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[join now!](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f34d005c399b2a40cccabc6f682d184bca0ea258bc57c5e812136975a4a6a64c5d401d81d6ec541ec32a35147bf9bd084&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136027939%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2FO9lOUIg7qnhladubeCnTEaPQsZxCiBxW6JA9MHDVtM%3D&reserved=0)               [view as a web page](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fview.s7.exacttarget.com%2F%3Fqs%3D376fffab330a042ea1eeb2ac2b31a7c3bf843f4825bdbd601f69d4befc275f2fadb1406c51c239100b5ad05c30f7667104ad94255331df5db012f2a85b25ed555eb00c39df295334bf9b146b43fe8e60&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136041949%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=EFidRSGqP9rFpO7RKZafhFeNHI0lZDOgyNUm83OIRVk%3D&reserved=0)  A yellow rectangular sign with white text  Description automatically generated |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Happy May, Foothills Mountaineers!** | | |   A group of people kayaking in the water  Description automatically generated |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Spring is springing up all around us! Check out these fun Foothills Branch [activities](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f31606d2756b1f8da45144d5aff53994f56a6b4708a028749aee67b3d9405ccef1c3ae4d1b66ca3427af769f5a1b8fb99&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136052059%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2Fl%2FWfjpdT%2B6boiseCZcXD7ozKkU0eBfSHWwqp%2FjUAgI%3D&reserved=0) to get outdoors and enjoy this beautiful season. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | Sea kayak instructors at the Train-the-Trainer Clinic at Lake Sammamish. Photo by Cathie Frizalone. |  |  | | --- | | **Events** |  |  |  | | --- | --- | | |  | | --- | | [**Final Day to GiveBIG**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f9b5a92ccbe9d1a1f07384d01b2c83ec29e252c21fe531ff35f38bf72194db93bdb4c193a352dff0700910dda946f29d9&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136059820%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=bt8YQJp1kGTMU%2FTJDHU22ugIFPJoNJU8%2BAdQ%2FOLXqMI%3D&reserved=0) **| May 8 (today)** During this regional giving event we’re looking for 100 members to make a difference with a donation. A pool of donors created a $10K match which is ready to drop as soon as we reach our goal of 100 GiveBIG donors. Your [donation](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802febb0db3ed08d5ffa1e539f72b58b14440801a00ab445ad13e8a779deca9c815235de8e6965f4f9c81193679038c8abc3&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136066780%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=IP%2F9xTDq7j%2FAk25gZ8se%2Bzfq8sqF1rVMy6otA0XT5o0%3D&reserved=0) is an investment in inclusive and responsible outdoor education in the PNW and beyond.  [**Walking the Wild: Trek the Tour of the Jungfrau**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f5b234b51ce0bb22547cbe0292311196eb2424bd4fb58ef0096871037d9a15144fc1ba2371b42a14bf9fb3409ee7da59d&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136073082%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=vXrnyxkGavKOfPG0sdLcKZdc7twEBa0iZXui2RIxS6I%3D&reserved=0) **| Jun 12** Join Cheryl Talbert as she shares tales of her 12-day, 100-mile trek in Switzerland over several high passes (including the highest trekking pass in the Bernese Oberland, the Hohturli) and through some of the most glorious alpine landscapes the world has to offer.  [**2024 50-Year Member Luncheon**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f848eca1859cf0c4a971a8796a9e831b71a7902dc930a6ba7832fbeac1fb944b3960a890a61ae94713ece2d279698388b&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136079004%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=OU3RvEgmFaWjBq7ptT93zWxBAdGys%2Fffrr8p2oJftvM%3D&reserved=0)**| Jun 13** Join us for a reception and hosted lunch to celebrate Mountaineers who have 50+ years of membership and have reached lifetime member status.  [**Trail Running Weekend**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802ff303b9cfd5a19910741ab963b8c53eefaea83b40ae6ef2b5ecb9dca866bfa220a607074d411a8a9511c51f03a25f29f8&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136084811%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=1%2F%2F3RtUc4akQgJW%2FPIyMz21WlLyb6wdNeoFddIA9eAg%3D&reserved=0) **| Aug 9-11** Join the Foothills Trail Running Committee for their second annual Trail Running Weekend at Baker Lodge with great food, new and old friends, and a few more miles on your shoes as you explore scenic trails through the Mount Baker Wilderness. Whether you’re an experienced runner or just starting, this weekend is sure to leave you feeling invigorated and inspired.  [**Pasayten Cabin Volunteer Vacation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f96e6a939219c85a120d87159901acf35d424b957b173781ade3fdf2903b38d47a40938d11946393368035153ca28d5b4&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136090545%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=tYPTrhqjUgqIgV9SoyPxMiRwmA%2B1r7LK%2B8Gjr7gMMcc%3D&reserved=0) **| Sep 12-18** Spend a week with the Washington Trails Association (WTA) as they re-open the Boundary Trail for their [Lost Trails Found](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802feca0392fc84727c33295c9f374723470a0f541ae2a27658687ab4135c2c131398a8ed3019cd6186554040206a45bf101&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136096302%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=zrk7ituDs%2FoLEvHgBX0dBlRkQma5FUqv6OZRgCrLtvQ%3D&reserved=0) campaign to put backcountry trails back on the map. This stunning trail passes through the remarkable terrain of the North Cascades. The adventure includes a 14-mile hike to camp from Harts Pass, down 3,000 feet into the Middle Fork of the Pasayten River. | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A person climbing a rock  Description automatically generated | |  |  | | --- | | Basic Climbing Course students rappelling in Leavenworth. Photo by Doug Sanders. |  |  | | --- | | **Courses, Clinics, & Seminars** |  |  |  | | --- | --- | | |  | | --- | | [**Urban Walk Leader Pedestrian Safety Seminar**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f82aaf5df83e8cc14a8c9b82336200d4f2eedd053780c79926b2079d45c155a16d70b9eb2657f0972fd58d92fd534e4fa&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136102055%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=NnFXvF6gVKA7fHonO56rtYGFkpqNxK3r1%2Bv3WvA4K%2Bk%3D&reserved=0) **| May 9** This online seminar is for hike leaders interested in earning the Pedestrian Safety Skills badge required for leading Urban Walk activities and for individuals interested in learning about pedestrian safety. Participants who pass a skills test will earn the Pedestrian Safety Skills badge.   [**Conditioning for Hiking and Backpacking Level II**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f2b107ee4373cb9029e82ef176cf5f8e354c26b90d35f4ca7fe33343c2c1a2614e9ffaf63bc84e818271f0441cf211221&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136108063%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=o7BCwly4sQGKzBqnvconnWE9F0DCf%2B55dqWFTOWT4K0%3D&reserved=0) **| Starts May 15** Join personal trainer Sheri Goodwin for a series of guided workouts designed to develop the mobility, stability, and strength needed to hike or backpack with ease and prevent overuse injuries. Sessions include [Woodland Park](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f7bd1c14a09ad2c3d93ce57e58cb051cbbf88ad968bc405b2927a00da0cf9ea50fb55865a251eaaba53d0b9baa850e290&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136113842%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=orbrhq21a9v%2FVkb2cRVNurecONWULUPYxv%2BG84HigAA%3D&reserved=0) on May 15, [Saint Edward State Park](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802ff3d6cb91cc52f8b4c68989c1780c40aa3a26e186a63ae181cced4bcfbff92f70995dfe05f5544e57e0207a0326bb247e&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136119592%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=thUZQssze1QDtV5DVBXbwopOB4yt6GFWXq2oYC8u3Qg%3D&reserved=0) on May 29, [Woodland Park](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f884c2cced2ac0177f4b5ceba6b195976a03e1ea76ad15ac105db5ac3abc4ee4671df82fc8a4cffe2ac8d2ffc7ef81f63&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136127249%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=eEHh9HePiBpjmK0g%2B8M%2BDBNRKorEw7GQyP0RcYrplRo%3D&reserved=0) on May 30, and [Saint Edward State Park](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f9f5ea92bac4aba091b7d18e884f1f85d8c8f89b7c18ac7528f761ce8b1067dddd9482c85274438611052fbd2812a883d&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136135933%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=AZVqgRCNOB3DlPAg7ypl%2BKs6aBNImp1uXRk%2Fa4qct6s%3D&reserved=0) on June 3.  [**Tips and Tricks for Women Hikers and Backpackers**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802ff3de5d902fe3d73b18f643bc090e42cc35b9443eb4aa1aab94949da8c5ecca157433ea0cbbf1a6e814aba93691b6dcd2&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136144042%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=3Ha80gjkxf8yDSu0J%2B32BTK11EulKE%2FklKZEdIMnSE8%3D&reserved=0) **| May 21** This online seminar focused on female adventurers will discuss trip planning as well as women-specific tips for gear, hygiene, and traveling safely and responsibly.  [**Wilderness First Responder**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802fa9ba79e32cf1027e134bffd0cba6276b88c4225c22c3080cb94eb249c015063bd036b840a0fd5d8f450e98c123312de8&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136152544%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=oP%2BzUqCHLr993sRaDLOYnuY%2FH3lYEf2ki5JUTZgfJ94%3D&reserved=0) **| Starts Jun 7** This is an intensive 68-72-hour course specifically designed for individuals who want a higher level of emergency medical training for extended backcountry trips or expeditions. Graduates of the course will earn an independent, nationally-recognized first aid certification good for two years and the [Wilderness First Responder](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802fa8a37a89bb05330a4f8465e876e8291bf75c0c11f3ef4cd42486f68b71c407b7d1ba5c8e842dca87734f5c9ab02102d8&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136161336%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=TjNNrHLI%2BnI7SYAMH4yl7gcH52nr94Oc3BujFLnNUXk%3D&reserved=0) badge.  [**New Hike-Urban Walk-Backpack Leader Seminar**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f301107b63de9af4f59e848251e182a67c77bae0e6454bf2ffd528f6a33ca0faa98f38d665e56e6ae81cf409cb16d86a0&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136169898%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=5wj6GaIVA1WeGsD0F%2FfRJsE1iqYraArQw7PxMCLDOf0%3D&reserved=0) **| Jun 11** This online seminar provides experienced Mountaineers hikers, urban walkers, and backpackers information they need to become an effective leader for The Mountaineers. This seminar is one of the pre-requisites to becoming an official Mountaineers hike or backpack leader.  [**Leadership Challenges Discussion & Workshop**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802fac1a984268979a5c366f7f74ead93ec758634fbb934114b894b6103ce835d8b22b90f4fbfd7c4b68175b306e6f75404c&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136177653%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=pyMCyBZWWlsjK4F4BybvYsMGwPM75gltYgxLFNddA1U%3D&reserved=0) **| Jun 19** This seminar is for Foothills hike, urban walk, and backpack leaders interested in discussing leadership challenges with their peers. It includes a practical application workshop focused on trip posting essentials and pre-trip communications. | | | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | GoHike participants performing trail work at Northern State Recreation Area. |  |  | | --- | | **Activities** |  |  |  | | --- | --- | | |  | | --- | | [**Front Country Trail Run Squak Mountain**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f0314900a349e95fc844a506678f3e964d5c7cd0d4dcc2a2cae1c67785388d11d597173c73919ae409a783dda17288fb0&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136183709%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=eZDU%2FKUXp4YJo9QzjUTFxsecWDFTdUnmYJjjZB6aTDg%3D&reserved=0) **| May 13** Enjoy a casual clockwise loop through several trails on Squak Mountain covering 8.4 miles and 2,500 feet of elevation gain.  [**Backpack Suiattle River**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f9634ad163df3daea8d53bf7fc52a8e13fdf74b4852e1d8127638a1090de908dd2d94869bbff34d5b0362d1a376b5ad21&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136189499%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=eJo5JqAquv0obFkwBYAmK6an0X1%2BKMTMaoFikRKSPVI%3D&reserved=0) **| May 17 – 19** Enjoy this two-night trip up a gorgeous river valley of giant trees to a lovely camp. Expect old-growth forest and river views, plus a campfire. There may be snow on the upper parts of the trail.  [**Day Hike Saint Edward Saint Park**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f0d3b7c115ed244d6df0b1af2cb9bfa297d01eaf27ac46127b77f009b11ac33f50f3f1b799db44f563b2baf01f9ceb156&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136195555%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=JtCaCO9zKarD5VhEH%2BgXuSRlWIGxFv49bCl2YmUzztY%3D&reserved=0) **| May 30**  Enjoy a mindful outdoor experience on a leisurely hike to develop more awareness of the present moment and encounter nature in a meditative way.  [**Stewardship Middle Fork Snoqualmie**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f3ac0758c10a53f1f8596372ff5be6747957b0c499f912cc9ad65aebfe6cf0d84015130eb2333704587668e52e15ac986&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136201256%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=CHrrTGq00gzp0KwEu4QEjr5zjOqpl399jvJdrUaRj6U%3D&reserved=0) **| Jun 1**  Join the Foothills Conservation Committee and Mountains to Sound Greenway for National Trails Day! | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people in hard hats digging a trail  Description automatically generated | |  |  | | --- | | Foothills members stewarding Granite Creek Trail. |  |  | | --- | | **News & Notes** |  |  |  | | --- | --- | | |  | | --- | | **A Night to Remember** Mountaineers gathered in person and virtually for our biggest Gala yet on April 6. [Re-live the evening](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f1c8d81a8fc60e0f504d81dad59f6a86e4197593c0fa451c001b1dd3100cec1b5ca4b616efb986b005dbc4d528bd6c564&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136207415%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=JHkABztQn9HBeWRYctbnDToi2Uu8sijamJNYXPlcsZ8%3D&reserved=0) and celebrate how we raised $650,000 in support of mission-driven programming and publishing.  **We Are All Treaty People** The Mountaineers is continuing to partner with [Sacred Lands Conservancy (SLC)](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f85e4c04563d218c0367677feb2ccbe3d328ebfe69de53018ad890f246f3cd403c34389b9ebc92d0a7d5c7d64f22e76a5&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136215021%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=gc9i%2FuzhaeEsaYGcBIHXe0h1VBgdBdC1aKcHkX8Rzqw%3D&reserved=0) to produce educational content on the importance of mindful recreation on the ancestral lands of Native peoples and how we can all develop deeper connections to the histories of our natural places. SLC’s latest blog, [We Are All Treaty People: Part I](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f43e69a02d5e70e20ca04f0940f6b968fd521abeba3ede0a3fd4a95814f40759eadb41f7eb323ff70aa62c4edf54c8175&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136221359%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=uu%2B9hM7XG1r44NH8RmtH3uQ%2FH6TEKQwMndLXy3mmTaw%3D&reserved=0), is now live. This piece shares important history and context pertaining to the tribal treaties that allow us to live, work, and recreate on the lands and waters of the Pacific Northwest. | |  |  | | --- | | **Get to Know Travis Vermeer, Foothills Chair-Elect** In our newsletter, we introduce you to Foothills Branch Council members or activity committee chairs who make our Foothills Branch thrive. This month, meet Foothills Chair-Elect, Travis Vermeer. |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Meet Travis](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802fbf983c04725fe0a91e18f081365141670d3dd29abe708d68ad6c926989f7971bb34859aa2dbd0195317c21d74a93287f&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136227007%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=wSU3AhY3crCrh%2Bzh1m%2F5ESlnRbRY8dZZgc%2BkXp%2BlL1w%3D&reserved=0) | | | |  |  |  | | --- | --- | | |  | | --- | | **Granite Creek Trail Stewardship** On April 13, the Foothills Conservation Committee held a successful stewardship trail event at the Granite Creek Trailhead in collaboration With Mountains to Sound Greenway Trust. Thirteen Mountaineers received a Stewardship Credit badge. The group cleaned out drainage systems and cleared brush utilizing a variety of tools and techniques. Through camaraderie and hard work, the team efficiently completed tasks that contributed to flood prevention and preserved the trail’s beauty and safe access for recreationists.  **Northern State Recreation Area Trail Work With GoHike** Over 20 GoHike course participants partnered with the Skagit Trail Builders at the Northern State Recreation Area, near Sedro Woolley, for a day of trail work on a new trail. They had great weather for clearing blackberry bushes and were treated to a hike to see all the work they accomplished. It was challenging work, but very fulfilling.  **New Index for Heat Risk** The Foothills Safety Committee would like to share [NWS HeatRisk,](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f1f3ddc941bcde3d609cc1b0e60586ea10d77d21fc0ece50181537c3eb20ed19bcf4d1585407424f864d802a14d31b354&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136232568%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=IuRa6avaSZzhmF0CKn6Hpos9PFwA0HR6rA0hE%2F8h5qg%3D&reserved=0) a new index for heat risk piloted by the National Weather Service. NWS HeatRisk is a color-numeric-based index that uses high-resolution weather, climate, and Centers for Disease Control and Prevention (CDC) heat health data to identify potentially dangerous heat. It provides a daily value of expected heat risk for each 24-hour period within any upcoming 7-day forecast period. Each HeatRisk level is accompanied by recommendations for heat protection. The index is especially useful for decision makers and heat-sensitive populations who may need to take actions below current NWS heat product levels. | | | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | |  |  |  | | --- | --- | | |  | | --- | | **Volunteer Spotlight: Christina Black** Meet Christina Black, a Foothills Trail Run, Climb Conditioning, and Cross-Country Ski Leader and 2023 Super Volunteer.   Christina moved to Washington three years ago to spend more time in the mountains, so of course one of the first things she did was join The Mountaineers. Since then, she has taken countless classes and become an instructor and/or leader for trail running, climbing, scrambling, navigation, and cross-country skiing. She first started doing outdoor activities during law school (many years ago) as a mental escape from studying. As a risk-averse, full-fledged attorney, she appreciates the club’s focus on safety, being prepared, and punctuality. Why does she volunteer? She enjoys working with students and reinforcing her own skills. She has also made many friendships in The Mountaineers. Whenever she needs that escape from the more intellectual side of her life, going out in the mountains with fellow Mountaineers is one of her favorite ways to challenge both body and mind. | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | | **Volunteer With Us** |  |  | | --- | | **Communications Committee** The Foothills Communications Committee publishes the monthly newsletter, maintains the branch website, helps develop branch-related blogs and magazine content, and posts branch news to social media. They also help branch members develop communication strategies for new courses and activities. We’re looking for people who are social media savvy or love to write. If interested, contact Lori Heath at [lorieheath@live.com](mailto:lorieheath@live.com?subject=). | | | | | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [www.mountaineers.org](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f5ca941835a8371c7900bc379c15f0562ebdc338d7d7a022c89f04fa0f7a6367b6efeef00705665aa81f5996b409f9b99&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136261148%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=YvwcNfHXywWqxgMib0SsfqzPx4k%2F3eF6FxLLQHmXnyg%3D&reserved=0)   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://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd0720f39cb53e3a95abd0f5667b751fdac22aefb6ea7cf964ebe6e52358234af4e0d79678b31f5b88d4c&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136266742%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=LLurPx%2Brm71h3QL%2FgSUJMUHleaRq2Y4FZZWARqXR17U%3D&reserved=0) | [Update Preferences](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd0720f39cb53e3a95abd0f5667b751fdac22aefb6ea7cf964ebe6e52358234af4e0d79678b31f5b88d4c&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136272403%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=qRsA0hwKnuw7h4Nl1JhQKn9puSdEmD6Vn9rCvT4ZyHA%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://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D0475d10614aa802f42481eb87b5ba1b15a37388e7a6151d41367da0f0cb69b36364d55d2f325c9cdfb73a9f48de32ffc8f0077acf82607df&data=05%7C02%7C%7Cdf4ee2792e8647e4648908dc6f654f50%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638507728136277997%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Mft%2FLe5cRwFpIghIRS1D%2BXf5ouiHBOckRYzPr6b5sK8%3D&reserved=0) | | | | | | | |
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