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[join now!](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f8146627659efac25b7ede9a09ef3c977f420ef3b1c161ea9bb61d0968d7f6aefe3328d8920db97f7ccdadbc1013dab0aa&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138408193%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=3bM5OA%2FV7UhgZWi%2BhS9Ipir4sgXhjvuSluIZ%2FpeM9P0%3D&reserved=0)               [view as a web page](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fview.s7.exacttarget.com%2F%3Fqs%3D43605b577ad65b38ae50e23000184a3ed1e610bff175d82e588c9f488836ae19a940dd32d0ac88f2ca2b41179c4514a370cb954ec7cd681b5d1f57f4eafcf58b1f3be518bdd9dfa80da7bec5bcc82327&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138433452%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=veRuGzBsKWjX1%2FmGBx%2FBUMEPhKjZS%2Bc0MGNs7zZK9Bk%3D&reserved=0)  A yellow rectangular sign with white text  Description automatically generated |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Happy October, Foothills Mountaineers!** | | | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | October is finally here, and the first signs of fall are popping up everywhere in the PNW – cooler temperatures, fall foliage, apple cider, and other sights and smells that accompany the harvest season. I hope you’re finding lots of opportunities to get outdoors and enjoy the crisp, cool weather. If you need inspiration to get outside, the Foothills Mountaineers are sponsoring lots of exciting [activities](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f8ef7add29d7f91741453b153a2d1a32c098f9cb12251fe3d51aa71ea82ad76d801ed91e7b28a210d7bdad7a2983d9b4ee&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138449608%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=F80zqTJu0xTQK5%2Fk8wm4PZJodnz13NhVK9RyCIJZSeo%3D&reserved=0). | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | Mountaineers descending Sahale Arm. Photo by Rodica Manole. |  |  | | --- | | **Events & Activities** |  |  |  | | --- | --- | | |  | | --- | | [**An Evening of Advocacy 2024**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f88c5093ed98811f51aa514bd4bdc61af30e843391bdbd886f6fe8ef34c2abbc813f0415839c215db000618745aa0359ed&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138464763%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2FjkKEHk300%2Btu9Y7g8ksR4GdfFCwsRagGRMi1SVjm1E%3D&reserved=0)**| Oct 9** Join us tomorrow at Westland Distillery for our signature fundraising event, supporting The Mountaineers Conservation & Advocacy programs. This year’s event - centered on Northwest forests - will bring together members of the Federal Advisory Committee who are crafting a new plan to make our forests more resilient to wildfire and climate impacts, protect our old growth forests, and deepen Tribal co-stewardship. Get [tickets](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f8660a8420b0b5fffab8f20cb9e7075078f8db18c23e926569ed9a2db8f7be02e8c5eb8ba787ed92b98bfec07c7c35c3e2&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138480044%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=YeCNWLp3jaehA7T8LwoqnjnD%2F9s%2BV1beXbf7zHH0O54%3D&reserved=0) today!  [**Mountainfilm on Tour**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f8cb28abfb77a3cd32bae3eb6a809940c11f8aef9fd6f998cce2562ddcbf91756d7c59c62f375a549f1aff50819eac9233&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138495232%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=0f7QeRuHogm7wXyuNU0nnJ5jUre4NwT0m7bZTMmFNrs%3D&reserved=0)**| Oct 10** Join us at the Seattle Program Center for an evening of captivating outdoor films from the Mountainfilm festival. Mountainfilm is one of America’s longest-running film festivals, showcasing documentary films that celebrate adventure, activism, social justice, environment, and indomitable spirit.  [**Stewardship - Lake Sammamish State Park**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f85fceb8002425a1ddfb5605b6fe5a4dbf72f3817541adde994e142d559fdb4d3f9d2ebf3bb6b2462674666404264d4543&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138510306%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2BuAEqtrTtQsIYRlR8RKnCAIF1iRmB0hyFn7zfyG4znI%3D&reserved=0) **| Oct 12** Join The Mountaineers and our partners at The Mountains to Sound Greenway for the 2024 Annual Tree Planting Celebration.  [**Ian Cox Memorial Dick's-A-Thon**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f834396dc141534c298df712552c1d4746660ff731561b28566d60542a12121667b56db7c8ed6cbd6a1a35eca85f904c14&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138528013%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Zl6JH4F6aF6Y7qfIlY8QgVjCnkVbSDpMaJfHWhrTGQ8%3D&reserved=0) **| Oct 19** Celebrate the memory of Ian Cox with the Dick's-A-Thon: a circumnavigation of Seattle via the classic hamburger drive-in, Dick's, making a 26-mile loop of the city while eating the famed Dick's menu items along the way. All proceeds are donated to The Mountaineers and Washington search and rescue organizations. [Registration is open](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f85f1d1e8fcb86d66a8de11d45864e8a7ae81e7142bc9ea75bcfc4217b41695475f045dc0f04395ba9894510df1ffcf6eb&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138543776%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=ayblbtF8nGFkYrSEt%2F8NNNEXXITi5Ncl8N81y40%2BtZQ%3D&reserved=0) for full, half, “victory lap,” and [urban walk](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f88ce0f061460bbec23b7b4787b8e489f40368cd923fea21d92f0dcb82ce4534424405cc8f72ab9ae11c461ca526ae48d9&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138558946%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=6Mg%2BtWpADjmMyd8pRqvEoQ7SLn0yNqC%2Fkoa%2BsO%2B%2FS8A%3D&reserved=0) routes.  [**Free Climb Week**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f80d7096ffdcfc5691e0d46d5b3cc557c9b69a170db04626770b5216607f203d7edef5a1c45b25e071c3fd2bc728af12ec&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138574660%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=LH5mSx7p5WprH0gPn0SWdYzxF2iZvD8RoF9vyO2oewo%3D&reserved=0)**| Starts Oct 21** Show your Mountaineers membership card to the front desk to climb for free at Momentum SoDo from October 21-27, 2024.  [**The Mountaineer Annual Meeting**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f862d2231c7f8df10e8ba82b9b0aea54af7c54a229a4ba97bf798a7ce28dc5d44772e83dc76a4029c4631ab459bcde6149&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138590170%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=zcx%2FWJBbbwhDTyGDqCxpdnnQv68Fj0ZLZlHezDtfisg%3D&reserved=0) **| Oct 29** Join us virtually for our Annual Meeting to celebrate 2024 fiscal year highlights, preview 2025, learn more about our strategic priorities, and ask questions of our leaders.   [**Foothills Annual Branch Celebration**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f858b63c14d0127a6ef9eb578ad8c5903e6b66081888d02d8d0a74930d5294788d2528f092802e447dd05507e3b1dc31b5&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138605484%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=ohdBYIvEFfuUW3mbfj3qHYQASoHTzFb%2BVuwj3cQrPPM%3D&reserved=0) **| Nov 17** Join us for our Annual Branch Celebration at the North Bellevue Community Center. We will celebrate the accomplishments of the Foothills Branch in 2024, honor the Foothills Branch Service Award winner and volunteers, and hear from the activity committees. Also learn more about the newly released 10th Edition of the [*Mountaineering: The Freedom of the Hills*](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f8e01e426c763569df8011c86229ae1a224f90a97232fb9121fb9dd93b1449d00f270fb4bb8dc0482c539bab29b079a1da&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138621938%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=75H4ka7de55%2Fc7Y0whHoz4u4KD%2BfjOfl%2BgI1QxVdcIg%3D&reserved=0). There will be plenty of opportunities to socialize with an optional potluck (the branch will provide free food and drinks).   [**North Sound Leadership Conference**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f848f8d98434254fcea39c3f84cc3fad518c860eddbdfbcea6ec2ad762653327c1206fea781cb3c973abfc442a9838c5fe&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138637136%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=8Dh%2FBlI79OQ6C6Q7Osk%2BeItvaThHVvzzIFAWpCHjmbM%3D&reserved=0) **| Registration Open Now** The North Sound Leadership Conference is a fun day of professional development dedicated to thanking, inspiring, and empowering The Mountaineers current and aspiring volunteer leaders. | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | Boats almost ready to go at Tillicum Beach. Photo by Doug Palm. |  |  | | --- | | **Courses, Clinics, & Seminars** |  |  |  | | --- | --- | | |  | | --- | | [**New Hike-Urban Walk-Backpack Leader Seminar**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f86cc2350b159ba0269ef856fd8ad42dbfc47777ea18ef8121d71ac7815471b354727d9f3f374cc4e1f4572a246f4c839d&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138652254%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2BAnnkgWTqMWtDoVjD%2FPPX8nWTD6utd81eiFvGPj4g%2Fg%3D&reserved=0) **| Oct 9** This 2.5-hour online seminar provides experienced hikers, urban walkers, and backpackers information they need to become an effective hike, urban walk, or backpack leader for The Mountaineers.  [**Leadership Development Series**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f8e5e00f5f5cd2639761335edcee2597fdad5fd5e598ce781cc6de721b9e95211fcdef40ad72251edb06bf1a9ff3ad8d60&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138667400%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=1TgGZVDEThSwRHA3nioWzIjKa46sHQrjDRbHZnK%2Fq1A%3D&reserved=0)**| Ongoing** We’re excited to announce new Leadership Development Series seminars that provide high-quality, continuing education opportunities for our current and aspiring volunteers. Seminars will be offered on a wide variety of leadership topics and held primarily online from October 2024 to May 2025.  [**Basic Snowshoeing Course**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f8b8dff9755f75b43db9b430cc2b43c3b7d77f6de26fecdd24d4c91817ceb98fb2cc6b706c994f29323dc2a2a45f036651&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138684064%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2Bhe0xR5ok21m8Hjc61DhukZYnPcnRyYLFsaSKJ%2FoMNM%3D&reserved=0) **| Registration Open Now** This course is designed for beginners, covering basic balance and maneuvering, as well as uphill and downhill travel through a combination of lecture and field practice. | | | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people on a mountain  Description automatically generated | |  |  | | --- | | A successful climb of South Early Winter Spire. Photo by Wes Thornton. |  |  | | --- | | **News & Notes** |  |  |  | | --- | --- | | |  | | --- | | **Election results are in!** Congratulations to Erik Jensen and Liz McNett Crowl, who were elected Foothills Branch Treasurer and Foothills Branch Board of Directors Representative, respectively. We appreciate their service and all who participated by voting. | | | | |  |  |  | | --- | --- | | |  | | --- | | A person wearing a hat and glasses  Description automatically generated | |  |  | | --- | | Erik joined The Mountaineers in 2022 to find a community of outdoor enthusiasts and to build his outdoor skills. Since then, he’s enjoyed many hiking activities and is currently a student in the Foothills Wilderness Navigation course. Erik volunteers with Washington Trails Association (WTA) and the Snoqualmie Pass Volunteer Ski Patrol. After retiring in 2022, he began looking for additional opportunities to help organizations that benefit the outdoor community. Erik views his role as Foothills Branch Treasurer as a way to get more involved with The Mountaineers while utilizing the skills he acquired over his extensive career in corporate finance. |  |  |  | | --- | --- | | |  | | --- | | A person sitting on a rock  Description automatically generated | |  |  | | --- | | Liz became a member of the Mountaineers in 2013 and became a Mountaineers volunteer in 2014. She has served as a leader, mentor, and instructor for several courses and activities, including hiking, backpacking, snowshoeing, naturalist trips, and urban walking for the Foothills and Seattle branches. Liz co-created Foothills GoHike course and was instrumental in helping draft activity standards and creating leadership training for Urban Walking, working through the process of creating the new Urban Walk activity category for The Mountaineers.  **Seeking Branch Safety Officer** The Foothills Branch Council thanks Danielle Graham for her service as Branch Safety Officer. As Foothills Safety Officer, Danielle promoted a culture of safety within the branch. She served on the Foothills Branch Executive Committee and represented the Branch in the Mountaineers Safety Committee, took the lead on all safety-related issues pertaining to the Branch, and mentored Safety Officers for the Foothills Activity Committees. If you are interested in serving as Foothills Branch Safety Officer, please email Branch Chair [Travis Vermeer](mailto:travisvermeer@gmail.com?subject=).  **Seeking Backpacking With Kids course leader** Thanks to Birgit Grimlund and co-leaders for another successful Backpacking with Kids course! This was Birgit’s last year leading Backpacking With Kids. We are seeking a new course leader who has personal experience backpacking with families or kids. The current course structure includes an online lecture, half-day skills carnival, and a series of family backpacks. There is room for the new leader(s) to create new structures or adapt ideas. Birgit is happy to share all course materials and many co-leaders are happy to support as well. If interested, please email Backpacking Committee Chair  [Christina Buckman](mailto:christina.buckman.2011@gmail.com?subject=). |  |  |  | | --- | --- | | |  | | --- | | Two women standing in a forest  Description automatically generated | |  |  | | --- | | **The Foothills Branch Hiking Committee** would like to welcome their newest hike leader, Jamie Shaffer. Jamie led her mentored trip at Lord Hill Regional Park on September 8, with Liz McNett Croll serving as her mentor.  **Construction at Cougar Mountain** There will be construction on multiple trails at Cougar Mountain from October - December 2024. Construction will include intermittent closures of sections of Mine Shaft Trail, Cave Hole Trail, Red Town Trail, Wildside Trail, Bagley Seam Trail, and Rainbow Town Trail. All other trails will remain open. Please follow all signage and instructions from crews for safety. |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | A person standing in a forest  Description automatically generated | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | Photo courtesy of Lori Heath. |  |  | | --- | | **Meet the Branch Council**  In our newsletter, we introduce you to the Foothills Branch Council members or activity committee chairs who make our Foothills Branch thrive. This month, meet Foothills Branch Secretary and Communications Chair, Lori Heath. |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Meet Lori](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f8cb51811d48c5e240fc0519082b100ce00eee348c3a7db1f37248ccdb46e8922a0d4f6e2637d8964b2d0b97fd4ee7fce7&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138700252%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=5C2aVuRals%2BzNvUQOj4ssrniqPcMiIgKMlh9kvjYQOw%3D&reserved=0) | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [www.mountaineers.org](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D5bd269ddd209c8f844df96bb729f7e24bd6084f9bd7f71a11c2a217a217139fdf835a6d6d4dd530575a44ba263382f429f34464faed57ac4&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138776243%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=0dehhdFjf0Z3k2G7Hr3MLyoN8gp7c%2F9GED6evXlLCvg%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%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd07230943a5ed1a6447d33cf607dc83ee92a2e9f2ce1ab65ea434fccbf7da1c27f44d0bc3bbc1704891a&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138791287%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=plOK8z9ZhC82iMajSABc25U7zGUanBm3VyR%2BNDD0Qf0%3D&reserved=0) | [Update Preferences](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd07230943a5ed1a6447d33cf607dc83ee92a2e9f2ce1ab65ea434fccbf7da1c27f44d0bc3bbc1704891a&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138806606%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=NoJpt449DADbw%2F%2B0AsMIf0obkGtsnx992s%2FhhZkP6vE%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%3D5bd269ddd209c8f8929fb0d8b0db19bf37ebf8160e66ba99c49a88f4b40cf9e6847549ae91f4316fbe09ebb9a8a135743e7ef6d0db1571db&data=05%7C02%7C%7C1ecd84677b3f43a8f1ab08dce7995f52%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638639893138821986%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=MCnCBaYEo3NrNEnAggmFSwgAaMm6DaAwCZspcUeyd%2Bk%3D&reserved=0) | | | | | | | |