

Mountaineer

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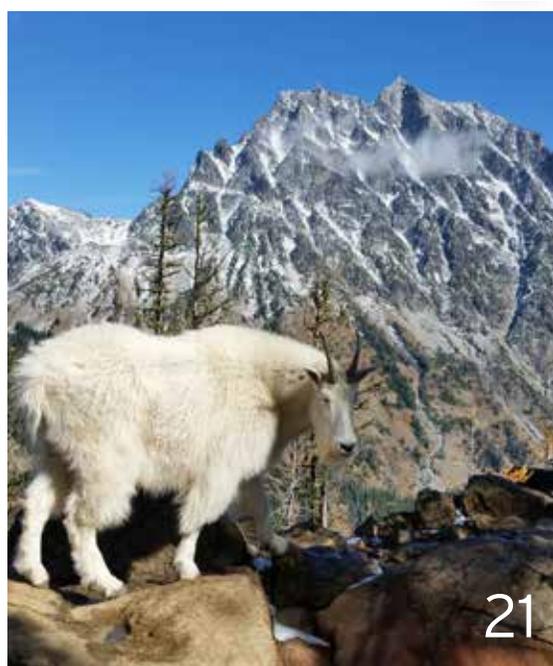
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beating breast cancer PAGE 18

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with Mountaineer Naturalists PAGE 21

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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 magazine would like to thank **The Mountaineers Foundation** for its financial assistance. The Foundation operates as a separate organization from The Mountaineers, which has received about one-third of the Foundation's gifts to various nonprofit organizations.

Mountaineer uses:



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: Marybeth Dingley (left) and Lynn Lippert (right) on the summit of Mount Hood. *story on page 18*

photographer: photo courtesy of Marybeth Dingley

Vision and Perspective from the Ground Up



Elizabeth Lunney

You can't know a mountain just by looking at it. You can trace its outline, you can chart its elevation, and you can read stories about its temperament and poise. But always, it's the unknown and the unknowable that draws us out of the lowlands and sends us steadily upward.

When The Mountaineers first contacted me about stepping in as Interim Director, I said yes before I'd really had a chance to think about it. (How could I say no to such an amazing opportunity? How could I turn down the chance to work more closely with first-class staff and passionate volunteers committed to changing peoples' lives in the most positive and breathtaking ways?)

So, I took the job. And my perspective changed. Suddenly, the ambitious work of The Mountaineers was

no longer a 100-year history pivoting forward to take on the challenges of the 21st century. My bird's eye view zoomed in, and my horizon was the impressive reach of the every day.

At the Program Center office, I learned the phone rings off the hook with members and volunteers looking for support, asking questions, and wanting to connect. Come evening, there's a steady parade of classes and events, teenagers coming to climb together, film festivals and technical seminars. This hive of activity is but a small indicator: club-wide, the Mountaineers is a busy place.

I have had the fortune to meet some of the finest people on earth, right here. People with vision and ambition, not just for the summit, but for what the mountains teach us, about ourselves, about each other and about our obligation to protect the wilderness.

The Mountaineers are leaders. They have set standards, made first ascents, and are widely considered to be first-in-class when it comes to a wide variety of accomplishments: publishing, volunteer-led instruction, conservation and community outreach. This is a tremendous position to be in. The leadership and inspiration demonstrated by The Mountaineers over the past few years has elevated us all.

Vision is important, and The Mountaineers has set its sights high. Our task now is to imagine where our next steps will take us. When you look at a mountain, you may see the shape of it, but you cannot truly see it, not until you're winding your way through forests, passing through hanging valleys or inspecting a seemingly impenetrable wall, finding the path forward.

And so it goes for our next great adventure. I am honored to be a part of this transition at The Mountaineers, invited to step in close to see each glorious detail of the present day, confident that the path we're on is ambitious and bold enough to define our future.

Because from here, we climb higher.

Elizabeth Lunney
Interim Executive Director



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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A magazine announcement with the new year

There comes a time in every magazine's life when it must grow and change with the generation. Starting with this issue, *Mountaineer* magazine will become a quarterly publication, with winter, spring, summer, and fall issues.

The transition may seem sudden, but it began two years ago, as we learned to use a wider variety of digital tools to communicate with our membership. The launch of our new website, presence on social media, targeted e-newsletters and access to online activity has given way to a vibrant digital landscape that continues to grow. Traffic to our website has doubled and we've seen a 115% increase in our members' use of social media.

When we surveyed our members last issue, we received nearly 200 responses. Of those, 68% said they would welcome a quarterly publication. Only 39% looked to the magazine for information on upcoming courses and activities. Those statistics were helpful in confirming we were on the right track.

As a graphic designer by trade, I have worked to improve our visual presence and established a brand that strengthens the organization. When I came aboard, I moved the magazine to a local printer and converted it to 30% recycled paper (it was previously only 10%). This helped the organization save money and helped the environment by cutting down on its carbon footprint. Moving forward, this quarterly transition will allow me to further expand our visual branding to marketing, education, conservation, development, and volunteer-driven initiatives – providing

cost-savings and support for leaders, volunteers, members and staff.

Mountaineer magazine will continue to inspire and offer the same high level of editorial content and beautiful photography. We will work to ensure that it remains relevant to your way of life. As always, the magazine will serve as your go-to source for outdoor news, safety tips, fitness and nutritional advice and also cover noteworthy achievements in conservation and outdoor recreation. Upcoming issues will include new columns and other special features, such as book reviews, volunteer stories and leadership development.

In this issue, we have a special feature on how Marybeth Dingley, an Everett Mountaineer, overcame breast cancer through mountain climbing. She was interviewed by Fred Hutchinson Cancer Research Center who shared the wonderful story with us.

For those who like nature, we have a great feature on naturalist studies written by our chair of the Naturalist committee. He takes us on a naturalist hike through writing and encourages us to go on one by foot.

As always, thank you for reading the magazine and a special thank you to those who took the time to respond to the survey. I love reading the notes of appreciation and support many of you shared with me.

Wishing you a new year filled with adventure!

Suzanne Gerber, Publications Manager

The results are in! Congratulations to the 2015 Board Elects:



Chloe Harford
member since 2005
on the board since 2012



Kara Stone
member since 2012
on the board since 2013



Steve Swenson
member since 2010
on the board since 2014



Tom Varga
member since 2002
on the board since 2011

All nominated candidates were elected for directors on The Mountaineers board.

Can you identify the location in the foreground?

Send your answer to Suzanne by the first of March: 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 Brian Bailey, who correctly identified Mount Thompson (see below).



Last issue's summit savvy: Mount Thompson via west ridge

Starting at the Snoqualmie entrance to the Pacific Crest Trail, hike north about 8 mi to Bumblebee Pass – 5,400 ft, about one-half mile past Ridge Lake. Scramble a climbers trail up and over Bumblebee Pass and down (north) into the basin directly in front of Mount Thompson. Snow fills the basin until mid season and water is available throughout the summer.

Activity Type: Climbing, Intermediate Alpine

Seasons: May, June, July, August, September, October

Length: 20 mi

Elevation Gain: 3,500 ft

High Point: 6,554 ft

Trip report by Jim Pitts from October, 2014: We knew we would be tight on time given the short days, so we opted for a two-day climb. We passed many hikers hunting mushrooms on the way in. The evening was glorious – clear skies and an almost too bright moon that set around 2am leaving behind a sky full of stars. We left camp at 5am and made good time to the pass. The first pitch was fun but the second pitch was awesome... very sustained 5.6 climbing. The remainder of the climb was pretty easy, tapering off to perhaps 5.4/low 5th. The rock was fairly solid and the climbing was often airy and exposed. Super fun!

Read the full report on mountaineers.org under Explore > Routes and Places > Mount Thompson/West Ridge.



Mount Thompson/West Ridge. Photo by Tess Wendel

memberhighlight

ten essential questions

Name Mike Baker
Hometown Edmonds, Washington
Member Since June 2002
Occupation Account Executive
Favorite Activities hiking, camping, kayaking, gardening



Mike enjoying a scramble in the Cascades. Photo courtesy of Mike Baker

How did you get involved with The Mountaineers?

This is my second period with the Mountaineers. The first was back in the 70's. Then came family and the rest of life. In the early 2000's, I had time and felt a strong need to get back out on the trail. I grew up out in the country on a lake, with a forest (we simply called 'the woods') in our backyard. The woods and the lake were favorite places to hang out. Perhaps that is why I am drawn to those beautiful mountain lakes we have here in the northwest.

The Mountaineers seemed like a great community to join, one focused on fun and safety, with lots of like-minded people.

Why is getting outside important to you?

That is easy. It's the great people I meet!

Favorite Mountaineers memory?

This one memory has happened several times. When I lead hikes to Blanca Lake, I like to look back at the hikers with me, just as they see that lake. One of these times, I will try and get a picture of that look on their faces. That makes all of the planning worth while.

Who/What inspires you?

Who: the trail blazers that went before us, those helping establish

protected areas, those helping establish trails, and those publishing trail guide books.

What: the incredible beauty up there in the mountains. I can remember hiking into Spider Meadows the first time, and wondering how this beautiful place fit into this state, and thinking about all those people that don't even know that places like this exist.

What does adventure mean to you?

Being "older", I find myself more attracted to peace and calm. I like to discover new places and sights, so for me, that is adventure.

Lightning round!

Sunrise or sunset? Sunrise

Smile or game face? Smile

Superpower? To fly like a bird

Post-adventure meal of choice?

S'mores over a camp stove

If you could be a rock star at any outdoor activity overnight, what would it be? Climbing

Off-season Training

by Courtenay W. Schurman,
MS, CSCS

Sunrise on Mt. Shuksun - July 2012. Photo by Courtenay Schurman

Winter is "in-season" for snow enthusiasts, but "off-season" for everyone else. It's the perfect time to self-assess where you are with your training, set priorities for the next six months, schedule adjustments in your current program, and strengthen your perceived weaknesses – what you can remember as the "Four S's": self-assess, set priorities, schedule, and strengthen.

Self-Assess

What did you accomplish last year? What got in the way? How did you feel on your outings? Did any nagging aches, pains or injuries prevent you from enjoying success? Did family, travel, or work commitments prevent consistent training? Did you recover quickly from adventures so you could continue training during the week? Did your strength increase or decrease during the summer? How about your cardiovascular stamina? Honest answers can help you assess strengths and weaknesses of last year's training program and point in new directions for this year.

Set Priorities

Off-season is the perfect time to focus on your perceived weaknesses – whether you lack strength, need speed, want to learn new skills, or hope to lose weight. Can you practice on a type of terrain or condition where you lack confidence, such as a snow field? Do you need to "fix" your knees so they perform better on descents? Would you like your fingers to be stronger for that sport climb that eludes you? Want to keep up with the 20-somethings? Take a close look at where you are now and what limitations you have in terms of the current condition of your body, the time you have available to train, life commitments that won't go away, and then prioritize your training to focus on those trouble areas in the off-season. If you ran a marathon but struggled hiking uphill with a pack, your focus will be on building strength for long uphill pack carrying periods.

Schedule

Study your weekly calendar and figure out how often you can train, what activities you need to include, and what days you can do each activity. Schedule them, like any other appointment. If you need to shave time off your swim leg for next year's triathlons, add swim lessons. If you sprint out of the parking lot for the first mile of a climb and lag on the rest of the outing, schedule hiking time to build cardiovascular endurance this spring. If your finger tendons are acting up on you, meet with a physical therapist to get them to heal so that you can develop appropriate strength before your first climbs of the spring.

Strengthen

Finally, once you know how you did last year and what you want to accomplish this year, learn what specific exercises you need to do in order to improve muscle function. If the boulder field on Eldorado left your knees sore for weeks, add quad strengthening exercises like squats and step downs, and work on improving balance in the off-season. If you are nursing finger tendons, work on developing body balance by adding horizontal pushing movements (i.e. push-ups or dumbbell presses), vertical pushing movements (i.e. overhead presses) and horizontal pulling (i.e. seated rows) to complement the vertical pulling so dominant in climbing.

By using the off-season to self-assess, set new priorities, schedule appointments with yourself, and strengthen weak muscle groups, you will be ready to shine come summer.

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 or send a question to court@bodyresults.com.

My Land and Water Conservation Fund

by Katherine Hollis, Conservation and Recreation Manager



Snowshoers enjoy Washington trails. Photo by Tim Nair

Last April, I took Earth Day off to spend the day outdoors with my family. We huffed it up Mt. Si, my longest hike since the birth of our son three months prior. We started hiking when he was about two weeks old, but it was on this hike that he started to really look around and take things in. Mt. Si is such a resource for so many of us in the greater Seattle area: a resource that I appreciated previously as an escape from city living, and appreciate even more as we raise a kid in the city. Access to nature is so critical to all of us. The Land and Water Conservation Fund protected Mt. Si for our use – setting the area aside for conservation and recreation.

I look at areas that the Fund has protected here in Washington – from places within the Alpine Lakes Wilderness, Mt. Rainier National Park, and the Pacific Crest Trail, to close-to-home recreation areas like the playing fields at Magnuson Park in Seattle – and am struck by this wide-ranging impact.

If you've never heard of the Land and Water Conservation Fund (LWCF), you're not alone. Yet, LWCF is one of the most effective tools we have to conserve land and improve outdoor recreation opportunities. The Land and Water Conservation Fund uses a portion of the royalties from off-shore oil and gas leasing to fund

outdoor recreation and conservation priorities.

The LWCF has been providing funding to help protect some of Washington State's most special outdoor places and ensure recreational access. Washington state has received \$637 million in LWCF funding over the past 50 years. Simply put, Washington's vibrant outdoor recreation scene – the places where we love to play – would not exist today without the Land and Water Conservation Fund. LWCF is vital for our access to outdoor recreation, conserving outdoor spaces that are important to us, and helping insure equal access to parklands for all.

Thomas O'Keefe, of our partner organization American Whitewater, and a Mountaineers Advisory Committee member, shares that the Land and Water Conservation Fund "represents a fair and longstanding commitment by Congress to the American people that resource development will occur in tandem with protection for public lands."

The Fund also has special ties to the Pacific Northwest, as Washington Senator Henry "Scoop" Jackson introduced the original Land and Water Conservation Fund Act to the Senate. The bill received overwhelming bipartisan support and was signed into law by President Johnson on September 3rd, 1964.

There are LWCF projects in all but two counties in Washington, from city parks to projects that improve some of our most iconic public lands and waters. Here are just a few examples:

- **The Alpine Lakes Wilderness**, where glacier-carved terrain and forested valleys give way to rocky ridges and rugged peaks, is an amazing resource so close to the Puget Sound. Over 150,000 of us visit each year to hike, camp, climb, fish and horseback ride. Among the many areas within Alpine Lakes protected by LWCF are portions of the Chiwaukum Creek Trail, Ingalls Creek Trail, Eightmile Lake, lands along the Waptus River, Pratt Lake and areas along popular trails on Rampart Ridge.

- **The Mountains to Sound Greenway**, extending from the Seattle waterfront to Ellensburg, is an outdoor recreation paradise, hosting 1,600 miles of trails, excellent whitewater run, backcountry skiing and snowshoeing terrain, rock climbing routes, mountain bike trails, and views of the stunning Cascade Crest. Some of the most popular places in the Greenway have been protected by the LWCF, including access to Rattlesnake Mountain, Mount Si and recreational access along the Middle Fork Snoqualmie River. On the east side, LWCF funding has protected popular destinations in the Okanogan-Wenatchee National Forest like Lake Cle Elum. Section 6 funding has been essential to the I-90 wildlife bridges program, protecting north-south wildlife migration corridors.

- **Mt. Rainier** is arguably the iconic peak of the Pacific Northwest, shaping our mountain culture and community. The Carbon River entrance is the closest access point for dense population centers to the north. The Carbon River road and camping facilities had been repeatedly washed out by flooding from the glacier-fed river, resulting in hundreds of thousands of dollars in recurring repairs. LWCF funding allowed for the Ipsut Creek campground to be relocated safely above the floodplain, and the conversion of a historic farm house into a new visitor center.

Despite all this, Congress let the Land and Water Conservation Fund expire this past September. While The Mountaineers had been advocating for the Fund's reauthorization throughout 2015, I really couldn't imagine that this successful, bipartisan program

wouldn't be reauthorized. Its expiration is an unfortunate loss for the outdoor recreation and conservation community, but we are encouraged by the tremendous outpouring of support and energy – including 375 Mountaineers members who wrote to their legislators – and the overwhelming majority of Congress.

By the time this goes to print, I hope our champions in Congress have permanently reauthorized the Land and Water Conservation Fund as it currently works – with focus on both federal and state and local projects. I hope we will still be able to protect our natural places for conservation and recreation so my son continues to have opportunities to get dirt under his nails on Earth Day and every day. And if not, we'll continue to fight for this, as The Mountaineers have fought for our wild places since the beginnings of our organization.

We appreciate the leadership Washington Wildlife and Recreation Coalition has provided on this issue here in Washington. Visit WildlifeRecreation.org for more on the hundreds of projects LWCF has made possible.



Enjoying our outdoor spaces with the little one. Photo by Katherine Hollis

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Stephanie (left) and Logan (right) on a MAC backpack trip. Photo by Michael Telstad

Adventure Club: Spotlight on Youth Leadership

by Stephanie Houston and Logan Urrutia, youth leaders with intro by Josh Gannis, Youth Education Manager

Both Stephanie Houston and Logan Urrutia currently serve on the Mountaineers Adventure Club Leadership Team. The Mountaineers Adventure Club (MAC) is a Youth Leadership program run by teen members of The Mountaineers. With staff and volunteer support, the stated aim is to help the youth of the Puget Sound discover and explore the public lands and waterways of the Pacific Northwest, to help them grow as individuals, and to foster greater connections to our public lands to help steward and conserve them for future generations. These youth represent not only the future of The Mountaineers, but the future of responsible, sustainable outdoor recreation. But I'll let them speak for themselves...

Stephanie Houston

Mountaineers Adventure Club Treasurer

As a child I was luckier than most when it came to the outdoors, although it didn't feel like that at the time. My parents literally forced me outside for "mandatory hikes." I always just assumed it was something that everybody had to do and didn't recognize how fortunate I was at the time.

My parents drove me to endless national and state parks and made me get out of the car to hike a few miles uphill, while my sister and I trudged behind them moodily. Even though it was always a struggle to actually make me get outside I still felt a sense of accomplishment after I was done with the hike. For my short legs hiking was always a fight, but as I grew older and became involved in competitive swimming, I grew stronger and began to do longer mile hikes.

The summer after fourth grade, my family and I found ourselves in Glacier National Park. The weather was hot which made the air smell of pine trees. I set out to do my first ten mile hike with my parents and sister. The hike ran along a glacier where the park had set up little plaques to show how far the glacier had receded in the last 50 years. I had already learned about climate change in school and knew it was an important thing, but during this hike something struck me. The plaques gave me a real sense of how humans could change something so massive and permanent in just a few decades.

As I was hiking towards where the glacier had hidden away I began to feel incredulous that more people didn't care about the beautiful world that we live in and they didn't try to protect it. That day I had ten miles to think about how natural everything was out there, but seeing the glacier recede made me realize that not everyone understood how amazing these places were – and that is why they didn't protect them.

When I started high school, I joined my environmental club which has a very passionate group of kids. It's hard to make a difference though as just a small group. I went to multiple environmental symposiums and meetups to learn about different ways to protect our environment individually. While meeting these people was encouraging, I felt like there must be some way for youth to care more about conservation.

It was around this time that I discovered The Mountaineers Adventure Club (MAC) and Washington Trails Association

(WTA). While I still got out to go hiking about once a month, it was nowhere as near as much as I wanted to go because I didn't have the access to rides or friends who would want to go hiking on the weekends.

I joined MAC in January of 2015 and was amazed that this program was run by kids and yet the trips worked out so smoothly. This was definitely something I wanted to do. Around the same time, I was looking for something I could work on to help expose environmental problems to people who didn't think about them much. I looked for trail building opportunities because there's no better way than to get people to make an effort, then to make them fall in love with nature. By maintaining and building trails, I felt like I was helping expose the beauty of nature. When trails are closer and safer, inevitably more people will use them and feel compelled to protect the natural world. While I knew I was helping out, these groups also helped me on a personal level. The leadership and social skills that I have gained from MAC and WTA are priceless.

Because there are opportunities like MAC and WTA, the motivation to conserve Washington's beautiful parks become a more prominent goal in many people's lives. It's important to learn from a young age how pristine nature can be, so that we keep it that way and share the trails with the next generation.

Logan Urrutia

Mountaineers Adventure Club Vice President of Skills and Trips

I grew up in a family that had never owned a tent. I begged my parents to camp and spend more time in the outdoors. My mom could hardly wait until I turned 14, so I could experience all that I wanted to, and signed me up for a WTA trip laboring for a week doing trail work. I loved it!

As part of my preparation for the WTA trip, I took a few visits to REI to gather required gear. I had done a lot of research on equipment. It just so happened that the Sales Associate I was working with was the current Vice President of the Mountaineers Adventure Club (MAC) and invited me to come to the introduction meeting in September! I was exhilarated and knew this would be a stellar experience.

Prior to my meeting in September (this was back in 2013), I had completed two WTA week-long trips and LOVED them. I knew

being outside was my jam. I had so much anticipation waiting for that first MAC meeting that September – and for good reason. It was more than I ever imagined it to be. I found so many like-minded peers and a plethora of activities and trips to expand my experiences.

And so it began... I've had so many opportunities to experience, learn, and apply my skills. In addition, I've been able to mentor others and develop my leadership skills. The volunteers that work with the MAC group are always crushing and spot on with their skills and techniques. *Thank you, thank you!*

I'm now certified in Wilderness First Aid, Crevasse Rescue, Ice Axe Skills, and Belay escape. I started top roping 5.7's in Vantage and am now leading a 5.10b and hope to take the Crag course this upcoming spring. I had never been on cross country skis until the MAC group went to Methow Valley. I can hardly wait to return to do more cross country skiing. The fall trips to Leavenworth are always memorable and involve lots of new faces. Probably my most superb experience to date was climbing the Chief in Squamish alongside my great friend, Michael Telstad, **#thankstothegreatpics**.

The MAC group keeps me busy, but I have also been able to continue doing volunteer trail work with WTA and reached a milestone this summer by logging in 25 days to date. This fall I became a WTA Youth Ambassador and hope to spread the news and get more youth outdoors. I love being immersed in nature, giving back to a place I care for and play in, and meeting life-long friends.

Many adult and youth have pressed the idea that youth need to be involved, so the outdoors will be maintained and conserved for later generations. Yes, this is all true, but I believe it's more than that. For some of us, it's about finding ourselves, understanding who we are, and realizing what we value. It also gives us an opportunity to hone life-long skills that could, in the future save our lives or others. Growing the personal individual and how nature and all that it gives to us can actually help us find ourselves and who we are. Being in the outdoors helps each of us to find our identity, to network with likeminded individuals, to seek out new challenging and rewarding experiences, and ultimately to better each of us. It is about each personal individual and their gateway to the outdoors. ▲▲



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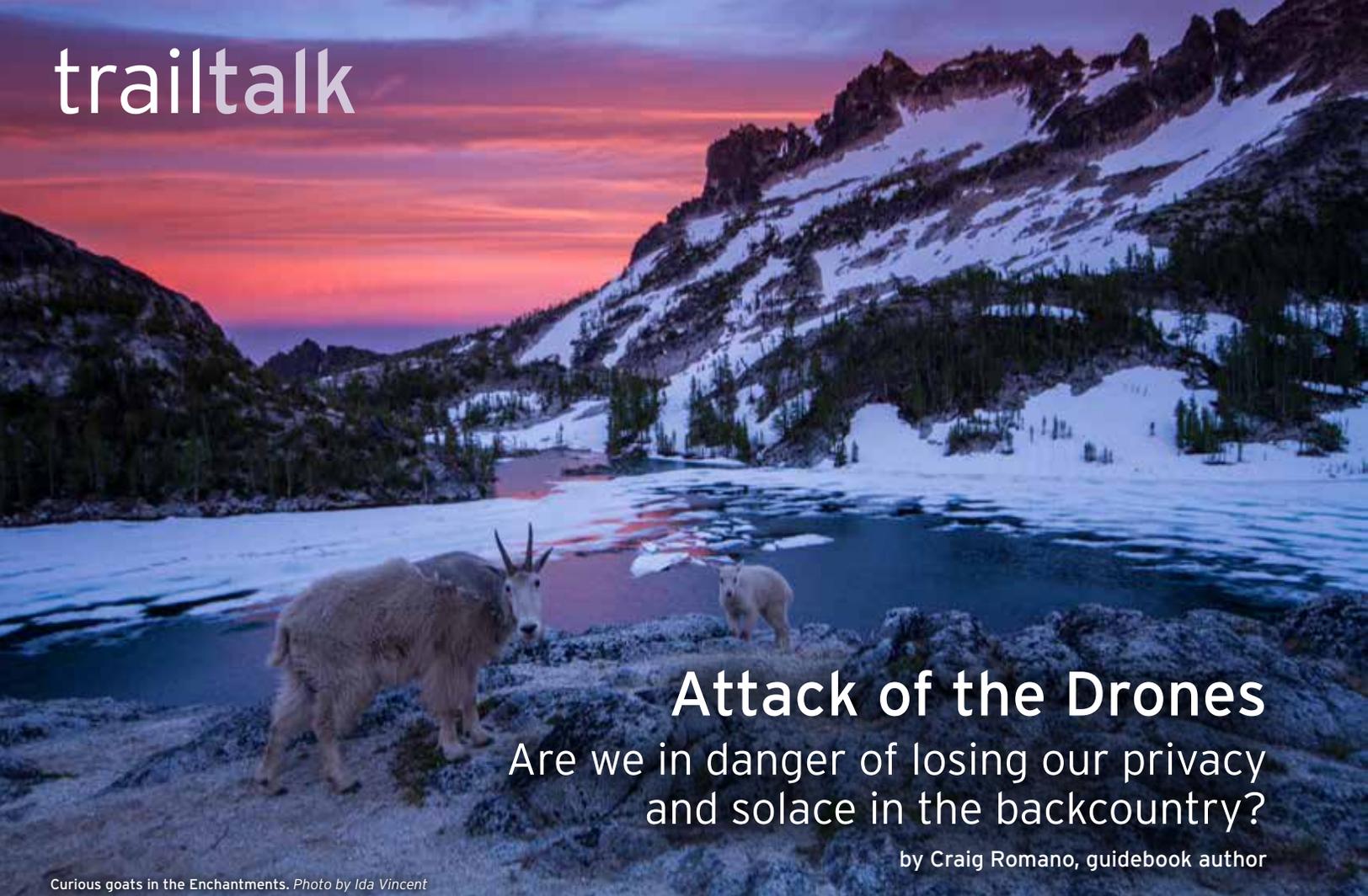


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Curious goats in the Enchantments. Photo by Ida Vincent

Attack of the Drones

Are we in danger of losing our privacy and solace in the backcountry?

by Craig Romano, guidebook author

Imagine that you've just hiked all day over steep and challenging terrain to a beautiful little alpine lake far from the weekend crowds. It's hot. You're alone. Off come the clothes. You make a splash and then you hear the whining buzz of an unmanned aircraft – a drone. And it's hovering right above you! What the heck? How about some privacy?

Or picture this. You've set up your blind at the edge of a wilderness meadow. Your tripod is set and a herd of mountain goats complete with nursing kids have just taken up residence right before you. Focus set – zoom in – what the...? A buzzing drone comes out of nowhere. It flies over and near the goats and they are agitated. They flee. They're stressed. And you can forget about your picture. Some inconsiderate hobby drone operator however has probably already posted his on the net – with little regards that he harassed his subjects to get it.

If you haven't experienced a drone impacting your backcountry experience yet, you soon will as the amount of hobbyist drone owners is growing exponentially. Like all new technology, drones create opportunities and problems. They have positive uses and abuses. And their proliferation is creating new scenarios that we as a society have not yet addressed. Issues like privacy and wilderness ethics violations. Issues whose full impacts and implications have yet to be understood and addressed by our government officials. Issues that most certainly warrant a set of sound and reasonable rules and regulations to address them. And issues that reticent government officials must address now – before drone usage is entrenched in places it probably shouldn't be – and to thwart potential conflicts and legal action

down the road.

Unless you're a Luddite or completely intolerant, you probably can agree that private citizens should be able to own and operate drones at some capacity. And unless you're a strict libertarian, you probably can agree that drones need to be regulated. As of October 2015 the Federal Aviation Administration, and the US Department of Transportation have finally realized this and are working on a fast track (by the time you read this) to enact regulations that includes among other things registration. According to an October 18th article in the Wall Street Journal,

The department plans to create a task force of more than two dozen government and industry representatives to recommend the specifics of a registration policy, including which drones should be included, how users will register and whether the rules will apply to drones already sold, according to people familiar with the plans. The draft news release says the department wants to "create a culture of accountability" for drone operators.

I imagine many drone owners (like gun owners) may object to registering – but this is one way of tracking down drone owners who violate the few (but sure to grow) laws that are in place regulating their use. Laws are currently on the books restricting drones from being flown over military bases, commercial airports, and national park lands. But as they are currently written, it is near impossible to enforce these regulations. However, according to the WSJ article, "Registration would be one of regulators' most ambitious steps to crack down on unsafe flights and enforce

existing rules, including that drones can't be flown near airports or beyond the sight of an operator."

So before angry drone owners start declaring these rules and regulations as unfair and a violation of their rights, let's look at your and my rights to recreate on our public lands without being spied on and hassled. Do you have a right to fly your drone over public lands? For now you can legally fly drones in national forest lands except wilderness areas, wildlife refuges and most state parks. Wilderness areas clearly prohibit them as they fall under the motorized equipment statutes. In 2014 the National Park Service temporarily banned them while the agency studies the situation more fully to come up with a solid set of regulations pertaining to their use. Does that mean they will be permanently banned from places like Mount Rainier, Mount Rushmore and the Everglades? Perhaps. Perhaps not. But irresponsible drone operators – and there is a long list of them from drones being flown into Yellowstone's Old Faithful to drones harassing tourists and wildlife – certainly won't be doing any favors for responsible drone operators.

So what is a responsible drone operator? I imagine it's someone who operates his aircraft safely and with sensitivities toward the people, wildlife and cultural artifacts around him. And how do we define that? While I have no objection to someone wanting to photograph something from the air with their drone, what I do object to is my privacy being violated. I expect that when I am squatting behind a tree, sunbathing in the buff or getting frisky with my wife while out in the backcountry that I'm not being filmed! And I expect some serenity too. The last thing I want to hear when listening to serenading loons on a quiet evening is the whines of machinery. I head to the backcountry to escape the commotion, clutter and noise of the 21st century.

Before anyone labels me a Luddite; au contraire. I embrace technology when it has practical and sensible applications. Technology has made both my professional and personal life a lot better and more convenient than in the past. But I also exercise restraint (as I do with food, alcohol, etc.) so that I may live a balanced life. And when I take to the woods, I want a simpler quieter more serene existence.

Yes, I understand and recognize all of the great and beneficial things that can be done with drones. They can help locate someone for a rescue. They can aid wildlife managers, foresters, law enforcement, utility companies, fire fighters, border patrol, military operations, land managers, etc. And of course their uses

for photographing and film making allow for making and viewing imagery that could not be created before. Yes, I have enjoyed some pretty spectacular videos and stills shot with a drone.

So how do we balance the wants of drone operators with the wants of folks that don't want to be bothered by their machines? First we hikers, outdoor recreationists and conservationists have to do some real soul searching on whether these machines even belong in the backcountry. Can you envision not too far into the future a Saturday afternoon at your favorite summit with a score of drones buzzing around? And aside from the noise and privacy concerns, drones carry danger risks too. Many a machine has crashed. As I write this some errant drone operator crashed his machine into the Seattle waterfront Ferris wheel – a no fly zone! They are a hazard around airplanes and fire fighters. And I imagine if I was dangling on the face of El Capitan I wouldn't want one buzzing near me either. They can be a nuisance to wildlife too – disturbing and harassing them by their very presence and sounds.

If you're looking to go "Wild" next year on the PCT, take note. I have caught wind of a duo planning on doing the 2650-mile trek while being followed by drones (despite all the wilderness areas and national parks the trail goes through) the entire distance. Would you like to be hiking with or near them with this constant intrusion? Perhaps you may want to "Take a walk in the woods," instead as drones are banned (for now) from the AT as this 2180-mile trail is administered by the National Park Service. Clearly, any rules and regulations that we consider addressing drone use in the backcountry needs to be consistent.

So what do you think? Should drones be allowed in our wild places? And if so, where and how will their presence impact the way you recreate in our precious backcountry?



Craig Romano is an avid hiker, runner, paddler, and cyclist, and has written about these passions for over two dozen publications, including *Seattle Met*, *Backpacker*, *Northwest Runner*, *AMC Outdoors*, *Northwest Travel*, and *Outdoors NW*. He is the content provider for *Hikeoftheweek.com*, author of ten books and co-author of four others including the recently released *Day Hiking the San Juans* and *Gulf Islands* and *Day Hiking Mount St Helens*.



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Restoring Eastern Washington Forests a study of Wildfire Behavior

by Joan Miller

Unprecedented wildfires burned almost 1 million acres across eastern Washington last summer. Three firefighters died and hundreds of homes burned. Places as far away as Seattle experienced the lingering smoke. In addition, fires limited outdoor recreation, with many closures of roads and trails.

What is happening with our eastside forests? Why are wildfires so hard to control, and what can we do about it? Paul Hessburg, a research landscape ecologist with the USDA Forest Service, Pacific Northwest Research Station, will address these topics in his program, "The historical role of wildfires in eastern Washington" on January 13, 7 p.m. at The Mountaineers Seattle headquarters.

Hessburg's talk will focus on the natural role of wildfires in the pre-settlement era, and how human actions have unwittingly conspired to alter that role. He will also show how altered forest patterns, along with a hotter and drier climate, are driving extreme fire behavior.

A powerful combination of climate change, altered ecological conditions, and decades of fire suppression has created a dense, fuel-laden landscape that Hessburg says is far from natural. He has been reconstructing and comparing historical and current landscapes throughout the West for the last 25 years.

"The forest is continually regenerating, and trees grow every single year. So if you're not having frequent fires, and the thinning effects they provide, the forest keeps getting denser and more complexly layered, and this plays into the hands of severe wildfires." He says that in the last century, "we have experienced a veritable epidemic of trees."

Historical forests burned in a highly varied patchwork, with many

small and relatively few large fires. There was a sort of natural resilience. "This patchwork of burned and recovering forest regulated the size and severity of future fires," the scientist explains.

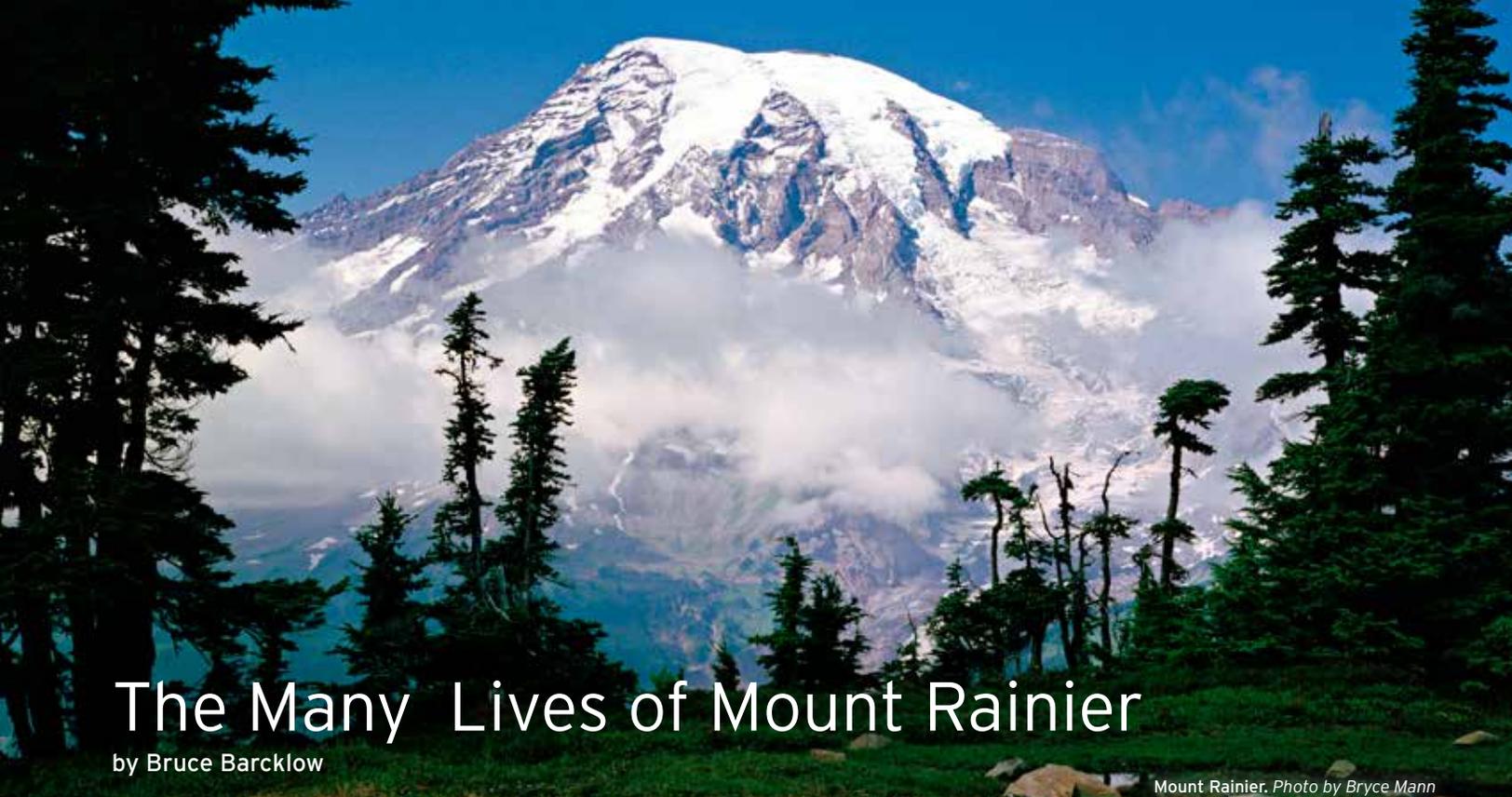
The lack of fire has also allowed species that are poorly adapted to fire – like young Douglas fir, grand fir, and white fir – to move in, Hessburg notes. The result is a forest that is more susceptible to fire.

We cherish our trees; after all, Washington is the Evergreen State. But we need to think about our forests in a different way, says Hessburg. They are not precious jewels to be locked up and protected from every single spark of lightning. We need to see them as components of an ecosystem that is subject to natural cycles.

What we need to do, he reasons, is to "move toward a fire management program that better balances proactive prescribed burning during favorable weather windows, with fire suppression, when the outcomes without it are socially or ecologically undesirable." This balanced approach would create "better fire behavior", more ecologically favorable outcomes for the forest, and a lot less smoke, he says.

Making our forests healthy again is a big task, but Hessburg is optimistic that it can be accomplished.

Come hear Paul Hessburg talk about the natural role of wildfires in the pre-settlement era, and how human actions have unwittingly conspired to change that role. He will be speaking at The Mountaineers Seattle Program Center - Wednesday, January 13 at 7pm, as part of the Naturalists Lecture Series.



The Many Lives of Mount Rainier

by Bruce Barcklow

Mount Rainier. Photo by Bryce Mann

Should you by chance be interested in the heat transfer capacity of olivine, a mineral found among rocks in the earth's subsurface mantle that can be determined by the degree of laser penetration, then Mike Harrell is your man. However, you might also be interested in the 1980 French KV Mini-1 automobile that has a drive train consisting of grindstones sitting on the rear tires, in which case, Mike Harrell, who owns and maintains two of the three specimens of the car on this continent, is also your man. Of course, there are more than a half-dozen other vintage cars that he has refurbished and that sit in his driveway, no doubt delighting his neighbors.

Mike is just one of those people who are fascinated by how things work. His uncanny mechanical abilities translate to an appreciation for the processes of the earth, the most vintage of all things. On February 11, 2016 from 7-9pm, Mike will lecture on "The Geology of Mount Rainier" but let it be known that in addition to being a visual field trip, this will be an explanation of the "Operator's Manual" of the most prominent feature of our northwest landscape.

It is no secret that, according to Mike, to be a happy geologist at Mount Rainier, "you have to like andesite." Pick up any given rock – preferably one of those tight-grained, nondescript grey ones, and it's likely to be andesite. But there is andesite that was spawned during the latest iteration of Mount Rainier – which is less than a million years old – and andesite that is 40 times that age in the same proximity.

Thinking in terms of geological eras and spans of millions of years is something that is apt to promote a form of vertigo in some of us, but it helps to retrace the geologic developmental stages to their origin – all the way back to the no longer theoretical subduction of tectonic plates, then on to the various traumas and convulsions, stage by stage. With understanding comes acceptance.

But it might be hard to accept a point that Mike makes in his calm and matter-of-fact manner. That is, that our beloved Mount

Rainier is unstable. That millions of cubic yards of itself, as recent as 5,000 years ago, floated almost to Seattle after a fit of pique. Moreover, the mountain has been known to scratch itself and to sneeze. An outburst of the South Tahoma glacier flooded the Westside Road this past summer in a sob.

In some ways, Mount Rainier is like a temperamental car, perhaps like one of Mike's, or one of yours. As much as you understand how it runs, as well as you know it, and as good as it's been to you, it has a life of its own.

Come hear Mike Harrell trace Mount Rainier's geologic development at The Mountaineers Seattle Program Center on Thursday, February 11 at 7pm, as part of the Naturalists Lecture Series.

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Photo by Mike Warren

The Danger of Herd Mentality when smart people make poor decisions

by Mindy Roberts, Safety Chair of The Mountaineers

We've all read stories in the news or *Accidents in North American Mountaineering* or our annual safety reports of bad things happening to good, smart people, often with years of experience. It's so easy to dismiss them as reckless, especially when they are faceless names we don't know. Or maybe we experience empathy and say "if only they had improved that one technical skill, it wouldn't have happened." But were they really reckless or lacking in technical skill?

In February 2012, 16 highly skilled skiers and snowboarders headed to the Tunnel Creek drainage outside of Stevens Pass. The group included professionals and people known for their safety consciousness, yet three people died in the ensuing avalanche. Why? How could this have happened? These people taught skiing, they knew the terrain, and they were skilled and experienced.

Both the *New York Times* and *Outside* magazine produced truly gripping articles that provide deep personal insights to the group decision-making process. If you think "that can't happen to me," I urge you to read the Tunnel Creek articles and recognize that yes, it can happen to you. Bad things happen to good, smart,

skilled, experienced backcountry travelers. "I should have said something" was a common refrain among the survivors. Several sensed that something was up but for a variety of reasons did not speak up.

So what can you do? The most important thing is recognize that yes, bad things can happen to you and your teams.

Our brains have evolved to aid and to protect us, and being part of the herd helps... sometimes. Consider that when someone is part of a group that is making an objectively poor decision, only one in three people speaks up.

Seriously.

Don't believe me? Look up "simple skill to overcome peer pressure" or the "Asch conformity experiment" on YouTube. Wanting to be part of the crowd is an incredibly strong check on speaking up. Yet speaking up when you sense something awry is probably the single best action you can take to make your group more skilled at making decisions.

Leaders need to create a safe atmosphere for speaking up. You can set the expectation that people speak up when they see

something that seems awry. Too often after incidents occur someone had that feeling in the pit of the stomach – that something is not quite right.

This can be counter to the traditional way that people lead backcountry trips, where there is one strong leader making all the calls. I know when I lead trips I ask my whole team and especially my assistant leaders to please speak up any time they feel something awry. I would rather survive and maybe have hurt feelings (actually you won't hurt my feelings if you speak up) than die thinking you are incredibly polite. Speaking up isn't just important to the team – my own life depends on it, and I need my team to watch my back.

Some of you may be thinking that this is just too much bother. It would take forever, and you wouldn't make your objective. To you I offer one of my favorite quotes from former US Secretary of State and US Army General Colin Powell: "The day soldiers stop bringing you their problems is the day you have stopped leading them. They have either lost confidence that you can help them or concluded that you do not care. Either case is a failure of leadership."

My advice for improving decisions? "Be heard, and not herd." Speaking up when you see things differently. Don't simply assume that everyone else sees what you do and deem it safe. Your team mates are counting on you, and I'm counting on you to watch my back.

Checkout the sidebar for simple tips for staying safe.

Reduce your risk and make better decisions.

Remember RICE:

Recognize - You are not immune to making poor decisions. No one makes good decisions 100% of the time. Learn from the annual Mountaineers safety reports and take the recommendations to heart.

Introspect - Start thinking critically about your own experiences. After every activity identify the part with the greatest risk and ask yourself or others what you could do differently in the future. "Getting away with it" doesn't mean it was safe.

Create - Leaders need to create a safe atmosphere for participants to speak up. This may be hardest for leaders who assume they need to make all the calls based on their own skills and experience.

Express - Say something when you sense something awry. "I guess I see things a little differently" could open up your group to discussions that could avoid injuries. This expression of polite doubt is also far more effective than shouting or worse - remaining silent.

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Over a Mountain

how one climber beat breast cancer

by Diane Mapes, Fred Hutch News Service

Trish Otto, Beck Lashley, Lynn Lippert, and Marybeth Dingley - 'Becca and the Boobless Wonders' on Mount Hood. photo courtesy of Marybeth Dingley

Marybeth Dingley has been a member with us for nearly a decade and is a graduate of our Basic Climbing course and our Sea Kayaking course. She has climbed many mountains since then – as a matter of fact, that's one thing she attributes to her full recovery of breast cancer. She was interviewed by Diane Mapes of the Fred Hutch News Service this summer and shared her story with us. -Suzanne Gerber, Mountaineers Publications Manager

Life is all about mountains for Marybeth Dingley – not just the kind you scale, but the rugged terrain you have to slog up, over, around or through when life goes sideways.

An accomplished outdoorswoman with a dozen major peaks under her belt, Dingley has been hit by a car while bicycling (she landed on her face and bounced), suffered a close call with pulmonary edema and been blindsided by both an inherited BRCA2 gene mutation and breast cancer. The bike accident left her with a broken nose, broken teeth and a concussion. The BRCA mutation and cancer diagnosis took her ovaries, her uterus and her breasts.

It's enough to make anybody curl up in a fetal position, but Dingley just keeps climbing. As do the unsolicited donations her tenacity inspires. At last count, the 46-year-old Snohomish County Superior Court judge has brought in more than \$100,000

for Fred Hutch's Climb to Fight Breast Cancer, no small feat considering she hasn't been able to ask anyone for a dime since being appointed to the bench in early 2012.

"For me, it's all about moving forward and not letting something bring me down," she said. "It's about counteracting the bad with the good. I signed up [to climb] Denali the same day I scheduled my hysterectomy because it would motivate me to start working out as soon as that surgery was done. I focused on training to climb Denali instead of feeling sorry for myself."

On July 18, 2015 Marybeth added another notch to her backpack by summiting Mount Shuksan, a stunning alpine peak located in North Cascades National Park.

"It was spectacular," she said. "Surreal. And there was a wonderful surprise twist."

We caught up with Marybeth while she was training for Shuksan – and again after the climb – to pick her brain about breast cancer, backpacking and her all-around audacity – and, of course, to learn more about that amazing surprise atop Mount Shuksan.

Have you always been outdoorsy?

I didn't hike or backpack when I was a kid and my first camping

trip was when I was 27 or 28. The first time I went backpacking was at Cape Alava. It was three miles and we carried our own firewood, which was ridiculous because there was driftwood on the beach. We also carried our water; we didn't have a filter. I've learned a lot since that early misadventure.

I started climbing in 2006. I was playing soccer at the time and some friends were talking about climbing Mount Rainier for breast cancer research. I decided to go to a talk at REI and it was a Climb to Fight Breast Cancer talk. I tried to sign up for Rainier but it was full so I signed up for Mount Baker instead. That's when it started. I got hooked and now I go every year. I haven't summited every year, but I've climbed every year.

How many mountains have you climbed for Fred Hutch?

My first climb was Baker. After that, there's Rainier, the two volcanoes in Mexico [El Pico de Orizaba and Iztaccihuatl or "Itza"], Kilimanjaro, Shasta, Olympus, Hood, Denali, Aconcagua and Adams. [And now Shuksan.]

How many mountains have you climbed for Fred Hutch?

My first climb was Baker. After that, there's Rainier, the two volcanoes in Mexico [El Pico de Orizaba and Iztaccihuatl or "Itza"], Kilimanjaro, Shasta, Olympus, Hood, Denali, Aconcagua and Adams. [And now Shuksan.]

Can you talk about the BRCA mutation in your family, your diagnosis and your surgeries?

I inherited the BRCA2 mutation from my father. Two of his

sisters had the gene and they're breast cancer survivors; my grandmother died of it. I've had some cousins diagnosed, too. There have been a variety of cancers in our family.

When I found out I was BRCA2 positive in 2003, I remember just sitting on the floor and huddling up and crying. I was 34. The Seattle Cancer Care Alliance clinic initially recommended a prophylactic mastectomy at 40, but I went in again before that to see if anything had changed and there were new recommendations. Now, they recommended a prophylactic oophorectomy and a hysterectomy, and I did that in October 2011. By the time I made the decision to have it, I was 43. I didn't really want to go into menopause but considering the alternative, I decided to have it. It should have cut my breast cancer risk down by half but unfortunately, I was diagnosed the next year.

I had what I call my "boobectomy" in December; I had no other treatment. The surgery was on a Tuesday. By the following Sunday, I was back on my exercise bike. I was focused on training to climb Denali. And of course, that was when I got hit by a car on my bike. I was in the best shape of my life – that was three weeks before my Denali climb.

What happened with Denali?

I got high altitude pulmonary edema and had to turn around at 11,200 feet. I was in the first week of the trip and had been feeling great, but woke up at 4 a.m. and heard gurgling in my lungs and I knew they were starting to fill up with blood. I had to get evacuated off the mountain. If you don't descend right away, you drown in your own blood. But I was on the mountain for my six-month anniversary [of my bilateral mastectomy] and that's what I wanted.

How has cancer shaped your life?

Had I not found out I had the BRCA2 gene mutation, I don't know if I would have done everything I've done in my life. After that, I started taking advantage of every single opportunity that came my way. You never know how long you're going to be here. It could be breast cancer or a car accident on the way to work. And there are so many amazing things to see here in the Northwest. And to do – it's a shame to not take advantage of those things.

I just think you've got to live your life, so live it, whether you have crappy genes or not.

What do you do for fun?

I lead backpacking trips for Sierra Club once or twice a year. I volunteer with the Boys and Girls Club and take care of foster kittens. I also garden and love to cook and of course, I love hiking.

I very rarely sit on the couch. We got rid of cable TV because I never watched it. I don't have an "off" button. I keep hoping one will show up, but no.

Are you trying to keep cancer at bay by bumping up your activity and exercise?

I exercise for my mental and physical health. With or without cancer, eating healthy and exercising are so important. You feel better in so many ways. Plus, how you feel about your looks certainly plays a part in your mental health.

I used to not see my toes in the shower because of my chest. I don't want it now to be because of my stomach. Exercise is something I have control over, unlike the genes and the cancer.

What do you get out of climbing?



Marybeth training to climb Shuksan on the Denny Creek trail - July 2015.
Photo by Robert Hood, Fred Hutch News Service

There's a better view from the top of everything.

Can you talk a little about the fundraising you've done for cancer research?

I used to think that the money we collectively raised through climbing would help those who were diagnosed after we were. And it does. But it also can help us. My breast cancer was detected through an MRI after a mammogram revealed nothing just a month or so earlier. MRIs really were not widely used for early detection when I was told that I had the breast cancer gene. One of the reasons that my recommendation for a prophylactic mastectomy changed between 2003 and 2010 was because of all the new research with MRIs and breast cancer.

So, with me, I feel like I directly benefited from the money I raised. I also see [stage 4 patients] benefiting from this research. We are investing in our own futures as well as those who have not yet developed cancer.

Do you have any advice for newbies or cancer survivors thinking about trying a climb?

Just do it. You'll meet a great community of people, there are great guides and you don't need to have experience. It's a great way to make a positive spin out of a negative part of your life. Anybody can do this, even a girl from Connecticut who didn't grow up hiking and never camped until she was in her late 20s.

What happened on Shuksan that was so amazing?

One of our teammates couldn't join us, so we texted long-time

Hutch climber Lynn Lippert, who lives in Portland and had been trying to get on the Shuksan climb for months, to see if she could join us in 14 hours. She made it happen.

Lynn is 73 and has stage 4 breast cancer. It's in her bones. She climbs every year and has raised almost \$350,000 for the Hutch. She was my roommate when we climbed the volcanoes of Mexico in 2008 and we became friends. I even married her and her longtime partner, Sal, three years ago.

Lynn taught me that there's nothing wrong with foregoing reconstruction, that you can be strong and positive no matter what you hear from other people and that moving forward and surrounding yourself with good friends is as important as following medical advice. She's a superstar, a real mentor. I've never seen her be negative, which is pretty amazing given her story.

Lynn and I, survivors and friends, shared a special time at the summit, such a wonderful surprise twist to an amazing climb.

This story was reprinted with permission of Fred Hutchinson Cancer Research Center where Diane Mapes is a staff writer. She has written extensively about health issues for NBC News, TODAY, CNN, MSN, Seattle Magazine and other publications. A breast cancer survivor, she also writes the breast cancer blog doublewhammied.com. Reach her at dmapes@fredhutch.org.



Marybeth in camp on Denali, photo courtesy of Marybeth Dingley



Shining in all Seasons with Mountaineer Naturalists

by Gordie Swartzman,
Mountaineers Seattle Naturalists Committee Chair

Hair Ice. Photo by Gordie Swartzman

We all know about the therapeutic value of spending time in nature - but nobody practices it better than Mountaineers. From hiking in the spring, summer and autumn, to snowshoeing and skiing or snowboarding in the winter, and kayaking, canoeing, and climbing mostly in the summer, we steadfastly pursue our activities throughout the year.

As we age, many of us experience a shift from fast-paced aerobic activities to more contemplative ones. Even though our choice of activities may remain the same, the way we approach them differs. We learn to appreciate both our own personal strengths (and limitations) along with the natural beauty of wild places.

Throughout the seasons, natural ecosystems change in response to changes in climatic conditions. Birds move offshore and onshore, migrate long or short distances – or move between mountains and lowlands. Observing our environment in different seasons, we see striking changes beyond the obvious rainfall, snowfall, windfall and sunfall conditions that typify our hiking environment. Each season highlights a different part of the ecosystem.

Members of The Mountaineers Naturalist group spend a good part of their time in nature engaged in activities that help us understand both the types of creatures and plants that inhabit our natural world, and also their interconnections and habitat

adaptations. Understanding and appreciating the complexity, diversity and interactions help us to better understand how we too are connected with that system – the place we all come from and to which we are indebted for our very survival.

From sacred to mundane

In recognizing the complexity of ecosystems, we approach our study of nature one step at a time. We share our knowledge with each other to satisfy the curiosity we all feel, and the wonder of being in the natural world. In looking at my own exploration of nature, I carry a memory of childhood experiences that informs a great deal of my passion and pursuit of 'aha!' experiences that seem to come almost out of a primordial soup when I am outdoors. Awareness and wonder recharge my batteries, and satisfy my need to connect with something larger than myself. I try to look at my natural experiences through new eyes in each different opportunity.

With that, we carry our agendas of personal quests as we venture into the outdoors – building upon our knowledge from one trip to the next. As humans, we have a need to systematize things and to name them – to create order out of chaos. Naturalists are no exception. In fact I admit to having more than an average dose of name-its, as if life were a naming game with first prize going to the person who knows the most names on sight.

story continues on page 24 >>



Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather.

John Ruskin



A group of winter climbers set out to Cowlitz Rock. Photo by Ida Vincent



Mount Baring looming above. Photo by Gordie Swartzman



Bone lichen with fruiting bodies. Photo by Gordie Swartzman



Calypso orchids. Photo by Gordie Swartzman



Arnica. Photo by Mickey Elsenberg

<< continued from page 21

Nature study can initially appear to have a steep learning curve. Much of this learning occurs on hikes or 'field trips' where we often walk slowly, ask lots of questions, and identify just about everything we can. There is always something new to explore around the next bend in the trail. Consider the activities in our recent hike-of-the-month to Barclay Lake. It was a busy Saturday at the end of September and the trail was full of hikers, most of whom flew by us without looking twice. Almost every hiker saw the massive face of Mt. Baring looming over the lake – but how many saw the bone lichen, hypogymnium, which took advantage of the recent rains to develop fruiting bodies? Though the spatial scale of the two are vastly different, they are equally magnificent and worthy of appreciation. It is through nature study that we learn how to see, how to notice and how to identify what we are looking at. Appreciating the natural wonders (in both the large and small sense) gives us flexibility to freshen our experience no matter what the conditions. I think this is the secret of nature study.

Another strong aspect of nature study is that it is much like the oral tradition carried by indigenous peoples. Auditory stimulus piques our imagination as lore is developed around our experience of nature. Life is motivated largely through a good story. When I teach plant, animal or bird identification, I often remember some fact or story, as well as the person I learned it from, and realize that I am in turn passing it on to others. I find this aspect of learning and teaching extremely satisfying and it gives me an intimate feeling in knowing that it has been personalized, as if our 'tribe' consists of those before me and I am helping maintain the continuity of thought. I want my natural experiences within and outside the study group to motivate both me and others to live a life more in tune with nature. As such, I think of myself as a soldier in the war for eco-balance, fighting with the only weapons I have, my knowledge and passion and energy, to help turn the balance in favor of a more eco-centric (instead of ego-centric) way of living.

Summer-fall-winter-spring

Nature study is an all-season sport. Our focus changes but the methods are the same. In winter and spring, it's birds, mosses and lichens; in summer it's birds, flowers, and insects (butterflies); and in fall it's mushrooms, mosses and lichens. All year round there are trees and shrubs and geology. Many of our lowland trees are evergreen. In winter, we also look at tracks in the mud and sometimes in the snow. The point is, whenever and wherever we hike there is something to learn, something to revisit, something to build on. As we carry our knowledge and shared experience into the field our eyes are somehow bathed in the sea of our previous experience, our attention is kept longer and we revel in our secret. It is a secret that can be shared.

A hike with you

Let's go on a naturalist hike together so I can give you a feel for how they work. Now close your eyes, and pretend it's the summer. Wait, keep them open – you have to read this. I'm going to take you back to May 22 of last year, when eight people signed up for a naturalists hike up Easton Ridge. This hike is just north of the town of Easton – beginning in forest, but climbing to a broad and mostly open long ridge line, speckled with wildflowers. We carpoled from Seattle and arrived at the trailhead by 9:45am. Most of the hikers were new to the Naturalist group.

The trail begins steeply, and the leader points out common trees and shrubs. Although most of the Cascades were still snow-covered, Easton Ridge was clear and dry. We ambled up through switchbacks in woody terrain, dominated by Douglas fir, western hemlock and grand fir and plenty of fresh Douglas and vine maple. Flowers abounded on the lower part of the trail, notably including the lovely calypso orchid.

The Easton Ridge hike passes through three life-zones, including the east side Douglas fir-hemlock zone, the higher and more easterly mountain hemlock, subalpine fir zone and the higher low alpine zone along the ridge crest. As we moved higher we continued to see woods flowers, as calypso orchids are replaced by lupine and arnica.

The vegetation became sparser and the ground appeared dry, yet the flowers continued. Many were squat and appeared to be hugging the ground, in part for protection from the strong winds that buffed the ridge, as in all alpine areas. As we entered the lower subalpine area, splotches of color appeared to spread randomly over the patchy ground. It is a fragile habitat and we trod more carefully. The display was colorful and not understated. Highlights were the flaming smooth or snow douglasia, and the showy cliff penstemon. There was a lot of flower variety here and we wondered how an area so dry can produce so much diversity. We passed a large bear scat – a sign that we were not the only animals passing through the area.

We moved along the ridge, ambling and gawking at flowers and views of Mt. Stuart. As we moved east we returned to the woods below the ridge and it was dryer, yet with signs of taller species, such as the western spring beauty and the glacier lily, species that come in just after (or during) snowmelt. Many of these early flowering species have the ability to raise the temperature around them several degrees and melt the snow so that they can come up through it. The slightly higher ridge at the east end of the trail offered many rocky outcrops with views of Mt. Stewart, Lake Cle Elum and Mt. Rainier.

We lunched late in a rocky meadow with views on the edge of a meadow, and explored the rocks for new species. Many alpine and subalpine flower species are able to adapt to sparse, rocky soil, where few competitors are able to become established.

The way out is faster than the way in. In part we are spurred by rain squalls to the west which may be approaching us. We hurried on descent to try to reach the car before the rain might hit and were successful in doing so. Safe by the cars, we recapped what we saw, and investigated some flowers we didn't know.

Opportunity Knocks!

If you want to go on a hike with all your senses, and your interest is piqued by the natural world, you might want to join the Naturalists Study Group. In doing so, you will participate in learning and outdoor activities surrounding our shared love of nature. The best way to join the study group is to sign up for and graduate from our Introduction to the Natural World class, which begins in April and runs into August, with a four-evening lecture series and four field trips, some in town and some in the mountains.



Mountain goat and Mount Stuart. Photo by Lisa

Our lectures will familiarize you with how to identify flowers, birds, mammals, reptiles and butterflies, and introduce you to organizing concepts for nature study such as how the northwest was formed, how our geology and climate form life zones, and the organization of plants into families. The class concepts are emphasized by the field trips, which include a work day (and learning day) in our species garden, where many plants can be found blooming before they are ready to bloom in the wild (a great aid to plant identification). You can sign up for this class by visiting The Mountaineers website and clicking on Find Courses.

Another way to try out the Naturalists is to come on one of our hikes. Although we do have hikes exclusively for members of the study group, many of our hikes and field trips are open to all Mountaineers. You can do this whether or not you register for the course. Look for naturist hikes on the web page by clicking on Find Activities under the Learn tab, then checking the exploring Nature Box. Although our pace, which can involve many stops at times, may not fit all hiking styles, if you truly are fascinated by nature and want to learn all that you can about it, you may well find your interest fits well with the Naturalists Study Group.



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A Wild Idea

Braided River's Latest Book Proposes a Protected Wildlife Corridor from the Baja Peninsula to Alaska's Beaufort Sea

by Helen Cherullo

You'll never forget an intimate encounter with a gray whale. By Florian Schulz, from *The Wild Edge*.

One of the stories from *The Wild Edge* that resonates strongly with me is from Baja California, of gray whales approaching boats and trusting people to touch their bodies and stroke their newborn calves. People who experience these intimate encounters with whales describe them as among the most stirring moments of their lives—a connection of heart and spirit.

I think many people who visit “their whales,” in the San Juan Islands, or from urban beaches all along the Pacific coast would admit they don't often think about the epic migration: from remote lagoons in the southern Baja Peninsula of Mexico where they give birth to Arctic waters thousands of miles north, abundant with life upon which the whales rely. The gray whales that you spot off the coast depend on a healthy environment, not only as far as your eye can see, but along the entire coastline, from the southern Baja Peninsula to the northern Beaufort Sea of Alaska – from Baja to Beaufort.

Drilling for oil and dealing with the aftermath of a catastrophic spill along a seemingly remote Alaskan coast take on new meaning for Washington whale watchers when they learn that the Beaufort Sea is a biological hot spot where “their” whales migrate.

In *The Wild Edge*, we hope to convey the importance of key habitat preservation, and to present an audacious vision. Together with Florian Schulz and grassroots groups, our goal is to preserve vast natural and healthy corridors that connect these biological hot spots, from Baja to Beaufort. Life as we know it – life we depend on – will then have the freedom to roam and the greatest chance to adapt and thrive.

The gray whale is just one of many creatures to benefit from more thoughtful consideration and treatment. Among species that migrate along the Pacific coast are caribou, birds, salmon, and butterflies. Others – including humans – thrive in place along abundant, healthy coastlines.

A series of parks, preserves, and sanctuaries that are connected via protected wildlife corridors could be the salvation for all life – including human communities. To allow encroachments to continue into these lands and waters is unimaginable: rising levels of oceans are destroying coastal communities and ocean acidification is killing shellfish and destroying economies while throwing the entire food chain off balance.

It is possible to make a seismic difference in what kind of life we live now and leave to future generations. We can evolve by choice or by chance. By weaving what we know about the gray whale into a bigger story of profound interdependence, we can find reasons to behave differently for mutual benefit. We have the imagination to explore options, the heart to see beyond our own needs, and the technology and resources to change business as usual.

Our hope with this latest Braided River book and outreach campaign is that the artistry of Florian Schulz's images and the collective voices and stories of this book will set fire to your passion and resolve. As a Mountaineer, you enjoy personal encounters with wildlife and wild places more often than most. We hope you will become another active supporter of protecting the last precious remaining natural wild places of beauty and diversity, helping to provide all life the freedom to roam – not only in your own backyard, but along the entire wild edge of the Pacific Coast.



New hardcover from Mountaineers Books:

Published by Braided River, the conservation imprint of Mountaineers Books, *The Wild Edge: Freedom to Roam the Pacific Coast* features photography by Florian Schulz and essays by Bruce Barcott, Eric Scigliano, Jon Hoekstra, Bonnie Henderson and an epilogue by Philippe Cousteau.

Explore www.thewildedgedge.org to see a few of the gorgeous photos from the book.



The first climbers to reach the highest point in the Olympic Mountains sit atop the west summit of Mount Olympus on August 13, 1907. The climb gained The Mountaineers instant respect and acclaim. Photo: Theodore C. Frye, *The Mountaineer* annual, 1907-08.

How The Mountaineers Helped Create The Olympic National Park

by Mary Hsue, Mountaineers Development Director, with an excerpt from *The Mountaineers: A History*

In *The Mountaineers: A History*, longtime Mountaineers President Edmond Meany summed up the club's mission in the 1910 annual: "This is a new country. It abounds in a fabulous wealth of scenic beauty. It is possible to so conserve parts of that wealth that it may be enjoyed by countless generations through the centuries to come... This club is vigilant for wise conservation and it is also anxious to blaze ways into the hills that anyone may follow."

2016 marks the 110th anniversary of The Mountaineers and the 100th anniversary of the National Park Service. Since Meany's time, generations of members have been inspired to do their part for wise conservation. This is a good thing for members today as we benefit from these Mountaineers who stayed true to the mission and cared to act and be a voice for our wild places. But even Meany could hardly have foreseen the numbers of people who now seek relaxation, and spiritual and physical renewal, in exploring this new country, where the "fabulous wealth of scenic beauty" now risks serious decline.

In the following excerpt and introduction to the main story of how Mountaineers secured long-term protection for Olympic National Park, I'd like members to appreciate the time, creativity, perseverance and passion of members before them, who did what they had to do for the protection of our wild places for outdoor lovers today. And I hope today's members will be inspired to follow in their footsteps. For future generations.

Birth of a movement

By the time The Mountaineers was formed in 1906, an astonishing amount of the Pacific Northwest's old growth forests had already been cut. Trees were logged just as fast as roads and sluiceways could be built, and loggers were headed ever deeper into the mountains.

By 1910, high-lead logging was in full swing and Washington had become the nation's number one lumber-producing state. The timber, mining, and railroad industries heavily promoted such practices as the best use of land, arguing that wilderness areas were uninhabitable anyway, and so their only value was for the resources that could be extracted from them. The idea that an individual or business had any responsibility to future generations was unknown.

Unknown that is, except among a few groups, including The Mountaineers. Most of the founding members shared an intensity of purpose that nature's gems must be preserved. The club's first president, Henry Landes, issued the call for the conservation battles that would follow when he wrote in the 1907-08 annual that the organization hoped "to render a public service in the battle to preserve our natural scenery from wanton destruction."

The Mountaineers laid out the club's conservation objectives in its constitution: "To preserve by the encouragement of

protective legislation and otherwise the natural beauty of the Northwest coast of America.”

The club shared this philosophy with a growing national movement. Nature-loving Theodore Roosevelt, U.S. president at the time of the club’s founding, responded to the terrible waste of the nineteenth-century’s westward expansion by making conservation one of his top priorities. On the Pacific Coast, The Mountaineers along with the Sierra Club, and the Mazamas responded to this call and introduced the idea of wilderness preservation.

The Mountaineers at the intersection of conservation and recreation

Like the two other clubs, The Mountaineers tried to balance its stake in conservation with its desire for greater accessibility to the mountains. This paradox was recognized from the start. While Landes wanted the club to oppose wanton destruction, he also sought to make wilderness areas “accessible to the largest number of mountain lovers.”

All three clubs working together succeeded in promoting the recreational opportunities and the scenic value of the mountains, would prove to be a lasting contribution. Together the clubs’ annual outings drew thousands of people into the wilderness, and the publicity that resulted did a great deal to sway public perception in favor of recreation and away from commercial exploitation. The outings allowed the budding conservation movement to gain wider acceptance and set the stage for the titanic battles over resources that would follow.

Long-term protection on Olympic National Park

One of the earliest and longest-lasting of the club’s environmental battles was over creation of a national park in the Olympics, which The Mountaineers ironically helped open with its first summer outing. The subsequent publicity alerted industrial concerns to the relative ease of access, which before that time had been considered extremely difficult.

In the years that followed until 1938 when Olympic National Park was established, conservationists battled mining, timber, and railroad interests that sought congressional action to abolish the entire dedicated area which had been designated an Olympic monument area and only half the size originally imagined in 1910. Mountaineers members kept up the cause, and in 1938, when Olympic National Park was finally established, it included an increase in size almost equal to what had been lost in 1909.

The Mountaineers later got back in action and played a pivotal role in securing the long-term protection of Olympic National Park. Unknown to the public, the National Park Service had opposed creation of the park at the same time that FDR and Secretary of the Interior Harold Ickes had been pressing for it. In 1952, the Park Service director authorized the park superintendent to undertake “salvage” logging within its boundaries. The result was the stripping in the mid-1950’s of more than 100 million board feet of lumber from the park.

Power of Mountaineers' voices

The Mountaineers did not discover what was happening until Paul Shepard, executive secretary of the Garden Clubs of

America, became head seasonal ranger at the park in the summer of 1956 and witnessed the damage being done. Shepard overcame the reluctance of other seasonal rangers to say anything. Two of them, Mountaineers members Bill Brockman and Carsten Lien, went to the club’s conservation committee for assistance. A joint committee representing several environmental organizations was created, and included Polly Dyer, conservation committee chairwoman; Chester Powell, Mountaineers president; Patrick Goldsworthy, representing the Sierra club; Emily Haig, representing the Audubon Society; John Osseward, representing Olympic Park Associates; and Philip Zalesky, vice-president of the Federation of Western Outdoor Clubs. All were members of The Mountaineers.

The night their report was presented to the conservation committee, all the members agreed to send the following telegram to the director of the National Park Service: “request immediate cessation of logging operations in Olympic National Park pending confidential investigation of possible irregularities into logging park timber.”

Without saying it outright, the telegram suggested a suspicion of graft. It was a political bombshell and got immediate results because the 1956 presidential campaign was in full swing. The National Park Service director met with the joint committee, and when pressed on the issue declared, “The National Park Service has taken a calculated risk. There will be no further logging in Olympic National Park.”



Mount Olympus, July 2014 - #OurPNW contest submission.

Be the voice for future generations

For over a century, The Mountaineers has stayed true to its roots and continued to be a leading voice for important issues at that intersection of conservation and recreation. And it’s just as important as ever to get involved. The recent expiration of the Land and Water Conservation Fund for the first time in 50 years shows a shift in national priorities. Those of us who care about conserving our lands need to exercise our rights as citizens and speak up – just as generations of Mountaineers have done before us. I hope you are inspired to join in the fight so that future generations can enjoy the places we love to play.

To find out what conservation projects The Mountaineers is currently focusing on and to learn how to get involved, go to mountaineers.org and click on the "Conserve" tab.



Jane Isakson Lea

1927 - 2015

from The Seattle Times

Jane Isakson Lea passed away on May 21, 2015, of abdominal cancer. She was born at home in Seattle on September 18, 1927, the daughter of Fred Isakson and Ester Ostrom Isakson. As a young woman, she traveled with her parents to Sweden with the goal of the family remaining for a year. Her father left early, leaving Jane and her mother to remain and become acquainted with their relatives and the Swedish language. This whetted Jane's interest in the Swedish language, so she returned to Seattle where she enrolled in the University of Washington and pursued her Bachelor's in Scandinavian Studies. Jane later received a scholarship to earn her Master's in Librarianship. In 1952 Jane married Johnellis Jones, who died of a brain tumor in 1971. Jane in 1972 then married Jim Lea, a good friend of Jane and Johnellis.

During her adult years, Jane was a charter member and active dancer with Nordiska Folkdancers and a strong supporter of the Swedish Club. Jane remembered her parents' work supporting the construction of the Swedish Club on Dexter Avenue when some other Club members worried that it was located "too far out." Jane carried on her interest in the Scandinavian community by serving as a Trustee of the Nordic Heritage Museum and being awarded "Swede of the Year" at the Swedish Club in 2008. Jane continued backing the Swedish Club, eventually forming The Jane Isakson Lea Foundation, which supports the Swedish Club and other Swedish cultural activities in the region. Donations in her honor may be made to The Jane Isakson Lea Foundation, at 2442 NW Market St., PMB #295, Seattle, WA 98107.



Eivind Sleveland

1950 - 2015

from The Seattle Times

Eivind Sleveland, 65, partner of Beth Hammermeister and father of Curtis Sleveland, left this earth surrounded by his dear ones on October 20, 2015 at Swedish Hospital after suffering a heart attack on October 15.

Eivind was an electrician who understood the connectivity of all things bringing a warm spark of gentle friendliness to every encounter. With each new person he met, his circle of admirers grew. He jokingly acknowledged he was good with dogs, cats, babies, and old people but truthfully his gift extended to all sentient beings. Showing up for friends and for life was Eivind's strong suit which he demonstrated in so many ways-treks to Bellingham to attend his god-daughter's concerts and to Whidbey to see a friend's plays, weekly walks around Green Lake with his sister-in-law, countless trips to the airport to pick up friends.

Eivind taught us how to enjoy everyday pleasures. He loved a good joke, reading the comics, chocolate desserts, daily walks with his friend Tom and his dogs and any social event that involved conversation and food. He also reveled in Beth's good cooking, and spending time with her at home and on their frequent travels.

He loved being of service to others. A fixture of the Seattle folk dance community for more than 20 years, he was the mainstay of The Mountaineers Folkdance Committee and rarely missed a Tuesday evening dance. He was a valued volunteer at The Mountaineers Seattle Program Center and for the past six years, an enthusiastic volunteer usher for the Seattle Theater Group and the 5th Ave Theater.

A caring father to Curtis, a devoted son, a generous brother, and a loving supportive partner to Beth. We lost a vibrant man who leaves us missing his hugs.

Do you know of a member who has passed on?

Let us know so we can commemorate them. We may not otherwise find out. To submit an obituary, send us the person's full name, year of birth, a short eulogy on their life and how

they were involved with The Mountaineers. We also love to have photos when available! If you don't have all the information needed, tell us what you know, and we can try to find out more.

Contact: suzanneg@mountaineers.org or call 206-521-6013.

Peter Steele

1926 - 2015

from The Seattle Times

Peter Steele was born on January 11, 1926 near Vermillion, Alberta. He was the second of four children born to Maude Florence (Elmhirst) and Erastus Lyman Steele.

Having gone to a one-room schoolhouse, and with no high school education, Peter served in the Royal Canadian Air Force, including a brief stint in England at the end of WWII. He went on to earn a B.S. in Dairy Bacteriology at the University of British Columbia and an M.S. in Agriculture at Washington State College.

Upon graduating, Peter moved to Seattle and became a US citizen. He worked for 34 years at Carnation Fresh Milk and Ice Cream Company where he held positions including Quality Control Director and Milk Plant Superintendent.

Peter met his sweetheart, Mary Jane Ferguson, at a Skandia folk dance and they married on July 9, 1960.

An avid mountain climber with the Washington Alpine Club and Mountaineers, Peter summited every major peak in Washington and Oregon. He was a dedicated skier through age 86 and served on the volunteer ski patrol at Ski Acres for 15 years. He also thoroughly enjoyed square dancing, camping, traveling, and

tinkering with mechanical/electrical inventions in his home shop.

After living a fulfilling life, Peter passed away June 29, 2015 surrounded by his loving family. He is survived by Mary Jane, his sister Barbara McGillvray of Surrey, BC, his daughter Diane (Dick) Sine of Bigfork, MT, his son David (Danielle) Steele and daughter Dana (Michael) Korch, both of Seattle, and his adoring grandchildren: Benjamin, Elena, and Annalise Korch; Tara and Emmett Steele; Kim McKeown, and Michael and Stephen Sine. He was predeceased by his sister Patricia Megaw of Vernon BC and brother Ken Steele of Edmonton, AB.



Stephanie Subak

1956 - 2015

by Lowell Skoog

Stephanie Jeanne Subak, 58, died on August 5, 2015 in a fall while hiking in the Sierra Nevada of California. She was accompanied by her friends Annette Frahm, Martha Gluck, and Suze Woolf, of Seattle, who fortunately were not injured. Steph was a member of The Mountaineers and the wife of Lowell Skoog, a longtime

climber and skier who serves as chairman of the Mountaineers history and library committee.

Steph was born on December 13, 1956, in Minneapolis, MN, where she graduated from St. Anthony Village High School and briefly attended the University of Minnesota. She moved to Seattle to continue her studies at the University of Washington. Steph earned a Bachelor of Science degree in Electrical Engineering from UW in 1980. After graduation, Steph joined Fluke Corporation of Everett as an Electrical Design Engineer. There she met Lowell, another engineer and UW graduate. They were married on September 17, 1983. With a few short breaks, Steph worked at Fluke until September 2014. Her career spanned several technical and management levels to become Director of Engineering for the Industrial Group. Steph was a leader in the company and a mentor to younger engineers, universally admired for her warmth, intelligence, humor, energy and generosity.

Always active and athletic, Steph deepened her love of the outdoors through adventures with her husband Lowell. She became an alpine ski instructor, achieving PSIA Level 3 certification. She climbed and/or skied hundreds of peaks in the Cascades and Olympics, including all of the Cascade volcanoes. In 1985, she added her name to Cascade mountaineering history when she partnered with Lowell

to make the first ascent of the Northeast Rib of Perdicion Peak in North Cascades National Park. Steph was an early member of Women Climbers Northwest and one of the earliest women in Washington to take up the sport of paragliding. According to publisher Craig Dostie, her photo skiing Washington's Primus Peak on the Spring 1993 issue of Couloir made her that magazine's first "cover girl." With her husband, family and friends, she traveled to India, Nepal, Peru, New Zealand, Central and Eastern Europe, Scandinavia, Canada, and beyond, to tour, climb and ski.

Steph is survived by her husband Lowell and their 19-year-old son Tom Skoog, as well as her mother, sister, and brother of Minneapolis, MN. She is mourned by many dear friends in the outdoor community, former engineering associates, and the parent community at Roosevelt High School, where she chaired the Jazz Booster organization in 2014-15. A celebration of Steph's life at The Mountaineers Program Center on August 29, 2015 was attended by over 400 people. At the memorial, Fluke Corporation officers announced the establishment of a scholarship in Steph's name at the University of Washington.



Meany Lodge in winter. Photo courtesy of The Mountaineers

Baker Lodge

www.mountaineers.org/about/locations-reservations/baker-lodge

The Mountaineers Mt. Baker Lodge is nestled in the spectacular beauty of the North Cascades and just a short walk from the upper access to eight ski lifts of the Mt. Baker Ski Area (www.mtbaker.us). Within a short distance from the lodge there are a number of snowshoe routes and cross-country ski trails (www.nooksacknordicskiclub.org/overview.php). Visit the Baker Lodge website (www.mountaineers.org/about/locations-reservations/baker-lodge) for our current schedule, rates and other 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 (unless provided), personal gear, and a flashlight and/or headlamp. Unless otherwise indicated the lodge provides Saturday & Sunday breakfasts and Saturday dinner. Baker Lodge welcomes the public, all ages and abilities. Families with children 5 years or younger should call the host prior to registering to learn about accommodations, hazards, diapers, etc

Schedule: Baker Lodge is open all weekends Jan - Mar provided there is adequate snow and sign-up. See the Baker Lodge website for rates and click on "Upcoming Events" for our current schedule of openings. We have Mountaineer class groups, school and scout groups that rent the entire lodge exclusively for members of their

groups. On these weekends registration isn't open to the public. The dates groups have exclusive use of the lodge are Jan 9-10, 15-18, 22-24, 29-31, Feb 19-21 and Mar 18-20.

Registration: Register online through Brown Paper Tickets (www.brownpapertickets.com/profile/10559) or call the club (206) 521-6001. *When registering through Brown Paper Tickets 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.*

BAKER LODGE'S COMMITTEE NEEDS YOUR HELP

If we want to maintain the option of continuing to operate as a volunteer-led enterprise we need new members to supplement and enhance the current Baker Lodge committee members' capabilities and, over time, to replace some members, as well as bring in new ideas. About fifteen dedicated volunteers make up the current Committee, but a number of long-time members have expressed an interest in reducing their involvement in the day-to-day operations over the next year; they would be glad to help new members get up to speed. This provides the perfect opportunity for a smooth transition from the current guard to a new cadre of volunteer leadership. Our most urgent need at this time is to increase the number of volunteers who are willing to host events. Hosting involves planning a menu, supervising meal preparation, opening & closing the lodge and operating the mechanical systems while the lodge is open. If operations at Baker Lodge are to continue as they have since the 1950's, we must increase the number of volunteer hosts or the club will pursue other business models.

Questions? call Dale Kisker, 206-365-9508 or e-mail dkisker@comcast.net.

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 1+ hours from Bellingham and 3 hours from Seattle.

Kitsap Forest Theater & Cabin

www.mountaineers.org/about/locations-reservations/kitsap-cabin-forest-theater

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. The Kitsap Yurt is a 27' diameter yurt with an oak floor and electricity and lighting. We also have a bunkhouse with bunk beds and mattresses (guys and gals side) and many tent sites around the property if you want to rent for an overnight event.

There are hikes available on the property (20 acres) and on the adjacent Rhododendron Preserve. "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.

The Kitsap Cabin, built mostly by Mountaineers women in 1918, is the social hub of the Kitsap Forest Theater, the Kitsap property and Kitsap Branch. It is the spring and summer home base for The Mountaineers Players as they rehearse and perform at the beautiful Kitsap Forest Theater. It is also the home base of the Kitsap Forest Adventure Camp and The Mountaineers Kitsap Branch. The Kitsap yurt was installed on the property several years ago and is a perfect meeting and gathering space.

Kitsap Cabin and yurt are surrounded by the Rhododendron Preserve, a 460-acre private reserve operated by The Mountaineers Foundation. The preserve is one of the largest remaining parcels of Puget Sound Lowland old growth forest in the Puget Sound Basin, and acts as a buffer protecting the Kitsap Forest Theater and salmon spawning creeks from encroaching development.

Please contact us for details and pricing: 206-542-7815

Meany Lodge

www.meanylodge.org

Meany Winter Season Pass: Remember, If you just come to Meany for 5 winter weekends, you will start saving money. If you include any other times (ie holiday week), then you make out like a bandit. Remember our full day access to the slopes, means full day, as long as the tows are running you can use them. **Adult \$475.00, Child (13 and under) \$325.00**

Winter Weekends: Meany is open every weekend starting the weekend of Jan 1st and going through the weekend of March 4th (Carnivale di Meany). Come up and play for the weekend or just a day. you will definitely enjoy yourself.

Meany Winter Sports: Meany has its own Winter Sports School run by our own indomitable Patti Polinsky. Email her to find out what she is planning on scheduling for this coming season: sports_director@meanylodge.org

If you are part of a group that is looking for a place to hold a meeting, retreat, reunion or other kind of overnight get together, consider bringing your group to Meany. We are open to groups as small as 12-15 folks and can make room for up to 90. We're planning to keep our prices at \$45/person/night inclusive of the same quality food we always serve.

Stevens Lodge

www.mountaineers.org/about/locations-reservations/stevens-lodge

The Mountaineers has a fantastic facility for members to enjoy at Stevens Pass. Located just above Lot 4 at the Stevens Pass Ski Area, Stevens Lodge is one of the only ski-in, ski-out facility on the pass. We are open every weekend from December to April, including holiday Mondays in January and February.

The lodge has three dorms with 12-24 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 lounge area with a fireplace. Meals are included in your price of lodging: breakfasts on Saturday and Sunday and dinner on Saturday. Meals are prepared by volunteers and served family-style at a posted time. Please note any dietary restrictions when making your reservation.

Guests are asked to contribute to the running of the lodge by picking up at least one "chore" a day, which can be shoveling snow, serving dinner or hauling firewood. This community effort is what keeps the lodge ticking.

It's easy to make a reservation to stay at Stevens Lodge during the season. Visit The Mountaineers website and click through to Stevens Lodge, then register under "Lodges and Centers." You can also make a reservation online through Brown Paper Tickets: www.brownpapertickets.com/profile/248152

We welcome individuals as well as group reservations for birthday parties, youth groups, etc. Please call Member Services at 206-521-6001 if you have any questions about visiting Stevens Lodge.

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.

BELLINGHAM

Vice Chair: Minda Paul, mindapaul@hotmail.com

Website: 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

Website: everettmountaineers.org

The Everett Branch of The Mountaineers was founded in 1910 by H.B. Linman, an Everett dentist. The new organization successfully sponsored over a dozen hikes that year. Its first outing was a hike to Lake Isabelle. Several hundred members of the public attended "stereopticon" presentations at the Everett High School auditorium. Dr. Linman, his wife,

and seven other branch members reached the summit of Glacier Peak in August 1910 during The Mountaineers' annual outing. The branch was not "officially" founded until 1911 when The Mountaineers charter was amended to provide for branches. This anomaly allowed the branch to hold its centennial celebration in 2010 and 2011!

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 7 p.m. 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.

KITSAP

Chair: Jeff Schrepple, avdfan@aol.com

Website: Kitsap Branch on 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 spring and 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 2015.

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 5:30 pm. 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).

www.mountaineers.org/events

INTRO TO MAP AND COMPASS: Learn the basics of how to keep from getting lost in the wilderness. See website to register.

FOOTHILLS

Chair: Steve LeBrun,
stevelebrun@comcast.net

Board of Directors Branch Representative:

Cheryl Talbert,
cascadehiker@earthlink.net

Website: 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, 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.

JANUARY 6 ADVENTURE PRESENTATION:

Join author and professional photographer Tami Asars as she discusses her book "Hiking the Wonderland Trail." Asars will introduce you to Mount Rainier's Wonderland Trail and some of its tricky logistics, such as securing a permit, seasonal weather woes, and wilderness camping suggestions. Whether you plan to challenge yourself to a backpacking trip or simply want

to see some pictures from Mount Rainier's stunning backcountry, we hope to see you there!

FEBRUARY 3 ADVENTURE PRESENTATION:

Bob Kandiko explains why he has made 15 sea kayaking trips to Alaska, from the panhandle city of Ketchikan, to Glacier Bay, to Prince William Sound, to Kodiak Island. Alaska has thousands of miles of diverse coastline that lure sea kayakers to explore and test their skills, including deep-walled fiords, glacier-filled bays, and surf-swept beaches. Bob's outstanding images will entice you to plan your own trip to Alaska.

MARCH 2 ADVENTURE PRESENTATION:

Hiking guru William L. Sullivan takes us on a tour of new and changed trails he discovered for the new fourth edition of his Southwest Washington "100 Hikes" guidebook. We'll see recent changes at Mt. St. Helens, discover a new wildflower hike in the Columbia Gorge, and follow Lewis & Clark's footsteps at Long Beach. Expect anecdotes about geology, history, and wildlife along the way.

ELECTION RESULTS. This year, 133 members marked their ballots to decide the officers who will lead our branch into the future, starting on October 1, 2015. They are: Chair-Elect Andy Weber, Community Relations and Social Chair Donna Krueger, Treasurer Kim Pohlman, and Member-At-Large and Past Chair Greg Lovelady. Thanks to all officers who have completed their terms and to those who stepped up to volunteer.

MEET THE OLYMPIA MOUNTAINEERS at

the open house and learn about our 2016 courses and activities at St. Martin's University's Worthington Center, on January 5 from 6:30 to 8:30. Volunteers are needed, and prospective students and new members are urged to come and sample all that the Olympia Branch has to offer! See the branch website for details.

THE BRANCH OFFICERS meet the second Wednesday of the month at 6 p.m. at the Olympia Center, 222 Columbia St NW. The next meetings are January 13 and February 10. Members are encouraged to attend. Contact Brian List at balancingdogs@gmail.com.



A group of Mountaineers kick-starting the climbing season in April, with good friends in balmy desert weather on one of the many classic, multi-pitch rock routes in Red Rocks Canyon National Conservation Area, near Las Vegas.

A group getting ready to climb at Red Rocks, Nevada. Photo by Loni Uchytel, Mountaineers Global Adventure leader

Explore the World with The Mountaineers Global Adventures

XC or Backcountry Ski the Canadian Rockies

February 15 - 21, 2016

Beginner to intermediate cross country and backcountry skiers will love the Canadian Rockies' spectacular scenery and powder snow. Mt. Assiniboine is the "Matterhorn of the Rockies". Deluxe, beautiful Assiniboine Lodge has a main lodge, indoor flush toilet, private bedrooms, heated log cabins, bedding and towels, hot showers, sauna, avalanche gear, and famous history! This outing is fully guided and catered. Helicopter in and ski out (option to helicopter out). **Price:** \$2,000. Register online by August 1. **Leader:** Craig Miller, craigmiller@comcast.net

Backpack or Trek Northern Patagonia's Lakes, Volcanoes, and Rainforests

Feb 28-March 10, 2016

Explore nine days on high ridges among innumerable lakes and high peaks to the huge Tronador volcano in Argentina's Switzerland - Nahuel Huapi National Park. Stay in mountain huts and camps; carry your own overnight gear, or hire a porter and carry only a daypack. Join an optional seven-day extension into Chile on the famed 'Andes Crossing' ferry, day-hike high on the flanks of two more snow-capped volcanoes, and explore for 4 days in the unspoiled Cochamo valley, the "Yosemite of Chile", staying in hotels and mountain huts. **Price:** \$3,000, by Feb. 1, 2016. **Leader:** Cheryl Talbert, cascadehiker@earthlink.net.

optional extension - March 10-17
Participants must start by completing the backpacking adventure across Nahuel Huapi National Park to Lago Frias. From there, we'll cross the Andes into Chile on lovely Lago Todos los

Santos and explore with guides for 6 days among the lakes, volcanoes and remote granite backcountry valleys of Chile's Lakes District. Stay in hotels, supported camps and mountain huts, and carry only a daypack. **Price:** \$2,200 (extension), by Feb. 1, 2016. **Leader:** Cheryl Talbert, cascadehiker@earthlink.net.

Ski/Winter-Walk France

March 4-20, 2016

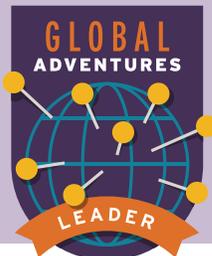
Begin by staying in and touring Annecy, "The Venice of France" before moving to a small

traditional French village with a ski-in/ski-out hotel with views of mountains in all directions. Finish skiing in Val d'Isère before going to Geneva to fly home. Land transportation, American buffet breakfast and multi-course dinners included. **Price:** \$2,750 **Leader:** Patti Polinsky, MeanySports@me.com, 206 525 7464

www.mountaineers.org

Click on the Explore tab, then search "Global Adventures."

Interested in being a Global Adventures leader?



Find out what it takes and see if you qualify. Visit the Global Adventures Committee page on mountaineers.org and take a look at the "Requirements and Steps to become a Global Adventures Leader." Questions? Contact the Global Adventures Committee Chair Cindy Hoover at cyn@zipcon.com.

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 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, check out the color-designated abbreviations at the end of each listing: **BEL** = Bellingham, **EVT** = Everett, **FH** = Foothills, **KIT** = Kitsap, **OLY** = Olympia, **SEA** = Seattle, **TAC** = Tacoma. **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

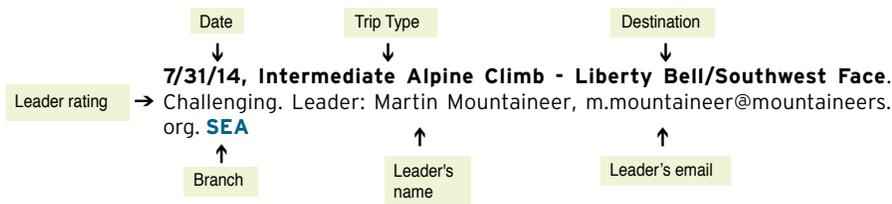
required on all Mountaineers trips:

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 as 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.

Thank you for participating in our survey

We received over 200 responses to the survey sent out in last issue's magazine. Thank you so much for taking the time to give your feedback. If you missed it, go online to mountaineers.org/magazinesurvey. The results are in, and starting in 2016 (this issue!), we are making the magazine seasonal, with four issues per year: winter, spring, summer and fall.

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



activities

Below is just a sampling of The Mountaineers activities. To see the full listing, go to www.mountaineers.org.

climbing

2/20/16, Intermediate Alpine Climb - Mount Harvey/North Ramp (British Columbia) (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. [SEA](#)

2/27/16-2/27/16, Intermediate Alpine Climb - Guye Peak/West Face (Challenging) Leader: Mark Scheffer, mark_scheffer@yahoo.com. [SEA](#)

3/26/16-3/27/16, Intermediate Alpine Climb - Mount Rainier/Gibraltar Ledges (Challenging) Leader: Takeo Kuraishi, takeo.kuraishi@gmail.com. [SEA](#)

day hiking

1/6/16, Day Hike - Mercer Island Public Library (For Beginners (Getting Started Series)) Leader: CHERYL TALBERT, cascadehiker@earthlink.net. [FH](#)

1/10/16, Day Hike - Twin Falls (Olallie State Park) (For Beginners (Getting Started Series)) Leader: Denise Crafton, buffmtwoman@yahoo.com. [FH](#)

1/24/16, Day Hike - Cedar Butte (Olallie State Park) (For Beginners) Leader: Denise Crafton, buffmtwoman@yahoo.com. [FH](#)

3/20/16, Day Hike - Oyster Dome (Moderate) Leader: Bob Pankl, pankl@earthlink.net. [SEA](#)

folk dancing

Tuesdays from 7:30pm - 9:30pm - Folkdance - Kirkland (For Beginners) No Registration Required. Meet at Peter Kirk Community Center (downtown Kirkland). Closed on holidays. See events page on website for details: www.mountaineers.org Leader: Johnny Jeans, (425) 746-2328, jimtnjoys@yahoo.com [SEA](#)

scrambling

1/2/16, Winter Scramble - Sulphur Mountain (For Beginners (Getting Started Series)) Leader: Mark Scheffer, mark_scheffer@yahoo.com. [SEA](#)

1/2/16, Winter Scramble - Kendall Peak (Moderate) Leader: Craig S., craig.

mountaineers@gmail.com. [SEA](#)

1/2/16-1/2/16, Winter Scramble - Bettys Jugs (Point 6,103) (Challenging) Leader: Jerome Velosky, climb@velosky.net. [SEA](#)

1/9/16, Winter Scramble - Mount Ararat (winter) (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. [SEA](#)

1/16/16, Winter Scramble - Arrowhead Mountain (winter) (Challenging) Leader: John Bell, jbcclimber@yahoo.com. [SEA](#)

1/23/16, Winter Scramble - Sourdough Mountain (winter) (Challenging) Leader: Mark Scheffer, mark_scheffer@yahoo.com. [SEA](#)

2/13/16-2/14/16, Winter Scramble - Sourdough Mountain (winter) (Moderate) Leader: Craig S., craig.mountaineers@gmail.com. [SEA](#)

3/5/16-3/6/16, Winter Scramble - Surprise Mountain (winter) (Moderate) Leader: Craig S., craig.mountaineers@gmail.com. [SEA](#)

1/3/16, Sea Kayak - Golden Gardens (Easy) Leader: Kay Gowan, nawogk@gmail.com.

sea kayaking

[SEA](#)

2/7/16, Sea Kayak - Golden Gardens (Easy) Leader: Kay Gowan, nawogk@gmail.com. [SEA](#)

1/9/16, Cross-country Ski - Methow Valley Winter Trails (Moderate) Leader: Christopher

ski/snowboard

Ensor, ctrails@comcast.net. [SEA](#)

12/12/16, Cross-country Ski - Erling Stordahl (Moderate) Leader: Christopher Ensor, ctrails@comcast.net. [SEA](#)

2/6/16, Backcountry Ski/Snowboard - Red Mountain (Salmon La Sac) (Moderate) Leader: Randy Oakley, randy.oakley@gmail.com. [FH](#)

snowshoeing

1/2/16, Intermediate Snowshoe - Mazama Ridge (Mount Rainier) (Moderate) Leader: Louise Kornreich, louise.kornreich@gmail.com. [SEA](#)

com. [SEA](#)

1/9/16, Beginner Snowshoe - Methow Valley Winter Trails (Moderate) Leader: Erik Swanson, snowshoe.erik@gmail.com. [SEA](#)

1/17/16, Basic Snowshoe - Lichtenwasser Lake (Moderate) Leader: Charles Powrie, cpowrie@centurytel.net. [SEA](#)

1/18/16, Basic Snowshoe - Paradise Area (winter) (Easy) Leader: Brian Carpenter, fleasgach@gmail.com. [SEA](#)

1/30/16-1/31/16, Basic Snowshoe - Reflection Lakes (Easy) Leader: Denise Crafton, buffmtwoman@yahoo.com. [FH](#)

2/6/16, Intermediate Snowshoe - Icicle Ridge (Challenging) Leader: Lawrence Landauer, lawrenceglennlandauer@yahoo.com. [FH](#)

urban adventures

2/23/16, Urban Adventure - Columbian Hall (For Beginners (Getting Started Series)) Leader: Nancy Lloyd, nanlloy@gmail.com. [OLY](#)

1/2/16 to 3/26/16, Each Sat - Green Lake Walk, 11 AM at Urban Bakery, 7850 E Green Lake Dr N. No registration. Bob Feldman, (206) 528-1467, bobzf@yahoo.com [SEA](#)

1/8/16 to 3/25/16, Each Fri - Eastside Outdoor Tennis, Intermediate Doubles - Meet at Robinswood Tennis Center, 7:15pm. Fee: \$10.00. RSVP with Fay Weaver, (206) 930-7762, seattlefay@hotmail.com [SEA](#)

1/6/16 - 3/30/16, Each Wed - 7pm - Evening Outdoor Inline Skate - Skate the Alki Beach paved trail. Restaurant stop after. Leader: Mark Olsoe, 206-937-7454, markolsoe@comcast.net. NO SIGN UP [SEA](#)

1/8/16, 2/12/16, 3/12/16, Fri - Games Night and Snacks. 7pm - Phinney Neighborhood Center, 6532 Phinney Ave. N., #3. Bring snack or beverage (with cups) to share & a game if you want. No sign up. Eldon Ball, eldonball@juno.com, 206-366-8405. [SEA](#)

2/19/16, 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 in Shoreline. Sign up with Karen Schaper, (206) 595-1443, kaschaper7@hotmail.com. [SEA](#)

2015 - 2016 Naturalists Lecture Series Seattle Program Center, 7pm

Jan. 13, 2016 (Wed) - Paul Hessburg, USFS forest ecologist, will focus on how our forests have evolved without fire, and what they should look like.

Feb. 11, 2016 (Thurs) The geology of Mount Rainier, by **Mike Harrell**, scientific instructional designer at the UW's Earth and Space Sciences department.

Mar 10, 2016 (Thurs) - Carolyn Shores of the UW's Predator Ecology Lab focuses her research on predator/prey relationships, particularly the impact of returning wolf packs on coyotes and their prey.

courses

Below is just a sampling of courses offered. See www.mountaineers.org for complete and up-to-date listings.

avalanche safety

1/4/16-1/10/16, AIARE 1 Avalanche Course - Tacoma - 2016. Contact: Steve Showalter, steve.showalter@tacomamountaineers.org. **TAC**

2/8/16-2/21/16, Avalanche Level 1 - Seattle - 2016. AIARE 1 avalanche safety and decision making course, open to all. Members: \$259, Non-members: \$329. Contact: Loren Mcwethy, loren.mcwethy@gmail.com. **SEA**

backpacking

3/21/16-10/15/16, Backpacking Building Blocks (B3) Course - Foothills - 2016. A season-long course aimed at provide new and experienced backpackers with the latest knowledge, gear info, practical experience and fun trail companions to be skilled, safe and successful on overnight or longer trips. Members: \$100. Contact: CHERYL TALBERT, cascadehiker@earthlink.net. **FH**

5/25/16, Conditioning for Hiking and Backpacking - Level II - Foothills - 2016. This course builds on Conditioning for Hiking and Backpacking Level I, further strengthening major muscles used during hiking and backpacking. The goal of this course is to gain mobility, stability, and the strength needed to hike and backpack with ease while helping to prevent injuries. Members: \$30, Non-members: \$40. Contact: Cheryl Talbert, cascadehiker@earthlink.net. **FH**

climbing

1/1/16-12/31/20, Intermediate Climbing - Tacoma - 2016. Take your alpine climbing to the next level while learning to lead on rock and ice as well as improving your self rescue skills and leadership abilities. Members: \$399, Non-members: \$599. Contact: Troy Mason, troy.mason@tacomamountaineers.org. **TAC**

1/6/16-12/12/21, Intermediate Climbing Course - Kitsap - 2016. Intermediate Climbing Course - Kitsap - 2016 Members: \$300, Non-members: \$400. Contact: John Mackey, john@pttaxcpa.com. **KIT**

Climbing 1/16/16-1/16/16, Instructor Review - Everett - 2016. Review will start at 8:00 AM at the Mountaineers Program Center in Seattle. Contact: Wesley Witt, wesw@wittfamily.com. **EVT**

1/21/16-10/15/16, Basic Climbing Course - Everett - 2016. Members: \$525, Non-members: \$525. Contact: Nick Mayo, nicholas.e.mayo@gmail.com. **EVT**

1/23/16-10/31/16, Aid & Big Wall Climbing Seminar - Seattle - 2016. Members: \$350, Non-members: \$450. Contact: Stephen McKim, stephen2337@msn.com. **SEA**

1/27/16, Seattle Climbing Lecture Series -

2016 - Safe Travel at High Altitude. Seattle Climbing Lecture Series - Safe Travel at High Altitude Contact: Jennifer Yu, jennifer.yu.09@gmail.com. **SEA**

1/30/16-1/31/16, Introduction to Alpine Ice - Everett - 2015-2016. Intermediate Alpine Ice and Winter Mixed Members: \$300, Non-members: \$400. Contact: Ivan Breen, ivanbreen@gmail.com. **EVT**

1/30/16-10/22/16, Basic Climbing Course Second Year - Tacoma - 2016. Members: \$63, Contact: Curtis Stahlecker, curtis.stahlecker@tacomamountaineers.org. **TAC**

1/30/16-12/31/16, Basic Climbing Course-Olympia - 2016. Members: \$300, Non-members: \$500. Contact: Bob Keranen, keranen@hcc.net. **OLY**

1/30/16-1/31/16, Introduction to Alpine Ice - Everett - 2016. Intermediate Alpine Ice and Winter/Mixed Contact: paul gehlsen, paul.r.gehlsen@boeing.com. **EVT**

Climbing 2/10/16-10/22/16, Basic Climbing Course - Tacoma - 2016. Members: \$475, Non-members: \$575. Contact: Natalia Martinez-Paz, nataliamp@gmail.com. **TAC**

3/1/16-10/18/16, Glacier Travel Course - Seattle - 2016. Basic Glacier Travel Course 2016 will teach skills that will allow graduates to be part of a glacier rope team. Members: \$300, Non-members: \$450. Contact: Vineeth Madhusudanan, vineethm@live.com. **SEA**

3/31/16-6/19/16, Crag Climbing Course - Seattle - 2016. Crag Climbing Course - Seattle Members: \$475, Non-members: \$575. Contact: Loni Uchytel, loniuchytel@msn.com. **SEA**

4/2/16-6/25/16, Beyond Basic Rock Seminar - Olympia - 2016. Beyond Basic Rock Climbing Module- This Module is designed to teach rock climbing skills that will enable you to climb safely in the back country. Members: \$90, Non-members: \$300. Contact: Doug Souliere, doug@gcprint.org. **OLY**

day hiking

1/6/16-12/31/16, Introduction to Hiking in the Pacific Northwest - Foothills - 2016. First two seminars January 6, 2016 at 6:30PM at Mercer Island Library and January 28, 2016 at 6:30PM at Redmond Library. Contact: Cheryl Talbert, cascadehiker@earthlink.net. **FH**

1/30/16-4/30/16, Wilderness Skills - Olympia 2016. Wilderness Skills (Olympia) is open to all; Alpine Scramble, Basic Climb and Backpacking course students. Members: \$30, Non-members: \$60. Contact: Chris Sullivan, christopherjonsullivan@gmail.com. **OLY**

3/19/16-10/1/16, Advanced Conditioning Hiking Series - Seattle - 2016. Enrollment is strictly limited to graduates of

Conditioning Hiking Series (Seattle or Olympia) or Advanced CHS (Seattle). Members: \$75, Non-members: \$75. Contact: Arin Sharkey, arinsharkey@gmail.com. **SEA**

4/23/16-4/30/16, Wilderness Skills (Spring Course) Olympia - 2016. The Wilderness Skills course spans two consecutive Saturdays with extensive hands-on activities and learning inside, outside and on the trail. Members: \$30, Non-members: \$60. Contact: Chris Sullivan, christopherjonsullivan@gmail.com. **OLY**

exploring nature

2/1/16, Naturalist Lecture Series - 2016: Geology of Mt. Rainier. A series of talks and seminars presented by the Naturalists committee. Members: \$0, Non-members: \$5. Contact: Rose O'Donnell, r.a.odonnell@icloud.com. **SEA**

first aid

1/1/16-10/31/16, Wilderness First Aid (WFA) Course - Seattle - 2016. Wilderness First Aid (AFA) Course - Seattle Members: \$185, Non-members: \$235. Contact: Mary Panza, makinanoise@hotmail.com. **SEA**

navigation

1/1/16-1/1/30, Instructor Training for Wilderness Navigation - Seattle - 2016. Instructor Training for the Seattle Wilderness Navigation course Contact: Brian Seater, bseater@gmail.com. **SEA**

1/21/16-10/3/16, Smart Phone & Dedicated GPS - Seattle - 2016. Smart Phone & Dedicated GPS - Seattle 2016 Members: \$20, Non-members: \$25. Contact: Brian Seater, bseater@gmail.com. **SEA**

4/7/16-4/16/16, Wilderness Navigation Course Tacoma April 2016. Wilderness Navigation Course Tacoma April 2016 Members: \$67, Non-members: \$67. Contact: Rick Finkle, rickfinkle01@gmail.com. **TAC**

4/12/16-4/17/16, Basic Navigation Course - Olympia - 2016. Basic Navigation Course - Olympia 2016 Members: \$50, Non-members: \$60. Contact: Mike Kretzler, mkretzler@comcast.net. **OLY**

outdoor leadership

1/20/16, Website Workshop for Activity and Course Leaders - Foothills - 2016. This free evening workshop offers participants individualized hands-on learning for activity leaders about how to use The Mountaineers website to list activities and courses, manage rosters, and communicate with activity/course participants, and any other website skills that participants wish to learn about. Contact: Cheryl Talbert, cascadehiker@earthlink.net



earthlink.net. **FH**

1/26/16-1/28/16, Essentials of Outdoor Leadership - Olympia - 2016. Essentials of Outdoor Leadership - Olympia Members: \$25, Contact: Donald Miller, scubadonnaie@comcast.net. **OLY**

3/19/16, Outdoor Leadership Seminar - Tacoma - 2016. Build and enhance your outdoor leadership skills through facilitated real-life scenarios, discussion and problem solving. Members: \$62. Contact: Julie Myer, juliem135@comcast.net. **TAC**

scrambling

1/21/16-10/31/17, Alpine Scrambling Course - Kitsap - 2016. Members: \$150, Non-members: \$250. Contact: Phil Chebuhar, phil.cheb@gmail.com. **KIT**

2/16/16-5/28/16, Alpine Scrambling Course - Olympia - 2016. Members: \$175, Non-members: \$250. Contact: Todd Mooney, finesandk@msn.com. **OLY**

ski/snowboard

1/2/16-2/27/16, Snowshoe and Cross Country Ski Trek and Lunch - Meany Lodge - 2016. Ski or snowshoe from Crystal Springs Sno-Park to Meany Lodge for a hot lunch at the lodge. Please sign up on the Brown Paper Tickets site listed below Members: \$15, Non-members: \$15. Contact: Chuck Welter, chair@meanylodge.org. **MEANY LODGE**

1/2/16-2/27/16, Private Lessons Saturday-MeanyLodge - 2016. Learn to ski/snowboard in a one-on-one setting Members: \$45, Non-members: \$55. Contact: Patti Polinsky, meanysports@me.com. **MEANY LODGE**

1/3/16-2/28/16, Sunday Downhill Ski or Snowboard Series C - Meany Lodge - 2016. Sunday only Snowboard or Downhill ski series Members: \$60, Non-members: \$70. Contact: Patti Polinsky, meanysports@me.com. **MEANY LODGE**

1/6/16-2/10/16, Multiweek Telemark and Randonee Ski Lessons - Foothills - 2016. Multiweek Telemark and Randonee Ski Lessons 2016 Members: \$0, Non-members: \$0. Contact: Greg Woodman, gw_sea@yahoo.com. **FH**

1/9/16-1/30/16, Introduction to Cross-country Skiing - Seattle - 2016. Introduction to Cross Country Skiing - PM -Seattle Members: \$95, Non-members: \$125. Contact: Cindy Hoover, cyn@zipcon.com. **SEA**

1/9/16-1/10/16, Cross Country Skate Camp - Meany Lodge - 2016. Learn how to skate ski Members: \$70, Non-members: \$80. Contact: Pat Boyle, patboyle@gmail.com. **MEANY LODGE**

1/9/16-1/10/16, Cross Country Ski Camp Weekend- Meany Lodge - 2016. Learn to cross country ski. Members: \$60, Non-members: \$70. Contact: Patti Polinsky, meanysports@me.com. **MEANY LODGE**

1/9/16-1/9/16, Drop-in Ski Lessons - Meany Lodge - Outdoor Centers - 2016. Take a one hour ski lesson with a class of your skiing

ability on Saturday afternoon or Sunday morning. Members: \$25, Non-members: \$30. Contact: Patti Polinsky, meanysports@me.com. **MEANY LODGE**

1/9/16-1/30/16, Intermediate Cross-country Skiing AM - Seattle - 2016. Intermediate Cross Country Skiing - PM - Seattle Members: \$95, Non-members: \$125. Contact: Cindy Hoover, cyn@zipcon.com. **SEA**

1/9/16-1/30/16, Intro to XC (Classic) Skiing - PM - Seattle - 2016. A three-week course for novice or beginning classic cross-country skiers. Members: \$95, Non-members: \$125. Contact: Cindy Hoover, cyn@zipcon.com. **SEA**

1/9/16-1/30/16, Intermediate Skate Skiing Course - The Mountaineers - 2016. A three-week course for skate skiers wanting to improve their technique and learn to climb hills. Members: \$95, Non-members: \$125. Contact: Cindy Hoover, cyn@zipcon.com. **SEA**

1/9/16-1/30/16, Intro to XC (Classic) Skiing - AM - Seattle - 2016. A three-week course for novice or beginning classic cross-country skiers. Members: \$95, Non-members: \$125. Contact: Cindy Hoover, cyn@zipcon.com. **SEA**

1/9/16-1/30/16, Introduction To Skate Skiing Course - Seattle - 2016. A three-week course for novice or beginning skate skiers. Members: \$95, Non-members: \$125. Contact: Cindy Hoover, cyn@zipcon.com. **SEA**

1/12/16-1/23/16, Basic Nordic Skiing - Olympia - 2016. This series of four lectures will include an orientation to backcountry travel, avalanche awareness and safety, route selection, cold weather ailments, clothing, and equipment. Members: \$40, Non-members: \$50. Contact: Tom Eckhout, tom@tomshomerepair.net. **OLY**

1/17/16, Drop-in Ski Lessons - Meany Lodge - Outdoor Centers-2016 - 2016. Take a one hour ski lesson with a class of your skiing ability on Saturday afternoon or Sunday morning. Members: \$25, Non-members: \$0. Contact: Patti Polinsky, meanysports@me.com. **MEANY LODGE**

2/6/16-2/7/16, Lift Assisted Backcountry Skiing - Weekend - Outdoor Centers - 2016. Take the tow at Meany then head for the hills for a whole weekend! Members: \$0, Non-members: \$0. Contact: Patti Polinsky, meanysports@me.com. **MEANY LODGE**

2/6/16, Lift Assisted Backcountry Skiing - Single Day - Outdoor Centers - 2016. Take the tow at Meany then head for the hills! Members: \$40, Non-members: \$50. Contact: Patti Polinsky, meanysports@me.com. **MEANY LODGE**

2/7/16, Hills, Hills, Hills! - One Day Clinic - 2016. A one-day clinic for classic cross-country skiers who want to master going up and down hills. Members: \$60, Non-members: \$70. Contact: Cindy Hoover, cyn@zipcon.com. **SEA**

2/7/16, Intermediate Skate Skiing - Half-day Clinic - Seattle - 2016. A half-day clinic for skate skate skiers who want to refine their technique. Members: \$40, Non-members: \$50. Contact: Cindy Hoover, cyn@zipcon.com. **SEA**

2/13/16-2/15/16, Methow Nordic Ski Camp Classic Skiing - Seattle - 2016. Three-day ski camp in the Methow Valley. Includes an evening ski-waxing clinic. Members: \$225, Non-members: \$250. Contact: Carry Porter, carry@nwoutdoorgrill.com. **SEA**

snowshoeing

1/1/16-2/28/16, Winter Travel Course - Everett - 2016. Our Winter Travel course is an all inclusive course covering snow travel techniques for skis and snowshoes to ensure you'll be exploring year round. Members: \$135, Non-members: \$185. Contact: Rachel Sadri, rachelsadri@gmail.com. **EVT**

1/1/16-4/30/16, Basic Snowshoeing Equivalency - Seattle - 2016. This course is for granting Basic Snowshoeing equivalency to those who have basic snowshoeing experience. Members: \$65, Non-members: \$0. Contact: Johnny Jeans, jjmtnjoys@yahoo.com. **SEA**

1/7/16-4/30/16, Basic Snowshoeing - Tacoma - 2016. Basic Snowshoeing -Tacoma Class2 Winter 2015/16 Members: \$75, Non-members: \$85. Contact: Charles Celmer, remlec@yahoo.com. **TAC**

1/11/16-4/25/16, Basic Snowshoeing Course - Foothills - 2016. Introduction to Snowshoeing: be prepared, be safe, be skilled, enjoy winter - Foothills Branch Members: \$75, Non-members: \$95. Contact: steve lebrun, stevelebrun@comcast.net. **FH**

1/14/16-1/30/16, Basic Snowshoeing Course - Everett - 2016. Members: \$60, Non-members: \$80. Contact: Ronald Riter, ronriter@gmail.com. **EVT**

1/27/16-5/31/16, Backcountry Snowshoeing Skills Course - Seattle - 2016. Members: \$65, Non-members: \$0. Contact: Larry Metzger, snowdog.48@hotmail.com. **SEA**

2/4/16-4/30/16, Backcountry Snowshoeing Skills - Tacoma - 2016. Backcountry Snowshoeing -Tacoma Winter 2016 Members: \$80, Non-members: \$95. Contact: Charles Celmer, remlec@yahoo.com. **TAC**

3/3/16-4/30/16, Winter Camping Course - Tacoma - 2016. Winter Camping Course - Tacoma Winter 2016 Members: \$65, Non-members: \$75. Contact: Charles Celmer, remlec@yahoo.com. **TAC**

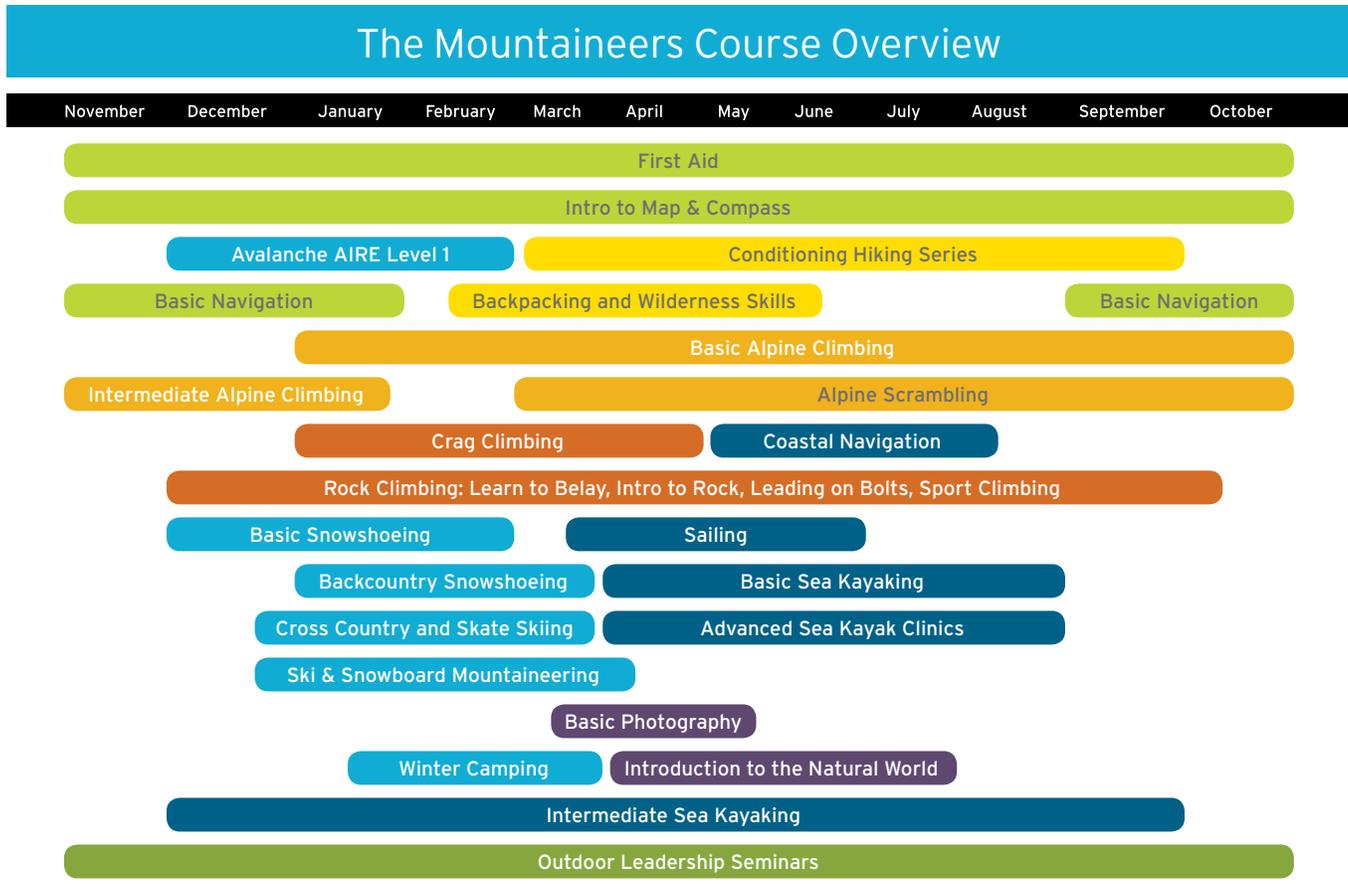
youth volunteer

Youth 1/1/16-8/31/16, Mountain Workshop - Interagency High School - The Mountaineers - 2016. Come belay and teach climbing and belaying skills to Interagency teens as they try out rock climbing! Contact: Emily Carraux, emilyc@mountaineers.org. **THE MOUNTAINEERS**

This is just a sampling. For complete listings and the most up-to-date courses, go to www.mountaineers.org and click on the Learn tab.

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

Take a look at our course calendar below. 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. You may qualify for equivalency in that course.



Enjoy a weekend of fun outdoor activities for the whole family in the beautiful Methow Valley. Featuring snowshoeing, Nordic skiing, sleigh rides, ice skating, evening entertainment and more!

January 8-10, 2016

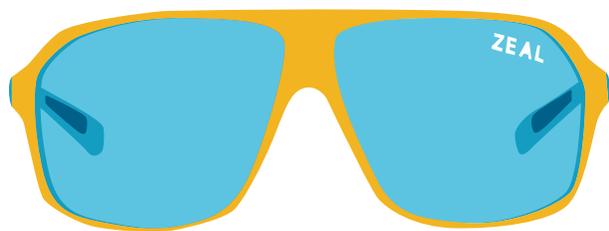
www.mountaineers.org/wintertrailsday



Learning to snowshoe at Winter Trails Day - photo courtesy of The Mountaineers



membership matters



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- 25% off at Zeal Optics
- access to Promotive - offering 30-50% off up on nearly 100 brands
- up to 30% off at backcountry.com

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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

business directory

We thank the following Mountaineers business owners for their support.

ARCHITECTURE

Grace Kim (Joined 2001)
Schemata Workshop
www.schemataworkshop.com
grace@schemataworkshop.com
206-285-1589

AUTOMOTIVE

Lee Wilcox (Joined 1995)
Lynnwood Auto and Truck Service
lynnwoodautoandtruckservice.com
lynnwoodautotruckservice@gmail.com
425-776-5888

CONSTRUCTION

Louie Coglas (Joined 1987)
Louie Company - Roofing Specialist
www.LouieCompany.com
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
mearl_bergeson@ml.com
206-464-5632

Diane Jochimsen, CFP® (Joined 1987)

White Raven Financial Services
www.whiteravenfs.com
diane@whiteravenfs.com
360-653-0198

Leah Schulz (Joined 2006)
Tri Star Finance
www.leahdschulz.com
leah@TriStarFinance.com
206-523-1288

HEALTH CARE

Kevin Rindal (Joined 2015)
InHealth Sports Injury and Performance
www.inhealthseattle.com
drrindal@inhealthseattle.com
206-315-7998

MIND AND BODY

Hope Maltz (Joined 2007)
Moving Into Comfort -
Feldenkrais Method®
www.MovingIntoComfort.com
hope@MovingIntoComfort.com
425-998-6683

OUTDOOR RECREATION

Barbara & George Gronseth
(Joined 2009)
Kayak Academy/Issaquah Paddle Sports
www.kayakacademy.com;
www.issaquahpaddlesports.com
info@kayakacademy.com
206-527-1825

REAL ESTATE

Leah D. Schulz (Joined 2006)
The Force Realty
www.RealEstateByLeah.com
leah@leahdschulz.com
206-523-1288

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 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 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.

Leadership

by Steve Scher

Photo by Suzanne Gerber

I was at a pretty big Thanksgiving gathering at an old YMCA camp on the Oregon Coast. In the industrial sized kitchen, a volunteer crew was preparing to feed a group of 50. Preparing to chop, the young man in charge of the meal that night dumped a bag of onions on the counter. I was nearby, chatting with a friend. I wasn't part of the crew but I offered to help.

He told me, "you know I think we have enough folks in the kitchen, but if you want to help, we could really use someone washing the pots and pans."

Wash dishes?

Sure, why not, every contribution matters. As I happily walked off to give a pot a good scrubbing, I heard my friend shout, "Now that is leadership."

Who showed leadership, the budding chef who delegated, me for knowing he made sense, my friend for acknowledging the transaction?

Each of us.

One of the finest qualities of leadership is the ability to direct individual desire toward a greater good.

It is a simple enough concept, an appeal to the angels of our better natures.

That notion is absent from much of the political sphere these days, and worryingly, this selfish brew may be leaking over into public and even private zones.

Instead of creating an atmosphere where my sense of fairness aligns with yours, something much more cramped and embittered is being shared.

Look at the current frontrunner for the Republican presidential nomination. Donald Trump, with his Mussolini frown, speaks to our basest, most divisive emotions. Toss out the others. Build a wall. We will be great only when they are gone.

The Prussian leader Frederick the Great wrote a response to Machiavelli's "The Prince." In his "Anti-Machiavel," he advocated

that great princes "prefer the happiness of the human race."

Unfortunately, he laid the foundation for many tragedies with those grand sentiments. He built a state that supported freedom of thought and faith. But like so many autocrats, Frederick divided the world between them and us. When he saw something "they" had, he took it.

Programs from Outward Bound to Dale Carnegie teach that leadership means encouraging mutual respect. But the concept needs to go much further in this modern age of distributed information.

Each of us leads.

We walk in the footsteps of those who walked before us. Literally, in hill and dale we follow the steps of those who crossed unforgiving landscapes together. Our traces still shape the paths of those who follow.

Leadership, truly enlightened leadership, can see that long line of people contributing – to community, corporation or country.

Whips and walls can be one tool for building, but scars linger.

The poet Shelley wrote of "Ozymandias," whose once mighty works are mostly dust. Only the sneer of the enslaved sculptor still lingers on the king's crumbling statue.

Consideration of the common good is a more useful tool. Because when the inevitable floods come, when fires burn, when the earth shakes, willing hands will be there to rebuild.

Society can nurture what most all of us innately possess – a desire to contribute, a willingness to share the burden, a belief in fairness for all.

Individuals set the tone. We sing the song together.

Steve Scher is a teacher at the University of Washington and currently instructing a course on Interviewing for Journalism. 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. He chose to live in the Pacific Northwest, drawn by the mountains and the sea.



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