

# Mountaineer

E X P L O R E • L E A R N • C O N S E R V E



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Raising Conservationists PAGE 22

Wild Skills and Girafficorns  
SheJumps Disrupting Norms PAGE 26

Modern Outdoor Romance  
Finding Love in The Mountaineers PAGE 30

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Summer 2016 » Volume 110 » Number 3

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.



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*Mountaineer* uses:



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## Discover The Mountaineers

If you are thinking of joining — or have joined and aren't sure where to start — why not set a date to Meet The Mountaineers? Check the Branching Out section of the magazine for times and locations of informational meetings at each of our seven branches.

**on the cover:** Gwen and Stephen Sherman. *story on page 30*  
**photographer:** photo courtesy of Stephen Sherman

## Opportunities bringing us together



When my kids were in 8th and 9th grades, I had the opportunity to move to southern Germany to lead the integration of a recently acquired company with a multi-national parent company. I was excited about this possibility, and, as an army brat, my wife viewed it as another adventure. To our surprise and pleasure, our two children were also intrigued with the prospect, and the family moved to Baden Württemberg the next summer. Somehow I convinced the headmaster of the local German gymnasium, the college prep high school for students in Germany, to accept them as students despite their lack of language proficiency. They spent their summer living with a German family on the north side of Lake Constance intensively studying German in preparation for the upcoming school year as a freshman and a sophomore in high school. Needless to say, a single

summer of language learning is scant preparation for a demanding curriculum including such subjects as ethics and philosophy! As is common for acquisitions, my intended three or four-year stay in Germany was reduced to one year before I was relocated to California, and their struggle with achievement in their coursework was mercifully cut short.

Out of this experience, however, came great personal growth for everybody, and the strength and unity of our family was obvious. Through the necessity of sharing challenges and adversity together, each family member was able to contribute unique strengths and benefit from receiving those of the others.

The Mountaineers is now putting this dynamic of unity to the test. Last summer, the board embarked on the task of filling the chief executive position following the departure of its transformative leader of six years, Martinique Grigg. We decided to bring Mountaineers programs and its publishing arm, Mountaineers Books, under a single chief executive. Both have strong brands, each with distinct users and stakeholders, and geographic scope.

We asked ourselves: Could the strength and reach of the voice of Mountaineers Books be more optimally harnessed to diversify teaching methodologies and expand the universe for program delivery? Could the 110+ years of experience present in Mountaineers programs be more integrated into publishing content? Could a collaboration between programs and publishing more effectively promulgate the mission of The Mountaineers? Yes, yes, and yes was the determination of the Board of Directors, and the search was undertaken to identify and attract a CEO to unify two strong brands into a more robust and complete organization.

We've hired Tom Vogl, the leader who we believe will guide The Mountaineers on our next transformation. By bringing together the diverse and unique competencies of both programs and publishing, working through shared challenges, and celebrating mutual successes, we believe The Mountaineers will emerge as a unified entity greater than the sum of its parts. In many ways, The Mountaineers is one big family, and I know that when families struggle together, draw unique contributions from its constituents, collectively solve problems and seize opportunities, great things happen.

**Geoff Lawrence**  
Mountaineers Board President



The Mountaineers is a non-profit organization, founded in 1906 and dedicated to the responsible enjoyment and protection of natural areas.

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## Refreshing Outdoor Skills

This spring, I took my fourth Mountaineers course. I chose something I never truly felt comfortable with (but everyone thinks I am): rock climbing. I love snowy alpine climbs and scrambles, but usually when I get to rock, I hold my breath and follow others, hoping I don't look like a fool, while sometimes panicking inside.

It was a great opportunity – I learned top-rope belay skills in a comfortable setting, both indoors and out. I got to climb at Exit 32 and Vantage with an amazing instructor. I wanted to feature him in the magazine, but he politely declined because the Intro to Rock course that he instructs always has such a long wait list.

All of The Mountaineer courses are instructed by passionate volunteers. If you're a lead climber and have some extra time, think about volunteering and teaching a rock course, or helping out with one. It's another great way to meet people and refresh your skills.

Meeting people and coming together to enjoy the outdoors is a big theme in this issue. Our cover feature is about couples that met and fell in love in The Mountaineers. One of these couples, Tim and Masako Nair, introduced me to longer backpacking trips five summers ago.

We also have a story about raising kids to be more considerate of the environment by Dierdre Wolownick, mother of climber Alex Honnold. It's not just a fluke that both her kids grew up to be such passionate conservationists.

And if you notice a lot of kids around the program center, they're not just our summer campers. The Mountaineers partners with organizations like SheJumps, a nonprofit that helps women enjoy the outdoors. Read about their program, Wild Skills, that teaches outdoor survival skills to young girls on page 26.

We have a fourth feature about how tech is shaping the outdoor recreation landscape here in the Pacific Northwest. It's written by Leone Kraus, a new member of our development team who also leads the Seattle chapter of a global group connecting diverse audiences in tech.

This issue also has two introductory columns: Leader Lines and Voices Heard. Leader Lines is an extension of our Outdoor Leadership Conference that we have every year - featuring a different outdoor leader every issue. For this issue, we interviewed John Abel, longtime instructor for the National Outdoor Leadership School (NOLS) and a popular presenter at our leadership conference for the past two years.

We're particularly proud to have Glenn Nelson on board as a new regular contributor, with his own column, Voices Heard. He is a writer for High Country News and the founder of TrailPosse.com, a news site dedicated to covering race, diversity and inclusion in the outdoors. In this issue, he tells the story of Dr. Carolyn Finney, author of "Black Faces, White Spaces," and reflects on his own experience of getting outside with multicultural groups.

Another theme in this issue is unity – particularly in the context of bringing people together in the outdoors. With that, I challenge you, the reader, to bring someone outside this summer who has never been, or who doesn't usually go. As Helen Engle, a legendary female Mountaineer, points out in her interview on page 47, people won't protect something if they don't know it exists.

Suzanne Gerber, Publications Manager

## Announcement from the Board: Annual Meeting on September 20, 2016

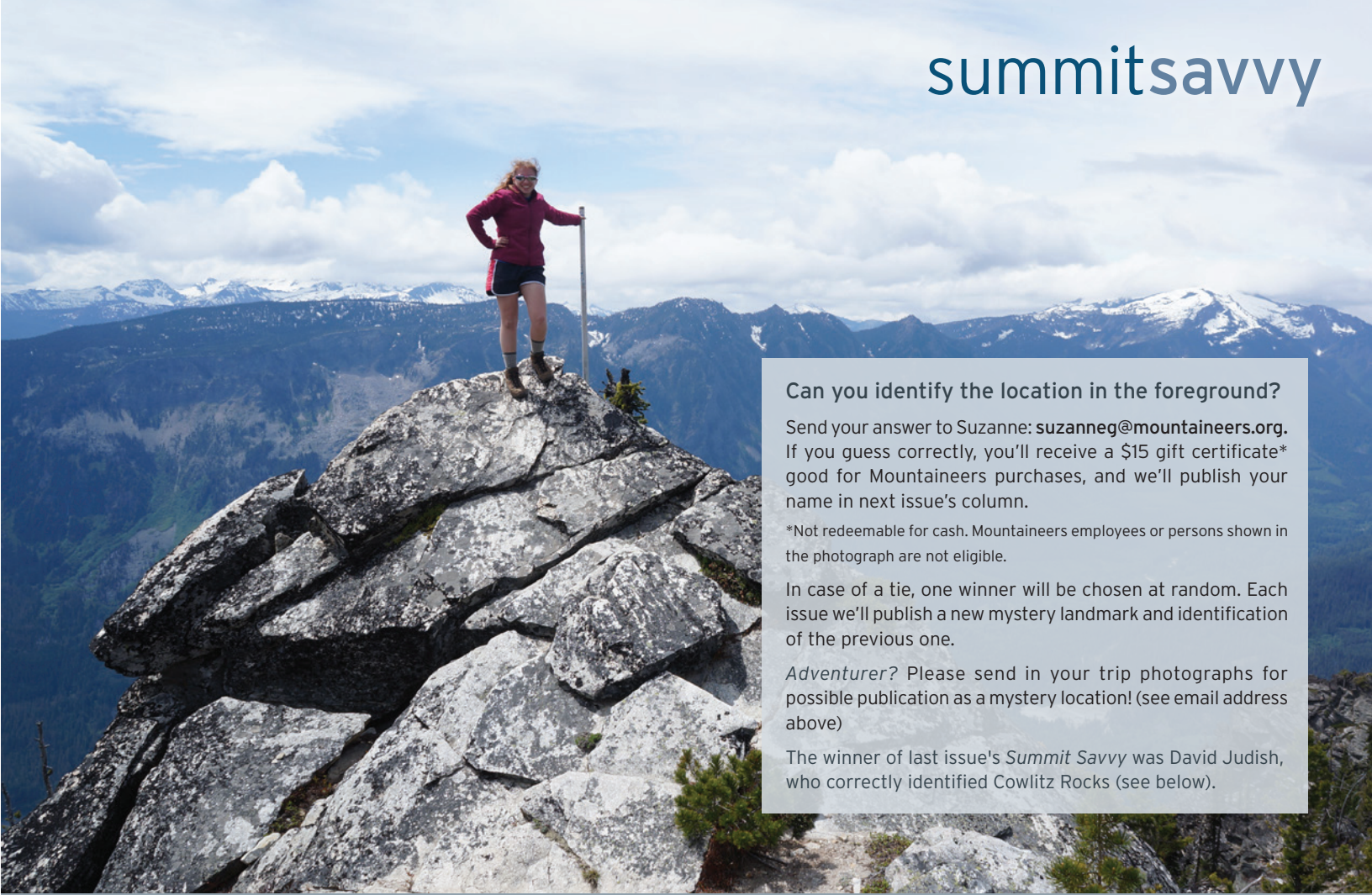
**2016 Mountaineers Annual Meeting**  
The Mountaineers Seattle Program Center - Magnuson Park  
Tuesday, September 20, 6pm - 7pm

Join us for The Mountaineers 2016 Annual Meeting and hear about the state of affairs of The Mountaineers from staff and board members. Enjoy a lively presentation and learn more about the inner workings of the organization. You will be presented with the board endorsed list of Directors at Large candidates, and there is also an opportunity to nominate candidates from the floor per our bylaws. And there will be ample time for questions.

Take a moment to review proposed amendments to The Mountaineers bylaws, which will be voted on in the fall election: [www.mountaineers.org/proposed-amendments-to-the-bylaws](http://www.mountaineers.org/proposed-amendments-to-the-bylaws)

Once board candidates are chosen, an email will be sent to membership for general elections.

**Please note:** Anyone with a Comcast email (or anyone else with non-functioning email for Mountaineers mail) should stay tuned to the website, starting after the annual meeting, for instructions on how to vote by regular mail in the event they don't receive an emailed ballot.



## Can you identify the location in the foreground?

Send your answer to Suzanne: [suzanneg@mountaineers.org](mailto:suzanneg@mountaineers.org). If you guess correctly, you'll receive a \$15 gift certificate\* good for Mountaineers purchases, and we'll publish your name in next issue's column.

\*Not redeemable for cash. Mountaineers employees or persons shown in the photograph are not eligible.

In case of a tie, one winner will be chosen at random. Each issue we'll publish a new mystery landmark and identification of the previous one.

*Adventurer?* Please send in your trip photographs for possible publication as a mystery location! (see email address above)

The winner of last issue's *Summit Savvy* was David Judish, who correctly identified Cowlitz Rocks (see below).

## Last issue's summit savvy: Cowlitz Rocks

A winter goal for skiers, snowshoers and scramblers, that starts at the Paradise Visitor Center of Mount Rainier National Park. This moderate 8 mile trip, with 2,400 feet of elevation gain, has open 360-degree views of the glaciers of Mount Rainier, the Tatoosh Range and other nearby peaks.

**Activity Type:** Scrambling, Skiing/Snowboarding, Snowshoeing

**Seasons:** Winter - early spring

**Length:** 8.0 mi

**Elevation Gain:** 2,400 ft

**High Point:** 7,450 ft

**Trip report by Sherrie Trecker from April 30, 2016:** A bluebird day on Mount Rainier! Now that the Longmire gate is open 24 hours, we were able to make an earlier start, leaving the Paradise parking lot at 8 a.m. We made it to the summit of Cowlitz Rocks by just after 11 a.m. without issue, taking several breaks to enjoy the views and change clothing and footwear. We used microspikes at first on some steep, icy terrain, but could have done without them. At about 5800' we were postholing enough to put on snowshoes, and wore them from that point onward. We crossed the creek fairly early, at 6200', where the snow over the creek was still solid, so we could traverse the west facing slopes rather than the east facing slopes, which had evidence of several recent slides. On the final ascent to the summit, some of us took out our ice axes and helmets and practiced rest stepping



Cowlitz Rocks. Photo by Ida Vincent

to the top. The top was mostly bare of snow, but there were certain areas where the cornice was still present. We stayed on the bare rocks and avoided the snow completely, hanging out for about an hour. Most of us opted to glissade down from the summit for about 400'. Barely worth the glissade from a timing perspective, but it was good practice and a lot of fun! We were back to our cars at about 2:30 p.m.

Read this report and more on [www.mountaineers.org](http://www.mountaineers.org) under Explore > Routes and Places > Cowlitz Gap & Rocks (winter).

# I choose Hilleberg tents. Because life is too short to stay indoors.



## Randy Ternes

Retired Aerospace engineer. Epitome of an outdoor enthusiast: Kayaker, mountain biker, and skier, but primarily a tenaciously passionate backpacker. Uses, among others, the Hilleberg Enan.



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**Name** Juliet Liu

**Hometown** Seattle, WA

**Member Since** September 2006

**Occupation** Internist (doctor for adults)

**Favorite Activities** trail running, scrambling, rock climbing, mountaineering

Juliet enjoying a scramble in the Cascades. Photo courtesy of Juliet Liu

### How did you get involved with The Mountaineers?

I joined within months of moving to Seattle. I was hiking and trail running on my own. I was surprised to find out that there was still snow in the mountains even in April and May. I took a navigation class in 2012 and found out that dozens of other people in the class were doing this thing called scrambling. I had to wait a whole another year to sign up for the scramble course. I loved it. I decided to take Basic Climbing without really knowing beforehand whether I would like roped climbing or not, but I wanted to try it. Now I'm in Intermediate Climbing and taking the Crag class.

### What motivates you to get outside with us?

Amazing microenvironments from sagebrush deserts to deep snow fun. A great mix of people – some of whom are now my closest friends and also new enthusiastic people that I haven't met before. Leaders who have been universally encouraging and knowledgeable and just fun to be around.

### What's your favorite Mountaineers memory?

I don't have a favorite because there are so many. To name a couple from my first year of trips with The Mountaineers: Guye Peak, east route with Craig S. and Del Campo with John Gilbert. My basic SIG with Doug Payne has been a big influence on my life.

More recently, as part of the crag class, crack climbing the columns in front of The Mountaineers. Crack climbing has been a mystery for so long and through the patience of the instructor and my belay partner, I figured out what it's all about – and it was fun!

### Who/what inspires you?

People who volunteer so much energy and time: leaders, volunteers at field trips. I've learned so much from everybody. Besides the leaders already mentioned, Dave Morgan and Stephen McKim have spent quality time teaching and inspiring me. I've learned there are other like-minded people who will actually gather at a Park and Ride at 5:30am for an adventure and it's SO worth it once you start hiking/climbing.

### What does adventure mean to you?

After dreaming up a plan, doing all the prep on the route and weather, gathering a group of people together, thinking you can most likely physically do it... well you just can't learn anymore about it until you go out and see and do it for yourself. Even if it's a place I've been to before, the time of year is different, the people I'm with are different, I'm different. So it's a new adventure every time.

### Lightning round

**Sunrise or sunset?** Sunrise.

**Smile or game face?** Smile.

**Happy Place?** Finding the flow running/hiking/climbing and everybody I'm with is having a good time, marveling at the scenery on a sunny day.

**Post-adventure meal of choice?** Swiss mushroom burger with fries. I tried on a post-Mountaineers adventure to not order the fries, and halfway through the meal, I ordered them....

**If you could be a rock star at any outdoor activity overnight, what would it be?** Alpine rock climbing.



## Next Child in the Woods

by Craig Romano, guidebook author

Craig and Giovanni, Evergreen  
State College Beach Trail  
Photo by Heather Romano

**A**t age 18, I rode a bicycle around the United States. At 20, I road a bicycle across the country once again – and half-way across Canada. I then spent the next three decades hiking and backpacking all over North America – South America too – then off to Europe and a little of Asia as well. I worked in the Pyrenees as a guide, the White Mountains as a backcountry ranger, and a ski bum back east and out west – ran marathons and ultras including Boston and the White River 50-Mile – which I did to celebrate my 50th birthday. I hiked more than 25,000 miles in some spectacular settings – the Grand Canyon, Lost Coast, Iceline, Chic Chocs, Kluane, Torres del Paine, Breche de Roland, Stromboli, St. Helens, and Suraksan. Happily married and living life to its fullest – there was still something missing. And it was a big void.

I became a dad in my 50s. After a couple years of heavy self-reflection and soul searching – spending miles on the trail alone will do that to you – I realized I didn't want to go through life without this amazing life stage: parenthood. And now, not even two years into this stage, I can't imagine life without my son.

I can't believe I almost chose a path that didn't include him. And I can't believe that despite all of my past adventures and achievements, my life now contains so much more wonderment, contentment – and challenges. And one of the biggest challenges

that my wife, Heather and I have accepted is to make sure that our son Giovanni will not be, with respect to Richard Louv, "the Last Child in the Woods."

I have my mother to thank for introducing me to the woods. I spent my first eight years in Bridgeport, Connecticut – an industrial city 50 miles outside of New York City. In those early years, my mother enrolled me in a nature program at a science center just outside the city. My parents took me to state parks and nature preserves too, where I bonded with the natural world. I quickly grew fond of the outdoors and yearned for a life in the wild rather than in an urban jungle. When I was 8, my parents moved us to a small town of 3,000 in New Hampshire surrounded by woods to explore. I had found heaven!

I quickly adapted to the lifestyle I yearned for – nature boy. You couldn't get me out of the swamps and the woods – and there was no parental supervision either. It was just me and my free spirit blazing trails and heading deep into the New England wilderness. Or at least that's what it felt like to a young boy with an insatiable wanderlust. No one to protect me from yellow jackets, water snakes, snapping turtles, poison ivy and poison oak. Nope, I learned about them all the hard way – and my love for the outdoors continued to grow. I learned about the birds and the bees by catching copulating toads. I learned about life



and death observing the beauties and harshness of nature. I learned that the natural world made sense – the human world often did not.

Unlike so many kids today, you couldn't get me to play indoors – no matter the weather and time of year. My small-town life in rural New Hampshire made all of the difference to who I am today and to the path in life I chose to follow. And I want my son to have the same outdoor opportunities I had – and to live a life that I believe is far more fulfilling, meaningful and spiritual than one achieved in the city and through materialism. I know I am up against great odds as our population continues to grow ever more urban, sedentary and wired. And the last one worries me the most.

Today's youth, with their copious gadgets, may be connected to the world – but they're often disconnected to the community around them. They might explore the Amazon rainforest in a virtual setting, but not the park just down the street in the flesh. They may know a lot about deforestation, but have never stepped foot in an actual forest. They know all about global climate change and its effects on the polar icecaps, but so little about the ecosystems in their own backyards and how to make the community around them a better place.

Our son is not being exposed to any screen time during these formative years in his life. But we are over-stimulating him with nature, outdoor activities and a healthy lifestyle. I have taken him on close to 100 hikes so far. On my back we have explored alpine meadows in Mount Rainier National Park, desert landscapes in Joshua Tree National Park, and dramatic shorelines in Acadia National Park. We have not watched one cartoon together, but we have watched countless deer, eagles, rabbits, herons, frogs, and a myriad of other critters – even a bear – during our outdoor excursions. We haven't been to Disneyland, but we've been to four national parks, and countless national forests, national wildlife refuges, state parks and nature preserves. We want our son to grow up with a love for the outdoors and a healthy lifestyle. We want activities like running, hiking, and camping to be normal to him – how life should be lived.

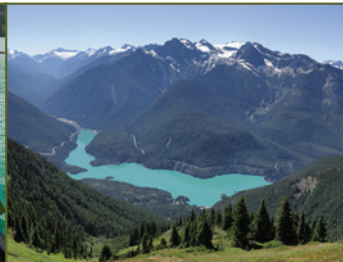
Of course there are no guarantees on how our little bundle of joy will turn out as an adult. But we know that we must constantly model the lifestyle we would like him to pursue and to reinforce the conservation values and wilderness ethics we would like him to have. We know it's done through discovery and play and a little bit (OK, a lot of) guidance. And all of that discovery and play has helped me to once again see the natural world through the eyes of a child. A time when every new revelation – no matter how common and banal we may have come to think of them now – is special, enlightening and life-changing. There's nothing like seeing the ocean again for the first time, or noticing once again for the first time the intricacies in a tree's bark, or hearing yet once more for the first time the piercing whistle of a marmot. It does a soul good to be in touch with his inner child. And it does the world good to bring up the next child in the woods.



Giovanni discovers a leaf, Harris Center for Conservation Education in New Hampshire. Photo by Craig Romano

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## A Comet, a Park, and a Point

by Mickey Eisenberg, Gene Yore, and Steve McClure

*Comet Falls by Bill Fortney*

Mount Rainier National Park is filled with glorious places to visit. Its visitors justifiably flock to the well-known destinations: Sunrise, Paradise, Camp Muir, Summerland, and Spray Park to name just a handful. But there are dozens of other wonderful places—less well known and perhaps a bit more difficult to find—that have a beauty all their own. Longtime Mountaineers trip leaders, Gene Yore, Mickey Eisenberg and Steve McClure call these places “Our Secret Rainier.” This is the twelfth of a periodic installment from Gene, Mickey, and Steve on these unique and hard-to-find gems in the park.

### Comet Falls

Many visitors to Rainier have visited Comet Falls - one of the more impressive falls in the park. If you haven't been there, we highly recommend a visit. And continuing farther up the trail leads to two lesser-traveled spectacular places within the park.

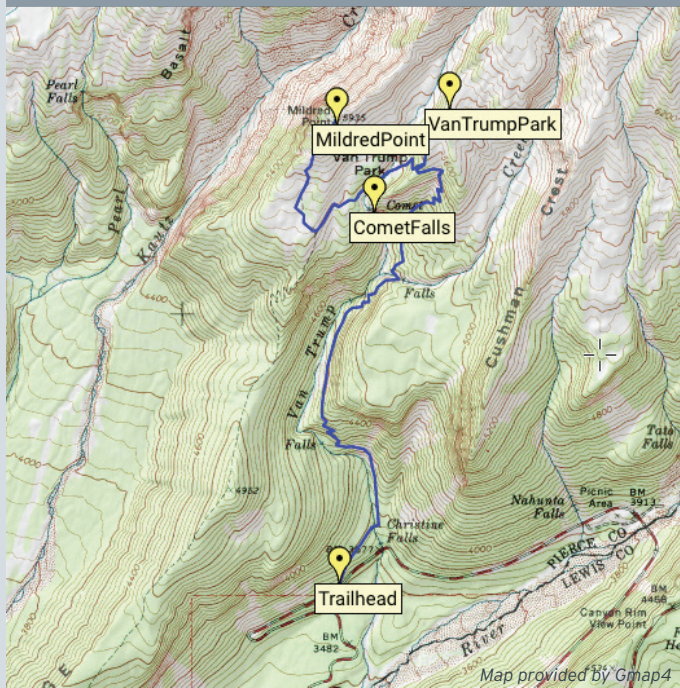
### Van Trump Park

One of these is Van Trump Park, one of ten named “parks” within the National Park (the others are Grand, Moraine, Vernal, St. Andrew, Berkeley, Seattle, Cowlitz, Mist, and Green). The term park is meant to convey a grassy, relatively large flat area profuse with wild flowers in the summer. Each of the ten is worth a visit. Van Trump Park is named after P. B. Van Trump who along with Hazard Stevens made the first ascent of Mount Rainier in 1870.

### Mildred Point

Another mile of modest hiking leads to the spectacular Mildred Point. There is a trail and well-worn foot patch leading directly to the destination. Mildred Point has a “take your breath away” view of several glaciers on the SSE flank of the mountain.

## Comet Falls, VanTrump Park and Mildred Point



## Route Descriptions

**Route Description to Comet Falls:** From the trail head, hike north 1.8 miles to Comet Falls. *Note: It's possible to leave the trail and hike reasonably close to the bottom of the falls.*

**Continuing on to Van Trump Park:** Continue on the trail half a mile past Comet Falls to a trail on the right (heading north), elevation 5500 feet. This trail is well maintained for the first half-mile and remains decent for another mile. Flowers abound in summer. Continue heading north through Van Trump Park though the trail will become obscure as you progress northerly. Continue hiking until either snow conditions or fatigue lead you to turn around. The route through Van Trump Park heads in the direction of Camp Hazard (11,400 feet), which is on the Kautz Glacier climbing route to the summit of Rainier.

**And on to Mildred Point:** Continue past the turn off to Van Trump Park and descend approximately 200 feet southwest to Van Trump Creek. Cross the creek and continue SW until reaching a fork in the trail (5400 feet). Turn right at the sign and continue to Mildred Point (5950 feet). The distance from the Van Trump Park turn-off to Mildred Point is 1.1 miles. Mildred Point is a great spot for lunch and mountain gazing.

	Comet Falls	VanTrump Park	Mildred Point
<b>Skill</b>	easy hike	moderate hike	moderate hike
<b>Beauty</b>	wow!	alpine meadows	wow!
<b>Effort</b>	2 (out of 10)	3+ (out of 10)	3 (out of 10)
<b>Distance RT</b>	3.6 miles	5.6 miles	7 miles
<b>Elevation</b>	800 feet	3,000 feet	2,900 feet
<b>Time RT</b>	3 hours	6 hours	6 hours
<b>Season</b>	late spring - fall	summer	late spring/summer
<b>Equipment</b>	hiking gear	hiking gear	hiking gear



View of Rainier from Mildred Point.  
Photo Mickey Eisenberg



Comet Falls. Photo Mickey Eisenberg

**Driving Directions:** From the Nisqually park entrance drive 10.1 miles east then northeast to the Comet Falls trailhead. Parking is on the left side of the road.

## Want to learn more?

In addition to the 14,411-foot summit, Mount Rainier National Park has over 100 other climbable peaks. While most are scrambles (and a few are climbs), there are 15 peaks that are reachable as hikes. Route descriptions, tracks, and maps are provided in *Guide to 100 Peaks at Mount Rainier National Park*, available as an enhanced iBook for the iPad on iTunes and in tablet eBook and smartphone eBook by Mountaineers Books.

The Rainier 100 has become a favorite among Mountaineer peak baggers who will be gathering for their fourth annual celebration on Saturday, March 4, 2017, at 6pm at the Seattle Program Center.



# Gamify Your Hikes

## Making family adventures fun for everyone

by Courtenay W. Schurman, MS, CSCS

Courtenay's daughter (third from the left) and friends at Mason Lake. Photo by Courtenay Schurman

**O**ur twelve-year-old daughter loves to pester us with, "Are we there yet?", "How much longer?" and "Can we take a break?" when we go on hikes. The solution? Bring a friend her age. If that strategy fails, we try to include a cool distraction like having a scavenger hunt, finding a geocache, playing in a snow patch, or identifying birds or plants. I recently stumbled on another technique you can add to your repertoire of distractions that can also work great on your pack carrying workouts. I call it "Gamify." All it requires is a pair of dice and some creativity.

To play, be sure each hiker has a body-friendly backpack (i.e. load each with several water bottles or Ten Essentials; avoid weight plates, dumbbells, or rocks as they concentrate the load in too small an area.) Try this game on local neighborhood walks to get your kids' legs ready for carrying a pack, or simply infuse hikes with the movement challenges below. The next time they ask "How much farther?", have them roll the dice and do the number of repetitions for the movements below.

### Gamify Strength Moves

**Warm-up (3-5 minutes):** Before you break out the dice, be sure everyone has had a chance to get warmed up. That can be as simple as five minutes of walking at a comfortable pace.

**To play:** To help build strength endurance, alternate between 2-5 minutes of walking or hiking and 1-2 strength exercises, repetitions indicated by the number of dots on two dice. Be creative with your suggestions. If a child rolls snake-eyes (two) have them do tuck jumps (without a pack) bringing their knees up to their chest as high as they can. If they roll twelve, suggest a "potty squat" with a pack on, i.e. sit butt down to heels as low as possible and stand back up. Have them jump off logs, do pushups, or hold a low squat for time for smaller numbers; they can do jumping jacks, air punch (imagine a punching bag) or torso twists for larger numbers.

**Suggestions:** The fewer the repetitions, the harder the exercise should be or you can have them do the move with their pack on. If you are walking in town and come to a playground, while they do monkey bars, swings and slides, drop your own pack and roll to see how many hand-over-hand climbs or pull-ups you should try. Perform multiple muscle group exercises for the most benefit, using your pack for resistance whenever possible. Suitable gym-style movements include deadlifts, 1 or 2-arm pack rows, squats, shrugs, 1 or 2-legged calf raises, step-ups (onto a stair, curb, or rock), pushups, and step-downs. The more creative you are with this, the more fun you (and your kids!) will have.

### Gamify Cardiovascular Training

Similarly, use dice and a watch with a timer to infuse fun into your in-town, pack-carrying aerobic training. "Gamify" uses the theory of "muscle confusion." In other words, using unpredictability to change up your workouts, making them more physically challenging and mentally engaging.

On a midweek pack workout, walk to a local hill or set of stairs. Roll the die or dice. Set your watch for the number of minutes you roll and go hard for that amount of time, up and down the stairs. Start with a total of roughly twenty minutes of work and add gradually until you can complete 45 minutes. Make up your own rules too. For instance, if you roll a double at any time, remove five pounds from your pack. If you roll the same number twice in a row, have a water break. Include stretches for the calves, hips, lower back, quadriceps and hamstrings at the end of the workout. Above all, HAVE FUN.

*Courtenay Schurman is an NSCA-CSCS certified personal trainer, Precision Nutrition Level 1 Certified nutrition coach, and co-owner of Body Results. She specializes in training outdoor athletes. For more how-to exercises and tips, visit her website at [www.bodyresults.com](http://www.bodyresults.com) or send a question to [court@bodyresults.com](mailto:court@bodyresults.com).*

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## NOLS Leadership An Interview with John Abel

by Chris Williams, Mountaineers Leadership Development Manager



A portrait of John Abel outside of The Mountaineers Seattle Program Center. Photo by Suzanne Gerber

*Introducing a new column in the Mountaineer: Leader Lines. In this inaugural column dedicated to promoting outdoor leadership, Chris Williams, our Leadership Development Manager interviews longtime NOLS instructor, John Abel. John presented at last year's Mountaineers Leadership Conference and has been a NOLS instructor since 1991. He has a Masters in Leadership and Organizational Development from the Leadership Institute of Seattle. Since 2010, he has worked primarily for NOLS Professional Training, teaching leadership seminars for NOLS Instructors, and facilitating various leadership training programs for NOLS organizational clients.*

**Chris:** You've taught leadership courses at NOLS for over 20 years, and received great feedback from last year's Conference. You've discussed and taught the different roles and skills someone in a leadership position can use, but what have you found, if anything, that helps a person start seeing themselves as a leader in the first place? Are there any insights you can provide that help people transition into seeing themselves as "leaders" for the first time (rather than "students" or "participants")?

**John:** Role modeling and mentoring are particularly important for people who don't see themselves as leaders, or question if they're ready to step into a leadership role. Many times when people don't think of themselves as leaders it's because they have a strict concept of what a leader must be (usually loud, social, and directive), and they don't see themselves as naturally

that way. If they can see a role model with a similar personality to theirs (and perhaps a more developed outdoor skill set) they watch that person lead, and think, perhaps for the first time, "Wow, I can do that too."

Similarly, a mentor can help a developing leader by providing honest feedback while directing the new leader to smaller leadership opportunities to boost their confidence. Even small leadership asks that get people using their voice to a group, like, 'could you study the map and explain tomorrow's travel day to everyone?' can make a big difference. Often when someone we look up to expects leadership from us, we begin to act like leaders.

**Chris:** By using a word like "leadership," do you think that certain types of personalities are attracted to such positions just because of their title? Do you see any ways to prevent putting people in these positions who only want the 'glory' but aren't interested in the burdens?

**John:** I think you need three things to do this: clear qualifications, clear expectations, and careful observation. Qualifications and expectations let people know upfront that the 'glory,' for those who seek it, comes with a requirement of serving one's participants and the greater organization. Qualifications and expectations should be a public and unambiguous list of desired skills, behaviors and attitudes that support the type of leader (and participant outcomes) that you want. For example, 'works patiently with less skilled/fit participants,' and 'adapts

style to teach inclusively to all types of participants,' are great expectations for an outdoor leader. You also need a sufficiently robust selection and observation processes to enable you to identify and coach your glory seekers. Often these people can become great leaders and teachers once they learn that sharing what they know can be even more rewarding than showing what they can do.

Chris: Do you have thoughts about mandated volunteering requirements or other recruiting techniques that have the potential to undermine healthy leadership styles? I'm not suggesting that mandated volunteer requirements are inherently bad, but what are your thoughts on them?

John: The potential problem I see with mandated volunteering is that it might put people into leadership positions that they don't really want, or even resent having to take on, and their performance may reflect that. A program that assigns positions of leadership needs to be very clear about what it expects from people, and what it will provide them in return, just like a job. If I agree to a set of terms that I fully understand, then fulfilling them is a way of honoring my word, whether I get paid or not.

At the same time, almost paradoxically, a program must be able to both enforce its standards when it needs to, and flex them when it's not getting enough (or the right kind of) volunteers. This requires regular communication between the program and its volunteers. If you can't find people to take on leadership roles, or chores for that matter, it could be symptomatic of another problem somewhere else. Perhaps the people you're asking to lead don't see the connection between the work and the goals they value. Perhaps it isn't what they were expecting,

or they don't fully agree with the goals you're asking them to support. Maybe the organization lacks alignment around who it is and what it's really trying to accomplish. In any case, low enthusiasm among volunteers could be a sign that the whole organization needs to have a larger conversation.

Chris: Do you have any examples of such pitfalls that you can describe for us?

John: A while back at NOLS we established qualifications and expectations for instructors working various course types. One requirement we had for climbing said that instructors must be able to climb 5.8 – a modestly challenging level that novices might struggle with. We got a lot of people who had only climbed a few 5.8s, on short, well-rehearsed routes in fairly controlled situations. This was less than we were looking for because our climbing instructors often work with inexperienced students on long, unfamiliar routes with unpredictable variables such as loose rock and mountain weather.

This led to a lot of frustration for everyone, and generally safe but less than optimal outcomes. In the end, we changed our expectation to read, "climbing instructors must be able to on-sight lead and manage up to three students on grade III 5.8 routes in the locations they're hired to work." This let instructors know we expected them to teach and lead on remote routes that could take several hours to complete, and as a result they self-screened more effectively. All it took was a clearer expectation to make everyone happy.

The pitfalls of ambiguous standards, and lack of standard enforcement apply equally to volunteers and employees.

[story continues >>](#)



John (right) instructing a course at NOLS. Photo courtesy of NOLS

**Chris:** On the other end of the volunteer experience, how do you talk to people who are already leaders but may not be enjoying the role anymore? What advice do you have for keeping yourself motivated and/or transitioning out of leadership positions?

**John:** This is a tricky one. Sometimes people stay in leadership roles after their excitement and learning have waned. Often they do this because the role of 'outdoor leader' has become part of their identity, and they don't want to give up a piece of who they are. It can be an emotional issue for everyone involved. I think you need several things to be successful here. First, you need clear expectations that say, "if you're not willing to do a, b, and c, we'd prefer that you don't lead for this organization," and these expectations should be broad enough that they cover things that an instructor who's no longer willing to give their best might no longer be doing.

Second, you need an evaluation system that's honest enough to identify mediocre performance, while still being fair enough to provide room for leaders (even veteran ones) to learn and grow. This is more difficult than it might sound; fostering honest feedback might require changing an organization's culture.

Third, someone in administration needs to have a conversation with people that the evaluation system identifies as mediocre performers, even if they've been stellar performers in the past. This part is particularly difficult (as if the other parts were easy!).

**Chris:** Any tips on how to have those difficult conversations successfully?

**John:** In any challenging conversation, I have found a few things to be particularly helpful:

Purge all assumptions from your mind; trust only data. Before you have a conversation with someone you suspect may no longer be enjoying their leadership role, examine your own thinking. Meticulously separate what is information and what is opinion. The differences can be subtle. For example, the statement, 'participants always complain about Bob being unsocial on trips,' is probably mostly opinion. The information behind it might be more like, 'three of six participants on each of Bob's last two trips stated in their evaluations that they would've liked him to hang out more in the evenings.' If you begin the conversation thinking in terms of the first sentence, you're likely to push Bob into a defensive stance, and your conversation may hit an impasse. If you focus more on the second sentence, Bob may well see the conversation as you and he trying to solve a problem together.

Go in curious. Once the conversation starts your first task should be to get Bob's side of the story. This is important information that you may not already have, and asking for it shows Bob that your intent is to be even-handed.

Present your bottom lines, and a plan for follow-up if necessary. If your organization is moving in a certain direction, more bridge-building between leaders and participants for example, make this clear to Bob, and reference the communications in which you've already tried to make it clear. If he's willing to adapt his style, make a plan to check in with him after his next trip to see how it goes. If he's unwilling to adapt, hopefully you've had a conversation that will lead to an amicable parting of ways.

**Chris:** In terms of "best practices," what thoughts do you have about moving people into positions of leadership in a safe and rewarding way?

**John:** In outdoor education, I've seen two types of people in this regard: those who think they're ready before they are; and those who don't think they're ready until after they are. To address both of these human tendencies, a promotional system should incorporate objective standards, evaluation from subordinates, peers, self and supervisors in written form, or at least with written summaries, and regular conversations between supervisors and individuals about their progression to readiness for a new leadership position.

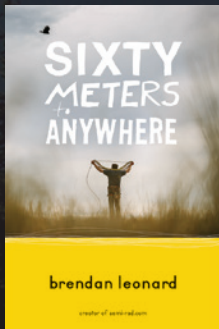
**Chris:** Thanks so much John. If you only had 20 seconds to motivate someone who was on the fence about taking on a leadership role in the outdoor industry, what would you say?

**John:** Mostly, I believe people are their own best decision makers, but if I felt someone was really stuck I might say, 'I have heard that when we have challenging personal decisions to make, we often act out of either love or fear. How do those emotions affect you in this particular situation, and how would you like to act?' ▲▲



A portrait of John canoing. Photo courtesy of John Abel





## Sixty Meters to Anywhere

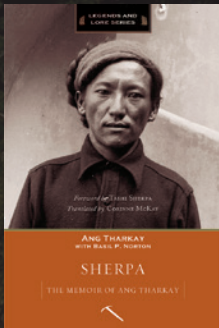
"...incredibly moving. Definitely the best memoir I've read in a long time."  
-Alex Honnold

When Brendan Leonard finished substance abuse treatment at age 23, he was lost. He knew what not to do – don't drink alcohol, don't get arrested again. But he wanted to know what he could do. He realized that he needed to reinvent himself, to find something new, something other than alcohol and its social constructions, to build his life around.

When his brother gave him a climbing rope, Brendan gradually found redemption in the crags of the American West. As a climber, he learned

to push past fear, to tough it out during long, grueling days in the mountains, to support his partners and keep them safe in dangerous situations and volatile environments. He became someone with confidence, purpose, and space to breathe.

*Sixty Meters to Anywhere* is the painfully honest story of a life changed by climbing, and the sometimes nervous, sometimes nerve-wracking, and often awkward first years of recovery.



## Sherpa: The Memoir of Ang Tharkay

"Far too many readers of English-language exploration literature are only familiar with the work of Western authors. The publication of an English translation of the memoirs of Ang Tharkay – one of the great Sherpa climbers of the mid-twentieth century – represents an important step in promoting a more inclusive vision of mountaineering history. Tashi Sherpa's new preface contributes a modern perspective on the often marginalized experiences of local climbers and expedition workers in the Himalaya." -Katie Ives, Editor-in-Chief, *Alpinist*



## 100 Classic Hikes: Washington

The best, most challenging, and most beloved hikes across the entire state together in one book. *100 Classic Hikes: Washington* has been an iconic state trails guidebook for decades. In this fully revised and updated edition, Craig Romano, author of a dozen books Washington state hiking guides, brings his own energy, passion, and expertise to carry forward the legacies of Ira Spring and Harvey Manning.

## Mountain Workshops for Tacoma Youth

by Sarah Holt, Tacoma Program Manager

Mountain Workshop in Seattle with a youth from Brettler Place - April 30, 2015. Photo courtesy of Mountaineers Youth Education

**M**ountain Workshops, The Mountaineers' youth outreach program, has become well established in our Seattle location over the past five years. But these programs have just recently begun in Tacoma. By partnering with other youth-serving agencies, our goal is to reach youth that may not otherwise have the opportunity for rich outdoor experiences.

Our Tacoma program began with two pilot groups - a Girl Scout troop of 1st and 2nd graders, and a group of alternative high school students served through YETI - the Youth Experiential Training Institute, based out of Burien.

The YETI group had some backpacking experience, but wanted to learn technical climbing skills. It seemed like a perfect partnership. They signed on for 4 afternoon sessions - two days at the Mountaineers Tacoma Program Center, learning climbing and belaying skills, and two days climbing outdoors and learning to rappel at Exit 38.

### Serving At-Risk Youth

"These are kids who have slipped through the cracks of the traditional school system," one of YETI's volunteers told me. At times, I marveled that these kids had struggled in school. They seemed so supportive of each other, so eager to learn, so full of life. "For one reason or another, it just wasn't working for them. But this - hands-on, outdoors, learning new skills - it really clicks for them. It really builds them up."

The teens took to climbing quickly. Every member pushed themselves to top out every route, and by the end of their first session, they were challenging each other to make the routes more difficult.

"Try climbing only the cracks! No holds allowed!" One boy challenged another.

The rewards of climbing are intrinsic. It's challenging - mentally and physically - and gives a sense of accomplishment. But the kids were equally excited to learn to belay. Belaying, while fairly simple, is a serious endeavor. It means placing another's life and safety in your hands. The students fully embraced the importance of performing this skill with the utmost care and

safety. It was truly impressive to see the trust they placed in one another, and their enthusiasm for taking on this responsibility.

For a youth who may feel like a misfit, or left behind by society, few things are more powerful than the message: "I trust you. I trust you with my safety and my life. On belay? Climbing!"

### Getting Youth Outdoors

While building technical skills is great, of course our primary mission is to get kids outdoors, making a connection with nature. After the kids had been trained in climbing and belaying, it was time to go out into the mountains and experience what real rock feels like. Our first foray into outdoor climbing seemed destined for failure - just as I pulled into Exit 38, it began raining hard. YETI's van barely made it - the engine smoking as it overheated on the way up the pass. We decided it wouldn't be a great day for climbing - but perhaps we could salvage the trip with a rappelling lesson. I was worried the day would be a bust, that their first outdoor climbing experience would be miserable.

I didn't need to worry - I forgot that nature doesn't need anyone to sell it. The teens stopped to snap photos of the small creek that runs down past the crag. They were blown away by the steep rock cliffs. They stopped in awe at the top of the crag, taking in the views before they began their rappels. They couldn't wait to come back next week and actually get to climb. ▲▲



Sarah Holt (center) with the first Tacoma Youth Mountain Workshop pilot group of Girl Scouts. Photo courtesy of Sarah Holt

# 'Your Mission' Breakfast a Success

by Tom Vogl, Mountaineers Chief Executive Officer



Pictured left to right; Glenn Nelson, founder TrailPosse.com, Sally McCoy, former CEO of Camelbak and Chip Jenkins, National Park Service. Photo by Ada Love

A group of dedicated Mountaineers had an alpine start on Wednesday, May 11, 2016. Not for a climb, but for our inaugural fundraising breakfast, hosted at the downtown Seattle Sheraton hotel. We're so grateful for the donors, members, volunteers, staff and friends of The Mountaineers who began their day with us. Through the generous support of nearly 300 attendees and corporate sponsors, including Acumatica, our sponsor for the Mountaineers Books 100 Years of the National Park Service book giveaway, we raised over \$110,000!

The theme of the breakfast, Protecting the Outdoor Experience was a celebration of 110 years of The Mountaineers and 100 years of our National Parks. It was also a look into our future. In my opening comments I shared highlights of our recent work in Youth, Volunteers, and Conservation. These pillars are critical to the future of outdoor recreation and our public lands.

Building on this success, inclusion is an essential priority for The Mountaineers and for everyone who cares about the future of our wild places. Our country is becoming more and more ethnically diverse, yet communities of color are underrepresented as visitors to our public lands. People protect what they love and they love what they know. Making the outdoors a comfortable and welcoming place for all people is the right thing to do and will help protect the outdoor experience for future generations of Mountaineers.

Our guest speakers for the Breakfast gave us new insights into diversity and inclusion. We heard from Sally McCoy, former CEO of Camelbak who shared her personal story about overcoming gender bias in the outdoor industry, becoming an accomplished business executive and a vocal advocate for issues such as conservation, sustainability and diversity. Chip Jenkins, Deputy Regional Director of the National Parks Service highlighted efforts underway to make our public lands more accessible to all people, especially programs that reach kids in communities that are increasingly diverse.

We also heard inspiring messages about the past and future of The Mountaineers from 64-year member, Helen Engle, and 19-year old member Sarah Anderson (Mountaineers Adventure Club President). Finally, Glenn Nelson, founder and editor of TrailPosse.com led a thought-provoking conversation with Sally and Chip about the future of outdoor recreation and conservation.

Spending time with people who share a passion for creating and nurturing people's connection to our wild places is energizing! We left the Breakfast grateful and optimistic knowing The Mountaineers is well-poised to build on its legacy of protecting the outdoor experience for future generations.

I hope you'll join us for our breakfast next year! ▲▲

## Conservation and Recreation Intersect in Washington, D.C.

by Katherine Hollis, Mountaineers Director of Conservation



Mountaineers CEO Tom Vogl (3rd from left) with other participants from nonprofits and companies in D.C. Photo courtesy of The Mountaineers

I made my first trip to Washington, D.C. for The Mountaineers about five months into my job here. As I coordinated with partner organizations to schedule meeting with legislators, I was a bit surprised – I was easily able to get meetings as a representative of The Mountaineers that other organizations couldn't. I say only 'a bit' surprised because I knew I was walking in the footsteps of giants; that our organization's reputation as a leader in outdoor education and conservation far preceded any of my work here. Indeed, The Mountaineers' legacy of leadership is why I joined and took on the role of defining and amplifying our conservation work as we move forward.

I started climbing as a college student in New England. It was in Vermont, New Hampshire and Upstate New York that experienced my first real winters, real snow, learned what great cross-training cross-country skiing was for my spring track season, and climbed ice not because I really enjoyed it that much, but because there were so few women doing it. I constantly checked *Freedom of the Hills* out of the library, often talking to my dad over the phone about what I was getting into on the weekends and how I much I was utilizing that library book. For Christmas that year I received what would be the first of many Mountaineers books I've come to own (long before I worked here) *Freedom of The Hills, Edition 6*. So I was only a bit surprised at the time our legislators gave The Mountaineers on

that first trip to D.C. Our reputation as an authentic, qualified voice for our public lands and waters is foundational to who we are: we protect the outdoor experience.

This past April, our CEO Tom Vogl and I traveled to D.C. to join other organizations and companies that support public land and water conservation. This trip reflects much of the work we've been able to accomplish over the past two and a half years – we are now a part of a conversation with leaders and partners in regional and national organizations on conservation.

We joined over 100 outdoor advocates and business executives, and over three days, attended trainings, met to discuss outdoor policy, and took to the Hill to discuss outdoor recreation policy and conservation with lawmakers from across the country.

This was a historic gathering of leaders in the outdoor world and we joined the executive directors of Access Fund, American Whitewater, International Mountain Bike Association, Winter Wildlands Alliance, and American Alpine Club; as well as leaders from Osprey Packs, REI, Patagonia, Columbia, Brooklyn Boulders, Klean Kanteen, SuperFeet, and more. We also met with staff at the Department of the Interior and Forest Service. Collectively, this crew of outdoor activists had over 125 meetings with lawmakers in states across the country, including Washington, Colorado, Oregon, California, West Virginia, Utah, and Arkansas.

## Strength in numbers

Coming together on issues where conservation and recreation intersect show our lawmakers the breadth of support, importance and interest in this work. These meetings were an unprecedented gathering of outdoor activists, advocates, and businesses, and a show of force from the outdoor community.

### Issues we focused on include:

- **The Wild Olympics Wilderness and Wild and Scenic Rivers Act**, which seeks to designate 127,000 acres of new Wilderness in the Olympic National Forest and 19 new Wild and Scenic Rivers. The Olympic Peninsula is home to some of our favorite outdoor spaces containing old growth trees, lush rain forests, ocean views, and towering mountains. Our history on the peninsula started early with our members advocating for the establishment of Olympic National Park in the early 1900s. We feel lucky to continue educating, advocating, and providing stewardship opportunities to ensure that the greater community falls in love with the Olympics too. We've been working with a diverse group of interested parties to advocate for the Wild Olympics Act so we've shared our passion for this place with our legislators and partners in D.C.
- Supporting the **REC Act**, which would measure the economic contribution of outdoor recreation to the national economy, including outdoor industry jobs and our economic impact, are measured by the federal government and accounted for as part of the national Gross Domestic Product. We gave special thanks to our home-state legislators who championed this bill. Making this economic connection links recreation and conservation is very important to conservation successes.
- **The Centennial Bill**, which proposes further funding for critical infrastructure projects, leveraging public-private donations and partnerships to enhance visitor experiences, and expanding volunteer and job opportunities in national parks and historic sites across the country. As we celebrate

the first hundred years of our national parks, we believe it is important to ensure these places are here for another hundred years and become accessible, approachable places for all Americans.

As we advocated for the future of our national parks, we were able to highlight the centennial and The Mountaineer's unique role and our unique role and voice in protecting our public lands by sharing the new book *Prophets and Moguls, Rangers and Rogues, Bison and Bears*, by Heather Hansen (Mountaineers Books, 2015). In our meeting with Washington Senator Cantwell, she took the time to leaf through the book, stopping at a photo of Polly Dyer. She commented on how individuals like Dyer fought so hard for the wild places we currently enjoy and the incredible importance to carrying this legacy forward.

I often talk about my work with The Mountaineers as stewarding a legacy and following in the footsteps of giants, and Senator Cantwell's remarks about Polly Dyer illustrate that perfectly. We have the amazing places where we hike, climb, ski, and paddle because passionate, dedicated folks who knew the importance of these places to all of us. ▲▲



Senator Cantwell holding *Prophets and Moguls* (in red) and Katherine Hollis (second from right) in D.C. Photo courtesy of The Mountaineers

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# Learning to Love the Planet

## Raising Conservationists

By Dierdre Wolownick

How do you raise kids to be passionate about the environment, the planet, and the concept of adventure? It's a very simple formula: kids learn what they live. The author's two children, Stasia and Alex Honnold, are adventurers who take stewardship of the planet very seriously. Here she talks about some of the decisions that went into raising them to be conservation-minded, adventurous adults she's proud of.

In our suburban household in northern California, when the kids were little, we didn't talk about conservation. But we did talk about love, care and respect – for our home, our selves, others – for our surroundings. When we went up to Lake Tahoe, we talked about how fragile an environment it was and how easily ruined. When we drove across the country to see grandparents, we talked about the landscape and the animals we saw, and how our behavior affects them. How many there are and how many there used to be.

Young kids are expert travelers. In their new world, every day is an adventure; it doesn't matter to them where that adventure takes place. So as soon as my husband and I had an appropriate vehicle, a hatch-back, we took the kids to the mountains, deserts, and national parks. We showed them where they lived and how beautiful it is. By the time Alex was five, they'd experienced the unique environment of Death Valley, walked reverently under the Sequoias, played at the beaches (and picked up litter). They'd been scared by bears running past us and awed by looking over into the abyss of the Grand Canyon. And at each place, they learned more about our world.

Dorothy Nolte, writer and counselor, had it right: Children learn what they live. The opposite is also true. If your kids have never walked among giant Sequoias, breathed their scented air and felt the religious-like silence of the forest around them, they probably won't get too worked up if a lumber company decides to cut those trees down.

Decades after those years of outdoor experiences *en famille*, my son often talks about the value of close, personal interactions with nature. He lives 'out there' now, on mountains or crags, in deserts – wherever there are rocks to climb. In his keynote speech at the celebration of the 100th anniversary of our national parks in Washington D.C., he talked about the importance of having close-up, one-on-one encounters with nature. In many interviews, he cites our frequent family trips outdoors as the beginning of his love of the mountains.



Stasia and Alex 'practicing,' in Grampie's hatchback. Photo by Dierdre Wolownick



Stasia and Alex getting comfy on the rocks under some big trees at Echo Lake, high above Lake Tahoe. Photo by Dierdre Wolownick

But you don't have to travel for your kids to grow up concerned about our world. Kids are sponges; learning is what they do, all day long. They observe, and they draw conclusions from their observations, the little scientists that they are. If they see that mom and dad value nature, that they don't dirty it with litter, that they're careful about what they throw out and think about where it goes, that they don't waste water – all of those values are absorbed as kids observe and imitate.

The same holds true for aunts, uncles, friends and grandparents – everyone you frequent as a family. Do they share the same values as you, in terms of the planet we live on? If not, you might want to consider the effects of their attitudes on your kids. I don't mean you should keep them away from them. On the contrary, seeing how other people behave and then talking about it with your kids can be a more effective lesson than if they'd never seen such behavior. A bad example can teach just as well as a good one. Keeping communication open is the key.

For the first two years of my daughter's life (she's two years older than her brother), she went everywhere on the back seat of my bicycle. We lived in Japan then and had no car (my husband and I both taught English as a Foreign Language). Biking was the only option or walking to the train station. Even though the station was over a mile from our house, as soon as she was able to walk, she would get to the station under her own steam, holding our hands, stopping often to explore, examine, and enjoy.

Nowadays, speed matters. A fast car is better than one that only goes the speed limit on the freeway. A high-speed train is better than a local bus that stops at every little town. And yet, I believe it was those first two very slow-paced years that influenced Stasia's *weltanschauung* the most. She turned out to



Dierdre and daughter, Stasia, biking along the American River in Sacramento. Photo courtesy of Dierdre Wolownick

be a thoughtful adult who chooses to live (in Portland) by bike only. No car. She composts at home, grows her own food, works toward stewardship at her job – she makes a million decisions every day in her life that connect her to the planet and help take good care of it.

When both kids started elementary school in Carmichael, California, the three of us biked there together every morning. No air pollution for us, no carbon-based fuels, no huge machines. We did the two miles ourselves, under our own power, and had great fun doing so.

A very simple thing my husband and I did as parents, that I believe influenced both of our kids as they got older and made their own life choices, was garden. My husband and I both loved growing things, so we grew a lot of our own food for many years. Both kids were encouraged to help with the planting, the care, and of course, the tasting. None of us will ever forget the anticipation of the sweet peaches and plums from Grammie's garden and fresh tomatoes and luscious berries and other yummys from ours. Now, Alex is vegetarian and Stasia is vegan.

Even if you have a brown thumb, you can raise radishes, herbs, lettuce, potatoes, or zucchini. These are simple, easy-to-grow, foolproof crops. No vegetable or fruit from any supermarket can possibly match the taste of something freshly picked out of your garden. Your kids will know the difference. And that difference just might influence a decision or two that they make when they're adults.

Examples are great, but kids learn mainly by doing. As parents, you need to decide what's worth doing, what your kids will

remember, and maybe learn from. Do yours spend more of their time outdoors, or reading, or making their own music – or in front of a tiny screen?

Mine were always active. When we went outdoors, to a national park or a state park or a local river, we hiked. While hiking, we learned things, all of us. Learning to see is a skill, and nature has a way of always providing us with fascinating, beautiful things to observe. Kids, being instinctive observers, excel at finding them. Nowadays, when we hike in the mountains or at a lake or wander the woods, Stasia knows the name of every plant we stop to look at, the tiny flowers we might have missed, the timid little bird that stopped to serenade us. She delights in sharing that knowledge, just as we delighted in getting her started on that exploration years ago.

At home, we would read to them. How could they avoid books? Both parents and three grandparents were teachers. Books were prized. We didn't have a television set in the public rooms of the house (there was a small one in our bedroom), so when their friends came over, sitting and watching a screen was never a social activity. They played. They created. They baked, or read, or went outside and rode bikes or climbed trees, or just explored. They, and their friends, never lacked for imaginative adventures.

That mindset continued throughout their childhood, and today, our favorite things to do together are outdoors. As we all get older, though, we've switched roles. Stasia got me psyched on running when I was 55. I've done four marathons and many half-marathons and smaller races – none of which would have happened without her example and the cheering of both kids.



When I drive up to Portland to visit her (from Sacramento, California), I always bring my bike. Last time, we pedaled several miles into downtown, and on the way back, we explored the brand-new bridge just built in Portland this year, Tilikum Crossing. Stasia was excited because it's only for bikes and pedestrians. So of course, we had to ride across it. I knew they had a new bridge, but crossing it by bike was an adventure that opened new vistas of Portland, the river, and the joy of being outdoors with my daughter.

At 58, I started rock climbing, and I've had the greatest adventures of my life so far, sharing a rope with Alex in an alpine environment. In that relationship, he and I have definitely switched roles. When we go climbing, he's in charge. He's the pro, I'm the newbie. That alone is an adventure, after all those years of taking care of him.

When I moved from the east coast to southern California, in 1978, I got my first glimpse of Mount Whitney, the highest peak in the lower 48 states. At 14,505 feet, it's one of the fifteen peaks in California that surpass 14,000 feet.

"Wow," I remember thinking back then, "how exciting it would be to get to the top of that!" But I was a teacher and a writer and spent my life at a desk (when we weren't camping or traveling). And then I had kids. I dreamed of Whitney all those decades.

In 2014, my son and his climbing partner, Cedar Wright, climbed all the fourteens, free-solo (no rope, harness or protection).

They traveled from one to the other by bike, calling this venture a "Sufferfest" (you can easily find videos about it online).

On the day they did Whitney, Stasia happened to be on a thousand-mile bike adventure 'in the neighborhood.' She joined them, and they summited together.

Last year, I had the opportunity to hike up (and up! and up!) and to stand on the very same spot at 14,505 feet, where both my kids had stood the previous year. What took my kids a few hours took me and my friends three days. But after thirty-eight years, I summited Whitney – one year after my own little adventurers had conquered it.

When the outdoors helps shape your life, you come to love it. It's your own space, like your own room at home or your dorm room in college. Nature, the planet, becomes your partner in life, and like any partner, we want to help it be the best it can be.

That concept has no age limit. It's a love story that any kid can understand. ▲▲

Dierdre Wolownick is an author, retired language professor, and mother of two very talented and conservation-oriented kids, Stasia and Alex Honnold – both featured in 2015 issues of this magazine. Dierdre's writing has been published world-wide. Her next book, for 2016-17, deals with the exciting challenges of raising a driven, extreme athlete. Her son Alex and his unique exploits in rock climbing have been featured internationally by National Geographic, "60 Minutes," and others, and are well-known both inside and outside the climbing community.



Dierdre and son, Alex, on the South Summit of Matthes Crest, Tuolumne Wilderness. Yosemite National Park. Photo by Amy Mountjoy

# Wild Skills and Girafficorn

## SheJumps disrupting norms

by Christy Pelland, Director of Wild Skills, a SheJumps program



Wild Skills class listening to climbing instructions at The Mountaineers Program Center in Seattle, summer 2015. Photo by Christy Pelland

In a recent conversation with my mom, she told me she regretted not taking my sisters and me camping and hiking more when we were little. As a single mom, it just seemed impossible at the time. The outdoors can be intimidating, even more so when you factor in lack of resources, zero community, and being female. She feared being alone out there and not knowing what to do. She didn't want to waste our time doing something that could put us at risk. The only time I do remember hiking was at Comet Falls in Mt. Rainier National Park. I can still vividly recall the feeling of standing on the bridge above the roaring water – it felt so dangerous and real, so raw and wild. Those emotions sparked something deep inside that has stuck with me my whole life.

I have two daughters of my own now, ages 6 and 9, and am passionate about giving them the adventures I missed out on. Where I pursued organized sports – the 'safer alternative' – my girls are spending weekends rock climbing, stand up paddleboarding, and skiing. They are learning the ethics and skills to Leave No Trace, how to navigate, and how to put on a bandaid (and more) when the situation calls for it. They get to feel those raw emotions I remember from my Comet Falls hike every weekend.

Part of the reason I'm able to do this is because I discovered SheJumps, a community of female adventurers committed to getting more women and girls into the outdoors. The SheJumps mission is to increase the participation of women and girls in outdoor activities. The SheJumps community consists of females of all backgrounds and ages who help one another

reach their highest potential through outdoor adventures and education. Through it, I've met ladies whose personalities are bursting with enthusiasm and light; the kind of light that comes from being stoked beyond measure for the adventures to come. I knew I had to be more involved in this organization.



Seattle Program Center, May 2016. Photo by Christy Pelland

## Wild Skills

When you think about organizations for boys, what comes to mind? Survival skills and exploring. Getting dirty, building fires, and learning traditionally “masculine” skills. What comes to mind when you think about organizations for girls? Cookies.

SheJumps is here to disrupt that norm.

It's not about painting the landscape pink with lady power, it's about creating a fun, encouraging experience for young girls to be introduced into the skills they need in order to effectively get out and explore. I've met many outdoor women who share a similar childhood story to mine: sports-absorbed tomboy who shuddered at the thought of anything 'girly'. I wanted to be a boy - things seemed so much easier for them. Boys didn't have to prove themselves all the time because, hey, boys were always expected to be good at sports and general outdoorsy toughness. I had a chip on my shoulder for decades as I fought for a spot on the field.

Now that I've embraced my femininity in its own right, I've realized how much strength our female community shares. That's why we created the Wild Skills day for girls, a free day camp for girls aged 6-13. The idea for Wild Skills formed from the desire to create a youth initiative format we could duplicate in every region no matter the varying partners or resources. We settled on the idea of outdoor skills that could be applied in any season or activity. We were so excited to partner with The Mountaineers to make our dreams a reality. Our organizations share the values of being volunteer led while giving people the skills to get outside.



First aid class - Wild Skills Tacoma, June 2016. Photo by Christy Pelland

“Watching some of these girls do something for the first time while realizing they can actually do it is an absolutely amazing thing to see,” says McKenzie Temple, SheJumps Volunteer and Pacific Coast Regional Director. “I’m so excited that Wild Skills is continuing because these little girls’ lives are about to be opened up in the best way possible. Even girls with all the opportunities in the world need to have these core skills to be able to get outside safely and with confidence.”

[story continues >>](#)



Girls playing 'Stay or No Way' for Leave No Trace & 10 Essentials course at Wild Skills Tacoma, June 2016 . Photo by Christy Pelland



Christy & Harper Pelland celebrating a successful first Wild Skills event - Seattle, May 2016. Photo by Erin Melton

## Female-to-Female Mentorship

The outdoors can be intimidating, and it gets worse when you factor in lack of resources, community, and being a female. Whatever opinion you have on the state of gender equality, there's no doubt that females are underrepresented in the outdoor industry. Statistics show the gender distribution of outdoor activity participants in the United States from 2009 to 2014 were 46 percent female. That's darn near half yet the outdoor industry still struggles to represent. Are we less competent in skills? Is it that there is truly less women 'crushing it' out there? I don't think so which is why we've chosen to take an active role in this conversation by changing it. Putting aside ideas of the 'token female' that has to 'prove herself' and setting a standard for education, community and encouragement in the next generation.

Wild Skills youth events teach girls the survival and technical skills they need for outdoor adventuring. These skills include first aid, navigation, leave no trace, and shelter building. Our goal is to see girls learning, having fun, and connecting in an encouraging environment with amazing instruction and support. We want Wild Skills to be an experience they will remember; one that will spark a lifetime of passion for the outdoors and will remind them they're capable of anything!

One SheJumps participant who discovered her capabilities with us is Victoria Ochido. Ten years ago, Victoria moved from Kenya to Washington where she stumbled upon an online video piece about SheJumps. She remembers calling her fiancé and yelling, "I've found my tribe, and they're right here in Washington!" Up until that point she was frustrated and lost as to how to get started exploring in the outdoors.

Then she started attending SheJumps events ranging from road biking to snow camping. "I didn't know any women within my close circle of friends that were even mildly interested, so finding SheJumps was a gift," said Victoria. "There is something so beautiful and powerful about interacting with nature and to be able to do that with leaders who are so open, authentic and just as in love with nature as you are, if not more."

A key component of the Wild Skills program is the female-to-female mentorship. The skills are being taught by big versions of the participants – the instructors even wear matching tutus! The best way to lead is by example. We put that to motion.

As Victoria says, "It's an experience that cannot be measured. It allows you to dig deeper, explore further and does a lot for your confidence seeing such strong examples guiding you through."



Female mentorship - Wild Skills Seattle, May 2016. Photo by Christy Pelland

## The Girafficorn

It's not uncommon to see a grown woman sporting a girafficorn costume at our events or young girls in tutus rock climbing. The costumes and our girafficorn logo are by design. We're doing it because it blatantly says 'I'm having a blast!' and 'you should join me!' Creating a standard of inclusion through ridiculously optimistic fun is in our roots.

This spirit is carried into all that SheJumps does from fly fishing clinics; to wilderness first aid courses; and our annual ski mountaineering course for women, the Alpine Finishing School. The premise for all of these programs starts with the core idea of "jumping" to challenge yourself and give back. At the Alpine Finishing School, for example, we furnish the participants with direct access to some of the top female guides in the world, exposing them to the highest echelon of outdoor adventure in a safe but adventurous setting. Then those jumpers come back as volunteers to help less experienced ladies.

"Volunteering for SheJumps has opened up doors I didn't even know existed. I've had so many adventures with other rad ladies outside of my comfort zone, and those ladies are now some of my best friends. And now I have the confidence to go get after it in places I never thought imaginable," said McKenzie. "There is nothing better than the gift of confidence."

Outdoor skills taught at young ages instill confidence that transfer to all areas of life. It's very unlikely you'll sit down with a six year old and share why you truly need the outdoors. She won't understand how you grappled with the sorrow and bitter truths of life by escaping into the solace of the wilderness. She

just isn't ready for that. What she needs is to see a woman who loves the natural world and appreciates the wonders and endless benefits it offers. In time, she will find it for herself if that's what she chooses. But it is the exposure to that path which offers answers before there are even questions. There's so much to learn about ourselves through the outdoors. Lessons that are not commonly found in our busy, everyday lives

Our goal as an organization is to grow Wild Skills into a long term mentorship model that provides young girls a community connection to other women and the natural environment. It's the introduction and foundation for what we hope will become a life lived with purpose, inspiration, and priority for time in the outdoors. In the end, it's not about how extreme you get – It's not about the highest peaks or the remote adventures. SheJumps wants to show there's always space and time to get outside, and that your personal definition of fun will evolve over time. It's our vision to provide skills and the community that fits your life, wherever you find yourself on the journey. ▲▲

Christy joined SheJumps in 2014 as an Ambassador and quickly transitioned into Regional Coordinator for Washington State. In the spring of 2015, Christy designed the curriculum for an event called "Wild Skills" which blossomed into the Wild Skills program you read about here. She is now the director of Wild Skills, focusing on teaching foundational outdoor skills to girls.

Outside of SheJumps, Christy is an adventurer, wife, mother of two girls, skier, photographer, and illustrator. Christy's outlook on life is all about positivity and defining success to mean living a full life – something she's excited to share with the next generation of women. Learn more about Wild Skills and SheJumps at [shejumps.org](http://shejumps.org).

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# Modern Outdoor Romance

## Finding Love in The Mountaineers

by Kristina Ciari, Mountaineers Director of Marketing and Membership



Gwen and Stephen Sherman. Photo courtesy of Stephen Sherman

I'm a sucker for a good love story, especially one that includes meeting in the great out-of-doors. My maternal grandparents met in the Sierra Club. They fell in love at a trail work party while bridge-building in Butano State Park, California. My parents met in in the aspen trees of Steamboat Springs, Colorado, where my dad was a ski instructor. For years I've shied away from online dating, preferring to meet new people through activity groups like running and climbing. You could say it's in my blood.

Gone are the days of stolen glances and formal courting, replaced by mindless swiping on phone screens while sitting in a room full of perfectly interesting people. But it's not like that for everyone. When I met Gwen Young and Stephen Sherman through The Mountaineers, I knew immediately that I wanted to share their love story.

When Gwen showed up for the first day of the Crag Climbing course in March 2011, she had no idea how much it would change her life. At the kickoff party, Loni Uchytal, a volunteer instructor and friend Gwen met through Basic, casually introduced Gwen to Stephen, a fellow crag student. She felt butterflies. Fast forward five years and Gwen and Stephen are married, and recently welcomed a baby girl into the Sherman Family. Naturally, little Quinn has already been to Yosemite and Mazama.

### A dating revolution

When The Mountaineers were established 110-years ago, the dating landscape in the Pacific Northwest was quite different. If a man was interested in a woman, he began the process of "courting" her by visiting her house and presenting a calling card at the door. The woman could choose to receive him... or not. Social events were the only times men and women were allowed to mingle, and each gender had calling cards to express romantic interest. Unmarried couples were never allowed to kiss. A woman could not take a man's arm unless it was offered. Proper decorum had to be followed at all times to uphold the propriety of any social group lest a scandal bring the whole thing crashing down.

These were the social rules when the The Mountaineers formed in 1906. And that makes the fact that over half our founding members were women all the more remarkable. Our founders of 77 women and 74 men were groundbreakers on the mountains and off, doing something unusual for the time. Granted, women were not permitted to wear pants on outings without causing an uproar (skirts over bloomers were acceptable), but it says a great deal about the quality of the early leaders that women felt so comfortable joining the club.

Today, our members joke The Mountaineers should create a "Mountaineers Dating App." Apparently, a lot of folks are looking to meet their ideal outdoor date. But perhaps the 'singles' of today are failing to see the lessons from yesteryear: when you embrace your passions and do the things you love, you're bound to find people who love the same things. Many of our members have met their future spouses in The Mountaineers for this very reason. The outdoors brings us together.

## A modern courtship

The ultimate display of our love for the outdoors is when it becomes a life-long commitment to adventuring with one special person. In the case of Gwen and Stephen, climbing was the catalyst of their courtship. That, and a little help from their friend Loni.

Unbeknownst to Gwen at the time, Stephen was also friends with Loni. Prior to enrolling in crag, he'd joked with Loni about potential 'dating prospects' in the course. "In fact, I have the perfect girl for you," she'd replied with a devious smile. Giving little weight to their conversation, Stephen arrived at the kickoff party and went to greet Loni hello. Instead, Loni walked Stephen right over and introduced him to Gwen. "To be honest, I was pretty intimidated. I spent evening wondering if I would ever have a chance." Said Stephen. Gwen shared his feelings. "I thought he was very cute and handsome when he walked in, but it didn't occur to me that he'd ever want to date me," said Gwen, of their first encounter.

It wasn't until the second or third crag class when Stephen worked up the nerve to ask Gwen if she'd like to go climb sometime. Their first dates were at the climbing gym and during crag field trips. On a memorable trip to Tieton, Gwen was taking practice falls and looked down to see Stephen watching her. "I was super giddy about it, because it meant he would be there when I got down."

"It was kind of nice because she was stuck with me for all of the field trips," Stephen said with a smile, knowing Loni the matchmaker had a hand in the scheduling. Their first multi-pitch climb ever was with Mountaineers legend Jim Nelson. "I don't know who I was more excited about climbing with: Gwen... or Jim!"

Halfway through the crag course, Gwen and Stephen made their relationship official. They celebrated with a picnic on the beach at Golden Gardens. As the sun set, Stephen thought to himself, "I think I might have found my forever climbing partner."

Their first summer together was full of climbing trips in the Pacific Northwest. Beautiful places like Squamish and Smith Rock served as the backdrop to their blossoming relationship. After two years, Stephen proposed on a canyoneering trip to Zion with friends made in The Mountaineers. The pair took a day to climb "The Headache", a three-pitch classic consisting of sustained 5.10 crack climbing. Undeterred by the hanging belay station at the end, Stephen reached into his pocket and took a ring – which he had wrapped in three plastic baggies yet had failed to "anchor" to anything – and asked Gwen to marry him. She said yes.

## A forever climbing partner

Nearly three years-to-the-day after their first date, Gwen and

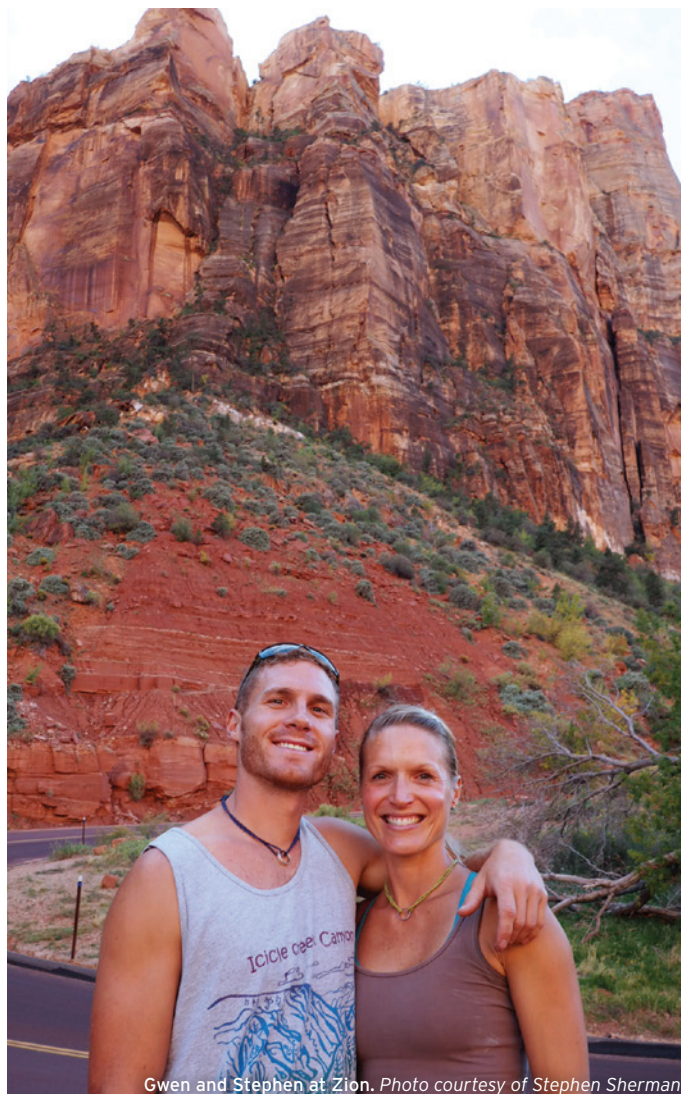
Stephen became Mr. & Mrs. Sherman in an outdoor ceremony. Loni spoke at the wedding. As a final celebration of their love for each other and the outdoors, the Shermans loaded up the adventure van they bought and built together before getting engaged and enjoyed a four-month climbing road trip across the United States.

Today, they are trying to figure out how to be parents and enjoy the outdoors as a family. Stephen is proud that Quinn has already won a competition at the Seattle Bouldering Project. She was voted "best-dressed" on Halloween.


The Shermans also continue to help teach the crag climbing course each year. "We've been teaching crag for five years now. We do it because the class gave us so much. We want to give other people that opportunity to learn. But it's also really fun to meet new climbers and be reunited with our climbing friends," said Stephen. "We look forward to it every year," added Gwen.

In a way, volunteering with crag lets Gwen and Stephen revisit the early days of their love story. Gwen and Stephen get to experience their life-changing moment year after year. And isn't that better than a Mountaineers dating app? The next time someone mentions needing a date, you can say, "Why don't you take a class? You never know how it might change your life."

story continues on p. 34 with more happy couples >>



Gwen and Stephen at Zion. Photo courtesy of Stephen Sherman

A hiker with a red backpack is seen from behind, standing on a rocky ledge and looking out over a vast mountain valley. The valley is filled with dense evergreen forests and a large, clear blue lake. In the background, rugged mountain peaks are partially covered in snow under a soft, hazy sky. The overall scene is one of natural beauty and tranquility.

“Let there be many windows to your soul,  
that all the glory of the universe may beautify it.”

**Ella Wheeler Wilcox**  
American Poet, 1850-1919





Two hikers descend Winchester Mountain, North Cascades at sunset. Photo by Tim Nair



Tim and Masako Nair on Sahale Arm, Cascade Pass - North Cascades. Photo courtesy of Tim Nair

...continued from page 31

## More Love in The Mountaineers

For this story, we spoke to many amazing Mountaineers couples. With 110-years of history, our members have celebrated thousands of unions. Here are a few stories from our couples, told in their own words:



### Duncan and Marla Cox

Met: 1991

Relationship Status: Married

Their story (as told by Bruce): I had a job offer to come here from the UK and one of the reasons I decided move was the outdoor access. I saw The Mountaineers because I worked right on Queen Anne. I joined and started with the Singles Group in the early nineties. We used to have a Mountaineers volleyball group on Monday nights, and we'd go to this bar afterward. One night Marla showed up with a friend. For me it was love at first sight - Marla not so much, she just made fun of my accent. I signed up for the climbing program in 1991 and learned that she had also signed up. Our courtship really became about getting through the climbing course together. I proposed over beers and pizza after a snow field trip where we got completely soaked by standard PNW weather. There were quite a few of us who met in

that singles group and we still hang out with some of the other couples from our early days today.

*Editor's Note: The Singles Group, or "Swingles" as it was known for a time, was organized in 1971 as an offshoot of the former Trail Trips Committee. Appealing mainly to younger members, their activities included day hikes, backpacks, lodge weekends, and a Christmas potluck with a slide show. More than 100 people led Singles' hikes, and about 1,000 people participated. An annual salmon bake and weekly volleyball were especially popular with participants. Today the Swingles group is mostly inactive, but our 20-30 Something's group is growing in popularity.*

### Tim and Masako Nair (pictured above)

Met: 2001

Relationship Status: Married

Their story (as told by the happy couple):

Masako: We met in the Mountaineers in 2001. At the time I was into speed hiking, and I was looking for a partner/friend who could hike as fast as me. I really couldn't find anyone until I met Tim on a Mountaineers hike to Granite Lakes, which was considered a strenuous hike. I was hiking with a top group and Tim was behind, but on the way back it turned into just the two of us. We realized we were way ahead, and started talking, then made plans to go hiking together.

Tim: Then the next weekend we went hiking together again. Fifteen years later we are still hiking together every weekend.

Masako: Tim proposed to me in Forgotten Mountain Meadow after two years. He said he 'really liked the lifestyle and wanted to do this for the rest of his life, and will you marry me?' And I said yes, sure! We had been on multi-day strenuous backpacks together. Those bring out the WORST part of you. We had seen the ugliest part of our personalities, but it was still fun and we still loved each other. That's the magic of backpacking: you know he's the one if you still feel the love after the trip.

Tim: We were engaged for a year after that, and after 15 years our life hasn't changed. We've taken snowshoeing and alpine scrambling together. We continue to backpack and snowshoe and do some easy scrambles. I still volunteer and lead backpacks in the summer to give back. Basically all the friends we have now is because of The Mountaineers. Our friends are people we met in the club. It's so great to meet people who love the same things we do.

Masako: And they're all mutual friends. We created this community together. It's a great asset for both of us.

## Matt Palubinkas and Andrea Moore

Met: Fall 2013

Relationship Status: Engaged

Their Story (as told by Matt): We were colleagues for more than a year before I asked Andrea to join me on a hike one Saturday in the fall of 2013. Our first date was a hike to Rachel Lake. While she wasn't a Mountaineers member at the time, she was an avid hiker and outdoors enthusiast. As we spent more time together, we found that our happiest moments were the ones outside, in the mountains, in the snow, in the forests. I volunteered with The Mountaineers often, due to convergence of my passions for climbing and teaching, and Andrea knew she would have to learn new skills to safely share my mountaineering zeal. After dating for a few months, she signed up for the Scramble Course. She had a great experience, and she wanted to learn more alpine climbing skills, so Andrea took the Basic Alpine Climbing

Course the following year. This year, for Andrea's 31st birthday, we climbed Little Tahoma with a Mountaineers group that I led. I hiked up to Meany Crest, our base camp, with a bottle of champagne and a birthday care package (including a compass) in order to celebrate her birthday. We've been scrambling and climbing across the Northwest for the past two years, and hopefully for many more.

*Editor's note: as of the timing of this interview, Matt was about to propose to Andrea. She said yes, and they'll be married in an outdoor ceremony this summer.*



Matt and Andrea - Wind rivers, Tifcomb basin. Photo courtesy of Matt

We would love to hear your Mountaineers love story too! Send it to Kristina at [kristinac@mountaineers.org](mailto:kristinac@mountaineers.org) and help us make this a regular column.



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# Behind the Scenes

## Pooping in the Wilderness

by Katie Tishler, Mountaineers Membership Services

By the end of the day, I was finally able to look squarely into the camera and say, “poop” without laughing. Our film team let out a collective sigh of relief. We were officially finished with one of the most challenging storytelling tasks of the Backcountry Impact Series film project: human waste.

When humans travel in the backcountry, we leave a mark, even when we try really hard not to. One of the greatest impacts on our wilderness areas is human waste. While it’s natural for adults and kids alike to giggle when talking about “going potty” in the woods, this is a conversation we need to have. That’s why The Mountaineers are happy to be partnering with KEEN this year to produce the Backcountry Impact films, a five-part series translating the ethics of Leave No Trace into easy-to-remember skills for backcountry travelers.

Capturing the essence of these skills on film was no easy feat. Jokes aside, handling human waste in the backcountry is very serious business. Packing out your own waste is hardly glamorous, and can leave a terrifying mess if you aren’t careful. But properly disposing of human waste is important to protect the outdoor experience for everyone.

As we traveled over snow, dirt, and crossed streams to film the waste video in the series, we considered our different options for disposal. In the end, our group found only one way to truly handle waste in the backcountry: plan ahead. Maybe you encounter snow where you thought there was none, or you find yourself needing to go and your friend with the shovel is in a different group. But if you planned ahead, you’ll have no problem grabbing your WAG bag before seeking solitude, and you’ll always be prepared to pack out your toilet paper. These skills are precisely what we want our Mountaineers to take with them on every outdoor adventure.

Our day filming on the trails was enjoyable, but we saw reminders of the need for this project at every turn. At the Snow Lake trailhead, WAG bags coated the floor and exterior steps leading up to the door of the outhouse, as the trailhead is unmaintained in the winter. As we progressed along the trail, we saw a couple of abandoned doggy bags. Although it is common for folks to pick these bags up on their return trip, our group was a little put off by a bag of waste sitting alongside an otherwise picturesque walk. Why not just carry it with you? Preserve this wild place for the next traveler. Getting outside is a critical part of the human experience and a major contributor to enjoying these places is practicing responsible recreation.

A group of four adults passed us while we were filming and stopped to learn more. One woman was excited by the project. She and her teenage son had just completed a weekend of trail work and were actively seeking more opportunities to get outdoors as a result.

At The Mountaineers, we hear stories like this a lot – and we love them. As an organization, we are continuously working to make outdoor recreation and conservation a more inclusive space. I hope exposing new members to the Backcountry Impact Series will give people some additional tools to feel like they belong in the outdoors.

Look for our inspiring Backcountry Impact Skills videos this July. They’ll cover how to responsibly travel, camp, eat, and, yes, poop in the outdoors. ▲▲

# The Rise of Tech in Seattle

## And its Impact on our Natural Lands

by Leone Kraus, Corporate and Foundation Relations Manager



Leone Kraus (left) and wife Rebecca in Mazama. Photo courtesy of Leone Kraus

**M**y wife and I moved to Seattle nearly three years ago from Brooklyn, New York. It took us less than a year to decide to make Seattle our forever home. For outdoor lovers like us, how could we not? In under an hour on any given day, we can be on the trails headed to our campsite, in the mountains getting ready for a day of snowshoeing, or on the water in a kayak. We simply couldn't do this in New York. It would take us the same amount of time just to navigate Brooklyn traffic into Manhattan, to catch the highway north out of the city toward the Catskills. Seattle has opened our eyes to how amazing it is to live in a city surrounded by accessible mountains and waters.

Though I work for an outdoor organization, I spend a lot of time with people who work in the technology industry. I lead the Seattle chapter of a global group that connects diverse audiences in tech for a variety of monthly networking and panel events.

When I joined The Mountaineers, I envisioned I would have to release myself of this leadership role. Instead, I discovered natural overlaps between tech and the outdoors. For example, tech's effort to grow diversity overlaps with the outdoor industry's efforts to expand diversity – and both are necessary in order to take on some of our world's biggest environmental challenges. So I decided to keep running the group and write about tech for our *Mountaineer* magazine.

### Growth of Tech in the Greater Seattle Area

Seattle is frequently listed at the top for most livable city due to proximity to nature and recently held the title for fastest growing big city in the United States. Tech giants like Microsoft and Amazon have long called the Greater Seattle Area their home. Perhaps these companies set up shop here for the beautiful backdrop of mountains and water that surrounds their offices or they had the foresight to know that access to the outdoors could lead to a more happy and productive workforce. Whatever the reason, these companies picked a beautiful city to build their headquarters.

For years, these companies, along with newer arrivals like Facebook, Google, Apple, Zillow and others have attracted top talent from around the world to relocate to Seattle for jobs. Data from the Bureau of Labor Statistics shows that in 2015, there were approximately 60,000 jobs for developers in the Seattle Metro Area. According to the job site Simply Hired in July 2015, 21,000 jobs had been posted for tech positions, which made up about a quarter of all jobs available at the time. This growth contributed to Seattle's once held "fastest growing city" title, bringing many new tech employees into the region.

New arrivals are contributing to some of the associated impacts from this growth – including congestion on the city's roads and highways and the number of building cranes peppering the



skyline. Further, as of March 2016, 8.2% of the private sector workforce in Washington works in tech – and these numbers are growing quickly.

Another visible sign of this growth is from Seattle's changing demographics. Though it has been noted that by 2043, the whole of the minority will be the majority, Seattle may see this shift sooner. According to 2010 census data from Seattle Metro area, 72% of the population identified as Caucasian but as Seattle continues to grow and attract tech talent from around the world, the 2020 census data may show a decline for those who identify solely as Caucasian and an increase in minority populations continues to trend up. Couple this with some of the tech sector's biggest player's aggressive efforts to hire more women, people of color and other minorities into tech positions, we're likely to see an increase in diverse populations in the next census.

### **Growing Tech Supports Recreation Economy**

People in the United States, and especially in Washington State, spend big money to "get outdoors." According to research found in The Outdoor Recreation Economy report from the Outdoor Industry Association, which analyzes the economic impact of the recreation economy, every year approximately 140 million Americans spend \$646 billion dollars in outdoor recreation. This amount takes into account the cost for gear like tents, packs, boots and clothes, vehicles like boats and jet skis, and other travel-related expenses like campground fees and souvenirs. In the state of Washington alone, \$22.5 billion is spent on outdoor recreation. In fact, outdoor recreation consumer spending trails just behind Financial Services and Insurance and Outpatient Health Care, which are the two highest areas for consumer spending.

In addition, outdoor recreation provides 227,000 jobs in Washington and 6.1 million nationally. The number of jobs available in the recreation economy will likely increase as demand for more outdoor gear, supplies, and other outdoor recreation needs grow in the future. The Outdoor Industry Association's report states, "the outdoor recreation economy grew approximately 5% annually between 2005 and 2011 – this during and economic recession when many sectors contracted."

So this tells us that when the chips are down, people are still getting outside for peace of mind.

Tech growth is not responsible for all of this spending, but it is a contributing factor. Though outdoor activities like hiking, mushroom foraging, and bird watching are inexpensive and open to all who have access to transportation and proper clothing. Others, such as skiing, climbing, kayaking, and biking can require an investment into gear and classes. And, many people who work in tech (e.g. developers, engineers, programmers, etc.) are paid well. According to a March 2016 study from CompTIA, the average tech salary in Washington is \$130,000, which is the second highest in the nation. (Silicon Valley takes first, with the highest average salary at \$150,000). Compare this to 2015 data from the Bureau of Labor Statistics, where the average salary for those in Arts, Design and Media make an average of \$60,000 annually and those in Education make about \$56,000 annually in the Seattle Metro area and you see the disparities in occupation and value.

Based on the average salary for tech workers (\$130,000), we can make the assumption that people who work in tech are likely to have the financial means to engage in a breadth of outdoor recreation activities that require a significant investment thus supporting the recreation economy and the economic stability of the state of Washington.

### **Does Tech Drive Foot Traffic?**

With interest in outdoor recreation increasing and the population of Seattle growing due in part to the growth in the tech sector, we're going to continue to see a significant increase of foot traffic on our trails from people who want to recreate in the outdoors.

While it's difficult to track the amount of foot traffic on many of our trails, we can see the impact from visitation in our National Parks. According to the 2015 National Park Visitor Spending Effects, Economic Contributions to Local Communities, States, and the Nation report produced by the National Park Service, in 2015 Olympic National Park saw 3.26 million visitors, Mt. Rainier saw 1.2 million visitors, and the North Cascades saw 20,677 visitors. As we're in the midst of the National Park Service's



View of Glacier Peak from the summit of Mount Dickerman, North Cascades. Photo by Tim Nair

Centennial celebration, the National Park Service estimates they will see an unprecedented lift in visitation across all parks to 300 million visitors in 2016, which is an increase from the 272.5 million in 2015 and the 262.7 million in 2014. This growth suggests that the National Parks in Washington may see an increase in visitation by 3.7% this year – approximately 170,000 more visitors across the parks.

## Impacts of Increased Foot Traffic

At the Mountaineers, we know that people protect what they love and love what they know – which is why we embrace getting more people outdoors safely and responsibly. If we teach people about our precious lands and how to care for them while having fun in the outdoors, then they will become stewards for our natural places. In short, we want to welcome Seattle's – and Tech's – growth, but not at the detriment of the environment.

A few things I see out there are:

### Discarded waste - poop and wrappers on the trail

You can find poop behind trees, left behind soiled papers to wipe up poop, dog poop that wasn't picked up – wait is that dog poop or is that human poop? – everywhere on our trails. Poop does not decompose the way natural plant debris does. In fact, poop is full of toxic chemicals that can negatively affect water sources and change the makeup of the soil.

Food wrappers, tissues, and more have been seen on trails, particularly around areas where stops for lunch and snacks are common place. Waste does not biodegrade and can be incredibly harmful to the animals that may come in contact with them.

### Wildlife Disturbance

Leaving wildlife alone is critical to protecting our natural places. Chasing wildlife for that perfect picture is not safe for you and causes fright and distress in the animal. Our wild places are exactly that, wild. Enjoy what we see in nature at a distance and don't impose on their personal space for your own selfish gain.

People who understand what it means to recreate responsibly know the Leave No Trace principles are able to implement and execute them without hesitation. However, not everyone is a responsible recreationist—not because they don't want to but

rather they don't know how to be.

## How The Mountaineers Helps

Research has proven that getting outdoors and engaging with the natural world can provide significant health benefits by releasing stress that working long hours can have on one's health and well-being. As Seattle's population grows, we continue to play a leading role in educating newcomers on how to recreate in the outdoors safely and responsibly. This summer, we're launching our Backcountry Impact video series to educate on low-impact recreation skills. These videos will be available online and will allow us to grow the community of responsible outdoor recreationists.

Coupled with this is our commitment to train members, volunteers and youth we engage on how to recreate safely and responsibly. Our volunteer-led courses and activities introduce thousands of outdoor recreationists to new skills and abilities. We offer conditioning courses to strengthen muscles required for steeper climbs, and wilderness navigation courses for those who want to go deeper into the backcountry on skis, snowshoes, or by foot. We also offer courses in photography, kayaking, yoga and more – all designed to meet the varied interests of those who love to get outdoors in different ways. In addition to courses and activities, we have a catalogue of over 700 books that engage people in the outdoors safely and responsibly through such titles as *Freedom of the Hills* or *100 Best Hikes in Washington*.

## Supporting in the Tech Community

Support from those in the tech community will allow us to advance our vision of creating a more inclusive outdoors – not only in our membership, but also by granting underserved youth who don't have the opportunities to engage in the outdoors do so through our donor-supported Mountain Workshops program.

There are many ways for tech employees and companies to get involved with The Mountaineers, even beyond what is listed. A lot of employers will match contributions made by employees – or the monetary equivalent of volunteer hours. Together, we can create, cultivate, and adapt to supporting the development of a truly inclusive outdoors. ▲▲



## One Good Idea Many Great Adventures

by Mary Hsue, Mountaineers Director of Development

Gavin Woody, at the start of his John Muir Trial Run, by Mount Whitney. Photo by Gavin Woody

**A** climb-a-thon. Now, that's an idea. I can't take all the credit though. Gavin Woody was president of the board in 2012 when he asked me if I'd thought about doing some sort of climb-a-thon as a fundraiser to give members a fun way to support our new youth programs. This made sense as Mountaineers put in a lot of vertical feet all year round, but at the time I had just completed my first year as director for a new development program. We were already in early-stage planning for our next "first ascent," a fundraising dinner in 2013 to celebrate the 50th anniversary of Jim Whittaker's historic summit of Mt. Everest.

Fast forward to 2016 and Gavin's idea makes sense in a big way.

Over the course of four years, Gavin maintained his commitment to The Mountaineers through sustaining support as a major donor, serving as immediate past president of the board, and as a current member of the advisory council. He also paved the way for an adventure-based fundraiser.

In typical Mountaineers-fashion, Gavin took initiative and helped raise funds for our youth programs. This gave his training regimen and adventure goals a meaningful community impact.

In August 2012, Gavin and a few of his business school buddies represented the United States in one of the most demanding ultra-runs in the world - the Ultra Trail du Mont Blanc (UTMB). With an average altitude of 6,000 feet and 31,000 feet of climbing, the UTMB is a 104-mile, non-stop adventure run around Mont Blanc, touching France, Italy, and Switzerland. Thanks to the support of his personal and professional networks, Gavin raised \$5,000 for youth programs.

Then, Gavin, a glutton for personal challenge, West Point grad, retired Army Ranger, Ironman triathlete, and ultra-marathon runner did it again in September 2013. He rallied his network to raise \$5,000 for youth programs while training for his most ambitious adventure yet - an attempt to run the 221-mile John Muir Trail (JMT) from the Mount Whitney Portal to Yosemite Valley. That's an average altitude of over 9,000 feet and a total elevation gain over 46,000 feet. Unsupported.

While Gavin and his teammates successfully completed the UTMB in 2012, Gavin - showing his mere mortal side - stopped short of achieving his JMT run goal. After three-and-a-half days, 160 miles and 31,000 total feet of climbing on just two-and-a-half hours sleep, he decided to call it quits. "I've never quit anything before, so this was a new experience I'm still grappling with," said Gavin. "But I do know it has made me hungrier than ever to complete this trail AND to dream up even bigger adventures. While I'm disappointed I didn't make it the full 221 miles, I learned a lot out there and pushed myself harder than I ever have before."

This year, he gets his chance and he's dreaming big. As The Mountaineers celebrates its 110-year anniversary and the 100-year anniversary of the National Parks Service, it's fitting to launch another "first ascent." We're thrilled to have Gavin at the forefront of our adventure-based, peer-to-peer fundraiser called *Our Parks | Your Adventure* from July 1 - September 5.

The Mountaineers legacy is rooted in bold adventurers who wore the first skis on Mt. Rainier, paddled whitewater in Olympic National Park and claimed first ascents in the North Cascades,





making our National Parks an important part of our history. As we look to the next 100 years, we recognize that we are at a critical point in ensuring the protection of our National Parks and public lands and waterways. These days, less youth are getting outside, making our work to connect youth to the outdoors more important than ever.

I sat down with Gavin after an advisory council meeting to talk about his motivation for adventure and passion for The Mountaineers efforts to give youth, especially the underserved, outdoor experiences.

**What inspired you to suggest an adventure-based fundraiser?**

I love adventure and I love planning and training and executing adventures. The element of committing to something and putting hard work to see it through makes for a healthy body and a healthy mind. Also, with adventure goals, it's really not as much what you've accomplished as where you came from. I would like to inspire a fellow member to choose an adventure based on what's challenging to the individual.

**Why are you passionate about youth programs?**

As a father of two young kids, I want to see them experience challenge in the outdoors. I know how beneficial it was to my development. But, even before I had kids I wanted this for all kids because you can't protect something you don't love or experience. At The Mountaineers we're in a perfect position to engage young people who will be our next leaders. This is important for a number of reasons. First it's good for the individual. Second, it's good for our natural landscapes to create opportunities for youth to connect with the outdoors. And finally, for The Mountaineers it will be the way for us to maintain relevancy as we look to the next 100 years of Mountaineers and National Parks.

**What was your first big adventure?**

Climbing Mt. Whitney in California as a child. I remember looking down on the deep blue water of Guitar Lake from the footpath leading to the summit. I was on the final stretch of a week-long, 50-mile backpacking trip with my Boy Scout troop. I was 12 years-old and exhausted, but to this day I will never forget the exhilaration and anticipation of reaching the summit. The experience left an indelible mark. In fact, it was fun to think back on that climb 25 years later when I ran the JMT. Summiting Whitney was just the beginning of my journey.

**What are your adventure and challenge goals?**

I've committed to raise \$5,000 while training for something big in Mt. Rainier National Park. I'm still in the planning stages and won't be ready to announce my adventure goal just yet.

**How did you choose your adventure?**

I like situations that require different types of skills, like technical, fitness, logistical planning, and preparation. I also like to choose something that's relatable to people – for example, everyone out here has some connection to Mt. Rainier, even if it's just seeing the mountain on their drive to work every day. So they can be inspired to explore and connect with it in some way.

**Why should people choose to sign up for an adventure?**

Everyone can have an adventure. Whether it's your first Century ride or first 5.8 on natural rock. It all depends on where you're starting from. It enriches your life professionally and personally. Why not raise funds to get kids outside at the same time?

**Choose a National Park.  
Select an adventure.  
Get kids outside.**

*Hike, Paddle, Climb, Discover, Connect.*

**Where will YOU adventure?**

## Belonging in Nature

by Glenn Nelson,  
founder of The Trail Posse



A portrait of Dr. Carolyn Finney, author of "Black Faces, White Spaces." Photo by Glenn Nelson

In 2005, Dr. Carolyn Finney visited the Martin Luther King Jr. National Historic Site in Atlanta with her father, a stoic man who grew up in the segregated South. She was startled when he grabbed her with a stricken look on his face. "I thought he was having a heart attack," Finney said during a recent lecture at the University of Washington.

They were in front of a replica sign saying, "Whites Only."

"For a minute," he told her, "I thought we weren't supposed to be here."

Finney's is a memorable tale about memory – the kind seared into places and things, as well as into communities of color in America.

An associate professor at the University of Kentucky, Finney is the author of "Black Faces, White Spaces," an important study about how the history of this country, as well as the telling of that history, has shaped cultural understandings of access to natural places in the U.S. When I heard Finney speak, I was between two outings that, like many of her accounts, did not fit the traditional stories of people of color in the outdoors.

I spent the first day with a trio of bird guides from Colombia. Between their developing English and my poor Spanish, the Colombians and I were forced to connect on a higher plane – that shared sense of awe while beholding a red-breasted

sapsucker in Seattle's Seward Park or a northern harrier in the Samish Flats, about an hour north. With their baseball caps and blue jeans, they could easily have been brown-skinned birders from just about anywhere. But they were guests of Audubon's International Alliances Program, as a prelude to a partnership for eco-tourism in northern Colombia – ostensibly because birds fly and migrate and connect us all.

Water also connects us, a point driven home that weekend with every stroke I took. I was kayaking for the first time in my life, with Latino Outdoors, a burgeoning national group that works



A group from Latino Outdoors prepares for kayaking. Photo by Glenn Nelson

to connect Latino communities with nature. Among those in our group were CJ Goulding, who is African-American and a rising young star in the movement to include more youth and racial minorities in nature; bright and dedicated trip leaders, Michelle Piñon and Joe Camacho; my wife, Florangela, the daughter of South American immigrants, and me, the son of a Japanese immigrant mother.

Gliding along Seattle's Lake Union, I couldn't help but think how our multicultural, multigenerational group, when replicated throughout the country, helps write a new story about the people who interact with the natural world. Reveling in each other's company, we created a safe space for each other, and for other people of color to join or emulate. And we interrupted the prevailing negative narratives pounded into our cultures by our own country – from African-American slavery, Japanese-American internment, Chinese-American forced coolie labor, Latino migrant work, to Native American exile from their lands.

I must admit, I often struggle with a sense of belonging in nature, the weight of that cultural baggage tugging on my shoulder straps along with lunch and the ten essentials. I'd watched with envy the Colombians pursue their avian gratification with near abandon, like people in nature and not brown people in a white world. It was their norm, one shared by black and brown people all over the globe, and closer to what I found on the water, the world enveloping yet distant, the people just dots of humanity waving from passing boats or pointing at the pair of circling bald eagles overhead. They could have been anybody; we could have been anybody. And that's probably the point.

An erstwhile actor, Finney has made an academic career out of asking, "Who's missing from the picture?" and "Who aren't we hearing from?" She once reviewed 10 years of *Outside Magazine* and found that, of 6,980 photos with people in them, only 103 (or 1.5 percent) depicted African-Americans. So she has taken to telling the stories of the missing: MaVynee Betsh, who donated her fortune to environmental causes and lived out her days on American Beach in Florida; John Francis, the Planetwalker, who traveled the globe exclusively by foot for 22 years, 17 of which were spent in voluntary silence, and still earned a PhD, became a representative for the United Nations and was one of the original architects of U.S. oil spill policy after Exxon Valdez.

Betsh and Francis both are black, and have compelling tales, yet have not been part of the mainstream, environmental narrative.

During her presentation, Finney also recalled her own story, growing up on the estate of a wealthy New York developer, for whom her parents were groundskeepers. One day, at 9, she was walking home from school in the tony, white neighborhood. She was stopped by the police, just around the corner from her house.

"Where are you going?" they asked.

It may have been the first time Finney pondered the seemingly indelible uncertainty of "supposed to be here" with which her father continued to struggle decades later. It's a question she and the rest of us keep trying to answer.

Glenn Nelson is the Seattle-based founder of The Trail Posse, which in partnership with High Country News covers race, diversity and inclusion in the outdoors. [trailposse.com](http://trailposse.com)



A group of birdwatchers including three bird guides from Colombia through Audubon's International Alliances Program - Samish Flats. Photo by Glenn Nelson

# Staying Prepared For the Best Kind of Adventures

by Helen Arntson, Mountaineers Crag Leader



A group of well-prepared scramblers descend Silver Peak on a mid-week after hours hike, July 16, 2015. Photo by David Bradley

**U**nprepared adventurers, if they're not lucky, can find themselves struggling out in the dark, under deteriorating conditions – or worse. Perhaps they leave without appropriate clothing or gear. Or they go without being cognizant of weather or available daylight. A few face difficulty because they chose an objective they were not physically ready for. And some expose themselves and others to risk because they decide to continue the climb even though objective information suggests they would be safer turning around or choosing another destination.

Being prepared is more than a cliché. It's critical. This article presents a number of issues to consider as you prepare for your next outdoor adventure.

## Give yourself enough time to prepare

Is this a day trip to a moderate local crag or a multi-day trip into the Pickets? When do you intend to go – soon or some time in the future? Many objectives are such that you can decide what to do during the week, grab your gear Friday night and go. Others may take months of preparation. Your objectives will undoubtedly consist of both short, spontaneous, outings and longer-term adventures. The point here is to be aware and give yourself whatever time you need to get ready.

## Check current conditions

Look online for resources, like mountaineers trip reports, summitpost.org, cascadeclimbers.com, searches initiated by simply inserting the name of your objective into the search engine. Consider if this is an objective you want to commit the time and energy to in advance. Even if you are familiar with the objective, there may be barriers or other problems that have developed since you were last at your desired destination, such as trees blown down, altered river crossings, high or low snow

conditions, changes to campsites, etc.

Check meteorological and climatological information, including weather, snowpack, avalanche conditions, amount of daylight in the area you intend to explore. And be creative in identifying sources that may be helpful to you for your particular objective. For example, there may be automatic sensors giving snowpack information at certain ski areas that continue sending some information to NWAC even after the ski area has closed. And you might obtain information helpful to evaluating river crossings by accessing the USGS national water information system. The data from may not be for the exact location you're planning to visit, but could still provide a good sense of current conditions.

## Research restrictions and regulations

What permits are required and when might each be available? What are the party size limitations? Will you need to reserve a campground? Where are campfires allowed? Look up the manager of the particular site and contact them if you can. Be aware if your objective requires access through private land. In some parts of the Cascades, private owners have developed their own permit systems for allowing access through their land. Start this process as early as you need to, given your destination. In addition, as you prepare, be sure to keep up to date with respect to any changes to permits or permitting that might take place from year to year or during a season. And don't forget to check the expiration dates on whatever parking pass you will need to leave in your vehicle at the trailhead.

## Understand the needs of individuals

Is your party experienced and fast? Experienced but slower? Inexperienced? Don't rely entirely on someone else's estimate of the time needed for the approach and climb – consider how much time you and your party may need. Are all members sufficiently

adept at the necessary skills? Is there any further advance practice that would be helpful? What about compatibility? Any special needs? Is there a good range of skills so that each or at least most of the party members can contribute? One benefit of climbing with The Mountaineers is the ability to experience the outdoors in partnership with others, sharing responsibility, rather than as a client simply following a leader. Develop and follow a conditioning plan that will best enable you to meet the physical requirements you are going to face on your objective.

### Be aware of other parties

Having too many parties on a popular climb can mean your group may have to dodge objects knocked from above, or wait in line. Yet having others nearby can possibly add an element of safety, helping with care and communication in the event of a problem or even assisting in a crevasse rescue situation, for example. You cannot assume that others will detract from your experience; nor should you assume you can depend on others. Regardless, and to the extent you can do so, it is worth being cognizant of who else may be in the area.

### Stay up-to-date with technology and gear

Don't automatically resort to the "10 essentials" you've kept in your pack for years. Technology changes; things break; many first aid items lose their effectiveness; that box of your favorite bars may be a year out of date.

Take a fresh look to ensure your essentials are in the state of readiness you need. And that what you generally consider essential is appropriate for your particular objective. For example, if you usually obtain extra water by using tablets, check to confirm that this method is an adequate means of treating the water where you intend to go.

### Be gear-specific and emergency-ready

Make sure you are systematic in preparing the climbing or other gear you need for your objective. If there is climbing gear you or members of your party don't already own, be sure to identify that. Can you rent or borrow, rather than purchase it (be sure to inspect before departure, to ensure it is in working order). Assess the group gear you will need, and who will be responsible for what. Similarly, decide what duplicate items you want or need, in the event of loss or breakage.

Review club instructions and suggestions, including gathering all the contact information you need. And ensure you have a current copy of the *Mountaineers Emergency Contact Procedures* and Call Tree.

### Allow for turnaround time

Having the best skill, information and gear to reach the summit only gets you halfway to your ultimate objective – returning home. And you could be in a difficult spot if you've left yourself with only one option. That's especially true when you're outdoors. The situation can change drastically in unforeseen ways – the weather changes for the worse; your group is slower than anticipated; you got off route and although you found your way, you expended more time than you wanted. That doesn't mean you should avoid pushing yourself. By doing so, you gain strength and experience. But bear in mind the difference between pushing your limits and pushing them so much that you foreclose means of keeping yourself safe.

Identify the time needed given such issues as the speed of your party, the difficulty of descent, the length of daylight available and other external factors. Rappelling into darkness or scrambling over steep ledges under reduced visibility is not only scary but dangerous. And rushing to avoid darkness or other hazards increases the danger: when you are tired and under pressure it is that much more difficult to focus on the appropriate safety checks and procedures. So set your turnaround time. And plan on adhering to it. With few (although notable) exceptions, the mountain will still be there when you come back next time.

### Have a back-up plan

There are plenty of reasons why your planned objective might not work out as planned. Perhaps the weather was not as predicted, there was too much or too little snow, your party was not fast enough on the approach, or a stream was too high to cross even early in the morning. If you have done some planning ahead, you may well be able to continue on an adventure, albeit a different one, rather than just turn around and go home. So, as you plan for your objective, consider if there are other alternatives in the vicinity. Be prepared with information about those alternatives and bring any additional equipment that may be needed. And include, in your emergency communication plan, your strategy for informing others of this change.

The point is to make sure you give yourself enough time to identify your needs with care and imagination, prepare methodically, and keep your options open. ▲▲



Seattle Branch Alpine Scramble on Abiel Peak - August 6, 2015.  
Photo by David Bradley

retrorewind

# Female Mountaineer Leading The Way

## An Interview with Helen Engle

by Mary Hsue, Mountaineers Director of Development

"And my favorite of Stan and me, grubby backpackers on the Wilderness Beach of Olympic National park."

-Helen Engle

Helen and her husband Stan, on the Washington Coast, Olympic National Park. Photo courtesy of Helen Engle

**R**ecently, I had the pleasure of interviewing a member who has devoted much of her life to protecting and enhancing the lands and waters in the South Puget Sound – the same wild places I enjoyed as a child. I was proud to feature her story in a brief video at our fundraising breakfast in May. Despite being preceded by stories from big names in the outdoor retail and National Parks space, hers was most captivating. In less than three minutes, she conveyed the history and heart of The Mountaineers and the impact of our conservation legacy – one for which all Washingtonians today should be grateful.

64-year Mountaineers' member and lifelong conservationist, Helen Engle is a fourth-generation Washingtonian and an environmental activist with an extensive resume of involvement in conservation causes.

Helen was born in eastern Grays Harbor and raised in Oakville on a plot of land homesteaded by her great-grandfather in 1871. "During the depression years those farms were incredibly important. Everybody lived off their farms. And what you did have your traded with neighbors so there was a really good feeling of everybody helping everyone else," she recalled.

### Inspired by beauty

A love of beautiful places is what inspired Helen to be a protector of these places. It all started in the 50's shortly after she and her late-husband Stan joined The Mountaineers. Like Mountaineers before them, they found themselves in the position to teach after taking the basic climbing course. "I really enjoyed teaching the climbing courses. Teaching what to pack in your pack and how to pack it, the food you take, how to survive in the wild," she explained.

But what was special about The Mountaineers and important to Helen back then was that all age groups were included in outings. "Taking my family to places and finding a club that had a family group so that we could raise our kids together was great." She adds, "My kids got to learn from the grandmas and grandpas and I could remember some of the old timers so clearly. They were wonderful people and they had all that lore and all those skills and they knew how to do things successfully in the outdoors."

It was time in the outdoors with her family that fueled her desire to take action, "The idea that the existence we had and relationship we had to the wild places was actually being threatened was a scary thought, and I wanted to see that my kids could have the same places that were so precious to us." She declared, "Those beautiful places we visited might not be there for another generation, you just have this feeling like I just got to do something about that!"

Amazingly, Helen took action while learning to climb and raising seven children. She laughed as she explained, "Stan took basic first because I was having babies, but after the babies came he would take care of the kids while I went and took the course."

Helen co-founded the Tahoma Audubon Society in 1969, which quickly grew from 150 members to over 1,000 members within two years. As its first president she recognized the value of preserving what is now the Nisqually National Wildlife Refuge, the 2,925-acre sanctuary at the mouth of the Nisqually River. "There was a vision early on. From Mt. Rainier to the bay, it



Tacoma Branch Annual Picnic circa 1950.

was a chance to save an intact ecological system. We just spent countless hours on that," she said as she recalled lobbying lawmakers to prevent port development on the delta.

In the late 1800's and early 1900's, conservation was mostly a man's world. Women were often simply not acknowledged in the fight to preserve wilderness. Helen explained, "Back in the day it was mostly men and there were a few leaders, few women leaders but just like in all the other movements that were going on at the same time like women getting to vote and different things, there were women leaders that were leading the way." She went on to say, "Women from The Mountaineers were right there because they had tramped those trails and been in those places. And they knew the boundaries and what was encroaching on the boundaries."

### Devoted to protection

Helen has devoted her life to protecting the places she loves. Her insatiable appetite for learning and uniting people led her to a long list of memberships. In 1980 she was elected to the National Audubon board, on which she served for 20 years. She became a founding member of several leading Washington organizations including the Washington Environmental Council, Washington Wilderness Coalition, Mount Rainier National Park Associates, People for Puget Sound and National Parks Fund to name a just few.

Helen and generations of Mountaineers before her were climbing mountains and exploring wild places before the Wilderness Act was created, before the North Cascades and Olympic National Parks were created and before Alpine Lakes Wilderness received full protection. Their love of the outdoors and commitment to conservation is why we're celebrating the Centennial of National Parks today.

Helen shared concerns for the future of our wild places because conservation efforts will never be done, but she held hope for the future because of the success of The Mountaineers youth programs. She explains, "That's where I think The Mountaineers steps right in. The Mountaineers can take kids from the depressed areas of our cities to get them out there and introduce them to something great and they will remember it all their lives. We gotta have them understand what the world is like. I could probably name seven or eight kids that have never been to the mountain – never been to the ocean. Doesn't know what a national forest is all about. How's he gonna stand up for something if he's never been there when he was a kid? It enriches their lives so much. Teaches them it's theirs. It is theirs. We belong there and it belongs to us." ▲▲

# Five Ambitious Climbers

## With Stories to Share

by Ada Love, Mountaineers Development Associate



Stories of Passion & Adventure

**T**his past spring, The Mountaineers hosted its third annual BeWild: Stories of Passion and Adventure Speaker Series, which brings stories from some of the most ambitious outdoor adventurers to The Mountaineers community.

This year's BeWild theme was climbing and featured world champion climber Sasha DiGiulian, founder of semi-rad.com and Mountaineers Book author Brendan Leonard, speed climbing record holder Libby Sauter, and extreme alpinists Jess Roskelley and Ben Erdman.

Sasha took us back to when her climbing career began at the young age of 8 and walked us through her progression to becoming a leading climber today. Brendan shared his

personal journey, from an alcoholic in his youth to his new life in the mountains, which is also the subject of his memoir *Sixty Meters to Anywhere*, (Mountaineers Books, 2016). Libby Sauter presented a tale of crossing borders and examining a world beyond its divisions. And Jess Roskelley (son of legendary mountaineer and Mountaineers Books author John Roskelley) and Ben Erdman took the audience from pole to pole, sharing their adventurous exploits from Patagonia and Alaska.

Generous sponsorship support from adidas outdoors and Outdoor Research allowed The Mountaineers to bring these inspiring speakers to our stage. Look for the 2017 BeWild lineup this winter and look forward to more great stories.



Top: Ben Erdman; Bottom - Left: Sasha DiGiulian presents; Middle: The BeWild Crowd for Sasha; Right: Brendan Leonard signs his book. Photos by The Mountaineers



# Ready for Adventure?

The Go Guide offers **just a sampling** of the thousands of Mountaineers trips, outings and events each year. Please go online to [www.mountaineers.org](http://www.mountaineers.org) to gain a fully-detailed view of all up-to-the-minute listings. Many of our activities - especially day hikes and urban adventures - are open to the general public who sign up as guests, as an introduction to Mountaineers activities.

If you are looking for camaraderie with a particular branch of The Mountaineers, branches are named at the end of each listing. **SIGN UP** for the trip or event of your choice online, and remember that you may register for an event or course in any branch, regardless of the one you belong to.

*note: Events and trips require registration unless otherwise noted. You will also need a current waiver on file with The Mountaineers to participate. Following are guides and keys to interpreting the trip listings.*

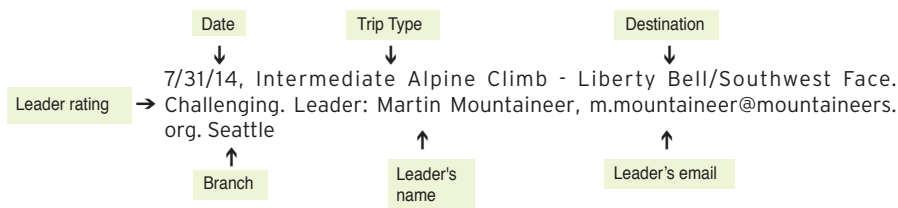
## Mountaineers Ten Essential System required on all Mountaineers trips:

1. Navigation
2. Sun protection
3. Insulation
4. Illumination
5. First aid supplies
6. Fire starter
7. Repair kit and tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter

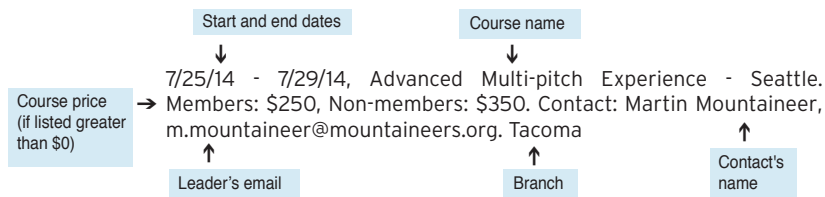
## List of potential abbreviations:

- |                           |                       |
|---------------------------|-----------------------|
| CG—Campground             | E, W, N, S—East . . . |
| USGS—US Geological Survey | GT—Green Trails       |
| Hwy—Highway               | I—Interstate          |
| ITC—Issaquah Trail Cntr   | Jct—Junction          |
| MRNP—Mt. Rainier          | NP—National Park      |
| NWFP—NW Forest Pass (fee) | mi—miles              |
| FS—Forest Service         | P&R—Park and Ride     |
| Rd—Road                   | RS—Ranger Station     |
| RT—Round Trip             | SP—State Park         |
| SR—State Route            | TH—Trailhead          |

## ACTIVITY LISTING KEY



## COURSE LISTING KEY



### How to use the Go Guide:

We use the same category names online, so if you find an activity or course you would like to sign up for, just go to our website and click on the *Explore* or *Learn* tab. You can then filter your search by category (for example, *Day Hiking*). We've recently updated our privacy guidelines, and are no longer listing the volunteer leaders' phone numbers in this public format, unless requested.

### Quarterly Update

We recently switched to a quarterly publication - with winter, spring, summer and fall issues. We started this in January, with each issue covering three months. Based on feedback from course leaders, we will adjust the schedule to better accommodate course dates starting next winter, in time to advertise spring courses (the next winter issue will start in December).

If you have any suggestions, questions or feedback, please send an email to Suzanne Gerber, publications manager, at [suzanneg@mountaineers.org](mailto:suzanneg@mountaineers.org).



# activities

Below is a sampling of The Mountaineers activities. To see the full listing, go to [www.mountaineers.org](http://www.mountaineers.org).

## backpacking

7/2/16-7/4/16, Backpack - Shi Shi Beach (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/9/16-7/10/16, Backpack - Grand Park (Mount Rainier) (Easy) Leader: David Bradley, david@davidbradley.com. Seattle

7/15/16-7/17/16, Backpack - Rialto Beach to Chilean Memorial (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/22/16-7/24/16, Backpack - Cathedral Rock or Deception Pass or Tuck & Robin Lakes (Challenging) Leader: Dale Shoup, dshoup@comcast.net. Foothills

7/23/16-7/24/16, Backpack - Olympic Hot Springs, Boulder Lake & Appleton Pass (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/30/16-7/31/16, Backpack - Packwood Lake (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/30/16-7/31/16, Backpack - Gobblers Knob (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/30/16-7/31/16, Backpack - Packwood Lake (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

8/2/16-8/4/16, Backpack - Olympic Coast South: The Wildcatter Coast (Moderate) Leader: Royce Poetter, roycepoetter15@gmail.com. Foothills

8/6/16-8/7/16, Backpack - Summit Lake (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

8/8/16-8/9/16, Backpack - Pacific Crest Trail: Chinook Pass to Norse Peak (Challenging) Leader: Cheryl Talbert, cascadehiker@earthlink.net. Foothills

8/12/16-8/15/16, Backpack - Mormon Ladies Lakes (Challenging) Leader: Dick Lambe, dicklambe@hotmail.com. Foothills

8/13/16-8/14/16, Backpack - Sheep Lake (Chinook Pass) (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

8/20/16-8/27/16, Backpack - Pacific Crest Trail: Harts Pass to Manning Park (Moderate) Leader: Denise Crafton, buffmtwoman@yahoo.com. Foothills

8/20/16-8/21/16, Backpack - Dewey Lake via Naches Peak Loop (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

8/24/16-8/27/16, Backpack - Seven Lakes Basin & High Divide (Moderate) Leader: David Bradley, david@davidbradley.com. Seattle

8/25/16-8/28/16, Backpack - Devils Dome/Jackita Ridge (Challenging) Leader: Deborah Fisher, gearsnbearings@gmail.com. Foothills

9/3/16-9/5/16, Backpack - Indian Heaven

(Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

9/8/16-9/11/16, Backpack - Devils Dome/Jackita Ridge (Challenging) Leader: Dick Lambe, dicklambe@hotmail.com. Foothills

9/10/16-9/11/16, Backpack - Cramer Mountain Loop (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

9/15/16-9/18/16, Backpack - Pacific Crest Trail: White Pass to Walupt Lake (Challenging) Leader: Deborah Fisher, gearsnbearings@gmail.com. Foothills

7/9/16-7/10/16, Backpack - Goat Lake (Monte Cristo) (For Beginners (Getting Started Series)) Leader: Deborah Fisher, gearsnbearings@gmail.com. Foothills

7/2/16-7/5/16, Backpack - Pacific Crest Trail: White Pass to Walupt Lake (Challenging) Leader: Bill Carver, fishtherivers4fun@yahoo.com. Tacoma

9/2/16-9/7/16, Backpack - Eagle Cap Lakes Basin Loop (Oregon) (Moderate) Leader: Bill Carver, fishtherivers4fun@yahoo.com. Tacoma

7/8/16-7/10/16, Alpine Scramble - Mount Carrie & Seven Lakes Loop (Challenging) Leader: Marko Pavela, mlpavela@hotmail.com. Olympia

Backpacking; Scrambling 9/10/16-9/11/16, Alpine Scramble - Mount Stuart/Cascadian Couloir (Challenging) Leader: Phil Chebuhar, phil.cheb@gmail.com. Kitsap

7/15/16-7/22/16, Stewardship - Mount Pilchuck Lookout Maintenance (Moderate) Leader: Louis Coglas, coglaslouie01@gmail.com. Everett

7/23/16-7/24/16, Backpack - Dosewallips River/Abandoned National Park Road (For Beginners (Getting Started Series)) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

## climbing

7/1/16-7/2/16, Basic Alpine Climb - Huckleberry Mountain/East Face (For Beginners (Getting Started Series)) Leader: Fred Luck, f-luck@hotmail.com. Seattle

7/1/16-7/4/16, Basic Alpine Climb - Mount Olympus/Blue Glacier (Moderate) Leader: Meredith Trainor, meredith.trainor@gmail.com. Seattle

7/1/16-7/4/16, Glacier Climb - Mount Rainier/Success Cleaver (Challenging) Leader: Jennifer Carter, jennecarter@gmail.com. Seattle

7/1/16-7/4/16, Basic Alpine Climb - Mount Spickard/South Ridge & Mount Redoubt/South Face (For Beginners (Getting Started Series)) Leader: Ian Lauder, ian@cyber-sea.com. Everett

7/1/16-7/3/16, Basic Alpine Climb - Dome Peak/Dome Glacier (Challenging) Leader: Paul Gehlsen, paul.r.gehlsen@boeing.com. Everett

7/1/16-7/4/16, Glacier Climb - Mount Anderson/Eel Glacier (Challenging) Leader: Jeff Williams, jswill@comcast.net. Olympia

7/1/16-7/4/16, Basic Alpine Climb - Mount Logan/Douglas Glacier (Challenging) Leader: Andy Weber, olyclimber@gmail.com. Olympia

7/2/16, Basic Alpine Climb - Kangaroo Temple/North Face (For Beginners (Getting Started Series)) Leader: Cebe Wallace, cebe.wallace@gmail.com. Seattle

7/2/16, Basic Alpine Climb - Dragontail Peak/Colchuck Col (Challenging) Leader: Sean Mathias, seanm@prosolve.com. Seattle

7/2/16-7/3/16, Intermediate Alpine Climb - Black Peak/Northeast Ridge (Moderate) Leader: William Ashby, wsashby@earthlink.net. Seattle

7/2/16-7/4/16, Aid Climb - Squamish (Challenging) Leader: Takeo Kuraishi, takeo.kuraishi@gmail.com. Seattle

7/2/16-7/4/16, Basic Alpine Climb - Glacier Peak/Disappointment Peak Cleaver (Challenging) Leader: Rob Busack, rob.busack@gmail.com. Seattle

7/2/16, Basic Alpine Climb - Ingalls Peak/South Ridge (For Beginners (Getting Started Series)) Leader: Robert Foster, robert.foster@rfoster.us. Kitsap

7/2/16-7/10/16, Basic Alpine Climb - Mount Challenger/Challenger Glacier (Challenging) Leader: Suzy Diesen, sdiesen@wavecable.com. Kitsap

7/2/16-7/3/16, Intermediate Alpine Climb - Dorado Needle/Northwest Ridge (Moderate) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

7/2/16-7/3/16, Glacier Climb - Mount Baker/Easton Glacier (Moderate) Leader: Ron Raff, ronraff1@msn.com. Olympia

7/3/16, Basic Alpine Climb - Chair Peak/Northeast Buttress (Moderate) Leader: Diana Yuen, dianahikes@gmail.com. Seattle

7/3/16, Basic Alpine Climb - Kangaroo Temple/North Face (Moderate) Leader: John Mackey, john@pttaxcpa.com. Kitsap

7/3/16-7/4/16, Glacier Climb - Mount Shuksan/Sulphide Glacier (Moderate) Leader: Elaina Jorgensen, elaina.jorgensen@gmail.com. Everett

7/4/16, Intermediate Alpine Climb - Liberty Bell/Southwest Face (Moderate) Leader: John Mackey, john@pttaxcpa.com. Kitsap

7/6/16, Intermediate Alpine Climb - Le Petit Cheval/Spontaneity Ar\_te (Moderate) Leader: Jeffrey Edwards, jbedwards97@gmail.com. Tacoma

7/7/16, Basic Alpine Climb - South Early Winter

## climbing continued...

Spire/South Ar\_te (Moderate) Leader: Mark Scheffer, mark\_scheffer@yahoo.com. Seattle

7/7/16-7/8/16, Glacier Climb - Mount Rainier/Disappointment Cleaver (Moderate) Leader: Carl Duester, cdenali@comcast.net. Tacoma

7/7/16, Intermediate Alpine Climb - Kangaroo Temple/Northwest Face (Moderate) Leader: Jeffrey Edwards, jbedwards97@gmail.com. Tacoma

7/8/16, Basic Alpine Climb - The Tooth/South Face (Moderate) Leader: John Bell, jbellclimber@yahoo.com. Seattle

7/8/16, Basic Alpine Climb - South Early Winter Spire/South Ar\_te (For Beginners (Getting Started Series)) Leader: Ian Dickson, ipd@yellowleaf.org. Seattle

7/8/16-7/10/16, Glacier Climb - Glacier Peak/Disappointment Peak Cleaver (Moderate) Leader: Diana Yuen, dianahikes@gmail.com. Seattle

7/8/16-7/10/16, Intermediate Alpine Climb - Mount Adams/Adams Glacier (Challenging) Leader: Ed Palushock, ed.palushock@yahoo.com. Seattle

7/8/16-7/10/16, Basic Alpine Climb - West McMillan Spire/West Ridge (For Beginners (Getting Started Series)) Leader: Kristian Kalsing, kristian@kalsing.com. Seattle

7/8/16-7/10/16, Glacier Climb - Mount Rainier/Emmons Glacier (Challenging) Leader: Linda Anderson-Carnahan, lacdwc@aol.com. Kitsap

7/8/16-7/9/16, Basic Alpine Climb - Eldorado Peak/Inspiration Glacier (Challenging) Leader: Lisa Loper, thelopers@comcast.net. Everett

7/8/16-7/9/16, Glacier Climb - Little Tahoma/East Shoulder (Moderate) Leader: Mike McIntosh, free\_2\_climb@yahoo.com. Olympia

7/8/16-7/9/16, Glacier Climb - Mount Hood/South Side (Palmer Glacier) (For Beginners (Getting Started Series)) Leader: Kevin Hornback, jf2racing@comcast.net. Tacoma

7/9/16, Intermediate Alpine Climb - Liberty Bell & Concord Tower (For Beginners (Getting Started Series)) Leader: Ian Dickson, ipd@yellowleaf.org. Seattle

7/9/16, Basic Alpine Climb - Ingalls Peak/South Ridge (Moderate) Leader: Sean Mathias, seanm@prosolve.com. Seattle

7/9/16-7/10/16, Glacier Climb - Mount Shuksan/Sulphide Glacier (For Beginners (Getting Started Series)) Leader: Bryn Fluharty, brynfluharty@gmail.com. Seattle

7/9/16, Basic Alpine Climb - Kangaroo Temple/North Face (Moderate) Leader: James Gates, jimgates@korsmo.com. Tacoma

7/9/16, Basic Alpine Climb - The Tooth/South Face (Moderate) Leader: Colin Tasker, taskmaster82@gmail.com. Tacoma

7/9/16, Basic Alpine Climb - South Early Winter Spire/South Ar\_te (For Beginners (Getting Started Series)) Leader: Jeffrey Edwards, jbedwards97@gmail.com. Tacoma

7/9/16, Basic Alpine Climb - Sahale Peak/Quien Sabe Glacier (Challenging) Leader: Monica Fisk, monica.fisk@gmail.com. Tacoma

7/10/16, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: Wes Cooper, wcooper06@yahoo.com. Seattle

7/10/16, Glacier Climb - Eldorado Peak/Inspiration Glacier (Challenging) Leader: Jenni Schwegler, jennischwegler@gmail.com. Everett

7/10/16, Basic Alpine Climb - South Early Winter Spire/South Ar\_te (Moderate) Leader: James Gates, jimgates@korsmo.com. Tacoma

7/10/16, Basic Alpine Climb - The Tooth/South Face (Moderate) Leader: Tyler Farr, tyler.farr@tacomamountaineers.org. Tacoma

7/10/16, Basic Alpine Climb - Kangaroo Temple/North Face (Moderate) Leader: Jeffrey Edwards, jbedwards97@gmail.com. Tacoma

7/10/16, Basic Alpine Climb - Mount Washington/Standard South Route (Olympics) (Moderate) Leader: Jeffrey Wirtz, jrwirtz73@gmail.com. Tacoma

7/11/16-7/12/16, Basic Alpine Climb - Mount Rainier/Emmons Glacier (Moderate) Leader: Carl Duester, cdenali@comcast.net. Tacoma

7/14/16, Basic Alpine Climb - Ingalls Peak/South Ridge (Moderate) Leader: Jenni Schwegler, jennischwegler@gmail.com. Everett

7/14/16-7/19/16, Intermediate Alpine Climb - Mount Goode/Northeast Buttress (Challenging) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

7/15/16-7/17/16, Basic Alpine Climb - Mount Baker/Boulder Glacier (Moderate) Leader: Meredith Trainor, meredith.trainor@gmail.com. Seattle

7/15/16-7/17/16, Glacier Climb - Glacier Peak/Disappointment Peak Cleaver (Challenging) Leader: Scott Bennett, robyrocket@hotmail.com. Seattle

7/15/16, Basic Alpine Climb - Tamaso Mountain (Challenging) Leader: Dave Morgan, go.climbing@gmail.com. Seattle

7/15/16-7/17/16, Glacier Climb - Mount Rainier/Emmons Glacier (Challenging) Leader: Sherrie Trecker, sbuxbarista@yahoo.com. Seattle

7/15/16-7/17/16, Intermediate Alpine Climb - Sherpa Peak/West Ridge (Moderate) Leader: Ralph Wessels, ralphwessels@comcast.net. Kitsap

7/15/16-7/17/16, Glacier Climb - Mount Olympus/Blue Glacier (For Beginners (Getting Started Series)) Leader: Damien scott, damien.r.scott@gmail.com. Everett

7/15/16-7/16/16, Intermediate Alpine Climb - Dorado Needle/Northwest Ridge (Challenging) Leader: Paul Gehlsen, paul.r.gehlsen@boeing.com. Everett

7/15/16-7/17/16, Intermediate Alpine Climb - Mount Adams/Adams Glacier (Challenging) Leader: Jeff Williams, jswill@comcast.net. Olympia

7/15/16-7/17/16, Basic Alpine Climb - Snowfield Peak/Neve Glacier (Challenging) Leader: Jeffrey Wirtz, jrwirtz73@gmail.com. Tacoma

7/15/16-7/17/16, Intermediate Alpine Climb - Mount Buckner/North Face (Moderate) Leader: Curtis Stock, cstock34@msn.com. Tacoma

7/16/16, Basic Alpine Climb - Boston Peak/Southeast Face via Quien Sabe Glacier (Challenging) Leader: William Ashby, wsashby@earthlink.net. Seattle

7/16/16, Basic Alpine Climb - Little Tahoma Cowlitz Traverse (Challenging) Leader: Dave Morgan, go.climbing@gmail.com. Seattle

7/16/16-7/18/16, Intermediate Alpine Climb - Mount Stuart/North Ridge (Challenging) Leader: Steven Yi, steven.yyi@gmail.com. Seattle

7/16/16-7/17/16, Glacier Climb - Eldorado Peak/Inspiration Glacier (Challenging) Leader: Wes Cooper, wcooper06@yahoo.com. Seattle

7/16/16, Basic Alpine Climb - Sahale Peak/Quien Sabe Glacier (Challenging) Leader: Aaron Molskness, aaron.molskness@gmail.com. Seattle

7/16/16-7/17/16, Basic Alpine Climb - Overlord Mountain (British Columbia) (Moderate) Leader: Mark Scheffer, mark\_scheffer@yahoo.com. Seattle

7/16/16, Basic Alpine Climb - Sloan Peak/Corkscrew Route (Moderate) Leader: Tim Helton, timh948@gmail.com. Tacoma

7/17/16, Basic Alpine Climb - Sloan Peak/Corkscrew Route (For Beginners (Getting Started Series)) Leader: Sean Mathias, seanm@prosolve.com. Seattle

7/17/16-7/18/16, Glacier Climb - Little Tahoma Cowlitz Traverse (Challenging) Leader: Dave Morgan, go.climbing@gmail.com. Seattle

7/17/16, Basic Alpine Climb - Sahale Peak/Quien Sabe Glacier (For Beginners (Getting Started Series)) Leader: Michael Warren, mwarren@pivotallawgroup.com. Seattle

7/17/16, Basic Alpine Climb - Guye Peak/West Face (For Beginners (Getting Started Series)) Leader: Elaina Jorgensen, elaina.jorgensen@gmail.com. Everett

7/18/16-7/20/16, Intermediate Alpine Climb - Dragontail Peak/Backbone Ridge with Fin Direct (Challenging) Leader: Christopher Dessert, christopher.dessert@gmail.com. Seattle

7/19/16-7/20/16, Glacier Climb - Mount Rainier/Disappointment Cleaver (Moderate) Leader: Nick Wilson, npwilson@live.com. Tacoma

7/21/16, Basic Alpine Climb - Mount Rexford/West Ridge (Challenging) Leader: Mark Scheffer, mark\_scheffer@yahoo.com. Seattle

7/22/16-7/24/16, Glacier Climb - Mount Rainier/Emmons Glacier (Challenging) Leader: Erica Cline, ecline2522@gmail.com. Seattle

7/22/16-7/23/16, Basic Alpine Climb - Mount Baker/Coleman Glacier (Challenging) Leader: Owen Gabrielson, mog@farlawgroup.com. Tacoma

7/22/16-7/23/16, Basic Alpine Climb - Ingalls Peak/South Ridge (Moderate) Leader: Nick Wilson, npwilson@live.com. Tacoma

7/22/16-7/25/16, Intermediate Alpine



## climbing continued...

Climb - Dorado Needle/Northwest Ridge (Challenging) Leader: Curtis Baxstrom, baxstrom@earthlink.net. Tacoma

7/23/16, Basic Alpine Climb - Chair Peak/Northeast Buttress (Moderate) Leader: Diana Yuen, dianahikes@gmail.com. Seattle

7/23/16-7/24/16, Intermediate Alpine Climb - Black Peak/Northeast Ridge (Moderate) Leader: Rena Chinn, seattlerena@gmail.com. Seattle

7/23/16, Basic Alpine Climb - Sahale Peak/Quien Sabe Glacier (Challenging) Leader: Dennis Kiilerich, dkiilerich@gmail.com. Seattle

7/23/16-7/24/16, Basic Alpine Climb - Mount Shuksan/Sulphide Glacier (Moderate) Leader: Sherrie Trecker, sbuxbarista@yahoo.com. Seattle

7/23/16-7/25/16, Basic Alpine Climb - Glacier Peak/Disappointment Peak Cleaver (Moderate) Leader: John Leo, leo@halfaya.org. Seattle

7/23/16, Basic Alpine Climb - Kangaroo Temple/North Face (Moderate) Leader: John Rollins, john.rollins0313@gmail.com. Seattle

7/23/16, Basic Alpine Climb - South Early Winter Spire/South Ar\_te (Moderate) Leader: Loni Uchytel, loniuchytel@msn.com. Seattle

7/23/16-7/24/16, Intermediate Alpine Climb - Mount Baker/North Ridge (Challenging) Leader: John Mackey, john@pttaxcpa.com. Kitsap

7/23/16-7/24/16, Basic Alpine Climb - Black Peak/South Ridge (Moderate) Leader: Paul Gehlsen, paul.r.gehlsen@boeing.com. Everett

7/24/16, Basic Alpine Climb - Guye Peak/West Face (Moderate) Leader: Diana Yuen, dianahikes@gmail.com. Seattle

7/24/16, Basic Alpine Climb - South Early Winter Spire/South Ar\_te (Moderate) Leader: John Rollins, john.rollins0313@gmail.com. Seattle

7/24/16, Basic Alpine Climb - Kangaroo Temple/North Face (Moderate) Leader: Loni Uchytel, loniuchytel@msn.com. Seattle

7/24/16, Basic Alpine Climb - Sahale Peak/Quien Sabe Glacier (Challenging) Leader: Jenni Schwegler, jennischwegler@gmail.com. Everett

7/24/16, Intermediate Alpine Climb - Ingalls Peak/East Ridge (Moderate) Leader: Jim Gawel, jimedgawel@gmail.com. Tacoma

7/28/16-7/30/16, Basic Alpine Climb - Glacier Peak/Disappointment Peak Cleaver (Challenging) Leader: Ralph Wessels, ralphwessels@comcast.net. Kitsap

7/29/16-7/31/16, Intermediate Alpine Climb - Mount Buckner/North Face (Challenging) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

7/30/16-7/31/16, Glacier Climb - Mount Rainier/Emmons Glacier (Challenging) Leader: William Ashby, wsashby@earthlink.net. Seattle

7/30/16-7/31/16, Basic Alpine Climb - Sloan Peak/Corkscrew Route (Moderate) Leader:

Ed Palushock, ed.palushock@yahoo.com. Seattle

7/30/16, Intermediate Alpine Climb - Liberty Bell/Southwest Face (For Beginners (Getting Started Series)) Leader: Jim Pitts, jim@pitts.org. Seattle

7/30/16, Glacier Climb - Eldorado Peak/Inspiration Glacier (Challenging) Leader: John Leo, leo@halfaya.org. Seattle

7/30/16, Crag Rock Climb - Kangaroo Temple/North Face (Moderate) Leader: Mike McIntosh, free\_2\_climb@yahoo.com. Olympia

7/30/16-7/31/16, Basic Alpine Climb - Ruth Mountain & Icy Peak Traverse (Easy) Leader: Curtis Stock, cstock34@msn.com. Tacoma

7/30/16-7/31/16, Intermediate Alpine Climb - Mount Rainier/Kautz Glacier (Challenging) Leader: Monica Fisk, monica.fisk@gmail.com. Tacoma

7/31/16-8/3/16, Basic Alpine Climb - Mount Olympus/Blue Glacier (Moderate) Leader: Jerome Velosky, climb@velosky.net. Seattle

7/31/16-7/31/16, Basic Alpine Climb - South Early Winter Spire/South Ar\_te (Moderate) Leader: Stephen McKim, stephen2337@msn.com. Seattle

7/31/16-8/1/16, Basic Alpine Climb - Glacier Peak/Disappointment Peak Cleaver (Moderate) Leader: John Bell, jbclimber@yahoo.com. Seattle

7/31/16, Intermediate Alpine Climb - Liberty Bell/Southwest Face (Moderate) Leader: Mark Scheffer, mark\_scheffer@yahoo.com. Seattle

8/1/16, Basic Alpine Climb - Slippery Slab Tower/Northeast Face (Moderate) Leader: Joe Petersen, jspeter@gmail.com. Tacoma

8/2/16-8/4/16, Glacier Climb - Mount Rainier/Disappointment Cleaver (Moderate) Leader: Atsuko Yamaguchi, ayamaguchi9@gmail.com. Everett

8/3/16, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: Jim Pitts, jim@pitts.org. Seattle

8/4/16-8/7/16, Glacier Climb - Glacier Peak/Disappointment Peak Cleaver (Moderate) Leader: Jeff Foster, tenpeak@comcast.net. Olympia

8/5/16-8/7/16, Basic Alpine Climb - Mount Olympus/Blue Glacier (For Beginners (Getting Started Series)) Leader: William Ashby, wsashby@earthlink.net. Seattle

8/5/16-8/7/16, Glacier Climb - Mount Rainier/Disappointment Cleaver (Moderate) Leader: John Mackey, john@pttaxcpa.com. Kitsap

8/5/16, Glacier Climb - Sahale Peak/Quien Sabe Glacier (Challenging) Leader: Nick Mayo, nicholas.e.mayo@gmail.com. Everett

8/6/16, Intermediate Alpine Climb - Liberty Bell/Southwest Face (Moderate) Leader: Sherrie Trecker, sbuxbarista@yahoo.com. Seattle

8/6/16-8/7/16, Basic Alpine Climb - Ingalls Peak/South Ridge (For Beginners (Getting Started Series)) Leader: Michael Raymond, mikeraymond55@gmail.com. Kitsap

8/6/16-8/7/16, Basic Alpine Climb - Sahale Peak/Quien Sabe Glacier (Challenging) Leader: Mike McIntosh, free\_2\_climb@yahoo.com. Olympia

8/7/16, Basic Alpine Climb - Kangaroo Temple/North Face (Moderate) Leader: Sherrie Trecker, sbuxbarista@yahoo.com. Seattle

8/7/16-8/8/16, Basic Alpine Climb - Mount Shuksan/Fisher Chimneys (Challenging) Leader: John Leo, leo@halfaya.org. Seattle

8/8/16-8/10/16, Basic Alpine Climb - Dome Peak/Dome Glacier (Challenging) Leader: Sarah Holt, sarah.hlt@gmail.com. Tacoma

8/9/16-8/10/16, Basic Alpine Climb - Mount Shuksan/Sulphide Glacier (Moderate) Leader: Paul Gehlsen, paul.r.gehlsen@boeing.com. Everett

8/10/16, Basic Alpine Climb - The Tooth/South Face (Moderate) Leader: Jenni Schwegler, jennischwegler@gmail.com. Everett

8/11/16-8/14/16, Basic Alpine Climb - Mount Logan/Fremont Glacier (For Beginners (Getting Started Series)) Leader: Rena Chinn, seattlerena@gmail.com. Seattle

8/11/16-8/12/16, Basic Alpine Climb - Mount Shasta/Avalanche Gap (For Beginners (Getting Started Series)) Leader: Fred Luck, f-luck@hotmail.com. Seattle

8/11/16-8/16/16, Intermediate Alpine Climb - Mount Goode/Northeast Buttress (Challenging) Leader: Ed Palushock, ed.palushock@yahoo.com. Seattle

8/11/16-8/14/16, Basic Alpine Climb - Mount Olympus/Blue Glacier (Challenging) Leader: Jeffrey Edwards, jbedwards97@gmail.com. Tacoma

8/12/16-8/14/16, Basic Alpine Climb - American Border Peak/Southeast Route (Moderate) Leader: Jerome Velosky, climb@velosky.net. Seattle

8/13/16, Intermediate Alpine Climb - Le Petit Cheval/Spontaneity Ar\_te (Moderate) Leader: Diana Yuen, dianahikes@gmail.com. Seattle

8/13/16-8/14/16, Intermediate Alpine Climb - Mount Stuart/West Ridge (Challenging) Leader: Rob Busack, rob.busack@gmail.com. Seattle

8/13/16, Basic Alpine Climb - Silver Tip Peak/Southeast Route (Moderate) Leader: Timothy Williams, mountaineertimmy@gmail.com. Seattle

8/13/16, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: Chase Gruszewski, cwgruszewski@gmail.com. Kitsap

8/13/16-8/16/16, Intermediate Alpine Climb - Mox Peaks (Twin Spires) (Challenging) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

8/13/16-8/14/16, Glacier Climb - Mount Baker/Coleman Glacier (Easy) Leader: Chad Straub, chadstraub@yahoo.com. Tacoma

8/13/16-8/14/16, Basic Alpine Climb - Kangaroo Temple/North Face (Moderate) Leader: Michael Rowswell, mnrowswell@hotmail.com. Olympia

## climbing continued...

8/14/16, Intermediate Alpine Climb - Liberty Bell & Concord Tower (Moderate) Leader: Diana Yuen, dianahikes@gmail.com. Seattle

8/14/16, Basic Alpine Climb - Dewey Peak (Moderate) Leader: Bob Keranen, keranen@hcc.net. Olympia

8/15/16-8/16/16, Intermediate Alpine Climb - Forbidden Peak/West Ridge (Challenging) Leader: Jeffrey Wirtz, jrwirtz73@gmail.com. Tacoma

8/16/16, Basic Alpine Climb - South Early Winter Spire/South Ar\_te (For Beginners (Getting Started Series)) Leader: John Bell, jbellclimber@yahoo.com. Seattle

8/19/16, Basic Alpine Climb - Ingalls Peak/South Ridge (For Beginners (Getting Started Series)) Leader: Jim Pitts, jim@pitts.org. Seattle

8/19/16-8/21/16, Intermediate Alpine Climb - Mount Stuart/West Ridge (Moderate) Leader: Atsuko Yamaguchi, ayamaguchi9@gmail.com. Everett

8/19/16, Intermediate Alpine Climb - Liberty Bell/Southwest Face (Moderate) Leader: Paul Gehlsen, paul.r.gehlsen@boeing.com. Everett

8/20/16, Basic Alpine Climb - Kangaroo Temple/North Face (Moderate) Leader: John Leo, leo@halfaya.org. Seattle

8/20/16-8/21/16, Basic Alpine Climb - Jack Mountain/South Face (Challenging) Leader: William Ashby, wsashby@earthlink.net. Seattle

8/20/16, Basic Alpine Climb - Ingalls Peak/South Ridge (Challenging) Leader: Marla Molskness, marla.molskness@gmail.com. Seattle

8/20/16-8/21/16, Intermediate Alpine Climb - Black Peak/Northeast Ridge (Moderate) Leader: Ralph Wessels, ralphwessels@comcast.net. Kitsap

8/20/16, Basic Alpine Climb - South Early Winter Spire/South Ar\_te (For Beginners (Getting Started Series)) Leader: Chase Gruszewski, cwgruszewski@gmail.com. Kitsap

8/20/16, Basic Alpine Climb - Cutthroat Peak/West Ridge (Moderate) Leader: Paul Gehlsen, paul.r.gehlsen@boeing.com. Everett

8/20/16-8/21/16, Basic Alpine Climb - American Border Peak/Southeast Route (Moderate) Leader: Doug Sanders, dougsappley@gmail.com. Everett

8/20/16, Basic Alpine Climb - Slippery Slab Tower/Northeast Face (For Beginners (Getting Started Series)) Leader: Chad Gaffigan, cagaffigan@gmail.com. Tacoma

8/21/16, Intermediate Alpine Climb - Liberty Bell/Southwest Face (Moderate) Leader: John Leo, leo@halfaya.org. Seattle

8/21/16, Basic Alpine Climb - Sahale Peak/Quien Sabe Glacier (Challenging) Leader: Jill Uthoff, jilluthoff@gmail.com. Tacoma

8/22/16, Intermediate Alpine Climb - Observation Rock/North Face (Moderate) Leader: Mark Scheffer, mark\_scheffer@yahoo.com. Seattle

8/22/16-8/23/16, Intermediate Alpine Climb

- Forbidden Peak/West Ridge (Moderate) Leader: Sarah Holt, sarah.hlt@gmail.com. Tacoma

8/24/16, Basic Alpine Climb - Kangaroo Temple/North Face (For Beginners (Getting Started Series)) Leader: Elaina Jorgensen, elaina.jorgensen@gmail.com. Everett

8/25/16, Intermediate Alpine Climb - Liberty Bell/Southwest Face (Challenging) Leader: Lisa Loper, thelopers@comcast.net. Everett

8/26/16-8/28/16, Intermediate Alpine Climb - Mount Stuart/West Ridge (Moderate) Leader: Jerome Velosky, climb@velosky.net. Seattle

8/26/16-8/28/16, Intermediate Alpine Climb - Mount Torment & Forbidden Peak Traverse (Challenging) Leader: Jeff Panza, jeff.panza.mountaineers@gmail.com. Seattle

8/26/16, Basic Alpine Climb - South Early Winter Spire/Southwest Couloir (For Beginners (Getting Started Series)) Leader: Elaina Jorgensen, elaina.jorgensen@gmail.com. Everett

8/27/16-8/28/16, Glacier Climb - Mount Baker/Coleman Glacier (Moderate) Leader: Scott Bennett, robyrockit@hotmail.com. Seattle

-8/27/16, Intermediate Alpine Climb - Le Petit Cheval/Spontaneity Ar\_te (Challenging) Leader: Jim Pitts, jim@pitts.org. Seattle

8/27/16, Basic Alpine Climb - Kangaroo Temple/North Face (Moderate) Leader: William Ashby, wsashby@earthlink.net. Seattle

8/27/16, Basic Alpine Climb - South Early Winter Spire/South Ar\_te (Challenging) Leader: Aaron Molskness, aaron.molskness@gmail.com. Seattle

8/27/16-8/28/16, Basic Alpine Climb - Mount Fernow/Southwest Slope (Moderate) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

8/27/16, Basic Alpine Climb - Main Cowlitz Chimney (Challenging) Leader: Bob Keranen, keranen@hcc.net. Olympia

8/28/16, Intermediate Alpine Climb - Liberty Bell/Southwest Face (Moderate) Leader: William Ashby, wsashby@earthlink.net. Seattle

9/2/16-9/4/16, Basic Alpine Climb - Mox Peaks (Twin Spires) (Challenging) Leader: William Ashby, wsashby@earthlink.net. Seattle

9/2/16, Basic Alpine Climb - South Early Winter Spire/South Ar\_te (Moderate) Leader: Nick Wilson, npwilson@live.com. Tacoma

9/2/16, Basic Alpine Climb - Kangaroo Temple/North Face (For Beginners (Getting Started Series)) Leader: Jill Uthoff, jilluthoff@gmail.com. Tacoma

9/3/16-9/5/16, Basic Alpine Climb - Dome Peak/Dome Glacier (Challenging) Leader: Ida Vincent, ida@ourecoplanet.com. Seattle

9/3/16, Intermediate Alpine Climb - South Early Winter Spire/West Face & Southwest Rib (Moderate) Leader: Tim Helton, timh948@gmail.com. Tacoma

9/4/16, Intermediate Alpine Climb - Cutthroat Peak/North Ridge (For Beginners (Getting

Started Series)) Leader: Sarah Holt, sarah.hlt@gmail.com. Tacoma

9/5/16, Intermediate Alpine Climb - Liberty Bell & Concord Tower (For Beginners (Getting Started Series)) Leader: Sarah Holt, sarah.hlt@gmail.com. Tacoma

9/10/16, Basic Alpine Climb - Kangaroo Temple/North Face (For Beginners (Getting Started Series)) Leader: Wes Cooper, wcooper06@yahoo.com. Seattle

9/10/16, Basic Alpine Climb - South Early Winter Spire/South Ar\_te (Moderate) Leader: William Ashby, wsashby@earthlink.net. Seattle

9/10/16-9/12/16, Intermediate Alpine Climb - Mount Triumph/Northeast Ridge (Challenging) Leader: Paul Bongaarts, pbongaarts@gmail.com. Seattle

9/10/16, Intermediate Alpine Climb - Observation Rock/North Face (For Beginners (Getting Started Series)) Leader: Jim Pitts, jim@pitts.org. Seattle

9/11/16, Basic Alpine Climb - South Early Winter Spire/South Ar\_te (For Beginners (Getting Started Series)) Leader: Wes Cooper, wcooper06@yahoo.com. Seattle

9/11/16, Intermediate Alpine Climb - Cutthroat Peak/Southeast Buttress (Challenging) Leader: William Ashby, wsashby@earthlink.net. Seattle

9/11/16, Intermediate Alpine Climb - Observation Rock/North Face (For Beginners (Getting Started Series)) Leader: Lisa Loper, thelopers@comcast.net. Everett

9/16/16, Basic Alpine Climb - Kangaroo Temple/North Face (For Beginners (Getting Started Series)) Leader: Jim Pitts, jim@pitts.org. Seattle

9/17/16, Glacier Climb - Eldorado Peak/Inspiration Glacier (Challenging) Leader: Mark Scheffer, mark\_scheffer@yahoo.com. Seattle

9/17/16, Basic Alpine Climb - Whitman Crest/Fryingpan Glacier (Moderate) Leader: Natalia Martinez-Paz, nataliamp@gmail.com. Tacoma

9/18/16, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: Wes Cooper, wcooper06@yahoo.com. Seattle

9/23/16-9/25/16, Basic Alpine Climb - Tower Mountain & Golden Horn (For Beginners (Getting Started Series)) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

9/24/16-9/25/16, Intermediate Alpine Climb - Eldorado Peak/Northeast Face (Challenging) Leader: Fred Luck, f-luck@hotmail.com. Seattle

9/24/16-9/25/16, Basic Alpine Climb - Argonaut Peak/South Route (Challenging) Leader: William Ashby, wsashby@earthlink.net. Seattle

7/2/16-7/4/16, Alpine Scramble - Snowking Mountain/Northeast Shoulder (Challenging) Leader: Tom Girard, tom\_girard@hotmail.com. Seattle

7/9/16-7/10/16, Alpine Scramble - The Brothers/South Couloir (Challenging)



## climbing continued...

Leader: Jim Powell, jpowell118@hotmail.com. Seattle

7/8/16-7/9/16, Glacier Climb - Mount Baker/ Coleman Glacier (For Beginners (Getting Started Series)) Leader: Jim Pitts, jim@pitts.org. Seattle

7/9/16-7/10/16, Basic Alpine Climb - Ruth Mountain & Icy Peak Traverse (Moderate) Leader: Nick Howard, nickjhoward@hotmail.com. Seattle

## day hiking

7/1/16, Day Hike - Pacific Crest Trail: Snoqualmie Pass to Windy Pass (Challenging) Leader: Christopher Ensor, ctrails@comcast.net. Foothills

7/2/16, Day Hike - Pacific Crest Trail White Pass Loop (Challenging) Leader: Richard DuBois, rich.e.dubois@gmail.com. Foothills

7/2/16-7/4/16, Backpack - Waptus River (Challenging) Leader: Brian Carpenter, fleasgach@gmail.com. Seattle

7/2/16, Day Hike - Wallace Falls (For Beginners (Getting Started Series)) Leader: Brian Seater, bseater@gmail.com. Seattle

7/2/16, Day Hike - Mount Townsend (Easy) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

7/2/16, Day Hike - Glacier Basin (Mount Rainier) (Moderate) Leader: Donald Miller, scubadonnaie@comcast.net. Olympia

7/2/16-7/4/16, Backpack - Sheep Lake & Nannie Ridge (Moderate) Leader: Dale Shoup, dshoup@comcast.net. Foothills

7/3/16, Day Hike - Summit Lake (Easy) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

7/3/16, Day Hike - Ridge & Gravel Lakes (Challenging) Leader: Richard DuBois, rich.e.dubois@gmail.com. Foothills

7/3/16, Day Hike - Glacier Basin (Mount Rainier) (For Beginners (Getting Started Series)) Leader: Donald Miller, scubadonnaie@comcast.net. Olympia

7/3/16, Day Hike - Packwood Lake (Easy) Leader: Bern Lamarca, mountain\_babe@comcast.net. Everett

7/6/16, Day Hike - Mount Ellinor (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

7/7/16, Day Hike - Lower Lena Lake (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/10/16, Day Hike - Mount Ellinor (Easy) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

7/10/16, Day Hike - Eunice Lake & Tolmie Peak Lookout (Mount Rainier) (For Beginners (Getting Started Series)) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

7/11/16, Day Hike - Packwood Lake (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/13/16, Day Hike - Mount Ellinor (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

com. Olympia

7/15/16, Day Hike - Snow & Gem Lakes (Snoqualmie) (Moderate) Leader: Christopher Ensor, ctrails@comcast.net. Foothills

7/16/16, Day Hike - Pacific Crest Trail: Chinook Pass to Norse Peak (Challenging) Leader: Richard DuBois, rich.e.dubois@gmail.com. Foothills

7/16/16, Day Hike - Iron Goat Trail (Easy) Leader: Jim Vanden Brook, bbbkbf@aol.com. Seattle

7/16/16, Day Hike - South Coldwater & Lakes Trail Loop (Moderate) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

7/17/16, Day Hike - Naches Peak Loop (Mount Rainier) (Moderate) Leader: Richard DuBois, rich.e.dubois@gmail.com. Foothills

7/17/16, Day Hike - Grand Park (Mount Rainier) (For Beginners (Getting Started Series)) Leader: Michael Mellors, beta618@gmail.com. Olympia

7/19/16, Day Hike - Deer & Sand Lakes (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/20/16, Day Hike - Mount Ellinor (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

7/20/16, Day Hike - Sunrise Ridge (Olympics) (Easy) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

7/23/16, Day Hike - Kamikaze (Teneriffe) Falls (For Beginners (Getting Started Series)) Leader: Brian Seater, bseater@gmail.com. Seattle

7/23/16, Day Hike - Spray Park (For Beginners (Getting Started Series)) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

7/23/16, Day Hike - Royal Basin (Challenging) Leader: Jeffrey McKay, jjmckay@comaxis.com. Kitsap

7/26/16, Day Hike - Kendall Katwalk (Challenging) Leader: Christopher Ensor, ctrails@comcast.net. Foothills

7/27/16, Day Hike - Mount Ellinor (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

7/29/16, Day Hike - Annette Lake (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/30/16, Day Hike - Cispus Pass (Challenging) Leader: Richard DuBois, rich.e.dubois@gmail.com. Foothills

7/30/16, Day Hike - Spray Park (For Beginners (Getting Started Series)) Leader: Michael Silverstein, rhody1171@comcast.net. Olympia

7/31/16, Day Hike - Snowgrass Flats & Goat Lake Basin (Challenging) Leader: Richard DuBois, rich.e.dubois@gmail.com. Foothills

7/31/16, Day Hike - Naches Peak Loop (Mount Rainier) (Easy) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

8/2/16, Day Hike - Loowit Falls (Moderate) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

8/2/16, Day Hike - Johnston Ridge Mount St.

Helens (Moderate) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

8/2/16, Day Hike - Sourdough Gap (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

8/7/16, Day Hike - Burroughs Mountain (For Beginners (Getting Started Series)) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

8/9/16, Day Hike - Beckler Peak (Moderate) Leader: Christopher Ensor, ctrails@comcast.net. Foothills

8/9/16, Day Hike - Loowit Falls Mount St. Helens (Moderate) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

8/11/16, Day Hike - Hidden Lake (Mount Rainier) (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

8/13/16, Day Hike - Cispus Pass (Challenging) Leader: Richard DuBois, rich.e.dubois@gmail.com. Foothills

8/13/16, Day Hike - Wallace Lake (For Beginners (Getting Started Series)) Leader: Charlotte Sanders, cskye89@gmail.com. Olympia

8/13/16, Day Hike - Wallace Lake (For Beginners (Getting Started Series)) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

8/13/16, Day Hike - Mount Pugh (Moderate) Leader: Henry Leap, frooger1@comcast.net. Everett

8/14/16, Day Hike - Snowgrass Flats, Cispus Basin, Old Snowy & Goat Lake (Challenging) Leader: Richard DuBois, rich.e.dubois@gmail.com. Foothills

8/16/16, Day Hike - Eunice Lake & Tolmie Peak Lookout (Mount Rainier) (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

8/18/16, Day Hike - Comet Falls (Easy) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

8/19/16, Day Hike - Chinook Pass to Anderson Lake (Moderate) Leader: Christopher Ensor, ctrails@comcast.net. Foothills

8/20/16, Day Hike - Windy Ridge and the Plains of Abraham (Moderate) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

8/21/16, Day Hike - Lake Valhalla (Moderate) Leader: Bob Pankl, pankl@earthlink.net. Seattle

8/21/16, Day Hike - Palisades Lakes (Mount Rainier) (For Beginners (Getting Started Series)) Leader: Michael Mellors, beta618@gmail.com. Olympia

8/23/16, Day Hike - Summit Lake (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

8/27/16, Day Hike - Rainy Pass to Snowy Lakes (Challenging) Leader: Richard DuBois, rich.e.dubois@gmail.com. Foothills

8/28/16, Day Hike - Twisp Pass (Challenging) Leader: Richard DuBois, rich.e.dubois@gmail.com. Foothills

8/28/16, Day Hike - Johnston Ridge

(Moderate) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

8/28/16, Day Hike - Sheep Lake and Nannie Ridge (For Beginners (Getting Started Series)) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

8/29/16, Day Hike - Pacific Crest Trail: Harts Pass to Manning Park (Challenging) Leader: Richard DuBois, rich.e.dubois@gmail.com. Foothills

8/29/16, Day Hike - Gray Wolf Trail (Moderate) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

8/30/16, Day Hike - Pacific Crest Trail: Chinook Pass to Norse Peak (Challenging) Leader: Christopher Ensor, ctrails@comcast.net. Foothills

8/30/16, Day Hike - Pacific Crest Trail: Harts Pass to Rainy Pass (Challenging) Leader: Richard DuBois, rich.e.dubois@gmail.com. Foothills

9/1/16, Day Hike - Dewey Lake via Naches Peak Loop (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

9/3/16, Day Hike - Norway Pass (Moderate) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

9/3/16, Day Hike - Lake Ann (Mount Shuksan) (Moderate) Leader: Henry Leap, frooger1@comcast.net. Everett

9/4/16, Day Hike - Snowgrass Flats & Goat Lake Basin (For Beginners (Getting Started Series)) Leader: Charlotte Sanders, cskye89@gmail.com. Olympia

9/5/16, Day Hike - Summerland (For Beginners (Getting Started Series)) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

9/5/16, Day Hike - Summerland (For Beginners (Getting Started Series)) Leader: Greg Lovelady, gregl12@comcast.net. Olympia

9/8/16, Day Hike - Cramer Mountain Loop (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

9/10/16, Day Hike - Summerland (Moderate) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

9/10/16, Day Hike - Hamilton Mountain/Beacon Rock (For Beginners (Getting Started Series)) Leader: Nancy Lloyd, nanlloy@gmail.com. Olympia

9/13/16, Day Hike - Marymere Falls & Barnes Creek (Easy) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

9/15/16, Day Hike - Palisades Lakes (Mount Rainier) (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

9/18/16, Day Hike - Gobblers Knob (For Beginners (Getting Started Series)) Leader: Michael Mellors, beta618@gmail.com. Olympia

9/20/16, Day Hike - Owyhigh Lakes (Mount Rainier) (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

9/24/16, Day Hike - Owyhigh Lakes (Mount Rainier) (For Beginners (Getting

Started Series)) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

9/24/16, Day Hike - Owyhigh Lakes (Mount Rainier) (For Beginners (Getting Started Series)) Leader: Greg Lovelady, gregl12@comcast.net. Olympia

9/25/16, Day Hike - Gobblers Knob (Moderate) Leader: Bob Pankl, pankl@earthlink.net. Seattle

9/29/16, Day Hike - Greenwater, Echo & Lost Lakes (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

## photography

7/23/16, Urban Adventure - Goldendale Observatory (Easy) Leader: Anita Elder, anita@anitaelder.com. Seattle

7/24/16, Urban Adventure - Stonehenge at Maryhill (Easy) Leader: Anita Elder, anita@anitaelder.com. Seattle

8/6/16, Urban Adventure - The Washington Midsummer Renaissance Faire (Easy) Leader: Anita Elder, anita@anitaelder.com. Seattle

Photography 8/13/16-8/14/16, Urban Adventure - Govan Schoolhouse (Easy) Leader: Anita Elder, anita@anitaelder.com. Seattle

7/31/16-8/2/16, Day Hike - Paradise Area (summer) (Challenging) Leader: Erwin Buske, erwinbuske@comcast.net. Seattle

7/10/16, Urban Adventure - Fisherman's Terminal (For Beginners (Getting Started Series)) Leader: Anita Elder, anita@anitaelder.com. Seattle

8/21/16, Urban Adventure - Bremerton Waterfront (Easy) Leader: Anita Elder, anita@anitaelder.com. Seattle

## scrambling

7/2/16, Alpine Scramble - Lichtenberg Mountain (Moderate) Leader: Bill Borom, jabahut1234@yahoo.com. Seattle

7/2/16, Alpine Scramble - Pyramid Peak (For Beginners (Getting Started Series)) Leader: Jeffrey Patterson, jeffreypatterson@comcast.net. Seattle

7/2/16, Alpine Scramble - Burroughs Mountain & Skyscraper Mountain (Challenging) Leader: Dave Morgan, go.climbing@gmail.com. Seattle

7/7/16, Alpine Scramble - Silver, Tinkham & Abiel Peaks (For Beginners (Getting Started Series)) Leader: Rodica Manole, rodi.man@gmail.com. Seattle

7/8/16-7/10/16, Alpine Scramble - Mount Adams/South Spur (Challenging) Leader: Royce Poetter, roycepoetter15@gmail.com. Tacoma

7/9/16, Alpine Scramble - Chutla & Eagle Peaks (For Beginners (Getting Started Series)) Leader: Tom Eckhout, teckhout@msn.com. Olympia

7/10/16, Alpine Scramble - Chutla & Eagle Peaks (Moderate) Leader: Rodica Manole, rodi.man@gmail.com. Seattle

7/12/16, Alpine Scramble - Guye Peak/East Route (Challenging) Leader: Craig S., craig.mountaineers@gmail.com. Seattle

7/15/16-7/17/16, Alpine Scramble - Mount Adams/South Spur (Challenging) Leader: Nancy Lloyd, nanlloy@gmail.com. Olympia

7/16/16, Alpine Scramble - McClellan Butte (Moderate) Leader: Allan Maas, amaas@parametrix.com. Tacoma

7/20/16, Alpine Scramble - Yellow Aster Butte (Easy) Leader: Phil Chebuhar, phil.cheb@gmail.com. Kitsap

7/23/16, Alpine Scramble - Hibox Mountain (Moderate) Leader: David Butler, alpinist@eskimo.com. Seattle

7/23/16, Alpine Scramble - Bills Peak (For Beginners (Getting Started Series)) Leader: Jim Pitts, jim@pitts.org. Seattle

7/23/16-7/24/16, Alpine Scramble - Granite Mountain & Trico Mountain (Moderate) Leader: Jeff Foster, tenpeak@comcast.net. Olympia

7/30/16, Alpine Scramble - Stillaguamish Peak (Moderate) Leader: Atsuko Yamaguchi, ayamaguchi9@gmail.com. Everett

8/3/16, Alpine Scramble - Mount Washington/Standard Route (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

8/5/16-8/7/16, Alpine Scramble - Royal Basin & Mount Fricaba (For Beginners (Getting Started Series)) Leader: Marko Pavela, mlpavela@hotmail.com. Olympia

8/6/16, Alpine Scramble - Wahpenayo Peak (Challenging) Leader: Dave Morgan, go.climbing@gmail.com. Seattle

8/6/16, Alpine Scramble - Cypress Peak/North Ridge (British Columbia) (Moderate) Leader: Mark Scheffer, mark\_scheffer@yahoo.com. Seattle

8/10/16, Alpine Scramble - Mount Washington/Standard Route (Challenging) Leader: David Geeraerts, dgeeraerts@gmail.com. Olympia

8/13/16-8/14/16, Alpine Scramble - Dumbell & Greenwood Mountains (Challenging) Leader: William Ashby, wsashby@earthlink.net. Seattle

8/20/16, Alpine Scramble - Hibox Mountain (For Beginners (Getting Started Series)) Leader: Brian Seater, bseater@gmail.com. Seattle

8/20/16-8/21/16, Alpine Scramble - Mount Stone/South Couloir (Challenging) Leader: Dave Morgan, go.climbing@gmail.com. Seattle

8/20/16, Alpine Scramble - Mount Angeles (For Beginners (Getting Started Series)) Leader: Tom Eckhout, teckhout@msn.com. Olympia

8/27/16-8/28/16, Alpine Scramble - Three Fingers/South Peak (Challenging) Leader: Royce Poetter, roycepoetter15@gmail.com. Tacoma

9/9/16-9/11/16, Alpine Scramble - Trappers Peak & X Mountain (Moderate) Leader: Craig S., craig.mountaineers@gmail.com. Seattle

9/14/16-9/18/16, Alpine Scramble -



Osceola-Carru-Lago-Blackcap-Lost Traverse (Moderate) Leader: Paul Gehlsen, paul.r.gehlsen@boeing.com. Everett

9/16/16-9/18/16, Alpine Scramble - Mount Stuart/Cascadian Couloir (Moderate) Leader: Craig S., craig.mountaineers@gmail.com. Seattle

9/17/16, Alpine Scramble - McGregor Mountain (Moderate) Leader: Mary Aulet, mraulet@comcast.net. Seattle

## sea kayaking

7/2/16, Sea Kayak - Washington Park to Friday Harbor (Challenging) Leader: Thomas Unger, tk16@tuntum.com. Seattle

7/3/16, Sea Kayak - Golden Gardens (Easy) Leader: Pat Carney, pcarneys@gmail.com. Seattle

7/3/16, Sea Kayak - Golden Gardens (Easy) Leader: Kay Gowan, nawogk@gmail.com. Seattle

7/9/16, Sea Kayak - Commencement Bay (Easy) Leader: Diane Beelendorf, hanlon22@nventure.com. Tacoma

7/9/16, Sea Kayak - Commencement Bay (Easy) Leader: Diane Beelendorf, hanlon22@nventure.com. Tacoma

7/16/16, Sea Kayak - Blake Island (Easy) Leader: Esther Ladwig, emladwig@yahoo.com. Tacoma

7/16/16, Sea Kayak - Budd Inlet (Easy) Leader: Dan Halsey, djhalsey@comcast.net. Olympia

7/17/16, Sea Kayak - Washington Park to Friday Harbor (Challenging) Leader: Lester Moore, info@lesmoorephoto.com. Kitsap

7/23/16, Sea Kayak - Steilacoom to Sequialitchew Creek (For Beginners (Getting Started Series)) Leader: Mike Courts, mrcourts@gmail.com. Tacoma

7/23/16, Sea Kayak - Crescent Bay (Challenging) Leader: Michael Everett, mikeedvm@aol.com. Tacoma

7/31/16-8/6/16, Sea Kayak - Kyuquot Sound, Vancouver Island (Challenging) Leader: Michael Everett, mikeedvm@aol.com. Tacoma

8/7/16, Sea Kayak - Golden Gardens (Easy) Leader: Pat Carney, pcarneys@gmail.com.

8/7/16, Sea Kayak - Golden Gardens (Easy) Leader: Kay Gowan, nawogk@gmail.com. Seattle

8/13/16, Sea Kayak - Gig Harbor to Sunrise Beach (Easy) Leader: Beth Owen, bluekayak123@yahoo.com. Tacoma

8/14/16, Sea Kayak - Nisqually Delta & Reach (Easy) Leader: Dan Halsey, djhalsey@comcast.net. Olympia

8/17/16-8/27/16, Sea Kayak - Kyuquot Sound, Vancouver Island (Challenging) Leader: Lisa Johnson, lajbkayak@yahoo.com. Olympia

8/19/16, Sea Kayak - Anacortes to Pelican Beach (Moderate) Leader: Ken Olson, kenolson1@comcast.net. Seattle

8/20/16, Sea Kayak - Port Gamble Bay (Moderate) Leader: Charlie Michel, michelbike99@gmail.com. Tacoma

8/27/16, Sea Kayak - Nisqually Delta & Reach (For Beginners (Getting Started Series)) Leader: Mike Courts, mrcourts@gmail.com. Tacoma

9/3/16, Sea Kayak - Oak Harbor to Coupeville (Moderate) Leader: Ken Olson, kenolson1@comcast.net. Seattle

## stewardship

Stewardship 7/19/16-7/21/16, Stewardship - Meany Lodge (For Beginners (Getting Started Series)) Leader: Patti Polinsky, meanysports@me.com. Outdoor Centers

Stewardship 8/23/16-8/25/16, Stewardship - Meany Lodge (For Beginners (Getting Started Series)) Leader: Patti Polinsky, meanysports@me.com. Outdoor Centers

Stewardship 9/9/16-9/11/16, Stewardship - Meany Lodge (For Beginners (Getting Started Series)) Leader: Patti Polinsky, meanysports@me.com. Outdoor Centers

Stewardship 9/20/16-9/23/16, Stewardship - Meany Lodge (For Beginners (Getting Started Series)) Leader: Patti Polinsky, meanysports@me.com. Outdoor Centers

Stewardship 9/23/16-9/25/16, Stewardship - Meany Lodge (For Beginners (Getting Started Series)) Leader: Patti Polinsky, meanysports@me.com. Outdoor Centers

7-2 to 9-24, Each Sat - Green Lake Walk Meet

## urban adventure

11 AM at Urban Bakery, 7850 E Green Lake Dr N. No registration. Bob Feldman, (206) 528-1467, bobzf@yahoo.com Seattle

7-1 to 9-30, Each Fri - Eastside Outdoor Tennis Intermediate Doubles (M) Meet at Robinswood Tennis Center at 7:15 PM. Activity Fee: \$10.00. Fay Weaver, (206) 930-7762, seattlefay@hotmail.com (s8/9-9/5) Seattle

Evening Outdoor Inline Skate Wednesdays 7 P.M. Skate the Alki Beach paved trail with beautiful views of downtown across Elliott Bay. Take the Harbor Ave. exit off the West Seattle Bridge and go about 1 mi. north to meet on the sidewalk just north of Salty's Restaurant. Have fun and keep in shape year round! If it rains we'll do an interesting loop walk. Restaurant stop after. Questions? Mark Olsoe, 206-937-7454, markolsoe@comcast.net. NO SIGN UP

7-8, 8-12 & 9-9, Fri - Games Night and Snacks. 7 P.M. at the Phinney Neighborhood Center, 6532 Phinney Ave. N., #3. Bring a snack or beverage (with cups) to share & a game if you want. No sign up. Eldon Ball, eldonball@juno.com, 206-366-8405.

10-21, Fri - Sing-a-Long Limit 30. Meet at Karen's home at 7 PM. Singles, couples, partners: all are welcome to join us for a pot luck and sing along at Karen's home in Shoreline. BYOB and a pot luck item to share. Song books are provided. Feel free to bring an instrument if you play one. Fragrance free please. Sign up with Karen Schaper, (206) 206-595-1443, kaschaper7@hotmail.com.

## trail running

-7/2/16, Day Hike - Tunnel Creek (Moderate) Leader: Bern Lamarca, mountain\_babe@comcast.net. Everett

## youth

7/19/16, Indoor/Outdoor Wall Climb - Mountaineers Seattle Program Center (For Beginners (Getting Started Series)) Leader: Emily Carraux, emilyc@mountaineers.org. Seattle

outlook.com. Everett

9/12/16-10/10/16. Introduction to Leading Bolted Routes - Seattle - 2016 - Introduction to Leading Bolted Routes - Seattle Members: \$125, Non-members: \$200. Contact: Helen Arntson, xylonia@gmail.com. Seattle

10/11/16. Basic Alpine Climbing Equivalency Evaluation - Seattle - 2016 - A Skills evaluation for those interested in Basic Climbing Equivalency Members: \$0, Non-members: \$0. Contact: Aaron Molskness, aaron.molskness@gmail.com. Seattle

## courses

Below is just a sampling of courses offered. See [www.mountaineers.org](http://www.mountaineers.org) for complete and up-to-date listings.

### climbing

7/15/16-1/29/17. Introduction to Alpine Ice and Winter/Mixed - Everett - 2016-2017 - Intermediate Alpine Ice and Winter/Mixed 2016-17 Members: \$300, Non-members: \$400. Contact: Adam Clark, aclark20@gmail.com. Everett

7/21/16-8/7/16. Introduction to Alpine Ice - 2016 - Intermediate Alpine Ice Course Members: \$100, Non-members: \$150. Contact: Ivan Breen, ivanbreen@gmail.com. Everett

8/27/16-10/30/16. Sport Climbing Course - Everett - 2016 - Sport Climbing Course - Everett - 2016 Members: \$150, Non-members: \$200. Contact: Trystan Williams, trystan@trystan.org. Everett

9/1/16-9/26/16. Sport Climbing - Tacoma - 2016 - Sport Climbing Members: \$125, Non-members: \$175. Contact: Nellie Suthers, nellie.suthers@gmail.com. Tacoma

9/8/16-9/24/16. Self Rescue I - Everett - 2016 - Self Rescue I - Rescue of Follower & Leader on Rock - Everett Members: \$100, Non-members: \$150. Contact: Pie Schwegler, jon.schwegler@



## climbing

9/3/16-9/18/16. MOFA - Olympia - 2016 - Mountaineering Oriented First Aid - Olympia Sept 3, 4 and Sept 17, 18 2016 8:00am to 4:30 pm. Members: \$150, Non-members: \$300. Contact: Tom Eckhout, teckhout@msn.com. Olympia

10/1/16-10/16/16. MOFA - Olympia - 2016 - Fall - Fall Mountaineering Oriented First Aid - Olympia. Classes 8am to 5pm Sat/Sun Oct 1/2 and Sat/Sun Oct 15/16. 2016. Members: \$150, Non-members: \$300. Contact: Bob Keranen, keranen@hcc.net. Olympia

## navigation

8/10/16-8/20/16. Wilderness Navigation Course Tacoma August 2016 - Wilderness Navigation Course Tacoma August 2016 Members: \$67, Non-members: \$67. Contact: Rick Finkle, rickfinkle01@gmail.com. Tacoma

10/17/16-10/30/16. Wilderness Navigation Course - Kitsap - The wilderness navigation course provides you with the knowledge, skills and experience to competently find your way in the wilderness - on and off trail. Members: \$55, Non-members: \$75. Contact: Jerry Logan, cjtjlogan@mac.com. Kitsap

## sea kayaking

9/6/16-9/11/16. Intermediate Incident Management - Tacoma - 2016 - Intermediate Incident Management/Rescues/Towing/Eddies/Currents Members: \$100, Non-members: \$0. Contact: Michael Everett, mikeedvm@aol.com. Tacoma

9/23/16-9/25/16. Paddler Development Weekend - 2016 - Organized by the Seattle Kayaking Committee. Kayakers come together at Deception Pass for two days of clinics designed for advanced paddling skills in dynamic waters and build a community of experienced paddlers. A full weekend of on-the-water paddler development workshops led by experienced instructors held in beautiful Deception Pass State Park! Members: \$90, Non-members: \$200. Contact: Linda Cooley, cooleylj2003@yahoo.com. Seattle

## youth

Youth; 7/11/16-7/15/16. Summer Camp - Ropes and Rock Week - Seattle - 2016 - Kids will learn all about climbing activities during this week of camp! Members: \$355, Non-members: \$430. Contact: Josh Gannis, joshg@mountaineers.org. The Mountaineers

Youth; 7/11/16-7/15/16. Kitsap Forest Adventure Camp Week 1 - 2016 - Kitsap Forest Adventure Camp - Week 1 Members: \$270, Non-members: \$320. Contact: Gala Lindvall, galalindvall@gmail.com. The Mountaineers

Youth; 7/11/16-7/15/16. Seattle Transportation - Kitsap Forest Adventure Camp Week 1 - 2016 - Seattle transportation (Week 1) from the Seattle ferry dock to Kitsap Forest Adventure Camp and back again. Members: \$125, Non-members: \$125. Contact: Gala Lindvall, galalindvall@gmail.com. The Mountaineers

Youth; 7/18/16-7/22/16. Summer Camp - Tacoma - Rock & Ropes Week - Junior Mountaineers Camp - Tacoma - 2016 - Rock & Ropes Week Members: \$275, Non-members: \$320. Contact: Sarah Holt, sarah.hlt@gmail.com. Tacoma

Youth; 7/18/16-7/22/16. Kitsap Forest Adventure Camp Week 2 - 2016 - Kitsap Forest Adventure Camp - Week 2 Members: \$250, Non-members: \$300. Contact: Gala Lindvall, galalindvall@gmail.com. The Mountaineers

Youth; 7/18/16-7/22/16. Summer Camp - Wind and Waves Week - Seattle - 2016 - Kids will learn all about Wind activities during this week of camp! Members: \$355, Non-members: \$430. Contact: Becca Polglase, beccap@mountaineers.org. The Mountaineers

Youth; 7/18/16-7/22/16. Summer Camp - Wind and Waves Week - Seattle - 2016 - Kids will learn all about Wind activities during this week of camp! Members: \$355, Non-members: \$430. Contact: Josh Gannis, joshg@mountaineers.org. The Mountaineers

Youth; 7/18/16-7/22/16. Seattle Transportation - Kitsap Forest Adventure Camp Week 2 - 2016 - Seattle transportation (Week 2) from the Seattle ferry dock to Kitsap Forest Adventure Camp and back again. Members: \$125, Non-members: \$125. Contact: Gala Lindvall, galalindvall@gmail.com. The Mountaineers

Youth; 7/25/16-7/29/16. Summer Camp - Tacoma - Survivor Week - Junior Mountaineers Summer Camp - Tacoma - 2016 - Survivor Week Members: \$275, Non-members: \$320. Contact: Sarah Holt, sarah.hlt@gmail.com. Tacoma

Youth; 7/25/16-7/29/16. Summer Camp - Seattle - Wilderness Discovery Week - 2016 - Kids will learn all about Wilderness Discovery activities during this week of camp! Members: \$355, Non-members: \$430. Contact: Josh Gannis, joshg@mountaineers.org. The Mountaineers

Youth; 8/1/16-8/5/16. Summer Camp - Seattle - Water Week 2 - 2016 - Kids will learn all about outdoor water activities during this week of camp! Members: \$410, Non-members: \$485. Contact: Josh Gannis, joshg@mountaineers.org. The Mountaineers

Youth; 8/1/16-8/5/16. Summer Camp - Tacoma - Water Week - Summer Camp - Tacoma - Water Week Members: \$275, Non-members: \$320. Contact: Sarah Holt, sarah.hlt@gmail.com. Tacoma

Youth; 8/8/16-8/12/16. Summer Camp - Seattle - Mountains Week - 2016 - Kids will learn all about Mountain activities during this week of camp! Members: \$355, Non-members: \$430. Contact: Josh Gannis, joshg@mountaineers.org. The Mountaineers

Youth; 8/15/16-8/19/16. Summer Camp - Seattle - Survivor Week - 2016 - Kids will learn wilderness survival skills during this week of camp! Members: \$355, Non-members: \$430. Contact: Becca Polglase, beccap@mountaineers.org. The Mountaineers

Youth; 8/15/16-8/19/16. Summer Camp - Seattle - Survivor Week - 2016 - Kids will learn wilderness survival skills during this week of camp! Members: \$355, Non-members: \$430. Contact: Josh Gannis, joshg@mountaineers.org. The Mountaineers

Youth; 9/1/16-8/31/17. Explorers - Seattle - 2016 - For youth ages 10-13 who are interested in spending time outdoors. Members: \$400, Non-members: \$400. Contact: Margaux Gottlieb, margauxg@mountaineers.org. Seattle

## Looking for a Mountaineers Course, but don't see it listed?

You may be looking for a course offered in a different season. We have some listed in the spring, some in the winter, and some all-year-round. If you can't find what you're looking for, it may be offered another time of the year. Also, the same course may be offered by multiple branches, so if the course for the branch closest to you is filled, or doesn't work with your schedule, keep an eye out for one offered by a nearby branch. If you already have the skills covered by one of our introductory courses and want to participate in activities that require a course, contact member services at [info@mountaineers.org](mailto:info@mountaineers.org). You may qualify for equivalency in that course.





Mount Baker Lodge. Photo by Rich Lawrence

## Kitsap Forest Theater & Cabin

[www.mountaineers.org/about/locations-reservations/kitsap-cabin-forest-theater](http://www.mountaineers.org/about/locations-reservations/kitsap-cabin-forest-theater)

### PLAYERS - KITSAP FOREST THEATER

**Theater Inspired by a Magical Place** - Escape to the Kitsap Forest Theater! Join us for a grand adventure as you stroll down the forested trail to our unique and breathtaking theater. Our 2016 season brings two popular musicals to life on our unique stage. These uplifting and family-friendly musicals will appeal to young and old alike - treat yourself to a "day away" in the forest and enjoy theater inspired by a magical place. Generations of theatergoers have enjoyed the scenic drive or ferry ride to the theater, and often come early to picnic under the firs before the trail to the theater opens at 1:00 pm. See our web site for all the details: [www.ForestTheater.com](http://www.ForestTheater.com)

**Summer 2016: The Little Mermaid** - July 30-31, Aug 6-7, 13-14, 20-21. In a magical kingdom beneath the sea, the beautiful young mermaid Ariel longs to leave her ocean home to live in the world above. Based on one of Hans Christian Andersen's most beloved stories and the classic animated film, Disney's The Little Mermaid is a hauntingly beautiful love story for the ages and will capture your heart with its irresistible songs including "Under the Sea," "Kiss the Girl," and "Part of Your World." This timeless tale is sure to capture the hearts of adults and children alike. Please join us on this journey under the sea to a fantastical world of magic, music, and adventure!

Tickets are available for both shows at [www.ForestTheater.com/tickets](http://www.ForestTheater.com/tickets). Purchase our two-show package and save even more. There is no fee for purchasing tickets on-line. Tickets also

available through The Mountaineers (by phone and in person).

### HELP WANTED

Do you like to cook? The Mountaineers Players are looking for cooks to prepare meals for an appreciative cast and crew during Kitsap weekend rehearsals and performances. We also need help with set building, costume sewing, prop collecting, ushering and parking for shows, and carpentry work on the property. Please contact us at [players@Foresttheater.com](mailto:players@Foresttheater.com) or call 206-542-7815 to join a fun and supportive community and help us produce the best outdoor theater in the area.

### KITSAP FOREST ADVENTURE CAMP

Do you like mentoring kids in the out of doors? We are looking for staff (paid and volunteer) to work with kids grades K-4 for two weeks of outdoor day camp in July. Includes riding the ferry from Seattle. See our web site for job descriptions and applications.

### RENT THE KITSAP FOREST THEATER, KITSAP CABIN AND/OR THE KITSAP YURT

Are you looking for a unique venue for your event or celebration - weddings, meetings, birthday celebrations, corporate events, concerts, workshops, reunions or retreats? The Kitsap Forest Theater, Kitsap Cabin and the Kitsap Yurt are perfect "getaways" for you and your family, friends, business or group. Kitsap Forest Theater is a perfect venue for outdoor weddings, concerts, performances and presentations. Kitsap Cabin is outfitted with wireless internet, tables, benches, a fully functioning kitchen, dishes/silverware/glasses etc., fireplace and outdoor ambience. There are hikes available on the property (20 acres) and on the adjacent Rhododendron Preserve (a 460-acre private reserve operated by The Mountaineers Foundation). "Big Tree" is a

popular destination and is one of the largest old growth firs on the Kitsap peninsula.

During our show season (spring and summer) we have limited weekend availability, but there are several available summer weekends, and the fall is a great time to visit this unique and special place. During the week we have much more availability. Get away from the city and stress and enjoy our peaceful and magical venue. Please contact us for details and pricing: 206-542-7815

## Baker Lodge

[www.mountaineers.org/about/locations-reservations/baker-lodge](http://www.mountaineers.org/about/locations-reservations/baker-lodge)

Summer at Mt. Baker Lodge offers wonderful hiking on a great variety of trails. Numerous trails are within walking distance or a short drive from the Lodge. Many are suitable for children. Artist Point is just 3 miles away at the end of a paved road, with panoramic views of Mt. Baker, Mt. Shuksan, and the North Cascades. Snow play opportunities usually are abundant through the summer. See the Baker Lodge web page on the club's website for information about the lodge and call Bill Woodcock, 206-457-5452 or Dale Kisker, 206-365-9508 if you have any questions.

The lodge usually is open by 7 or 8 p.m. on Fridays. Call the hosts listed on the schedule if you have questions about the lodge or opening time. If you arrive after 10:30 p.m. be prepared with a flashlight or headlamp. Each person should bring a sleeping bag, pillow, lunches, personal gear, and a flashlight and/or headlamp. Unless otherwise indicated the lodge provides Saturday & Sunday breakfasts and Saturday dinner. Baker Lodge welcomes all ages and abilities. Families with children 5 years or younger should call the host prior to registering.

**Schedule, Rates & Reservations:** The lodge is usually open weekends in August and September. Groups may be listed on the schedule for specific weekends. However, unless otherwise indicated the lodge is open to non-group members as well, with reservations on a first-call basis to the clubhouse (206) 521-6001 or online registration through Brown Paper Tickets. When registering through Brown Paper Tickets ([www.brownpapertickets.com/profile/10559](http://www.brownpapertickets.com/profile/10559)) you must register for each night you will be staying at the lodge. For most weekend events, reservations close at noon on Thursday before the weekend. Cancellations must be made by the reservation closing date/time to obtain a refund.

**Groups at Baker:** The Mt. Baker Committee encourages groups to consider using the lodge. Not only does the area offer many options for outdoor activities, but also it is especially appropriate for experiential classes in outdoor related skills and activities. Contact Arlene Woodcock (206-457-5452) ([happyhen2000@gmail.com](mailto:happyhen2000@gmail.com)) for group reservations.

**Get involved:** Do you enjoy hosting people at parties, special events or in your home? Do you enjoy being a part of a team that puts meals together for others? If so, Baker Lodge may be your next opportunity. The Baker Lodge Committee is looking for energetic individuals/couples/families to assist with general operations throughout the year. You can become hosts for Baker Lodge with just two weekends of training. Specific duties range from opening and closing the lodge, assisting with and/or supervising meal preparations, and coordinating lodge activities-the possibilities are limited only by your imagination. We are interested in exploring new ideas for maximizing this "beautiful

little gem of a lodge" that sits in the shadow of Mt. Baker with a fantastic view of Mt. Shuksan. Couples or friends can team up with other couples or singles to serve as hosts. Families could come together and welcome other families for a family weekend, etc. Hosts stay for free!

**Driving directions:** Drive N. on I-5 to Bellingham, take Exit 255, the Mt. Baker Highway, and go E. on SR-542 about 54.6 mi. to the ski area. At the Firs Chalet, turn right onto the one-way loop road that leads 0.3 mi. to the lodge parking lot on the right side of the road. Park in the lot, not on the road, and walk the trail (driveway) on your right to the lodge. Once you're in the lodge look at the parking sign on the bulletin board to make sure you're parked correctly. The lodge is in the trees and difficult to see from the road. Driving time is approximately 1½ hours from Bellingham and 3 hours from Seattle.

## Meany Lodge

[www.meanylodge.org/](http://www.meanylodge.org/)

**Summer Family Adventure weekend July 8th - 10th,** Meany has its fabulous Family adventure weekend. This is a great time to bring your whole family up and see if Meany is right for you!

We have activities for all ages. From Biking (to Snoqualmie Pass Tunnel & back), to Geo-caching, to hiking, or just relax and do nothing!. Check out the webpage: [www.meanylodge.org/activities/family\\_weekend/family\\_weekend.html](http://www.meanylodge.org/activities/family_weekend/family_weekend.html) and get a feel for the fun you will have. Register online: [www.brownpapertickets.com/event/2544093](http://www.brownpapertickets.com/event/2544093).

**Meany Summer/Fall Work Parties** - This is the time that the Meany committee does all the work to get Meany ready for winter. We have 2 types of workparties, mid-month, and weekend. Mid-month ones are held on a Tuesday through Thursday once a month. They are managed by the Meany retirees. Weekend workparties are held held through out the summer and fall. If you want to help out simply go to [www.brownpapertickets.com/event/806243](http://www.brownpapertickets.com/event/806243) to register. if you are not sure and want more info simply contact the Meany Webmaster at [webmaster@meanylodge.org](mailto:webmaster@meanylodge.org).

## Stevens Lodge

[www.mountaineers.org/about/locations-reservations/stevens-lodge](http://www.mountaineers.org/about/locations-reservations/stevens-lodge)

The Mountaineers has a fantastic facility at Stevens Pass. We are located adjacent to the ski area at the summit of Stevens Pass. This puts you within hiking distance of all the trails at the summit, the Pacific Crest Trail and the excellent mountain biking experiences at Stevens Pass Ski Area.

From April to December, the lodge is open for group bookings of 30 or more people. Meals can be provided or your group can provide your own cooking and food. The lodge has two dorms with 20 bunks in each dorm. Bathrooms are shared and there is a shower in each restroom. The main living area has a large dining room and a lounge area with a fireplace. The dining area can also double as a classroom for those wanting a learning environment.

*Cancellations for lodges and outdoor centers must be made before noon of the Thursday prior to the weekend of the reservation. They will be refunded minus a small service fee.*

# branchingout

Welcome to the seven branches of The Mountaineers



Propelled by dedicated and skilled volunteers, all branches offer a number of courses and seminars. Many courses, such as climbing, scrambling, kayaking, backcountry skiing and others, require a set of learned skills to enjoy safely and follow a common curriculum from branch to branch.

See course events in the "Go Guide" section of this magazine. Although our program curricula are coordinated to meet Mountaineers-wide standards and policies, each branch offers a slightly different flavor or character to its offerings. Though you may want to join the branch nearest to your home, you may join any branch of your choosing. For current activities and links to branch websites, visit [www.mountaineers.org](http://www.mountaineers.org).

## BELLINGHAM

**Vice Chair:** Minda Paul, [mindapaul@hotmail.com](mailto:mindapaul@hotmail.com)

**Website:** [www.bellinghammountaineers.com](http://www.bellinghammountaineers.com)

The Bellingham Branch was founded in 1983 with 50 members. You will find it tucked alongside the craggy expanse of the North Cascades. It features a vital, close-knit community, courses in first aid, basic and intermediate mountaineering.

It is also home to one of the most popular Mountaineers getaway destinations, Mt. Baker Lodge. From the lodge, Mountaineers and guests can also recreate to their heart's content year-round. In addition to the courses noted above, Bellingham also offers hiking trips and

snowshoe tours.

**BRANCH MEETINGS:** Public meetings are held on the 2nd Tuesday of each month and Branch Committee Meetings are on the 4th Tuesday of each month. See the website for time and locations.

**VOLUNTEER OPPORTUNITIES:** We would love to have additional hike and snowshoe leaders along with backcountry ski and youth program coordinators. We are also currently looking for a branch treasurer and a branch chair-elect. Email Minda for details.

## EVERETT

**Chair:** Matt Vadnal, [matthewvadnal@aol.com](mailto:matthewvadnal@aol.com)

**Website:** [everettmountaineers.org](http://everettmountaineers.org)

Saturday, June 4th, was a banner day for the Everett members. An estimated forty of them celebrated National Trails Day by partnering with the National Forest Service to restore the Eight Mile Trail in the Boulder River Wilderness. At the same time, students in Everett's Basic Climbing Class were practicing glacier travel and crevasse rescue on Mount Baker. Everyone

enjoyed the fabulous weather despite the high temperatures.

Everett members share a wide variety of activities. Please explore the branch website or attend one of the branch monthly meetings to discover more about the branch.

**MEMBERSHIP MEETINGS:** To learn more about branch activities and meet some nice people who happen to be Mountaineers, attend the monthly meetings on the first Wednesday of most months that often feature a guest presentation. The meetings take summer off and resume in September. Members, guests and

the general public are invited to join us at 7pm in the Snohomish County East Administration Building, 3000 Rockefeller Ave., Rm F107 in downtown Everett.

The Everett Branch has unlimited volunteer opportunities for those who want to lead climbs, hikes, scrambles, ski tours, kayak trips and trail maintenance activities.

**HISTORY:** The Everett Branch of The Mountaineers was founded in 1910 by H.B. Linman, an Everett dentist. The branch was "officially" founded in 1911 when The Mountaineers charter was amended.

## KITSAP

**Chair:** Jeff Schrepple, [avdfan@aol.com](mailto:avdfan@aol.com)

**Website:** Kitsap Branch on [www.mountaineers.org](http://www.mountaineers.org)

Founded on March 6, 2003 the Kitsap branch counts in its backyard the trails, waters, and mountains of both the Kitsap and Olympic peninsulas.

Over slightly more than a decade, this branch has developed very strong climbing, hiking, and sea kayaking programs and in the past year

its conservation/education program has also grown significantly. Other Kitsap Branch courses and activities include snowshoe/winter travel, navigation, first aid, wilderness basics, hiking & backpacking basics, and trail running. The branch is currently exploring the possibility of starting a naturalist committee.

Our activity committees sponsor four or more stewardship efforts each year and recurring events include our fall Salmon Safaris. The branch hosts an Annual General Membership meeting every October. A major goal of the branch is to add more family activities in 2016.

**BRANCH MEETINGS:** Most branch meetings

and courses are held at the historic Kitsap Cabin at 3153 Seabeck Highway, which is located on the Kitsap Forest Theater/Rhododendron Reserve property between Silverdale and Bremerton. However, some meetings may be held at other locations throughout Kitsap, Jefferson, or Clallam Counties, depending upon the activity or the audience to be reached.

Branch council meetings are held quarterly on the third Thursday of the designated month at 5:45pm. To find the day and location of the council meetings please check the Kitsap Branch event calendar of The Mountaineers website.

## SEATTLE

**Chair:** Peter Hendrickson,  
p.hendrickson43@gmail.com

**Website:** www.mountaineers.org/about/  
branches-committees/seattle-branch

The largest of our branches, Seattle gives lovers of the outdoors an opportunity to try out hiking, backpacking, scrambling, climbing, skiing, snowshoeing, wilderness navigation, first aid, family activities, folk dances, leadership training, naturalist study, photography, singles events,

Retired Rovers activities, Under the Hill Rovers activities, sea kayaking, and sailing.

**MEET THE MOUNTAINEERS:** The Seattle Branch holds a Meet The Mountaineers open house at The Mountaineers Program Center periodically. These allow new members and prospective members to learn about The Mountaineers offerings. Keep an eye on the website for information about the next one.

**FOLK DANCING:** Every Tuesday from 7:30 to 9:30pm (unless it is a parks or national holiday). Location: Peter Kirk Community Center (also

known as Kirkland Community Senior Center) 352 Kirkland Avenue, Kirkland, WA. For more information, check the online calendar of events for the Seattle Branch (not to be confused with the Seattle Program Center).

**INTRO TO MAP AND COMPASS:** Learn the basics of how to keep from getting lost in the wilderness. See website to register.

**PHOTOGRAPHY:** Each 3rd Wednesday of the month, the Seattle Photography Committee holds a potluck and photo presentation.

## FOOTHILLS

**Chair:** Steve LeBrun,  
stevelebrun@comcast.net

**Websites:** foothillsmountaineers.org,  
FoothillsWinter.org

The newest Mountaineers branch, founded 11 years ago, the Foothills branch encompasses the eastside communities along the I-90 and I-405 corridors. The "little branch that could" sponsors activities and classes that focus on backcountry skiing, hiking, backpacking, first aid, navigation, and snowshoeing. Our signature programs include a comprehensive Backpacking Building Blocks (B3) backpacking course, and our Foothills Winter Program which offers Ski & Snowboard Mountaineering, Multi-Week Ski Lessons, Avalanche Awareness, AIARE Avalanche Certification and Glacier Travel, Crevasse Rescue, winter camping, sports conditioning, and leadership training courses.

Foothills leaders offered 143 different hiking, backpack and snowshoe activities in 2015 as well over a dozen different courses.

Visit the Foothills Branch web page often for information on upcoming activities, film and speaker events, trips, classes and courses.

Are there activities you would like to Foothills to do or do more of? More hikes or backpack or ski trips of a certain kind? Additional training in outdoor skills? Certain special events or speaker topics? Let us know, and we'll try to make it happen. Email branch chair Steve with your comments or ideas. Do you want to stay better informed about Foothills plans and activities? Then consider a Foothills branch affiliation by accessing "Your Account" on the club website.

**MEMBERSHIP MEETINGS:** Branch Membership meetings as well as Branch Council meetings (open to all members) are held from time to time at Issaquah, Mercer Island or Bellevue locations. See the branch website and calendar for specific

events and meeting dates. Membership meeting are social in nature, and typically include a guest speaker, outdoor-themed film, or a slideshow presentation of backpacking and global adventure trips taken by members.

**VOLUNTEERING:** Are you looking to develop or utilize your knowledge and skills while making new friends and working with like-minded outdoor enthusiasts? The Foothills branch welcomes new activity and trip leaders, course content developers and instructors, writers, and event planners. The branch offers the training and mentoring support to help those interested become confident hike and backpack trip leaders. We also appreciate volunteer support with administrative tasks such as bookkeeping, publicity, website blogging, scheduling - the sometimes mundane work vital to the success of the branch.

*The Foothills Branch – your Eastside community of outdoor friends & recreationists.*

## TACOMA

**Chair:** Jim Paxinos,  
jim.paxinos@tacomamountaineers.org

**Website:** www.tacomamountaineers.org

The second largest of all seven branches, Tacoma maintains not only its own program center in the Old Town neighborhood of Tacoma, but a property close to Mt. Rainier, the Irish

Cabin on the Carbon River. Tacoma Branch offers an extensive list of activities and courses, including backpacking, hiking, conservation, scrambling, climbing, first aid, snowshoeing, skiing, sea kayaking, sailing, bicycling, singles events, wilderness navigation, avalanche awareness, folk dancing, photography and family activities.

Learn more about us by visiting our branch website to view our activities, our events

calendar and other offerings.

**MEET THE TACOMA MOUNTAINEERS:** Tacoma Branch holds a free meeting on the third Friday of every month (except June-August and December) to introduce prospective and new members to the branch. The meeting starts at 7pm with a presentation about The Mountaineers, followed by an interlude to talk with various activity reps (hiking, climbing, sea kayaking to name a few of the 22 activities).

## OLYMPIA

**Chair:** Brian List, balancingdogs@gmail.com

**Website:** www.olympiamountaineers.org

Meet the Mountaineers at the Potluck and Adventure Speaker series on **first Wednesdays** from September through May, excluding November, at the **Friends Meeting Hall** at 3201 Boston Harbor Rd. NE. The potluck meal begins at 6 p.m. Bring a dish to share and your own plate and flatware. The adventure presentation begins at 7 p.m. Contact Carolyn Burreson at cbburreson@q.com.

**SEPTEMBER 7 ADVENTURE PRESENTATION:** Mountaineer member Laurie Choate will share her 10-day adventure on this spectacular hike. Laurie and her daughter Katie enjoyed mountain huts, alpine villages, snow-capped peaks, and numerous glaciers as they hiked through high valleys and over dramatic mountain passes. Come to learn how anyone with reasonable fitness can enjoy this classic trek in the Alps.

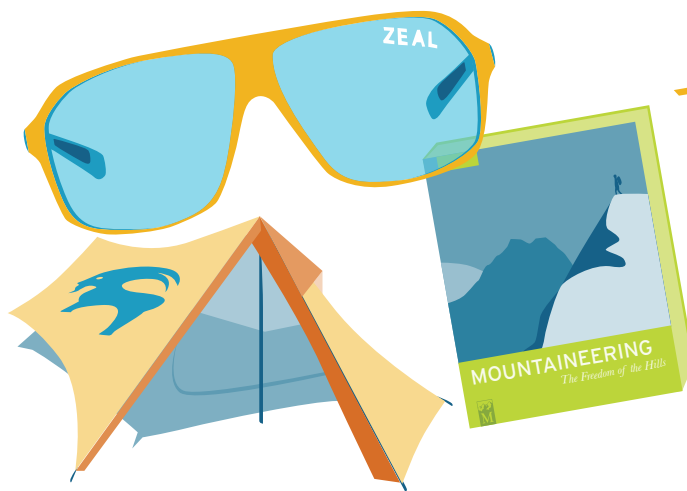


### BRANCH HIKING AND CLIMBING AWARDS, PINS, AND PATCHES:

Start getting your paperwork together in order to receive your award at the Olympia Fall Banquet. The awards are listed at the Mountaineers website. Send your completed paperwork requesting the award, following the website instructions, before September 15th, 2016 to Kerry Lowry at kerryndon@comcast.net (360-456-2694).

**THE BRANCH OFFICERS** meet the second Wednesday of the month at 6 p.m. at the Olympia Center, 222 Columbia St NW. Members are encouraged to attend the meetings on July 13, August 10, and September 14. Contact Brian List at balancingdogs@gmail.com.

**BRANCH LIBRARY:** Contact maxine at 360-786-6512 (8am to 8pm) or maxdunk@comcast.net if you'd like to come by to browse, check out or return materials, or request items for pickup at the monthly potluck. GearX on 4th Avenue has a drop box. The catalog is listed on the branch website. Bear resistant containers are also available.



## experticity

- 20% off Mountaineers Books
- 25% off Zeal Optics
- 30-50% off 100s of outdoor brands through Experticity (formerly Promotive)
- 15% off Ibx Wool
- 20% off Danner Boots
- Up to 30% off backcountry.com



### Are you making the most of your Mountaineers Membership Benefits?

You should be. You'll find deals on everything from international travel to discounts at your local coffee shop. Start exploring all of the great benefits we have to offer today.

[www.mountaineers.org/membership/benefits](http://www.mountaineers.org/membership/benefits)

## businessdirectory

We thank the following Mountaineers business owners for their support.

### ARCHITECTURE

**Grace Kim** (Joined 2001)  
Schemata Workshop  
[www.schemataworkshop.com](http://www.schemataworkshop.com)  
[grace@schemataworkshop.com](mailto:grace@schemataworkshop.com)  
206-285-1589

### AUTOMOTIVE

**Lee Wilcox** (Joined 1995)  
Lynnwood Auto and Truck Service  
[lynnwoodautoandtruckservice.com](http://lynnwoodautoandtruckservice.com)  
[lynnwoodautotruckservice@gmail.com](mailto:lynnwoodautotruckservice@gmail.com)  
425-776-5888

### CONSTRUCTION

**Louie Coglas** (Joined 1987)  
Louie Company - Roofing Specialist  
[www.LouieCompany.com](http://www.LouieCompany.com)  
[earthhumor@comcast.net](mailto:earthhumor@comcast.net)  
206-963-4521  
WA Lic #: LOUIEC902C6

### FINANCIAL SERVICES

**Mearl Bergeson** (Joined 2011)  
Merrill Lynch Wealth Management  
[www.fa.ml.com/mearl\\_bergeson](http://www.fa.ml.com/mearl_bergeson)  
[mearl\\_bergeson@ml.com](mailto:mearl_bergeson@ml.com)  
206-464-5632

**Diane Jochimsen, CFP®** (Joined 1987)  
White Raven Financial Services  
[www.whiteravenfs.com](http://www.whiteravenfs.com)  
[diane@whiteravenfs.com](mailto:diane@whiteravenfs.com)  
360-653-0198

**Leah Schulz** (Joined 2006)  
Tri Star Finance  
[www.leahdschulz.com](http://www.leahdschulz.com)  
[leah@TriStarFinance.com](mailto:leah@TriStarFinance.com)  
206-523-1288

### HEALTH CARE

**Kevin Rindal** (Joined 2015)  
InHealth Sports Injury and Performance  
[www.inhealthseattle.com](http://www.inhealthseattle.com)  
[drrindal@inhealthseattle.com](mailto:drrindal@inhealthseattle.com)  
206-315-7998

### MAPS

**Coburn Family** (Joined 2008)  
Green Trails Maps  
[www.GreenTrailsMaps.com](http://www.GreenTrailsMaps.com)  
[alan@greentrailsmaps.com](mailto:alan@greentrailsmaps.com)  
206-546-6277

### MIND AND BODY

**Hope Maltz** (Joined 2007)  
Moving Into Comfort - Feldenkrais Method®  
[www.MovingIntoComfort.com](http://www.MovingIntoComfort.com)  
[hope@MovingIntoComfort.com](mailto:hope@MovingIntoComfort.com)  
425-998-6683

### OUTDOOR RECREATION

**Barbara & George Gronseth** (Joined 2009)  
Kayak Academy/Issaquah Paddle Sports  
[www.kayakacademy.com](http://www.kayakacademy.com);  
[www.issaquahpaddlesports.com](http://www.issaquahpaddlesports.com)  
[info@kayakacademy.com](mailto:info@kayakacademy.com)  
206-527-1825

### REAL ESTATE

**Leah D. Schulz** (Joined 2006)  
The Force Realty  
[www.RealEstateByLeah.com](http://www.RealEstateByLeah.com)  
[leah@leahdschulz.com](mailto:leah@leahdschulz.com)  
206-523-1288

**Cisca Wery** (Joined 2003)  
Windermere Real Estate Company  
[www.LakeWA.com](http://www.LakeWA.com)  
[cisca@windermere.com](mailto:cisca@windermere.com)  
206-715-7187

## Want to become a Mountaineers Business Member?

To find out more about increasing your small business' visibility with The Mountaineers membership and to become a supporting business member of this group, contact our Membership & Marketing Manager, Kristina Ciari, [kristinac@mountaineers.org](mailto:kristinac@mountaineers.org) or 206-521-6023.

As in all things Mountaineers, the idea for a Business Member category was started by a dedicated volunteer and board member, Leah Schulz, who saw this as a means to strengthen support for the organization and the benefits of Mountaineers membership. To find out more about opportunities to get more involved with this group, contact Leah: [leah@leahdschulz.com](mailto:leah@leahdschulz.com) or 206-523-1288.

Business Members receive the following:

- Business Member Directory listing on the Mountaineers website, including link to business member's website and in the magazine
- A 25% discount on advertising in the *Mountaineer* magazine
- Business Member Directory included in new-member packets distributed to all new members
- Opportunity to publicly showcase support of Mountaineers organization

And remember: since The Mountaineers is a mission-based and volunteer-driven 501(c)(3) non-profit, your membership dues are tax-deductible.

# Unity

by Steve Scher

First Beach, Olympic Coast. Photo by Andy Porter Images

It's a wonderful concept, coming down to us through Middle English, Old English, Old French and Latin; unus, or 'one.'

But where do we find unity today? Where do we find places or concepts that bring us together; that unite?

Now disunity, that's easy to spot.

We can look around this country and find explosions of disunity.

In our current political climate, we turn on the news and hear presidential candidates preaching the antithesis of unity. We're told about who is in power and who isn't. Candidates create a bifurcated world of 'them and us'; of what they've taken and what we're going to take back.

Of course that explanation leaves a lot of people without around the globe. It's a world of conflict, gain and loss, winners and losers. A lot like our world here and now to be sure.

So where do I turn to find this living concept – unity?

Well you know where I'm heading, of course – out on the trail, up a hillside, into a field.

Unity flourishes in nature. When our footsteps mark the beach, we're engulfed in our surroundings, in what the psychologist Roman Rolland called 'the oceanic feeling,' the innate sense of limitlessness and oneness. It's a primitive part of our psyche, perhaps not highly valued in our on-the-go-go-go-for-dollars culture, but easily tapped.

It engulfs us on a mountaintop at night, when the entire twinkling vastness of the universe holds us. It's the connection between a dragonfly on a pond and a young child's joyous cry at spotting it. This unity is in the squirrel chattering from the tree and the dog running around the tree trunk and you trying to untangle its leash.

This unity comes from something innate. A shared sense of joy, of humor that, at the core, is hope.

I was going to stay far from our modern society in my search to understand unity – far from the wall-builders and exhorters, the alpha dogs and their ravenous packs.

I would have stayed by the babbling brook to find my connectedness.

But I had a bit of a revelation about the intrinsic nature of unity while writing this piece.

I was on my bike. I got hit by a car. Bones were broken, much blood was spilled.

Damage was done but something grand became visible.

How remarkable to experience all these strangers holding me, comforting me, wiping the blood from my eyes and my shattered nose there on a gritty city street.

How incredible that we as a people decided that we would build a system where citizens, cops, EMTs, and hospitals would serve those who get crushed and broken. Together we decided that those in need would be cared for and healed. It's not a perfect system of course, but the ideal is glorious.

Now when I hear the trumpet calls of greed and selfishness – of disunity, I will hold hope close. We're individuals surrounded by other individuals who together put the resources of the nation behind helping at a moment of terrible crisis. There but for the grace of God, we think, thankful for our unity.

*Steve Scher teaches classes in the communications department at the University of Washington. Prior to his teaching career, he was a long-time public radio host on KUOW in Seattle and has interviewed countless individuals over the past three decades.*



The  
**Mountaineers**  
EXPLORE • LEARN • CONSERVE



## Happy Birthday National Parks!

The Mountaineers is proud to publish *Prophets and Moguls, Rangers and Rogues, Bison and Bears* to mark 100 years of the National Park Service.

**Here's to 100 more years of National Parks.**

