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Our branch has plenty of fun [activities](https://cl.s7.exct.net/?qs=04724f108b44fed8de3ce889ef12054fa2db3485b5c7ac1824a1ac50a23e84e0bfc0d5b985b68ff0b9d437a05369ee5e554943951f9ab4a1) to keep you busy this winter season. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people walking on a snowy hill  Description automatically generated | |  |  | | --- | | Mountaineers hiking up Railroad Grade on Easton Glacier on Mount Baker. Photo by Chris Fairfax. |  |  | | --- | | **Events & Activities** |  |  |  | | --- | --- | | |  | | --- | | [**Walking the Wild: Hike the Menalon Trail**](https://cl.s7.exct.net/?qs=04724f108b44fed858b504436bff1dbd463b682feab2a7e13f0c67b9f13478bc5333c8a03d49907250aad8880ec58b89757f2f0c755f4e78)**| Dec 12** Enjoy an evening of grand photos and storytelling from a scenic walk through the mountains, history, and quaint villages of the Peloponnese in Greece on the Menalon trail, with Mountaineer Cindy Hoover!  [**Gear Grab & Meet The Mountaineers**](https://cl.s7.exct.net/?qs=04724f108b44fed8bf0d94800f4d262a1928c013c19e49560fd8cb556eac3137b4bffa73c4a9d6f3f12b281061baf3e34d369859805d203a)**| Dec 17** Join us at 6pm for our annual Holiday Gear Grab at the Seattle Program Center. The Gear Grab is open to both members and nonmembers who would like to buy or sell gently used outdoor gear. Starting at 7pm, everyone is invited to join our Meet The Mountaineers info session to learn about all things Mountaineers.    [**Mindfulness Walk - Seward Park**](https://cl.s7.exct.net/?qs=04724f108b44fed84b77222b69d2d7c2a57de25638a34ff1ce2f6f531d18dfaa37db36ebc8891ade4de77402b1fc47a28cb7dc85052b1c38)**| Dec 21** Celebrate the winter solstice with a mindful walk to help develop awareness and mindfulness of the present moment and connect deeper with our bodies and breath, so we can encounter nature in a more meditative way.  [**Sound Bath & Urban Walk**](https://cl.s7.exct.net/?qs=04724f108b44fed88995958c7a2424934299e258cbf79f66bd3eb1d6cde12912a9512678825fcae2ed843eb3a51a10f7b70674ead469e324)**| Jan 11** Bring your yoga mats and join us for a sound bath by Sound Alchemy, then a two to three-mile urban walk around Magnuson Park. If you work up an appetite, we will meet for lunch close by after our walk at a local restaurant or bring a sack lunch.  [**Banff Center Mountain Film Festival**](https://cl.s7.exct.net/?qs=04724f108b44fed8eaff5c9c68d6efb2a2b1c1eca3b41d120d00d59fcf9cca79b5ef0e100d6707f859fe8f511e7d4371ea7832124b8ddc53)**| Jan 15 & 16** The spirit of adventure is back at Benaroya Hall with Banff Mountain Film Festival. Join us for an exploration of the mountain world, including films on remote vistas, topical environmental issues, and adrenaline-packed action sports. | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people climbing a snowy mountain  Description automatically generated | |  |  | | --- | | Mountaineers heading up Hagan Mountain. Photo by Mihai Codoban. |  |  | | --- | | **Courses, Clinics, & Seminars** |  |  |  | | --- | --- | | |  | | --- | | [**Leadership Development Series**](https://cl.s7.exct.net/?qs=04724f108b44fed811d5a3411ebc29154a1fcd10f40c03ad0f8d01509078deb4ca6fcc62c518ca54e749ad3ffdd20cedd9e528bd5720c783)**| Ongoing** Join us for our next Leadership Development Series seminars that provide high-quality, continuing education opportunities for our current and aspiring volunteers.   * **Dec 11** - [Servant Leadership](https://cl.s7.exct.net/?qs=04724f108b44fed80a269900661548bf6ca12dedd2cc2622714d56fbfd663bf1ad709e09618f9fc7183320f225ebbd8bec93c1a5cbc71282) in the Outdoors * **Dec 12** - [Building Team Dynamics](https://cl.s7.exct.net/?qs=04724f108b44fed81a6bfb5d92c32707d211838f54f0feae1a25ba81ff265c1e86319aabcca989c86f6f0f1d31f51b018e298f0af227ed68) for Successful Group Adventures * **Dec 12** - How People With or Without Periods Can [Support Menstruators on Outdoor Trips](https://cl.s7.exct.net/?qs=04724f108b44fed8ce609d99aadfac6ba4b6f6d62b197fba1659970bed759d40d1b3d3dc4ceeb01a348ece828964fc61ab1af107413a4bb7) * **Jan 9** - [Remote Crisis Communication](https://cl.s7.exct.net/?qs=04724f108b44fed86af0b4c9bb5b879b1a46b157dfae96853f0f5f1aa5036609bcee7b54c035d063ba884b7d5fb237f23799d84a10f3d07e)   [**New Hike/Urban Walk/Backpack Leader Seminar**](https://cl.s7.exct.net/?qs=04724f108b44fed82504067f244c7d022c0be1b77d0f74f36a48c4d278aeff04aae0042939838661710b597dd0c124722749920ed176b8d1)**| Dec 11** This online seminar provides experienced Mountaineers hikers, urban walkers, and backpackers the information they need to become an effective hike, urban walk, or backpack leader.  [**First Aid Kit Essentials for Frontcountry and Backcountry**](https://cl.s7.exct.net/?qs=04724f108b44fed80cc5489e9684dcfe2e7be83f58559b28e687ce6569f5b2d8a9c5b20c41b1ee5afc98c6023616520fabda7614f1ac2986)**| Jan 6** The new year is a great time to ensure your first aid kit is up-to-date and customized for the types of activities you enjoy. Join us for a 45-60min presentation on first aid kit essentials facilitated by Liane Lau RN of Harborview Medical Center's Pediatric Trauma and Burn ICU.  [**Skiing/Riding Skills Improvement Series**](https://cl.s7.exct.net/?qs=04724f108b44fed8ecb733a697d6d10d998f8ed786c9c1fcf51b3e307f730abeaf51432072a91f529d331b81fc204ec72b4e0fa7d5bd5a81)**| Starts Jan 9** Improve your skiing/snowboarding skills lift-served at The Summit at Snoqualmie. This class is offered by The Summit at Snoqualmie SnowSports School and taught by their PSIA instructors. Special group pricing is available for members of The Mountaineers.  [**Randonee/Telemark/Split-Board Uphill Training/Conditioning Series**](https://cl.s7.exct.net/?qs=04724f108b44fed88e371e5febed12e50beeca366c38524b38c065c3826c71dabd03c5846a4c4940f5ce403a092e28c983eb645c941a2117)**| Starts Jan 9** These clinics teach climbing and skin-management skills to skiers/snowboarders who can ski/ride downhill safely. They are offered by The Summit at Snoqualmie SnowSports School and taught by their instructors. Discounted group pricing is available for members of The Mountaineers.  [**Wilderness Navigation**](https://cl.s7.exct.net/?qs=04724f108b44fed884665cc4fde2b83d60f8a4162954ace48289635bf413574758fce41a998aadf8766c0b64df02624302151e0792dd0ee4)**| Starts Jan 28** This course focuses on off-trail navigation requirements for climbing, scrambling, intermediate snowshoeing, and other advanced courses. | | | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Two men standing next to each other  Description automatically generated | |  |  | | --- | | Foothills Branch Chair, Travis Vermeer (left) and 2024 Foothills Branch Service award recipient, Brad Peacock (right). Photo courtesy of Foothills Mountaineers. |  |  | | --- | | **News & Notes** |  |  |  | | --- | --- | | |  | | --- | | **Winter Trail Running** Our Foothills trail running leaders wrote an article for the latest edition of *Mountaineer* magazine about how to stave off the winter blues by joining a fun community of Mountaineers runners. Find the story on page 36 and 37 of the [winter magazine](https://cl.s7.exct.net/?qs=04724f108b44fed837d541f8feacf7e36dbe390a73f3fb580b991a188ae5ffbbb336b93b47f2d437174e7341baf75e7d0ecae6b8e69a1453) and consider signing up for a trail run this winter!  [**2024 Annual Meeting Recap**](https://cl.s7.exct.net/?qs=04724f108b44fed893286221dd79b8468ef28d68a21b9cc68fe37247d0acc0fcb965000ec1e0f799cf6c9e09ccedcbb152b9967a2d768c7f) Each fall, The Mountaineers hosts an Annual Meeting to recognize leaders across the organization and share highlights from the previous year as well as upcoming priority areas. More than anything, our Annual Meeting is a celebration of our community and the impact made possible by the generosity and commitment of members, volunteers, and donors.  **Branch Celebration** On November 17, over 50 members of the Foothills Branch met to celebrate our 2024 accomplishments.   * **We** **introduced our current Branch Officers** (Brad Peacock, Past Chair; Travis Vermeer, Chair; Lori Heath, Secretary; Erik Jensen, Treasurer; Liz McNett Crowl, Representative to the Board of Directors; Tom Eng, At-Large Member). * **We introduced our Branch Committee Chairs** (Magda Bojarska, Climbing; Christina Buckman, Backpacking; Anthony Cree, Navigation; Deloa Dalby, Conservation; Kit Eiber, Backcountry Skiing; John Gilbert, Cross Country Skiing; Liz McNett Crowl, Urban Walks; Michelle Peterson, Snowshoe; Travis Prescott, Strategic Investments; Nataliya Semez and John Murphy, Trail Running; Erin Shannon-Starup, First Aid; Nancy Temkin, Hiking; Lori Heath, Communications). * **We** **thanked our outgoing leaders** (Peter Tran, Climbing Chair; Magda Bojarska, At-Large Member; Olga Kuvnetsova, Scrambling; Steve LeBrun, Events; Ben Morse, Past Chair; Danielle Graham, Safety Officer; Frank Jones, Snowshoe Chair). * **We recognized** 84 branch members who earned a Super Volunteer badge, 59 members who earned a Key Leader badge, and 31 members who earned a Key Instructor badge.   The highlight of the evening was recognizing our **2024 Foothills Branch Service Award recipient, Brad Peacock**. Brad is the current Past Chair. He was Chair-Elect for the branch in 2022 and served as Branch Chair from October 2022 through August 2024. Between his time spent on the Foothills Branch Council as Chair, advocating for Foothills to the Branch Leadership Committee, contributing to the administration of numerous committees, leading trips for many activities, and mentoring new leaders, Brad has dedicated an untold amount of his time to our Branch.   We were also proud to recognize **Rob Erickson as recipient of The Mountaineers Leader of the Year award**. This organization-wide award celebrates a Mountaineers leader whose trips have received the best feedback, maintained the safety and enjoyment of their groups, and provided opportunities for a large number of people to get outside.  [**2024 Year-End Giving**](https://cl.s7.exct.net/?qs=04724f108b44fed8de21b7c247476ac1eac2d7276cbfb67af0a097382939ab5338190ce34795ed3642efd2a448d375df60f19647aa0deb64) ‘Tis the season to make a difference! Consider donating early in the year to help The Mountaineers invest more deeply and strategically into our mission and strategic plan.  Here are more opportunities to support The Mountaineers that you can share with your community:   * **Give a Gift Membership**. Get 25% off when you [gift a membership](https://cl.s7.exct.net/?qs=04724f108b44fed8c4cbfed13134bca9dc479e4ffc268666ecb787576ee39ea660ea44f04beef422203a5cb6525bba5c2a0cecca1505a303) to a new member - a gift that keeps giving all year long! * **Buy a book**. The Mountaineers has gift-worthy titles available [online](https://cl.s7.exct.net/?qs=04724f108b44fed8118e03ff400e1622f5e70b8c32053367158f894dbab765d9d0093637bdb68e081ef6dac0d0ce8501ca181539a1b574aa) or (for a personal recommendation by staff) stop by The Mountaineers bookstore during our [December sale](https://cl.s7.exct.net/?qs=04724f108b44fed8c7ea116af09833f912a1dc66def2f9241a7b53abbe71bf4d17d935768d2803fb87e7a33abdce740ea6ae1369b93a2488). * **Attend Banff Mountain Film Festival** in Seattle (Jan 15 & 16) or Olympia (Feb 28-Mar 2). Get [tickets](https://cl.s7.exct.net/?qs=04724f108b44fed8eaff5c9c68d6efb2a2b1c1eca3b41d120d00d59fcf9cca79b5ef0e100d6707f859fe8f511e7d4371ea7832124b8ddc53) today! * **Pre-commit to an in-kind donation**for [The Mountaineers Annual Gala](https://cl.s7.exct.net/?qs=04724f108b44fed87b9545993d1155af937d84ee94e00e2c1c893c6ca3aa2531460a1692baeaab6fc43018c021bd71c3982bff505a6030ba)on April 26. We’re looking for art, experiences, vacation homes, and more for our auction. Email [Rose Burke](mailto:roseb@mountaineers.org?subject=) if you’d like to help make a connection to a donor or business. | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | A person and person holding a trophy  Description automatically generated | |  |  | | --- | | Foothills Board of Directors Representative and Urban Walk Committee Chair, Liz McNett Crowl (left) and recipient of The Mountaineers Leader of the Year award, Rob Erickson (right). Photo courtesy of Foothills Mountaineers. |  |  | | --- | | **Volunteer With Us**  There are plenty of opportunities to get involved at the branch level:   * [**Safety Officer**](https://cl.s7.exct.net/?qs=04724f108b44fed810d11d6fcdd9f0e0677dc8b1826330cef592484e55d972237bfb1c7cba0c1574fb43f07826a91f8c66ac7808d25ce86e) - email [Travis Vermeer](mailto:travisvermeer@gmail.com?subject=), Branch Chair. * [**At-Large Member**](https://cl.s7.exct.net/?qs=04724f108b44fed89075b466311a9d1195704ac132eb8e8d9cf1678383d17b87ff8346ced7c11f111b40484a5779dcf5f645247437122651) - email [Travis Vermeer](mailto:travisvermeer@gmail.com?subject=), Branch Chair. * **Events Chair -**email [Travis Vermeer](mailto:travisvermeer@gmail.com?subject=), Branch Chair. This committee is tasked with identifying, developing, planning, and promoting a variety of special events for branch members and non-members. * **Strategic Investment Committee Member -**email [Travis Prescott](https://cl.s7.exct.net/?qs=04724f108b44fed8ba5bf1738e15874e4836ee090d9abd09549bcf481902fde10ce0b7e10131893c7732fbb5f2b6dddd2c728e87d79deb21), Chair. * **Communications Committee Members -**email [Lori Heath](https://cl.s7.exct.net/?qs=04724f108b44fed8fe3f56e6551f7d502aaa355960f882ffa103959952ebb96b38634c6807b7c59541c12a4422cef6d267f02cfea2fb817c), Chair. This committee oversees branch-level communications with members and volunteers, including but not limited to the monthly newsletter and branch social media sites. |  |  |  | | --- | --- | | |  | | --- | |  | | | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [www.mountaineers.org](https://cl.s7.exct.net/?qs=04724f108b44fed8f8b63cf9c6f4d0d78f305e5442bb4daf33534d79c566bd38129ac82201a2dc9e233b81671e9459729d0e01d03501a6b8)  The Mountaineers enriches the community by helping people explore, conserve, learn about, and enjoy the lands and waters of the Pacific Northwest and beyond.  [Unsubscribe](https://cl.s7.exct.net/profile_center.aspx?qs=38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072e5f0b3acdc6258fc5204a09bb2bc48b31a1c99895e60a73cd4805382703dc19749d148034219b4d8)| [Update Preferences](https://cl.s7.exct.net/profile_center.aspx?qs=38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072e5f0b3acdc6258fc5204a09bb2bc48b31a1c99895e60a73cd4805382703dc19749d148034219b4d8) | | |  |  |  | | --- | --- | | |  | | --- | | This email was sent to lorieheath@live.com The Mountaineers, 7700 Sand Point Way, Seattle, WA 98115-3996, US [Read our Privacy Policy](https://cl.s7.exct.net/?qs=04724f108b44fed8a5d1617aefb63813c174e2473bb7735880ac97169fb96631f8fb8986f018cc6d792d1c3d0868e122572ddd066a3af8f1) | | | | | | | |
| |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | | **© The Mountaineers** 7700 Sand Point Way Seattle, WA 98115-3996 US [Read our Privacy Policy](https://cl.s7.exct.net/?qs=04724f108b44fed8a5d1617aefb63813c174e2473bb7735880ac97169fb96631f8fb8986f018cc6d792d1c3d0868e122572ddd066a3af8f1) | [Unsubscribe from ALL future Mountaineers Emails](https://cl.s7.exct.net/unsub_center.aspx?qs=38d6e54d348d940c41a9f210a36bcbea4e2d54a378888bc31aa5930734a25755a137e2fcf4c281d939e59d211ebd44a31053f5962e647adbf0eea4a2ea90990c6edb25586020a4dc) | [Manage Your Preferences](https://cl.s7.exct.net/profile_center.aspx?qs=38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072e5f0b3acdc6258fc5204a09bb2bc48b31a1c99895e60a73cd4805382703dc19749d148034219b4d8) | Still receiving emails from us and you think you've set up your subscriptions correctly? Email us at [info@mountaineers.org](mailto:info@mountaineers.org) and we'll help get you sorted out. |  |  | | --- | | [**mountaineers.org**](https://cl.s7.exct.net/?qs=04724f108b44fed8ae859596e65ea1de4447e35efdc8b2b6840ed7017e0dea5ff397ee8eb9e314ed3e21aaa1a8d3caa036545b854ee4ef5e) [info@mountaineers.org](mailto:info@mountaineers.org) 206.521.6001 | | | |