

Mountaineer

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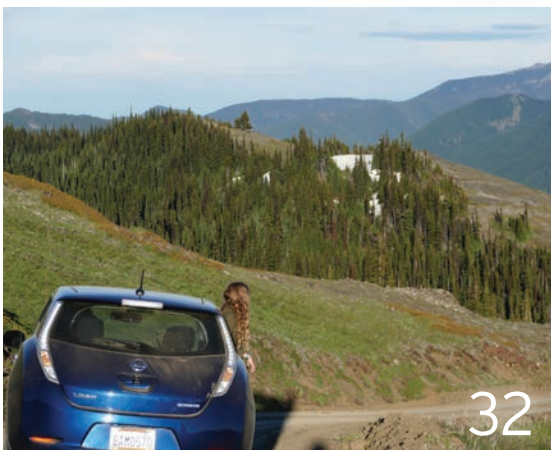
**Top 10 Mountaineers
of Instagram**

A Hidden Winter Gem

**Footprints:
Hiking vs. Carbon**



Winter 2019 » Volume 113 » Number 1
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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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: Sarina Clark, one of our featured Mountaineers of Instagram, snowshoes near Source Lake.



As President of The Mountaineers, I have the opportunity to reflect on the impact of our mission in an ever-changing environment. Over my years of service, I've watched our organization continue to further its core mission, while at the same time incorporating innovative ways to lead the greater community in the enjoyment and stewardship of our great outdoors.

The board and membership have become a more diverse body. This evolution has brought wider perspectives

about how to support our members - in partnership with our community - in accomplishing our strategic plan: Vision 2022. The Board has embraced the opportunities that benefit volunteers and members through our 501(c)(3) status as a charitable organization. For example, The Mountaineers sponsored a week of celebrations honoring the 40th Anniversary of the American summit of K2. The events brought significant unrestricted gifts from the board, our membership, and the community at large.

As a nonprofit organization, The Mountaineers uses donations to make strategic investments. Recently, your support has helped grow leadership development for our volunteers, connect more young people with the outdoors, and support advocacy for wild places.

As part of the Progressive Climbing Education initiative, we created the Alpine Ambassadors program. Alpine Ambassadors enables climb leaders to push their limits together and bring those skills back to our programs to mentor others in turn. Recently, climb leaders traveled to Canmore and Squamish, where they were mentored by guides and highly accomplished climbers. Our whole community, including students, volunteers, and members, is benefitting from the enthusiasm and new knowledge these leaders bring back.

Branch leaders and volunteers are constantly innovating and improving with each course. We have new options in course formats, like Compressed Scrambling and Intense Basic. Volunteers also create new opportunities within courses. They've put up climbing routes and built a one-of-a-kind friction slab teaching structure. These advances provide greater flexibility in learning opportunities for students and new teaching places for our instructors, decreasing the likelihood of volunteer burnout and lowering our carbon impact, while improving safety for everyone. All of these efforts make our courses accessible to a broader audience.

Changes in how we conserve the places where we play have also been afoot. Most recently we looked for ways to reduce our carbon footprint. A few months ago the board met the challenge to match a generous charitable gift from Charlie & Caron Michel, thereby allowing us to install solar panels on the roof of the Seattle Program Center. At the same time, our outreach on the conservation of public lands is ongoing and tenacious, and engages thousands of members in the process of public lands advocacy.

I am truly excited about the expanding culture of philanthropy at The Mountaineers. Your giving enables us to better serve our members and greater community. I look forward to having fun and reaching new heights with you in the coming year.

Lorna Corrigan
Mountaineers Board President



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

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Peter Dunau
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 Photo by Sherrie Trecker.

The universal word for the weightless feeling you get dropping into fresh powder can't be found in a dictionary. But on the right day, you can hear it ring clear throughout the ski slopes. It goes something like this: "Woooo!!!"

I felt this word down to my core on my first backcountry ski trip last March. A recent graduate from our Mountaineers AIARE 1 course, I was skiing in Mazama Ridge in the shadow of Mount Rainier on a bluebird day. Snowcapped peaks gleamed in every direction.

I've been skiing since I was a kid, but on Mazama Ridge - free from the crowds, with no chairlifts defining where I could or couldn't go - I experienced the mountain like never before. I have a lot of Mountaineers volunteers to thank for this memory. These dedicated folks spend countless hours crafting the AIARE course for students like me, then give their evenings and weekends to teach us through classroom sessions and field trips, going over everything from avalanche reports to rescue procedures to group decision making.

Each year, our programs transform how hundreds of people experience the outdoors. Unlike commercial enterprises, our courses aren't isolated moments of adventure taught by instructors you'll never see again. Here, there's a community waiting for you when you

graduate. My first backcountry ski trip came about because one of the course leaders invited me to come along.

My progression, and the progression of countless Mountaineers, speaks to this edition's theme: metamorphosis. And while metamorphosis may sound a bit highfalutin, I'm not too cool to admit that, yes, I did feel like a beautiful butterfly as I floated down the slopes of Mazama Ridge equipped with my new gear and backcountry know-how.

Metamorphosis, defined in biology as "a profound change in form from one stage to the next," can be seen in many of this edition's stories: From a family's path to carbon-free adventures, to the evolution of a hut-to-hut trail system, to a new continued learning program for our climb leaders.

The theme extends to stories about The Mountaineers' efforts to become a more inclusive, welcoming community. This edition we celebrate Mountaineer-Queers, a new affinity group for LGBTQ members. We also highlight a conservation event that helped build bridges to public lands and share Glenn Nelson's regular "Voices Heard" column on race and equity in the outdoors.

Of course, our cover story also says a lot to say about "a profound change." When The Mountaineers began in 1906, who could have fathomed that Instagram would allow us to share our adventures with thousands of folks across the world at a tap of the thumb?

And yet, as much as things change, the same core values that inspired The Mountaineers a hundred years ago continue to drive us today. From the first Mountaineer annual in 1907 to today's magazine and our thousands of digital followers, we're still a community driven to explore the lands and waters of the Pacific Northwest and beyond - and we want to share our adventures with one another.

On that note, I along with the rest of The Mountaineers Editorial Team, invite you to email magazine@mountaineers.org with your thoughts on Mountaineer magazine. Starting with this edition, we're featuring a "Reader Feedback" section dedicated to sharing perspectives from our community. We want to hear from you! And if your enthusiasm for Mountaineer magazine happens to transcend conventional language, feel free to shoot us a simple "Woooo!!!"

Peter Dunau
 Content & Communications Manager

In “Looking Beyond Stoke: It’s Time to Educate the Masses” [fall 2018] guidebook author Craig Romano called for better education to create good stewards and strong advocates for the future of our wild places. Readers responded with a resounding ‘hear hear’!



Thanks for a great article Craig. I too have seen these changes on the trail. It has been truly painful to see favorite places turned into trash cans. Investments in teaching must be made or we risk losing the places we love. – Carmela Collins, 13-year member

I just finished reading [Craig's] article. THANK YOU. It is a relief to finally hear someone in our local

community talking publicly about the heavy impacts that we are all seeing on the trails in this area. The volumes of people that are now out exploring the trails are overwhelming the capacity of the trails, and we can all agree this is only made worse by the oblivious and thoughtless behaviors of a portion of these new users. And we need to address social media. This needs to be a discussion amongst the entire conservation community. How can we address it? Where do we go from here? – Nete Olsen, 10-year member

We agree our publication can do more to help with these education efforts. In this edition you'll see Leave No Trace best practices for social media included in our Instagram story. If you have an idea for other easy ways we can include educational resources, please email magazine@mountaineers.org.

In “First Ascent: Becoming Backwoods Barbie” [spring 2018] Mountaineer Bam Mendiola shared their journey into the mountains as queer, non-binary person of color. Bam’s powerful story generated tons of responses from people across the country. A few highlights:



“Congratulations on the work you are doing – paving the way so that many more can share in the beautiful and important experiences that nature has to teach. Thank you for your honesty and eloquence. You are lifting me as I climb my own mountains!” – Kona, Hawaii

“I am honestly speechless and in tears! That was so beautiful and vulnerable and SO NEEDED!” – Denver, CO

“Your article was just amazing. Beautifully written and eye-opening. Was so happy to see the magazine in my mailbox today!” – Seattle, WA

“Thank you for sharing your story and for bringing light to what it means to be ‘outdoorsy’ while also being brown, queer, and... fabulous.” – Los Angeles, CA

In “Overcoming Impostor Syndrome: Climbing Through The Status Quo” [summer 2018] Mountaineer Sam Ortiz shared her story of breaking down barriers as a self-described “curvy woman of color.” Her piece was also met with a wave of enthusiastic feedback:



“I’m so excited about that magazine!! I’ve been compiling a little library of body/fat positive outdoor/movement books & magazines to share with my community & I’m so excited to add it to the library! Thank you so much!” – @fatgirlshiking

“Sam Ortiz this is FABULOUS!! Us big girls are definitely NOT IMPOSTERS!!! I move slower than my climbing partner but I’m 100 pounds bigger and nearly a foot taller than her!!! As longt as we get where we are going, who cares? You are awesome GURL!!! Climb on!!!” – La Crosse, WA

In “Olympia Stewardship Challenge: A Branch’s Call to Give Back to Our Public Lands” [summer 2018] we profiled the substantial conservation efforts of our Olympia Branch, and their efforts to encourage other to join the cause. After reading the piece, one member had this to say:



“On National Trails Day, I answered the call this year for my first trail work since Boy Scouts. It was satisfying and a great time. Congratulations to the Olympia Conservation Committee for their work.” – Mike Kretzler, 20-year member

We value the feedback from our readers, and we’d like to hear from you! Share your thoughts about Mountaineer magazine at magazine@mountaineers.org.



More Than A Summit: Mountain-Queers Celebrate Their First Scramble Trip

By Louise Suhr, Mountaineers leader

At the top of Three Way Peak, our rainbow assortment of French macarons shone in contrast to the cloudy skies. My mood mirrored our brightly colored summit treats. This was the first on-the-ground outing of Mountain-Queers, an affinity group of LGBTQ Mountaineers that I started laying the groundwork for last August. When I began, I wasn't quite sure what to expect, now I couldn't wait to see what was next.

My inspiration for Mountain-Queers began last May when I participated in a stewardship event for LGBTQ individuals hosted by Washington Trails Association (WTA). I brought four friends, and we all remarked how fun and supportive the experience was. As a longtime Mountaineers member, I started thinking how great it would be if our club offered something similar.

Coincidentally, a week or two later, I came across a Mountaineers blog post about affinity groups. The blog explained that an affinity group is a group of people linked by a common interest, purpose, or shared experience. Existing Mountaineers affinity groups include Retired Rovers and the Singles Activity Committee.

The Mountaineers welcomes affinity groups because they give people a stronger sense of belonging within a larger community - a major step towards creating more diverse, equitable, and inclusive spaces. The Mountaineers' blog spoke to the reasons I found the WTA event so fulfilling. The stars were aligning!

After some emails back and forth with Mountaineers staff and the Scramble Committee, I got the go-ahead to post a trip. I set the date for September 8, 2018. Some participants stumbled on the website listing, while others learned about the trip through word of mouth. We ended up with an awesome party of six for our trip to Three Way Peak in the Mount Rainier area.

We began at Chinook Pass under light sprinkles of rain, but that was the last of the precipitation. We hiked in along the Pacific Crest Trail, an easy approach which allowed us to move at a social pace and get to know each other.

Somewhere between Sheep Lake and Sourdough Gap, we heard a chorus of coyotes. Although we couldn't spot them due to low clouds, their howls made quite an impression - what a haunting sound! I've heard them called "song dogs," which is very appropriate. Heading into the basin north of Sourdough, we encountered more critters and paused to

watch the antics of several marmots and pikas.

Eventually, it was time to leave the established trail and begin the scramble. We found the route relatively straightforward (no pun intended!) and not as technically difficult as the rating suggested. Unfortunately, there were no views of Rainier, but we could spy Silver King. Our French macarons provided a wonderful exclamation point to the summit.

As we ate lunch, hiked out, and stopped for after-scramble treats in Enumclaw, we talked about the role of an LGBTQ affinity group within The Mountaineers. It's not that I've felt personally discriminated against within the organization, it's that I'm often slightly on guard, and it's such a comforting experience to be able to put that on hold for at while. And, of course, it's always great to meet like-minded outdoors lovers. The others agreed. "It was a great group on a fun scramble," said one participant. "Here's to hoping for more queer outings!"



As a group, we discussed ways to grow our fledgling affinity group. The first step, we agreed, was to find ways to connect with other LGBTQ Mountaineers. After the trip, I worked with Mountaineers staff to post a blog and create an interest survey available at mountaineers.org/mountain-queers. I invite any LGBTQ Mountaineers who'd like to participate in Mountain-Queers activities and events to check it out and connect with us.

In the future, we'd like to offer more events and trips, cultivate new activity leaders, and build a strong sense of community. The Mountaineers is launching a new Inclusion Committee to support affinity groups like ours, and determine other ways in which we can work as an organization to make the outdoor experience more inclusive for everyone. Our hope is that September's scramble is the first of many more outings to come. Till then! ▲▲

Louise Suhr is a scramble, snowshoe, and Nordic ski trip leader, working on her Rainier 100 Peaks. If you're interested in Mountain-Queers, email Louise at ldsuhr@gmail.com.

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The Importance of Sleep for Optimal Performance

C. W. Schurman, MS, CSCS, PN2

Camping at Lunch Counter on Mt. Adams. Photo by Jason Sellers.

When it comes to health, exercise and nutrition tend to get the bulk of the attention. But getting adequate sleep may be the key to improving your outdoor performance, increasing brain and body function, and perhaps even losing unwanted weight as we enter the season of holiday parties and shorter daylight.

In 2017, the Nobel Prize in Physiology or Medicine went to three gentlemen who studied how our internal clocks and circadian rhythms regulate vital functions such as behavior, hormone levels, body temperature, metabolism, and sleep. If you find yourself reaching for caffeine or sugar sometime during the day to stay awake and alert, your sleep habits may be to blame.

Why Is Sleep Important?

While you sleep, your body works hard to rebuild damaged tissues and replenish cells at the mitochondrial level. Matched closely with the sun's light, your circadian rhythm (the body's biochemical cycle that repeats roughly every 24 hours) governs hunger, body temperature, hormone release, sleeping, and waking patterns. That's part of why it's important to try to go to sleep at the same time each night and wake up at the same time each morning.

Without consistent sleep, you might experience brain fog, lack of energy, moodiness, the munchies, and weight gain. Poor sleep can lead to an increased risk of diabetes, heart disease, depression, and a compromised immune system. This means if you don't sleep well you might find yourself getting sick more often than your peers and co-workers, and you may take longer to recover.

What Is Restful Sleep?

Most adults need roughly seven to nine hours of sleep during each 24-hour period. If you fall asleep within 15-20 minutes of lying down, if your sleep is continuous without long wakeful periods, and if you wake up feeling refreshed without needing an alarm clock, then you are probably getting sufficient sleep.

Someone who is getting restorative sleep will feel alert and productive throughout the day without needing help from caffeine or sugar, although an occasional dip in energy mid-afternoon is fairly normal - siesta, anyone? - so long as you're productive again after that period. Restful sleep is shut-eye without disruptive behaviors such as snoring, disturbed breathing (apnea), sleepwalking, restlessness, or twitching.

How To Improve Sleep

- Prioritize and value sleep as much as exercise and good nutrition.
- Go to bed at the same time every night, even weekends, to optimize your circadian rhythm.
- Establish a relaxing bedtime routine such as a warm bath, stretching, journal writing, or meditating.
- Sleep in a dark, quiet, cool room.
- Stop using cell phones and electronics an hour before bedtime; never use them in the bedroom.
- Avoid heavy meals and alcohol within two hours of going to bed.
- Exercise daily, even if it's just a light walk or yoga in the evening, and be sure to finish your workout at least one hour before bedtime.
- Avoid caffeine after 2pm.
- Use blue light blocking glasses after sunset if you must use artificial light inside.
- Recognize other sleep detractors and eliminate as many as you can.

Pick a step or two from above and experiment for a week to see if you can increase your sleep performance. Watch how sleep can transform you into the alert, healthy, and productive Mountaineer you deserve to be.



Name Scott Shafter
Hometown Woodinville, WA
Member Since February 1997
Occupation Teacher
Favorite Activities Mountaineering, alpine and glacier climbing, Nordic skiing

How did you get involved with The Mountaineers?

I climbed Mt. Rainier in 1995 with Rainier Mountaineering Incorporated (RMI). I was living in St. Louis at the time so seeing Mt. Rainier for the first time was like seeing something out of a fairy tale. I grew up in Michigan and there was nothing but horizon everywhere you looked. That climb was the hardest thing I ever did, and I was hooked. After that I decided to move to Seattle. I joined the basic class the next year and have been involved ever since.

I was one of the slowest people in my basic class. I had medical challenges that required extensions in both the basic and intermediate climbing programs. I had two kids and was going through a divorce during the same time. To new people today, I want to say, don't be afraid to go for it. If I can do it, you can. The mountains are my place and have kept me safe. The people I have met are now my best friends. I'll be here for a long time.

What motivates you to get outside?

I really like who I am when I am in the mountains. Pushing my limits and exploring new places with good friends is very addicting. The mountains give me reason and purpose that keep me motivated and engaged.

What's your favorite Mountaineers memory?

There are so many. But the people I climb with are number one. You, The Mountaineers, are one of a kind and bring so much to the experience. I really enjoy meeting and making

new friends with every climb and epic in the mountains. It all boils down to being in beautiful, rugged places with good friends. Adventuring with like-minded people in vertical terrain is a great formula for memories.

Who/What inspires you?

The people of The Mountaineers inspire me. The relationships I have made and the experience I have had keep me going. It's all about the people you hang out with, no matter what you are doing.

What does adventure mean to you?

Adventure to me means pushing your limits, going beyond what you think you can do, and accepting your fear and dealing with it. Adventure can be big or small, it's just getting outside your comfort zone. I like the quote by Ellen Johnson Sirleaf, "If your dreams do not scare you, they are not big enough."

Lightning round

Sunrise or sunset? Sunrise.

Smile or game face? Both.

What's your happy place? High mountain basins with a water source.

Post-adventure meal of choice? Is beer considered a meal? :)

If you could be a rock star at any outdoor activity overnight, what would it be? Paragliding. My knees aren't going to last much longer.



Caribou Rainforest: From Heartbreak to Hope

By David Moskowitz

Few know that hidden in the lower 48 states is a rainforest where mountain caribou live. For the past few years, Washington biologist, outdoorsman, and photographer David Moskowitz has been studying these animals on the cusp of extinction. Following is an excerpt from his new book, Caribou Rainforest, published by Mountaineers Books.

The life history of these caribou evolved right along with the forests themselves, following the retreat of the last ice age starting about twelve thousand years ago. If these caribou disappear, the possibility of restoring the population with caribou from anywhere else in the world, unaccustomed to the annual dance through the landscape required to survive here, appears thin. While debate rages on about the best ways to keep caribou alive on the ground in the short term, everyone realizes the true problem is that the functional ecosystem they evolved in is being torn to pieces by humans.

There are two paths to go down when attempting to defend the survival of an animal such as mountain caribou. One is to deal with this animal as a discrete entity. Indeed this formulation



Clockwise: A cow in a subalpine wet meadow in summer in the southern Selkirk Mountains. A yearling mountain caribou peers under its mother. Mountain caribou use the sprawling forests of the region as a refuge from predators. Photos by David Moskowitz.

is codified into law through legislation like the Endangered Species Act in the United States and the Species at Risk Act in Canada. One of the first tasks in applying protection for an animal is to identify the species of concern as a discrete entity that is threatened with extinction. The concept is hardwired in how we see and discuss creatures – the whole concept of a “species” defines an organism as unique and separate from any other living thing on the planet.

Australian conservation biologist Graeme Caughley authored a paper in 1994 laying out a prescription of sorts for dealing with species being threatened with extinction, like mountain caribou, where the “population is in trouble because something external to it has changed.” Scientists must “discover the cause of the decline” and then “prescribe its antidote.”

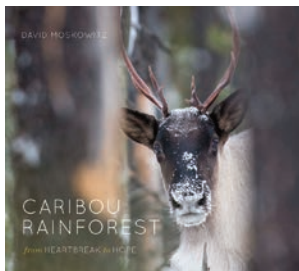
For mountain caribou, the primary “cause” is that their refuge habitat has been fragmented, leading to unsustainable predation rates. Possible “antidotes” include management activities, such as capturing pregnant females and putting them in enclosures before they give birth to protect cows and calves from predators.



This ancient forest in the Selkirk Mountains was clear-cut shortly after this photo was taken. The metal straps around the cedar tree keep the trunk from splitting when it is felled. The hemlock trees went to a pulp mill to make paper products. Photo by David Moskowitz.

We can also kill the predators that prey on mountain caribou or kill the competing prey species that drive predator numbers up. We can provide supplemental food for caribou in the fall to increase their chances of survival in the winter. All of these actions can artificially prop up the numbers of mountain caribou and potentially prevent them from disappearing. If we consider mountain caribou to be just a species of animal in a distinct geographic range, these activities, if carried out in perpetuity, could possibly preserve the population.

The second way for us to approach mountain caribou survival requires a fundamental shift in thinking for our society – viewing mountain caribou not as just a group of animals that can be kept alive by artificially modulating their environment, but as a process that emerges out of the natural functioning of an ecosystem. Ecosystems have emergent characteristics that arise out of the relationships among the parts – not out of any one constituent part. From this perspective, the entity we think about as “mountain caribou” is not an animal; it’s a relationship between animal and landscape. You can’t take mountain caribou out of these mountains, put them somewhere else in the world with less predation pressure, and say you have saved the species. These animals are defined by their unique relationship with this specific land. ▲▲



David Moskowitz is a biologist, photographer, outdoor educator, climber and more. He is the author of three books, including *Caribou Rainforest*, and has contributed to a wide variety of wildlife studies. *Caribou Rainforest* is available in the Seattle Program Center bookstore, on

mountaineersbooks.org, and wherever books are sold.

SAVE THE DATE:

See David deliver the keynote speech at this year’s Leadership Conference, December 1, and present at our BeWild Speaker Series on February 2. Both events will be held at the Seattle Program Center.

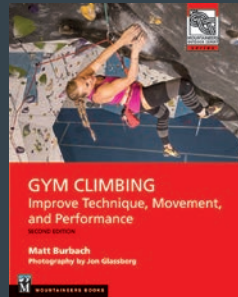
staff picks



Explore Europe on Foot: Your Complete Guide to Planning a Cultural Hiking Adventure

By Cassandra Overby

Move over traditional sightseeing, throngs of visitors, and tourist traps! *Explore Europe on Foot* gives travelers an alternative way to discover Europe. A hiking vacation offers countless rewards: the time to admire the tidiness of a village farm, soak in the rugged alpine view from a rocky perch, and absorb a country through the smells of its landscape and encounters with locals. *Explore Europe on Foot* is a complete guide to conceptualizing, planning, and executing a slow-travel vacation of a lifetime—whether hiking makes up a couple days of your trip or is the central focus. (\$24.95)



Gym Climbing: Improve Technique, Movement, and Performance, 2nd Edition

By Matt Burbach; Photography by Jon Glassberg

It’s winter in the Northwest, and you don’t want your climbing fitness to slip away. Time to move inside to stay in shape and improve or develop your rock-climbing skills. This step-by-step training manual includes bouldering and roped climbing instruction, and will assist you across a broad spectrum of techniques from beginner to advanced. *Gym Climbing, 2nd Edition* will help you improve whether your goals are indoors, outdoors, or both. Pro climbers Emily Harrington and Matt Segal demonstrate the lessons in full-color descriptive photographs. Start now! The 2020 Olympics is looking for contestants! (\$24.95)



Scraps, Peels, and Stems: Recipes and Tips for Rethinking Food Waste at Home

By Jill Lightner; Photography by Shannon Douglas

Scraps, Peels, and Stems is a comprehensive and accessible guide on how you can reduce food waste in your daily life. Food journalist Jill Lightner shows how to manage your kitchen and achieve less waste through practical strategies, tips, and advice on food purchasing, prep, composting, and storage. From beef bones, Parmesan rinds, and broccoli stems to bruised apples and party leftovers, Jill explains what to do with unused food, and how to avoid the extras in the first place. The book includes more than 70 recipes and money-saving tips. (\$22.95)

Solitude vs. Community: There's No "Right" Way to Be Outside

By Glenn Nelson, Founder of The Trail Posse



Glenn with a group of friends at the Diablo Lake Overlook in the North Cascades. Photo courtesy of Glenn Nelson.

The first time I tried my hand at astrophotography (shooting the stars, as opposed to shooting stars) was on a clear night just outside Mount Rainier National Park. I was renting a cabin with my wife and her family, a trio of sisters from Colombia who spoke frequently about the possibility of seeing wildlife. I left them for the pitch darkness down the road along the Nisqually River.

I was back in about 10 minutes. I got my shot of the Milky Way, as planned. They were surprised, and not because I got the picture.

"Oso?" one of the sisters asked in Spanish, meaning the possibility of a bear hastening my return.

"No," I answered, "gente (people)."

It never occurred to me on a night so dark that I could not see my hands in front of my face (without a head lamp, that is) that I might have to confront unfriendly wildlife. It was the possibility of encountering unfriendly humans in the middle of nowhere that actually scared the bejeebers out of me.

I recount this story to make a point about how a lot of people of color like me feel about solitude and wilderness. In my last column, I wrote about the disconnect between whites and non-whites around how they express their experiences outdoors,

and how that disconnect has perpetuated the false narrative that people of color are not outside, and don't want to be.

It's important to square that disparity so no one is left out of the picture. It is essential to engage everyone, not just in stewardship of our public lands, but in an all-hands-on-deck effort to mitigate the impacts of climate change and preserve our planet.

The difference in perspective about what it means to "get away from it all" is just as misleading as the disconnect over what constitutes outdoor recreation.

The path to this divide really took hold in 1903. At that time, a couple of elite white men, President Theodore Roosevelt and the writer and naturalist John Muir, stood upon Glacier Point in what would become Yosemite National Park. On that magnificent vista, they essentially hatched the idea of the national park system. They spoke of preserving pristine landscapes to serve as much-needed respites from "urban stressors."

That last term, "urban stressors," trips me. There are reasons to believe they were speaking about my ancestors and other people of color and brown immigrants who were streaming into big cities, creating "chatter" and competing for work, housing, and services. The dark racial history of this country

painted for these communities of color a different context for “the middle of nowhere” – whether a place (like “the woods”) where terrible things happened, or where an entire race of people were forcibly removed for merely looking like an enemy, and where agriculture was introduced and subsequent immigrant groups provided the kind of back-breaking labor from which the mainstream population had moved on.

Not to mention that many of the lands we now consider wilderness were not absent of people when they were “discovered” by the scourge of European settlers sweeping west across the continent.

Freed slaves, Native Americans, and Asian and Latin immigrants were ghettoized, reinforcing an inclination toward congregation sewn into these communities as tribal or extended-family structure. A racist America also prompted people of color to cluster, for support and safety reasons.

The gathering rift between solitude and community reached another milestone in the mid-sixties. In 1965 Paul Petzoldt founded the National Outdoor Leadership School (NOLS), building upon the signing of the Wilderness Act a year before. Three years later, Dr. Martin Luther King Jr., gave his mountaintop speech, building on another signal event in 1964, the signing of the Civil Rights Act.

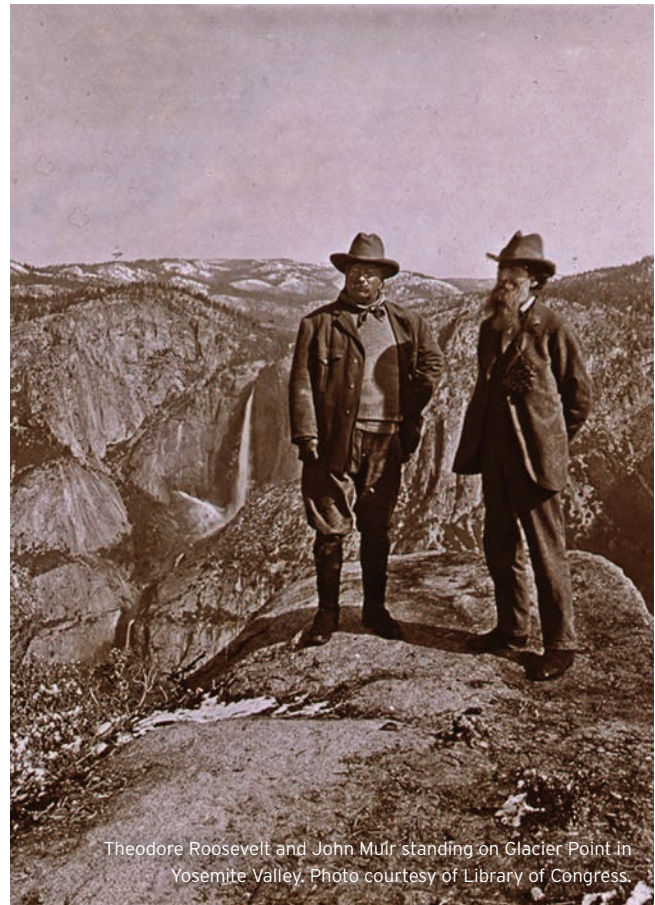
The momentous acts of 1964–Wilderness and Civil Rights–gave rise to competing imperatives. To people of color, the wilderness often feels like a gated community for people of privilege, where in relative isolation (at least from us) they can seek the highest forms of themselves by climbing granite walls, tagging peaks, and hiking trails that stretch from Mexico to Canada. These individualized pursuits seem unobtainable to us because of our continued focus on civil rights, just to be recognized as equal human beings.

This variance in outlook greatly influences the way public lands are managed. The demographics of public lands agencies remain hugely white, partly because of their inability to attract people of color to work at units not adjacent to urban centers. Usage is influenced because campsites, trailheads, and parking lots are not designed to accommodate larger groups of color; plus people of color don't see themselves reflected in the workforce.

These differences also get lodged in outdoor culture, emphasizing the solitude, limited usage, and silence associated with in-the-middle-of-nowhereness.

My daughter Sassia and I recently went to hike the Colter Bay area of Jackson Lake in Grand Teton National Park. A light snow was falling and the ranger station and all other services had just closed, so we were alone. This is grizzly territory and Sassia was told by a ranger earlier in the week that bears had been spotted routinely on our route.

Most experts dismiss bear bells as useless, and Sassia and I are not loud conversationalists. I decided to play music on my mobile phone with the volume turned up. I have to admit: I didn't come up with this rather inventive idea. The previous year, I was hiking in grizzly country near Cody, Wyoming, and was startled by a young white woman who was playing a



Theodore Roosevelt and John Muir standing on Glacier Point in Yosemite Valley. Photo courtesy of Library of Congress.



A fly fisherman in Skagit Valley. Photo by Glenn Nelson.

podcast on her phone as she trekked up Heart Mountain with her dog (which was illegal, but we can get into who is allowed to get away with what another time).

It's difficult to know if the music shooed off any grizzly visits, but I have a very pleasant memory of hiking Colter Bay with my daughter to a soundtrack provided by Frank Ocean. It would be a shame if such a pleasant, inventive solution to a safety issue in the outdoors, one that was true to our culture, actually conspired to exclude us because a value system based on solitude will not change to accommodate such differences. ▲▲

Antarctic Fossils: Paleontology at Shackleton Glacier Camp

By Thomas Bancroft, Mountaineers Naturalist Committee

Expedition team member Dr. Roger Smith holds a small 25-million-year-old reptile called Procolophon. Photo by Dr. Christian Sidor.

The largest extinction episode ever known on earth took place well before the dinosaurs died off. Much earlier in our planet's history, approximately 250 million years ago, about 95% of marine and more than 70% of terrestrial species went extinct. This event marked the end of the Paleozoic Era. Most plants, animals, insects, and marine life disappeared. The remaining few survivors provided the evolutionary seeds that allowed the natural world to undertake a metamorphosis, creating the life of the Mesozoic Era, including the dinosaurs, mammals, and precursors of birds.

"Scientists think the planet warmed rapidly at the end of the Paleozoic Era," said Dr. Christian Sidor, the Director of the Paleontology at the Burke Museum and a Professor at the University of Washington. "Massive eruptions of basalt in Siberia burned through vast layers of coal, which quickly raised the carbon dioxide levels in the atmosphere."

Air temperatures rose, and ocean water temperatures in some areas may have topped 100 degrees Fahrenheit. Few species could survive this rapid change. Terrestrial ecosystems took 10 million years to fully recover – more than a hundred times the length of time humans have been on earth.

Numerous questions remain about why some species survived and others did not. What traits did these species possess, and how might this knowledge help us understand the current threat of climate change?

One of the best places to study this late Paleozoic extinction is in Antarctica, where fossils can be found near the surface. The frozen continent is a difficult place to undertake fieldwork. During the end of the Paleozoic and beginning of the Mesozoic, Antarctica was conjoined with the other southern continents

as part of Gondwanaland. The area was covered with forests, swamps, and other lush, productive communities.

From December 2017 through January 2018, Dr. Sidor led an expedition of paleontologists and geologists to explore Fremouw Formation, a rock outcropping that's about halfway between the coast of Antarctica and the South Pole. The team, supported by the National Science Foundation, included scientists from the Burke Museum and members from four other institutions. The group spent 45 days at the Shackleton Glacier Camp, and when weather permitted, did daily excursions by helicopter to prospective fossil beds.

Each day the paleontologists scoured the rock outcrops. When a fossil was discovered, they started an excavation, digging out the specimen using power saws, drills, and small hand tools. Then the sample would be wrapped in plaster, a job that required scientists to literally get their hands wet. The team collected hundreds of new discoveries, bringing back more than 5,000 pounds to the Burke Museum where each fossil will be carefully dissected from the surrounding rock.

Their discoveries included fossil bones, tracks, burrows, and plant impressions, including small salamander-like amphibians and early reptiles. An ancestor of mammals, *Lystrosaurus*, was one of their many discoveries. This pig-sized animal remained relatively abundant during this transition period. A graduate student at the Burke, Megan Whitney, is studying this species to see if we can better understand how this animal survived and what adaptations allowed it to endure the long dark winters in the southern polar region.

Join Dr. Christian Sidor on Wednesday, February 13 for a visual trip to Antarctica and a chance to explore Dr. Sidor's quest to understand the paleobiogeography of our planet. ▲▲



Pigeon Guillemots performing a mating dance; occupying a burrow. Photos by Govinda Rosling.



April and May, they begin to form pair bonds and check out nesting locations. About 1,000 individual birds use the in-shore waters around Whidbey each year to nest, and about half those occupy 24 active colonies. Older males come back first and defend the best sites.

"Courtship is amazing to watch," Govinda said, "A male and female will come together, touch bills, and shuffle around each other, almost like a dance." They lay their eggs in the back of burrows dug into the cliffs or at the old dock in Langley. Birds will reuse holes from previous years; otherwise, the male must excavate a cavity.

"Our volunteers visit each colony once a week from early June through the end of the breeding season. They record the total number of guillemots in the colony, the number of active burrows, and any evidence of young. Guillemots returning to feed young carry the prey in their bills. This allows our researchers to record the kinds of prey and numbers." Understanding what kinds of fish each colony depends upon is critical information when approaching conservation initiatives for a healthy marine environment.

"Our volunteers commit a major chunk of time to these birds and, therefore, become incredible spokespeople," Govinda said. This cadre has raised the awareness of these birds, the importance of managing sea bluffs and offshore waters all through Whidbey Island. Through their outreach, this bird has become a mascot for the island. The bright red feet and black bodies of guillemots make them highly charismatic. The scientific data are given to various state and federal agencies. Long-term studies like this one provide concrete scientific data on how a species is responding to our changing environment. ▲▲

Pigeon Guillemots: Indicating the Health of the Salish Sea

By Thomas Bancroft, Mountaineers Naturalist Committee

The black bird flew around the dock, showing long, white patches on its wings, and dropped its fire-engine red feet to land on the water with hardly a splash. The pigeon guillemot then looked both directions before diving. Its stubby wings flapped gently under the water as it headed to the shallow bottom in search of food. I caught glimpses of other guillemots coming and going while standing on the dock in Langley on Whidbey Island - some were nesting and may have had nestlings to feed - but the one below me disappeared entirely into the depths.

Pigeon guillemots are related to puffins, in the Alcidae family, and they are endemic to the North Pacific. About a quarter million live along the coast from Northern California through Alaska and across into Siberia. They nest in burrows on sea cliffs, in rocky cavities, under piers, and on offshore islands. Guillemots feed almost entirely on benthic (bottom feeding) fish, catching gunnels, sculpins, perch, cod, and sand lance. These birds are an important indicator species for the health of the Puget Sound. They are one of a few seabirds that breed and remain here through winter.

Govinda Rosling is a photographer who volunteers with a citizen-science project around Whidbey Island. Dedicated to the research, education, and protection of the Pigeon Guillemot, this project was started by the Guillemot Research Group. Govinda became involved in 2010, and now helps coordinate annual work and document guillemot behavior through photography. "Each year, we have about 60 volunteers and a paid intern working on our study," she said.

Guillemots spend the fall and winter offshore, feeding alone or in small groups. In late



Youth Programs began in 2011. Staff-supported and volunteer-led, our array of youth programs are vibrant and growing, giving lifelong memories to kids across the Puget Sound.

YOUTH EXPERIENCES


2,800
youth


9,000
experiences

YOUTH HELPING YOUTH


36
youth
volunteers


326
experiences


15
counselors
in-training (CITs)

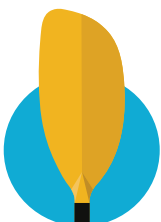

1,100+
volunteer hours

VOLUNTEER-LED

200
volunteers
6,183
program hours

874
program days

That's **2.5** volunteers each day giving **\$153,000** in-kind hours donated



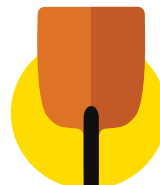
Kayak



Climb



Navigation



Igloo Building



Camp



Rainier Summit



First Aid



Snowshoe



Ski



Hike



Backpack

PROGRAMS

CLUBS

Year-Round

Pioneers

7-9 years old
Seattle

Explorers

10-13 years old
Olympia, Seattle, Tacoma

*supported by volunteers,
parents, staff, family, and friends
to safely learn and explore.

Mountaineers Adventure Club (MAC)

14-18 years old
Seattle, Tacoma

- Learn outdoor skills
- Explore wild places
- Build community
- Gain lifelong friendships

CAMPS

Year-Round | Ages 6-12

- Week-long day camp; Kitsap, Olympia, Seattle, Tacoma
- Multi-day sleep away adventures; Mt. Baker & Mt. Rainier

FAMILY PROGRAMS

Ages 2+

- Single activities for parents and kids
- Interactive Learning at the "Hands on Children's Museum" in Olympia
- Explore greater Seattle area with other families in Mini Mountaineers (aged 2-5)

MOUNTAIN WORKSHOPS

Partnerships with local youth-serving organizations
Ages 6+

- 50% of participating youth on Mountaineers scholarship
- Majority from traditionally marginalized communities
- Single or multi-day experiences to develop lifelong skills
 - Trust
 - Communication
 - Perseverance
 - Systems management
 - Confidence
 - Grit

Learn More!

Visit www.mountaineers.org/youth

Why you should volunteer with youth:

"On the summer trip in Squamish I had an incredible day with Jeff Hunt. We climbed Skywalker and did a few single pitch routes near the bottom. He was really fun to climb with and had really good advice about my gear placements. Overall, it was the best day of climbing I have ever had." -MAC Member

"A few years ago, Loni Uchytel was the leader for a climb we did up the Chief in Squamish. She and I were the only women in the group, and it was really empowering for me to be climbing at the front of the party with her. She's strong, confident, and doesn't stand for any nonsense on a climb. It was so great to experience my first climb of that scale with someone who is such an amazing role model for me. I look up to her very much to this day!" -MAC Member

"It's just really awesome to see the skills these kids already have, it's a blast to spend the day with them." -Youth Volunteer

Volunteer!

Youth experiences only happen because of our amazing volunteer leaders. Every Mountaineers program benefits from the unique experience each volunteer brings to the process, and our youth programs are no exception. We need you to help support the future of these programs!

To volunteer, visit www.mountaineers.org/youth/volunteer-with-youth. Note: all interested volunteers need a Qualified Youth Leader badge. For more information or specific questions about our youth programs, email andyb@mountaineers.org.

Alpine Ambassadors: Professional Training to Grow Our Programs

By Kyle Breakey, Mountaineers climb leader

Alpine Ambassadors hone their ice climbing skills in Canmore, Canada. Credit: IanLauder.com.

In mid-2016, The Mountaineers Board of Directors voted to allocate funds to begin an initiative called Progressive Climbing Education (PCE). The goal was to dedicate resources to advance the goals and initiatives of our passionate volunteers. Done well, these strategic investments will make our suite of volunteer-led climbing programs more fun for volunteers to run, more attractive to new climbers (especially those coming out of the gym), more enticing to prospective volunteers, and more comprehensive to include advanced courses and clinics for our highly-skilled leaders and students.

The Alpine Ambassadors program is one piece of the organization-wide PCE initiative. Through a series of structured, educational field trips with support from peers, volunteers, and professional guides, the Alpine Ambassadors program will help emerging and current leaders develop skills to benefit the greater Mountaineers community. This group, comprised of leaders from all branches with climbing programs, will soon be seeking applicants for the next trip. If you're a volunteer who is excited about advancing your skills and promoting the spirit of mentorship in The Mountaineers, we encourage you to apply. We strongly encourage women, people of color, and LGBTQ climbers to apply. Learn more at www.mountaineers.org/pceblog.

- Becca Polglase, Education Director

I'd always been taught that the first two rules of ice climbing on lead are 1) don't fall and 2) don't fall. These days I still hope to follow those rules 100% of the time, but now I have many more risk-mitigating tools in my bag. Take, for example, belaying off a direct anchor rather than your harness: in some situations this technique can improve your safety system. This is one of many tools I picked up through a new Mountaineers program called Alpine Ambassadors.

Championed by world-renowned alpinist, Mountaineers Books author, and Mountaineers Board Member Steve Swenson, Alpine Ambassadors was launched in 2018 as a way to provide continuing education for experienced Mountaineers leaders. For the program's inaugural journey, The Mountaineers invited volunteer leaders to apply for an ice climbing skills development trip in Canmore, Alberta.

I was thrilled to be one of the 18 Mountaineers selected.

In Canmore, I began realizing how much I had to learn. After top roping up a WI-5 route (considered a difficult climb on seasonal water ice), I came down feeling solid. Thanks to the mentorship I'd been getting all week, my technique and pump management was fine. For practice on the way up, I paused to mime placing gear. However, when I started explaining to my instructor how and where I would have placed protection, I learned that my assessment of the quality of ice was appallingly bad. What I thought was decent ice was actually WI-5 R/X - a poorly frozen pillar on which a fall would be extremely dangerous.

This was especially surprising because I'd spent the previous day on good ice under the tutelage of legendary climber Jim Elzinga. To me, the ice felt the same on both days, and it blew my mind to realize how difficult it can be to judge variable ice quality. One day you're dancing up a thin pillar, and the next you're climbing near your limit and unknowingly placing protection in awful ice. Mentorship is humbling and powerful, and provides an invaluable learning experience.

A new path to progression

As an active and motivated member of The Mountaineers for several years, it wasn't long before I ran out of climbing programs that would push my personal progression. The programs offered by The Mountaineers are great, but once you complete the Intermediate Climbing Course and have a baseline skill proficiency, the mentee or student role traditionally shifts to that of mentor.

As a result, if you want to grow and develop your personal climbing skills, you have to drive that process yourself. All too often this means members either stagnate or look outside the organization for new partners and challenges, leading to a noticeable dilution of skilled volunteers and leaders running our programs. The Alpine Ambassadors program seeks to address all of these hurdles within our organization's climbing programs.

To be selected for the Canmore trip, applicants needed to demonstrate an impressive history of volunteerism, a solid foundation of mountaineering skills, and a strong potential for continued leadership.

In Canmore, The Mountaineers hired certified guides and recruited highly skilled volunteers to take us out in small groups each day. The goal of the trip was twofold: to help us improve as Mountaineers leaders and help us achieve our personal goals. Over the course of a week, we developed more efficient movement in steep terrain, became more proficient at judging ice quality and finding adequate protection, and learned the best practices for managing ropes, anchors, and transitions at belays in multi-pitch environments. Furthermore, the program directors organized evening programs, gatherings, and meetings to outline goals, keep the psych high, and introduce us to bigger and better adventures available as a result of our training.

To Squamish and beyond

For the second phase of the program, new and returning Alpine Ambassadors headed to Squamish, British Columbia in August 2018. This excursion focused on developing the high-level rock climbing skills of Mountaineers leaders. Squamish is a world-class climbing destination, and once again the mentorship opportunities exceeded expectations.

Similar to the Canmore trip, we honed our techniques, allowing us to climb more efficiently, smoothly, and safely. The week's clinics were geared toward improving existing Mountaineers programs and courses with respect to curriculum, and we learned methods for teaching material to match various learning styles. We also learned about managing group dynamics in various situations.

At the end of each day, we debriefed in camp below the powerful presence of a huge granite dome called The Chief. Our meetings gave us an outlet to stay organized and review each participant's goals for the trip. They also allowed us to form new cross-branch connections, friendships, and belaytionships.

After Squamish, nearly everyone raved about bumping up their lead climbing comfort zone by at least one grade. The same was true for Canmore. On both trips, it was a tremendous honor to climb with and learn from so many prolific first ascensionists, high altitude expedition gurus, and humble recipients of the exceptional Piolet d'Or award. The mentorship was top-notch, the comradery created across branches was great, and the ice and rock were incredible! And all of this came from an opportunity generously provided by The Mountaineers.

Looking ahead

Personally, I am really looking forward to building lasting climbing partnerships, climbing cool but less frequented areas, and breaking through my current skills ceiling. It's a joy to be part of and give back to an organization that funds initiatives to protect and maintain public lands, provides scholarship programs for underprivileged youth, centralizes community gatherings at fantastic program centers and climbing destinations, maintains one of the largest nonprofit publishers for mountaineering literature (Mountaineers Books), offers generous incident guidance and support for sanctioned activities, pursues quality training for maintaining best practices, and now executes a strategic vision to offer growth opportunities for volunteers through programs like Alpine Ambassadors.



An Alpine Ambassador climbing in Canmore.
Credit: IanLauder.com.

I feel incredibly lucky to be an Alpine Ambassador, and I'm excited to see what new programs and climbs are offered through The Mountaineers as a result of our new wave of volunteer leaders. The proverbial next generation of alpinists will be in better hands to take over the reins and lead the club in a positive direction for years to come.

I'd also like to see this program broaden the horizons of Mountaineers climbs, especially more challenging routes. There is so much potential for exploration and development here in the Western United States and Canada. I hope this network of Alpine Ambassadors connects me with partners or crews for forays into new local zones – and maybe even an international trip to Baffin Island, Patagonia, or the Trango Towers. Alpine Ambassadors inspires me to continue down the path of progression, both as a mentor and as a mentee. ▲▲



Matt at PorterCamp. Photo courtesy of Matt Ray.

Building a Culture of Philanthropy: One Pie at a Time

By Brianne Vanderlinden, Assistant Director of Development

For Mountaineers member Matt Ray, the most transformational experiences of his life happened at a summer camp in the backwoods of Wisconsin. Part traditional sports camp and part old-fashioned sleepaway camp, PorterCamp offers a safe space for campers and staff to build a better understanding of who they are, while learning to develop healthy relationships and having a lot of fun in the process. Matt attended as a boy, and has since committed over half of his life volunteering to ensure today's young campers experience the same magic he did more than three decades ago.

Matt's eyes light up as he talks about the metamorphosis he witnesses in the campers each year. From the moment parents drop off their kids – who are anxious about a cellphone-free week – to the final campfire where

kids release their fears and embrace their new environment, Matt is there, orchestrating it all as the volunteer Camp Director.

When I ask Matt what makes PorterCamp so unique, he talks about the importance of authentic experiences in a natural setting. That's why PorterCamp is primarily outdoors, a great setting for teaching life skills like making good decisions and taking responsibility for your choices. Through it all, campers build life-long memories in dew-dropped, foggy mornings with lungs full of fresh, Midwestern air. Here, in moments of stillness, campers come to understand what it feels like to truly disconnect from the stresses of everyday life.

PorterCamp holds such a special place in Matt's heart that he named his best friend, hiking companion, and wonder dog after the camp: Porter. Those of us at The Mountaineers Program Center are often greeted by Porter's friendly smile as he meanders the office seeking pets from staff on our bring-your-dog-to-work days. (Matt is good friends with our Membership and Communications Director Kristina Ciari, who he lovingly refers to as his "dog nanny.") Porter just turned 15, but he still manages to make it to all of his meetings on time.

Matt was first introduced to The Mountaineers through a friend. After learning more about the work of our volunteer educators and the impact of our youth programs, he has become one of our organization's top donors. Matt is unique in his advocacy and philanthropic leadership. Within the first year of membership, he joined as a Peak Society member (our giving society recognizing those who donate over \$1,000 annually) and purchased a table at our annual Mountaineers Gala. Each year since, Matt has continued to support the Gala by bringing new friends and bidding on auction items, inspiring first-time donors along the way.

Transforming lives through philanthropy

As Vice President of Infrastructure Engineering, Matt's job is to think outside the box, and through his personal approach to philanthropy, he encourages others to be the best version of themselves. He challenges those around him with the question: how are you giving back?

It's easy to see the talent and leadership skills Matt possesses. His approach is all about making the giving process easy and fun. It seems serendipitous that he would end up at Salesforce, a company well known for their unique workplace culture, commitment to philanthropy,



Matt's dog Porter is all smiles. Photo courtesy of Matt Ray.

and matching donation campaigns. For The Mountaineers, matching donations generate over \$130,000 in philanthropic revenue annually. This includes matching membership dues, volunteer hours, and outright donations. By submitting their contribution for a match, donors and volunteers provide over a thousand youth and adults with scholarships to explore and connect with our wild places. These gifts are life changing.

Linking philanthropy to the workplace helps employees feel more connected to their community. Employer matching is making a notable difference with charities across the nation, contributing an estimated \$4.8 billion to U.S. nonprofits each year. In 2017, Salesforce climbed to #1 on the "100 Best Companies" list by Fortune, citing strong encouragement of employee philanthropy and a commitment to creating a rewarding work environment, with 56 paid hours each year for employees to volunteer. The culture is elevated through workplace events designed to build camaraderie between colleagues and offer easy ways to give back to the community.

Employees from companies that support philanthropic giving perform better too. Finding meaning in our work is a priority for today's workforce, and companies that connect with employees on social issues and community impact drastically improve their ability to attract and retain talent. It's a cultural shift worth paying attention to, and Matt embodies it well: make it personal, make it enjoyable, and don't squander your employee benefits if you're fortunate to have them.

Giving is rewarding... and fun!

A nonprofit's effectiveness exponentially increases with advocates like Matt. "It's all about gamifying the experience," he says. Matt has many examples where he turned a personal challenge into something fun, ultimately raising hundreds of thousands of dollars for charities, while helping people understand the real difference their support makes in a community.

An exceptional example of this is Pi Day, an event where

Salesforce executives volunteer to receive an actual pie to the face, with all proceeds benefiting the nonprofit of their choice. Matt embraced the unique fundraising opportunity and took it a step further, upping the ante for his coworkers and offering to match every bid raised. As a result, Matt was covered in key lime pie and The Mountaineers received \$6,000 to support our members and volunteers - and it all started with a \$1,500 bid from a group of his employees (they drew straws to decide who actually got to 'pie' Matt). Matt matched the \$1,500, and Salesforce matched the combined total.

Salesforce is not the only example of a strong workplace giving culture. The Mountaineers also receive philanthropic support from Adobe, The Bill & Melinda Gates Foundation, Boeing, Expedia, Google, Microsoft, Nike, Nordstrom, Starbucks, Tableau, and others. Many workplace giving programs make it easy to donate through payroll deduction, dollar-for-dollar matching gifts, and grants to employees who use their "volunteer time off." As an organization relying primarily on volunteer expertise to deliver on our mission, The Mountaineers receives twice the impact when employees take advantage of their volunteer benefits.

"I think we can all agree that there are enough programs that just need a little bit to get things done, and \$1,000 can change a program," Matt says. Just as climbing a mountain starts with one small step, building a culture of philanthropy starts with a single gift.

For one week every summer, Matt takes full advantage of his volunteer time off and heads to CampPorter. When he puts on his hat, boots, and sunglasses - his "camp uniform" - Matt shifts from the responsible, busy executive to the forever-young counselor. Through his campers, Matt reconnects to his personal transformation long ago.

Matt supports PorterCamp and The Mountaineers because he knows the outdoor experience has the power to change lives for the better. He wants future adventurers to experience the same profound transformation he did. This spirit of paying it forward - embodied by our donors and volunteers - makes The Mountaineers' mission possible. ▲▲

Double Your Impact

Many companies sponsor workplace giving programs to support their employees' charitable donations and volunteer commitment to the community. To find out if your company matches, contact your HR department. If you have any questions about matching gifts or would like to serve as a Workplace Ambassador for your company's matching gift program, please email development@mountaineers.org. We'd love to have your support!

A HIDDEN WINTER GEM

Going Hut-to-Hut in Western Washington

By Ashli Blow, Basic Cross-Country Skiing Graduate

I'm not going to sugarcoat this for you. It's a hard trek during winter. My best friend and I took on the challenge last spring, breaking trail for a full mile through fresh powder with heavy backpacks. We felt breathless as we snowshoed four miles to one of the highest points in Tahoma State Forest. But with every crunch beneath our snowshoes – and between the sounds of our groans – the top of Mount Rainier became more and more visible.

When the trail finally flattened, we were surrounded by 360-degree views. Despite our exhaustion, smiles crept into the corners of our mouths growing broadly until we were gaping at the mountain. Even better, we were now standing in front of High Hut, a hidden gem offering guests a comfortable place to rest – and revel – during Washington's dark winters.

We went inside, slung our backpacks onto bunkbeds, and put on dry socks to relax in awe of Mount Rainier's full majesty stretching before us.

Building a hut system

On a winter day in 1989, Bob Brown's mind was wandering as he explored Mount Rainier's Paradise area during a backcountry ski. A Washington State Department of Natural Resources (DNR) forest manager, Bob had recently read about hut-to-hut skiing trail systems. European-inspired, hut-based backcountry skiing took off in America nearly a century before his trip that day, and while hut systems were available in Eastern Washington, none had been built on the western side of the Cascades. Not yet that is.

"I thought, gee, [a hut system] would be sort of neat [in Western Washington]. And then I thought, gee, all the roads – on both the DNR land and private timber company land, and even some forest service land – are all snow covered in the winter. So there's ready-made trail. And you have landings, which are cleared areas, where you can build huts on and they would have views."

Bob called a meeting between DNR, Washington State Parks, and the Forest Service about opening a new hut-to-hut skiing trail in the Tahoma State Forests. They sent out 1,500 questionnaires to measure public interest. Only two people didn't like the idea.

The group established Mount Tahoma Trail Association (MTTA) in 1989 as a nonprofit and started fundraising. The state gave \$160,000 – money pitched by a state senator who later said the funds were the best he's ever allocated because of how well they were used. Other contributions came from grassroots fundraising efforts and in-kind work-hours by volunteers.

By fall, MTTA was working on building the High Hut. Its completion in 1990 was followed by Snow Bowl Hut, Copper Creek Hut, and The Yurt in 1991. For three decades, volunteers donated more than 4,000 hours every year to operate and maintain the huts and trails, doing everything from work parties to weekend ski patrols. This allows MTTA to be a 100% volunteer-run organization, which means every penny donated or raised goes directly back into operating the facilities.

"If you come up with a good idea, then there's a chance it might turn into something. But the [credit goes to] all the talented people who get excited about this thing and pour their heart and soul into it and make it work," Bob said.

'Ready-made' trails in our working forests

When you ski or snowshoe from the lower sno-park near Ashford, it's not long before a sign welcomes you into the heart of a working forest. As part of Washington's three million acres of federally-granted state trust lands, Tahoma State Forests are managed by the Washington DNR and are legally obligated to provide an array of benefits to Washington residents. Priority is placed on perpetually generating revenue to support public institutions, like funding construction of schools, namely through timber harvests.



Snowshoers travel through the Mount Tahoma Hut-to-Hut Trail System. Credit: Ed Book Photo.



Planning a visit? What to know:

HUT AMENITIES: Each hut provides a stovetop, pots to melt snow for water, bunk beds, kitchen essentials, a fireplace, and an outside bathroom.

WHAT TO BRING: Bring the Ten Essentials! Don't forget your Discover Pass and sno-park permit.

ETIQUETTE: Snowshoers should stay to the side to preserve the groomed trails for skiers. You may be sharing the huts with other groups, so be respectful and practice Leave No Trace principles.

RESERVATIONS: The huts are free to use from 7am-7pm. An annual gala is held every November, which includes a lottery for first-round reservations. Beginning in late-November, the website opens all remaining spots for reservation. The huts are always full on weekends, but weekdays often have openings, and you can check back regularly for weekend cancellations. For more information, visit skimtta.org.

HIGH HUT

Elevation: 4,760 feet
Gain: 2,400 feet
Miles to hut: 4
Sleeping capacity: 8 people

SNOW BOWL

Elevation: 4,250 feet
Gain: 2,000 feet
Miles to hut: 4
Sleeping capacity: 14 people

COPPER CREEK

Elevation: 4,200 feet
Gain: 2,400 feet
Miles: 4
Sleeping capacity: 14 people
Only accessible in winter to respect conservation efforts.

THE YURT

Elevation: 4,100 feet
Gain: 1,740 feet
Miles: 6.5
Sleeping capacity: 6 people

The trail system features stunning views of Mount Rainier. Credit: Ed Book Photo.

Timber harvesting techniques have come a long way over the last century, which had previously left this land nearly barren. DNR and partnering conservation groups have worked together to revitalize the area, returning it to a resilient, productive working forest to sustain healthy and diverse habitats.

"When Snow Bowl Hut was built, there was a big open clear cut in front of it, and people would ski in that clear cut...and you can't ski in the clear cut anymore," Bob said. "And the reason you can't ski in that clear cut is because there's too many trees."

When the season turns to winter, logging truck roads go dormant in the snow. Utilizing these existing roads for recreation preserves nearby conservation areas while also offering a backcountry experience. The trail system also evolves and changes with timber production and forest growth. That's why the trails fluctuate between 50 and 75 miles of terrain from season to season.

"I'm proud that my agency and our partners are able to manage the public's lands in ways that protect our natural resources, provide millions of dollars for public services,

and give us some of the most beautiful areas to explore," said Commissioner of Public Lands Hilary Franz, a skier who manages DNR. "The Tahoma State Forests are a great example of what our working forests can do for us, from timber harvests to recreational opportunities."

Accessible and affordable

More than 100,000 people have stayed overnight at the huts since their inception in the 1990s, not counting the thousands of day users who've skied through the forest. But many still consider this trail system to be among Western Washington's best kept secrets. Most people find out about it through word of mouth and the MTTA Communications Director was no exception. Like many of the organization's 90 volunteers, Heath Jones was inspired by his first trip up to the huts to give back. He volunteered on ski patrol for several years, and now focuses on creating awareness and accessibility for both summer and winter users.

"Making it accessible is important, and making it fun for all ages, whether playing board games or having bachelor or bachelorette parties or things like that ...

getting more people to understand what the huts are capable of... I think is a huge," Heath said.

For MTTA, accessibility means providing ongoing improvements to enhance experiences for all skill levels, and that includes adding to the trail system. As the forests and trails evolve, so do the huts. For example: once powered by screw-on propane bottles, the huts now run on solar.

These upgrades, intersecting with convenience and safety, are met with respect by the users who practice Leave No Trace principles.

"People come up and take a sense of pride in it," Jones said. "They keep it pretty clean, refill water, sweep up, and leave it for the next people, which is important because they're all public use. From what I've seen people are pretty respectful of the property and the ability to go up and enjoy the view."

MTTA doesn't charge day users a fee. But because the hut system runs on state lands, users must have a Discover Pass and Sno-Park Permit. For overnights, it's a \$15 charge per person. Bob and Heath both agree that what really sets these huts apart from others in the United States is they are relatively affordable for everyone.

A community gathering place

Gliding from 4,700-feet overlooking the hilly, snow-dusted treeline of Nisqually Valley gave Rachel Sadri – a Mountaineers ski instructor who's skied for 13 years – some of the best powder she's ever seen. "It's the best place you can be. It's just gorgeous."

And that wasn't even the best part.

"Skiing down, when the snow is good, is fantastic, but I do think hanging out with friends and being able to enjoy each other's company, playing cards, relaxing, and exploring... that's probably my favorite."

Rachel isn't alone in her love for the huts. My first trip would not be my last, and I'm willing to bet you'll feel the same way while exploring this recreational gem 30-years in the making. So let this be my word-of-mouth to Mountaineer readers: go there. Mt. Rainier is waiting, and remember to bring an extra pair of socks. ▲▲



TOP 10 MOUNTAINEERS OF INSTAGRAM

Inspiration for 2019

By The Mountaineers Editorial Team



Photo by Sarina Clark.

Mountaineers seem to be in constant motion: skiing, hiking, climbing, paddling, scrambling, and exploring. Yet moments of stillness can bring equal restoration to our restless souls. Capturing all of these moments in wild places is a legacy many adventurers share, and today it's easier than ever to bring others along on our trips through social media. Instagram is an incredible place to find inspiration, meet new people, and connect with the world around us.

The core of our organization is an incredible community of outdoor advocates, volunteers, and adventurers. Since its inception in November 2014, our Mountaineers Instagram (@mountaineersorg) has become a new place for our community to coalesce and collaborate. In that time over 74,000 photos have been tagged with The Mountaineers hashtag #OurPNW, putting on display the natural splendor of the Northwest and the incredible energy and enthusiasm of those who inhabit it. We are grateful to have this opportunity to share in your expeditions, big and small.

To celebrate our community, we chose our favorite inspirational Mounties for 2019. We encourage you to follow their adventures - not only are they engaging, passionate Mountaineers, they take some pretty stunning pictures too.

On the Cover

Sarina Clark: @sarina.clark

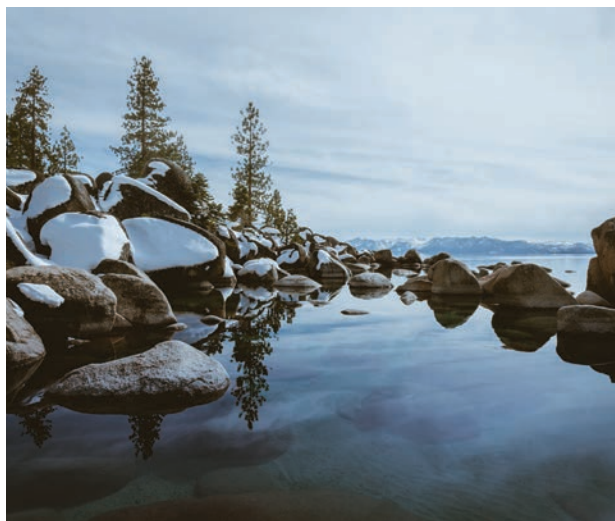
Sarina joined The Mountaineers in October of 2017 and is already a graduate of our Wilderness First Aid and Basic Navigation courses. "When I joined The Mountaineers, I gained the confidence to lead my own adventures, and that has been truly priceless. The photo featured is of me snowshoeing in fresh snow near Source Lake - a pure joy after a day outside with friends. The mountains stir something deep in my soul and make me feel alive like nothing else. My hope is that this translates in my photos so that others may feel the joy of the mountains too.

Being on the cover is a meaningful experience for me. It shows that we value representation. Representation of someone that doesn't always fit the 'outdoor person' narrative. Representation of someone who has depression and anxiety, fear and doubt, always questioning if she belongs in this space and community. It means validation that we all belong and that there is more than enough space for all of us to enjoy the outdoors. I hope other women can look at me and be inspired, and feel that they too have validation to go outside and pursue the activities they love."

Practice Leave No Trace. Social media can help us share knowledge and resources, but can also lead to overcrowding, damaging trails and delicate ecological areas. Keep LNT tips in mind as you share your adventures on Instagram and elsewhere.

Ananth Manaim: @ananth_manaim

Ananth grew up in Chennai, India, moving to the US in November of 2016 and joining The Mountaineers just two months later. With the infamous 'Seattle freeze' as a looming threat, Ananth thought The Mountaineers would be his home in Seattle, and "it truly came to be one... I grew up with the lessons to 'always give what you have to others who don't have' and 'always show things which others can't afford to see'. These words inspire me to give back, so I became a hike and scramble leader in 2018 and have led over 15 trips!" Ananth has been on 69 Mountaineers trips so far and completed over 100 ascents without a car in his first year in Seattle. Read more about Ananth on his 10 Essential Questions profile at mountaineers.org/ananth.



Lucas Wyman: @lucas.wyman

Lucas grew up in the Pacific Northwest, developing a passion for hiking, backpacking, and backcountry snowboarding from a young age. After a lapse in outdoor adventures, Lucas decided to dive back in through The Mountaineers. "Photography has allowed me to capture the amazing moments that occur so quickly during outdoor pursuits. After a hiatus from these activities, I decided to once again become more involved and joined The Mountaineers in October 2017. Since then I have been actively learning as much as possible so that I can give back to this wonderful community." Lucas has another adventure coming up: he recently proposed at Colchuck Lake - check out his Instagram to see this photo and more from his outdoor pursuits.

Madeline Mundt: @leavingsealevel

Madeline joined The Mountaineers in 2016 upon moving home to Seattle from Switzerland. She's since taken Basic Snowshoeing and Introduction to the Natural World courses. "On our first INW field trip, our leader Gordie told me I would discover 'a different way to hike', and he was right... learning about nature on the trail has changed how I see the world around me. As a Queer woman and also as someone who benefits from a lot of privilege in other ways on the trail, the movement for diversity, equity, and inclusion in outdoor recreation is really important to me. I'm excited to see how The Mountaineers contribute to these efforts going forward, and I am excited to be participating in the new Inclusion Committee."



Tip #1: Limit Geo-Tagging. Tagging locations (or geo-tagging) can result in increased traffic to areas that are delicate and unable to sustain large numbers of people. Limit your geo tagging to large regions, if at all.



"The first fall of snow is not only an event, it is a magical event. You go to bed in one kind of a world and wake up in another quite different, and if this is not enchantment then where is it to be found?"

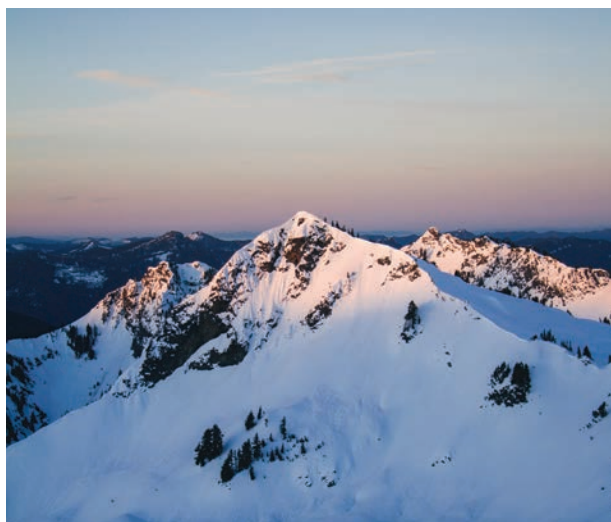
John. B. Priestly



Snowshoeing in the Mount Baker area with Table Mountain in the background. Photo by Sarina Clark.

Spencer Kirk: @spencer.kirk

Spencer is a student at The Evergreen State College, studying ecological economics and land use planning. He is a part of our Tacoma branch, graduating from the Basic Climbing Course last year. He grew up in the outdoors, spending much of his youth backpacking the Olympics, the Wonderland Trail, and sections of the Pacific Crest Trail. "Somewhere along the way I started carrying a camera and simply never stopped. At first I focused on landscapes, but as time has gone by I've fallen in love with creating images which meld the grandeur of alpine spaces with the people who occupy them."

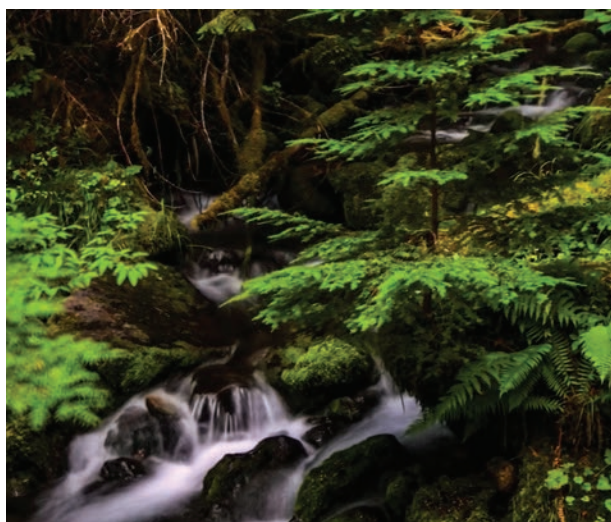


Stephanie Moe: @gratefulginger

Stephanie spends her time adventuring across the Pacific Northwest and organizing treks to Nepal to raise money for children with disabilities. "Nature is my happy place where I find peace and am continually overwhelmed with gratitude. Whether it's a simple walk at sunrise, climbing a mountain peak, jumping in an icy alpine lake, or snowboarding a black diamond descent, I've got a giant smile and am feeling incredibly thankful for the beauty we have around us. Life doesn't have to be complicated. I truly believe the more you learn to lean into simplicity and gratitude, the happier and more fulfilled your life becomes."

Christian Fuchs: @fuchsmedia

Christian moved to the Pacific Northwest from Washington D.C. in 2017. Though he was raised in Florida on sunshine and warm beaches, Christian has embraced the mountains since moving. "I hike several times a month, and I joined The Mountaineers to learn more about the mountains and how to explore the trails safely. I've taken part in several photo committee outings at Mount Baker, and I really enjoyed the Intro to Map & Compass course. I'm looking forward to learning more about navigation so I can get into the backcountry. There's so much to see. It's great having hundreds of trails of adventure."



Tip #2: Practice LNT in Your Photos. You value Leave No Trace principles - so be sure to reflect that in your photography. Clean campsites, packed trash, and avoiding delicate or off-limits areas all help to reinforce responsible habits in our outdoors community. Bonus points if you post pictures of stewardship activities!

Sam Ortiz: @samortizphoto

Sam has been a member of the Tacoma branch since 2016. She is a graduate of no less than six of our courses and loves climbing, backpacking, and hiking. "I grew up admiring climbers at the Red River Gorge in Kentucky, and never considered I might be able to do that myself one day - as a plus-size Hispanic woman, I rarely saw any role models who I could look up to. The Mountaineers has given me the training and skills I needed to join others on tall red walls and glaciers. Through my photography, I'm trying to be the role model that my younger self always wanted and needed." To learn more about Sam and her path to the outdoors, read her article on overcoming imposter syndrome at www.mountaineers.org/imposter-syndrome.



Chi Tran: @chi_tran823

Chi is an avid outdoor enthusiast, but that wasn't always the case. She grew up in Philly, and only after arriving in Seattle in 2007 did she begin to explore the outdoors. Her first hike was to Mason Lake, a two-hour hike that left her so tired she napped on a boulder once she arrived. Over the past decade she has gotten into every activity she could - skiing, backpacking, trail running, and rock and ice climbing. "Through the Mountaineers community I have met and continue to meet people I consider close friends and climbing partners for many years to come. Whether it is skiing in Revelstoke, hiking in Yellowstone, ice climbing in Ouray, or rock climbing in Red Rocks, as long as I am in the mountains I am happy."

Heather Reed: @foxandthegremlin

Heather is a new Mountaineers member who joined in September 2018. She loves hiking and backpacking with her dogs, Ellie and Kato. "My love for the outdoors has always been there, but it wasn't until adopting my dogs that my appreciation for nature and all its beauty really took form. They have shown endless enthusiasm for hitting the trails no matter the weather forecast. Now I enjoy capturing their individual personalities through photography while also sharing some pretty epic views. As our comfort zone has evolved to more than day hikes, I'm looking forward to expanding my knowledge through the numerous courses offered at The Mountaineers."



Tip #3: Encourage LNT Principles in your Posts. Many of your followers may not be familiar with LNT principles. Take this opportunity to provide information on what LNT is, and why it's so important to the future of our wild places. For more information on LNT, please visit LNT.org and check out our low-impact recreation videos at mountaineers.org/low-impact-recreation.



Footprints: Hiking vs. Carbon

By Jessica Plumb, award-winning filmmaker & electric vehicle enthusiast

Jessica's daughter plays in the snow on a carbon-free trip to the mountains.
Photos courtesy of Jessica Plumb.

Our family has hiked together since our 12-year-old daughter was a newborn. I remember our daughter's first decade as a series of literal peaks and valleys, many of them in the Olympics. I can picture her chasing butterflies over Marmot Pass at age five, and searching for fairies in old growth cathedrals along the Dungeness River. When she finished first grade we backpacked into Grand Valley, then clambered up Grand Peak, a perch with majestic views into the heart of the Olympic wilderness.

Gazing out toward the snow-streaked Cameron Basin, I remember having my first real conversation about climate change with our young daughter. She pulled out her compass, and her Dad unfolded a topo map, thinking this would be a good place to practice orienteering. She lifted the compass to her eyeline, and laid it on the map, considering the nearest ridge to the Southwest. Looking from map, to compass, then back to map again, she seemed befuddled. "Is there supposed to be a glacier there?" she asked.

She was right. The Lillian Glacier is gone, now a dark slope of scree and rubble. That year she framed climate change for her age group. If the North Pole is ice, she reasoned, and driving cars creates gas that melts ice, then eventually our vehicles will send Santa's home into the sea. "If kids understood that," she insisted, "they would never get in a car to go to school". That year she began to bike to school, and she still does so to this day. When an older student launched a carbon footprint challenge as a graduating project, our family agreed to track our energy use for a month.

Doing this experiment revealed a very uncomfortable fact. Our most consumptive fossil fuel habit was also our greatest joy: heading to the mountains. We were proud of the many miles we'd hiked, snowshoed, and backpacked as a family, but we'd never stopped to consider all the miles we'd logged to trailheads, weekend after weekend. Even in a family of bike commuters, the bulk of our fossil fuel use was in transportation - as it is for many Northwest households.

“ Our most consumptive fossil fuel habit was also our greatest joy: heading to the mountains.”

Putting these numbers on paper created a conundrum for our family. Could we separate our hiking footprints from our carbon footprint? Spending time in the mountains gave us ample opportunity to see the impact of a changing climate on places we love. In just a decade, we'd witnessed unprecedented fires, disappearing glaciers, and variable snow pack. In recent years, we've hiked less in August due to smoke. Yet linking personal habits to large scale events is never easy. Most of us live in a world of compromise, even when we see changes in places we love.

Kicking carbon out of our hiking habit

Our family didn't know how to kick the fossil fuel habit. The contradiction between our energy use and our love of wild places confounded us. Could we keep exploring the mountains

without contributing to climate change? We decided to start with one goal: kicking the carbon out of our hiking habit.

I believe the urge to explore is deeply human. For centuries, people followed this impulse without fossil fuel: with wind, paddles, or on their own feet. However in contemporary American culture, the impulse to explore is entwined with the open road. Our love affair with road trips runs so deep that it has spawned an entire film genre and countless magazine covers. Meanwhile, the National Park Service has identified ground transportation by visitors as its biggest source of greenhouse gas emissions. Our family played a role in that statistic.

How many trailheads are accessible by public transportation? Too few, and I'd love to see more. One way to meet our goal was to consider an electric vehicle. At that point, all I knew about Electric Vehicles (EVs) could be summed up quickly: They don't take gas; they do take money. As an environmental filmmaker and writer, I had plenty of motivation to reduce our gas habit, but limited resources to make it happen. Was there an EV that could get to a trailhead within range of our home and our budget?

“*The inner workings were strangely simple - no combustion, no oil. The car is so quiet, we've learned to knock on drive-through windows.*”

We began to investigate. The first surprise was how affordable it is to lease an electric car - if it's a Nissan Leaf. We test drove a model with an estimated range of over 100 miles. But we wondered: What does “estimated range” really mean when driving an EV in the mountains? These cars were designed with urban commuters in mind, not outdoor enthusiasts. Our test drive was fabulous in many ways: smooth, speedy, and silent, but we made a worrisome note when we went careening up a steep hill behind the dealership. The “anticipated mileage” plunged with each curve uphill. Topography mattered.

Nonetheless, the appeal of leasing an EV began to grow on all of us. The convenience of charging at home was seductive, a seldom mentioned benefit for rural drivers. The inner workings were strangely simple - no combustion, no oil. The car is so quiet, we've learned to knock on drive-through windows.

Embracing a new normal

Two years and almost 20,000 miles after taking the plunge, we've learned how to drive a 30-kilowatt-battery car into the mountains and on road trips. We've been up Mt. St. Helens, across the Cascades, and to Bend, OR. We've made a long list of trailheads we can reach in the Olympics. It takes planning, but it doesn't take gas. We began to see that without fuel costs, oil changes, or maintenance, switching to an EV made financial sense for our family as well.

In a few years, this “early adopter” story will be irrelevant. As we've adapted our habits to our new car, EV technology has continued to improve. Nonetheless, we rarely encounter other

Charging Options & Mapping Locations

Planning a long distance EV trip is easy with apps that map charging locations, such as Plugshare. Most EVs are equipped with three levels of charging options.

Level 3: The key to long distance travel by EV is Level 3 (L3) charging, which offers rapid charging in the range of 20 minutes. Rapid charging stations come in several formats: Japanese cars such as the Leaf use CHAdeMO fast chargers, and American and European cars use CCS fast chargers. Tesla's proprietary version serves Tesla vehicles only. For long trips, it's wise to check ahead and set up an account with companies that operate L3 chargers on your route. Many stations are designed for both CHAdeMO and CCS. The West Coast Electric Highway provides L3 charging at regular intervals on major highways.

Level 2: A Nissan Leaf takes 3-4 hours to fully charge at a Level 2 (L2) station. These units are widely available in the Pacific Northwest and many (though not all) are free.

Level 1: This is the most basic charging method. Level 1 (L1) is essentially any regular electric outlet. Most EVs can charge overnight with a standard plug. A campground with an outlet, or an extension cord from a house, will do the job. The vast majority of driving can be accomplished with L1 or L2 charging options, but L3 chargers make longer road trips possible. Charging stations at all levels can be found at [plugshare.com](https://www.plugshare.com), which offers a check-in system for users, a handy way to see if a charger is working and available.

If you're considering an EV, it helps to find knowledgeable people with personal experience. We leased at Nissan in Bremerton, thanks in part to a salesperson who drove his own Leaf to ski. We also became members of our local EV club, and these growing clubs offer a wealth of information for new EV drivers.



Jumping for joy in the Olympics.

EVs at trailheads, and for that reason we offer a few practical tips for fellow hikers who want to follow in our footsteps.

“*We’ve been up Mt. St. Helens, across the Cascades, and to Bend, OR. We’ve made a long list of trailheads we can reach in the Olympics. It takes planning, but it doesn’t take gas.*”

It took a while to build confidence in our range, the barrier for many potential EV drivers. Topography, weather, and how you drive all matter. It’s a bit more like riding a horse than fueling a car - you learn to be attentive to the needs of your ride. We’ve explored the unwritten rules of range over two years.

Practical tips for EV ownership

Rule #1: If you can climb up, you can get down. Going uphill uses battery power faster, roughly 1.5 kilowatt hours per thousand feet of elevation gain. The flip side: the battery recharges downhill - very satisfying! We’ve learned to keep an eye on varied topography in the backcountry, such as steep hills on a return trip. We’ve always used topo maps on the trail; now we check them when backcountry driving as well.

Rule #2: When possible use the “eco mode,” which extends range by tamping down the car’s acceleration potential. That is, unless you’re being trailed by a Hummer or a big truck - then turn off eco mode, and floor it for fun - nothing has the pickup of an EV! In general, slower driving means higher efficiency. Our EV gets better mileage on country roads at 40-50 mph than on high speed highways.

Rule #3: Consider the weather. The Leaf is well suited for moderate Northwest weather. On a typical 50 degree day, our

Leaf clocks over 120 miles per charge, well above the list range. Range is reduced when the temperature is below freezing and during summer heatwaves; equally important, climate control uses battery power. Newer EVs are addressing temperature variation through improved technology, but we plan for it.

Rule #4: Understand charging options, and for now, plan ahead for longer trips. This is the most important lesson we learned. The infrastructure to support EVs is developing, and our region is ahead of most thanks to an agreement between Washington, Oregon, California, and British Columbia to develop the West Coast Electric Highway. Outside of the Tesla universe, which offers widespread charging for Tesla owners, EV drivers have three levels of charging options and all types of chargers are easy to find with an app called PlugShare.

Charging, rather than fueling, has transformed our experience of road trips. Public-private partnerships have established the West Coast Electric Highway, an extensive network of rapid charging stations along major roadway in British Columbia, Washington, Oregon, and California. The charging units have little in common with gas stations. We often find Level 3 chargers, which can charge our Leaf in under thirty minutes, tucked next to public buildings in town centers or close to local eateries and other attractions. We’ve gotten to know small towns we might have passed by otherwise.

Adopting solar power and other renewable sources - that can in turn power the electrification of the transportation system - is the most immediate step the greater Seattle region can take to reduce its carbon footprint. The new solar array at The Mountaineers program center is part of that puzzle. While much of the electricity used in Puget Sound is already carbon free, the bulk of that power is sourced from hydroelectricity. I’ve spent enough time filmmaking on the Elwha River to understand the steep tradeoffs inherent in hydropower; as a result our family’s next goal is to solar power our ride.

EV Trip Ideas

Many recreation areas in Washington are well served by EV infrastructure. Our family has enjoyed trips to:

The Cascades via Route Two: Getting over Stevens Pass by EV is easy, thanks to an extension of the West Coast Electric Highway on Route 2. In Sultan, the L3 charging station is across the street from the public library (which means our stop on Route 2 now involves the children’s book section, not a Shell station). Skykomish, Leavenworth, and Wenatchee all have convenient L3 rapid chargers, putting many Cascade destinations within reach, and Sleeping Lady Resort offers multiple L2 chargers at the gateway to the Enchantments.

Olympic National Park: Port Angeles now has two L3 chargers, including a free charger (plus free coffee!) at Wilder Nissan and

a charger near the ferry terminal. L3 stations are scarce off of main highways, but L2 stations are widely available. On the Olympic Peninsula, the largest solar array in Jefferson County is at Finnriver Farm and Cidery in Chimacum, a delicious stop equipped with two EV chargers. Sol Duc Hot Springs and Resort also has a L2 charger, so you can soak while your EV charges.

Opportunities to improve infrastructure: Route 20 does not offer rapid charging, although L2 charging is available at the Mazama Country Inn. Adding L3 chargers in gateway communities that serve recreation areas, such as Concrete or Newhalem on Route 20, Forks on the West Olympic Peninsula, and Glacier en route to Mt. Baker, would greatly expand the wild places accessible by EV.



Still orienteering in the Olympics, now getting there by Leaf.

Adventure transformed

We've come a long way since our daughter pricked the family conscience, forcing us to examine habits that were part of our fiber. We love spending time in the mountains, but we can't imagine going back to a combustion engine, even if it means making hard choices while infrastructure improves. In areas where rapid chargers aren't available, we've learned to explore a little closer to home, and to consider trailheads we once passed over in our headlong rush to a ridge. We still leave a carbon footprint, of course, whether it's getting on a plane to see family,

or packing a stove into alpine areas. But we've made progress on our goal.

We began this family experiment to see if we could cut carbon use from outdoor recreation. Over two years, we learned something more profound: we're building a different relationship with energy, one rooted in awareness. We worried about clipping our wings with the range limits of an EV. Instead, we discovered a newfound sense of freedom as we began to explore without gas. As we learned more about charging options, we realized that some chargers are shared by private homes, or businesses generating their own solar power. Not only were we leaving the fossil fuel industry behind - we were learning to access a renewable energy network that is more independent, for now, from major corporate providers. Tapping into this network began to change our narrative around road trips. What is freedom on the open road? Perhaps it's freedom from fossil fuel, and all of the infrastructure that supports it. ▲▲

I'm writing these final paragraphs from a campsite in the Icicle Valley. Getting to the Enchantments by Leaf is easier than hiking over Asgaard Pass, and yet we haven't spotted another EV at Icicle Valley trailheads. We hope you'll join us!

Jessica Plumb is an award-winning filmmaker and writer based on the Olympic Peninsula, best known for a feature documentary on the restoration of the Elwha River, Return of the River. Before making a home on the Olympic Peninsula in 2000, she worked in Boston and Beijing, and now lives happily in the shadow of the Olympics with her family and EV.

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Photo by Rafael Godoi.



Attendees take in the opening remarks at the standing-room only event.
Photos by Susan Fried



What Does the Future of Conservation Look Like?

By Peter Dunau, Content & Communications Manager

Lovers of wild places owe a lot to the year 1968. That fall, Congress gave us three key conservation victories: the establishment of North Cascades National Park, the Wild and Scenic Rivers Act, and the National Trails System Act.

North Cascades National Park protected more than 500,000 acres of stunning peaks, glaciers, and lakes in northern Washington. The Wild and Scenic Rivers Act created a designation that now safeguards 208 rivers spanning 12,733 miles. And the National Trails System Act provided a strategy for stewarding iconic trails like the Pacific Crest and Appalachian. Coming on the heels of the 1964 Wilderness Act, these three conservation wins capped off a movement that made the outdoor experience we know today possible.

2018 marked the 50th anniversary of these achievements and a celebration was in order. As The Mountaineers and our partners thought about the past 50 years, we began to wonder: What does the next 50 years of conservation look like? We felt like the best way to honor these milestones was to turn towards the future. The outdoors community hasn't traditionally reached out to people of color. In order to remain relevant in moving forward, we need to change the narrative around who belongs in the outdoors.

Enter "Choose Your Adventure: Trails, Rivers, and the North Cascades," an event led by the National Parks Conservation Association in partnership with The Mountaineers and a

broad mix of other organizations. This gathering, held in October, served as a bridge - embracing historic successes, while empowering people to enjoy and champion public lands for another 50 years.

A huge part of building that bridge is connecting with the rich diversity of the Pacific Northwest. "Protecting our public lands and waters must include engaging communities that have often not felt welcomed in conservation work," said Katherine Hollis, Mountaineers Director of Conservation & Advocacy. "Public lands and the experiences they provide belong to all Americans. Ensuring that more residents of the Pacific Northwest understand these places are also theirs is key to building a modern conservation movement."

Choose Your Adventure was hosted by El Centro de La Raza, a community center in Seattle's Beacon Hill neighborhood that provides educational, cultural, and social services.

"As an advocacy journalist, I've been pushing the idea of starting the paths to public lands closer to where urban people are," said Glenn Nelson, the founder of Trail Posse, a nonprofit that covers race and equity in the outdoors. "I'm delighted to have learned that the concept applies to anything related to the outdoors, even events."

Glenn kicked off the day's opening remarks. From there, the program featured films, storytelling, art, activities, and



more. Conservation legend and Mountaineers Books author Brock Evans discussed how dogged advocacy work led to the creation of North Cascades National Park. REI shared a short film called "I Am Here" about Yesenia Castro's journey from the apple orchards of Oregon's Hood River Valley to the summit of Mt. St. Helens. By the end of the day, hundreds of participants were treated to everything from Native American storytelling to a presentation about environmental equity.

The event also featured activities designed to provide people with the inspiration and tools to explore public lands. The Mountaineers' teen adventure club held a booth on the 10

Essentials, a list of survival items travelers should have in their pack. At another booth, Washington Trails Association shared hiking tips. There were even live raptors on the grounds courtesy of the West Sound Wildlife Shelter. Live music and art displays rounded out the program.

"This event embodied our organization's broader goals of becoming a more inclusive and welcoming community," said The Mountaineers CEO Tom Vogl. "Everyone has a right to experience the outdoors."

Inclusion is also essential for protecting public lands. "This event provided a space for us to celebrate how different cultures experience the outdoors," said Katherine. "Empowering everyone to feel they have a place in public lands will inspire a larger, unified constituency to come together to protect our wild places. Our land managers are underfunded. Reducing our carbon footprint must be a priority. We need as many approaches and perspectives as possible to solve these complex problems."

Glenn thinks events like Choose Your Adventure can go a long way.

"Holding this event at El Centro de la Raza was such a key move. El Centro is such an embracing place, whose art and architecture reflects every racial community," he said. "It's also located in a majority nonwhite neighborhood, which is adjacent to others like it. Those factors, plus a program with such inclusive choices, produced a crowd that was as racially and generationally diverse as any I've seen in Seattle for an outdoors event." ▲▲

THE MOUNTAINEERS

ANNUAL GALA



APRIL 13, 2019

Featuring keynote speaker Jimmy Chin. Art by Jeremy Collins.
www.mountaineers.org/gala

The Teenagers Who Summited Rainier... in Winter

By Ed Barnard, Basic Climbing Course graduate, now living in Minnesota

Scott Smetana coated in rime on the summit. Photo courtesy of Scott Smetana.



Crossing the Cowlitz Glacier. Photo courtesy of Carl Mallery.



Arriving at Sea-Tac Airport, from left, Carl Mallery, Scott Smetana, and Ed Barnard. Photo courtesy of Carl Mallery.

We thought we were in a safe spot, but before we knew it, my Dad was falling into a crevasse. Moments earlier, we had arrived back at high camp and started to unclip from the rope - the tether that allows climbers to catch one another in the event of a fall. Then, in an instant, the snow collapsed under Dad. He pulled his leg out, but was unable to gain purchase and started sliding down the slope into the void. Only one of us, a new climber named Scott, was still attached to him.

For months, we'd done our best to prepare for the unexpected. The stakes are higher on winter ascents of Rainier. Cold, storms, avalanches - all these risks are heightened. To put things in perspective, out of the 5,000 people who summit Rainier each year, only about 50-100 do so in winter. The difficulty of a winter ascent didn't deter our group of hopeful teenagers. In fact, it's why we chose it.

The year was 1977 and we were a couple of years out of high

school; young cadets enrolled in the U.S. Air Force Academy. Although only half of us had glacier experience, we set our sights on this objective because we wanted an adventure that would push us, that would force us to train hard and work together.

We wanted a challenge. But now Dad was over the edge, and the fate of our expedition was hanging on a line.

Groomed in the Olympia Mountaineers

My love and knowledge of the outdoors was born in the Olympia Mountaineers. Both my parents were members, and the club's backpacking course led to many family trips with my sister, our dog Blitz, and me.

The Olympia Mountaineers also taught my Dad and me how to climb. He enrolled in the basic climbing course, and a few years later, after I turned 16 (the minimum age requirement) I followed in his footsteps. Together we became versed in

navigation, glacier travel, crevasse rescue, and more. One highlight of the course was heading to Mount St. Helens to practice digging snow caves and surviving the night – a skill that proved essential when our tents were wiped out by a storm on the Rainier trip years later.

After completing the climbing course, Dad and I enjoyed many adventures in the backcountry, including a near-summit of Rainier and a successful summit of Mount Hood. My climbing resume was growing, and Dad was becoming quite the mountaineer, completing all of Washington's six major peaks.

The team prepares

A month after Dad and I climbed Hood in June 1975, I was flying upside down in a two-seat fighter jet above Pikes Peak, one of the highest points in the Rocky Mountains. I was enrolled in the Air Force Academy and living on campus, just north of Colorado Springs. Pikes was an hour and a half away – the new mountain in my backyard. I didn't know it then, but in 1977 Pikes would serve as our training ground for Rainier.

Pikes stands at 14,110 feet (just 300 feet short of Rainier). To test our mettle, our cohort of aspiring mountaineers decided to make an attempt in February. Our group consisted of six cadets: Steve Coucoules, Steve Hocking, Carl Mallery, Randy Nelson, Scott Smetana, and myself. Another cadet, Paul Avery, also joined us, but he couldn't make the Rainier trip.

Moving in snowshoes and hauling our tents, ropes, and glacier gear, we trudged up the mountain. It was cold. Our packs were heavy. The air was thin. We developed symptoms of high altitude sickness: headaches, nausea, light-headedness, muscle aches, general weakness. We were alone, isolated. Nonetheless, we did it. Twenty-five hours later, we were back, in one piece, with our first winter summit under our belts.

This experience taught us a lot about each other. We developed a level of trust. We saw and understood our capabilities. We came together as a team. Sure, it was hard. But we learned we were capable of embracing adversity.

We continued to train together, turning our attention to Rainier. In addition to climbing Pikes, we spent many days honing our glacier climbing skills at Stanley Canyon. For an expedition of this magnitude, we wanted an experienced leader to help us. We aimed high and asked acclaimed mountaineer Willi Unsoeld. Willi had famously pioneered a new route up Mount Everest in 1963 with Tom Hornbein. Willi, was now serving on the faculty at Evergreen State College, respectfully declined, but asked if one of his students to join us. We were delighted and welcomed student deGay Ernst to the team.

The final addition to our team was my Dad, Gene Barnard. In lieu of Willi, Dad agreed to serve as our climb leader and guide.

In March of 1977, we set off for the Pacific Northwest. Before heading for the summit, we took a final training day in the Paradise area of Mount Rainier. We used the area's steep

slopes to practice ice ax arrest, crevasse rescue, team arrest, and belay techniques.

After our training session in Paradise, we returned to town, where Willi Unsoeld and his wife dropped by to give us a sendoff for the Rainier trip. Willi regaled us with stories of his crazy climbing escapades in the Tetons.

"For me, Willi's talk is one of the most memorable aspects of the whole adventure," said Steve when I asked him about our trip years later. "Remember how he poked the tops of his tennis shoes to show how many toes he lost due to frostbite after his Everest trip?"

Up the mountain

No one was in line for climbing permits when we arrived at the Paradise Ranger Station. Something about the high winds and blowing snow meant we had the mountain all to ourselves. We were given climbing permits on the spot.

We trekked up to the "first come, first serve" shelter at Camp Muir. Once again, no one was waiting in line! In fact, the stone huts were buried in snow and it was clear no one had been up there in some time. We dug our way in as the wind howled. That night the thick stone walls vibrated around us under the force of the gusts.

The following day we stayed rooted at Camp Muir, telling ourselves the weather was too poor for routefinding. In reality, none of us wanted to step outside.

Eventually, we summoned the gumption to leave our shelter. The park ranger had told us that the "normal routes" were unclimbable. There hadn't yet been enough snow to fill in the huge, extensive crevasses on Ingraham Glacier. Since we couldn't use the popular Disappointment Cleaver-Ingraham Glacier Route, we'd have to assess the terrain and find our own way up.

With Dad leading the first rope team, we traversed steep slopes in high wind, our heavy gear trying to catch the gusts and sail us away. At last, we established our high camp on top of an ice cliff at 12,300 feet on the upper Ingraham Glacier. A harrowing night in high winds and heavy snow followed, with one tent nearly collapsing under the weight.

The next morning, our fourth day on the mountain, was a delightful improvement. We could see the top of the peak; it was so close. We reached the summit crater in clear, 4 degree weather and high winds: 14,410 feet... we did it!

Steve Coucoules celebrated by banging out 30 pushups and Scott joined with 40 jumping jacks. Our unorthodox summit party was in reference to a bet. Prior to the expedition, Steve bet Scott he could get us special dining rights at the Air Force Academy – a privilege typically reserved for our school's collegiate athletes. Scott pulled it off, and leading up to the trip we enjoyed meals that were a huge improvement over our usual, strict Academy diet. As a fun homage to our status as "college athletes," Steve and Scott enjoyed a workout session on the summit.

Continued on page 49

Reflections at Walden Pond

By Craig Romano, Mountaineers Guidebook Author

Walden Pond freezes over in winter. Photo by Craig Romano.

After a still winter night I awoke with the impression that some question had been put to me, which I had been endeavoring in vain to answer in my sleep, as what -how -when -where? But there was dawning Nature, in whom all creatures live, looking in at my broad windows with serene and satisfied face, and no question on her lips. I awoke to an answered question, to Nature and daylight."

-Walden, Henry David Thoreau

I grew up in a small town in New Hampshire, about 30 miles north of Walden Pond, where Henry David Thoreau took refuge from an increasingly urbanized society. He spent two years, two months, and two days living in a small cabin there. I was first introduced to the works of this great naturalist, philosopher, and writer while attending high school in the Merrimack Valley. As a teenager and throughout my adult life, Thoreau's essays have had a profound effect on me. They've

helped me find peace and beauty in the world, and they've validated my lament that we as a society continue to worship materialism, growing ever more separate from nature and its redeeming qualities.

My love for the natural world and for endlessly walking through forests, over hills, and up mountaintops, and paddling down rivers, across lakes, and through bays and estuaries, is a result of growing up in rural New England. The places that inspired Thoreau - Mount Monadnock, the Merrimack River, the White Mountains, and the Maine woods - inspired me too. Through the simple but fulfilling acts of hiking, walking, and paddling in these places, my love for the natural world and my desire to protect it was shaped.

In my late teens I began to travel extensively beyond the region, always searching for wild places. My travels took me from Alaska to Patagonia, but my heart always remained in those New England woods and hills that had

transformed me into an observer and admirer of the natural world. In 1989 I ended up in the Pacific Northwest. I had traveled here three times prior, but this time I didn't return to my beloved New England. The allure of the Cascades, Olympics, and the ancient forests of the region now held me captive. Thoreau's philosophy of living a simple life and seeking spiritual discovery through the natural world continued to guide me as I pursued new haunts in my new home. A dog-eared copy of Walden Pond became a component of my backpack.

On many a Cascades peak and by many an alpine lake, I continued to look to Walden for inspiration. Walden Pond had become more than a place to me; it had become a frame of mind. When I return to my native New England, I often tramp forests, peaks, and preserves both familiar and new to me. Occasionally I make the pilgrimage to Thoreau's (and my) Walden Pond. The pond and surrounding forest is now part of a state reservation. In summer

the pond bustles with visitors - many oblivious to this body of water's literary fame and its sacredness to acolytes of Thoreau and lovers of the natural world.

I prefer to visit Walden in the winter when the lake is frozen and ringed by snow. During this time the lake is often quiet, but never silent. Deep in thought, I can walk the trail around and to the site of Thoreau's cabin, interrupted by no one except perhaps a raucous blue jay or a showy cardinal. By now most of Walden's avian residents have taken refuge in Florida and South America, and the pond's small mammals and copious amphibians have burrowed into dens and or deep down in mud waiting for spring's warming sun and new bounties. Sentinel white pines and red oaks flank the small pond. Leaves rustling in the wind call your attention to the voices of the forest. While it's been nearly 170 years since Henry David sat, reflected, and scribed along these shores, his spirit is still very much alive here.

"In wildness is the Preservation of the world," he wrote in his journal in 1851, at a time when many of New England's and the growing country's forests were being cut down and settled. The country's rivers were being damned - their power harnessed to create new industrial cities - leading to the transformation of lives once lived off of the land now supplanted in crowded, noisy quarters far removed from the natural world and its redeeming qualities. "How important is a constant intercourse with nature and the contemplation of natural phenomena to the preservation of moral and intellectual health!" he wrote. "But how difficult that is achieved when we live lives separate from nature and as the natural world becomes a rare commodity to be coveted by only a select few."

I reflect upon the forest surrounding the cabin site. The original canopy was cut down long ago to fuel the railroads. The tracks still run behind the site. Man's progress is inescapable and often

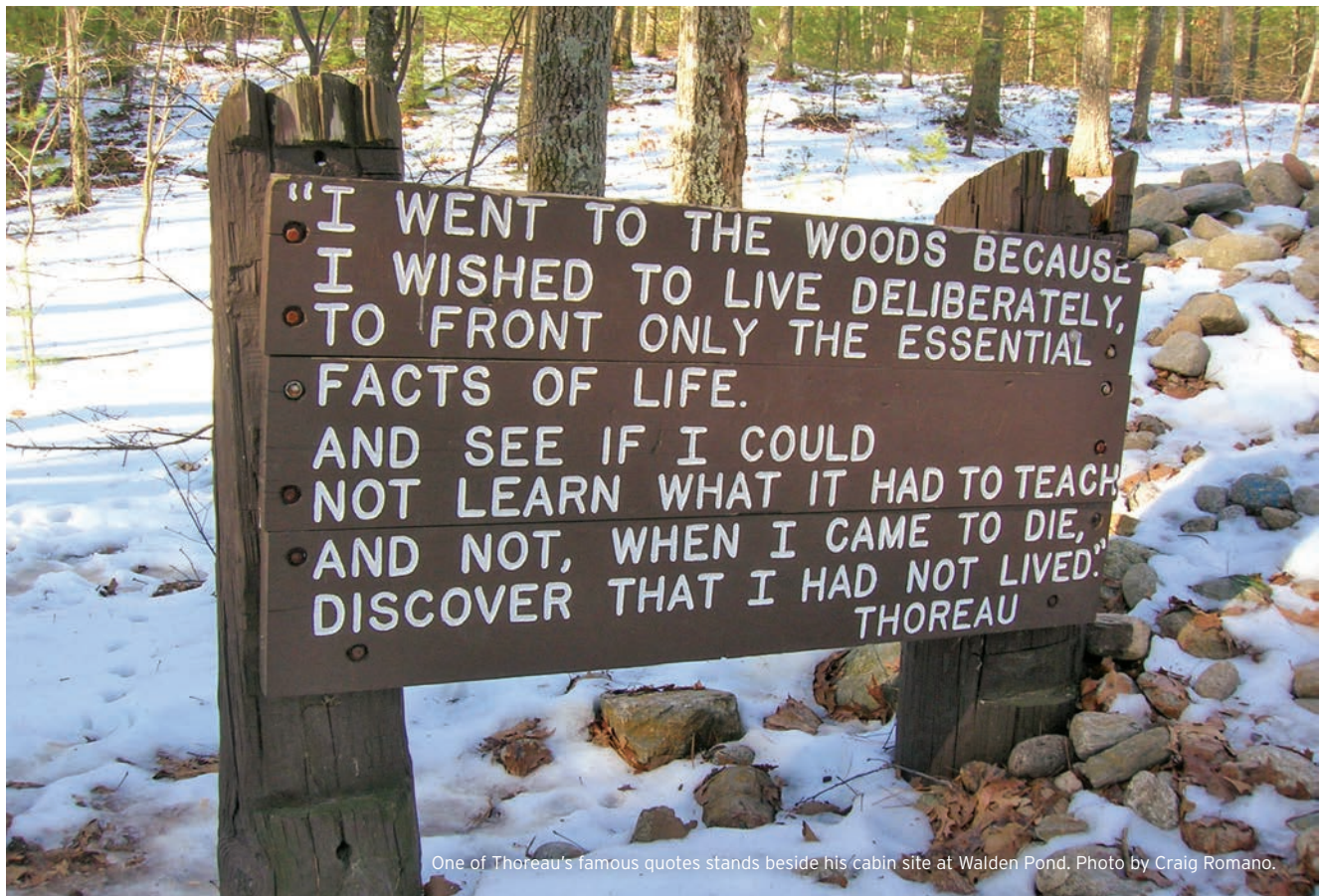
detrimental to the natural world. The forest, however, has returned here. When given the chance or left alone, Nature is resilient. And Nature's power when unleashed on a wary or tormented soul is healing and renewing.

Beside the cabin site stands a sign with Walden's most famous passage:

"I went to the woods because I wished to live deliberately, to front only the essential facts of life. And see if I could not learn what it had to teach and not, when I came to die, discover that I had not lived."

These words that have been guiding my life for decades; and to paraphrase another of my favorite New England writers, that has made all the difference. ▲

Craig Romano is an award winning author of more than 20 guidebooks, including the newly released, Urban Trails Seattle and Urban Trails Everett (Mountaineers Books). These guides are filled with great places to connect with nature on your next hike, walk, or run.



One of Thoreau's famous quotes stands beside his cabin site at Walden Pond. Photo by Craig Romano.

A Typical Avalanche Victim

Excerpted from *Staying Alive In Avalanche Terrain, 3rd Edition*

By Bruce Tremper



It was November 1978. I was a cocky, ex-national-circuit ski racer, twenty-four years old, fresh out of college, and because I needed the money, I was building chairlifts at Bridger Bowl Ski Area in Montana. In the ignorance and vigor of youth, I naturally enough considered myself to be an avalanche expert. I had grown up in the mountains of western Montana, where my father had taught me about avalanches when I was ten years old, and I had been skiing in the backcountry the past several years and had so far avoided any serious mishaps. In other words, I was a typical avalanche victim.

I was skiing alone (first mistake) and not wearing a transceiver (second mistake). After all, I wasn't "skiing," I was "working," tightening the bolts at

the base of each chairlift tower with a torque wrench. Even in my stubborn ignorance, I could see that it was clearly very dangerous. Over a foot of dense snow had fallen the night before, on top of fragile depth hoar, and the wind was blowing hard, loading up the steep slopes beneath the upper section of the chairlift with thick slabs of wind-drifted snow.

Starting from the top, I skied down, stopping at each tower to torque the bolts. When I was finished with the tower at the top of the avalanche paths, I took off my skis and started walking back up the slope so I could gain the ridge and circle around to the tower beneath the avalanche paths. Then I quickly discovered my third mistake. Since I did not bring my backcountry

skis or climbing skins, the easy climb was now an exhausting pig wallow back up through chest-deep snow, and the nearby snow-free cliffs were too scary to climb in my slippery plastic boots. I couldn't help but notice that only a thirty-foot-wide couloir at the base of the cliffs separated me from the safe slopes on the other side. Naturally enough, I thought a good skier like me should be able to get up speed and zip across it before anything too bad happened. Ski cutting alone and without a transceiver or partner—fourth mistake.

I did my ski cut according to the book. I built up speed and crossed the slope at about a 45-degree angle, so that, in theory, my momentum would carry me off the moving slab, in case it did break on me. Since I had never been



Nearly all avalanche fatalities occur in the backcountry and involve highly skilled recreationists. However, there is almost always a large gap between sport skills and avalanche skills. Photo by Bruce Tremper.

caught in an avalanche before, I had no idea how quickly the slab—after it shatters like a pane of glass—can pick up speed. I heard a deep, muffled thunk as it fractured. Then it was like someone had pulled the rug out from under me, and I instantly flopped down onto the snow, losing all the precious speed I had built up. Like a startled cow, I sat there on my butt and watched the soft slab shatter into little blocks, and then the blanket of snow rocketed down the slope as if sucked downward by extra-heavy gravity.

I jumped to my feet and tried to build up my speed again so I could jet off to the side, but it was far too late. The blocks of shattered slab were moving all around me, like a herd of tumbling cardboard boxes blown by the wind. Nothing

seemed to work. Even though only two or three seconds had elapsed, the avalanche, with me as its unintended passenger, was already moving a good 20 miles per hour. Looking downhill, I saw a line of small trees coming toward me at a frightening speed. I tried to maneuver to grab one of them. But avalanches, as I discovered, pretty much have their way with you. Luckily, the avalanche took me directly into the smallest tree, and I slammed into it hard and held on with all my strength. The snow pounded me like I was standing under a huge waterfall, and it felt like my neck would snap as each block of wind-blown slab smashed into my head. Luckily, most of the snow had passed by me before the tree trunk snapped off, which probably saved my life, but I was rocketing down the slope again.

Then the tumbling started, over and over like being stuck in a giant washing machine filled with snow. Hat and mittens, instantly gone. Snow went everywhere: down my neck, up my sleeves, down my underwear—even under my eyelids, something I would have never imagined. With every breath, I sucked in a mixture of snow and air that instantly formed a plug in my mouth and down into my throat. I coughed it out, but the next breath rammed my throat full of snow again. I was drowning, high in the mountains, in the middle of winter, and miles from the nearest body of water.

After a long while, when I was about to pass out from lack of air, the avalanche began to slow down, and the tumbling finally stopped. I was on the surface, and I could breathe again. But as I bobbed along on the soft, moving blanket of snow, which had slowed from about 60 mph to around 40 mph, I discovered that my body would sink if I didn't swim hard.

So I swam. But something was pulling one of my legs down. These were the days before ski brakes, and I had safety straps attaching my skis to my boots. I could swim, but my skis couldn't. One safety strap had torn the heel piece out of my ski, but the other one remained attached. The ski was beneath me in the slower moving debris, and as the surface debris moved faster, it tipped me forward, shoving my face into the

snow again and again. Eventually, the swimming worked, and when the avalanche finally came to a stop, I found myself upright and buried only chest deep, breathing hard, very wet, very cold, and very lucky.

I don't think it's possible to watch a huge natural event, especially a cataclysmic one, without having the experience change your life. Volcano watchers, tornado chasers, eclipse junkies—they all saw their first one, and then nothing was the same anymore: the unspeakable power, the beauty, the horror, the insignificance of humanity in the face of it all. They spend the rest of their lives trying to find it again. In an avalanche, the mountainside shatters like a pane of glass and roars down at 60 mph, ripping out trees. I rode one and somehow survived, and I have been haunted by them and have hunted them ever since. Avalanches will probably never let me go.



This is excerpted from the introduction to the new edition of *Staying Alive in Avalanche Terrain*, 3rd Edition, the best-selling avalanche safety text. Author Bruce Tremper

is recently retired as the director of the US Forest Service Utah Avalanche Center after twenty-nine years. He is one of the country's foremost avalanche experts. *Staying Alive* is available in the Seattle Program Center, on mountaineersbooks.org, and wherever books are sold.

Avalanche Education at The Mountaineers

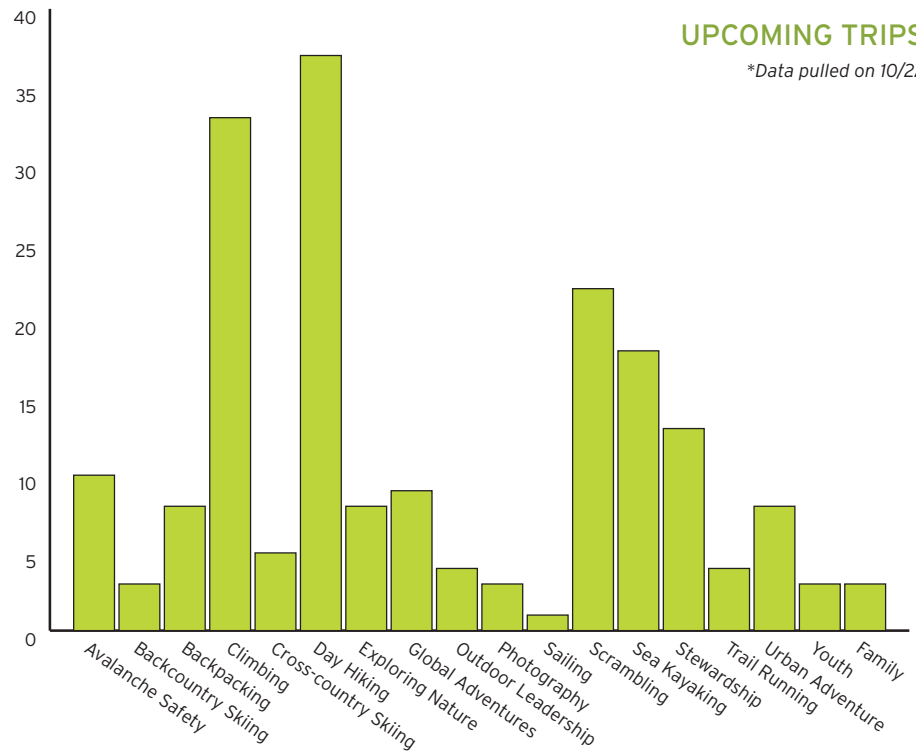
Interested in heading into the backcountry in the winter months? The Mountaineers offers courses, clinics, and seminars designed to help you manage avalanche hazards. Check them out at mountaineers.org/courses.

Mountaineers Activities

The Mountaineers has over 200 activities on the calendar RIGHT NOW, and our volunteer leaders are listing new things every day. The best way to get involved is to go online and find your next adventure today!

UPCOMING TRIPS

**Data pulled on 10/22*



IN 2017:

Mountaineers participants climbed a combined **40 MILLION FEET** and traveled more than **10,000 MILES**



12,427
members



3,143
volunteers



390,777
books sold worldwide



47
courses & clinics devoted
to outdoor leadership
development



295
new leader badges
awarded



9,400
individual actions to
protect public lands

4,496 individuals
participated in a
course, seminar,
lecture, or clinic.

40 public comment letters
submitted providing
detailed expert analysis on
public lands issues

455 people trained in
low-impact backcountry
skills through eLearning
course

How to Sign Up for Activities

Step 1

Visit our website

www.mountaineers.org

Click on the big green Find Activities button, or hover over the 'Activities' tab and choose 'Find Activities'

Step 2

Filter your activity search

Define your search using the filter options in the green column on the left. To view activities by location, choose 'Map' in the upper right.

Step 3

Select an activity & register

Click on the activity of your interest to learn more. If you like what you see, select the orange Register button. You'll be added to the trip roster and receive a confirmation email.

Note: Activities **require registration** unless otherwise noted. You will also need a current waiver on file with The Mountaineers to participate.

How to Sign Up for Events

Step 1

Visit our website

www.mountaineers.org

Click on the Upcoming Events button on the left of the main page, or click More and choose the Events tab.

Step 2

Browse for local events

Scroll down to view our most popular events, or choose a branch or program center calendar for more events in your area. Browse through your options, and click on an event to learn more.

Step 3

Select an event & register

Many events are free but require you to RSVP via the orange RSVP button. Events that require tickets will have a link for online ticket purchases.

Frequently Asked Questions

What if I'm not a member? Many of our activities - especially day hikes and urban adventures - are open to the general public. You simply need to sign up for a guest membership at www.mountaineers.org/join. Guests can participate in two activities for free before joining.

What are some easy ways to get started? Sign up for an activity without prerequisites. These includes day hikes, backpacking trips, stewardship activities, photography outings, and occasional sailing opportunities! Also, consider taking a basic or introductory course like Basic Snowshoeing, Introduction to Rock Climbing, Navigation, and much, much more! Visit www.mountaineers.org/courses to see what's currently available.

How are events and activities different? Activities are primarily daylong outings that require participants to use skills in an outdoor setting. Examples include hikes, naturalist walks, or snowshoes - in short you are outside doing something. Events are open to the community and are primarily opportunities to see presentations and socialize. Examples include summer picnics, branch banquets, and our BeWild speaker series.

What if I don't meet the prerequisites for an activity? Some of our technical activities, like climbing and kayaking, have prerequisite skill requirements. If you want to learn the prerequisite skills, we encourage you to take one of our courses. If you already have the prerequisite skills, you might qualify for equivalency. Email info@mountaineers.org and we will help you apply for equivalency so you can participate at the appropriate skill level.

Why do some activities say 'Leader Permission Required'? All of our Mountaineers activities are led by volunteers. To assure everyone on a trip has a set of specific skills, some volunteers require you to contact them in advance to participate. Before signing up for a trip that requires leader permission, please contact the leader by clicking on their name in the course/activity listing and sending them an email. You can always email our member services team with questions: info@mountaineers.org.

What if the activity is full? Sign up for the waitlist! Yes, it works. We have roughly a 10-20% attrition rate from courses and activities, so spots often become available.

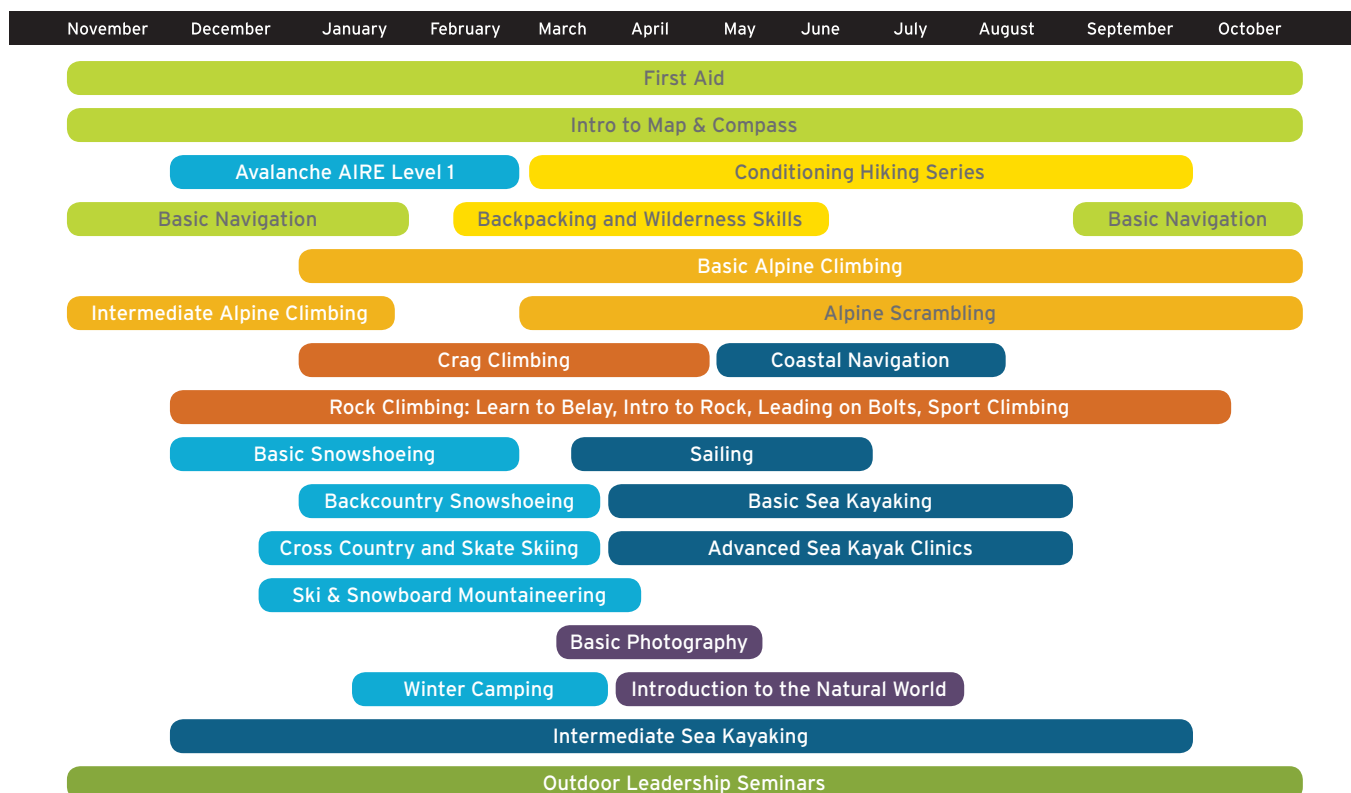




The Mountaineers Course Overview

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.



Please visit www.mountaineers.org to see current course listings and to sign up.
Course selection varies by branch. Registration usually opens 1-3 months prior to the start of the course.

COURSE LISTING KEY



How to use the Go Guide:

We use the same category names online, so if you find an activity or course you would like to sign up for, just go to our website and click on the *Explore* (for activities) or *Learn* (for courses) tab. You can then filter your search by category (for example, *Day Hiking*). If you don't see what you're looking for, don't hesitate to call Member Services! We're here to help: 206-521-6001 or email: info@mountaineers.org.

Mountaineers Courses

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

AVALANCHE SAFETY

12/13/18-1/6/19 - AIARE Level 1 avalanche safety course, open to all (skiers, splitboarders, and snowshoers) - Members: \$ 350, Non-members: \$450 - Contact: Ryan Kitchen, ryan.kitchen@gmail.com - Everett

1/8/19-1/27/19 - AIARE Level 1 Ski and Splitboard Only - Members: \$ 350, Non-members: \$450 - Contact: Bonnie Eiber, bonnie_eiber@yahoo.com - Foothills

1/29/19-2/10/19 - AIARE Level 1 avalanche safety course, open to all (skiers, splitboarders, and snowshoers) - Members: \$ 350, Non-members: \$450 - Contact: Loren McWethy, loren.mcwethy@gmail.com - Seattle

2/15/19-2/17/19 - AIARE Level 1 avalanche safety course, open to all (skiers, splitboarders, and snowshoers) - Members: \$ 350, Non-members: \$450 - Contact: Ryan Kitchen, ryan.kitchen@gmail.com - Everett

CLIMBING

12/2/18-10/31/19 - Basic Alpine Climbing Course - Members: \$650, Non-members: \$800 - Contact: Allison Swanson, swansa2@uw.edu - Seattle

1/1/19-10/8/19 - Basic Climbing Course - Members: \$625, Non-members: \$800 - Contact: Michael Berry, michaeltberry1@gmail.com - Bellingham

1/15/19-3/31/19 - Intermediate Glacier Travel - The Intermediate Glacier Travel course teaches both the technical and non-technical skills needed to comfortably plan and lead a basic glacier climb - Members: \$150, Non-members: \$200 - Contact: Nicholas Hunt, huntnb@gmail.com - Seattle

1/16/19-12/31/19 - Basic Climbing Course - Members: \$460, Non-members: \$660 - Contact: Barney Bernhard, barneybernhard@gmail.com - Kitsap

1/23/19-10/15/19 - Basic Climbing Course - Members: \$650, Non-members: \$800 - Contact: Wesley Witt, wesw@wittfamily.com - Everett

1/26/19-12/31/19 - Basic Alpine Climbing Course - The 2019 Olympia Basic Climbing Course is a combination of classroom lectures, field instruction and climbing experiences with an emphasis on active, hands-on learning to achieve the goal of teaching students to safely climb rock, snow and the glaciated peaks of the Pacific Northwest - Members: \$440, Non-members: \$650 - Contact: Janette Zumbo, janettezumbo@gmail.com - Olympia

2/6/19-10/26/19 - Basic Climbing Course - The Basic Alpine Climbing Course is an intro to technical mountaineering, including roped glacier travel and rock climbing - Members: \$600, Non-members: \$700 - Contact:

Natalia Martinez-Paz, nataliamp@gmail.com - Tacoma

2/26/19 - 10/31/19 - Basic Glacier Travel Course - Learn glacier skills which will allow you to be a member of a rope team on a Basic Glacier climb - Members: \$350, Non-members: \$500 - Contact: Caycee Holt, caycee.holt@gmail.com - Seattle

EXPLORING NATURE

1/24/19-1/26/19 - Moss & Lichen Workshop - We will learn about moss and lichen identification using visual keys for common mosses and lichens in our area, followed by a field trip to identify them together - Member: \$20, Non-member: \$45 - Contact: Danielle Graham, pedergraham@gmail.com - Seattle

FIRST AID

12/12/18-12/16/18 - Hybrid Wilderness First Responder - Member: \$650, Non-member: \$700 - Contact: Mary Panza, makinanoise@hotmail.com - Seattle

1/1/19-12/1/19 - Wilderness First Aid (WFA) Course - Member: \$195, Non-member: \$250 - Contact: Courtney Carolan, courtneyfigure8@gmail.com - Seattle

NAVIGATION

2/1/19-11/4/19 - Wilderness Navigation Course - The Wilderness Navigation Course provides the fundamentals of wilderness navigation to prepare you to competently and confidently enjoy hiking, climbing or getting off trail in the back country - Member: \$70, Non-member: \$110 - Contact: Troy Hubbs, nol_syntek@yahoo.com - Kitsap

SCRAMBLING

2/5/19-10/1/19 - Alpine Scrambling Course - Member: \$190, Non-member: \$240 - Contact: Tom Eckhout, teckhout@msn.com - Olympia

2/7/19-11/1/19 - Alpine Scrambling Course - The Alpine Scrambling course teaches essential techniques of off-trail wilderness travel needed for scaling snow and rock summits - Members: \$360, Non-members: \$460 - Contact: scrambling.seattle@gmail.com - Seattle

2/21/19-10/30/20 - Alpine Scrambling Course - Members: \$225, Non-members: \$300 - Contact: Andy Tangsombatvisit, atangsom@gmail.com - Everett

SKI/SNOWBOARD

1/5/19-3/3/19 - Downhill Ski/Snowboard Lessons Series A - Downhill Ski/Snowboard Lesson Series for all ages and all abilities - Members: \$85, Non-members: \$100 - Contact:

Patti Polinsky, meanysports@me.com - Outdoor Centers

1/6/19-3/3/19 - Sunday Downhill Ski or Snowboard Series C - Members: \$60, Non-members: \$70 - Contact: Patti Polinsky, meanysports@me.com - Outdoor Centers

1/7/19-1/20/19 - Basic Nordic Skiing - This series of four lectures will include an orientation to backcountry travel, avalanche awareness and safety, route selection, cold weather ailments, clothing, and equipment. There will be a \$20.00 discount applied if you take both courses together. Please contact Member Services for more information. - Members: \$50, Non-members: \$60 - Contact: Tom Eckhout, teckhout@msn.com - Olympia

1/10/19-3/22/19 - Nordic (Cross-country) Ski Course - Learn to travel safely and efficiently on cross-country skis both on and off track. The course covers equipment, conditioning, preparation, diagonal stride, uphill techniques, and downhill speed control. We do not cover racing or skating - Members: \$ 95, Non-members: \$125 - Contact: Rachel Shafer, rachelsadri@gmail.com - Everett

1/12/19-2/24/19 - Downhill Ski/Snowboard Lesson Series B - Members: \$85, Nonmembers: \$100 - Contact: Patti Polinsky, meanysports@me.com - Outdoor Centers

1/13/19-2/24/19 - Sunday Downhill Ski or Snowboard Series D - Members: \$60, Nonmembers: \$70 - Contact: Patti Polinsky, meanysports@me.com - Outdoor Centers

SNOWSHOEING

12/1/18-3/1/19 - Basic Snowshoeing Course - Members: \$75, Non-members: \$85 - Contact: Kirk Peterson, mountaineerkirk@gmail.com - Seattle

12/5/18-1/20/19 - Intermediate Snowshoeing Course A - Learn the skills necessary to travel more ambitious snowshoe routes that may go through avalanche terrain and/or require the use of an ice axe - Members: \$85, Non-members: \$120 - Contact: Travis Prescott, travisj.prescott@gmail.com - Foothills

12/6/18-3/2/19 - Winter Travels - Winter Travels is a combination of Basic Snowshoeing, Backcountry Snowshoeing and Winter Camping - Members: \$187, Non-members: \$220 - Contact: Eugene Keltgen, genekeltgen@hotmail.com - Tacoma

12/6/18-12/15/18 - Basic Snowshoeing - Members: \$75, Non-members: \$85 - Contact: Eugene Keltgen, genekeltgen@hotmail.com - Tacoma

1/1/19- 4/30/20 - Intermediate Snowshoeing Course - Members: \$85 - Contact: Kirk Peterson, mountaineerkirk@gmail.com - Seattle

1/2/19-1/12/19 - Basic Snowshoeing - Members: \$75, Non-members: \$85 - Contact: Eugene Keltgen, genekeltgen@hotmail.com - Tacoma



1/7/19-1/20/19 - Basic Snowshoeing - This series of four lectures will include an orientation to backcountry travel, avalanche awareness and safety, route selection, cold weather ailments, clothing, and equipment. Even if you already know how to ski or snowshoe, the training in avalanche terrain recognition and avalanche avoidance, is well worth taking the class and improving your safety in the backcountry. Students may take the Snowshoeing course or the Nordic ski course separately, or both together. Both field trips are required. There will be a \$20.00 discount applied if you take both courses together. Contact Member Services for more details. - Members: \$50, Non-members: \$60 - Contact: Tom Eckhout, teckhout@msn.com - Olympia

1/24/19-4/30/19 - Intermediate Snowshoeing Course B - Learn the skills necessary to travel more ambitious snowshoe routes that may go through avalanche terrain and/or require the use of an ice axe. - Members: \$85, Non-members: \$120 - Contact: Travis Prescott, travisj.prescott@gmail.com - Foothills

1/29/19-2/9/19 - Backcountry Snowshoeing Skills - Members: \$80, Non-members: \$95, Contact: Eugene Keltgen, genekeltgen@hotmail.com - Tacoma

2/1/19-3/1/19 - Winter Camping Course - Learn to make a comfortable camp in the snow - Members: \$65 - Contact: Tim Lawson, timlawsonwild@msn.com - Seattle

2/21/19-3/2/19 - Winter Camping - Members: \$65, Non-members: \$75 - Contact: Eugene Keltgen, genekeltgen@hotmail.com - Tacoma

YOUTH

1/2/19-1/4/19 - January Reunion Camp - Join us for our first camp at the Mountaineers' Meany Lodge! We will spend three days snowshoeing, building igloos, and playing in the snow. - Members: \$390, Non-members: \$410 - Contact: Katie Love, katiel@mountaineers.org - Seattle

2/18/19-2/22/19 - February Break Camp - Kids will learn all about climbing and go on a snowshoeing field trip during this week of break camp! - Members: \$395, Non-members: \$450 - Contact: Katie Love, katiel@mountaineers.org - Seattle

global adventures

Explore Beyond the Pacific Northwest!

Did you know The Mountaineers offers trips throughout the world?

Past Global Adventures include Nepal, Patagonia, New Zealand, and more. To learn more, visit mountaineers.org/globaladventures. Also, be sure to check out our upcoming ski trip to Japan.

Ski Hokkaido: The Powder Capital of the World Feb 7-21, 2019

Ski Japan's world-famous powder and attend the famous Sapporo Ice Festival. We will stay in Furano and Niseko and ski at four different resorts. More info: mountaineers.org/hokkaido.



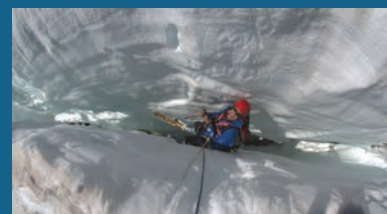
FoothillsWinter.org



Randonee & Telemark Ski Lessons

Wednesday nights at Snoqualmie Pass
w/ PSIA Instructors
Jan 9 to Feb 13 | Register now!

← DO NOT LET THIS
BE YOU!!! →



Glacier Travel / Crevasse Rescue

Essential knowledge for skiing or
boarding on glaciers
Course starts April 15 | Register now!

Info and schedules at FoothillsWinter.org



Scott Smetana ascending Ingraham Glacier to high camp with Little Tahoma in background. Photo by Gene Barnard.

Continued from page 39

"It was a little harder than I thought it would be," Scott remembers. "I had to jump straight up to get the crampons disengaged before spreading my legs."

What goes up must come down

Descending to high camp, we walked through a brutal lenticular cloud. None of us could see the next person on the rope, let alone whoever was in the lead. To guide the way, we relied on the wands we placed on the way up.

Then, just when we thought we were safe, Dad took his fall into the crevasse. Throughout our trip, we'd engaged in a number of crevasse rescues hardly worth mentioning. Our large, external-frame backpacks acted like a cork in a bottle, catching us at our hips or waist before we plunged any deeper.

But this fall was different. Dad's pack wasn't catching him and he was sliding into the crevasse. Scott, realizing he was the only one still roped into him, hit the ground, hammering his ice ax deep into the snow. He dug into the snow with his crampons and held on with all his might.

Scott was one of the team members who'd never been on a glacier before this week. We looked on with baited breath as the rope stretching from Scott's harness grew taut under Dad's weight. All those training sessions working on ice axe arrest, it was all coming down to this. Dad used his rescue slings to start inching back up the rope. Just like we'd practiced, Scott held his position. He saved Dad and the expedition.

With the danger behind us, we turned our attention back to high camp. A storm was coming in and we feared how our tents would fare against the high winds and fresh snow. We decided to dig a snow cave.

Four of us slept in the cave while the other four slept in

tents. Shortly after we laid down our heads, one of the tents collapsed in the storm and its occupants were forced to join the cave crew.

Throughout the night, we re-dug the door and vent holes to avoid suffocating in the cave. The first-timers found things surprisingly warm and quiet. Once again, our team's practiced skills proved indispensable.

The next morning it took us two hours to dig out our equipment. Needless to say, it was quite the storm. Once again, we were faced with zero-visibility conditions, but our previously placed wands, coupled with a bit of routefinding, allowed us to navigate our way down. At long last, we were at the parking lot.

40 years... and back

As I wrote this story, I realized I only had one surviving photo of our trip. For the first time in 35 years, I reached out to the former cadets on our Rainier team. Within hours of contact, they were looking through their old photos, reconnecting me with the beautiful shots in this magazine and many more. Decades later, our team was still up to the task.

I'm grateful, but not the least bit surprised. That's a natural outcome of working so closely with each other, of leaning on one another in trying times.

The real story of our team isn't Rainier, it's those many months of preparation - climbing Pikes Peak, training at Stanley Canyon, taking a final practice day at Paradise. This is how we became good teammates. It's what allowed Scott to catch my Dad's fall, and it's what allowed us to make it through the wind, snow, and white-outs.

I'm reminded that the best adventures don't happen alone. Build trust, earn trust. That's why I share this story from all those years ago. The trust we built, the summits we reached together, have sustained me ever since. ▲▲



Baker Lodge. Photo by Richard Lawrence

Baker Lodge

www.mountaineers.org/bakerlodge

Our rustic Mount Baker Lodge is nestled in the spectacular North Cascades and is a beautiful getaway three hours from Seattle. Located within walking distance of the Mt. Baker Ski Area and numerous summer and fall hiking trails, enjoy the mountains and valleys in the Mount Baker-Snoqualmie National Forest and surrounding wilderness.

SCHEDULE

Baker Lodge kicks off their winter season with their first opening Thanksgiving weekend. The lodge is open most weekends in December and all weekends January - March (snow and sign-up dependent). See the Baker Lodge website for rates and click on "Upcoming Events" for our current schedule of openings. At times we allow Mountaineers, schools and Scouts groups to rent the entire lodge exclusively for themselves. On these weekends registration isn't open to the public.

RESERVATIONS

Individuals and groups are welcome! The Mt. Baker Committee encourages groups, such as Scouts, school/youth, or social gatherings, to consider using the lodge whether or not they are Mountaineers members. Register online through the Baker Lodge website, or call The Mountaineers Program Center at 206-521-6001.

VOLUNTEER

Enjoy painting, electrical, plumbing, or carpentry work? If so, contact the Baker Lodge Committee Co-chair Dale Kisker (206365-9508, dskisker@comcast.net), or Co-chair Becky Morgan (360-793-4974, campma@peoplepc.com). We'll show you how to enjoy the fun and beauty of Mount Baker while helping make our great lodge run smoothly.

During winter and early spring, all cars must carry chains and a snow shovel! A Sno-Park permit is not needed to ski at the Baker Recreation Company's ski facility.



Meany Lodge

Meany Lodge

www.mountaineers.org/meanylodge

Built in 1928, this destination ski resort is located approximately 60 miles east from Seattle off of I-90 near Stampede Pass in the Wenatchee-Okanogan National Forest. Meany Lodge provides a warm family environment for all - perfect for snowshoeing and skiing (downhill, Nordic and lift-assisted backcountry). Lessons are available.

SCHEDULE

Open for the holiday week (Dec 27 - Jan 1) and every weekend from Friday night through Sunday afternoon until Mar 10. Season passes available preseason.

HOLIDAY WEEK

The days between 12/26 and 1/1 are some of the best skiing of the year! Learn more and sign up on the Meany Lodge webpage.

NEW YEAR'S AT MEANY

Spend New Year's Eve at Meany where special events include a delicious dinner, bonfire, fireworks, and (weather permitting) midnight skiing on the slopes. Sign up early as New Years always fills up.

PATROL RACE

Scouted and raced in the 1920s and 30s, the patrol race follows an 18+ mile ski route between Snoqualmie Pass and Stampede Pass.

SPRING CARNIVAL, 3/9-10/2019

We celebrate the last weekend of the winter season with snow play, relays, snow building, unusual races, and entertainment for all ages.

VOLUNTEER

If you've been wondering what it takes to keep Meany going, come volunteer. Needed skills include building maintenance, ski slope and trail work, and keeping our snow vehicles running. You can learn new skills or brush up on old ones that your 'real' job doesn't let you do anymore. Contact: chair@meanylodge.org

A state-issued sno-park permit is required if parking in the Crystal Spring SnoPark.



Stevens Lodge. Photo by Jeremy Lange.

Stevens Lodge

www.mountaineers.org/stevenslodge

Conveniently located at Stevens Pass Resort, Stevens Lodge is your rustic yet comfortable ski-in/ski-out escape from the big city. Winter activities available at or near the lodge include: skiing, snowboarding, backcountry skiing, cross-country skiing, snowshoeing, and sitting by the fire with a good book.

SCHEDULE

In winter, the lodge is open or closed, depending on ski resort operations. On normal weekends, the lodge opens on Fridays at about 5pm and closes Sundays at about 2pm. The lodge will be open on two Mondays, President's Day and Martin Luther King Jr. Day. And will be open the day after Christmas until New Year's Day. Check our website for announcements on openings during school breaks.

LOGISTICS

The lodge is located above Lot 4 at Stevens Pass. See the lodge webpage for driving directions. There are two bunk rooms and two shared bathrooms, each with a shower. The main living area has a large dining room and lounge area with a fireplace. Guests are asked to contribute at least one "chore" a day, like shoveling snow, helping serve dinner, or restocking the firewood bin. This community effort is what keeps the lodge ticking.

RESERVATIONS

You can book your stay on the lodge webpage. Reservations include breakfast and dinner on Saturday, and breakfast on Sunday. Please note any dietary restrictions.

GROUPS

The lodge is available for group bookings. Meals can be provided or your group can provide their own. Audio-visual equipment is available, providing a great retreat venue for meetings or group learning.

VOLUNTEER

The lodge is run entirely by volunteers. If you would like to join our family of volunteers, or get more information, please contact StevensLodge@outlook.com.

Follow us on Instagram @stevenslodge_mountaineers or on Facebook and Twitter @StevensLodge for the most updated details about events.



Kitsap Forest Theater

Kitsap Forest Theater & Cabin

www.ForestTheater.com

Theater Inspired by a Magical Place - Escape to the Kitsap Forest Theater! Join us for a grand adventure as you stroll down the forested trail to our unique and breathtaking theater. Our 2019 season brings "Newsies" (spring) and "Mamma Mia!" (summer) to life on our unique stage. These uplifting and family-friendly musicals will appeal to young and old alike - treat yourself to a "day away" in the forest.

TICKETS AVAILABLE ONLINE

Give the gift of outdoor adventure for the whole family! Save on our two-show package. "Newsies" (May 26, 27, June 1, 2, 8, 9, 15, 16) and "Mamma Mia!" (July 27, 28, Aug 3, 4, 10, 11, 17, 18).

AUDITIONS FOR 2019 SEASON

Season auditions will be held the end of February. Weeknight rehearsals are held at Seattle Center, weekend rehearsals and performances are held at our unique outdoor Forest Theater in Bremerton. All ages, including kids, are needed. Great activity for parents/children together. Watch our website for details.

HELP WANTED

Do you like to cook? The Mountaineers Players are looking for cooks to prepare meals for cast and crew during Kitsap weekend rehearsals and performances. We also need help with set building, costume sewing, prop collecting, ushering and parking for shows, and carpentry work on the property.

KITSAP FOREST ADVENTURE CAMP

Watch for sign-ups for two weeks of Adventure Day Camps for grades K-4 in January. Camps fill up fast, so don't delay in signing up. We offer ferry transportation from Seattle. Do you like mentoring kids in the outdoors? We are looking for staff (paid and volunteer) to work with kids grades K-4 for two weeks of outdoor day camp in July (July 8-12 & 15-19).

Welcome to the
seven branches of
The Mountaineers

BELLINGHAM

Chair: Krissy Fagan,
kristenfagan@hotmail.com

Vice Chair: Minda Paul,
mindapaul@hotmail.com

Website: mountaineers.org/bellingham
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 close-knit community that offers courses in first aid and basic and intermediate mountaineering. In addition to the courses noted above, our branch also offers hiking trips and snowshoe tours.

It is also home to one of the most popular Mountaineers getaway destinations, Mt. Baker Lodge. From the lodge, Mountaineers and guests can recreate to their heart's content year-round.

BRANCH MEETINGS: Public meetings are held on the second Tuesday of each month and



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.

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 can join any branch of your choosing. For current activities and links to branch websites, visit www.mountaineers.org.

Branch Committee Meetings are on the fourth 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 stewardship coordinator, branch secretary, and someone to be the Bellingham chair on the Board of Directors.

EVERETT

Chair: Elaina Jorgensen,
elaina.jorgensen@gmail.com

Website: mountaineers.org/everett

The Everett Branch was officially founded in 1911 when the Mountaineer charter was amended to provide for branches. It has recorded many "firsts" during its storied history including the first ascent of Whitehorse Mountain in 1913, the first climbing course in 1954, and the award of the first Intermediate Climbing Course certificate in 1979. Everett is a smaller branch that values the companionship of fellow Mountaineers as much as outdoor experiences.

Everett's programs include alpine scrambling, basic and intermediate climbing, backcountry and Nordic (cross-country) skiing, hiking, sea kayaking, and snowshoeing. The Branch's

avalanche, navigation and wilderness first aid courses provide instruction in critical outdoor skills.

Our Lookout and Trail Maintenance Committee restored and continues to maintain the Mount Pilchuck Lookout. Each year, thousands of people climb to the lookout to enjoy a spectacular 360 degree view of the Cascades, Puget Sound, and the Olympics.

BRANCH-WIDE EVENTS: Everett members gather together from time to time for fellowship, food, and fun. Those events include a Salmon Bake in October, a Gear Grab & Potluck in March, a Family Picnic in August, and an Annual Awards banquet in November.

OPEN HOUSES: The general public as well as branch members and their guests are invited to attend our monthly open houses on the first Wednesday of most months (no open houses in

July, August or December). Some open houses are devoted to introducing our courses. They include Winter Course Night (November), Spring Course Night (February) and Introduction to Hiking (April). Others feature guest speakers. Open houses will be held at the Snohomish County Public Utility District (PUD) Building, 2320 California Street, Everett 98206-1107. You can also explore our website, to learn more about our activities, courses and events.

VOLUNTEER OPPORTUNITIES: The Everett Branch has unlimited volunteer opportunities for those who want to lead climbs, hikes, scrambles, ski tours, kayak paddles, and trail maintenance activities. Our course graduates are often invited to return to serve as assistant instructors. Volunteers are also needed to serve on activity and branch committees. Please join us.

KITSAP

Chair: Jerry Logan, cjtjlogan@gmail.com

Website: mountaineers.org/kitsap

Founded in 2003, the Kitsap Branch draws members from throughout the Western Puget Sound from Gig Harbor to the Olympic Peninsula, including Kitsap, Jefferson, and Clallam counties.

NEW PROGRAM CENTER: We're excited to announce that our branch has a new program center, conveniently located in Bremerton.

We established our program center through a partnership with Olympic Mountain Rescue. Our new location will provide better amenities, enabling higher quality training and ease of use for our volunteers and students.

BRANCH MEETINGS: The Branch Executive Committee meets in March, June, and December at our new program center at 1550 Rocky Point Road NW. All are invited to attend. We encourage you to join us and check out our new headquarters! Please check the Kitsap Branch event calendar on The Mountaineers website for more information.

VOLUNTEERING: Volunteer opportunities are always available for those who want to lead climbs, scrambles, hikes, and kayak trips. Our leadership group is growing to provide an expanded pool of qualified trip leaders, as well as a fully staffed executive committee to ensure leadership continuity for our branch. In addition, we offer our navigation courses throughout the year, and always have opportunities for recent graduates and experienced backcountry navigators to help lead e-Learning, classroom sessions, and field trips. Come join our team.

SEATTLE

Chair: Peter Hendrickson,
p.hendrickson43@gmail.com

Website: mountaineers.org/seattle

The Seattle Branch was the sole club location in 1906 when The Mountaineers was founded. Seattle Branch courses and activities include hiking and backpacking, scrambling, climbing, Nordic skiing, snowshoeing, avalanche, on and off trail navigation (including GPS), first aid, safety, youth/family oriented activities, folk dancing, leadership training, naturalist study, conservation/stewardship, photography, 20's -30's events, Retired Rovers activities, sea kayaking, and sailing.

Volunteers instruct, lead, develop, govern, and enjoy our courses, activities and events. We

welcome more hands to help with an activity, add quality, or bring something unique to our branch. Make inquiries directly to committee chairs or to the branch chair.

Seattle Branch Council meetings are held at the Seattle Program Center 6:30 - 8:30pm the second Thursday of January, March, May, July, September, and November. Guests are welcome. Meeting minutes are found in the branch committee web folder. Branch Council elections are held in the fall of odd numbered years.

A recognition and award banquet is held each year to celebrate the great work of our hundreds of volunteers.

An ongoing invitation is extended to new or simply curious folks for the activities below.

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 and our offerings. Keep an eye on the website for information about the next one.

FOLK DANCING: Tuesdays 7:30-9:30pm (unless a parks or national holiday). Location: Peter Kirk Community Center (AKA Kirkland Community Senior Center) 352 Kirkland Avenue, Kirkland. See our Seattle Branch events calendar online (not to be confused with the Seattle Program Center).

INTRO TO MAP, COMPASS AND ALTIMETER: Learn how to avoid getting lost outdoors. See our website to register. Fee required.

PHOTOGRAPHY: Every third Wednesday, the Seattle Photography Committee holds a potluck and photo presentation.

FOOTHILLS

Chair: Cheryl Talbert
cascadehiker@earthlink.net

Websites: mountaineers.org/foothills

Social Media: Follow us on various branch Facebook pages to further connect with the community.

Branch page: facebook.com/
FoothillsMountaineers/

Hiking: facebook.com/groups/FHHiking/

Backpacking: facebook.com/groups/
FHBackpacking/

Snowshoeing: facebook.com/groups/foothills.
mountaineers.snowshoeing

Trail Mix (social and inclusive community):
facebook.com/groups/FHTrailMix/

The Mountaineers Foothills Branch - the club's newest branch - was founded in 2004 and encompasses the eastside communities along

the I-90 and I-405 corridors. We sponsor trips, activities, and courses that focus on hiking, backpacking, avalanche awareness, backcountry skiing, first aid, navigation, snowshoeing, winter camping, Nordic skiing, stewardship, alpine scrambling, trail running, outdoor leadership, and speaker and film events for members. Signature programs include a season-long Backpacking Building Blocks (B3) Course and a Ski & Snowboard Mountaineering Course.

VISIT THE FOOTHILLS WEB PAGE for information on branch committees and programs, upcoming activities, meetings, film and speaker events, trips, and courses. A "Foothills News & Notes" email is sent monthly to branch members. If you live on the eastside and are not a Foothills member, you can modify your branch affiliation by accessing "My Account" on The Mountaineers website.

BRANCH LEADERSHIP COUNCIL: The Foothills Branch Leadership Council - the governing

body for the branch - meets every other month (except in summer) to discuss new and ongoing initiatives and share important information. See our branch calendar for specific events and meeting dates.

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 members interested in becoming activity or trip leaders, instructors, program administrators and event planners. We regularly offer training courses to qualify individuals to lead hikes and backpack trips. Backcountry ski and snowshoe leader training is also available. Contact information for course and activity committees can be found on our branch website. Our branch is always looking for individuals interested in assuming leadership positions and assisting with administration and strategic planning.

TACOMA

Chair: Jim Paxinos,
jim.paxinos@tacomamountaineers.org

Website: mountaineers.org/tacoma

The second largest of all seven branches, the Tacoma branch 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. The Tacoma Branch offers an extensive list of activities and courses, including backpacking, hiking, conservation, scrambling, climbing, first aid, snowshoeing, skiing, sea kayaking, sailing, wilderness navigation, avalanche awareness, photography and youth programs.

MEET THE TACOMA MOUNTAINEERS: The Tacoma Branch holds a free meeting on the third Thursday 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 representatives.

OLYMPIA

Chair: Marko Pavela, mlpavela@hotmail.com

Website: mountaineers.org/olympia

POTLUCK SOCIAL & ADVENTURE SPEAKER SERIES: The Olympia Mountaineers hold a potluck and speaker series on the first Wednesday of the month, September through May (excluding November) at the Friends Meeting Hall on 3201 Boston Harbor Rd. NE. The potluck begins at 6pm. Bring a dish to share and your own plate and flatware. The adventure presentation begins at 7pm. Contact Carolyn Burreson at cbburreson@q.com. These events also feature our branch library, where you can browse, return, or check out books and other materials.

January 2 Adventure Speaker: Thru-hiker and Olympia Mountaineer Michael Walther will share his journey on the Pacific Northwest

Trail. This rugged and infrequently traveled trail runs 1200 miles, from Glacier National Park to Washington's Olympic Coast.

February 6 Adventure Speaker: Author Lauren Danner will discuss the making of North Cascades National Park, described in her book *Crown Jewel Wilderness*. As part of her talk, Danner will highlight places and hikes in the North Cascades that showcase its history.

March 6 Adventure Speaker: Author and photographer Tami Asars returns to highlight her new guide *Day Hiking Mount Rainier*. With old-growth evergreens, wildflower meadows, enchanting wildlife, raging rivers, and sparkling lakes set against a backdrop of ice flows, gaping crevasses, and crumbling sheer rock walls, Mount Rainier National Park is a special sanctuary for locals and visitors alike. Books will be for sale for \$20 (cash only).

THE BANFF MOUNTAIN FILM FESTIVAL is coming to the Capitol Theater on December 8 and 9, with different movies each night. Tickets available at www.olympiafilmsociety.org.

OPEN HOUSE will be held on January 3 from 6:30-8:30pm at Saint Martin's University's Worthington Center. This is our branch's big course enrollment and member recruitment event of the year. It's a wonderful time to socialize and catch up with your fellow Mountaineers during the depths of winter.

BRANCH OFFICERS meet on the second Wednesday of the month at 6pm at the Olympia Center, 222 Columbia St NW. Members are encouraged to attend upcoming meetings on December 12, January 9, and February 13.

Did you know?



Mount Rainier. Photo by Spencer Kirk.

This edition we're launching a new column for the last page of Mountaineer magazine. In "Did You Know?" we'll share interesting facts and fun tidbits about our collective history of exploration and conservation in the Pacific Northwest and beyond.

We felt this letter was the best possible way to kick off this new column. This story came to our attention after one of our longtime members saw the feature by Bam Mendiola in the spring 2018 issue. Bam's piece discussed the unique challenges of climbing Tahoma (Mt. Rainier) as a queer, non-binary person of color. After reading Bam's work, this member (who shall remain nameless for reasons which will soon become obvious) felt compelled to share his own Mt. Rainier anecdote. Without further ado, here's the story of Mt. Rainier, Spire Rock, and a mysterious package in the night.

- Editorial Team

To the Editor of *Mountaineer* magazine,

The beautiful photo of Bam Mendiola on top of Mt. Rainier brought back memories of my younger years when I summited Rainier a few times.

Later, I was helping build Spire Rock, the training rock in Spanaway. One evening an unexpected stranger came to my door. He gave me a secret and handed me a heavy igneous rock. Now, a half-century later, I feel it is time to spill the beans to you and your readers. It involves a federal crime! And now, the rest of the story...

My visitor explained that he had been tasked with delivering it to me for installation on the top of Spire Rock. He said that a friend of his removed the heavy rock from the summit of Mt. Rainier, and carried it in his backpack all the way down the mountain. Of course, removing it from the National Park was, and still is, quite against the rules, so he chose to remain anonymous by having his friend deliver it. And now you know "the rest of the story" about that dark rock you see embedded at the top of Spire Rock.

Oh, and that means the sign Bam is holding is not quite correct. Having lost a foot of its height to thievery, the correct height of Mt. Rainier is now 14,410 ft. It will never get it back, and only a very few knew the story until now... but, being climbers, they might read *Mountaineer* magazine and perhaps see this note and know I spilled the beans.

- Graham, WA

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Photo by Dylan Cembalski



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The Mountaineers presents

BEWILD

Stories of Passion & Adventure

Paul Souders | Jan 8

Professional photographer Paul Souders' adventures have taken him across seven continents. In his memoir *Arctic Solitaire*, published by Mountaineers Books, Paul turns his camera towards the iconic polar bear. He'll share his stunning images and humorous, sometimes white-knuckled stories of setting out, battling Arctic storms, visiting isolated Inuit villages, and experiencing a few truly magical days among wildlife.

Shows start at 7pm

Doors open at 6pm

The Mountaineers Program Center

www.mountaineers.org/bewild

photo of Heather Anderson by Arlette Laan

David Moskowitz | Feb 12

Few know that hidden in the lower 48 states is a rainforest where mountain caribou live. David Moskowitz, biologist, wildlife tracker, photographer, and author of the new Mountaineers Books title *Caribou Rainforest*, spent years studying these magnificent animals and their habitat. Join him for an evening of stories and images exploring the plight of the mountain caribou and the last inland temperate rainforest left on earth.

Heather Anderson | Mar 12

By the age of 25, Washington's Heather "Anish" Anderson had hiked the "Triple Crown": the Appalachian, Pacific Crest, and Continental Divide trails. Then she attempted to settle down - it didn't take. After a few years, she left her job, her marriage, and a dissatisfied life and walked back into the mountains. Join us to hear Heather tell stories from her new memoir *Thirst: 2600 Miles to Home*, published by Mountaineers Books.

Molly Mitchell | May 14

Pro climber and coach Molly Mitchell's first ascents include routes like *All Hell Breaks Moose* (5.13 R) - an endeavor she summed up with the words, "falling is not an option." Despite her success, she's often felt her climbing career is an uphill battle. Join Molly as she shares how addressing her inner struggles made her stronger physically and mentally - enabling her to pioneer new climbs and inspiring her to give back to others.

