



## Happy New Mountaineer Year!

### Hi Everett Mountaineers,

Ring in the new year with one of the Everett Branch's outstanding winter courses! Nordic skiing, basic snowshoe, and winter/mixed climbing all kick off this month. Plus, scrambling and sea kayaking are open for registration. Don't delay. Classes fill up quickly.

Have you already taken a course? Consider returning as an Assistant Instructor this year. Teaching reinforces and enhances your knowledge and skill. Plus, it's incredibly rewarding to pass on the gift of outdoor adventure.

As always, this [newsletter](#) highlights some of our branch's activities, courses, events, and amazing volunteers. To view all of our offerings, visit [mountaineers.org/everett](http://mountaineers.org/everett).

**Matt Vadnal,**  
Acting Editor



## Upcoming Courses

### **Nordic (Cross Country) Skiing | Jan 4 - Feb 4**

Unlock a world of winter fun and exploration. This course is designed for beginners, but more experienced skiers are also welcome to join us to improve their techniques and make new skiing partners. Contact Rachel Sadri at [everettnordicski@gmail.com](mailto:everettnordicski@gmail.com) for information about enrolling at the first class on Jan 5.

### **Basic Snowshoe | Jan 10 - Jan 28**

This popular entry level course will get you on your way to exploring winter trails. There are two classes and one field trip at Stevens Pass. Topics of instruction include selection and use of proper equipment, conditioning, what to rent, where to go, how to plan and evaluate snowshoe routes to avoid avalanche risk, winter travel, safety, and choosing an outing.

### **Intro to Winter/Mixed Climbing | Jan 24 - Jan 29**

This course is designed to teach the fundamental skills required to safely lead climb during the winter months on routes consisting of rock and ice. Instruction includes use of ice tools and crampons on rock, proper selection and placement of protection, and anchor building and rappelling. Course graduates are eligible to participate in Intermediate Winter Climbs. The course consists of one day and one weekend field trip.

### **Alpine Scrambling | Begins Feb 16**

A bridge between hiking and technical mountaineering, alpine scrambling teaches students how to negotiate low angle rock, travel through talus and scree, cross streams, navigate dense forest growth, and climb and cross snow-covered slopes. You will learn the skills necessary to reach the summits of most of the mountains in the Pacific Northwest.

### **Basic Sea Kayaking | Mar 23 - Sep 23**

This once-a-year provides you with a thorough and safe introduction into the great world of sea kayaking. Learn the basic paddling strokes, how to get back in if capsize, trip planning, proper and necessary equipment, and important safety guidelines and procedures. On top of all of this you'll meet a great bunch of new friends to paddle with during and after the class.



## Learn to Instruct and Lead

Attend these events so you can serve as an Assistant Instructor and share your love for a Mountaineer activity with others. With additional experience and mentoring, you can become an activity leader.

### **Nordic Ski Instructor Clinic | Jan 7 - Jan 29**

Refresh your touring skills, while learning the student progression for Nordic skiing. These clinics cover student progression from fundamentals like balance, form, and rhythm to touring on groomed and ungroomed trails. Completion of this clinic qualifies you to register as an instructor for the Everett Branch Nordic Ski Course.

### **Basic Climbing Instructor Review | Jan 21**

This review will take place at the Seattle Program Center. If you're a new instructor, feel like you need to brush up on your skills, or haven't attended in the last few years, this review is a requirement to help instruct. It's a good way to get back in the climbing mindset before the course starts.

### **Trail Maintenance Crew Leader Class | Mar 11**

Help preserve our treasured regional trails. Participants will learn: How to safely lead trail maintenance crews, how to walk a trail and recognize maintenance issues, how to give safety and tool talks.

### **Field Trip Instructor Orientation | Mar 14**

Two-hour classroom orientation for new or aspiring Everett Scrambling field trip assistant instructors. It's a great way to sharpen and maintain your skills, to help others, and to give back to the Mountaineers. Topics include field trip logistics and day itineraries, expectations of instructors, fundamentals of how to teach and demonstrate physical skills, roles of Field Trip leaders, lead instructors, and assistant instructors and safety.

## Upcoming Events

### **Spring Course Night Open House | Wed, Feb 1**

Scope out our upcoming spring adventure opportunities at our February open house! Representatives from the Alpine Scrambling, First Aid, Hiking, Lookout and Trail Maintenance (LOTM), Navigation, and Sea Kayaking will be on hand to preview and field questions about their spring courses. Mountaineers, as well as the public, are welcome.

### **Annual Gear Grab and Potluck Dinner | Wed, Mar 1**

Sell or trade used gear and score some sweat deals. Plus, Craig Romano, a prolific outdoor author who has written many Mountaineer Hiking Guidebooks, will give a [presentation](#). This event will be at the Everett United Church of Christ.

### **AWE - expect the unexpected | Mar 18**

Join The Mountaineers at Fremont Studios for our annual gala to honor a legendary Mountaineer and to raise funds to advance The Mountaineers efforts to inspire conservation through outdoor adventure. Tickets available now.

### **Hike Essentials | Apr 5**

This free seminar is open to members and non-members alike. This course is designed to answer questions that a novice hiker or new Mountaineers member may have about how to get out hiking. Learn from experienced hikers what to put in your pack and how to dress for comfort and safety. We will discuss clothing, boots, packs, the Ten Essentials, seasonal trail hazards, where to shop for equipment and how to research your trips. Members and non-members are asked to register online.