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[join now!](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D985937d5f05d61a65cd14ca26da625395a60895822330f3f1a7820d08116e15071011848ec9fa672e0306b145d4ed4b11cdf5f6a7f028d29&data=05%7C01%7C%7Ccd4cf4af5faa4b12628f08dac8f3dec1%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638043247004340266%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Zh%2FXvqylkUKr1waR%2Fh%2FsL6ugixTgHP1UfjqeQb2bCUQ%3D&reserved=0)               [view as a web page](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fview.s7.exacttarget.com%2F%3Fqs%3D7a8d42b2dad9ad5e39681afb5d85b0a4af72017866a183020b6017918d6132186852c98ad430577613c7d723839681f066e4344b0a46d9954dfadeb35738dcc466459151baf3db56eb51eff38a18b146&data=05%7C01%7C%7Ccd4cf4af5faa4b12628f08dac8f3dec1%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638043247004340266%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=NuVZp3f%2BK7JB2ILkjPXgAZkByfszzsIW37voaC6xvsU%3D&reserved=0)  Graphical user interface, text  Description automatically generated |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Happy November, Foothills Mountaineers!** | | | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | We have so much to be thankful for, not the least of which is living in a beautiful place with ample opportunities for outdoor recreation! If you’d like to get out this fall and explore our beautiful home, then check out all these [activities](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D985937d5f05d61a6602e74019170dd7fa8c88bab755ad1401e0367e898da23837388b9e9df59cd16b8ac8164311db68d701b9327c4ae1c3d&data=05%7C01%7C%7Ccd4cf4af5faa4b12628f08dac8f3dec1%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638043247004340266%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=2TNkT8pcMXm02rKRWeOtaBFzf%2FKNxrVDFeiXs%2FSpiw8%3D&reserved=0) with the Foothills Mountaineers. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Text  Description automatically generated | |  |  | | --- | | **Upcoming Events** |  |  | | --- | | [**Jeremy Jones – *The Art of Shralpinism***](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D985937d5f05d61a63474739506a656b4f82c847b1d7f0af0840e8a3e4c42234c60f1fffa14545a4c238f83bec8910aa98097a0f0b57d934d&data=05%7C01%7C%7Ccd4cf4af5faa4b12628f08dac8f3dec1%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638043247004340266%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=LrWr9Ootym1JBfk5esWN%2Bttf0qawN%2BFFZykIQ9xVSO0%3D&reserved=0) **| Nov 10**  Join us in welcoming famed snowboarder Jeremy Jones to the Seattle Program Center for an evening about his new book [*The Art of Shralpinism: Lessons from the Mountains*](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D985937d5f05d61a6e37bdfcc920d97ba709199b5643bb238b9b4acc479fa269d6ad56b6913a66c47337cdc7f05dc1f52a3d66b5c21bdf954&data=05%7C01%7C%7Ccd4cf4af5faa4b12628f08dac8f3dec1%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638043247004340266%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Y5rhpbkod43juUP5Pod2OMglrumTZR%2Fn63cXNCRQzZY%3D&reserved=0) and the life-changing power of time in the mountains. Jones will be in conversation with *Seattle Times* outdoors reporter Gregory Scruggs.   [**Walking the Wild – Crossing Alaska**](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D985937d5f05d61a637f6550c7f89e3db15ba5d0d32d82450ae36c80b06759c40b6041f513d875449b41b13379fb8403b2e6f11989b9ab383&data=05%7C01%7C%7Ccd4cf4af5faa4b12628f08dac8f3dec1%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638043247004496475%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=BeQStVVuFFQ8ouPsrn2LylovlQckw3SbiZGV0dt%2F8sM%3D&reserved=0) **| Dec 1** In this unique Walking the Wild presentation, adventurer and Mountaineer Salomé Stähli will share photos and stories from a 1500-mile epic backpacking and packrafting adventure across the Inside Passage, the Lost Coast, the Wrangell Mountains, and the Alaska Range. Don’t miss your chance to get an inside look at some of the most rugged and least-visited areas of Alaska.  [**Foothills Branch Annual Celebration**](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D985937d5f05d61a6cb48c2263a6768ce12dc2da56738ac06429b28745c43bf24c75ffc4417fb301bb210d3bd24116a7f90c864523a65e7d9&data=05%7C01%7C%7Ccd4cf4af5faa4b12628f08dac8f3dec1%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638043247004496475%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ND%2B4Ip0jcZwsKxeDLbEbdd%2BJt4S3aog7DdEf9U70Qjk%3D&reserved=0) **| Dec 16** Let's celebrate the many accomplishments of our small but mighty branch! We promise a few good laughs and maybe even a happy tear or two as we welcome new faces, thank our wonderful volunteers, and present the Foothills Branch Service Award. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people walking on a snowy mountain  Description automatically generated with low confidence | |  |  | | --- | | **Upcoming Activities & Courses** |  |  | | --- | | [**Urban Walk Leader Seminar**](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D985937d5f05d61a67eb28ca48eff7192070a72cf635d4b81c710f5ad56512f669c7860425eff9b92a04fc73ede2ba97e1165dee301d60d3a&data=05%7C01%7C%7Ccd4cf4af5faa4b12628f08dac8f3dec1%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638043247004496475%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=UeSA1pQTjWEEqNJKIcSiBuYVcyNIZj4PwEZLzxNZFck%3D&reserved=0) **| Nov 29** This online seminar will focus on preparing Urban Walk leaders to anticipate and manage risks and opportunities unique to leading in urban and suburban settings. It may also be of interest to individuals who want to learn more about pedestrian safety.   [**Foundations of Leadership & Instruction In-person Course**](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D985937d5f05d61a67ddf3b66292904e125fddf0739875b56f18ae14356cf109d153b964c23363d1487b26ff4dace7b2f6ba6bfa5df741493&data=05%7C01%7C%7Ccd4cf4af5faa4b12628f08dac8f3dec1%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638043247004496475%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ysiI8hvDV%2BCLR0bBRS4F2HtuPjybrsw13t6UHRb2Rzg%3D&reserved=0) **| Dec 3** The Leadership Conference takes on a new format and name for 2022, Foundations of Leadership & Instruction (in-person) course. We hope you can join us at the Seattle Program Center for a fun and interactive day of leadership development.   [**Basic Snowshoeing Course**](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D985937d5f05d61a66d44c7812091083ad88949128a81184a1f8a4805d9ff29abe36885a662f5b27c39e723385861af7bbc3c0f875e380a6e&data=05%7C01%7C%7Ccd4cf4af5faa4b12628f08dac8f3dec1%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638043247004496475%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=5SqZFx5GhLGtzx0AX38ppO0Ai5FIY9qFSCK0IrTCPIg%3D&reserved=0) **| Starts Dec 6** This course is designed for those with no or little experience who want to learn the basics of snowshoeing. Whether you are new to snow sports and want to have fun in winter, or yearn to extend the hiking season to include winter adventures, this is the course to get you started. Graduates will be eligible to participate in basic snowshoe trips with the confidence of having a solid foundation in snowshoeing.  [**New Urban Walk/Hike/Backpack Leader Seminar**](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D985937d5f05d61a66931db485d9fe93e00cdf218b38dc1900abd90d7763687403894858004d77c715d196931a49d953788155fdbbcf237f2&data=05%7C01%7C%7Ccd4cf4af5faa4b12628f08dac8f3dec1%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638043247004496475%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=JuOj0lLN0Nfu081%2BqmBpsWKxYkO3%2F1BiVJqKBMRFTvM%3D&reserved=0) **| Dec 6** This online seminar will provide experienced Mountaineers hikers, urban walkers, or backpackers the information and practice needed to become a leader for The Mountaineers. It is one of the pre-requisites to becoming a leader. | | | |  |  | | --- | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | **Branch Elections**  We’re pleased to announce the results of the 2022 Foothills Branch election and would like to thank everyone who voted in the election. We have a new Branch Chair, Brad Peacock, and a new Branch Treasurer, Elizabeth Nakashima. Congratulations to Brad and Elizabeth! We’d also like to thank Ben Morse and Shyam Vijayaraghavan for the great leadership they provided during their tenures as Branch Chair and Branch Treasurer.  **Brad Peacock, Branch Chair** Brad Peacock grew up in New England and moved to Washington in 2004. He enjoyed hiking, camping, and cross-country skiing in his youth. He joined The Mountaineers in 2018 to meet other hikers and explore new trails. Since then, he’s participated in many Mountaineers activities and has completed several classes. He is a leader on the Trail Running, Hiking, and Snowshoeing Committees, and a Qualified Youth Leader. In 2021, Brad received the Key Leader Badge and Super Volunteer badges in recognition of his service to The Mountaineers.   **Elizabeth Nakashima, Branch Treasurer** Elizabeth Nakashima moved to Washington from Tokyo, Japan, as a child in 1970 when her father’s job was transferred. Elizabeth joined The Mountaineers to train for a hike across the Inca Trail to Machu Picchu and has been with us ever since! Her favorite Mountaineers activities include hiking and cross-country skiing. Elizabeth is a Foothills hike and urban walk leader, as well as the Treasurer of the Foothills Backpacking and Hiking Committee. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people posing for a photo with trees and mountains in the background  Description automatically generated with medium confidence | |  |  | | --- | | **News & Notes** |  |  | | --- | | **The Foothills Conservation Committee** had another productive month at Shadow Lake Nature Preserve this past October. Despite the smoke, they sponsored two stewardship events. During one event, several volunteers cleared buttercup and reed canary grass from the amphibian pond and lagg (outside ring of the bog) and put down metal traction sheeting on the boardwalk. During the second event, volunteers helped to remove blackberry, yellow archangel, and herb Robert in a restoration site that has subsequently been replanted with cedar seedlings. The Mountaineers also joined conservation partner Mountains-to-Sound Greenway to plant 1,000 trees for salmon habitat. This project, located on Issaquah Creek, has been ongoing since 2009. The volunteers found it very rewarding to revisit the site and see the growth from prior planting events after a 3-year hiatus due to COVID. All volunteers received breakfast and coffee, lunch, and REI swag. Mountaineers volunteers received stewardship credit for their valuable efforts. Sponsors of this event included Carter Subaru and REI.  **The Foothills Hiking and Backpacking Committee** is delighted about the completion of another successful year of the beginner hiking course, GoHike. The course provided an opportunity for new and returning hikers to build the confidence and skills needed to enjoy the great outdoors at their own pace. A total of 70 hikers participated in the course, 15 of them graduating to earn a GoHike Badge. The 21 hike leaders in the course led a total of 76 hikes, for over 350 miles of hiking. Congratulations!   The committee is also pleased with the success of their Yoga for Hikers, Backpackers, and Trail Runners Course. The course included a 2-hour online workshop for participants to learn the alignment principles of some foundational yoga poses, and explore the physical and mental benefits of yoga for outdoor athletes. The workshop was followed by two outdoor yoga classes. One of these classes focused on yoga to enhance physical recovery after a long day on the trails, while the other focused on using yoga to help build the physical strength necessary for many outdoor adventures. Class participants also had priority registration for a series of yoga hikes. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | **Foothills Volunteer Spotlight: Magda Bojarska**  Meet Magda Bojarska, a Foothills climb, scramble, and hike leader, as well as a 2021 Super Volunteer and Key Leader. Magda joined The Mountaineers in 2018 to find some hiking buddies and immediately found a sense of community. Since then, she’s participated in many Mountaineers courses and activities, including Alpine Scrambling and Alpine Climbing, and is now an enthusiastic leader and instructor for The Mountaineers. |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Meet Magda](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D985937d5f05d61a68555225a13132b7fd698efafd3b6f5edaee82fd6bb05cabf497bb0c5391e72997280e0992b2e3f9610165bd4baf31bef&data=05%7C01%7C%7Ccd4cf4af5faa4b12628f08dac8f3dec1%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638043247004496475%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2FlVTuWo%2F44WqizXxFj7phO0tohv3F0tvUgQgbPrfQyA%3D&reserved=0) | | | | | | | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [www.mountaineers.org](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D985937d5f05d61a6016d850b62cfac60b1ce659fb41ad7f4da79ade60e2b50a03a5a412c743eda4e61f7863b60753b62dc73a3f9de92f81e&data=05%7C01%7C%7Ccd4cf4af5faa4b12628f08dac8f3dec1%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638043247004496475%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=4da8RX%2FdvW36CW1QvWxudFPuUWyT2yPQvhXOvf1QIx8%3D&reserved=0)   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.  [Unsubscribe](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd0727052ce17f8ddcafe1bbcae7651b00cfe7198bc7b0de177308fd6716d7ed413d0c86e90a910b70986&data=05%7C01%7C%7Ccd4cf4af5faa4b12628f08dac8f3dec1%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638043247004496475%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=44kpPPeB%2F%2FYWB5hJnVbIX1FmKkOR8Q6RuiibMw7ZJ7Y%3D&reserved=0) | [Update Preferences](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd0727052ce17f8ddcafe1bbcae7651b00cfe7198bc7b0de177308fd6716d7ed413d0c86e90a910b70986&data=05%7C01%7C%7Ccd4cf4af5faa4b12628f08dac8f3dec1%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638043247004496475%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=44kpPPeB%2F%2FYWB5hJnVbIX1FmKkOR8Q6RuiibMw7ZJ7Y%3D&reserved=0) | | |  |  |  | | --- | --- | | |  | | --- | | This email was sent to [lorieheath@live.com](mailto:lorieheath@live.com) The Mountaineers, 7700 Sand Point Way, Seattle, WA 98115-3996, US [Read our Privacy Policy](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D985937d5f05d61a69344254f29f7ffbb710d7bbbfc8393743429fa76914f07448d2f70029bd64ed8cf3d8c0b246a4af4bce9267350ffb648&data=05%7C01%7C%7Ccd4cf4af5faa4b12628f08dac8f3dec1%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638043247004496475%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=x7fp%2Fn9g5pSTtgiKMr%2FMebsMcO16s48OaPUDBMF81M8%3D&reserved=0) | | | | | | | |
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