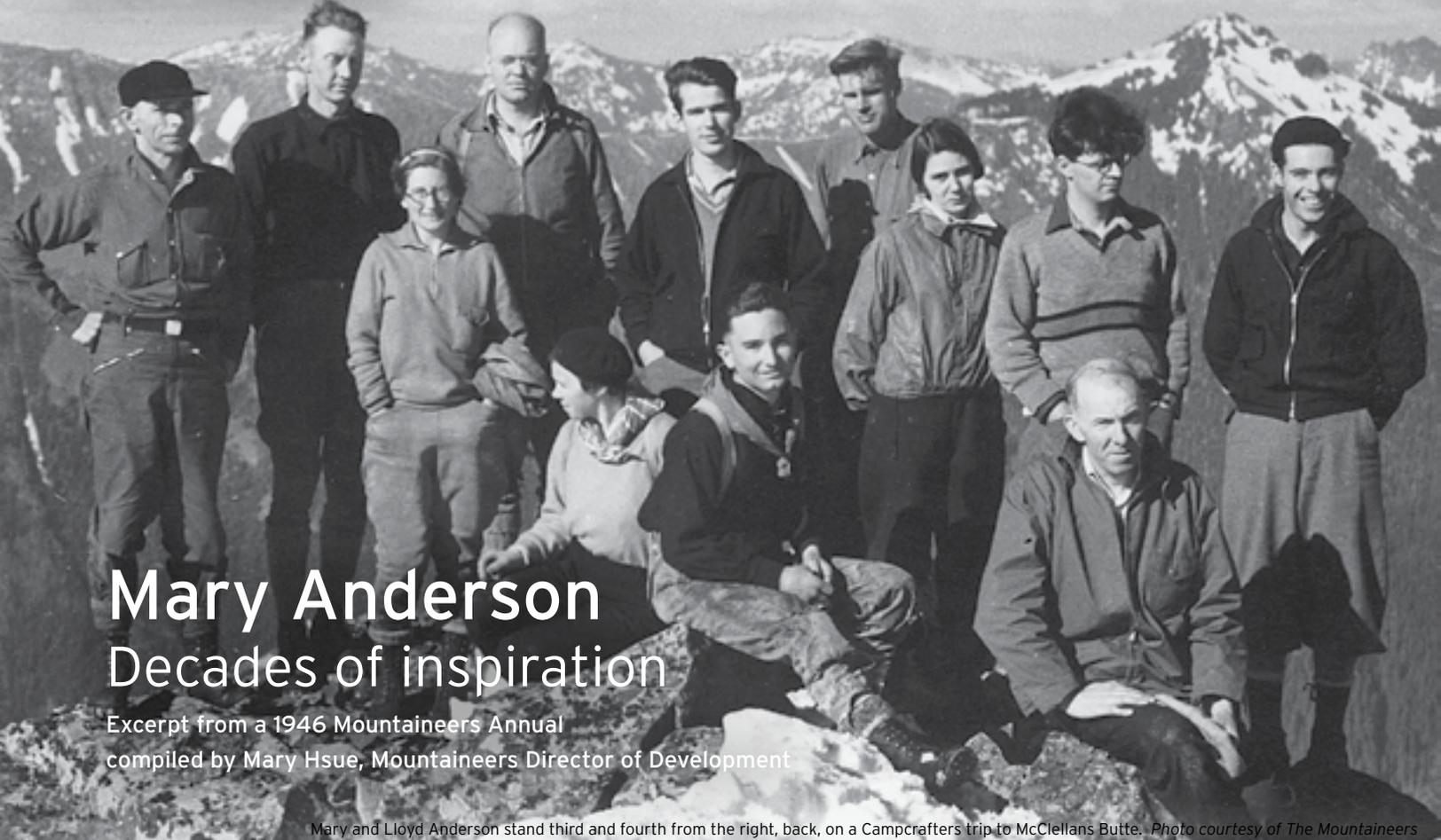
Today, Maiza is a climb leader, volunteer, and committee member for The Mountaineers. Almost every weekend, you can find her leading a climb or hike or volunteering for youth programs.

"I like to meet and get to know new students, to help and encourage them to do better - like Mountaineers volunteers did for me." She goes on to explain, "When you're new, you don't know what you don't know until people show you. I want to show everyone how to be outside safely and with the proper skills. I want them to experience what I experienced in the outdoors. I want everyone to have hopes and dreams, and to have the confidence that they will achieve their dreams."

Maiza was an "indoor girl" when she came to The Mountaineers. She calls herself "a very different person today, spending every free minute doing what I love - training, volunteering, planning, exploring and caring for my beautiful outdoor home with my new Mountaineers family," she says.

In her short time with The Mountaineers, Maiza learned that for every volunteer, there's a ripple effect that touches hundreds if not thousands of other people. Someone invested in the volunteer who led Maiza's first trip. That volunteer invested in Maiza. And now Maiza's efforts and enthusiasm are lighting a match under many more people, making it possible for THEM to experience the outdoors and to be awed by nature so that they will give back to their Mountaineers community and the wild places where they play.

At "AWE: Expected the Unexpected," The Mountaineers annual fundraising event in March, Maiza shared her story and asked the audience to give generously to continue The Mountaineers tradition of changing lives and protecting our wild places. With their generous financial support, our donors have partnered with Maiza to create that ripple effect to affect hundreds more lives for generations to come. *Thank you.* ▲▲



Mary Anderson Decades of inspiration

Excerpt from a 1946 Mountaineers Annual
compiled by Mary Hsue, Mountaineers Director of Development

Mary and Lloyd Anderson stand third and fourth from the right, back, on a Campcrafters trip to McClellans Butte. Photo courtesy of The Mountaineers

Born Mary Gaiser on December 7, 1909, in Yakima Valley, Mary loved Washington and the natural world from a young age. She moved to Seattle and taught grade school until the mid-1930s, all the while sharing her love for wild places with her students. She was especially passionate about biology and natural history.

Together with her husband Lloyd, Mary joined The Mountaineers in 1929. They were among the earliest graduates of our basic climbing course in the mid-1930's and students of Mountaineers' legend Wolf Bauer. Immediately after graduating, they began sharing their love of the mountains by instructing other aspiring climbers. They were among the first climbers to use new ice ax techniques lauded by the next generation of Mountaineers.

The only trouble was ice axes were expensive and nearly impossible to find in the Pacific Northwest. That was a solvable problem for Lloyd and Mary. They created a "buying cooperative" to order in bulk from Europe, making climbing gear, and eventually other products, easier to find and more cost effective than other options.

Thanks to Mary's German translation skills and Lloyd and Mary's keen business acumen, REI was born in 1938. They operated Recreational Equipment Cooperative in their attic (and kitchen, and dining room) of the West Seattle home Lloyd had built for many years. Eventually, Mary retired from teaching and took over the everyday operations of the co-op. She stitched cotton into tents, packaged food into expedition-ready boxes, and handled ordering and deliveries.

Mountaineers and Campcrafters



Mary continued to be heavily involved with The Mountaineers, supporting Lloyd's ambitious climbing schedule while nabbing a few first ascents of her own. Like Mountaineers, today, Mary and Lloyd gave so much of themselves to The Mountaineers, that at the 1953 Annual Banquet Mary was presented with the Annual Service Award. She was recognized for her outstanding work serving on the board of trustees, with two terms as secretary and two as treasurer, four years

on the Climbing Committee while the climbing course was being organized, and for her willing help with many other groups and committees of the club.

Campcrafters was one of those committees. It originated in the mid-1940's enabling climbers to invite their families to join them on adventures in the mountains. Families would gather at "base camp" and hike at lower levels while their parents climbed more technical peaks. Every year, the group would schedule a dozen trips to local parks and wilderness areas and one big adventure.

I'm delighted to share an excerpt from Mary's 1946 activities report of a year of Campcrafters activities:

Of the twelve week-end trips offered on the Campcrafters' schedule this season, all were fun, but for thirty-two Mountaineers the real trip of the summer was the Selkirk Lake Louise Gypsy Tour.

We converged on the Selkirks from all directions. The main body of the party drove from Seattle via Spokane, Radium Hot Springs and Golden. Sunday evening, July 21, found us with our camps well established. Campfire that night was enlivened with accounts of sleeping in the wheat field outside of Ritzville, of the sympathetic truck driver who taught Frieda and her women passengers how to operate a bumper jack and with the tale of the Castors, whose car had delayed them a whole day and how they fought against time to get to the border before the nine o'clock closing.

Climbs of Tupper and Abbott were the prizes on Monday. Tuesday the climbers rested, played with the ground squirrels, gathered wood and rested again, but the tireless walkers went to Glacier Crest. On Wednesday Castor and Pollux bowed to the climbers. Some people walked up the Asulkan valley, but the real event of the day was the trip to the fan house and the receipt, by the Dodges, of an invitation to bathe. The next evening campfire was delayed until the "return from the bath" so that all could admire two really clean humans.

Arrangements were made with Joe Butterworth for a trip to the caves. The eerie light of the gas lantern, Joe's gnome like figure squatting on the wet rocks, the water pouring over Jacobs Ladder and down our necks made up the memories for Thursday.

On Friday the campers stood in groups squinting at Sir Donald conjecturing over the route, the difficulty, the time needed and the dozens of other things campers can think of concerning a climb. Two venturesome walkers went to Perley Rocks to get a better view. About six a yodel floated down from the hillside and the camp came alive with "They're here!"

Campfires each night had been fun. There were Hilda's yodeling songs we all especially enjoyed. There was circus night with its human mosquito, its ice-ax swallower and its pink lemonade. There was charade night when mountains made drama. There was hot gingerbread from the reflector ovens, biscuit twists and marshmallows. Friday's campfire was special not only because of the account of the Sir Donald climb, but because it was the "last campfire" for our one-weekers.

For those who could stay a trip to Rogers Pass was scheduled for Saturday. At campfire, Mr. Hopkins had given an account of all the things one could see and do at Rogers Pass. The truck arrived early and the crowd rode the four miles up to Rogers Pass and then, having had their minds made up for them by one of the party, rode gaily back to the Balu Pass trail. They followed the trail up through the meadows to Balu Pass and the view of the many mountains and glaciers. Views of immense, fresh grizzly tracks in the snow proved exciting and there were no stragglers along the trail back to the truck.

The second week found us caravanning by car from Golden to

Yoho Valley and then to Columbia Ice Fields. Scenes such as beautiful Emerald Lake, Takkakaw Falls and the breath-taking views along the Jasper Highway filled our days. Camp was established at the Columbia Ice Fields so that the climbers could try Athabasca. The climb was successful, but proved long because of severe avalanche conditions.

We had been in Canada ten days, beautiful, warm, sunny days. We could hardly complain if our deluxe, private camp, established by special permission of the Lake Louise Ranger in his deserted "conche" camp, proved a little damp. Here we made plans for a reunion and sang our last goodnight song. In the morning we took the road through the beautiful Kootenay and Vermillion River valleys back to Radium and sunshine, homeward-bound.

Personnel of the 1977 Campcrafters trip:

Seattle: Lloyd Anderson, Mary Anderson, Ruth Anderson, Sue Anderson, Cran Barrow, Burge Bickford, Frieda Bickford, Nancy Bickford, Elsie Burkman, Bob Castor, Bunny Castor, Marion Castor, T. Davis Castor, Patty Crooks, Bill Elfendahl, Margaret Elliott, Marian Lundberg, Jule Marty, Kieth Norden, Kenneth Norden, Phyllis Norden, Jane Osterhout, Mary Osterhout, Sophie Sporrer, Patricia Willgress.

Everett: Hilda Bueler, Loleta Jones Tacoma: Ethel Dodge, Tom Dodge, Jessie Northcutt, Agnes Wood, Tommy Wood.



Mary and Lloyd Anderson. Photo courtesy of The Mountaineers

Mary Anderson passed away on April 3, 2017. She was The Mountaineers longest-standing member at the age of 107. Mary and her husband Lloyd were firm believers in sharing outdoor adventure with their children.

Mary was a Washington State native, co-founder of REI with her husband Lloyd, one of a handful of Mountaineers instrumental in shaping the climbing course in 1936, and a longtime teacher in the Seattle Public School District.

A Lucky Find in Italy

by Shari Hogshead, Mountaineers Global Adventures leader



Skiers in the Dolomites. Photo by Shari Hogshead

A few years ago, I took a group of Nordic skiers to the Dolomites in Italy. One couple in my group was looking forward to celebrating a significant anniversary in Florence and Rome following our ski adventures. We had been in the Dolomiti for about 10 days and, on this day, had enjoyed a rigorous mountain ski. After lunch and a ski back to a side valley where our path crossed a road, the anniversary couple decided to take the rest of the day off and bus back to the hotel. On this trip, we could choose to ski through the connecting valleys back to our hotel or take a bus if we were tired. The rest of our group decided to head up valley and take another downhill run before skiing back. When we came around to the bus stop a few hours later, we found the anniversary husband running up and down the road. Upon catching sight of us, he asked us to help him look for his wallet, which he thought he had lost getting on the bus. We looked everywhere – in a trash bin at the bus stop, along the road. I even asked at a nearby restaurant if anyone had turned anything in. No luck. He took the bus back to our village so that our hotel owner could help him fill out a police report.

As the rest of us skied back, I contemplated how we could assist our friends in amassing the funds to complete their travels alone in Rome and Florence, since I felt quite certain that, when his credit cards were canceled, hers would be also. I pretty much had this figured out as we approached our hotel. At that point, we saw our friend exit the hotel with an Italian gentleman. We soon learned that this gentleman had found the wallet under his seat on the bus. He opened the wallet and found a card from our hotel. He got off the bus in our village and walked to our hotel.

He was looking at the drivers license photo from Washington State when he saw our friend returning from his fruitless search at the bus stop. It certainly was a happy conclusion and our Italian hero would take no reward – not even a bottle of wine. After shaking our hands, he returned to the bus stop and waited for the next bus that would take him home for the evening.

The lucky find wasn't the wallet, but the kindness of a stranger. We've found helpful folks like this during all our travels. I advise my trip participants to always carry their accommodation itinerary with them at all times. In that event, even if that gentleman had found the wallet a few days later, he would have known the name of the next hotel destination. Take a few precautions and enjoy your travels and the people you meet along the way. ▲▲

Check out the upcoming Global Adventures trip below and find more trips online at www.mountaineers.org. Click on the Explore tab, then search "Global Adventures."

Backpack Alaska's Chilkoot Trail

Mon, Jul 31, 2017 - Mon, Aug 7, 2017

Relive the experience of the Klondike gold miners as you re-trace their route up and over the Chilkoot Pass to Lake Bennett in the Yukon, then ride the historic White Pass & Yukon Railway back to Skagway. The journey begins and ends in Skagway. Participants will carry their overnight gear and food, and camp along the way.

Price: \$850. **Leader:** Royce Poetter, roycepoetter15@gmail.com.



The M looks good on you!

We've just released our first ever line of branded Mountaineers merchandise (we know – at 111 years old – it took long enough!). Check out our official shirts, hats, water bottles, cups, and more to get outfitted for your next trip.

Members save 20% on the new merch, plus a ton of other great benefits all year round. Have you checked out your member benefits lately?

mountaineers.org/membership/benefits

The Mountaineers presents

BEWILD

Stories of Passion & Adventure

June 7: Bree Loewen

*Seattle-based search and rescuer, EMT,
author of "Found: A Life in Mountain Rescue,"
published by Mountaineers Books*

Shows start at 7pm
doors open at 6



www.mountaineers.org/bewild





Ready for Adventure?

The Go Guide offers a **sampling** of the thousands of Mountaineers trips, outings and events each year. Please go online to www.mountaineers.org to gain a fully-detailed view of all up-to-the-minute listings. Many of our activities - especially day hikes and urban adventures - are open to the general public who sign up as guests, as an introduction to Mountaineers activities.

If you are looking for camaraderie with a particular branch of The Mountaineers, branches are named at the end of each listing. **SIGN UP** for the trip or event of your choice online, and remember that you may register for an event or course in any branch, regardless of the one you belong to.

note: Events and trips require registration unless otherwise noted. You will also need a current waiver on file with The Mountaineers to participate. Following are guides and keys to interpreting the trip listings.

Mountaineers Ten Essential System

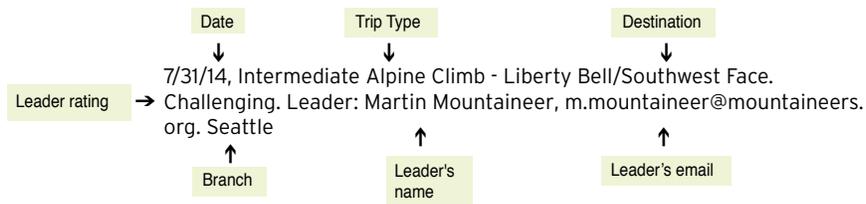
required on all Mountaineers trips:

1. Navigation
2. Sun protection
3. Insulation
4. Illumination
5. First aid supplies
6. Fire starter
7. Repair kit and tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter

List of potential abbreviations:

CG—Campground	E, W, N, S—East . . .
USGS—US Geological Survey	GT—Green Trails
Hwy—Highway	I—Interstate
ITC—Issaquah Trail Cntr	Jct—Junction
MRNP—Mt. Rainier	NP—National Park
NWFP—NW Forest Pass (fee)	mi—miles
FS—Forest Service	P&R—Park and Ride
Rd—Road	RS—Ranger Station
RT—Round Trip	SP—State Park
SR—State Route	TH—Tralhead

ACTIVITY LISTING KEY



COURSE LISTING KEY



How to use the Go Guide:

We use the same category names online, so if you find an activity or course you would like to sign up for, just go to our website and click on the *Explore* (for activities) or *Learn* (for courses) tab. You can then filter your search by category (for example, *Day Hiking*).

If you don't see what you're looking for, don't hesitate to call Member Services! We're here to help: 206-521-6001 or email: info@mountaineers.org.

Quarterly Update

Thank you for reading the Go Guide! We pulled the information for this issue on April 15, 2017. Any activities or courses listed after that date will not be published here. The information for the Fall magazine will be pulled on July 15, 2017. Please have your activities and courses listed by then if you would like them to be published in the magazine.

If you have any suggestions, questions or feedback, please send an email to Suzanne Gerber, publications manager, at suzanneg@mountaineers.org.

Mountaineers activities

Below is a sampling of The Mountaineers activities. To see the full listing, go to www.mountaineers.org.

BACKPACKING

6/10/17-6/11/17, Backpack - Thunder Creek (Moderate) Leader: Deborah Fisher, gearsnbearings@gmail.com. Foothills

6/23/17-6/25/17, Backpack - Shi Shi Beach (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

6/30/17-7/2/17, Backpack - Ozette Triangle (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/1/17-7/3/17, Backpack - Enchanted Valley (Moderate) Leader: Michele Ritala, mritala@comcast.net. Foothills

7/8/17-7/9/17, Backpack - Packwood Lake (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/22/17-7/24/17, Backpack - Second Beach (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/25/17-7/28/17, Backpack - Wonderland Trail (Challenging) Leader: Steve Townsend, swtownsend@yahoo.com. Tacoma

7/29/17-7/31/17, Backpack - Rialto Beach to Chilean Memorial (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

8/5/17-8/6/17, Backpack - Dewey Lake, Naches Peak Loop & Pacific Crest Trail (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

8/12/17-8/13/17, Backpack - Cramer Lake (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

Backpacking 8/13/17-8/19/17, Backpack - Lostine North Minam Loop (Eagle Cap Wilderness, Oregon) (Moderate) Leader: Linda Moore, abenteuerbc@yahoo.com. Seattle

8/19/17-8/20/17, Backpack - North Fork Skomish River & Flapjack Lakes (Challenging) Leader: Deborah Fisher, gearsnbearings@gmail.com. Foothills

8/19/17-8/20/17, Backpack - Summit Lake (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

8/24/17-8/26/17, Backpack - Cascade Pass/Sahale Arm (Moderate) Leader: David Bradley, david.bradley.mountaineers@gmail.com. Seattle

CLIMBING

6/1/17, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: Ian Dickson, ipd@yellowleaf.org. Seattle

6/2/17-6/4/17, Basic Alpine Climb - Mount Shasta/Avalanche Gap (Challenging) Leader: Hadi Al-Saadoon, bluehadoo@comcast.net. Seattle

6/2/17, Basic Alpine Climb - South Early

Winter Spire/South Ar_te (Moderate) Leader: Brett Dyson, hhiking@hotmail.com. Seattle

6/3/17-6/4/17, Glacier Climb - Mount Hinman/Hinman Glacier (Moderate) Leader: Ed Palushock, ed.palushock@yahoo.com. Seattle

6/3/17-6/4/17, Glacier Climb - Eldorado Peak/Inspiration Glacier (Moderate) Leader: Sean Mathias, seanm@prosolve.com. Seattle

6/3/17, Basic Alpine Climb - South Early Winter Spire/South Ar_te (Easy) Leader: Liana Robertshaw, urfavejrzeygrl@gmail.com. Seattle

6/3/17, Basic Alpine Climb - Lundin Peak/West Ridge (For Beginners (Getting Started Series)) Leader: Peter Clitherow, peter.clitherow@gmail.com. Seattle

6/3/17, Basic Alpine Climb - The Fin/Northwest Ridge (Moderate) Leader: Brett Dyson, hhiking@hotmail.com. Seattle

6/3/17, Basic Alpine Climb - Kangaroo Temple/North Face (Challenging) Leader: Brett Dyson, hhiking@hotmail.com. Seattle

6/3/17, Basic Alpine Climb - Big Snagtooth/West Ridge (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

6/3/17, Basic Alpine Climb - Unicorn Peak/South Side (For Beginners (Getting Started Series)) Leader: Diana Yuen, dianahikes@gmail.com. Seattle

6/3/17-6/4/17, Glacier Climb - Mount Baker/Coleman Glacier (For Beginners (Getting Started Series)) Leader: Steven Anderson, anderson.stevej@gmail.com. Kitsap

6/3/17, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: Suzy Diesen, sdiesen@wavecable.com. Kitsap

6/3/17-6/4/17, Basic Alpine Climb - Luahna Peak/Richardson Glacier (Challenging) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

6/3/17-6/4/17, Basic Alpine Climb - Argonaut Peak/South Route (Challenging) Leader: Jeffrey Wirtz, jrwirtz73@gmail.com. Tacoma

6/3/17-6/4/17, Intermediate Alpine Climb - Mount Rainier/Fuhrer Finger (Challenging) Leader: Troy Mason, troy.mason@tacomamountaineers.org. Tacoma

6/4/17, Basic Alpine Climb - Kangaroo Temple/North Face (Moderate) Leader: Wes Cooper, wcooper06@yahoo.com. Seattle

6/4/17, Basic Alpine Climb - Silver Star Mountain/Silver Star Creek (Challenging) Leader: Brett Dyson, hhiking@hotmail.com. Seattle

6/4/17-6/6/17, Glacier Climb - Mount Baker/Easton Glacier (Challenging) Leader: Doug Sanders, dougsapple@gmail.com. Everett

6/4/17, Basic Alpine Climb - Unicorn Peak/South Side (For Beginners (Getting Started Series)) Leader: Bob Keranen, bobkeranen@

gmail.com. Olympia

6/9/17-6/10/17, Basic Alpine Climb - Silver Star Mountain/Silver Star Creek (For Beginners (Getting Started Series)) Leader: Ian Dickson, ipd@yellowleaf.org. Seattle

6/9/17-6/10/17, Glacier Climb - Mount Baker/Boulder Glacier (For Beginners (Getting Started Series)) Leader: Peter Clitherow, peter.clitherow@gmail.com. Seattle

6/9/17-6/11/17, Glacier Climb - Dome Peak/Dome Glacier (Challenging) Leader: James Adkins, jamesaa73@comcast.net. Seattle

6/9/17-6/11/17, Glacier Climb - Clark Mountain & Luahna Peak (Moderate) Leader: Paul Gehlsen, paul.r.gehlsen@boeing.com. Everett

6/9/17-6/11/17, Glacier Climb - Glacier Peak/Disappointment Peak Cleaver (For Beginners (Getting Started Series)) Leader: Ian Lauder, ian@cyber-sea.com. Everett

6/10/17, Basic Alpine Climb - Ingalls Peak/South Ridge (For Beginners (Getting Started Series)) Leader: Petro Ksondzyk, petro.ksondzyk@gmail.com. Seattle

6/10/17-6/11/17, Glacier Climb - Glacier Island Peak (Challenging) Leader: Dave Morgan, davem.alpine@icloud.com. Seattle

6/10/17, Basic Alpine Climb - Colchuck Peak/East Route (For Beginners (Getting Started Series)) Leader: Craig Taylor, craigtay@gmail.com. Seattle

6/10/17-6/11/17, Basic Alpine Climb - The Brothers/South Couloir (Challenging) Leader: Ida Vincent, ida@ourecoplanet.com. Seattle

6/10/17, Basic Alpine Climb - Lundin Peak/West Ridge (Moderate) Leader: Brian Starlin, brian.starlin@comcast.net. Seattle

6/10/17, Basic Alpine Climb - Unicorn Peak/South Side (For Beginners (Getting Started Series)) Leader: Jim Pitts, jim@pitts.org. Seattle

6/10/17-6/11/17, Glacier Climb - Mount Hood/South Side (Palmer Glacier) (For Beginners (Getting Started Series)) Leader: Deling Ren, cookiejar.seattle@gmail.com. Seattle

6/10/17-6/11/17, Crag Rock Climb - Squamish (Moderate) Leader: Diana Yuen, dianahikes@gmail.com. Seattle

6/10/17-6/11/17, Glacier Climb - Mount Shuksan/Sulphide Glacier (For Beginners (Getting Started Series)) Leader: Derek Newbern, dereknewbern@gmail.com. Seattle

6/10/17, Basic Alpine Climb - South Early Winter Spire/South Ar_te (For Beginners (Getting Started Series)) Leader: Steven Anderson, anderson.stevej@gmail.com. Kitsap

6/10/17-6/11/17, Basic Alpine Climb - Silver Star Mountain/Silver Star Glacier (Moderate) Leader: James Gates, jimgates@korsmo.com. Tacoma

-6/10/17, Glacier Climb - Little Tahoma/East Shoulder (Moderate) Leader: Tim Helton, timh948@gmail.com. Tacoma

6/11/17, Basic Alpine Climb - The Tooth/South Face (Moderate) Leader: Scott Shafer, sashafer@gmail.com. Seattle

6/11/17, Basic Alpine Climb - South Early Winter Spire/South Ar_te (For Beginners (Getting Started Series)) Leader: Jim Nelson, jim@promountainssports.com. Seattle

6/12/17-6/13/17, Glacier Climb - Little Tahoma/East Shoulder (Challenging) Leader: Charles Sidlinger, charles.sidlinger@gmail.com. Seattle

6/12/17, Basic Alpine Climb - Unicorn Peak & The Castle Traverse (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

6/15/17-6/16/17, Intermediate Alpine Climb - Forbidden Peak/West Ridge (For Beginners (Getting Started Series)) Leader: Ian Lauder, ian@cyber-sea.com. Everett

6/15/17-6/16/17, Glacier Climb - Mount Shuksan/Sulphide Glacier (Moderate) Leader: Scott Braswell, scottpotpie@gmail.com. Everett

6/15/17-6/16/17, Glacier Climb - Little Tahoma/East Shoulder (Challenging) Leader: Joe Petersen, jspeter@gmail.com. Tacoma

6/16/17-6/18/17, Intermediate Alpine Climb - Mount Baker/North Ridge (Moderate) Leader: Steven Anderson, anderson.stevej@gmail.com. Kitsap

6/16/17-6/18/17, Glacier Climb - Clark Mountain/Walrus Glacier (Challenging) Leader: Doug Sanders, dougsappley@gmail.com. Everett

6/16/17-6/18/17, Glacier Climb - Clark Mountain/Walrus Glacier (Challenging) Leader: Nick Mayo, nicholas.e.mayo@gmail.com. Everett

6/16/17-6/18/17, Glacier Climb - Clark Mountain/Walrus Glacier (Challenging) Leader: Ian Lauder, ian@cyber-sea.com. Everett

6/16/17-6/18/17, Intermediate Alpine Climb - Bonanza Peak/Mary Green Glacier (Challenging) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

6/16/17-6/18/17, Glacier Climb - Mount Daniel/Lynch Glacier (Moderate) Leader: Mike McIntosh, free_2_climb@yahoo.com. Olympia

6/17/17-6/18/17, Intermediate Alpine Climb - Mount Adams/Adams Glacier (Challenging) Leader: Liana Robertshaw, urfavejerzeygrl@gmail.com. Seattle

6/17/17, Intermediate Alpine Climb - Ingalls Peak/East Ridge (Moderate) Leader: Stephen McKim, stephen2337@msn.com. Seattle

6/17/17-6/18/17, Glacier Climb - Ruth Mountain & Icy Peak Traverse (For Beginners (Getting Started Series)) Leader: Daniel Greenfield, dan@dangreenfield.com. Seattle

6/17/17-6/18/17, Glacier Climb - Mount Baker/Easton Glacier (Moderate) Leader: John Bell, jbellclimber@yahoo.com. Seattle

6/17/17-6/18/17, Basic Alpine Climb - West

McMillan Spire/West Ridge (Challenging) Leader: Stephen Sugiyama, sss@qahill.com. Seattle

6/17/17-6/18/17, Glacier Climb - Snowfield Peak/Neve Glacier (Moderate) Leader: James Adkins, jamesaa73@comcast.net. Seattle

6/17/17, Basic Alpine Climb - Unicorn Peak/South Side (For Beginners (Getting Started Series)) Leader: Ralph Wessels, ralphwessels@comcast.net. Kitsap

6/17/17, Basic Alpine Climb - Mount Pershing (Challenging) Leader: Jeff Williams, jswill@comcast.net. Olympia

6/19/17-6/20/17, Basic Alpine Climb - Mount Shuksan/Sulphide Glacier (Moderate) Leader: Robert Brown, robert.brown@seattle.gov. Seattle

6/20/17-6/21/17, Glacier Climb - Mount Baker/Coleman Glacier (For Beginners (Getting Started Series)) Leader: Charles Powrie, chuckpowrie@gmail.com. Seattle

6/21/17, Basic Alpine Climb - The Tooth/South Face (Moderate) Leader: Tim Nagle, climb.tim@gmail.com. Olympia

6/23/17-6/25/17, Basic Alpine Climb - Mount Olympus/Blue Glacier (Challenging) Leader: Derek Newbern, dereknewbern@gmail.com. Seattle

6/23/17-6/25/17, Basic Alpine Climb - West McMillan Spire/West Ridge (Challenging) Leader: Ida Vincent, ida@ourecoplanet.com. Seattle

6/23/17-6/25/17, Intermediate Alpine Climb - Mount Stuart/North Ridge (Challenging) Leader: Steven Yi, steven.yi@gmail.com. Seattle

6/23/17-6/25/17, Glacier Climb - Clark Mountain/Walrus Glacier (Moderate) Leader: James Adkins, jamesaa73@comcast.net. Seattle

6/23/17-6/25/17, Intermediate Alpine Climb - Bonanza Peak/Mary Green Glacier (Moderate) Leader: Curtis Stock, cstock34@msn.com. Tacoma

6/24/17-6/25/17, Basic Alpine Climb - Mount Baker/Boulder Glacier (For Beginners (Getting Started Series)) Leader: Jan Abendroth, jan.abendroth@gmail.com. Seattle

6/24/17-6/26/17, Glacier Climb - Glacier Peak/Disappointment Peak Cleaver (For Beginners (Getting Started Series)) Leader: Diana Yuen, dianahikes@gmail.com. Seattle

6/24/17-6/25/17, Glacier Climb - Little Tahoma/East Shoulder (Challenging) Leader: Scot Geoghegan, hector98034@yahoo.com. Everett

6/24/17-6/25/17, Glacier Climb - Ruth Mountain & Icy Peak Traverse (Moderate) Leader: Scott Braswell, scottpotpie@gmail.com. Everett

6/24/17, Basic Alpine Climb - The Tooth/South Face (Moderate) Leader: Troy Mason, troy.mason@tacomamountaineers.org. Tacoma

6/24/17-6/25/17, Basic Alpine Climb - Corteo Peak/Southwest Ridge (Moderate) Leader: Steven Knowles, jsknowles25@gmail.com. Tacoma

6/24/17-6/25/17, Basic Alpine Climb - Warrior/Southeast Summit (Challenging) Leader: Jeff Williams, jswill@comcast.net. Olympia

6/25/17, Basic Alpine Climb - Ingalls Peak/South Ridge (Moderate) Leader: Scott Shafer, sashafer@gmail.com. Seattle

6/25/17, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: Lonny Moore, lamoore5@wavecable.com. Kitsap

6/27/17, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: John Bell, jbellclimber@yahoo.com. Seattle

6/27/17-6/29/17, Intermediate Alpine Climb - Forbidden Peak/West Ridge (Challenging) Leader: Scott Shafer, sashafer@gmail.com. Seattle

6/30/17, Glacier Climb - Little Tahoma/East Shoulder (Moderate) Leader: Paul Gehlsen, paul.r.gehlsen@boeing.com. Everett

7/1/17-7/3/17, Glacier Climb - Dome Peak/Dome Glacier (Challenging) Leader: Brett Dyson, hhiking@hotmail.com. Seattle

7/1/17-7/2/17, Glacier Climb - Little Tahoma/East Shoulder (Challenging) Leader: Sherrie Trecker, sbuxbarista@yahoo.com. Seattle

7/1/17-7/2/17, Glacier Climb - Mount Rainier/Disappointment Cleaver (Challenging) Leader: Ida Vincent, ida@ourecoplanet.com. Seattle

7/1/17, Basic Alpine Climb - Kangaroo Temple/North Face (Moderate) Leader: Brian Starlin, brian.starlin@comcast.net. Seattle

7/1/17-7/3/17, Basic Alpine Climb - West McMillan Spire/West Ridge (Challenging) Leader: Steven Knowles, jsknowles25@gmail.com. Seattle

7/1/17-7/3/17, Glacier Climb - Mount Olympus/Blue Glacier (Challenging) Leader: James Adkins, jamesaa73@comcast.net. Seattle

7/1/17-7/2/17, Basic Alpine Climb - Huckleberry Mountain/East Face (For Beginners (Getting Started Series)) Leader: Fred Luck, f-luck@hotmail.com. Seattle

7/1/17-7/3/17, Basic Alpine Climb - Glacier Peak/Disappointment Peak Cleaver (For Beginners (Getting Started Series)) Leader: Ralph Wessels, ralphwessels@comcast.net. Kitsap

7/1/17-7/2/17, Intermediate Alpine Climb - Dorado Needle/Northwest Ridge (Challenging) Leader: Ian Lauder, ian@cyber-sea.com. Everett

7/1/17-7/4/17, Intermediate Alpine Climb - Sinister Peak/North Face (For Beginners (Getting Started Series)) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

DAY HIKING

6/3/17, Day Hike - Lower South Fork Skokomish River (For Beginners) Leader: Rebecca Chamberlain, rebeccachamberlain@earthlink.net. Olympia

6/6/17, Day Hike - Rattlesnake Mountain (East) (Challenging) Leader: Christopher

Ensor, ctrails@comcast.net. Foothills

6/7/17, Day Hike - Wagonwheel Lake & Silver Snag Hill (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

6/8/17, Day Hike - Stan's Overlook (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

6/10/17, Day Hike - Grand Park (Mount Rainier) (For Beginners (Getting Started Series)) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

6/11/17, Day Hike - Upper South Fork Skokomish River (For Beginners (Getting Started Series)) Leader: Mike Kretzler, mkretzler@comcast.net. Olympia

6/11/17, Day Hike - Upper South Fork Skokomish River (For Beginners (Getting Started Series)) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

6/14/17, Day Hike - Wagonwheel Lake & Silver Snag Hill (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

6/15/17, Day Hike - Rattlesnake Ledge (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

6/18/17, Day Hike - Annette Lake (Moderate) Leader: Bob Pankl, pankl@earthlink.net. Seattle

6/18/17, Day Hike - Lower Lena Lake (For Beginners) Leader: Michael Mellors, beta618@gmail.com. Olympia

6/20/17, Day Hike - Packwood Lake (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

6/21/17, Day Hike - Wagonwheel Lake & Silver Snag Hill (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

6/23/17, Day Hike - Crystal Lakes (Mount Rainier) (Moderate) Leader: Christopher Ensor, ctrails@comcast.net. Foothills

6/24/17, Day Hike - Summit Lake (For Beginners (Getting Started Series)) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

6/24/17, Day Hike - Summit Lake (For Beginners) Leader: Michael Walther, veganbuffalohikes@gmail.com. Olympia

6/28/17, Day Hike - Wagonwheel Lake & Silver Snag Hill (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

6/29/17, Day Hike - Greenwater Lakes (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/1/17, Day Hike - Glacier Basin (Mount Rainier) (For Beginners (Getting Started Series)) Leader: Donald Miller, scubadonnaie@comcast.net. Olympia

7/1/17, Day Hike - Glacier Basin (Mount Rainier) (For Beginners (Getting Started Series)) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

7/3/17, Day Hike - Pacific Crest Trail: Snoqualmie Pass to Windy Pass (Challenging) Leader: Christopher Ensor, ctrails@comcast.net. Foothills

7/5/17, Day Hike - Mount Ellinor (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

7/6/17, Day Hike - Harry's Ridge (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/8/17, Day Hike - Glacier Basin (Mount Rainier) (For Beginners) Leader: Ginger Sarver, bgsarver@comcast.net. Olympia

7/8/17, Day Hike - Glacier Basin (Mount Rainier) (For Beginners) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

7/9/17, Day Hike - Spray Park (For Beginners (Getting Started Series)) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

7/11/17, Day Hike - Skookum Flats (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/12/17, Day Hike - Mount Ellinor (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

7/16/17, Day Hike - Grand Park (Mount Rainier) (For Beginners) Leader: Michael Mellors, beta618@gmail.com. Olympia

7/18/17, Day Hike - Talapus & Olallie Lakes (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/19/17, Day Hike - Mount Ellinor (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

7/22/17, Day Hike - Spray Park (For Beginners) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

7/25/17, Day Hike - Dewey Lake via Naches Peak Loop (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

Mount Ellinor (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

7/27/17, Day Hike - Sourdough Gap (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/28/17, Day Hike - Kendall Katwalk (Challenging) Leader: Christopher Ensor, ctrails@comcast.net. Foothills

7/29/17, Day Hike - Spray Park (For Beginners (Getting Started Series)) Leader: Michael Silverstein, rhody1171@comcast.net. Olympia

7/29/17, Day Hike - Spray Park (For Beginners (Getting Started Series)) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

8/1/17, Day Hike - Annette Lake (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

8/2/17, Day Hike - Downtown Renton to Beer Sheva Park via Kubota Garden (Easy) Leader: Louise Mihay, louisemihay@comcast.net. Seattle

8/5/17, Day Hike - Burroughs Mountain (For Beginners (Getting Started Series)) Leader: Paul Kallmann, paul.kallmann@gmail.com. Olympia

8/5/17, Day Hike - Burroughs Mountain (For Beginners (Getting Started Series)) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

8/6/17, Day Hike - Palisades Lakes (For Beginners (Getting Started Series)) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

8/12/17, Day Hike - Johnston Ridge (For Beginners (Getting Started Series)) Leader: Michael Walther, veganbuffalohikes@gmail.com. Olympia

8/12/17, Day Hike - Johnston Ridge (For Beginners (Getting Started Series)) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

8/20/17, Day Hike - Palisades Lakes (For Beginners) Leader: Michael Mellors, beta618@gmail.com. Olympia

8/22/17, Day Hike - Cramer Lake (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

8/26/17, Day Hike - Burroughs Mountain (For Beginners) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

8/31/17, Day Hike - Deer & Sand Lakes (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

8/3/17, Day Hike - Hidden Lake (Mount Rainier) (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

8/8/17, Day Hike - Summit Lake (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

8/15/17, Day Hike - Eunice Lake & Tolmie Peak Lookout (Mount Rainier) (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

PHOTOGRAPHY

6/24/17, Day Hike - Big Four Ice Caves (Easy) Leader: Anita Elder, anita@anitaelder.com. Seattle

7/22/17, Day Hike - Hurricane Hill (Easy) Leader: Anita Elder, anita@anitaelder.com. Seattle

7/23/17, Day Hike - Marymere Falls & Barnes Creek (For Beginners) Leader: Anita Elder, anita@anitaelder.com. Seattle

7/31/17, Day Hike - Kautz Creek (Challenging) Leader: Erwin Buske, erwinbuske@comcast.net. Seattle

-8/6/17, Day Hike - Crystal Mountain Resort Ridge Walk (Easy) Leader: Anita Elder, anita@anitaelder.com. Seattle

8/20/17, Day Hike - Paradise Area (summer) (For Beginners) Leader: Anita Elder, anita@anitaelder.com. Seattle

7/9/17, Urban Adventure - Pike Place Market (For Beginners) Leader: Anita Elder, anita@anitaelder.com. Seattle

SCRAMBLING

6/3/17, Alpine Scramble - Foss Peak/Unicorn Creek (For Beginners) Leader: Tom Eckhout, teckhout@msn.com. Olympia

6/4/17, Alpine Scramble - Esmeralda Peaks (Challenging) Leader: Rich Leggett,

meandmyaussies@hotmail.com. Seattle

6/4/17, Alpine Scramble - Cowlitz Gap & Rocks (winter) (For Beginners) Leader: John Murphy, murphboonie1@gmail.com. Tacoma

6/4/17, Alpine Scramble - Foss Peak/Unicorn Creek (Moderate) Leader: Allan Maas, amaas@parametrix.com. Tacoma

6/4/17, Alpine Scramble - Camp Muir & Anvil Rock (For Beginners) Leader: Roland Lanoue, rolandolymountaineers@gmail.com. Olympia

6/10/17, Alpine Scramble - Mount Index/East Route (Challenging) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

6/17/17, Alpine Scramble - Ingalls Peak/South Peak (For Beginners (Getting Started Series)) Leader: Jeffrey Patterson, jeffreypatterson@comcast.net. Seattle

6/17/17, Alpine Scramble - Mount Ruth & Steamboat Prow (Moderate) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

6/17/17, Alpine Scramble - Cowlitz Gap & Rocks (winter) (Moderate) Leader: Nancy Lloyd, nanlloy@gmail.com. Olympia

6/25/17, Alpine Scramble - Mount Adams/South Spur (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

6/24/17, Alpine Scramble - Hibox Mountain (Moderate) Leader: Jim Powell, jpowell118@hotmail.com. Seattle

6/24/17, Alpine Scramble - Mount Index/East Route (Challenging) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

6/24/17-6/25/17, Alpine Scramble - Coleman Pinnacle (Moderate) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

6/25/17, Alpine Scramble - Cowlitz Gap & Rocks (winter) (For Beginners) Leader: Jeffrey Patterson, jeffreypatterson@comcast.net. Seattle

6/30/17-7/4/17, Alpine Scramble - Wellesley & Sentinel Peaks (Challenging) Leader: Todd Mooney, finesandk@msn.com. Olympia

7/8/17, Alpine Scramble - Lightning Peak (Challenging) Leader: Todd Mooney, finesandk@msn.com. Olympia

7/15/17, Alpine Scramble - McClellan Butte (Moderate) Leader: Allan Maas, amaas@parametrix.com. Tacoma

7/22/17, Alpine Scramble - Grasshopper Peak (Challenging) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

7/22/17-7/22/17, Alpine Scramble - Chutla & Eagle Peaks (For Beginners (Getting Started Series)) Leader: Tom Eckhout, teckhout@msn.com. Olympia

7/25/17-7/27/17, Alpine Scramble - Mount Adams/South Spur (For Beginners) Leader: Bill Borom, jabahut1234@yahoo.com. Seattle

7/28/17-7/30/17, Alpine Scramble - Gardner Mountain & North Gardner Mountain (For Beginners) Leader: James Adkins, jamesaa73@comcast.net. Seattle

7/29/17, Alpine Scramble - Three Way Peak (For Beginners) Leader: John Murphy,

murphboonie1@gmail.com. Tacoma

8/2/17, Alpine Scramble - Mount Washington/Standard Route (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

8/5/17-8/6/17, Alpine Scramble - Dumbell & Greenwood Mountains (Moderate) Leader: James Adkins, jamesaa73@comcast.net. Seattle

8/7/17, Alpine Scramble - Hidden Lake Peak (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

8/9/17, Alpine Scramble - Mount Washington/Standard Route (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

8/12/17, Alpine Scramble - Cypress Peak/North Ridge (British Columbia) (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

8/12/17-8/13/17, Alpine Scramble - Mount Maude & Seven Fingered Jack (Challenging) Leader: Scot Geoghegan, hector98034@yahoo.com. Everett

8/12/17, Alpine Scramble - Mount Angeles (For Beginners (Getting Started Series)) Leader: Tom Eckhout, teckhout@msn.com. Olympia

8/16/17, Alpine Scramble - Mount Washington/Standard Route (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

8/19/17-8/20/17, Alpine Scramble - Mount Maude & Seven Fingered Jack (Moderate) Leader: James Adkins, jamesaa73@comcast.net. Seattle

8/23/17, Alpine Scramble - Mount Washington/Standard Route (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

8/26/17-8/27/17, Alpine Scramble - Mount Henderson/Southwest Ridge (Challenging) Leader: Jeff Williams, jswill@comcast.net. Olympia

8/30/17, Alpine Scramble - Mount Washington/Standard Route (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

SEA KAYAKING

6/3/17, Sea Kayak - Puget Sound: East Passage (For Beginners (Getting Started Series)) Leader: Gary Stone, dragonpilot38@hotmail.com. Tacoma

6/3/17-6/4/17, Sea Kayak - Blake Island (Easy) Leader: Lisa Johnson, lajbkayak@yahoo.com. Olympia

6/3/17, Sea Kayak - Budd Inlet (For Beginners (Getting Started Series)) Leader: Dan Halsey, djhalsey@comcast.net. Olympia

6/3/17, Sea Kayak - Spada Lake (Easy) Leader: Felicia Wibowo, feliciawibowo@hotmail.com. Seattle

6/3/17, Sea Kayak - Saddlebag Island (Moderate) Leader: Bill Coady, billcoady@outlook.com. Everett

6/4/17, Sea Kayak - Port Gamble Bay (Easy) Leader: Charlie Michel, michelbike99@gmail.com. Tacoma

6/10/17, Sea Kayak - Burrows & Allan

Islands (Moderate) Leader: Alison Reinbold, areinbold@comcast.net. Tacoma

6/10/17, Sea Kayak - Hammersley Inlet (Moderate) Leader: Lisa Johnson, lajbkayak@yahoo.com. Olympia

6/10/17, Sea Kayak - Boston Harbor Vicinity (Moderate) Leader: Carolyn Burrenson, cbburrenson@q.com. Olympia

6/10/17, Sea Kayak - Chuckanut Bay (For Beginners) Leader: Doug Palm, doug.palm@comcast.net. Everett

6/18/17, Sea Kayak - Burrows & Allan Islands (For Beginners) Leader: Dennis Egan, dennisvegan@comcast.net. Seattle

6/20/17-6/23/17, Sea Kayak - San Juan Islands Circumnavigation (Challenging) Leader: Lisa Johnson, lajbkayak@yahoo.com. Olympia

6/22/17, Sea Kayak - Washington Park to Friday Harbor (Moderate) Leader: Lester Moore, info@lesmoorephoto.com. Tacoma

6/22/17, Sea Kayak - Eagle Harbor to Port Blakely (For Beginners (Getting Started Series)) Leader: Bill Coady, billcoady@outlook.com. Everett

6/24/17-6/25/17, Sea Kayak - Hope Island (For Beginners (Getting Started Series)) Leader: Andrea Hix, andyhix@hotmail.com. Olympia

6/24/17, Sea Kayak - Washington Park to Friday Harbor (For Beginners (Getting Started Series)) Leader: Lisa Johnson, lajbkayak@yahoo.com. Olympia

6/24/17, Sea Kayak - Indian Island Circumnavigation (For Beginners) Leader: Doug Palm, doug.palm@comcast.net. Everett

6/24/17, Sea Kayak - Burrows & Allan Islands (Moderate) Leader: John Morton, john.mplus5@gmail.com. Everett

7/2/17-7/8/17, Sea Kayak - Broken Group Islands (Challenging) Leader: Michael Everett, mikeedvm@aol.com. Tacoma

7/2/17, Sea Kayak - Skagit & Hope Islands (For Beginners (Getting Started Series)) Leader: Dennis Egan, dennisvegan@comcast.net. Seattle

7/8/17-7/9/17, Sea Kayak - Doe Island (Challenging) Leader: Lisa Johnson, lajbkayak@yahoo.com. Olympia

7/8/17, Sea Kayak - Washington Park to Cornet Bay (Challenging) Leader: John Morton, john.mplus5@gmail.com. Everett

7/15/17, Sea Kayak - Deception Pass (Challenging) Leader: Beth Owen, bluekayak123@yahoo.com. Tacoma

7/16/17, Sea Kayak - Nisqually Delta & Reach (For Beginners (Getting Started Series)) Leader: Dan Halsey, djhalsey@comcast.net. Olympia

7/22/17-8/6/17, Sea Kayak - Cape Scott (Challenging) Leader: Thomas Unger, tk16@tuntum.com. Seattle

7/23/17-7/30/17, Sea Kayak - Ross, Diablo & Gorge Lakes (Moderate) Leader: Lisa Johnson, lajbkayak@yahoo.com. Olympia

8/5/17, Sea Kayak - Deception Pass (Challenging) Leader: Beth Owen,

bluekayak123@yahoo.com. Tacoma

8/16/17-8/27/17, Sea Kayak - Nootka Island (British Columbia) (Challenging) Leader: Lisa Johnson, lajbkayak@yahoo.com. Olympia

SKI/SNOWBOARD

6/10/17-6/11/17, Glacier Ski/Snowboard - Mount Baker/Coleman Glacier (Moderate) Leader: Dave Seman, dave.seman@kpff.com. Foothills

STEWARDSHIP

6/3/17, Stewardship - Cheasty Greenspace (For Beginners) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

6/3/17, Stewardship - Church Creek?Satsop Lakes (For Beginners) Leader: Jim French, jimfrenchwa@comcast.net. Olympia

6/17/17, Stewardship - Cheasty Greenspace (For Beginners) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

7/1/17, Stewardship - Cheasty Greenspace (For Beginners) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

7/15/17, Stewardship - Cheasty Greenspace (For Beginners) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

8/5/17, Stewardship - Cheasty Greenspace (For Beginners) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

8/19/17, Stewardship - Cheasty Greenspace (For Beginners) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

Mountaineers Courses

Below is a sampling of courses offered. See www.mountaineers.org for complete and up-to-date listings.

CLIMBING

6/7/17-10/1/17, Alpine Rock Course - Seattle - 2017 - Alpine Rock Course Members: \$160, Non-members: \$200. Contact: Christopher Dessert, christopher.dessert@gmail.com. Seattle

6/8/17-8/31/17, Intermediate Glacier Climbing - 20xx Everett -2017 - Intermediate Glacier Climbing - Everett - 2017 Members: \$300, Non-members: \$400. Contact: Rob Holman, robert.e.holman@hotmail.com. Everett

6/8/17-7/9/17, Introduction to Multi-Pitch Trad C - Seattle - 2017 - Introduction to climbing in a multi pitch environment. Members: \$300, Non-members: \$400. Contact: Loni Uchytel, loniuchytel@msn.com. Seattle

6/17/17-6/25/17, Intense Basic Alpine Climbing Course - Seattle - 2017 - Interested in learning or improving on the skills that are taught in the Basic Alpine Climbing Course, but don't have a schedule that allows for six months of coursework and field trips? This nine day intensive course may be a good option for you. Members: \$1350, Non-members: \$1450. Contact: Sherrie Trecker, sbuxbarista@yahoo.com. Seattle

6/29/17-7/27/17, Introduction to Rock Climbing Course - Seattle - 2017 - Introduction to Rock Climbing Course - Seattle Members: \$140, Non-members: \$175. Contact: Alexander Johnson, nthexwn@gmail.com. Seattle

7/19/17-8/13/17, Intermediate Alpine Ice - Everett - 2017 - Intermediate Alpine Ice Course - Everett - 2017 Members: \$100, Non-members: \$150. Contact: Scot Geoghegan, hector98034@yahoo.com. Everett

8/26/17-9/17/17, Sport Climbing Course - Everett - 2017 - Sport Climbing Course - Everett Members: \$150, Non-members: \$220. Contact: Trystan Williams, trystan@trystan.org. Everett

8/29/17-10/31/17, Introduction to Multi-Pitch Trad Fall - Seattle - 2017 - Introduction to climbing in a multi pitch environment. Members: \$300, Non-members: \$400. Contact: Loni Uchytel, loniuchytel@msn.com. Seattle

8/29/17-10/31/17, Introduction to Multi-Pitch Trad Fall - Seattle - 2017 - Introduction to climbing in a multi pitch environment. Members: \$300, Non-members: \$400. Contact: Gabe Aeschliman, g.aeschliman@gmail.com. Seattle

8/30/17-10/1/17, Introduction to Rock Climbing Course - Seattle - 2017 - Introduction to Rock Climbing Course - Seattle Members: \$140, Non-members: \$175. Contact: Doug Cole, dougcole@gmail.com. Seattle

9/21/17-10/7/17, Self Rescue I - Everett - 2017 - Self Rescue I - Rescue of Follower & Leader on Rock - Everett Members: \$100, Non-members: \$150. Contact: Rodica Manole, rodi.man@gmail.com. Everett

11/9/17-3/10/18, Self Rescue II - Everett - 2017 - Evacuating an Injured Person, Rope Soloing, Pitoncraft, Bolting, Aid Climbing, Ice Rescue, Glacier Rescue, Small Party Rescue & Scenario Reviews Members: \$50, Non-members: \$75. Contact: Rodica Manole, rodi.man@gmail.com. Everett

FIRST AID

9/16/17-10/4/17, Wilderness First Aid (WFA) - Tacoma 2017 - 2017 - Wilderness First Aid at Tacoma Program Center Members: \$190, Non-members: \$225. Contact: Sharon Carlson, sharoncarlson04@comcast.net. Tacoma

10/7/17-10/22/17, MOFA - FALL 2017 - Fall 2017 Mountaineering Oriented First Aid- Olympia. Classes 8am-4:30/5:00pm. Sat/Sun Oct. 7/8 and Sat/Sun Oct 21/22. Note: The book: Mountaineering First Aid is provided and made available app. 1 month prior to the class. Do not order a book when you register. With the exception of Oct 7, classes are at Griffin Fire Station 3707 Steamboat Loop NW Olympia. Oct 7 class is at Lacey Fire Station #3 1231 Franz Road. Lacey Members: \$150, Non-members: \$300. Contact: Bob Keranen, bobkeranen@gmail.com. Olympia

11/10/17-11/12/17, Wilderness First Responder Recertification (WFC) - Fall 2017 - Wilderness First Responder Recertification Members: \$300, Non-members: \$325. Contact: Mary

Panza, makinanoise@hotmail.com. Seattle

NAVIGATION

8/10/17-8/19/17, Wilderness Navigation - Tacoma August 2017 - Wilderness Navigation - Tacoma August 2017 Members: \$67, Non-members: \$67. Contact: Charles Celmer, remlec@yahoo.com. Tacoma

OUTDOOR LEADERSHIP

10/21/17, Outdoor Leadership Seminar - Tacoma - 2017 - Build and enhance your outdoor leadership skills through facilitated real-life scenarios, discussion and problem solving. Members: \$45, Non-members: \$75. Contact: Scott Davidson, scott.davidson@tacomamountaineers.org. Tacoma

PHOTOGRAPHY

6/13/17-6/13/17, TIPS - ProShow Gold - If you ever wanted to learn how to put together a photo slideshow using ProShow Gold, this is the class for you! This is for the PC only (won't work on Macs). Members: \$10, Non-members: \$15. Contact: Anita Elder, anita@anitaelder.com. The Mountaineers

SAILING

6/3/17-6/24/17, Coastal Navigation for Sailors Course - Tacoma - 2017 - Coastal Navigation for Sailors Course - Tacoma Members: \$55, Non-members: \$85. Contact: Mark Cole, boatnboot@me.com. Tacoma

SEA KAYAKING

7/6/17-7/16/17, Sea Kayak Camping Clinic - Tacoma - So you have been camping and you have been sea kayaking, so why not do that together? Members: \$40, Non-members: \$125. Contact: Alison Reinbold, areinbold@comcast.net. Tacoma



Baker Lodge. Photo by Richard Lawrence



Meany Lodge

Baker Lodge

www.mountaineers.org/bakerlodge

Rustic Mount Baker Lodge is nestled in the spectacular North Cascades and is a beautiful, fun getaway three hours from Seattle. Located within walking distance of the Mt. Baker Ski Area and numerous summer and fall hiking trails, enjoy the mountains and valleys in the Mount Baker-Snoqualmie National Forest and surrounding wilderness.

SUMMER HIKING

Summer at Mt. Baker Lodge offers wonderful hiking on a great variety of trails. Numerous trails are within walking distance or a short drive from the Lodge. Many are suitable for children. Artist Point is just 3 miles away at the end of a paved road, with panoramic views of Mt. Baker, Mt. Shuksan, and the North Cascades. Snow play opportunities usually are abundant through the summer. Early fall provides all the above plus fine blueberry picking, so bring your containers.

RESERVATIONS

Individuals and groups welcome! The Mt. Baker Committee encourages groups, such as Scouts, school/youth, or family & friends gatherings, to consider using the lodge whether or not they are members. Register online through Baker Lodge website, or call The Mountaineers Program Center at 206-521-6001.

VOLUNTEER

Enjoy painting, electrical, plumbing, or carpentry work? If so, contact the Baker Lodge Committee Co-chair Dale Kisker (206-365-9508, dkisker@comcast.net), or Co-chair Becky Morgan (360-793-4974, campma@peoplepc.com). We'll show you how to enjoy the fun and beauty of Mt. Baker while helping to make a great lodge run smoothly.

Meany Lodge

www.mountaineers.org/meanylodge

The Mountaineers oldest winter sports resort, located approximately 60 miles east from Seattle off of I-90 near Stampede Pass and Surrounded by the Wenatchee National Forest, Meany Lodge provides a warm family environment for all - perfect for winter and summer adventures alike.

FAMILY HIKE & BIKE WEEKEND

Come join us at Meany Lodge for an adventure filled weekend of hiking, great food and family fun. Meany Lodge will be adventure central the weekend of Aug 5/6, for exciting outdoor activities for all ages.

Hikes are organized for both Saturday and Sunday in the Stampede and Snoqualmie Pass areas. Choose from hikes suitable for children as young as 2 or others considered strenuous. We are adding Mountain Bike outings around the lodge roads and down through the John Wayne tunnel this year. Swim in a mountain lake, or take a berry hike through acres of salmon berries, huckleberries, and wild strawberries.

MUSHROOM WEEKEND

Meany Lodge and the Puget Sound Mycological Society proudly present the 2017 Meany Mushroom Weekend, held annually on the 4th weekend of October. Registration opens August 1st and fills within 2 weeks every year.

VOLUNTEER

If you have been wondering what it takes to keep Meany going, come to one of the Work parties held in the Summer and Fall and see what it takes. Work parties are free and offer a great opportunity to enjoy the lodge in a different light. You can learn new skills or brush up on old ones that your 'real' job doesn't let you do anymore. There is also time to get to know folks over work and conversation. Contact: chair@meanylodge.org



Stevens Lodge. Photo by Jeremy Lange

Stevens Lodge

www.mountaineers.org/stevenslodge

Nestled near the Stevens Pass Ski Area, this rustic ski-in/ski-out lodge is your quiet dream get-a-way from the hustle and bustle of the big city. You can enjoy skiing, snowboarding, backcountry skiing, cross-country skiing and snowshoeing. We are located adjacent to the ski area at the summit of Stevens Pass, putting you within hiking distance to all of the trails at the summit, the Pacific Crest Trail and the excellent Stevens Pass Bike Park.

RESERVATIONS

From April to mid November, the lodge is available for group bookings of 30 or more people. Meals can be provided or your group can provide their own cooking and food. Depending on snow accumulation and the Stevens Pass Resort, from mid November to late March the lodge is open to all, every weekend, during the ski/snowboard season from 6pm Friday to roughly 2pm Sunday. To book a stay at the lodge for the weekend, reservations can be found on the Lodge's home page. Each weekend breakfast is provided on Saturday and Sunday, and dinner on Saturday. The lodge has two dorms with 20 bunks in each dorm. There are two shared bathrooms, each with a shower. The main living area has a large dining room and a lounge area with a fireplace. The dining area can also double as a classroom for those wanting a learning environment.

VOLUNTEER

Our lodge at Stevens Pass is run and maintained almost entirely by volunteers. We schedule work parties every fall to get together and prepare the lodge for the upcoming season. If you would like to join the family and volunteer, or simply get more information about helping out, please contact StevensLodge@outlook.com.

Follow us on Instagram @stevenslodge_mountaineers, Facebook and Twitter @StevensLodge for the most updated details about lodging, events, and how to purchase swag.



Kitsap Forest Theater

Kitsap Forest Theater & Cabin

www.ForestTheater.com

PLAYERS - KITSAP FOREST THEATER

Theater Inspired by a Magical Place - Escape to the Mountaineers' Kitsap Forest Theater! Join us for a grand adventure as you stroll down the forested trail to our unique and breathtaking theater. Generations of Mountaineers have enjoyed the scenic drive or ferry ride to the theater, and often come early to picnic under the firs before the trail to the theater opens at 1:00 pm. Take a hike to "Big Tree" before or after the show - and see the second largest Douglas Fir on the Kitsap peninsula.

Our 2017 season brings "The Wizard of Oz" (spring) and "Tarzan" (summer) to life on our unique stage. These uplifting and family-friendly musicals will appeal to young and old alike - treat yourself to a "day away" in the forest and enjoy quality entertainment in a beautiful outdoor setting.

TICKETS AVAILABLE ONLINE

"Wizard of Oz" - May 28, 29, June 3, 4, 10, 11, 17, 18

"Tarzan" - July 29, 30, Aug 5, 6, 12, 13, 19, 20

Buy tickets online and save (no ticket fee)! Save on our two-show package. Tickets also available at The Mountaineers.

www.foresttheater.com/tickets

HELP WANTED - VOLUNTEER

Do you like to cook? The Mountaineers Players are looking for cooks to prepare meals for an appreciative cast and crew during Kitsap weekend rehearsals and performances. We also need help with set building, costume sewing, ushering and parking for shows, and work on the property. See the shows for free when you volunteer! Please contact us at players@Foresttheater.com or call 206-542-7815 to join a fun and supportive community.

Follow us on facebook: www.facebook.com/kitsapforesttheater for pictures, videos and more!

Welcome to the seven branches of The Mountaineers



Propelled by dedicated and skilled volunteers, all branches offer a number of courses and seminars. Many courses, such as climbing, scrambling, kayaking, backcountry skiing and others, require a set of learned skills to enjoy safely and follow a common curriculum from branch to branch.

Although our program curricula are coordinated to meet Mountaineers-wide standards and policies, each branch offers a slightly different flavor or character to its offerings. Though you may want to join the branch nearest to your home, you can join any branch of your choosing. For current activities and links to branch websites, visit www.mountaineers.org.

BELLINGHAM

Vice Chair: Minda Paul,
mindapaul@hotmail.com

Website: mountaineers.org/bellingham

The Bellingham Branch was founded in 1983 with 50 members. You will find it tucked alongside the craggy expanse of the North Cascades. It features a vital, close-knit community, courses in first aid, basic and intermediate mountaineering.

It is also home to one of the most popular Mountaineers getaway destinations, Mt. Baker Lodge. From the lodge, Mountaineers and guests can also recreate to their heart's content year-round. In addition to the courses noted above, Bellingham also offers hiking trips and snowshoe tours.

BRANCH MEETINGS: Public meetings are held on the 2nd Tuesday of each month and Branch Committee Meetings are on the 4th Tuesday of each month. See the website for time and locations.

VOLUNTEER OPPORTUNITIES: We would love to have additional hike and snowshoe leaders along with backcountry ski and youth program coordinators. We are also currently looking for a branch treasurer and a branch chair-elect. Email Minda for details.

EVERETT

Chair: Elaina Jorgensen,
elaina.jorgensen@gmail.com

Website: mountaineers.org/everett

The Everett Branch was "officially" founded in 1911 when the Mountaineer charter was amended to provide for branches. It has recorded many "firsts" during its storied history including the first ascent of Whitehorse Mountain in 1913, the first climbing course in 1954, and the award of the first Intermediate Climbing Course certificate in 1979. Since Everett is a smaller branch, the companionship of fellow Mountaineers is valued as much as outdoor experiences.

Everett's programs include alpine scrambling, basic and intermediate climbing, back-country and Nordic (cross-country) skiing, hiking, sea kayaking, singles and snow-shoeing. The

Branch's avalanche, navigation and wilderness first aid courses provide instruction in critical outdoor skills.

The Lookout and Trail Maintenance Committee restored and now maintains the Mount Pilchuck Lookout. Each year, thousands of people climb to the lookout to enjoy a spectacular 360 degree view of the Cascades, the Puget Sound and the Olympics.

BRANCH-WIDE EVENTS: Everett members gather together from time-to-time for some fellowship, food, and fun. Those events include a Salmon Bake in October, a Gear Grab & Pot Luck in March, a Family Picnic in August, and an Annual Awards banquet in November.

OPEN HOUSES: The general public as well as Branch members and their guests are invited to attend our monthly open houses on the first Wednesday of most months (no open houses in July, August or December). Some open houses

are devoted to introducing our courses. They include Winter Course Night (November), Spring Course Night (February) and Introduction to Hiking (April). Others feature guest speakers. Beginning in January 2017, the open houses will be held at a NEW LOCATION, the Snohomish County Public Utility District (PUD) Building, 2320 California Street, Everett 98206-1107. You can also explore our website, to learn more about our activities, courses and events.

VOLUNTEER OPPORTUNITIES: The Everett Branch has unlimited volunteer opportunities for those who want to lead climbs, hikes, scrambles, ski tours, kayak paddles and trail maintenance activities. Our course graduates are often invited to return to serve as assistant instructors. Volunteers are also needed to serve on activity and branch committees. Please join us.

KITSAP

Chair: Jeff Schreppe,
avdfan@aol.com

Website: mountaineers.org/kitsap

Founded on March 6, 2003 the Kitsap branch counts in its backyard the trails, waters, and mountains of both the Kitsap and Olympic peninsulas. Over slightly more than a decade, this branch has developed very strong climbing and hiking programs and in the past few years its conservation/education program has also grown significantly. Other Kitsap Branch courses

and activities include snowshoe/winter travel, navigation, first aid, and sea kayaking and the branch is currently exploring the possibility of starting a naturalist committee. Our activity committees sponsor several stewardship efforts each year and recurring events include our fall Salmon Safaris and our mushroom walk. The branch hosts an Annual General Membership meeting every October. A major goal of the branch is to add more family activities in 2017.

BRANCH MEETINGS: Most branch meetings and courses are held at the historic Kitsap Cabin at 3153 Seabeck Highway, which is located on the Kitsap Forest Theater/Rhododendron

Reserve property between Silverdale and Bremerton. However, some meetings may be held at other locations throughout Kitsap, Jefferson, or Clallam Counties, depending upon the activity or the audience to be reached. Branch council meetings are held quarterly on the third Thursday of the designated month at 5:45pm. To find the day and location of the council meetings please check the Kitsap Branch event calendar of The Mountaineers website or go to our Meetup page - Kitsap branch of the Mountaineers.

SEATTLE

Chair: Peter Hendrickson,
p.hendrickson43@gmail.com

Website: mountaineers.org/seattle

Seattle Branch was The Mountaineers in 1906 when the club was founded. Seattle Branch courses and activities include hiking and backpacking, scrambling, climbing, Nordic skiing, snowshoeing, avalanche, on and off trail navigation (including GPS), first aid, safety, youth/family oriented activities, folk dancing, leadership training, naturalist study, conservation/stewardship, photography, 20's -30's events, Retired Rovers activities, sea kayaking, and sailing.

Volunteers instruct, lead, develop, govern and enjoy our courses, activities and events. We welcome more hands to help with an activity,

add quality, or something unique. Make inquiries directly to committee chairs or to the Branch Chair.

Seattle Branch Council meetings are held at the Seattle Program Center 6:30 to 8:30 pm the second Thursday of the January, March, May, July, September and November. Guests are welcome. Meeting minutes are found in the branch committee web folder. Branch Council elections are held in the fall of odd numbered years.

A recognition and award banquet is held each year to celebrate the great work of the hundreds of volunteers.

An ongoing invitation is extended to new or simply curious folks for the activities below.

MEET THE MOUNTAINEERS: The Seattle Branch holds a Meet The Mountaineers open

house at The Mountaineers Program Center periodically. These allow new members and prospective members to learn about The Mountaineers offerings. Keep an eye on the website for information about the next one.

FOLK DANCING: Tuesdays 7:30 to 9:30pm (unless a parks or national holiday). Location: Peter Kirk Community Center (AKA Kirkland Community Senior Center) 352 Kirkland Avenue, Kirkland. See online Seattle Branch events calendar (not to be confused with the Seattle Program Center).

INTRO TO MAP, COMPASS AND ALTIMETER: Learn how to keep from getting lost outdoors. See website to register. Fee.

PHOTOGRAPHY: Each 3rd Wednesday, the Seattle Photography Committee holds a potluck and photo presentation.

FOOTHILLS

Chair: Steve LeBrun,
stevelebrun@comcast.net

Websites: mountaineers.org/foothills

The newest Mountaineer's branch, founded 12 years ago, the Foothills branch encompasses the eastside communities along the I-90 and I-405 corridors. The branch sponsors trips, classes and courses that focus on hiking, backpacking, avalanche awareness, backcountry skiing, first aid, navigation, snowshoeing and winter camping.

Signature programs include a season-long Backpacking Building Blocks (B3) backpacking course and a Ski & Snowboard Mountaineering course. In 2016 the branch sponsored 203 hikes and backpack trips and 27 ski activities.

The branch sponsored 40 courses, classes and clinics in 2016 on a variety of outdoor recreation topics. Foothills also frequently offers "Introduction to Hiking in the Pacific Northwest" seminars.

VISIT THE FOOTHILLS WEB PAGE for information on upcoming activities, meetings, film and speaker events, trips, and courses. A "Foothills News & Notes" email is sent monthly to branch members. If you live on the eastside and are not a Foothills member, you can modify your affiliation by accessing "Your Account" on the club website.

MEMBERSHIP MEETINGS: Branch Membership meetings and Leadership Council meetings are open to all members and held from time to time at Issaquah, Mercer Island or Bellevue locations. See the branch website and calendar for specific

events and meeting dates.

VOLUNTEERING: Are you looking to develop or utilize your knowledge and skills while making new friends and working with like-minded outdoor enthusiasts? The Foothills branch welcomes members interested in becoming new activity or trip leaders, instructors, and event planners. The branch regularly offers training classes to qualify individuals to lead hikes and backpack trips. Backcountry Ski and Snowshoe leader training is also available. Contact information for course and activity committees can be found on the branch website page. And the branch is always looking for individuals interested in assuming leadership positions and assisting with administration and strategic planning.

TACOMA

Chair: Jim Paxinos,
jim.paxinos@tacomamountaineers.org

Website: mountaineers.org/tacoma

The second largest of all seven branches, Tacoma maintains not only its own program center in the Old Town neighborhood of Tacoma, but a property close to Mt. Rainier,

the Irish Cabin on the Carbon River. Tacoma Branch offers an extensive list of activities and courses, including backpacking, hiking, conservation, scrambling, climbing, first aid, snowshoeing, skiing, sea kayaking, sailing, wilderness navigation, avalanche awareness, photography and youth programs.

Learn more about us by visiting our branch website to view our activities, our events calendar and other offerings.

MEET THE TACOMA MOUNTAINEERS: Tacoma Branch holds a free meeting on the third Thursday of every month (except June-August and December) to introduce prospective and new members to the branch. The meeting starts at 7pm with a presentation about The Mountaineers, followed by an interlude to talk with various activity reps (hiking, climbing, sea kayaking to name a few of the 22 activities).

OLYMPIA

Chair: Andy Weber, olyclimber@gmail.com

Website: mountaineers.org/olympia

Congratulations to Dixie Havlak, the recipient of the 2016 Martinique Grigg Leadership in Youth Education Award. This award is given to a volunteer who embodies that vision to give more kids an opportunity to experience a connection with the outdoors. Dixie is the obvious choice for this honor.

The Olympia Mountaineers hold a potluck and speaker series on first Wednesdays in September through May, excluding November, at the Friends Meeting Hall at 3201 Boston Harbor Rd. NE. The potluck meal begins at 6 p.m. Bring a dish to share and your own plate

and flatware. The adventure presentation begins at 7 p.m. Contact Carolyn Burreson at cbburreson@q.com. The branch library will visit, too, giving you a chance to browse, return books, or check out materials.

OLYMPIA BRANCH SUMMER PICNIC

Please join us for the annual Olympia Branch summer picnic at 5:00 p.m. on Thursday, July 20th in Shelter No. 3 at Priest Point Park. This annual potluck event is open to all Olympia branch members and guests.

SEPTEMBER 5 ADVENTURE PRESENTATION Bree Loewen will return to the Adventure Series to talk about her latest book, "Found: A life in Mountain Rescue," which is a thoughtful, elegant exploration of the hardships and joys of search and rescue, life and death, risk and motherhood.

BRANCH ELECTIONS are coming this summer. Watch for the notice in your email!

BRANCH HIKING AND CLIMBING AWARDS, PINS, AND PATCHES

Start getting your paperwork together in order to receive your award at the Olympia Fall Banquet. The awards are listed at the Mountaineers website. Contact Kerry Lowry at kerryndon@comcast.net (360-456-2694) with questions.

THE BRANCH OFFICERS meet on second Wednesdays at 6 p.m. at the Olympia Center, 222 Columbia St NW. Members are encouraged to attend the meetings on June 14, July 12, and August 9. Contact Andy Weber at olyclimber@gmail.com.

Eldon Ball
1935 - 2016

Eldon L. Ball, 81, passed away in Seattle, WA on November 26, 2016. He was born August 17, 1935 in Ferndale, MI. Eldon served in the U.S. Marine Corps, and then worked

as an engineer for King County. He enjoyed the outdoors and had been a member of The Mountaineers since 1982. Eldon was a Mountaineers hike leader and ran the Seattle Singles Hiking Committee which was very active through the 90's. He also loved to ski and play volleyball.

He is preceded in death by his parents John & Stella Ball; his niece Debra Champagne, and his nephews David & Ian Lay. Eldon is survived by his sister Bettie Lucas of Seattle, WA; his brother Jack Ball of Montesano, WA; his nephews Danny Lay and Shawn and Brett Ball and nieces Shanna and Tara Champagne.

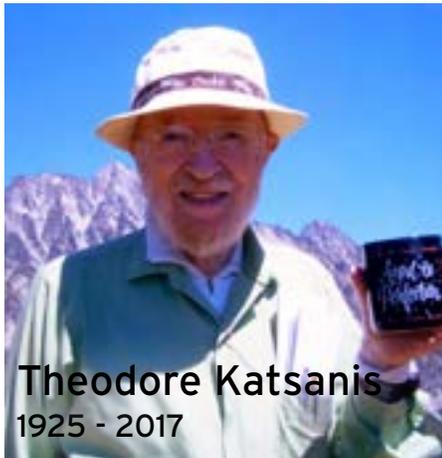
Herman Groninger Jr.
1925 - 2017

Herman Samuel Groninger, Jr. 91, passed away March 24, 2017 in Seattle. He was born Sept. 9, 1925 in Lemoyne, PA, but a resident of

Seattle since 1957. Herman was preceded in death by his wife, Alma Chambers Groninger.

Herman served in WWII in the Pacific. He attended Juanita College, and earned a Ph. D. in bio-chemistry from Penn State University.

He retired from N.O.A.A. Fisheries Division where he worked as a research chemist. Herman was an active member of Sierra and Mountaineers Clubs. He hiked, climbed, and rode his bicycle on four continents.

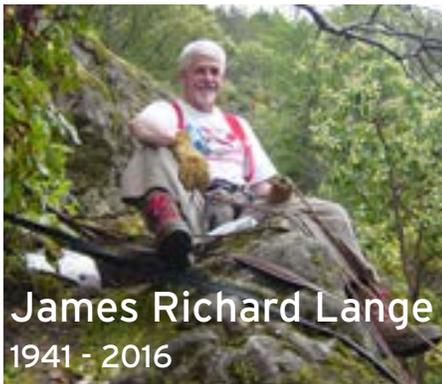


Theodore Katsanis
1925 - 2017

Theodore Katsanis, age 91, of Mercer Island, Washington, a man who loved math, hiking, skiing, dancing, model airplanes, and many other things passed away on 3/23/2017 (all prime numbers). Ted was born in North Weymouth, Massachusetts on July 17, 1925. He received a B.S. in Aeronautical Engineering from Parks College of St Louis University in 1948. After graduation, Ted moved to Seattle where he worked at Boeing, designing hydraulic equipment for the B-52 from 1948 to 1952. Ted served on the Ski Patrol at Stevens Pass from 1950 to 1952, where he worked with Jim and Lou Whittaker.

He married Pauline Loraine Hackett in 1952. Ted received a M.S. in Mathematics from the University of Washington in 1963. He earned a Ph. D. in Mathematics from Case Western Reserve University in 1967. In 1974, Ted was awarded the SAE (Society of Automotive Engineers) Charles M. Manly Memorial Medal for his contribution to aeronautical engineering. Ted retired in 1985, and returned to Seattle with Pauline.

Theodore was preceded in death Pauline, his brother Dave Katsanis, and his foster son Carlo Spivey.



James Richard Lange
1941 - 2016

The Olympia Branch of The Mountaineers lost a beloved volunteer and friend on October 26, 2016. James R. Lange had been known as Jamer since 1970 when he took the basic climbing class and a typo in the class list gave him that name. He was born in Minneapolis, Minnesota, on Thanksgiving Day, November 20, 1941, the year before Thanksgiving was established as the fourth Thursday of November.

After completing the climbing course, he immediately began helping instruct each new group of students. He, Mac McCleary, Tom Keller, and Mel Courtney discovered and

prepared an area near Lake Cushman for students to practice their rock climbing skills. After Mac's death while cleaning new pitches, the area became known as McCleary Cliffs, and Jamer, Tom, and Mel hung a memorial plaque on the Big Wall Rappel there.

Before the eruption in 1980 all Olympia Branch snow field trips were held at Mount St. Helens, and Jamer began helping build the example snow cave there with Steve Case. In those days they did their snow camp and survival field trip on Saturday and climbed the mountain on Sunday. When snow camp was moved to Mazama Ridge on Mt. Rainier, he, Tom Keller, and Tom Pearson built the example cave for several years.

Right from the start the weight drop practice for catching a fallen climber intrigued Jamer, and he volunteered to help Don Marcy, Al Aho, and Roy Teague to design and develop it for two locations before it was moved to Priest Point Park. He obtained cross arms and poles from the telephone company and set up the first weight drop there. In 1997 he had the crank and all of the equipment duplicated for a second weight drop to

accommodate larger classes. He also took on the job of obtaining materials for a second prusik climb practice station that year. Always looking for ways to improve the safety of setting up and taking down the stations, he replaced the cross beams at the two stations with steel cables in 2002.

Besides helping with the climbing class field trips and lectures, he was lecture chair, climbing committee chair, and, in 1986, branch chair. He also served as a climb leader, climbing the six major volcanoes in Washington and receiving the six-peak pin. In 2006 he received the Olympia Branch Service Award.

His warm, cheerful encouragement helped many a nervous student to a successful catch at the weight drop and rappel at the Big Wall. Easily recognized for his bright hats, shorts, and suspenders, Jamer was a devoted member of The Mountaineers for 46 years.

He is survived by his wife of 47 years Jackie and his sons Jeff and Jason, his brother Jerry and sister Suzan. He was preceded in death by his brothers Bill and Tom, and niece Katelyn.

Stewardship

by Steve Scher

Photo by Tim Nair

My generation thought it had a pretty good notion of what stewardship meant the first time we got a look at the pictures of earth taken by the astronauts.

Seeing our blue pearl floating in the darkness sent many baby boomers on a quest to heal the planet.

Too bad we made such a muck of it.

We gave the world Earth Day, as if one day to honor the earth makes up for all the days we don't. We made pledges to save [insert most beloved creatures or landscapes here]. We helped push through the clean air act, the clean water act. Even Nixon got into the act, authorizing the Environmental Protection Agency.

We do have cleaner water, but talk to the folks in Flint about how far that extends. We do have cleaner air, except for those places where poorer children breathe in poison. As for the EPA, well you can protect some environments, but some, it seems, can be bought and sold to the highest, or more likely, the most politically connected bidder.

Please, excuse my glib cynicism. After all, I am the guy who thinks it always makes sense to protect as much wild as we can, even at the risk of stifling some job-creating scheme. Heck, I think snail darters and untracked spaces are what make life wonderful.

The skeptics among us might note that I live in a big city, surrounded by all sorts of wonderful stuff that got built out of land and minerals and forest I now holler to protect. The skeptics among us have a point.

There are billions of us traversing this blue orb, praying that stewardship simply mean succor for mothers and sons trapped in famine, war, and calamity.

A human notion, stewardship used to be linked to human economics. Back in Roman days when Greeks and Hebrews dickered outside the temples, the steward was the moneylender, helping himself as he helped others. Later Christian philosophy linked the notion back to Old Testament entreaties to care for the meat of the lord and the land that produced the lord's meat. In the 19th century, protestants called on their flocks to steward

the congregation by donating money and time to build strong the ramparts of faith and spread far the good word around the globe.

Seeing that globe spinning in space kindled the modern notion of stewardship. The baby-boomers breathed it in and spread it around. We didn't invent it of course. Nor did John Muir. People have long felt that we live to pass on those things we ourselves have benefitted from.

But that isn't just snow-capped peaks or rare and pretty butterflies.

Many see their economic efforts as the pinnacle stewardship, turning hard labor and new ideas into tall buildings and rumbling factories.

It's a matter of perspective. The pictures from space of the earth at night show the bright web of electric power spreading across the dark planet. Is this the promising glow of prosperity or flames devouring the living planet?

Here lies the conflict. You want to call yourself a steward by leaving a field fallow. I want to call myself a steward by turning that field into food for many.

Can we do both for much longer? It seems unlikely. But that is the only possible outcome. We know too much about our blue globe to think we can follow one path but ignore the other. Who will tell the hungry to starve? Who wants to kick over the tangled skein that supports life?

Stewardship is tough. Who knew it could be so complicated?

Plenty of us.

The trade-offs are painful. Utopian technologies are distant. Reality reveals itself with each day's headlines. The great barrier reef, once the largest living organism, now 80% dead. In-bred cheetahs hunker in zoo's while their habitat is devoured. People are battered between drought and deluge.

From our vantage point in space, we can barely discern the paths forward. Yet, scientists gather seeds. Students seeks solutions. We plant trees, we help elephants, we build houses. We even, on occasion, listen to one another. ▲▲



WANTED: ADVENTURERS

Get outside this summer

Our members are active all summer long - why not take your plans and turn them into a rallying cry for The Mountaineers Youth Programs?

Join OPYA to support our youth programs and celebrate your wild backyard.

Learn more at:
mountaineers.org/opya

