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[join now!](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a573543ef66c5d58e4eb8dbc5e1f8b58b5e899b5a9caa21fbf5b8954b54891078a1b338b6fcb25570581f25b6c4f53d9d56e4&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176113213%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=FO2%2FYvbnpBI%2BswipJzJFQtlzNybjFV3SyvCMD7sgpDo%3D&reserved=0)               [view as a web page](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fview.s7.exacttarget.com%2F%3Fqs%3D34daf3be915b50e33b26569b542d559c01aed5e85ddbb601fc4a305d6882261059a835675e6eecb30140d1b82f293b494f02f7433a05bcd81af1d491d3ad4b5dc136349709621f8d8e8217aa6fe91651&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176126848%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=n%2BmNzWrHxDuw3%2FxIYhTDbfmha%2Bvzymk84yOiZ1HMAJc%3D&reserved=0)  A yellow rectangular sign with white text  Description automatically generated |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Happy September, Foothills Mountaineers!** | | | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | We hope you enjoyed our beautiful Pacific Northwest summer and found time to get outside and have some fun! As we head into autumn, the Foothills Branch offers plenty of [opportunities](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a573549144f754463926f48c29e9d4ca6f5294003ae3081b4833870d209aa238c19b98bad304f29b6eb8efefe3753517138bd&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176136692%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=EX15ZaMphXa9EjUdtzrM0imJxrnu3k2GDINnGS0M%2FW0%3D&reserved=0) to get outdoors and enjoy the beautiful fall weather. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | Mountaineers returning from a paddle around Burrows and Allan Islands. Photo by Doug Palm. |  |  | | --- | | **Events & Activities** |  |  |  | | --- | --- | | |  | | --- | | [**End of Summer Gear Grab**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a5735cbfd45e4a3fefc57367eb79698f217bce4c2829fc564ee916eeab741c0e828258c5821c3b8ddcfa81749da604c8d0fa3&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176143227%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=9vyi3fL7IImD0db5aBuY5ATu%2BJg%2B4L%2FwJYF%2FBnuKuDc%3D&reserved=0)**| Sep 10** Say goodbye to summer by unloading your extra outdoor gear or by scoring items on your fall gear wish list with our End of Summer Gear Grab. Members and non-members can stop by The Mountaineers Seattle Program Center on September 10 from 6-8pm to buy or sell their gently used outdoor gear.   [**Pasayten Cabin Volunteer Vacation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a5735660fe08689b2593cef2aad9288aa134fffcd875d6a98bdeaf3e7e6b3db7b39428d372bb280d54cdb7e1493b0acbc2000&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176149551%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2FyY6aNGfVK6520h9SC3IjLWBvmuVf2of0xOgTJAAx80%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%3D07807c69d24a57352d027672b945ec3fcb20b1828f6bbac1e0859873f76d75e22f899c379bd63c122f270925b1765112cb1363b1ee7b5029&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176157199%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=TIGeWkW9ntt6M8cTSA24WzCr0JpLFuzgC%2Bp1Yf0cnL4%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.  [***Freedom10***](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a573544bc3bdc6d158f70e08beb9e49b37cd937eadbe19cc5447795ed626cdcfbe7d24afe41242034d5be6b0f8b0684d29d81&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176163558%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=qBkCpVP5D9bRe59372Xqh0hwdDRslo4oE1aO8hzVxAk%3D&reserved=0) [**Launch Events**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a573544bc3bdc6d158f70e08beb9e49b37cd937eadbe19cc5447795ed626cdcfbe7d24afe41242034d5be6b0f8b0684d29d81&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176169815%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=uCEjzfEpWWr%2BOS4iLRismFM9T6DLAdgZRJVrcD62eAc%3D&reserved=0)**| Sep 23, 26** Join us Sep 23 at REI Co-op for a kickoff party and Sep 26 at The Seattle Program Center for a deep dive event to celebrate the launch of the 10th edition of *Freedom of the Hills*.  [**Foothills 2024 Scramble Celebration**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a5735c43c35f39dc890993bd5743841d735472fa366369f1bfe6151ebd0981505f637b175d88537a9607079f359023f42cdb0&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176176011%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=kknG5ph1IWSe1t7k4xYpk7eGJy2QyEh2CmWjaQRWlq0%3D&reserved=0) **| Sep 25** Get together to celebrate Foothills Scrambling graduates, leaders, mentors, officers, and volunteers.  [**Urban Walk - Centennial Trail**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a5735b47486e0735bcd57595c535caeacb344ae5886a3cf552fdcc077c6a2f16a98067976f4a8e8339ed54f4b8e18018046dc&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176182038%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=XvWwHjMqzlZegpBjuhKtlAtaL5hDn8bKaMTR%2BclvoP8%3D&reserved=0)**| Sep 28** Enjoy an all-day walk on paved Centennial Trail from Snohomish to Lake Stevens and back.  [**Foothills Branch Annual Celebration**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a57356fbbef38a8e75e22b29ee1ba0d5c69420be97fee9ca3c38ce7abb4002c131107aa6525a8f23150abb1e6daa72c67f79e&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176188264%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Ji%2FZu5CAmww%2FlZaF24KFJRyxMinaazHGHTz1C56k%2FLg%3D&reserved=0) **| Registration Opens Sep 30** Join us on November 17 at the North Bellevue Community Center to celebrate the accomplishments of the Foothills Branch in 2024, honor the Foothills Branch Service Award winner, and enjoy social time with friends.  [**Get-Together for Women/Non-binary Scramblers and Climbers**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a5735a8e0d5560b607e2f047eee5fc5ce96b0487e88f6e04abece696136b46c315e994da461d0aaf7e7879f6e60eea8fc20ec&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176194569%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=SI7bkz82JxY3itMSlDNVexF7ypHUNNHc6tcEewuel%2Fo%3D&reserved=0)**| Oct 2** Join us for a social get-together of experienced and aspiring women and non-binary scramblers and climbers. We'll share stories and experiences, make new friends, and learn about ways to get involved with Foothills scrambling and climbing.  [**Stewardship – Shadow Lake Nature Preserve**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a573593778849c7f0d11d79c7632654e6cc7817c48d2800cf0771ca3d59420bc4e15bfaaf14161133b6147b78f0bce2a08352&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176200807%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=PArjhqaUIKNCBGebCxtlcOWvmiVC9Q7M7MSAACHDLo4%3D&reserved=0) **| Oct 5** Help beautify the 120-acre preserve and wetland bog by maintaining trails, removing invasive weeds, and planting and pruning native species.  [**An Evening of Advocacy 2024**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a5735f4a9ad0f88058cba71049e81b86226579448ba780e26d361e086cda212b5b1a520f7051cee9845e25593ebf8005a96e5&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176207122%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=7c3i1LEHzscoudjTuZea9UA30UiYgPFXA1k0myWo4YI%3D&reserved=0)**| Oct 9** Join The Mountaineers at Westland Distillery for our signature fundraising event supporting our 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%3D07807c69d24a573560cb790010529102f24fdafd358a0bdf47cb6bcfa2f08a3b83618a63e601dd59b2c2a6e5263127bc6e79011ab98328dd&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176213385%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=YaqEHBTGkH0J%2BkwW3%2BnZoJFSMcSeTIxI5pxqaSgGtI0%3D&reserved=0) today!  [**Mountainfilm on Tour**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a5735bbb982a7a5fdd916177493894354bacf8cb1d76e594af4e151854db4eeaa7b7520d99913a7b6d8db24f041e6bfddc918&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176219671%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=0vHlNTWiY8GkVFT2ctgNLOjDT7tRdJAwfZOy90IkWUw%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.  [**Ian Cox Memorial Dick's-A-Thon**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a573561200ad82f23c5e94b340bc260d7bf595e3b2be65aeef67003b49e956be0604f8f3c6f7cd6c0708f27b23f9a5e2a3fcc&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176226276%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=J0PoptqIwWdNS7T4AYxf%2FalCqawCewhsQzXx37%2BD%2Buw%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%3D07807c69d24a5735991bbc21b043db4191a4431b526bb6fe6b1998434a0acd10df4a59820256f94b702b462300c41c2b9d34be00d77476a7&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176231997%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=bNKHpC6282YV4A0RucxslU2VxDyEKKviidIfg%2BCNa4A%3D&reserved=0) for full, half, and “victory lap” routes. | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A person sitting on a rock  Description automatically generated | |  |  | | --- | | Mountaineers take a breather on the summit of The Tooth. Photo by Chris Fairfax. |  |  | | --- | | **Courses, Clinics, & Seminars** |  |  |  | | --- | --- | | |  | | --- | | [**Adventure Writing Workshop With Charlotte Austin**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a57354f91eef3c3ddd698f0c1820ff5810ba6c934bf3eb2e4473b7ca9b6ad3f4208f73cc638a47da84ebb3b37b33954ede50d&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176238581%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=i7hKq71LLaUQzYQ8ow%2BpLWnhQ0a9tGo5GL74nkiq1eU%3D&reserved=0) **| Sep 25** Join acclaimed adventure writer and mountain guide Charlotte Austin at this unique workshop to hone your storytelling and adventure writing skills.  [**Leadership Development Series**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a5735192901c3deac522563282dbdc48a8aa01c60bc60f4c8304465433a61387ab0aee59417f40e2b8e78c5dd60d902de1949&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176244497%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Rj%2FgR0e1MGZmJTBmxwUCcfMCZxXRhpx470UKCF88KoM%3D&reserved=0) **| Starts Oct 2** Join us for a series of seminars, providing high-quality, continuing education opportunities for Mountaineers volunteer leaders.  [**New Hike-Urban Walk-Backpack Leader Seminar**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a573568048a8f44a19809fa0a170e4a17b82224fbc9ccea85d18b803187113ba634367d5c623b6764296578f7654af866aa88&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176250229%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=58uOj0EwTPul3Xkd9K4lnf68dLbik%2FWSujOfSa74FCI%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. | | | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A tent on a mountain  Description automatically generated | |  |  | | --- | | Photo by Tatiana Van Campenhout. |  |  | | --- | | **News & Notes** |  |  |  | | --- | --- | | |  | | --- | | **2024 Open Elections** Elections for the Board and branch leadership are here! Voting for members is open until September 22. The Foothills Branch will vote on the following positions:   * **Branch Treasurer,** serving a two-year term. * **Chair-Elect,** serving a one-year term as chair-elect, then two-years as chair. * **Branch Representative to the Board,** serving a one-year term.   Review the election email that landed in your inbox on September 1 for more details about the roles and candidates.  [**Learning About Native History and Culture**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a57359b66bf423b854388cf01524918797763877a73f06f9c88124dc23fc9d42cfb4ba2faadb616ca0e54182a9ef4f66c735e&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176256560%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=I3B8QeDmoavpGcN%2FXpIQzG4qZGS85UnoQTQMuB6fug0%3D&reserved=0) Conor Marshall, The Mountaineers Advocacy and Engagement Manager, offers personal reflections from taking the [Indian Country 101](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D07807c69d24a5735ddb8d2099901cb3ea4398a2737cc438445936a83aa12da3123f07224b360e58adcbacd8dfd6e64ea836bd041fdf57fa0&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176262845%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=7jxbxtpxijrtAFEj11pRXdrhbb5vx6BSWo%2F%2FJW%2BuR38%3D&reserved=0) online training series. Created by The Whitener Group and the Nature Conservancy, these courses are a valuable resource for all who wish to learn about Native history, culture, and tribal governments in Washington state and beyond, offering knowledge and understanding that can unlock deeper connection and belonging in the Northwest’s special outdoor places.   **Foothills Backpacking Committee Update** TheFoothills Backpacking Committee is pleased to welcome new backpack leaders: Andrea Shadrach and Jaye Sedlack. Thanks to Becca Watson and Michele Ritala for their mentorship.   **Yoga for Mountaineers** This summer, Michelle Peterson and Lori Heath led a series of outdoor yoga classes designed to enhance Mountaineers activities with a focus on strength, balance, and mindfulness. Michelle led ten sessions at Crossroads Park and Lori led three sessions at Lake Sammamish State Park, as well as two hikes on Cougar Mountain that culminated in an outdoor yoga session at Million Dollar View. Lori hopes to lead a few more outdoor yoga sessions and hikes this fall. Please email [Lori Heath](mailto:lorieheath@live.com?subject=) if you're interested in learning more about Yoga for Mountaineers. | | | | | | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [www.mountaineers.org](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D70261e2a1e2f685deef370ff6cb0152e3a1491f8dca04a2859d3653fe40018adba806fbafb7374c730c8148058bdc61dfb9daee96eb629f3&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176293189%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=OsnGHE6SLe6DLSeyh%2BK%2FWDSOuAkI6VnGFdkXOMLWp5U%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%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072f861dab45e21baded08884cae944596a6904f8cf709f72e55f6b13dab70f927f488578c32b7e9a26&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176299103%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=DMyFI9VNGe3N8WBGNrUXVG8wgl3XcE1uJ1H0VIy0tt0%3D&reserved=0) | [Update Preferences](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072f861dab45e21baded08884cae944596a6904f8cf709f72e55f6b13dab70f927f488578c32b7e9a26&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176304651%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=jGsVn4F2swIla1mLYR5BckCx2Hb2sqjpSVmcTK%2F7bGw%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%3D70261e2a1e2f685d5f441548be62f90049f4b286a85e0c802b5c82ee719388ef67493bd11ca737eeb299a7258568121386382cfbc51de044&data=05%7C02%7C%7C1fbcc422c698451f5bd708dcd0066831%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638613973176311847%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=hE2agDhyjmANwE3tNzzAuL2xJXoVKlgKFUQCQmLVKq8%3D&reserved=0) | | | | | | | |