

Mountaineer

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



in this issue:

Overcoming Addiction
in the Mountains

From Getting High to Getting High

Post-Surgery Summits
The Resilience of Body and Brain

The Search for Eldorado
An Adaptive Climber Finds Her Summit

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Resilience

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: Tess Wendel steps onto the Ha-Iltzuk ice field, in the Coastal mountains of British Columbia, Canada. *story on page 24*

photographer: Michael Telstad

Mountaineer uses:



A Resilient Vision for the Future



Geoff Lawrence and family at Point Robinson

My family recently gathered for a long weekend on Maury Island, staying in the two lighthouse keepers' cottages at Point Robinson, a land feature that prominently juts out into the East Passage of Puget Sound around Vashon and Maury Islands. The initial reason for this event was strictly an opportunity for a fun family gathering, but it took on additional meaning when it became evident that this getaway would be one of the last times that our family would be together before my daughter, son-in-law, and grandson would be moving from Seattle for a two year stint in central Africa.

The East Passage is a narrow and busy shipping corridor through which all maritime traffic south of Seattle passes, and navigating past Point Robinson requires a nearly 90 degree dogleg to avoid the obstacle. In 1884 the United States Lighthouse Board purchased 24 acres on Point Robinson where a steam-powered fog whistle was installed along with a keeper's cottage for its operator. Several years later the whistle was replaced by a kerosene-powered red light on a pole, and then by a 35-foot open tower supporting a Fresnel lens beacon by 1894. In 1907 a second keepers' cottage was constructed and finally in 1915 the current lighthouse was installed where it remains to this day. The lighthouse was automated in 1978, which obviated further need for lighthouse keepers, but the two keepers' cottages were acquired by the Vashon Parks Department and are rented out to the public for gatherings such as the one my family recently had there. Though it has been adapted and has taken on different forms with changing times, needs and technology, the Point Robinson lighthouse has literally been a resilient beacon of light, serving the critical mission of supporting safe navigation through a difficult shipping lane for nearly 135 years.

The historical setting of the lighthouse and keepers' cottages made me reflect on the history of The Mountaineers and how our organization has fulfilled its mission of providing "Adventure with Purpose" to generations of members and others we touch through our programs, community outreach, advocacy, and publishing. Founded in 1906, The Mountaineers is older than the current Point Robinson lighthouse, and like the lighthouse has undergone numerous changes to adapt to changing conditions in order to remain modern and relevant in an ever-changing environment. We are in the final stages of developing Vision 2022, our five-year strategic plan that will guide us over the next period to ensure that our relevancy is maintained and perpetuated.

Most of the weekend was stormy with heavy rain and high winds, but that served to underscore the unyielding power of nature and the inevitability of change. It also emphasized the importance of resiliency whether in infrastructure, institutions, or the family unit, and the need to actively and intentionally strive to understand when adaptation is needed and implement measures in order to be durable and remain relevant. The weekend was an important, though somewhat bittersweet, time for us to strengthen the bonds that keep the family cohesive and resilient in our changing lives and circumstances. For The Mountaineers Vision 2022 represents the latest iteration in an unending process to identify and make necessary adjustments to remain the metaphorical beacon of light for those we serve and inspire.

Geoff Lawrence
Mountaineers President, Board of Directors



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

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Suzanne Gerber
Publications Manager
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Rain, Rain, Snow

Ah, winter in the Northwest: the time when we're reminded that we do, in fact, live in a former temperate rainforest. Just because most of the trees were replaced with buildings and houses doesn't stop the rain from falling. If you venture to the foothills or Olympic National Park, you'll find the rainforest, still there, waiting for you. And if you're a skier or snowboarder, rain means something else: snow in the mountains and checking NWAC every Friday for weekend avalanche conditions.

The theme for this issue is resilience, defined by the English Oxford Dictionary as "the capacity to recover quickly from difficulties; toughness." Every feature highlights a member who has overcome some form of adversity – from addiction, to a brain tumor, to cancer, to being born without a right hand.

In *Overcoming Addiction in the Mountains*, we learn about Nik Jensen, a climb leader for both The Mountaineers and OSAT, and how climbing helped him overcome his addictions.

Tess Wendel, our very own Mountaineers member services manager is featured in our second feature, *Post-Surgery Summits*. Shortly after starting her employment, five years ago, Tess was diagnosed with acoustic neuroma. She had brain surgery, and it didn't stop her from becoming an accomplished climber.

The Search for Eldorado highlights Tacoma climber Kimber Cross. She might be The Mountaineers' very first adaptive climber in our 111-year history and she will hopefully inspire more.

In honor of the release of *Mountaineering: The Freedom of the Hills, 9th Edition*, our *Retro Rewind* column goes through the history of this iconic climbing guidebook, complete with illustrations from the first edition.

Remember to visit our website to sign up for our great winter events. We're hosting the Banff Mountain Film Festival in three cities and launching our 2018 season of BeWild in Seattle in January.

If you want to learn more about glaciers, check out our Naturalist Lecture Series on January 10, with geologist, Dr. Jon L. Riedel and you can read about him in our *Nature's Way* column.

If you are one that likes to plan ahead, we have our Annual Gala April 14, and legendary climber, Lynn Hill will be our special guest, and The Mountaineers' Lifetime Achievement Award will be given to Tom Hornbein. For more information, go to mountaineers.org/gala.

And we're excited to announce our two new board members by election: Gabe Aeschilman and Martina Kozar. Congratulations to Gabe and Martina!

Thank you for reading the magazine and happy adventuring,

Suzanne Gerber, Publications Manager

winter trails 2018

Winter Trails Month - formerly Winter Trails Weekend

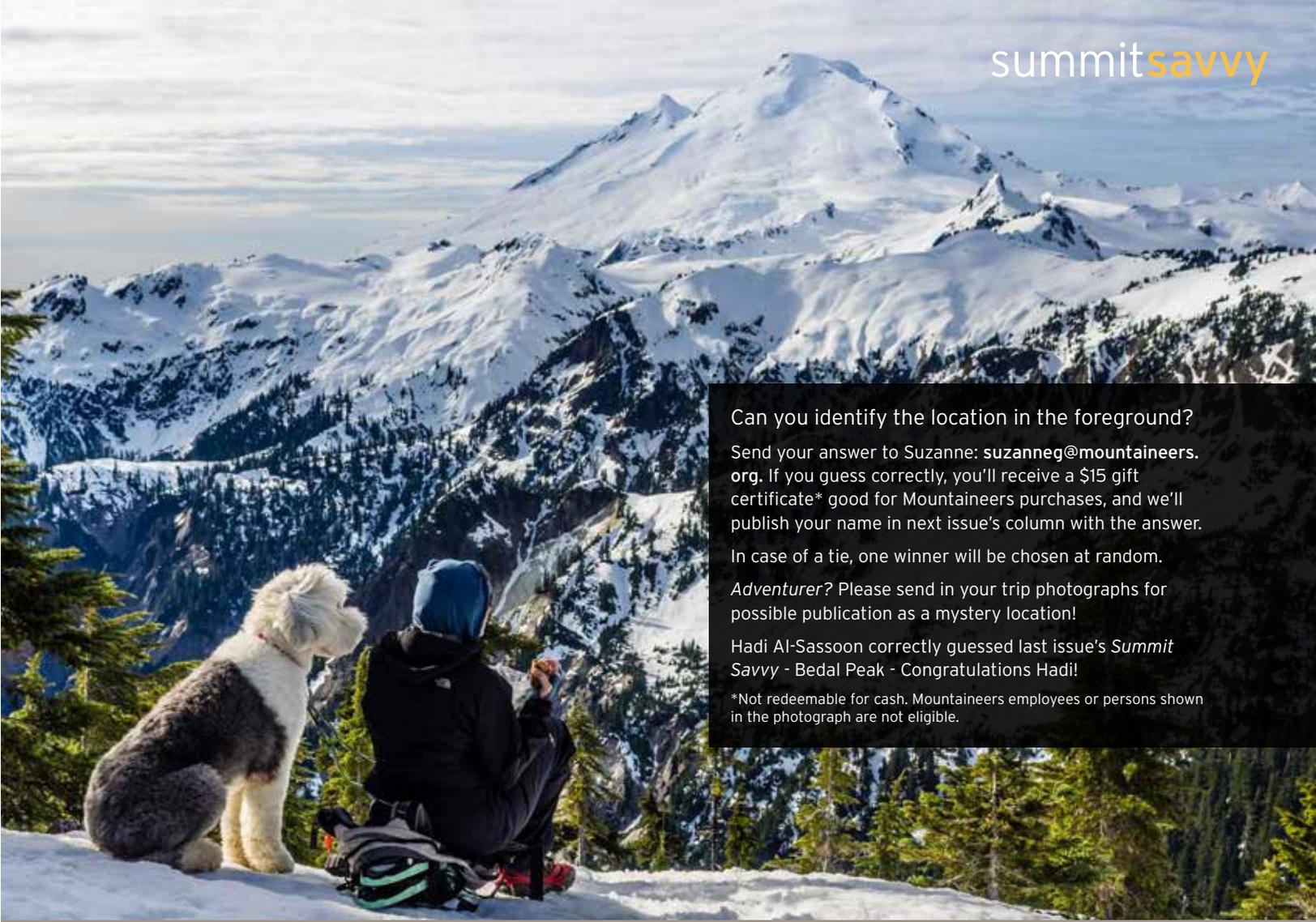
A club-wide event during the month of January

Escape the low-land rain and discover the fitness and social benefits that come along with cross-country skiing and snowshoeing! Activities will be offered at a variety of locations, are geared towards beginners, and may include discounted equipment rentals.

www.mountaineers.org/WinterTrails2018



photo courtesy of Christopher Ensor



Can you identify the location in the foreground?

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

In case of a tie, one winner will be chosen at random.

Adventurer? Please send in your trip photographs for possible publication as a mystery location!

Hadi Al-Sassoon correctly guessed last issue's *Summit Savvy* - Bedal Peak - Congratulations Hadi!

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

Last issue's summit savvy: Bedal Peak

A good one day rock scramble that has a little bit of everything. River crossing, navigation in thick forests, snow travel, and a short Class 2-3 rock scramble. All topped off with one of the best summit views of any peak on the mountain loop highway

Activity Type: Scrambling

Seasons: July - October

Length: 7.5 miles RT

Difficulty: Strenuous 5, Technical 4

Elevation Gain: 4,500 feet

High Point: 6,554 feet

APPROACH and ASCENT (via Cougar Creek)

Follow a way trail and flagging 1/2 mile to the North Fork Sauk River crossing. Find the flagged climbers trail on the other side and follow it to Cougar Creek at approximately 1900 ft. On the west side of the creek find a faint trail heading southeast up the right side of the creek. Follow this as it fades in and out eventually aiming for the upper slopes of the sub-ridge to the south of Cougar Lake. Continue up into the open basin to the northwest of Bedal Peak.

Below the summit cliffs head southeast towards a low point in the ridge. Cross approximately 30 feet of solid and easy, but



Bedal Peak. Photo by Norm Buckley

exposed Class 2-3 slabs with bad run out and gain the summit ridge. This ascent is the crux move of the scramble and can be very slippery when wet. The ascent can be readily protected with a hand line. Continue the last 250 feet of elevation gain to the summit on an easy and distinct climbers trail.

There is an alternate approach via Merry Brook and Northwest Ridge. See Routes and Places for Bedal Peak on www.mountaineers.org/explore/routes-places/alpine-scramble-bedal-peak for more.

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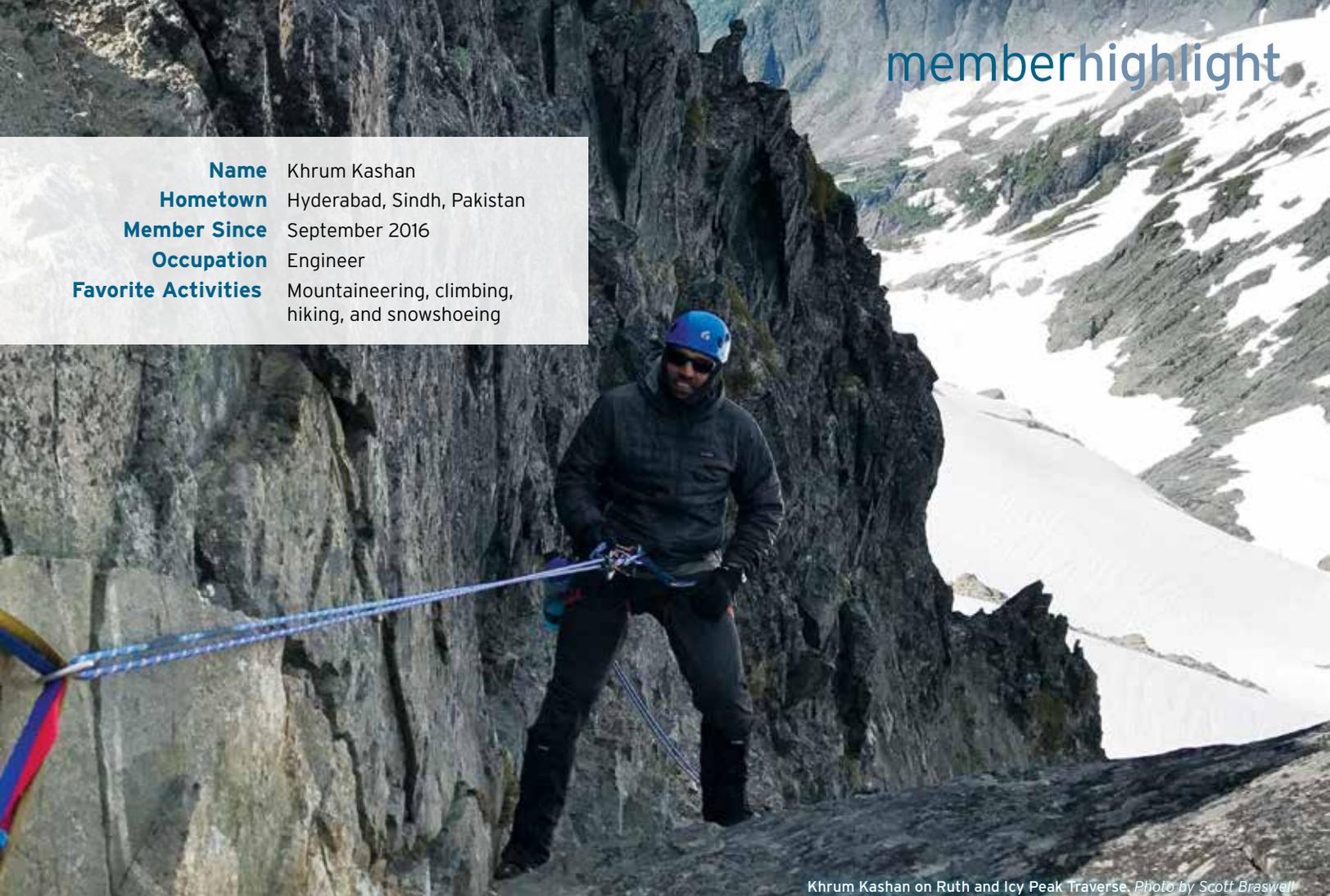
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CLIMBING WICKED WANDA (W4+) ALBERTA, CA



Name Khrum Kashan
Hometown Hyderabad, Sindh, Pakistan
Member Since September 2016
Occupation Engineer
Favorite Activities Mountaineering, climbing, hiking, and snowshoeing



Khrum Kashan on Ruth and Icy Peak Traverse. Photo by Scott Braswell

How did you get involved with The Mountaineers?

I was born and raised in southern Pakistan. We had flat land and mountaineering was considered a luxury. I moved to Seattle six years ago because of work, and I fell in love with the outdoor life. I had always wanted to climb the big mountains, so I signed up for a guided Rainier climb. We signed up more than six months in advance, and on the summit day the weather was bad. I loved the experience of mountaineering and I wanted to learn more. When I asked the guides about things like safety, rescue, and crevasses they would answer at a very high level. I wanted to be a part of a community that shared my interest and passion for the mountains, so I joined The Mountaineers.

What motivates you to get outside?

Looking into nature and realizing we are nothing compared to Mother Nature. The world is so beautiful, and beautiful views make me so happy. I enjoy sharing this experience with other Mountaineers. I have found everyone to be so cooperative and supportive and encouraging. I love how everyone volunteers to teach for the love of mountains and the passion to help others climb safely. I am looking forward to volunteering as well.

What's your favorite Mountaineers memory?

My graduation rock climb of Chair Peak with Mountaineers fellows. It was my first official rock climb and had super exposed sections. I thought we may not be able to go up due to a friction slab, but our climb leader made sure we were safe and that we were following the steps we learned in the class. He continuously provided his feedback and support, and also asked if everyone

was comfortable with the team decision about the route. It was amazing how we planned the whole event and climbed the mountain, which was looking very difficult initially. I loved the overall experience of the climb.

Who/What inspires you?

The Natural World and all of its beauty, mystery, and creations. Being outside in nature is my tonic and the world makes sense when I am in a natural setting. I feel alive, validated, and content when I am outdoors. Just being in the mountains inspires me. It makes me humble and takes everything out of me. I just feel welcomed. Legend Ueli Steck is a big inspiration for me, too.

What does adventure mean to you?

Adventure is where we challenge ourselves to achieve a common goal by working together, and in the end, we get rewarded by beautiful views of nature.

Lightning round

Sunrise or sunset? Sunrise.

Smile or game face? Smile. The biggest smile and a positive attitude are my 11th essentials.

Post-adventure meal of choice? Strawberry milkshake.

Happy place? I dream of visiting Everest Base Camp. I've seen the *Everest* movie six times!

If you could be a rock star at any activity, what would it be? Snow camping.



Courtenay demonstrates Ankle Rockers. Photos by Doug Schurman.

Ankle Mobility for Agility in Winter Sports

By Courtenay Schurman, MS, CSCS, PN2



Courtenay demonstrates Shuffle Gait.

In preparation for the upcoming snow season, I recommend skiers focus on strengthening their quads, core, and other muscles around the hips and knees. However, it's important not to overlook the small hinge that transfers ground force through the rest of the body: the ankle.

If you've ever rolled, strained or sprained an ankle; if you find it difficult to squat to the floor without your heels popping up, or if you anticipate traveling on glaciers or hiking trails with long downward sloping traverses, consider adding ankle mobility exercises to your pre-season workout. Increased range of motion and stability in your ankles can give you more power, add strength to the surrounding muscles, leave you with fewer knee issues, and decrease the risk of strains.

ANKLE ROCKERS

Perform this dynamic stretch before any sports requiring high impact (i.e. running, skiing) or pivoting (i.e. soccer, ultimate frisbee, basketball). Rest on your left knee on the floor or a mat, with the right ankle next to your knee. Press your right knee forward, maintaining a tripod foot. "Tripod foot" means your right big toe is splayed out as far as possible, and big toe, little toe and heel remain in contact with the floor at all times. Hold for 30 seconds. Repeat on the left side and compare range of motion.

If you notice excessive stiffness, lack of range of motion, or tenderness in either ankle, gently rock forward and backward for 30-60 seconds. As your comfort in the stretch increases, add gentle rocking slightly left and right for added range of motion to either side of the Achilles tendon.

SHUFFLE GAIT

Add this dynamic movement after you have mastered Ankle Rockers, in order to further increase range of motion. Shuffle Gait helps you lengthen the muscles behind the shins (posterior compartment) while strengthening the muscles on the front of the shins (anterior compartment). If you suffer from shin splints, the toe pick-up component of this exercise can help strengthen the anterior tibialis.

PERFORMANCE: Start by picking up your toes on the side you wish to increase ankle flexibility. Lower your center of gravity by pushing your knees forward, keeping toes raised off the floor. Avoid straightening the knee when you pick up the forefoot and slide the heel forward, maintaining contact with the floor. Release the forefoot, still keeping toes elevated. Repeat the heel-strike forward shuffle, keeping toes elevated with each step, knees bent, heel sliding forward. If you are limited in mobility on both sides, alternate shuffling with both feet.

PROGRESSIONS: Increase knee bend to get additional range of motion through the ankle, always keeping toes flexed off the floor and heel in contact with the floor.

Try these two moves for 3-4 weeks for improved ankle mobility. Note increases in range of motion from one workout to the next.

Courtenay Schurman is an NSCA-CSCS certified personal trainer, Precision Nutrition Level 2 Certified Nutrition Supercoach, and co-owner of Body Results. She specializes in training outdoor athletes. For more how-to exercises and tips, visit her website at www.bodyresults.com or send a question to court@bodyresults.com.

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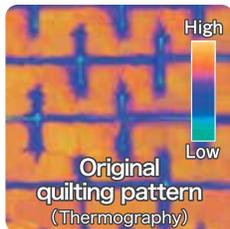


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Where Are They Now?

Following Up With Former MAC Leaders, Katy And Isabel

by Becca Polglase, Mountaineers Director of Education



Katy (current). Photo by Conor Walter.

In August of 2017, our sixth class of Mountaineers Adventure Club (MAC) reached graduation. MAC is a year-round outdoor club for teenagers in The Mountaineers. With about 30 participants a year, many join in 8th grade or as freshmen, and grow into outdoor leaders through their senior year in High School. Some of our MAC kids come up through Explorers, our middle-school outdoor club. Looking ahead to our seventh year, we now have 26 alumni who are in college, or have graduated from college, who still come back to visit and volunteer. They are using their Mountaineers outdoor and leadership skills to do amazing things. We asked two of our past MAC presidents to tell us about what they're doing now. Here's what they had to say:

Katy Snyder

Katy was one of the founding members of MAC. She joined the MAC leadership team in 2011, and was president from 2013-2014. She spent most of her summers volunteering and then working for Junior Mountaineers Camp, and she's been a regular volunteer with our Mountain Workshops.

Which Mountaineers volunteers do you remember having a positive impact on your MAC experience?

All of my interactions with Mountaineers volunteers have been wonderful. Adam Hollinger taught skills ranging from leading to anchor building to cleaning and rappelling. One particular memory I have with Adam that instilled a sense of confidence, trust, and responsibility within me was on my very first multi pitch climb. It was June 2012 and I was going to be climbing on Groundhogs Day with Adam as well as a few other MAC

members. As Adam's lead belayer, before we began the climb, he made sure I knew all of the commands necessary for multi-pitches so we could stay safe. He always explained things in a step-by-step manner so I could easily understand what we were doing and why. I need to take things in baby steps and process everything, so I need a patient teacher. Adam is patient. After climbing the three pitches, we made it to the top and the five of us started snacking and taking in the view. My treat of choice on trips is Swedish Fish. I pulled the snack-sized Ziploc of Swedish Fish out of my bag, took a couple for myself, and offered them to the others. Adam and I were buds after that. All future trips, Adam would always ask if I had my Swedish Fish because as everyone should know, they are the necessary treat at the summits of climbs.

Mercedes Pollmeier volunteered on one trip I went on to Leavenworth to assist with the bouldering, but she also taught a weekly bouldering class for a group of us from MAC. The beginning of my senior year of high school (2013), Mercedes introduced me to indoor bouldering. She learned very quickly that I was a timid person, but with her years of experience in coaching climbing, she was able to slowly get me to build trust and push my limits. I would often get partway up the wall, freak out, and give up. Mercedes would see and look at me with that expression of "Why'd you give up? I know you can do it. Try it again." And point at the wall. I would take a deep breath and try again, often making it farther because of the external motivation. Not just anyone is capable of getting me to push my limits and step so far out of my comfort zone. Mercedes taught

me to push myself and how empowering climbing can be. It's so rewarding to push through and conquer the wall, especially when the problem is harder than you think you are capable of!

What are some things you learned in MAC?

When joining MAC, I was very quiet. Talking in front of people was not something I voluntarily did and stepping up to be in charge of a group is something I stayed as far away from as possible. MAC got me to come out of my shell and learn to enjoy leading trips, teaching others both hard and soft skills, and being a welcoming face that other members felt they could talk to. This is a skill that I have witnessed many of the MAC members develop. I have watched some of the younger members grow so much in their years in the program.

I also learned that herding cats is difficult! As a youth trip leader, I had to be the one reaching out to others to sign up, pay, get me the information they said they would get for me, and much more. High school students (and people in general) are notorious for procrastinating. I learned how to politely pester everyone so they would complete the tasks that needed. This has transferred over to the many leadership skills I also gained through being a part of MAC.

What are you doing now?

I'm currently a senior at Pacific University majoring in Integrated Media (graphic & web design) and minoring in Outdoor Leadership. I work on campus at the Center for Civic Engagement and as of this year, I also work with MarCom (marketing & communications department) as the design intern. On the weekends, I'm often leading rock climbing, mountaineering, or backpacking trips for Pacific University's Outdoor Pursuits program. On all of these trips, I bring my camera, capturing memories and the beautiful wilderness in which we live. If I did not join The Mountaineers, I don't think I would be as outdoorsy as I am now and I'd be more reserved. The Mountaineers put the adventuresome bug in me and I learned to share my passion for the outdoors with others. Each year I lead Freshman Voyages for my school.

On the Voyage I led this year, my co-lead and I took our group of eight on a five-day trip to Leavenworth, WA – the location where I first learned to climb! On day three, we took the group to some of the boulders along Highway 2. They were loving projecting and problem solving together. My co-lead was at the base of The Warm-up Boulder, base managing, as I was at the top, capturing pictures as well as coaching. One of my participants got one move from the top and froze in fear. She looked me dead in the eyes without saying anything, but her eyes said everything. Calmly, I began to encourage her as well as coach her as to where to put her feet so she could reach the final jug. She made it up and sat with me for a little bit to decompress. This moment brought flashbacks to when I was learning to climb. The whole time, I was remembering what the volunteers at The Mountaineers did for me and how impactful it was.

Last year, I studied abroad last spring in Limerick, Ireland. I don't know if I would have thrived like I did if I hadn't learned the leadership skills I did through MAC. Being in MAC taught me how to grow through putting myself out of comfort zone: rock climbing was terrifying to me, but I continued to try climbing; leading trips and being in the spotlight was nerve-wracking, but friends and leaders continued helping me develop those

leadership skills; and being social was also something difficult, as I used to be very quiet. I was definitely very much out of my comfort zone, but I was able to integrate quickly with the Irish and their culture. I got to know the Irish in the Outdoor Pursuits Club at University of Limerick. Through forcing myself to step out of my comfort zone and talk, they provided me with many opportunities that most international students didn't have: competing on an Irish climbing team in Belfast, Northern Ireland; climbing Carrauntoohil, the tallest peak in Ireland, rather than hiking it with the rest of the club; and going climbing for a week in El Chorro, Spain. This all happened because I have learned the little bit of discomfort usually opens doors for many more opportunities.

My long-term dream would be to work at an organization similar to The Mountaineers. I would ideally like to be in charge of website upkeep and/or creating marketing materials, but also get to lead trips, teach classes, and/or photograph trips.

Anything else you'd like to say?

The Mountaineers is a huge portion of the foundation for who I am today. All of the volunteers, employees, and fellow MAC members have had a huge impact on who I am today and I am thankful for all their patience and encouragement, slowly helping me come out of my shell. This is definitely a community I will always value. For anyone of any age considering taking their first steps into the outdoors or wanting to continue advancing their skills for bigger endeavors, I highly recommend The Mountaineers; it's a wonderful community that I am happy to consider myself a part of!

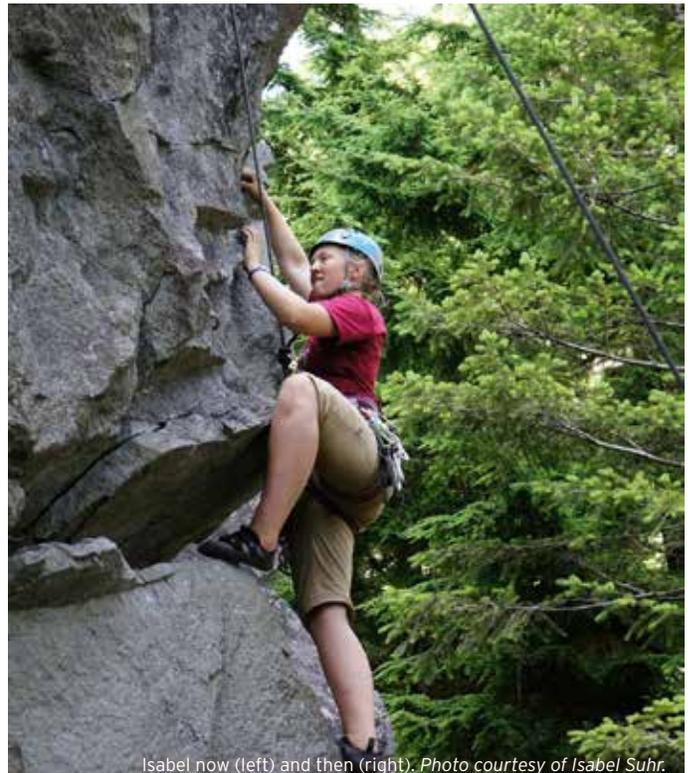
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Katy (past). Photo by Becca Polglase.



Photo by Isabel Suhr.



Isabel now (left) and then (right). Photo courtesy of Isabel Suhr.

Isabel Suhr

Isabel was MAC President from 2011-2012. She took the Basic Climbing Course in 2010 and has taken the Crag and Sailing courses as well. She helped start our Junior Mountaineers Camp and volunteered and worked for camp for four summers. Since going off to college, Isabel has been an active participant in our partner organizations, volunteering at both the Mazamas and Colorado Mountain Club.

Which Mountaineers volunteers do you remember having a positive impact on your MAC experience?

I'm always impressed with how much time Mark Scheffer spends with MAC, teaching skills and leading climbs. My first rope lead was on a climb he led of South Early Winter Spire, and he was so dedicated to getting us our summit that we waited out half an hour of rain before leading up the rock pitches. I also really enjoyed learning varied and important life skills from John Rijhoff, from how to throw a lasso figure eight to how to hang by our toes at the aquatic center in Squamish. John is also great to spend time with because he really knows how to have fun; he put prizes at the top of climbs in Squamish and brought glowsticks and harmonicas to play with at camp in the North Cascades.

What are some of the things you learned in MAC?

I was trip leader for the MAC trip to the North Cascades in 2012, the first of the now-yearly summer trips. While planning and leading that I learned a lot about all the logistics involved in such a major trip, from deciding on climbs and routes to recruiting volunteers to how to pack a lot of stuff into a small car! I also did a lot of my first rope leads with MAC. Getting to climb with MAC members and volunteers I already had experience with was a great way to step into more of a leadership role. There are a lot of new things to think about as you transition from getting your own act together to being responsible for the safety of others, and I'm glad I had peers and mentors who trusted me to do that.

What are you doing now?

I am a software engineer at the National Center for Atmospheric Research, where I work on data collection and networking for field projects. I love my job because I get to help scientists understand the atmospheric system, and I get to travel to some pretty exciting places! In my free time I'm exploring the Rockies on foot, exploring Boulder by bike, making new friends at the Colorado Mountain Club, and getting into backcountry skiing. My outdoor experiences with The Mountaineers both sparked my interest in earth science and the mountain world and gave me the experience to pursue it. In summer 2015, I got to test out my glacier travel skills by spending seven weeks doing glaciology research and traversing the Juneau Icefield, an opportunity I would never have taken without realizing – while climbing in the Cascades--that glaciers are the coolest thing ever! After that, I was sure I wanted to work in earth science, which led me to my current job in Boulder. I also discovered my love of teaching outdoor skills at The Mountaineers, which I'm still doing as well with Colorado Mountain Club. My goal for next summer is to visit all the named glaciers in Colorado (which, granted, isn't that much of a challenge). In the coming years I'm interested in getting a master's degree in meteorology and I would really, really love to visit Antarctica.

Anything else you'd like to share?

I highly recommend volunteering with MAC. I led a backpack trip to Cape Alava last fall and was expecting to have a good time but was surprised by just how much I enjoyed it! I didn't know any of the MAC participants, but I really liked getting to do a little teaching and a lot of hanging out with such dedicated, thoughtful, goofy, and all-around great people. ▲▲

We're proud of the work our MAC graduates are doing, and value their commitment to their Mountaineers family. Keep an eye on our blog for future featured MAC alumni!

Keep Calm and Learn to Climb

How Mountain Workshops Improves Life Skills

by Elizabeth Lunney, Mountaineers Interim Director of Development

A Mountain Workshops student learning to climb at the Seattle Program Center. Photo courtesy of The Mountaineers.

"You should have seen my classroom before we started with The Mountaineers," says Robin Gannett, a teacher at Aki Kurose Middle School. "It's a completely different classroom now."

Robin teaches at Aki Kurose Middle School in the Rainier Valley neighborhood of Seattle. She herself is a Mountaineer who loves the outdoors. When she's not in the classroom, you'll find her hiking and cross-country skiing. She goes outdoors to connect with nature and to find solitude and peace of mind.

Her students, she knows, probably don't have the same opportunities to explore the outdoors. Aki Kurose Middle School is a Title I school that receives federal support because of its substantial low-income population. Robin's students are just the sort of group The Mountaineers was hoping to connect with when we created the Mountain Workshops Program.

The Mountain Workshops Program teaches basic outdoor skills and exposes students like Robin's to places they had never imagined— just as one might expect. But there are other benefits Robin didn't anticipate: the program, as a whole, has had a calming effect on the class.

The students spend time team building, and this builds trust among the middle schoolers. "They are better to each other," Robin says. When the students go rock climbing, they're taught to encourage their classmates, and this translates to how they treat each other in the classroom. "The students are more aware of being nice to each other," she said.

The Mountaineers teach skills and share adventures with everyone. The Mountain Workshops Program provides local schools and youth organization with hands-on training to teach kids climbing, wilderness navigation, and more. The majority of

our funding for this program comes from contributions from our members. This past year, Mountain Workshops supported more than two-dozen community partners, from transitional housing organizations to local YMCAs and public schools.

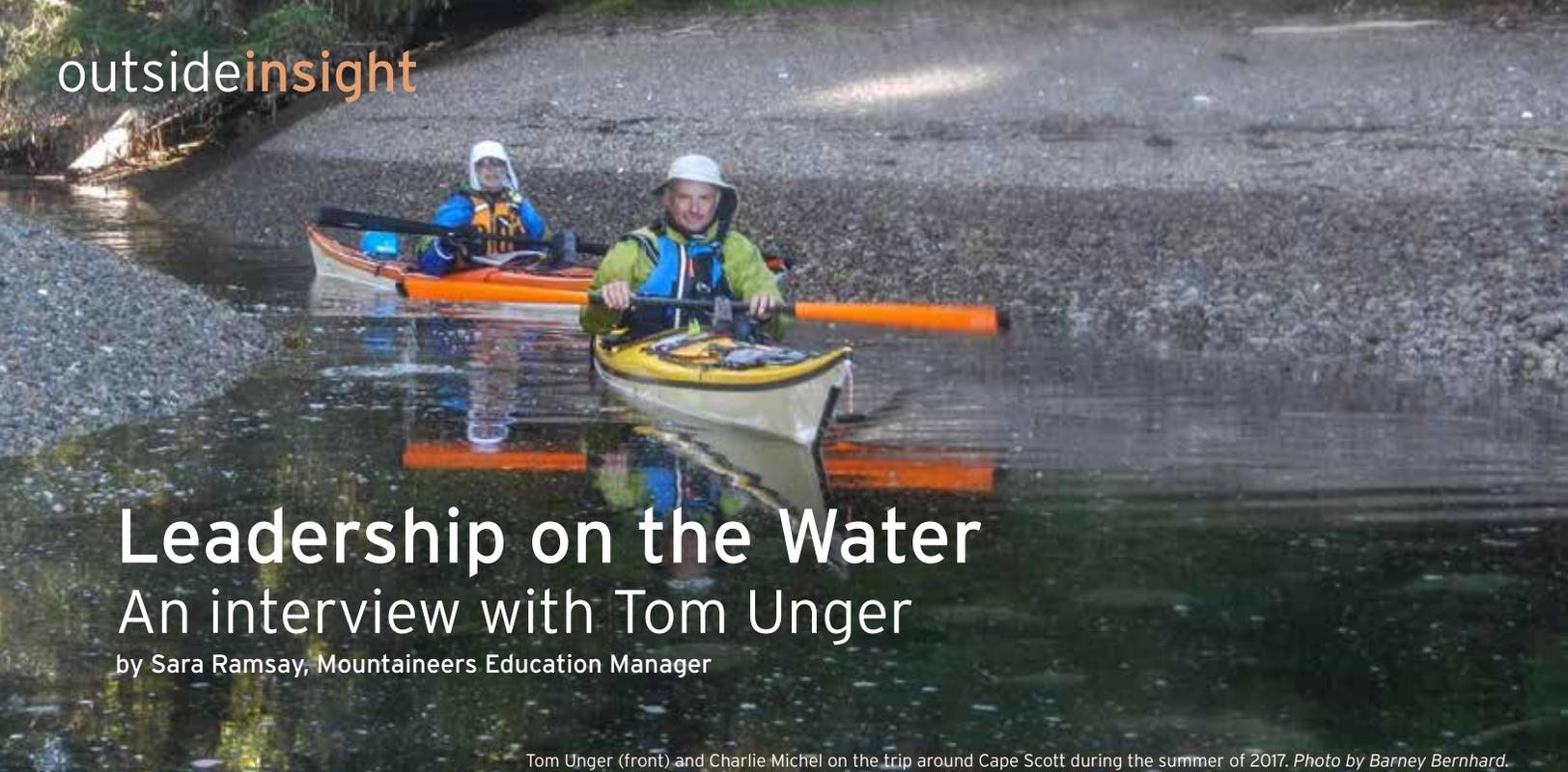
None of these experiences would happen without the financial gifts of our members and the mentorship and encouragement of our volunteer leaders.

When she heard about the Mountain Workshop Program, Robin reached out to The Mountaineers to see if her students could participate. "I wanted to open their eyes up and their minds up about different things that are possible," she said.

If you've spent time outside, you've probably had your suspicions: the time we spend outside can help us be better people. There's an increasing body of research that demonstrates the ways in which outdoor adventure better equips us for our daily lives. When a classroom participates in an ongoing program over time, additional benefits accrue. With repeat outdoor experiences, students improve their decision-making and communications skills, build a sense of community and, in the process, become better students (*Journal of Adventure Education and Outdoor Learning*, 1-17).

Five years later, Robin's classroom still goes out every month on a Mountaineers adventure. "I don't know what all the little factors are that go on in their minds about what has changed, but it has definitely brought them together in a different way than before The Mountaineers." ▲▲

You can support Mountain Workshops and other programs. For information, contact Bri Vanderlinden, at 206-521-6006 or briv@mountaineers.org, or visit www.mountaineers.org/give.



Leadership on the Water

An interview with Tom Unger

by Sara Ramsay, Mountaineers Education Manager

Tom Unger (front) and Charlie Michel on the trip around Cape Scott during the summer of 2017. Photo by Barney Bernhard.

Tom Unger has been hiking, climbing, skiing, paddling, and sailing up and down the west coast for 25 years. He's widely praised by students and participants for his outstanding communications, group facilitation, instruction, and collaborative leadership. In the summer of 2017, Tom led a two-week trip with The Mountaineers around Cape Scott with Barney Bernhard, Esther Ladwig, Marty Mayock, Charlie Michel, and Karen Cramer. In this interview, Tom discusses how he intentionally brought his group together around common goals, expectations, and trip styles.

Why was it important for you to do this trip to Cape Scott with The Mountaineers?

I like going to remote places. The feeling of being some place seldom travelled is very interesting and exciting. Cape Scott is a remote and beautiful area, with a lot of outer-coast paddling. Going around Cape Scott, on the north end of Vancouver Island is a significant rounding and I wanted to do the whole loop.

The common way to put together a trip like this is with a private group. But I thought, there's probably people out there who I don't know, who would love to go on this trip. As a Mountaineers trip, I could meet some people who I don't know yet, and they might turn out to be great companions.

People are hesitant to run longer trips with people they don't know because it can be difficult to get a skilled group with the right goals, expectations, and style. And that's what I presented on last year at The Mountaineers' Leadership Conference. I thought, I can use what I've learned about what goes wrong on trips, about how people come with mismatched goals, mismatched expectations, or different styles and don't get along. I can use that to have more effective dialogues before the trip, to align ourselves, or to identify that we're not in alignment.

Because it's not like me asking a buddy, "Hey do you want to do this?" People have the ability to think about it for themselves; to decline and say, "No, I think maybe this isn't the match for me," or "Yes, this sounds like the type of trip I want to do this summer." It seemed important to do it as a Mountaineer's trip.

How did you screen the group and prepare for the trip?

My list of goals, expectations, style, and skills was a big part of the screening process. People could read my list and think about it, and decline to sign-up if it doesn't sound like the right fit. The more information that I got out there, the more people were able to screen themselves.

The trip started at the end of July, but I pretty much had the group set by the end of January. I asked that the group commit to a day paddle at Deception Pass where we would practice skills, and paddling in dynamic water, and rescues. All I asked of them was this one day. But then we also scheduled another day to paddle from Washington Park [in Anacortes] to Friday Harbor, and everyone showed up for that, and then we scheduled a weekend to paddle at Hobuck [on the Washington coast]. It had been awhile since I had paddled in surf, and they wanted to get out there, too, and paddle their long boats in surf. The Hobuck trip was one of the best, as far as coming together as a group, because we spent several nights camping and eating together, and we did a couple of different paddles. It seemed like a lot to ask, but I might do that again if I'm scheduling an expeditionary type trip.

You spent a lot of time together, even before the trip. How did group dynamics change as you got to know one another?

A challenge brings the group together. On our first day, we were paddling into the wind and against current. We poked along the shoreline trying to stay out of the bad, contrary conditions. Eventually, we had to make a crossing, and I said if we try to paddle this crossing with wind and current pushing us back, then it's going to be hard to go. I suggested we wait until the current shifts, and then we'll have the wind coming against us but the current going with us. Well, that's a classic set-up for really rough waves, but for some reason, they all agreed to do this. I told them we're going to paddle along the shore until it looks like a good crossing, and we'll cross together, to stay close. And if we can't stay together, that's a sign that we can't really do

this. Our solution will just be to turn around, run down wind and come back to the shore. We had an easy out.

It was white caps all over the place, waves washing across the deck occasionally, but we did great staying together. The crossing was maybe an hour-and-a-half, but my plan worked and we didn't have to fight the conditions too much.

There was another kayak group at the camp when we arrived. They'd been brought out by a water taxi, and they hadn't been able to do much kayaking because it was windy. Then they saw us pull in and they were amazed that not only were we paddling this, but we had crossed that channel which looked horrendous! I think for our group it was very encouraging that we made the crossing, and it actually wasn't that hard for us. It gave us some confidence on day one, individually and as a group. No one abandoned anyone, no one got left behind, and everyone was able to paddle in rough conditions - and other kayakers were impressed! Everyone felt encouraged by that.

Thinking back on the trip today, several months later, what's one part of the trip that still has you smiling?

After rounding Cape Scott, while paddling down the coast, Karen came up to me and said, "Tom, I'm not sure I understand what we're doing. We have a really nice day today, calm conditions. This next section, Cape Russell, is supposed to be really rough. Why aren't we going around it on this nice calm day? Why are we waiting until the winds and waves get bigger?" And I said, "Karen, there are two types of people who could be out here. One would be a group that just wants to paddle down the coast, and if we were that group, we would go around it today because it's easy. But the other type of people would be out here to gain experience paddling on the outer coast. That group would camp here in this bay and wait until the sea kicked up, and then go around. And that's what we're going to do." So we intentionally waited until conditions got a little worse, and then paddled down the coast to get some experience.

We went out that next day, and they were easily six foot waves, ocean swells, not breaking. It was not hard to paddle in at all, but you'd lose sight of people for a while, long enough to wonder.

"I remember, I was paddling with Karen, she was around here somewhere, wasn't she? Oh there she is, yeah okay."

This ended up being a great part of the trip. We paddled in big conditions for a while, and everyone got experience doing that. We were very successful in finding a protected place to land, and we had a very nice camp there. It was beautiful! I think everyone came back from this trip with increased confidence in their ability to paddle on the open coast in moderately rough conditions. Our goal of getting more experience paddling on the outer coast was very successful.

Is there anything you would have changed about the trip?

Before the trip we practiced the obvious rescues, paddling in surf, paddling as a group, landings and launchings - but after the trip, I realized that we never practiced how to use stoves, filter water, or set-up the bug tent. This trip was active, so our time in camp seemed to be full of camp chores. Not knowing how to do these things efficiently as a group, we got a little bit behind. Upfront, it would have been better to have gotten the camp systems down. It would have been a little smoother.

What would be your word of advice or recommendation to others who want to lead something similar in scope?

My advice is to think carefully about what your goals are. I made enjoying the trip and enjoying the other people a high priority, so I kept working to remember that. Identify clearly what your own personal goals are, and then have clear discussions with the participants to bring yourselves into alignment.

What's on deck, are you planning any other big trips?

I was thinking about organizing a trip to go around the Brooks Peninsula, which is the next section south on Vancouver Island. The Brooks Peninsula is a big peninsula with rough conditions, so it is another known, difficult rounding. It's another place I want to paddle, another coastline I want to paddle along. Maybe next summer!

Tom Unger will present on "Forming Compatible and Cohesive Groups" at this year's Leadership Conference, scheduled for Saturday, December 2. ▲▲



Marty Mayock and Esther Ladwig on the Cape Scott trip, 2017. Photo by Tom Unger.

Invasion of the Modern Body Snatchers

by Craig Romano, Mountaineers guidebook author

Lake Washington eastern shore trail. Photo by Craig Romano.

It was an absolutely breathtaking Northwest late fall afternoon. I was doing field research (translation=hiking) for my upcoming *Urban Trails Eastside* Mountaineers Books guidebook. My task was to check out a patch of urban greenery on Lake Washington's eastern shore. As I walked down this park's trails and across its boardwalks, I was mesmerized by the surrounding natural beauty and by the moment itself. The sun was low, the sky deep blue. Rays of sunlight kissed my face and danced across the shimmering waters of a quiet bay. They illuminated the resident waterfowl and intensified the brilliant colors of the autumn foliage. The sun continued to sink in the sky and my surroundings became more surrealistic. I was in pure hiking heaven – utterly elated – senses completely stimulated.

There were scores of other folks out on the trail too. Folks of all ages, ethnicities, and socio-economic backgrounds. Some were sauntering. Some were sitting. But the light that was radiating on golden leaves and silvery ripples seemed to have ill effect on my fellow park visitors. A cold chill soon embraced me. I wasn't on a beautiful undeveloped lakeshore in suburban Seattle any longer. I was in the fictitious town of Santa Mira, California – ground zero in the 1950s movie *Invasion of the Body Snatchers*. This community had become full of Pod People (a term coined from the classic 1970s remake of said film) – folks devoid of human emotion because they had slowly and insipidly been taken over by alien body snatchers.

But the Pod People who surrounded me weren't invaded by body snatchers from outer space. No, their humanity and emotions had been robbed by smart phones! Every single person walking past me, toward me, and slackened to a trailside bench that afternoon was plugged into a screen. No nods of hello. No eyes admiring the beautiful setting sun. No facial validations of contentment, bliss, or astonishment of the natural beauty beneath their noses. Nope – their heads were cocked downward. Some blankly blathered into the air; others frantically twitched their thumbs; and some sat or walked in groups, projecting stony

stares with no acknowledgment that they were with others.

I wanted to scream! They had all been robbed of their bodies by some insidious force. Their electronic gadgets had stolen their humanity. As the evening sky extinguished the sun – the horizon turning a fiery red, nary a Pod Person batted an eye upward. Wired to their life-support systems, they displayed no emotion. In an electronic-induced trance they weren't living for the moment. Nature and all of her redemptive qualities couldn't disrupt the strength and pull of the almighty WiFi that evening.

I work on a computer and cherish the technology that has made my job as a writer so much easier and more productive than in the good old days. I am not a modern day Luddite, someone who eschews or wishes to destroy new technology, in this case computers and mobile devices, in order to retain a simpler lifestyle. I am, however, on a self-prescribed tech diet.

I cherish hiking, running, and being outdoors for their simple and redeeming qualities. No gadgets or screens needed. I don't need to track every hike. I don't need to check emails and text friends while I'm out in the woods. I don't need to share a picture of myself, straining a smile or in an awkward yoga pose, standing in front of some landmark, with 100s of followers, many (perhaps most) whom I've never even met. No, I head to the woods to escape technology and the ever-present clutter of the modern world. I go for a run to turn my mind inward; to focus on my breathing and the world around me and feel alive. No electronic gadget can do that for me. Handheld electronics are like narcotics. They have great applications, but are all too often abused leading to addiction and a state in which our mental, physical, and spiritual selves suffer.

Film critics have analyzed *Invasion of the Body Snatchers* and have found several themes: some point to the movie as an allegory for the loss of personal autonomy under the McCarthy communist scare and under Communism itself. Others see the movie representing the conformity of the Eisenhower years. I

see it as brilliant foretelling of the modern age, alarming us to the grip personal mobile devices have on their users. Users, not owners, for the owners are the gadgets.

The rise of the 1960s counter-culture was in no small part a reaction to the conformity and vacuous consumption of the 1950s. Will we usher in a second dawn of Aquarius to correct the technological imbalance of the present day? In the 1960s psychologist and counter-culture icon Timothy Leary told the world to, "Turn on, tune, in and drop out." In essence, he was encouraging people to detach themselves from existing conventions and hierarchies.

Leary elaborated that "Turn on" meant to become in touch with the levels of consciousness around you. "Tune in" meant to interact harmoniously with the world around you. And "drop out" meant to detach yourself from involuntary or unconscious commitments – in essence striving toward self-reliance and discovery. You can't do any of that while passively engaging with an electronic device while the world around you passes you by. And while Leary advocated the use of psychedelic drugs to attain this, I substitute nature – getting outside, walking, hiking, and running – as the means to turn on, tune in, and drop out.

The 1960s also gave us the Marvel Universe. It was when a young Peter Parker, upon becoming Spider-Man, learns that "with great power comes great responsibility." Just because we can, must we? Restraining ourselves requires more strength than showing a use of force. Do we really need all of this technology in our lives? Does it all really enhance our lives or does it further complicate and clutter it? How does it improve something as simple as the act of hiking? Or improve our relationships with the outdoor world – or our relationships with each other?

Thoreau and Muir were concerned about the transformation of their times' impact on the natural world around them during

the industrial revolution. I still share that concern, but am equally alarmed on how the proliferation of today's technology is robbing of us of our humanness. No app will improve the sunset or allow you to feel the intensity of the wilderness on your body and soul. Let God be your witness to your beautiful surroundings, not 1,000 Instagram followers. No GPS device makes your hike longer, shorter, harder, or easier. The trail just is. Walk it. Feel it. Cherish it. Reflect upon it. Let it forever be stored in the hard drive known as your brain.

I can very well purchase and use all of the latest electronic gadgets and load them with apps galore if I wish. I don't. I see very little value in most of it. It doesn't simplify my life. It complicates it. None of it will enhance my hikes, my time in nature, my relationships with others, and my relationship with my creator and the beautiful world around me. My mantra – Turn off, tune out, drop in. Turn off the distracting clutter of electronic gadgets. Tune out the electronic noise and focus on the world and people around you. And drop in to a whole new sense of consciousness – one that heightens your existence as a human being and your interconnectedness with the natural world around you. It's easy to do – just put one step in front of the other unencumbered by electronic distractions and let the discoveries begin. You'll also be helping vanquish the outdoor world of the body snatchers. ▲▲



Craig is an award-winning Mountaineers Books author who has written and co-written 20 books. His latest release, *Urban Trails Olympia* highlights the best trails for walking, running and hiking in Olympia, Shelton, Harstine Island, and Capitol State Forest. Some of his other titles include *100 Classic Hikes Washington*, *Backpacking Washington*, and *Day Hiking Olympic Peninsula (2nd edition)*.



Lake Washington eastern shore trail with art clip from *Invasion of the Body Snatchers* 1956 poster. Photo by Craig Romano.

Life as a City Girl Gone Green

by Rasheena Fountain, Antioch University graduate student and Walker Communications Fellow with the National Audubon Society



Rasheena Fountain doing work at Debs Park in Los Angeles. Photo by Glenn Nelson.

I am by nature a city girl. I enjoy bright lights and long walks down populated concrete sidewalks while street musicians fill the air with tunes. I am from Chicago, land of blues and backyard barbecue smells, where as a child I played double dutch near curbs on city streets in my Westside neighborhood. Big-city noises such as loud car motors and high-volume voices drowned out the sounds of pigeons, crows, and ravens, but the city was their home too.

For a lot of my life, I ignored the natural settings that made up my urban landscapes and rarely took note of the birds flying around me. A recent fellowship with the National Audubon Society changed that for me.

This summer demonstrated that there is a place for me in the environmental field when I began as a Walker Communications Fellow with the National Audubon Society. The fellowship was developed by Maggie Walker, who is the second woman ever to serve as chair of the National Audubon Society's board. She's very active in the Seattle community, supporting the arts, cultural communities, and inclusion. Among many other things, she is a past president of the Seattle Art Museum and presently chairing Friends of Waterfront Seattle. I was able to meet with Maggie, and I was inspired and motivated by her achievement as a philanthropist and her community involvement; it's an experience that has further shown me the power of giving back to the community.

The fellowship allowed me to travel for environmental journalism with Glenn Nelson, a mentor journalist. Glenn is a writer of color, and it has been powerful to get his perspective as a veteran journalist and writer, as well as someone who understands the complexities of natural environments and race. He was a *Seattle Times* reporter and columnist for 17 years, worked for

ESPN, was a contributing editor for *High Country News*, and is the founder of *The Trail Posse*, which specifically deals with race and inclusion in the outdoors.

I also got to hone my communications skills at Seward Park Audubon Center and at Audubon Washington in Seattle. And to be honest, I never thought I would work for Audubon, especially since I'm a black non-birder.

In college I was exposed to environmental writer Rachel Carson, author of *Silent Spring*. Her words, and the words of others, raised my awareness of environmental justice issues, such as air pollution, water pollution and climate change, which disproportionately affect poor people of color. A lot of my family lives in inner city Chicago, so I became motivated to enhance environmental education in communities of color. I want to empower communities to speak up against environmental hazards and to notice and protect the nature around them.

I'm getting my master's degree in urban environmental education at Antioch University and I have an undergraduate degree in creative writing from the University of Illinois at Urbana-Champaign. The program at Antioch is in partnership with IslandWood, a nature education center in Bainbridge Island, Washington. I have continued to focus on social justice issues like climate change. I have also studied cultural heritage in the environment, urban ecology, and civic engagement to influence environmental policy. While I've studied applied ecology at the graduate level, I never explicitly studied ornithology, the study of birds. However, my passion for conservation, ecology, and environmental justice reflected my landing at Audubon.

At Seward Park Audubon Center, where I was stationed in Seattle, I was comforted by the familiarity of the messages floating in the wind miles away from Chicago. The center is



The Walker Fellows with program namesake Maggie Walker (l-r): Alana Phan, Rasheena Fountain and Christine Lin. Photo by Camilla Cerea / Audubon.

located in a park with acres of old-growth forest, surrounded by an urban setting where people from many cultural backgrounds walk its trails amid the biodiversity of bird species gracing its grounds. Ravens and crows live here, but so do great blue herons, pileated woodpeckers, barred owls, kingfishers, and other, less urban birds.

I silently searched for owls with other city dwellers in the darkness on Seward Park trails during Nighttime Bird Walks, one of the center's popular events. I saw a dark-eyed junco's nest filled with wiggling hatchlings nestled near the ground within a tree stump. I heard the nighttime sounds of an eagle responding to recordings of owl bird calls that Marina Pita, community programs manager at the Seward Park Audubon Center, played on her smartphone. I watched as people who had lived in the neighborhood for years gazed in awe at the natural landscapes, making new connections with their environment. In the company of others, I relaxed in the dark forest, a place I would have been more hesitant to enter back home. I gained a new appreciation of the lively nighttime ecosystem. Eventually, the path led to pristine lakeside views of the brightly lit Seattle skyline as bats flew above us.

During a Saturday morning program called "Morning Treats and Tweets," I watched Joey Manson radiate with excitement as he spouted bird facts and encouraged millennials, families, and children to explore the old-growth forest. Joey is the Seward Audubon Center director and the only African-American director in the Audubon's national network of 41 centers. "Morning Treats and Tweets" combines novice bird watching with free pastries, caffeinated drinks and binoculars for close-up bird views. Joey exposes community and youth to assorted facets of nature like his favorite birds, the Anna's hummingbird and pileated woodpeckers that decorate the Seward Park landscape.

Ed Dominguez, the lead naturalist at Seward Park Audubon, led the "Treats and Tweets" bird walk. Ed is an Edmonds School District music teacher and nature series host on KBCS 91.3 FM – a Seattle public radio station. Children, mothers, fathers, grandparents, and young professionals gazed at great blue herons, kingfishers, barred owls, and mallard duck families through their binoculars with Ed. People were excited to see owls up-close for the first time. This excitement was heightened by Ed's natural enthusiasm and communicative, harmonious interactions with his surroundings. I became lost in the encounters, feeling curious like the toddlers and children who wander curiously on the park's trails.

Watching Marina Pita spark curiosity through storytelling about ladybugs, owls, and other animals during the Toddler Tales and Trails program has been inspirational. Pita is Latina and has experience teaching in dual-language elementary education programs in the South Park neighborhood of Seattle. This is an influence that has contributed to her ability to communicate nature to toddlers in diverse ways. She previously worked at Seward Park in a different position, but was inspired to get her master's degree in elementary education after being exposed to environmental education at the center. She returned six years later, and is now teaching the Toddler Tales and Trails storytelling program that encourages toddlers in the community to discover story concepts in natural settings. Encouraging toddlers to notice nature in their neighborhoods will prompt them to be more connected to their environment. I envision them being able to view the birds and forests around them as live companions that dwell communally in their spaces.

Audubon is known for birds – and bird lovers, who now are mostly older and white. I admit, I applied for the fellowship because of my interest in writing about the environment, not so much because I wanted to work at Audubon. It wasn't until I started working there that I learned about the intersection of so many of my interests. In 2014, the organization published the Audubon Birds and Climate Change report, which predicts how birds in the U.S. and Canada may respond to a changing climate. I also have learned about Audubon Washington's support of carbon pricing to reduce pollution that causes climate change. As a black woman in the environmental field, I have been impressed with the commitment to diversity within Audubon by David Yarnold, the organization's president and CEO.

During a recent interview that Yarnold conducted with me and other fellows and interns, he said, "I believe that Audubon's effectiveness relies on the ability to be culturally knowledgeable. What we say doesn't matter. It's about what we do."

I stand by Yarnold's statement. Audubon has managed to get this city-loving girl immersed in the world of birds at its Seward Park Audubon Center. My windows face Lake Washington, where kids swing on the playground beneath skies where the great blue herons, ravens, and eagles soar. And I notice the birds now. I notice the living habitats supporting diverse life – life threatened by climate change and other habitat destruction. With this new perspective and appreciation for birds, I am inspired to share Audubon's message in hopes of inspiring others to protect and learn about these habitats as well. ▲▲



Rasheena Fountain and Glenn Nelson. Photo courtesy of Glenn Nelson.

Overcoming Addiction in the Mountains

From Getting High to Getting High

by Kristina Ciari, Mountaineers
Director of Communication



Nik Jensen, on the top of Mount Hood. Photo courtesy of Nik Jensen

One step at a time. It can be slow, and often painful, but you can always take one more step. That's how you climb mountains, and that's how you recover from addiction.

Nik Jensen knows the trials and tribulations of both.

I don't remember meeting Nik, suffice to say one day he was part of my outdoor community, and my life is better for it. He's like the Kevin Bacon of the outdoors. You probably know Nik, and if you don't, you definitely know someone who does.

Nik is the type of guy who enthusiastically gives you three hours of his Sunday morning to talk about life, climbing, family, addiction, and recovery. He welcomes you into his home with a plate of bacon, eggs, and his secret French toast recipe. It wouldn't be an exaggeration to call it some of the best French toast in the Pacific Northwest.

Getting His Bearings

Nik grew up in the outdoors. With a Scoutmaster for a father, Nik was actively involved in cub scouts and boy scouts. He spent many weekends hiking, camping, and shooting.

The smallest boy in all of his classes, Nik was picked on in elementary school. As a result he was extremely shy and often felt out of place. He learned that acting out would get him attention and time away from the mean kids. He eventually channeled that energy into something more productive in middle school, joining the wrestling team.

The discipline of organized sports in high school helped Nik come out of his shell. He played football and sang in the vocal jazz group and was active in his church youth group. Nik wasn't part of the popular clique, but had a lot of friends and was well known. He didn't have time for much in the outdoors anymore, but he seemed to be on the right path.

Then, three pivotal things happened his senior year. First, he crashed his car. It was early on the morning of Homecoming, and Nik drove into the back of a school bus. He was 100% sober at the time, but it happened right in front of the school. Every student walking and driving by that morning saw Nik standing next to a wrecked car talking to the cops. I cringed when he told me this, thinking back to my own embarrassing high school moments, and feeling like they paled in comparison.

Second, he lost a wrestling match, punched a wall, and broke his hand. The match had gone into double overtime when he was eventually taken out, and he was so angry but didn't know how to channel it. The broken hand meant he was out for the rest of the season.

Last, his youth pastor left his church. This changed the dynamics of the most stable part of his life. The foundation around him crumbled.

He started to hang out with the wrong crowd. The cigarette-rolling, weed-smoking, booze-drinking, party-on-the-school-yard-after-hours crowd. He began using. First it was just smoking weed, but pretty soon it turned to drinking. "I enjoyed

it because it made me feel like someone I wasn't," said Nik. "It was a solution to years' worth of insecurities. It made me feel like a different person, and I liked it."

Way Off Track

Nik tried everything under the sun, save for opiates. He spent much of his late teens and early twenties partying. The cops were called to his 21st birthday party, and he was lucky to get off without being arrested. After that he swore off all drugs, doubling down on alcohol to get his fix.

When he was 24, Nik met a girl and started a relationship. He pared down his drinking. They moved in together, and six and a half years later they bought a house. Three days after signing the paperwork she dumped him over the phone while he was on a work trip. She moved him into the new house while he was out of town, left a note on the counter, and disappeared. He came home to a new house filled with his stuff that in no way resembled his former life.

"I had never experienced a broken heart before. It felt like my chest was ripped open and my heart shattered into a million pieces. The pain, physical and emotional, was unbearable." Nik called a friend who came over with weed in tow. He started using and drinking again, heavily. Within a month, Nik had his first DUI. He was 29.

A quick stint in jail and Nik was back at it again. A bunch of friends had moved into his house to help pay the mortgage, and they partied. One night someone brought cocaine. It'd been over a decade since Nik had used any of the hard stuff and he went for it. "Wow, this is the best feeling," Nik remembered thinking. "I need to maintain this feeling at all times."

Into the Abyss

Nik's cocaine habit began immediately. Cocaine is expensive, so dealing it as a means to an end seemed like the next logical progression. Nik would buy an ounce of cocaine for \$800, break it into grams, and sell it to friends. "I could use as much as I wanted and still make money. I could turn \$800 into \$1600 in a week. It was easy to get sucked into the game."

Nik never got to the point in his addiction that led him to rob or steal. He realized early on that it was easiest to just show up at work, even if you'd eventually get fired. He went to work for his dad, and was always sneaking off to do something. "I have to go to the truck to get a tool. I have to go to the bathroom.... again," he would tell people. "I was sneaking off a lot. I was using it around the clock 6 days a week, and I would sleep on Sunday. I decided not to sleep at all and I would stay high until I didn't have to work anymore. Then I would crash."

His Dad caught wind of what was going on and cornered Nik, demanding to know what was wrong. "I couldn't lie to my dad. It was probably one of the lowest points in my life having to admit to him that I was addicted to cocaine."

After that conversation, Nik quit cold turkey.

Cold turkey, that is, when it came to cocaine. Nik went back to drinking, but tried his best to keep it in check. He'd always been a social drinker – he never drank at home alone – and as such he drove frequently while under the influence. He got a second DUI, then a third.

Afraid of losing his house, Nik got a lawyer who brokered a deal for a deferred prosecution. This came with two years of

[story continues >>](#)



Nik Jensen looks out to Mount Rainier. Photo courtesy of Nik Jensen



Nik Jensen, with an OSAT group on The Brothers. Photo courtesy of Nik Jensen

outpatient treatment and 5 years of probation. The crux of the sentence, however, was that Nik had to admit to being an alcoholic. "That part was the hardest for me. I thought that alcoholics need booze, and I never needed it. I just used it as a solution to my problems. As a band-aid."

The truth is alcoholism shows itself differently to everyone. When Nik used alcohol, he found himself in negative situations. "It led to a life-pattern of unmanageability."

Climbing Back Out

Nik went to the required AA meetings where he struggled to identify with stories of people needing alcohol. Then he heard of Narcotics Anonymous. At the NA meeting people talked about changing their lives, and how they were able to quit using and completely lose the desire to use. They had found a new way to live. He wanted that too.

Nik went all in. He got a sponsor, accepted a volunteer service position, and started working the 12-steps. "I did it the only way I know how to do it, which is to jump in with both feet."

He was spending 3-4 hours, 3 nights a week, plus weekend days, investing in his recovery. Outpatient treatment gave him the tools he needed to get clean and sober and stay that way. The true saving grace was the fellowship and the anonymous 12-step programs. "They really taught me how to live and how to change my life."

At his 6-month sober date he got the flu while staying at a friend's house. She offered him prescription cough syrup containing vicodin. Not thinking it was a big deal, he took the

recommended dose and finally got some sleep. When Nik told his sponsor, Nik was surprised that his sponsor felt this counted as a relapse and that Nik needed to change his sober date. Nik thought long and hard about it, and decided to change his clean date. He shares this story often in meetings. "It came down to brutal honesty in recovery. I didn't want to have any exceptions. I share this choice to inspire other people who may be struggling and have to make tough decisions in their own recovery."

One Step At A Time

Early in his recovery Nik learned of an AA meeting hosted at the top of Tiger Mountain on Sunday mornings. "I showed up and I was probably wearing cotton clothes," he said. When he arrived he saw 30-40 people having a meeting at the top of a mountain in the middle of the forest." People offered me blankets and their jacket and gloves. They made me hot cocoa. It was the coolest group of people I had ever met. They started talking about how the outdoors had been therapeutic in their recovery." Some of the attendees were graduates from the Glacier Climbing Course (GCC) from One Step at a Time (OSAT). Nik thought it sounded like the perfect opportunity to meld his two passions: the outdoors and recovery.

Started in 1991, OSAT is comprised of both an outdoor club and an affiliated, but separate, AA group. Like The Mountaineers, OSAT offers a basic climbing course and Nik couldn't wait to get involved. He signed up and learned everything from knot tying to navigation to crevasse rescue.

"Climbing is such an awesome metaphor for recovery. We're climbing an insurmountable mountain of fear, insecurity, doubt,

and pain (from the wreckage that we've caused), so as we're climbing mountains in our recovery we can also be climbing mountains in reality. Getting into nature is so therapeutic because it puts you in touch with the earth at a primeval level. It gets you out to breathe the fresh air and accomplish something you didn't think you could do. It goes a long way towards believing in yourself."

All five graduation climbs on Mt. Baker got rained out that year, so Nik was especially excited to go for Rainier. His team went up the DC route and made it to the summit. That experience was life changing. "I cried. The Rainier Climb was the culmination of a childhood dream. It was so surreal to me that just a year before I was hanging out in bars trying to be someone I wasn't and now I was standing at the top of Mt. Rainier clean and sober."

He went from lacking self confidence and having lots of self loathing and depression and insecurity, to laying on the side of the mountain watching a show of falling stars and aurora borealis with a group of people who cared about him, his wellbeing, and his sobriety. A real transformation took place.

Inspiring Others

Today, Nik has been clean and sober for 6 and a half years and has stood on the summit of his life-changing mountain every year since his fateful climb in 2012. He graduated from GCC in 2012 and started instructing the following year. In 2014 and 2016 he served on the GCC committee as Conditioning Chair and Safety and Standards Chair, respectively. In 2015 and 2016 he also served on the OSAT Board. "It's been absolutely fulfilling for me to give back what was freely given to me," he said.

In 2014 he joined The Mountaineers and tested into our Intermediate Climbing course. In the first year he completed all of the field trips - a pretty remarkable feat. He credits his mentors, like Nick Howard and Stan Hummel and Fred Luck, for helping him along the way. "Having mentors in The Mountaineers just solidified that I was in the right place. They were so thorough and so safe, just really really great teachers. It inspired me even more to give back."

Nik joined The Mountaineers to bring his knowledge back to OSAT and to start teaching rock climbing, since they currently only teach glacier climbing. He is set to kick off OSAT's first Intermediate Climbing Course in 2018. He'll stick around as a climb leader for The Mountaineers too. He's hooked. Today, he says he can't go to a Mountaineers event without knowing 30-40% of the people.

The truth is, Nik is an inspiration and is sought out by many. He bravely shares his story without apologies in order to help other people. A lot of people - many he barely knows - reach out to ask about staying clean and sober. "I'm happy to take time out of my life to talk to them. I always have time for the struggling addict or alcoholic."

Nik has added incentive to stay sober. He met a wonderful woman in his GCC course, Aggie, and together they have an adorable 1-year-old son, Tristan. "I'm enamored watching him grow. I'm going to do whatever I can to share my love of the outdoors with him. I want Tristan to understand how therapeutic the outdoors can be. And of course I'd love for him to be the next Kai Lightner or Ashima Shiraishi. Maybe he can lead me up some 5.11 stuff that I'll probably never climb."

Nik and Aggie have a wood sign in their living room that says, "High in the mountains life becomes very clear. The higher you go the more you can see." It's clear that Nik can see a future for himself and his family. "I'm really proud to be clean and sober because this little guy will never have to see me loaded," he says, cradling a now-sleeping Tristan on his chest. "At the lowest point of my addition I was not a cool person to be around. I was a waste. And this little guy never has to see that as long as I keep living this same way that I live, one day at a time." ▲▲

If you are struggling with drugs or alcohol, or know someone who is, help is out there. There are many organizations that can help, in addition to recovery centers for both inpatient and outpatient treatment. For more information about OSAT, visit www.osat.org. OSAT is affiliated with Alcoholics Anonymous and Narcotics Anonymous.



Nik Jensen with his son on Mount Si. Photo courtesy of Nik Jensen

A woman wearing a grey hooded jacket, dark pants, and sunglasses stands on a snowy mountain peak, looking towards the camera with a smile. The background shows a vast, snow-covered mountain range under a clear sky.

Post-Surgery Summits

The Resilience of Body and Brain

by Suzanne Gerber, Mountaineers Publications Manager

Every explorer needs a few essentials to survive. Some might even say ten. But what does a person do when one of their essentials breaks? Say... their compass stops pointing north? They're still on their journey and need it to survive. The answer: the best they can with the tools they have. This is the essence of resilience.

Tess Wendel was 24-years old when she was diagnosed with acoustic neuroma. It's a brain tumor that grows in the space surrounding the hearing and balance nerve. Tess was a dancer, a backpacker, and had just started her job at The Mountaineers, excited to get into climbing. Prior to that, she was a park ranger in the North Cascades. A brain tumor – especially one that affects balance – could devastate her active lifestyle.

In October 2012, Tess had part of her skull removed in a surgery that extracted the tumor and most of her balance nerve on the left side of her head. A question mark-shaped incision was cut around her ear and a half-dollar-sized piece of skull was taken out to perform the operation. Once the tumor was removed, a biodegradable plate was placed where the bone had been with muscle from her neck padded on top, and she was stapled back up. After three days in intensive care and a fourth at the orthopedic clinic, she was good to go.

Except when she woke up. Half of her face was paralyzed and she had complete hearing loss in her left ear. A lot of rehabilitation

was needed. Fortunately for Tess, the anatomy of humans is mostly symmetric and we have two balance nerves – one on each side of our heads. However, walking around with only one, after having been born and raised with two, takes some getting used to. Tess literally had to learn to walk again. Going up stairs was particularly challenging. She had headaches all the time and she said, “getting into a car felt like getting into spaceship and going 600 mph.”

Recovery

At 24, it's hard for friends to fully grasp the time needed to recover from brain surgery – especially if you've promised to help start a dance company. Tess, along with her friends Gabrielle Gainor, Austin Sexton, and Jasmine Morgan founded Relay Dance Collective in winter of 2012. They had their first performance in the summer of 2013. They've had two series of shows each year since and are now onto their sixth season, performing at YAW Theatre.

The coordination and balance it takes to dance helped Tess in her recovery, along with professional physical therapy. Climbing has a lot of the same physical strengthening components as dance, but with less spinning.

Tess enrolled in Basic Climbing in the winter of 2013, and was placed in a mentor group with leader Jim Pitts. She still had regular headaches, her balance and strength wasn't as strong as it could be, and she was temporarily prone to vertigo – particularly when climbing on snow on a cloudy day with flat light. It was a struggle, especially the conditioning. Less than a year prior, it was an accomplishment for Tess to walk around the block. Now she was attempting to climb mountains. Tess was terrified of not keeping up. “You know how they tell you after surgery not to lift heavy things?” she said. “There's a reason.”

It was type-two fun from the very beginning, but that didn't hold her back. Tess comes from the self-proclaimed fear-of-missing-out (FOMO) generation. Her first two basic climbs were Unicorn and Castle Peak, followed by Mount Baker and South Early Winter Spire.

Encouraged by her early success and mentors, Tess began lead climbing. It was a whole new game. She found herself asking, “Why am I here? Why am I doing this? Am I having fun? I'm not sure I'm having fun.” But climbing gave her confidence, focus, and a community of encouraging people.

Dedicated Mountain Time

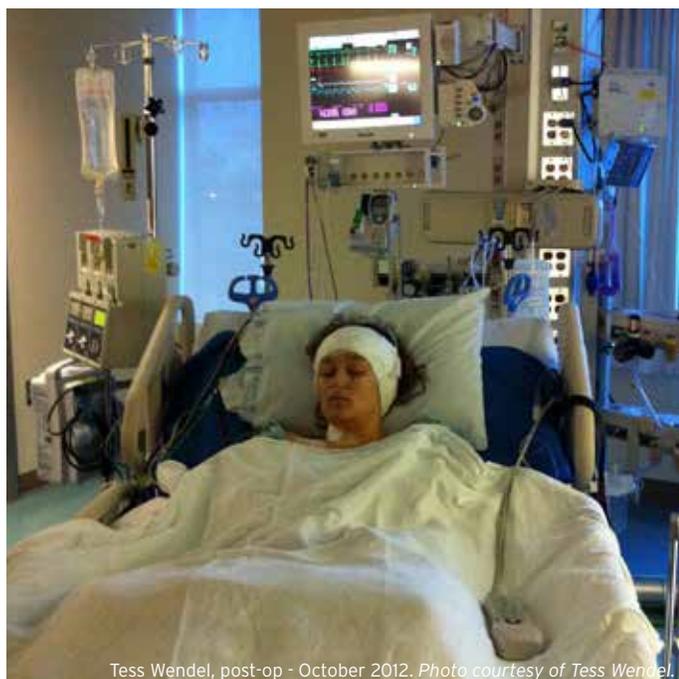
By 2014, Tess had graduated Basic Climbing and was accepted into the Intermediate Climbing course. She was part of Stef Schiller's all women's climbing group. Stef was on a personal mission to increase women leadership in climbing and Tess was happy to jump on the sharp end.

Tess became an official climb leader after two years of Intermediate, and ran Seattle's new Intro to Multi-pitch class in 2017. She is continuing her work with Seattle climbing to modularize the Intermediate Climbing program – basically splitting up the longer course into several specific (and less time-consuming) classes that add together to create requirements for the Intermediate Climbing course.

Climbing really became part of her identity. Tess watched the weather every Friday but was frustrated with short weekend opportunities. “If you're going to be working on your lead head,” Tess said, “you need to be leading rock regularly.” So she started thinking about how to get dedicated time in the mountains. By the summer of 2017, she had been working at The Mountaineers for five years and had coworkers who could cover for her, so was able to take a nearly two-month climbing sabbatical from early July to late August, split into two parts.

The first part was spent on an ice field in Canada. Tess, along with her boyfriend, Michael Telstad, and climbing partners, Mark Schaeffer and Hadi Al-Saadoon, drove two days from Seattle to a heli-port base in White Saddle near the town of Tatla Lake in the Western Chilcotin Region of British Columbia. They then took a helicopter ride to the Ha-Iltzuk Icefield – the largest icefield in the Coast Mountains south of the Alaska Panhandle – where they were dropped off for a week. It was such a vast

story continues >>



Tess Wendel, post-op - October 2012. Photo courtesy of Tess Wendel.



Tess Wendel (center). Photo courtesy of Matt Goodwin.

"She stood in the storm, and when the wind did not
blow her way, she adjusted her sails."

Elizabeth Edwards

American attorney, author, and health care activist, 1949-2010





Tess sands on the West ridge of Pigeon Spire in Bugaboo Provincial Park, Canada. Photo by Michael Telstad



Tess Wendel on Star Chek, Just north of Squamish on the Sea to Sky Highway. Photo by Michael Telstad

landscape of ice, Tess said, “flying overhead, you wouldn’t know the glaciers are melting.”

Recalibrating Plans

There’s an unwritten rule in nature that when a person spends a lot of money to get somewhere, the weather isn’t going to cooperate. It rained nearly the whole week. Tess, Michael, Mark, and Hadi spent a lot of time at base camp and going for afternoon glacier walks to nearby saddles while enjoying the moody landscape. Their original goal was Mount Silverthorne, rumored to be British Columbia’s tallest volcano, but there were no weather windows long enough. Even if there had been, the snow was too waterlogged to hold an ice ax or picket – which also meant that snow bridges were weak. They made the best of their time with games of Frisbee, preparing gourmet camp food (fried butter bagels), and even watching *Star Wars* on a smart phone while listening to the rain from inside their tents.

Tess returned to the office for a week, then headed out again to complete her climbing sabbatical, but not before taking a quick weekend canyoneering trip with her coworker, Becca Polglase. After eight successful waterfall rappels, Tess slipped and fell walking the last 100 feet of the creek during the “least technical part of the day.” Tess sliced her hand open and had to get five stitches. Climbing was off the table for now.

Tess and Michael headed to Glacier National Park in Montana, where they ran into Matthew Palubinskas and Katy Snyder, who shared tips on where to go. From Montana, Tess and Michael headed back to Canada – this time to Banff National Park. They visited the Columbia Icefield and Lake Louise, known for its turquoise waters, then went on to neighboring Jasper National Park, where they scrambled Cinquefoil peak, hiked below Edith Cavell, and went swimming in Annette and Edith Lakes.

By this time, Tess’s hand was feeling better and she was able to spend the next six days climbing in the Bugaboos with Michael. They climbed three different routes on Crescent Towers: Lions Way (5.6), Ears Between (5.8/5.9), and Eeyore (5.9), along with the so-called “best 5.4 in the world” – the west ridge of Pigeon Spire. Tess learned more about her comfort level with steep snow and ice there than she did on the remote icefield.

They ended their trip in Squamish, just north of Vancouver, climbing the Chief via its three ultra classic routes - Ultimate Everything (5.10-), Squamish Buttress (5.10c), and Angels Crest (5.10b). They also sent other classic sport climbing routes at Smoke Bluffs and Cheakamus Canyon. Not bad for dedicated mountain time.

Presence and Patience

Tess’s favorite part about climbing is that she’s constantly learning. Every trip has a new lesson to teach, whether it’s about gear, route-finding, self care, or perseverance. Having brain surgery also taught her a lot about patience. It forced her off the path she was on and made her focus on the present. “With all surgeries or big life events,” Tess says, “you learn to look at what’s in front of you. Priorities become clearer.”

Tess used to be worried she wouldn’t be able to keep up – but not so much anymore. Besides, she says, “I know the mountains will always be there – probably with fewer glaciers. But the rocks aren’t going anywhere.” ▲

Celebrating Cancer Freedom

An Adventure in the North Cascades

by Brianne Vanderlinden, Mountaineers Donor Relations Manager



Hannah Grage, age 11, has been cancer-free for five years. Photo by Carrie Grage.

When Hannah Grage was four years old, she found herself face to face with a cancer diagnosis. Life stopped for Hannah, her mom Carrie, and the rest of her family. Thanks to a heroic fighting spirit and modern medicine, after three brutal years she beat it! 2017 marked Hannah's five-year anniversary of being cancer-free.

To mark the huge occasion, Hannah, now 11-years young, and Carrie signed up for The Mountaineers "Our Parks | Your Adventure" challenge (OPYA). It invited Mountaineers members and supporters to pick an outdoor challenge and complete it while raising money for Mountaineers youth programs. This year, we raised \$11,000 with 191 different donations. Hanna and Carrie are responsible for almost 10% of that.

Together, they designed a bucket-list-trip. The adventure combined two things Hannah loves: fire lookouts and canoeing. It was a multi-day canoeing, camping, and hiking trip covering 29 miles across Ross Lake, up Desolation Peak, and back.

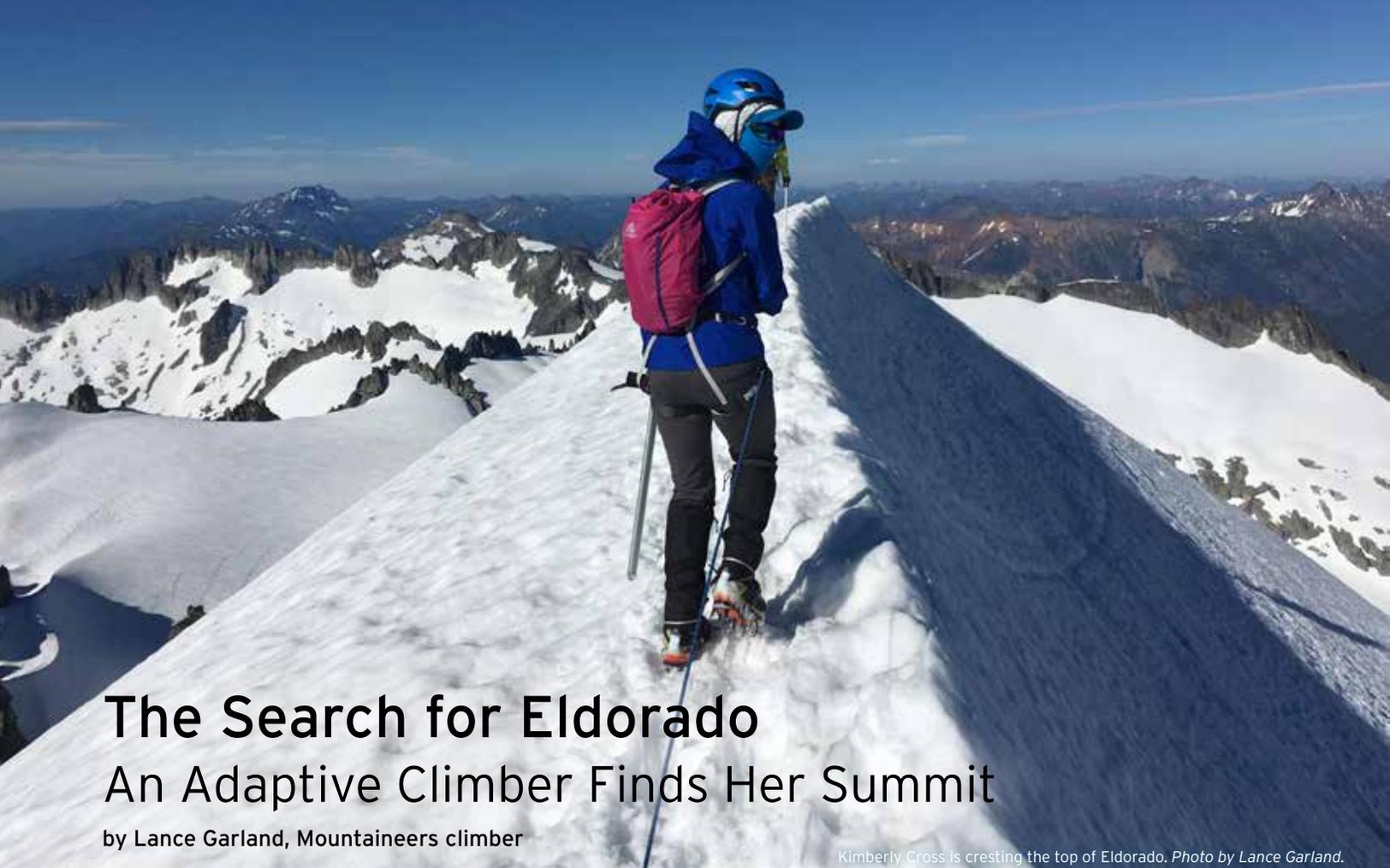
The Grage girls both find joy in trips that don't go exactly according to plan. When they met strong winds on Ross Lake while paddling, they used it as an opportunity to strengthen their communication. While hiking down Desolation Peak, they got peek of the whitecaps awaiting them. On the return paddle, the wind blew waves up and over the boat. "I was paddling as hard as I could and it felt like we were just moving backwards," said Carrie. "I started wondering if we needed to pull off and figure out a new plan. I'm stressed and worried, and I had to say to Hannah, "This is really hard and I'm not sure we're going to make it." But Hannah remained encouraging every step of the way, "Its ok mama, we got this!" She continued to paddle and didn't stop once to take a break."

It took 90 minutes to travel the 1.88 miles to camp, but they made it, together. "Hannah did great," Carrie beamed, "and the best thing about it was her attitude. Her attitude has always been this instant acceptance of challenge."

This trip was about more than just celebrating. To Hannah, the chance to leverage her struggle with cancer to "help other kids live the good life" was incredibly meaningful. Hannah was particularly excited that her story could contribute to help other kids get outside. "It was such a self-esteem boost for her," Carrie said. "She felt really proud of what she was doing and I thought that was awesome too."

For Carrie, the challenge was an amazing reason to turn this special trip into reality. As Carrie describes "Wilderness adventure is truly a gift, especially for our youth. It provides a connection with something you instinctively belong to and a sense of self-worth that only comes from having struggled and persevered. Getting to see the beauty of an alpine lake, the sea of peaks after a hard hike, or the colors of sunset before you crawl in your tent; this is living the good life. We want others to experience that too. We should definitely provide that for as many people as we can, equipped with the knowledge of how to do it safely."

Thanks to the efforts of people like Carrie and Hannah, The Mountaineers is able to inspire people to explore the outdoors, give underserved youth outdoor experiences, advance a tradition of volunteer-led outdoor education, and create the next generation of stewards and fierce protectors of our public lands and waters. The Mountaineers is a 501c3 nonprofit, so donations to are tax-deductible. Learn more about how you can help online: www.mountaineers.org/give ▲▲



The Search for Eldorado

An Adaptive Climber Finds Her Summit

by Lance Garland, Mountaineers climber

Kimberly Cross is cresting the top of Eldorado. Photo by Lance Garland.

Kimberly “Kimber” Cross has that windblown sense of adventure you’d find in old western movies: a protagonist with an indelible charm, big smile, hard-working grit that’s worn like loose chaps, and a can-do attitude as easy as the winds she roams with.

She also has another feature that’s not so easily noticed. She only has one hand. Her right hand is missing all five digits, leaving her with a partial palm at the end of her wrist. That’s the way she was born.

Kimber and I took Basic Climbing together with the Tacoma Mountaineers. I had worked closely and even camped with her on Mount Rainier for our course training – yet I never noticed her single-handedness. She moves through life with confidence and ease, so when by chance of light and position I noticed her lack of a right hand on the rock wall one night in class, I did a double take. How could I have not noticed something so obvious?

Because it wasn’t so obvious. She carries her uniqueness not as a disability, but as a parameter; a guideline to follow, to move through and beyond. Kimber is not a victim of being one-handed any more than I am of being left-handed. We learned how to live in a world dominated by those who were different from us by thoroughly understanding the skills from as many angles as possible. She was determined to learn those skills in climbing, and being single-handed, she would also have to make up some skills of her own.

“What I have learned is that the phrase, ‘where there’s a will, there’s a way’ is incredibly true,” says Kimber. “Inclusivity and resiliency are growing themes in communities arounds the

world, especially the climbing community. Finding a community of supportive climbers that will aid in the training and adaptation of techniques or tools is really helpful.”

Scott Shissel was a US Army Ranger before coming to The Mountaineers. He’s also a North Cascades Ranger and passionate outdoorsmen. He was one of the lead instructors for our class and, right from the start, he made it clear that mountaineering is a dangerous sport and that he wouldn’t give anyone a free pass. Lives are on the line. He would not endanger anyone because of incomplete training. Kimber would have to convince him and all the other instructors that she was as capable to climb as all everyone else.

Kimber was not deterred. “My hand isn’t a hindrance,” she explains. “I just do things a little different. That same view comes with me into the mountaineering world. I don’t just want to be known as a good disabled climber. I want to be known as a good climber. I am grateful for my mentors, leaders, and fellow basic alpine climbing course graduates who never once viewed my hand as a hindrance. I had the support I need to become a skilled, safe, and strong climber. That makes such a difference for an adaptive climber like myself.”

The Tacoma instructors did not have experience with a one-handed climber, so Scott told Kimber she’d have her own metaphorical mountain to climb before she could set foot on any actual peak. He told her about his fellow soldiers who had been injured in battle, how he encouraged them to continue on with their lives and pursuits, and how he refused to treat them differently. He would be hard on her, hold her to a high standard, and not cut her slack for her differences.

She set to work with her mentor, Steve Knowles, a seasoned, lifetime climber of hundreds of Cascade peaks. Together, they practiced the knots, the belay systems, the pulley systems, and they even had to create a special fitting glove for self-arresting. Using military grade two-inch nylon and industrial zip ties, this glove would tighten around her wrist so that it couldn't come loose or dislodge under the pressure of self-arresting. It took many versions of this glove to come to an acceptable finish, but they created it, and on our finals week on Mount Rainier, Kimber passed the skills section of the course without a hitch.

We'd concluded the skills portion of the basic climbing course, and now had three summits to climb before we became authentic Mountaineers. Kimber and I signed up to climb Eldorado with her mentor, Steve. We were all steeped in the anticipation of our first climb. Eldorado – that mythic city of gold, that place of prosperity. We wanted to find it.

The night before our attempt for Eldorado, Kimber sent us a theme song from the 1966 film *El Dorado*. "My daddy once told me what a man ought to be, there's much more to life than the things we can see, and the Godliest mortal you ever will know, is the one with a dream of El Dorado." In a moment of goosebumps and excitement, we'd found our theme song for the trip.

On the steep climb up, we sang the only lyrics we could remember, "EIIIII Dooooorrrraaadddoooooo." I made a game out of singing it every time someone said, "water". The sky was blue and the ascent steep. Eldorado glacier greeted us with another steep slog, but when we crossed over to Inspiration Glacier, the grade evened out and we had grand views of Eldorado Peak. Passions stirred as we saw climbers smaller than ants in the distance slowly making their way upward. At high camp, our crew was exhausted. There were moments where we weren't sure the whole crew would make it up. We set up camp with a view of Forbidden Peak, and our gang of climbers tried to take a short siesta in the blinding heat of the afternoon.

Around 4pm, Steve rallied the crew. He'd climbed this peak six times and was of the mind that we would summit in one day. Other members of the group weren't so confident. It was a challenge of endurance and perseverance. We were drenched in sweat, sunburned, wind-chapped, and trying to find the passion we had felt stirrings of the day before.

Upward we climbed, and soon Kimber took the lead. To me, she looked like some sort of superhero, but as mortal and relatable as they come. I'm thankful we are climbing our first peak as Basic climbing students together. Our crew began to feel the energy of this lofty place. The adrenaline raised as we walked by our first crevasse. Steve took the lead as we got closer to the knife's edge. He placed protection and we slowly ascend a shocking pinnacle. Gravity didn't feel the same. It was almost as if a gust of wind could have blown us off the face of the mountain. We climbed higher still. The air was thin. Sound moved slower up there. We were on the knife's edge of Eldorado!

One by one we drew closer to each other, and took a seat on the summit. Wide open, blue, and white. The views were otherworldly, a gift from a sacred space. Mountains from every angle, and here we sat, precariously suspended with them, people as peaks for a brief moment in time.

"Standing on the summit of Eldorado Peak, taking in the 360

degree view of the incredible North Cascades, brought a rush of joy," said Kimber. "This was my first time on a glacier rope team using my ice axe with its adaptive elements, ascending the knife edge while clipping into a fixed line that my team was setting for added protection. Finally being atop beautiful Eldorado meant, for me, I was successfully becoming a mountaineer. The training, the hard work, and the modifications I would need along the way were all worth it so I could continue to obtain these views and create lifelong friendships with fellow Mountaineers. My smile couldn't have been any bigger on that summit."

Kimber documented the moment in pictures. Her face was radiant and full of knowing. On Eldorado's knife's edge, she became something more. On the summit of her first alpine climb, Kimber single-handedly accomplished a feat of no other Mountaineer, and with one hand pointed to her next peak, she leads the way for future adaptive Mountaineers to follow. ▲▲

When Kimber isn't teaching her Kindergarten class in the Franklin Pierce School District, she roams the mountains of the PNW. Since summiting Eldorado, she's climbed Mount Olympus, The Tooth, Mount Rainier, and Glacier Peak. She's a graduate of Tacoma's Basic Climbing Course and a Mountaineer since 2016. Follow her adventures on Instagram at @kimberbelle.

When Lance isn't firefighting in Seattle, climbing the mountains of the Pacific Northwest, or sailing the Salish Sea, he is writing. He's an Amazon top-10 bestselling author whose next novel, *The Path to Patagonia*, will be out by year's end. You can follow him on Instagram @lancelotsadventures or online at www.lancegarland.com.



bookmarks





Tom Hornbein poses in Bellevue, WA, 2002. Photo by Jim Herrington.

The Climbers Captures the Figures of Climbing's Golden Age

By Julie Briselden, Senior Publicist, Mountaineers Books

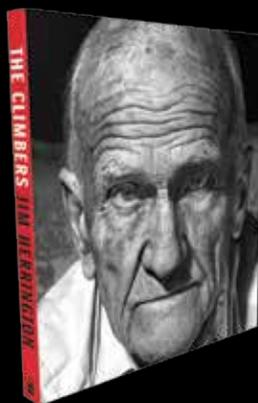
For nearly two decades Jim Herrington, a professional photographer of rock 'n roll musicians and part-time climber, sought to capture the iconic figures of climbing's 'Golden Age,' roughly the period between the 1930s and the 1970s. Traveling the world between assignments with his trusty Leica M6 camera, Jim photographed lofty individuals, such as Reinhold Messner, Riccardo Cassin, and Royal Robbins as well as unsung stalwarts, such as Allen Steck, Layton Kor, and Gwen Moffat. Some of these aging pioneers, like the 100-year-old Cassin, he caught just in the nick of time. While others, like Polish climber Voytek Kurtyka, declined to sit for a portrait.

Originally from North Carolina, Jim's interest in climbing blossomed while living in Los Angeles and spending his off time in Joshua Tree, Tahquitz and the Owens Valley. Jim was drawn to the amazing beauty and quality of the Sierras' granite peaks, where he befriended, photographed, and roped-up with Doug Robinson, an early proponent of 'clean climbing.'

Jim deftly portrays the Northwest masters, Fred Beckey, Dee Molenaar, Tom Hornbein, and Jim Whittaker, among other notables. He recalls asking Beckey, then in his seventies, to pose for a photo.

"His eyes seemed to squint right through me toward some unclimbed buttress. 'Yeah, sure,' he said. 'But make it quick.' The eternal truth about Fred Beckey is that He's Got Somewhere to Go. You don't do more first ascents than any human in history by sitting around getting your mug photographed. And judging from the five twelve-can cases of Dinty Moore beef stew in the backseat, he was off on another splendid adventure, so I knew I should get this over fast. Click."

The result of Jim's photographic quest is *The Climbers* (Mountaineers Books), a hardcover collectors volume of 60 black and white art portraits. The book includes author Greg Child's encompassing essay on the era and a foreword from climber Alex Honnold.



Climber and writer, David Roberts praised the work observing, "[Jim] tries not only to document the visages of his heroes in their older years, but also to plumb those faces for keys to the character beneath." The much lauded book is the recipient of the prestigious Grand Prize at the 2017 Banff Mountain Book Competition. *The Climbers* is available now for purchase on mountaineers.org and in bookstores everywhere.

The Many Facets Of The Public Lands Heist And The Millions Rising Up To Stop It

by Peter Dunau, Mountaineers Communications Specialist



Protecting wild places has been a part of The Mountaineers DNA from the very beginning. Our members were foundational in the establishment of Olympic National Park and the passage of the National Wilderness Act. We published the book that inspired President Ford to designate the Alpine Lakes Wilderness, and another that chronicled the removal of the ELWAH River Dam. For more than a century, we've helped generations fall in love with the outdoors. We get thousands of people outside every year, and in doing so we create strong, authentic connections to these landscapes. These personal connections empower us to defend our public lands.

These words, taken from our recent “Here’s to Wild Places” video, sum up why I jumped at the chance to work for The Mountaineers almost two years ago. Our community is truly unique: we understand the transformational power of the outdoors and are therefore committed to protecting the places where we play. To put it simply, The Mountaineers is about adventure with purpose. This mantra motivates me as I work to amplify our conservation initiatives and help get people outside.

Much has changed in the world of conservation in the short time I’ve been with The Mountaineers. We’ve seen increasing efforts to dismantle and devalue our public lands in an effort dubbed the “Public Lands Heist.” The aggressive and ever-evolving campaign has many facets, but the end goal remains the same: to weaken our public lands until the door is open for privatization. In the case of Washington State, attempts to undermine public lands have recently threatened Olympic and Mount Rainier National Parks and Hanford Reach National Monument.

Current Climate

January 2017 saw the 115th Congress spend its first day in session passing a rules change to make it easier to transfer

national lands to states. On a state level, weaker protections can pave the way to privatization. The rules change allows Congress to calculate the transfer as “budget neutral” – essentially calling the land “valueless” – despite the fact that public lands are second only to taxes in generating government revenue.

Since then, we’ve seen legislative proposals such as: the National Monument Creation and Protection Act, which would dismantle the very law that allows presidents to create monuments; the Resilient Federal Forests Act, which would decrease the public’s ability to participate in forest planning and gut environmental assessment processes; and the Federal Land Freedom Act, which would give states control of national lands on the sole condition that states can only use the land for fossil fuel extraction. Administrative actions to decrease public lands access include the Department of the Interior’s unprecedented review of 27 national monuments as well as their recent proposal to increase vehicle entrance fees to \$70 in 17 National Parks – a barrier that would nearly triple the cost in Rainer and Olympic National Parks.

These pieces – and many more – should be a red flag for any outdoor enthusiast. While a wacky piece of proposed legislation here and there is nothing new, the sweeping attacks on public lands – through bills, executive orders, bureaucratic maneuvers, and underfunding – are increasing in quantity and sophistication.

Evolving Threats

In 2015, The Mountaineers met with our partners at Outdoor Alliance, a national conservation and recreation advocacy organization, to discuss a disturbing trend emerging in public lands policy. Attempts to sell public lands outright or transfer them to the states were picking up steam.

“We were immediately concerned about how this could impact The Mountaineers’ mission,” said Katherine Hollis, Director



Paddlers enjoy Washington State's Hanford Reach National Monument. Photo by Tom O'Keefe.

of Conservation and Advocacy. "Public lands are where our members hike, ski, climb, and paddle. We felt confident that if outdoor enthusiasts knew about the threats they'd take action." And our members have. The first blog we shared on the Public Lands Heist is still one of our most read pieces. In 2015, thousands of Mountaineers signed the Public Lands Heist petition, voicing their concerns to policymakers.

The Mountaineers is one of eight member groups helping Outdoor Alliance bring together human-powered outdoor recreationists. When a public lands issue arises the coalition works in concert on policy and advocacy strategy. Each organization can then push a call-to-action out to their members, uniting and amplifying the voices of public lands champions across the country.

In the case of H.R. 621, a bill proposing the sale of millions of acres of public land, Outdoor Alliance helped rally public outcry. Over 4,000 people used Outdoor Alliance's online platform to write letters, and thousands more called their lawmakers' offices. Ultimately, the bill's sponsor withdrew the legislation, saying in an Instagram post, "I hear you and HR 621 dies tomorrow." Other lawmakers have taken note. One Nevada Congressman gave up on his legislation turning over national lands to the state of Nevada noting, "Transferring millions of acres of public lands ... is not something I think the majority of people think is a good idea."

"Over the last few years, we've beaten back the worst, most overt threats to privatize public lands or transfer them to the states," says Luis Geltman, Policy Director at Outdoor Alliance. "Elected officials at all levels are learning that attacking public lands outright isn't just bad policy, it's bad politics."

But that accomplishment comes with a caveat. Luis goes on to explain that private interests "...haven't given up on gaining control of our public lands, they're just changing tactics."

What Now

"It's a death by a thousand cuts strategy," says Katherine. "Because plans to sell or transfer public lands outright caused significant public outcry, we're now seeing efforts to erode our public lands systems, weakening them until privatization is a viable option."

The more insidious forms of the Public Lands Heist include: attacking bedrock conservation laws, deterring public access, rolling back public input, and chronically underfunding public lands.

A prime example is the national monuments review, which was kicked off via an Executive Order in April. It opened the possibility of 27 national monuments being reduced or rescinded. The review threatened the recreational access provided by the monuments, ignored the comprehensive public processes that went into creating them, and challenged the Antiquities Act - the law presidents of both parties have used to create national monuments for over a hundred years.

As part of the review, The Department of the Interior opened a 60-day public comment period (far shorter than the years' long public process that goes into creating a national monuments in the first place).

The Mountaineers and our partners sent out the bat signal, and our members came out in force.

"The great thing about our partnerships is we're able to bring together so many users," said Katherine, "In the case of monuments that means a paddler with American Whitewater can speak to canoeing in Washington's Hanford Reach National Monument, a hiker with the Mazamas can speak to exploring trails in Oregon's Cascade Siskiyou National Monument, and a climber with The Mountaineers can speak to scaling cracks in Utah's Bears Ear National Monument."

The Mountaineers garnered 1,500 comments throughout this review process. Outdoor Alliance printed all of the coalition's official comments - 8,000 in total - and dropped them off at the Department of the Interior. Nationally, 2.8 million comments were submitted, with 98% of them in favor of keeping or expanding national monument designations.

Despite this, a leaked report from the Department of the Interior revealed recommendations to shrink or alter ten of the 27 national monuments. The Interior did not recommend any changes to Washington State's Hanford Reach National Monument. At the time of this magazine's printing, it is unclear how the federal government will act based on the report.

The future is concerning for the ten national monuments listed in the report. However, the recommendations are far from a final course of action.

"The leaked report goes against the millions of comments submitted by Americans, but that doesn't mean those comments went unnoticed," said Katherine. "The message is loud and clear: we want to keep our National Monuments. We want to keep our public lands public."

Leading from the Pacific Northwest

The Mountaineers is in contact with our state's congressional, senate, and governor's offices, and meets with elected officials.

"It's been great to see Washington lawmakers taking a bold stand for public lands," said Katherine. "They know Washingtonians love the outdoors and that these places are fundamental to our quality of life. Last November, I met with Governor Inslee and had the opportunity to share our concerns about protecting public lands."

Following the announcement of the national monument review,

Senator Maria Cantwell took the senate floor to defend public lands, saying that these kinds of policies "...are harmful to our recreation economy, a disaster for our pristine places, and setting a terrible precedent for future conservation efforts."

After the recent Department of Interior proposal to raise vehicle entrance fees \$70 in 17 National Parks, including Rainier and Olympic which currently charge \$25, Governor Jay Inslee wrote a letter to Department of the Interior, warning that the fee "...is a huge spike that will have significant negative impact on Washingtonians and our state's vitally important outdoor recreation economic sector."

In the past, The Mountaineers has engaged in bipartisan efforts led by Senators Patty Murray and Maria Cantwell and Congressman Dave Reichert. These projects include successfully expanding the Alpine Lakes Wilderness and working to permanently reauthorize the Land and Water Conservation Fund, the nation's premiere conservation and outdoor recreation program.

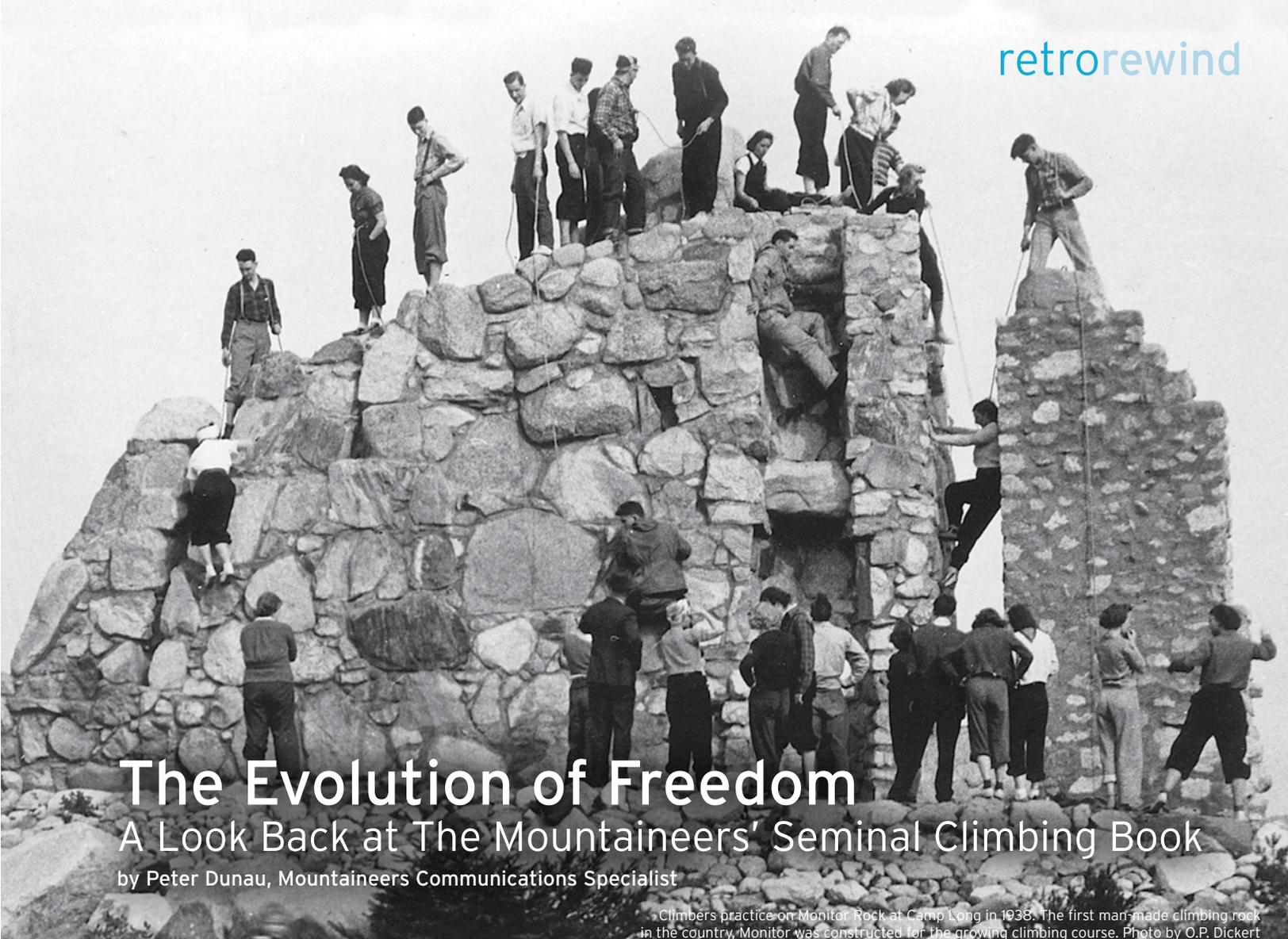
Mountaineers CEO Tom Vogl, says, "At the end of the day, it's going to take all of us - from citizens to governors, from nonprofits to gear companies. The exciting thing is that in all my time working in the outdoor industry, I'm seeing people come together like never before."

I, for one, am happy to be a part of it. ▲▲

Our community stands uniquely at the intersection of recreation and conservation, united by a shared passion for our wild places. Every outdoor enthusiast has a stake in our public lands and we must work together to fiercely protect these places we hold most dear. Only together can we assure that future generations will have equal access to explore and enjoy these places. Places we fiercely defend to keep them just as unique and wild.



Katherine Hollis, Mountaineers Director of Conservation and Advocacy, meets with Governor Inslee and other state outdoor recreation leaders. Photo courtesy of the Office of Governor Inslee.



The Evolution of Freedom

A Look Back at The Mountaineers' Seminal Climbing Book

by Peter Dunau, Mountaineers Communications Specialist

Climbers practice on Monitor Rock at Camp Long in 1938. The first man-made climbing rock in the country, Monitor was constructed for the growing climbing course. Photo by O.P. Dickert

In 1934, a group of aspiring Seattle peak baggers lined the railings of the Rialto Building to watch a young University of Washington student named Wolf Bauer rappel three stories down the central shaft. The maneuver was one of several climbing techniques Wolf had taught himself using materials solicited from family ties in Germany. In lieu of a belay device or climbing harness, neither of which had been invented, Wolf ran two lines of rope between his legs, around one thigh, up and across his chest, over his shoulder, and down his back.

The arrangement attached him to the system (for the most part) and introduced enough friction into the rope to control his descent (as long as his break hand didn't falter). As Bauer said, "The marble slab was all laid out for me at the bottom in case anything happened."

Wolf admitted he was "scared as hell going down that thing," but his feet met the marble floor softly, much to the admiration of his onlookers. The technique - called the dulfersitz rappel - would be one of many mastered by Wolf and his cohort in the years to come. Together, they formed the first Mountaineers' climbing course in 1935.

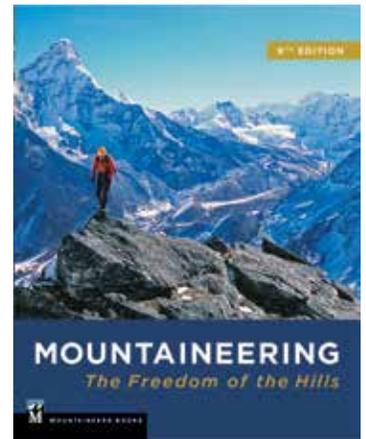
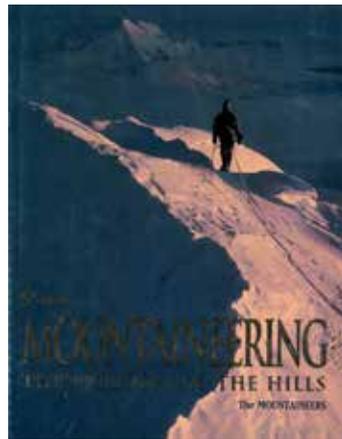
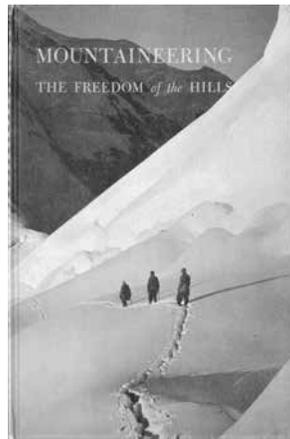
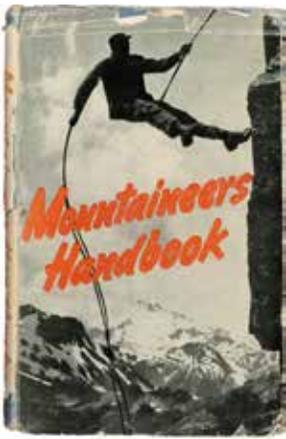
Although The Mountaineers had existed as a club since 1906 with many impressive summits to its name, the climbing course represented a new breed looking to go lighter, faster, farther, and higher into the seemingly endless peaks surrounding Seattle.

As it turned out, their careful study of ice ax arrests, piton placements, and hip belays wasn't just revolutionizing The Mountaineers - it was setting the standard for mountaineering in North America and laying the foundation for a legacy that would span the globe.

In 1939, the climbing course instructors compiled their lecture outlines, an exercise that led to the first book in the nation dedicated solely to climbing education. They called it the *Climbers Notebook*. Its knots, gear recommendations, techniques, and timeless advice such as "be as discriminating in your choice of climbing companions as you are in selecting your outfit" had been battle tested on first ascents of Mount Goode, Mount Challenger, and Spire Point. And its teaching methods had been solidified through the climbing course, which had grown to a hundred students.

Seattle's Superior Publishing Company bought the rights and republished the book as the *Mountaineers Handbook* in 1948. By 1954, the book was nearly out of print, and advancements in climbing meant it was due for a major revision. Harvey Manning, a talented writer and passionate climber and club member, was tasked with the job.

What followed was a 412-page comprehensive guide to alpine climbing called *Mountaineering: The Freedom of the Hills* published in 1960. The product of dozens of volunteers and



Left to right: *Mountaineers Handbook*, 1948; *Freedom 1*, 1960; *Freedom 5*, 1992; *Freedom 9*, 2017

countless hours of work, the book gained notoriety outside the club, blowing through the 5,000 copies originally printed. The success paved the way for The Mountaineers to publish other titles, eventually leading to the establishment of Mountaineers Books, the professional publishing house we know today.

The ninth edition of *Freedom*, released in 2017, represents the latest in a series that has sold 720,000 copies and has been published in a dozen languages. Still written by Mountaineers volunteers, *Freedom* comprises the course material for people as far away as the Philippines Mountaineering Club, carries the moniker “the bible of mountaineering,” and is the book that everyone from Jim Whittaker to Rick Ridgeway to Kit DesLauriers credits as their gateway into the mountains.

The Art of Freedom

Now a Mountaineers’ board member, course instructor, and major contributor to *Freedom 9*, Steve McClure grew up flipping through his family’s copy of *Freedom 2* and dreaming of adventures in the alpine. To this day, every time Steve teaches self-arrest, Bob Cram’s cartoon from *Freedom 2* is stamped in his mind. He recalls, “There’s that one picture where the guy’s expression is ‘whoa, I just barely stopped in time.’ That one has always stayed with me.”

A beloved Seattle artist, weatherman, and Mountaineers member, Bob was behind the human figure illustrations, and his unique cartoon style became a signature of the earlier editions.

In *Freedom 5*, The Mountaineers continued to use Bob, but moved to realistic illustrations in order to more precisely render techniques. The overhaul required staging hundreds of photos for Bob to work from.

Marge Mueller, who served as the Art Director at Mountaineers Books, orchestrated the new illustrations for *Freedom 5*. She remembers a particular hollow core door she’d prop up at an incline for climbers to simulate techniques on. In the case of maneuvers like self-arrest, Marge laughed that the door lacked the sliding properties of snow, so models were forced to wriggle around on their stomachs and backs to stage each shot.

Operating out of The Mountaineers’ old program center in Queen Anne, Marge recalls, “There were so many illustrations with so many parts, and each illustration had to mesh with a particular text. We staged all of it with the hollow core door or ladders or hanging off the balcony.”

Marge worked with Mountaineers volunteers to make sure

each depiction was just right, a process that required trading hundreds of drafts back and forth, working with typesetters, and laying out paste boards by hand. Through persistence, the project moved from the hollow core door to the detailed renderings of *Freedom 5* - illustrations that went on to be studied by climbers around the world.

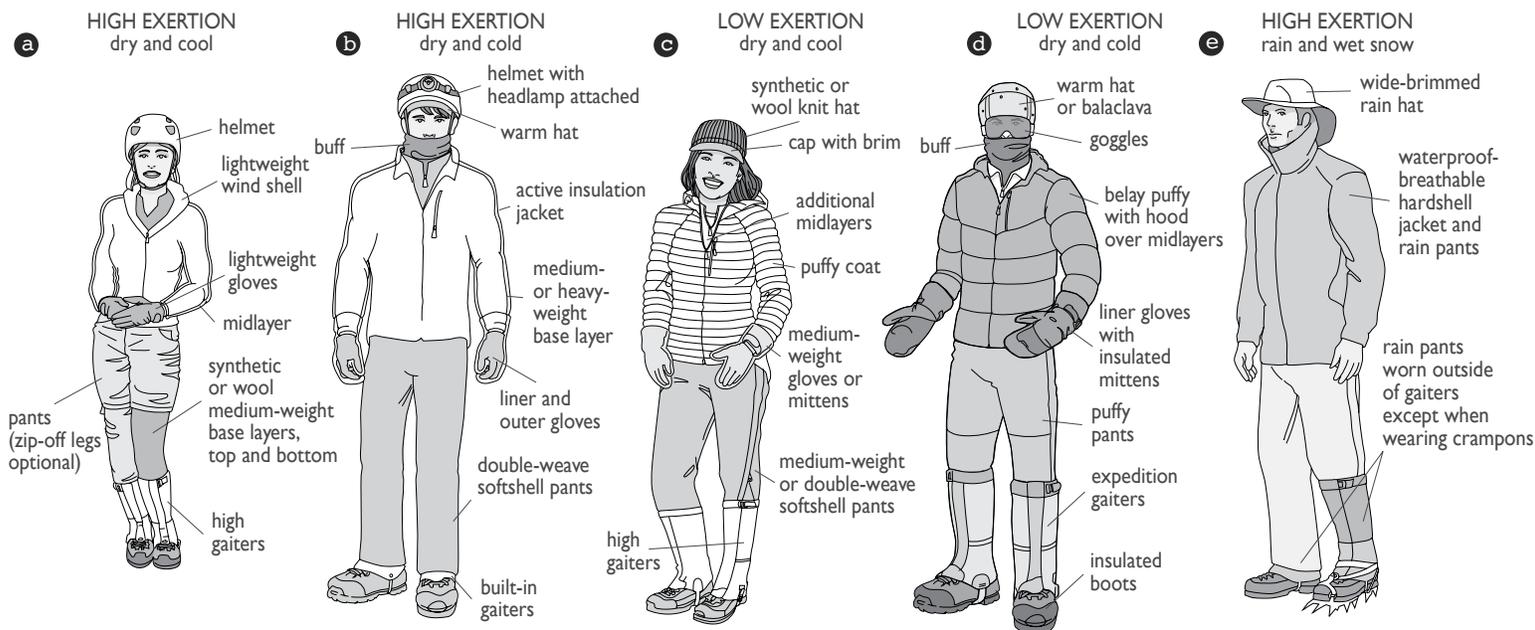
From edition to edition, the illustrations reveal an evolution in artistic style and a revolution in mountaineering technique and technology. *Freedom 9* features all-new, vectored illustrations, allowing even more detail - an overhaul that, like *Freedom 5*, demanded copious amounts of time. That *Freedom* continues to be the go-to book on climbing is a testament to the ethos that inspired Wolf’s rappel and Marge’s tireless work. Behind each update are Mountaineers challenging themselves to study, refine, and share their craft.

Belay

How do you belay without a harness or device? Carefully! *Freedom 1* advises the belayer “torture himself with a mental picture of the fall and all its consequences to the climber, the belayer and the rope.” As seen in *Freedom 4*, the figures have harnesses (there’s information on commercial and homemade options), but hip belays are still the prominent technique (belay devices are presented as a viable method, but the models at the time made the process somewhat cumbersome). *Freedom 9* includes revamped belay instructions aligned with the American Alpine Club’s nationwide universal belay standard.



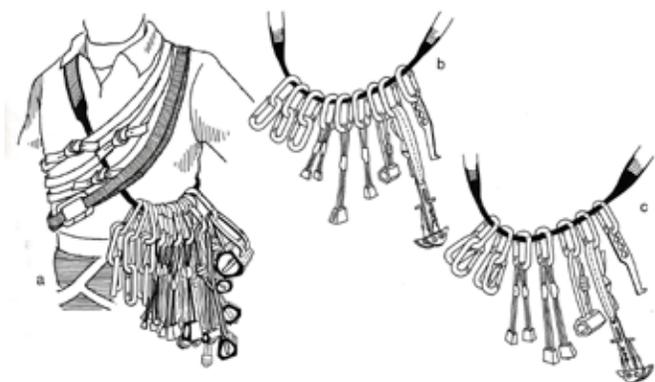
Belay illustration, *Freedom 1*, 1960



Clothing illustration, *Freedom 9*, 2017

Clothes

Freedom 6's cast of character got a major makeover in *Freedom 9*. A meeting with Outdoor Research inspired Steve McClure, who authored the updates, to think of clothing in three dimensions: exertion, temperature, and precipitation. Things have come a long way since the *Mountaineers Handbook*, which contains detailed instructions for nailing boots and recommends a pull over parka due the propensity of zippers to break.



Rock Protection illustration, *Freedom 5*, 1992

Rock Protection

In the 1970s, "clean climbing" transformed the techniques and equipment used on rock. Removable nuts, chocks, and spring-loaded cams replaced rock scarring pitons, allowing climbers to protect themselves with greater ease and reduce their environmental impact. By the time *Freedom 5* was published, climbers carried a radically different arsenal than the hammers and pitons seen in *Freedom 1*.

Ten Essentials

First aid kits are part of the now famous Ten Essentials, introduced by Harvey Manning in *Freedom 3*. To this day, everyone from REI to the Appalachian Mountain Club uses the list as a baseline for what to pack. In *Freedom 9*, Steve McClure says, he ventured to update the "sacred scrolls that came down from Harvey Manning." The revision included revamping navigation to expand on electronics like GPS and

reorganizing items into two categories: addressing emergencies and preparing to safely spend the night.

Onwards

In the preface to *Freedom 3*, Harvey Manning reflects on the book's evolution, writing about gear advancements "that would have amazed climbers of the 1940s as much as the suggestion they would live to see man on the Moon" and young athletes advancing the "capabilities of the human body almost to those of monkeys and spiders." Due to increased visitors to the backcountry, he also remarks on the need for "a reinforced commitment to preserving the wilderness environment."

The ever-changing nature of climbing rings as true today as when Harvey wrote about it in 1974. So how has *Freedom* managed to stay relevant? *Freedom 9* contributor Steve McClure explains, "The fact that it's not written by an author makes the whole thing possible. It's about all the students and all the leaders across our community contributing to this body of knowledge."

Freedom 9 takes collaboration one step further with more input from outside mountaineering experts than ever before. Contributors worked with the American Institute of Avalanche Research and Education, American Mountain Guides Association, Access Fund, and more. Helen Cherullo at Books says, "It's part an ongoing commitment to do everything possible to ensure *Freedom* continues to be the bible of mountaineering."

For Eric Linxweiler, the coeditor of *Freedom 9*, working on the book is the greatest honor he's had at The Mountaineers. "Freedom goes out and finds people and get them to go places they wouldn't have otherwise gone." says Eric, "That's just an amazingly powerful thing. When you look at *Freedom*, you should really look at this as a representation of our entire organization going back a hundred years. So if you're a student, if you're instructor, if you're a trip leader, if you're a staff member - you should take pride that this represents you. What we teach people here is being taught all over the world."

As for *Freedom 10*?

Eric says, "The work is already underway." ▲▲

Has “Glacial Pace” Lost its Meaning?

by Bruce Barcklow, Mountaineers Naturalist Writer

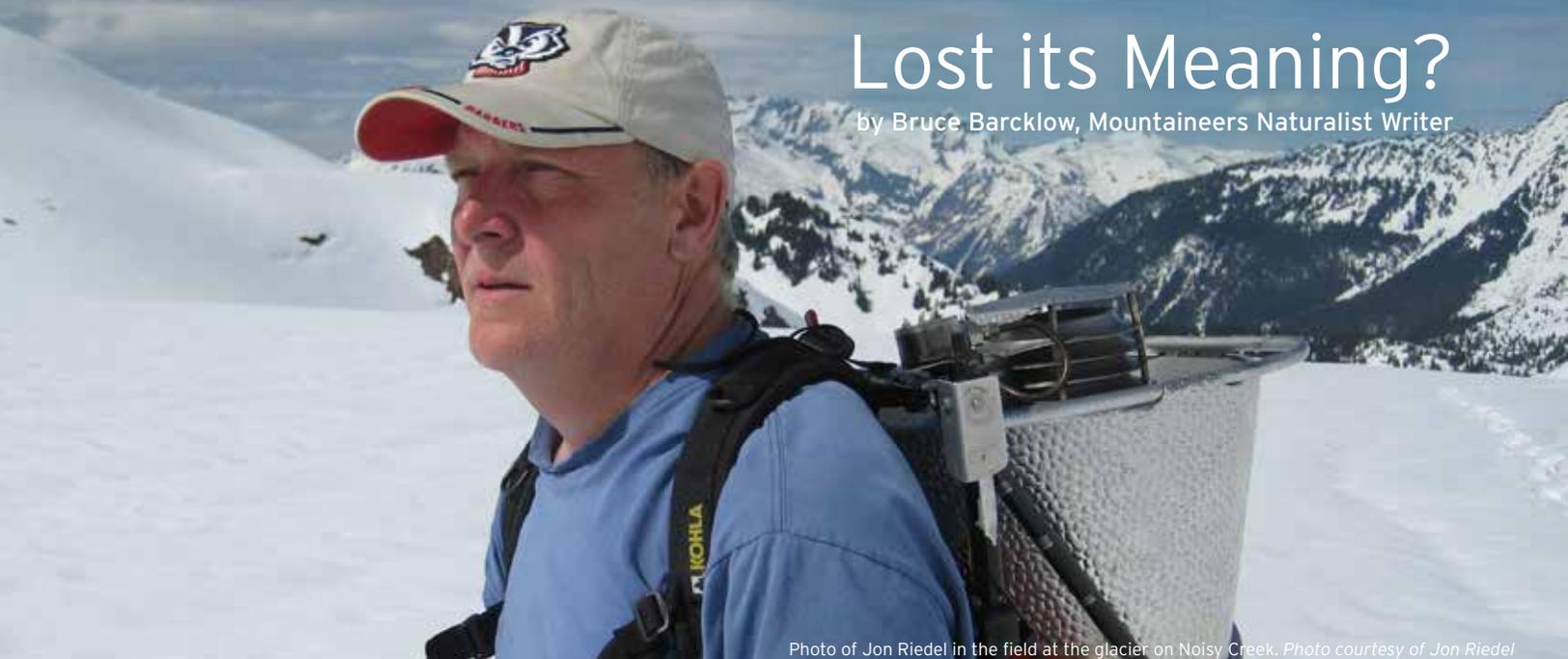


Photo of Jon Riedel in the field at the glacier on Noisy Creek. Photo courtesy of Jon Riedel

You may be one of the fortunate people who has a stock portfolio that has provided reliable, steady returns year after year and a rock-solid principal from which you have never had to draw. That’s the way glaciers used to be.

Jon Riedel, a geologist for the North Cascades National Park for the past 30 years, and maybe the only person in Washington who goes to work in crampons, seems a little concerned about the long-term prospects for his clients. “I’ve been humbled and inspired by these magnificent features,” he says. “The glaciers have given me a sense of responsibility to share what is happening to them with others.”

Here are some of the numbers: There are 312 glaciers in North Cascades National Park and more than 700 in the North Cascades Range, which has a third of the glaciers in the continental United States. Since 1900, 50% of the total volume of the North Cascades glaciers has disappeared. Since 1959, according to Dr. Riedel’s estimate, glaciers in the park have lost an average of 65 feet of thickness, amounting to a 100-year supply of stored water for Skagit County. The pace of melting can no longer be called “glacial.” The summer meltwater flow has decreased by at least 24%. Not only does this affect the water supply for drinking and hydroelectric power, but it reduces the amount of essential water that cools off the Skagit River watershed for spawning salmon. Glacial runoff during warm, dry summer months supplies between 12% and 24% of the water volume to the Skagit River, providing a natural backup system for drought conditions.

Dr. Riedel has been an up-close witness to this process. Each April, he commutes to his workplace on four glaciers: Noisy Creek, Silver Creek, North Klawatti and Sandalee to measure the winter snow accumulation with a steam hose that drills down to the ice, placing a fiberglass pole into the cavity. Then in late September, he returns to measure the snow and ice melt from the last surface mark on the pole. The difference between

the layers of condensed ice from unmelted snow and the melt is the mass balance – the critical indicator of the health of the glacier. The lower elevation glaciers are naturally thinning more rapidly than those at higher elevations, but none can be considered healthy.

To be sure, scientists tell us that we are living in an “interglacial period” – the Holocene, which began about 11,500 years ago. Warming is a periodic, natural process to be expected. And another glacial period will approach the earth someday, in the distant future.

What is extraordinary, though, is the alarming rate of disappearance. The mechanism of global warming is that sunlight is transformed into infrared light energy as it is absorbed by the earth. This energy, in the form of heat, is being absorbed by ever increasing amounts of greenhouse gases that leaves the Earth ever more slowly, raising temperatures. Glaciers are further victimized because as the surface of the glacier shrinks, the area around it can’t deflect the sun’s rays and more land and rock is exposed, absorbing more heat and melting more ice in a negative feedback loop.

Asked what drew him to glacial research, Dr. Riedel responded, “For me it was a combination of love of the mountains and an intense curiosity about what glaciers have done to the landscape, what they can tell us about the past (climate change), and what they can teach us about today.”

But Jon Riedel takes the long view. In his essay, “Keepers of the Beat”, he writes, “Glaciers are elders of the landscape, having many stories to tell of rhythms spanning the past million years, tales written in glacial landforms and in the annual layers of glacial ice... Despite this power, the rhythms are imperceptible, the beat slow and complicated, but inexorable.” ▲▲

Listen to Dr. Jon Riedel speak at The Mountaineers Seattle Program Center at 7pm on January 10, 2018 as part of the Naturalist Lecture Series. Learn more: www.mountaineers.org

Adventure Location Matching Game

Match the photos of the following Mountaineer Global Adventures to their location names below.



- A. Mt. Etna, Sicily, Italy; B. Verbier, Switzerland; C. St. Moritz, Austria; D. Gorman Chairback Lodge, Maine, USA;
 E. Torres del Paine Circuit, Chile; F. Routeburn Track, New Zealand; G. Glacier National Park, Montana, USA;
 H. Dolomites, Italy; I. Lakes District, Chile

ANSWERS: 1-H; 2-E; 3-A; 4-B; 5-F; 6-D; 7-C; 8-G; 9-I



A young skier at Meany Lodge. Photo courtesy of Meany Lodge

Meany Lodge

Welcome to The Mountaineers ski resort at Stampede pass.

Ride a 30-passenger snowcat to the remote, warm, and cozy lodge. Take lessons, eat fantastic meals and enjoy comfortable weekend lodging.

Check out rates and make reservations online:

www.meanylodge.org

Questions? Please email: sports_director@meanylodge.org



Ready for Adventure?

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

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

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

Mountaineers Ten Essential System

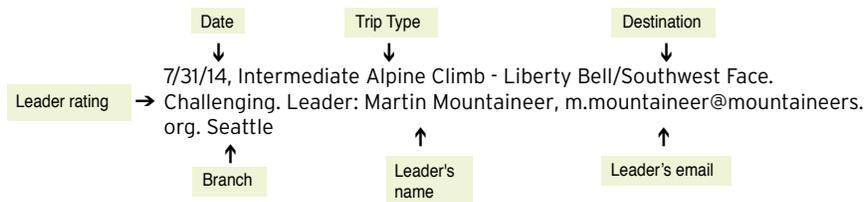
required on all Mountaineers trips:

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

List of potential abbreviations:

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

ACTIVITY LISTING KEY



COURSE LISTING KEY



How to use the Go Guide:

We use the same category names online, so if you find an activity or course you would like to sign up for, just go to our website and click on the *Explore* (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.

Quarterly Update

Thank you for reading the Go Guide! We pulled the information for this issue on October 2, 2017. Any activities or courses listed after that date will not be published here. The information for the Winter magazine will be pulled on January 3, 2017. Please have your activities and courses listed by then if you would like them to be published in the magazine.

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

Mountaineers activities

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

CLIMBING

1/6/18, Intermediate Alpine Climb - Lane Peak/Lovers Lane (Moderate) Leader: Michael Delmonte, snargs@comcast.net. Tacoma

1/13/18, Intermediate Alpine Climb - Lane Peak/Zipper (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

DAY HIKING

12/1/17, Day Hike - Clark Lake Park, Kent (Easy) Leader: Christopher Ensor, ctrails@comcast.net. Foothills

12/12/17, Day Hike - West Tiger Mountain Railroad Grade (Moderate) Leader: Danielle Graham, pedergraham@gmail.com. Foothills

12/13/17, Day Hike - Lake Fenwick via the Rabbit Loop (Moderate) Leader: Christopher Ensor, ctrails@comcast.net. Foothills

GLOBAL ADVENTURE

12/28/17-1/7/18, Global Adventure - Backpack Wild Tasmania on the Overland Track (Moderate) Leader: Eileen Kutscha, eileen_kutscha@yahoo.com. The Mountaineers

2/11/18-2/22/18, Global Adventure - Backpack Patagonia's Torres del Paine Circuit (Challenging) Leader: Cheryl Talbert, cascadehiker@earthlink.net. The Mountaineers

2/23/18-3/3/18, Global Adventure - Backpack Patagonia's Fitz Roy Massif (Challenging) Leader: Cheryl Talbert, cascadehiker@earthlink.net. The Mountaineers

3/2/18-3/18/18, Global Adventure - Ski and Winter-Walk in Courmayeur and Cervinia Italy (Moderate) Leader: Patti Polinsky, meanysports@me.com. The Mountaineers

SCRAMBLING

12/9/17-12/9/17, Winter Scramble - West Granite (winter) (For Beginners (Getting Started Series)) Leader: John Bell, jbcclimber@yahoo.com. Seattle

12/30/17-12/30/17, Winter Scramble - Guye Peak (winter) (For Beginners (Getting Started Series)) Leader: John Bell, jbcclimber@yahoo.com. Seattle

SEA KAYAKING

2/24/18-2/24/18, Sea Kayak - Deception Pass (Moderate) Leader: Thomas Unger, tk16@tumtum.com. Seattle

SKI/SNOWBOARD

1/6/18-1/6/18, Cross-country Ski - Methow Valley Winter Trails (Moderate) Leader: Christopher Ensor, ctrails@comcast.net. Seattle

1/7/18-1/7/18, Cross-country Ski - Methow Valley Winter Trails (Moderate) Leader: Christopher Ensor, ctrails@comcast.net. Seattle

SNOWSHOEING

12/16/17-12/16/17, Beginner Snowshoe - Paradise (winter) (For Beginners (Getting Started Series)) Leader: Chris Reed, mountaineerreed@gmail.com. Foothills

12/19/17-12/19/17, Beginner Snowshoe - John Wayne Pioneer Trail (winter) (For Beginners (Getting Started Series)) Leader: Danielle Graham, pedergraham@gmail.com. Foothills

STEWARDSHIP

12/2/17-12/2/17, Stewardship - Cheasty Greenspace (For Beginners (Getting Started Series)) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

12/2/17-12/2/17, Stewardship - Shadow Lake Nature Preserve (For Beginners (Getting Started Series)) Leader: Emily Carlson, emily@shadowhabitat.org. The Mountaineers

12/9/17-12/9/17, Stewardship - Shadow Lake Nature Preserve (For Beginners (Getting Started Series)) Leader: Emily Carlson, emily@shadowhabitat.org. The Mountaineers

12/16/17-12/16/17, Stewardship - Cheasty Greenspace (For Beginners (Getting Started Series)) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

URBAN ADVENTURE

12/17/17-12/17/17, Urban Adventure - Ken Lake (For Beginners (Getting Started Series)) Leader: Dixie Havlak, havlakrd@comcast.net. Olympia



2017-18 Naturalists Lecture Series Seattle Program Center, 7 pm

Free to Mountaineers Naturalist Study Group Members, \$5 for all others

January 10, 2018 (Wed): Dr. Jon L. Riedel, geologist at North Cascades National Park, has been monitoring glaciers in Washington's National Parks for decades. He will show their changing status and how those changes affect summer streamflow.

February 14, 2018 (Wed): Dave Nunnallee, co-author of the authoritative guide, "Life Histories of Cascadia Butterflies," focuses on native buckwheats and the butterflies they host.

March 14, 2018 (Wed): Clay Antieau on What's the Matter with Worms: our favorite soil engineers have a dark side. Clay is a horticulturist, botanist, environmental scientist, and past president of the Washington Native Plant Society.

Mountaineers Courses

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

AVALANCHE SAFETY

12/18/17-1/7/18, AIARE 1 Avalanche Class for Snowshoers/Skiers - (Lodging Included) - AIARE Level 1 avalanche safety course, open to all (skiers, splitboarders, and snowshoers) Members: \$330, Non-members: \$360. Contact: Ryan Kitchen, ryan.kitchen@gmail.com. Everett

1/9/18-1/21/18, Ski and Splitboard AIARE Course - Foothills - 2018 - An AIARE certified level one avalanche course. Members: \$300, Non-members: \$400. Contact: Andrew Graustein, rockclimbhigh@yahoo.com. Foothills

1/30/18-2/11/18, AIARE 1 Avalanche Class for Snowshoers/Skiers - (Lodging Included) - AIARE Level 1 avalanche safety course, open to all (skiers, splitboarders, and snowshoers) Members: \$330, Non-members: \$360. Contact: Ryan Kitchen, ryan.kitchen@gmail.com. Seattle

1/30/18-2/18/18, AIARE 1 Avalanche Class for Snowshoers / Splitboarders (Lodging NOT Included) - AIARE Level 1 avalanche safety course, open to intermediate and above SKIERS and SPLITBOARDERS. Members: \$300, Non-members: \$330. Contact: Ryan Kitchen, ryan.kitchen@gmail.com. Seattle

CLIMBING

12/3/17-10/30/18, Basic Alpine Climbing Course - Seattle - 2018 - Basic Alpine Climbing Course - Seattle - 2018 Members: \$650, Non-members: \$800. Contact: Vineeth Madhusudan, vineethm@live.com. Seattle

1/1/18-10/9/18, Basic Mountaineering Course - Bellingham - 2018 - Basic Climbing Course - Bellingham - 2018 Members: \$625, Non-members: \$800. Contact: Minda Paul, mindapaul@hotmail.com. Bellingham

1/1/18-10/1/18, Basic Climbing Course Second Year - Tacoma - 2018 - Basic Climbing Course Second Year - Tacoma - 2018 Members: \$63, Non-members: \$150. Contact: Nick Wilson, npwilson@live.com. Tacoma

1/1/18-3/30/22, Intermediate Alpine Climbing Course - Seattle - 2018 - Intermediate Climbing Package - Seattle Members: \$500, Non-members: \$700. Contact: Tess Wendel, tessw@mountaineers.org. Seattle

1/1/18-12/31/18, Intermediate Climbing - Tacoma - 2018 - Take your alpine climbing to the next level while learning to lead on rock and ice as well as improving your self rescue skills. Members: \$399.99, Non-members: \$599.99. Contact: Chad Straub, chadstraub@yahoo.com. Tacoma

1/17/18-12/31/18, Basic Climbing Course - Kitsap - 2018 - Basic Climbing Course - Kitsap Members: \$400, Non-members: \$500. Contact: Ralph Wessels, ralphwessels@comcast.net. Kitsap

1/18/18-12/31/22, Intermediate Climbing Course - Olympia - 2018 - Intermediate Climbing Course - Olympia 2018 Members: \$200. Contact: Richard Irwin, rirwin@mybivey.com. Olympia

1/19/18-2/18/18, Intermediate Glacier Travel - Seattle - 2018 - Intermediate Glacier Travel Members: \$150, Non-members: \$200. Contact: Tess Wendel, tessw@mountaineers.org. Seattle

1/24/18-10/15/18, Basic Climbing Course - Everett - 2018 - Basic Climbing Course - Everett - 2018 Members: \$575, Non-members: \$725. Contact: Nick Mayo, nicholas.e.mayo@gmail.com. Everett

2/1/18-12/31/18, Basic Climbing Course - Olympia - 2018 - 2018 Basic Climbing Course - Olympia Members: \$400, Non-members: \$600. Contact: Janette Zumbo, janettezumbo@gmail.com. Olympia

2/7/18-10/20/18, Basic Climbing Course - Tacoma - 2018 - Basic Climbing Course - Tacoma 2018 Members: \$525, Non-members: \$625. Contact: Jill Uthoff, jilluthoff@gmail.com. Tacoma

2/13/18-10/27/18, Glacier Travel Course - Seattle - 2018 - 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

3/6/18-4/14/18, Introduction to Alpine Rock - Seattle - 2018 - Be a safe follower on a basic alpine rock climb. Members: \$200, Non-members: \$250. Contact: Zaher Hulays, zhulays@gmail.com. Seattle

3/16/18-3/25/18, Intro to Group and Self Rescue - Seattle - 2018 - Intro to Group and Self Rescue Members: \$65, Non-members: \$80. Contact: Tess Wendel, tessw@mountaineers.org. Seattle

DAY HIKING

1/27/18-2/3/18, Wilderness Skills - Olympia - 2018 - Learn the skills to get outside and safely enjoy Washington's wilderness. Members: \$30, Non-members: \$60. Contact: Chris Sullivan, christopherjonsullivan@gmail.com. Olympia

EXPLORING NATURE

1/10/18-1/10/18, Loss of Glaciers in Washington's National Parks - Dr. Jon L. Riedel, a geologist with the National Park Service at North Cascades National Park, has researched the response of Washington's glaciers to climate change Members: \$0, Non-members: \$5. Contact: Rose O'Donnell, r.a.odonnell@icloud.com. Seattle

4/10/18-9/10/18, Introduction to the Natural World Course - Seattle - 2018 - An introductory course for the outdoors person interested in learning more about the natural world

they are exploring. Members: \$105, Non-members: \$160. Contact: Gordie Swartzman, g.swartzman@gmail.com. Seattle

FIRST AID

12/6/17-12/10/17, Hybrid Wilderness First Responder (H-WFR) - Fall 2017 - Wilderness First Responder - Hybrid (H-WFR) Members: \$600, Non-members: \$650. Contact: Brian Carpenter, fleasgach@gmail.com. Seattle

NAVIGATION

4/17/18-4/22/18, Basic Navigation Course - Olympia - 2018 - Basic Navigation Course - Olympia - 2018 Members: \$60, Non-members: \$60. Contact: Mike Kretzler, mkretzler@comcast.net. Olympia

OUTDOOR LEADERSHIP

12/2/17, The Mountaineers Leadership Conference - 2017 - The Leadership Conference is a fun day of professional development dedicated to thanking, inspiring and empowering The Mountaineers? current and aspiring volunteer leaders. Members: \$150, Non-members: \$225. Contact: Sara Ramsay, sarar@mountaineers.org. The Mountaineers

SCRAMBLING

2/6/18-6/9/18, Alpine Scrambling Course - Olympia - 2018 - Alpine Scrambling Course - Olympia Members: \$175, Non-members: \$225. Contact: Tom Eckhout, teckhout@msn.com. Olympia

2/13/18-11/1/18, Alpine Scrambling Course - Seattle - 2018 - The 2018 Seattle Alpine Scrambling course teaches essential techniques of off-trail wilderness travel needed for scaling snow and rock summits. Members: \$305, Non-members: \$420. Contact: Seattle Scramble, scramblechairs@gmail.com. Seattle

SKI/SNOWBOARD

1/4/18-3/31/18, Nordic (Cross-country) Ski Course - Everett - 2018 - 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 Sadri, rachelsadri@gmail.com. Everett

1/6/18-1/28/18, Nordic Ski Instructor Clinic - Everett - 2018 - Refresh your touring skills while learning the student progression for Nordic skiing. Completion of this clinic qualifies you to register as an instructor for the Everett Branch Nordic Ski Course. Members: \$0, Non-members: \$0. Contact:

Rachel Sadri, rachelsadri@gmail.com. Everett 1/6/18-3/4/18, Downhill Ski / Snowboard Lessons Meany Lodge Series A - 2018 - Downhill Ski Lesson Series every other weekend for all ages and all abilities Members: \$85, Non-members: \$100. Contact: Patti Polinsky, meanysports@me.com. Outdoor Centers

1/6/18-2/18/18, Downhill Ski Lessons Series A - 2017 - Downhill Ski Lesson Series for all ages and all abilities on 4 winter weekends. Members: \$85, Non-members: \$100. Contact: Patti Polinsky, meanysports@me.com. Outdoor Centers

1/7/18-3/4/18, Sunday Downhill Ski or Snowboard Series C - Meany Lodge 2018 - Sunday only Snowboard or Downhill ski series of 4 lessons offered every other Sunday during January and February for all ages and abilities. Members: \$60, Non-members: \$70. Contact: Patti Polinsky, meanysports@me.com. Outdoor Centers

1/8/18-1/21/18, Basic Nordic Skiing - Olympia - 2018 - This series of four lectures will include an orientation to backcountry travel, avalanche awareness and safety, route selection, cold weather ailments, clothing, and equipment. Members: \$40, Non-members: \$50. Contact: Tom Eckhout, teckhout@msn.com. Olympia

1/13/18-2/25/18, Downhill Ski/Snowboard Lesson Series B - Meany Lodge 2018 - Downhill Ski or Snowboard Lesson Series for all ages and all abilities on every other weekend Members: \$85, Non-members: \$100. Contact: Patti Polinsky, meanysports@me.com. Outdoor Centers

1/14/18-2/25/18, Sunday Downhill Ski or Snowboard Series D - 2018 - Sunday only Snowboard or Downhill ski series Members: \$60, Non-members: \$70. Contact: Patti Polinsky, meanysports@me.com. Outdoor Centers

2/3/18-2/4/18, Cross Country Ski Camp

Weekend- Meany Lodge - 2018 - Learn to cross country ski. Members: \$60, Non-members: \$70. Contact: Patti Polinsky, meanysports@me.com. Outdoor Centers

2/4/18-2/4/18, Cross Country Skate Camp - Outdoor Centers - 2018 - Learn how to skate ski Members: \$65, Non-members: \$85. Contact: Patti Polinsky, meanysports@me.com. Outdoor Centers

2/10/18-2/10/18, Lift Assisted Backcountry Skiing- Meany Lodge - 2018 - Take the tow at Meany then head for the hills! Members: \$60, Non-members: \$70. Contact: Patti Polinsky, meanysports@me.com. Outdoor Centers

4/16/18-5/20/18, Glacier Skiing/ Snowboarding and Crevasse Rescue - Foothills - 2018 - Teaches rope skills necessary to effect a crevasse rescue. Members: \$225, Non-members: \$325. Contact: Kit Eiber, kit_eiber@yahoo.com. Foothills

SNOWSHOEING

12/5/17-2/28/18, Basic Snowshoeing Course - Seattle - 2018 - Basic Snowshoeing Course - Seattle Members: \$75, Non-members: \$85. Contact: Andy Cahn, andycahn@gmail.com. Seattle

12/12/17-3/10/18, Basic Snowshoeing - Tacoma - 2018 - Basic Snowshoeing -Tacoma Winter 2017-2018 Members: \$75, Non-members: \$85. Contact: Bill Carver, fishtherivers4fun@yahoo.com. Tacoma

1/8/18-1/21/18, Basic Snowshoeing - Olympia - 2018 - 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. Members: \$40, Non-members: \$50. Contact: Tom Eckhout, teckhout@msn.com. Olympia

1/30/18-2/11/18, Winter Camping Course - Tacoma - 2018 - Winter Camping Course - Tacoma 2018 Members: \$65, Non-members: \$75. Contact: Bill Carver, fishtherivers4fun@yahoo.com. Tacoma

2/7/18-2/18/18, Winter Camping Course - Seattle - 2018 - Snowshoe / Winter Camping Course - Seattle Members: \$65, Non-members: \$0. Contact: Tim Lawson, timlawsonwild@msn.com. Seattle

2/12/18-2/24/18, Backcountry Snowshoeing Skills - Tacoma - 2018 - Backcountry Snowshoeing -Tacoma 2018 Members: \$80, Non-members: \$95. Contact: Bill Carver, fishtherivers4fun@yahoo.com. Tacoma

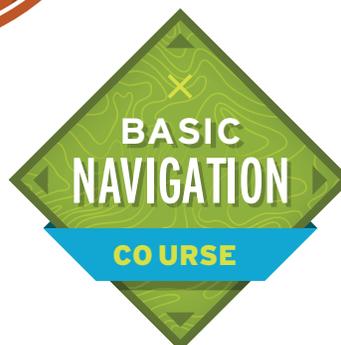
STEWARDSHIP

12/1/17-3/20/18, Winter Volunteer and Stewardship Equivalency - Foothills - 2017-18 - Stewardship equivalency - Foothills Members: \$0, Non-members: \$0. Contact: Russ Immel, russimmel@gmail.com. Foothills

YOUTH

1/1/18-1/1/18, Chads Little Practices - Seattle - 2018 - Chad practicing course creation for Mountain Workshops and other Members: \$0, Non-members: \$0. Contact: Emily Carraux, emilyc@mountaineers.org. Seattle

1/11/18-6/12/18, Mountain Workshop - Interagency High School - Seattle - 2018 - Come belay and teach climbing and belaying skills to Interagency teens as they try out rock climbing! Members: \$0, Non-members: \$0. Contact: Margaux Gottlieb, margaux@mountaineers.org. Seattle





Baker Lodge. Photo by Richard Lawrence



Meany Lodge

Baker Lodge

www.mountaineers.org/bakerlodge

Rustic Mount Baker Lodge is nestled in the spectacular North Cascades and is a beautiful, fun 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 is open a few weekends in December and all weekends Jan - Mar provided there is adequate snow and sign-up. See the Baker Lodge website for rates and click on "Upcoming Events" for our current schedule of openings. At times we have Mountaineers class groups, school and scout groups that rent the entire lodge exclusively for members of their groups. On these weekends registration isn't open to the public.

RESERVATIONS

Individuals and groups welcome! The Mt. Baker Committee encourages groups, such as Scouts, school/youth, or family & friends gatherings, to consider using the lodge whether or not they are members. Register online through 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 (206-365-9508, dkisker@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 Mt. Baker while helping to make a 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

www.mountaineers.org/meanylodge

The Mountaineers oldest winter sports resort, located approximately 60 miles east from Seattle off of I-90 near Stampede Pass and Surrounded by the Wenatchee National Forest, Meany Lodge provides a warm family environment for all - perfect for winter and summer adventures alike.

HOLIDAY WEEK

The days between 12/26 and 1/1 are some of the best skiing of the year! Sign up via the events on the Calendar

NEW YEARS AT MEANY

Spend New Years 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, 2/24/2018

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

SPRING CARNIVAL, 3/9/2018

The last winter weekend of the year, a weekend of racing and entertainment for all ages.

VOLUNTEER

If you have been wondering what it takes to keep Meany going, come to one of the Work parties held in the Summer and Fall and see what it takes. Work parties are free and offer a great opportunity to enjoy the lodge in a different light. You can learn new skills or brush up on old ones that your 'real' job doesn't let you do anymore. There is also time to get to know folks over work and conversation. 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

Nestled near the Stevens Pass Ski Area, this rustic ski-in/ski-out lodge is your quiet dream get-a-way from the hustle and bustle of the big city. You can enjoy skiing, snowboarding, backcountry skiing, cross-country skiing and snowshoeing. We are located adjacent to the ski area at the summit of Stevens Pass, putting you within hiking distance to all of the trails at the summit, the Pacific Crest Trail and the excellent Stevens Pass Bike Park.

RESERVATIONS

From April to mid November, the lodge is available for group bookings of 30 or more people. Meals can be provided or your group can provide their own cooking and food. Depending on snow accumulation and the Stevens Pass Resort, from mid November to late March the lodge is open to all, every weekend, during the ski/snowboard season from 6pm Friday to roughly 2pm Sunday. To book a stay at the lodge for the weekend, reservations can be found on the Lodge's home page. Each weekend breakfast is provided on Saturday and Sunday, and dinner on Saturday. The lodge has two dorms with 20 bunks in each dorm. There are two shared bathrooms, each with a shower. The main living area has a large dining room and a lounge area with a fireplace. The dining area can also double as a classroom for those wanting a learning environment.

VOLUNTEER

Our lodge at Stevens Pass is run and maintained almost entirely by volunteers. We schedule work parties every fall to get together and prepare the lodge for the upcoming season. If you would like to join the family and volunteer, or simply get more information about helping out, please contact StevensLodge@outlook.com.

Follow us on Instagram @stevenslodge_mountaineers, Facebook and Twitter @StevensLodge for the most updated details about lodging, events, and how to purchase swag.



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 2018 season brings "Peter Pan" (Spring) and "Tuck Everlasting" (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. "Peter Pan" (May 27, 28, June 2, 3, 9, 10, 16, 17) and "Tuck Everlasting" (July 28, 29, Aug 4, 5, 11, 12, 18, 19).

AUDITIONS FOR 2018 SEASON

Season auditions will be held Sat, Feb. 24 (10 - 5) and Mon eve, Feb. 26 (7 - 9). 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.

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 out of doors? **We are looking for staff** (paid and volunteer) to work with kids grades K-4 for two weeks of outdoor day camp in July. Includes riding the ferry from Seattle.

Follow us on Facebook: www.facebook.com/kitsapforesttheater

Welcome to the seven branches of The Mountaineers



Propelled by dedicated and skilled volunteers, all branches offer a number of courses and seminars. Many courses, such as climbing, scrambling, kayaking, backcountry skiing and others, require a set of learned skills to enjoy safely and follow a common curriculum from branch to branch.

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.

BELLINGHAM

Vice Chair: Minda Paul,
mindapaul@hotmail.com

Website: mountaineers.org/bellingham

The Bellingham Branch was founded in 1983 with 50 members. You will find it tucked alongside the craggy expanse of the North Cascades. It features a vital, close-knit community, courses in first aid, basic and intermediate mountaineering.

It is also home to one of the most popular Mountaineers getaway destinations, Mt. Baker Lodge. From the lodge, Mountaineers and guests can also recreate to their heart's content year-round. In addition to the courses noted above, Bellingham also offers hiking trips and snowshoe tours.

BRANCH MEETINGS: Public meetings are held on the 2nd Tuesday of each month and Branch Committee Meetings are on the 4th Tuesday of each month. See the website for time and locations.

VOLUNTEER OPPORTUNITIES: We would love to have additional hike and snowshoe leaders along with backcountry ski and youth program coordinators. We are also currently looking for a branch treasurer and a branch chair-elect. Email Minda for details.

EVERETT

Chair: 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. Since Everett is a smaller branch, the companionship of fellow Mountaineers is valued as much as outdoor experiences.

Everett's programs include alpine scrambling, basic and intermediate climbing, back-country and Nordic (cross-country) skiing, hiking, sea kayaking, singles and snow-shoeing. The

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

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

BRANCH-WIDE EVENTS: Everett members gather together from time-to-time for some fellowship, food, and fun. Those events include a Salmon Bake in October, a Gear Grab & Pot Luck 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. Beginning in January 2017, the open houses will be held at a NEW LOCATION, 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: Jeff Schreppe,
avdfan@aol.com

Website: mountaineers.org/kitsap

Founded on March 6, 2003 the Kitsap branch counts in its backyard the trails, waters, and mountains of both the Kitsap and Olympic peninsulas. Over slightly more than a decade, this branch has developed very strong climbing and hiking programs and in the past few years its conservation/education program has also grown significantly. Other Kitsap Branch courses

and activities include snowshoe/winter travel, navigation, first aid, and sea kayaking and the branch is currently exploring the possibility of starting a naturalist committee. Our activity committees sponsor several stewardship efforts each year and recurring events include our fall Salmon Safaris and our mushroom walk. The branch hosts an Annual General Membership meeting every October. A major goal of the branch is to add more family activities in 2017.

BRANCH MEETINGS: Most branch meetings and courses are held at the historic Kitsap Cabin at 3153 Seabeck Highway, which is located on the Kitsap Forest Theater/Rhododendron

Reserve property between Silverdale and Bremerton. However, some meetings may be held at other locations throughout Kitsap, Jefferson, or Clallam Counties, depending upon the activity or the audience to be reached. Branch council meetings are held quarterly on the third Thursday of the designated month at 5:45pm. To find the day and location of the council meetings please check the Kitsap Branch event calendar of The Mountaineers website or go to our Meetup page - Kitsap branch of the Mountaineers.

SEATTLE

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

Website: mountaineers.org/seattle

Seattle Branch was The Mountaineers in 1906 when the club 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 something unique. Make inquiries directly to committee chairs or to the Branch Chair.

Seattle Branch Council meetings are held at the Seattle Program Center 6:30 to 8:30 pm the second Thursday of the 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 the 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 offerings. Keep an eye on the website for information about the next one.

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

INTRO TO MAP, COMPASS AND ALTIMETER: Learn how to keep from getting lost outdoors. See website to register. Fee.

PHOTOGRAPHY: Each 3rd Wednesday, the Seattle Photography Committee holds a potluck and photo presentation.

FOOTHILLS

Chair: Steve LeBrun,
stevelebrun@comcast.net

Websites: mountaineers.org/foothills

The newest Mountaineer's branch, founded 12 years ago, the Foothills branch encompasses the eastside communities along the I-90 and I-405 corridors. The branch sponsors trips, classes and courses that focus on hiking, backpacking, avalanche awareness, backcountry skiing, first aid, navigation, snowshoeing and winter camping.

Signature programs include a season-long Backpacking Building Blocks (B3) backpacking course and a Ski & Snowboard Mountaineering course. In 2016 the branch sponsored 203 hikes and backpack trips and 27 ski activities.

The branch sponsored 40 courses, classes and clinics in 2016 on a variety of outdoor recreation topics. Foothills also frequently offers "Introduction to Hiking in the Pacific Northwest" seminars.

VISIT THE FOOTHILLS WEB PAGE for information on 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 affiliation by accessing "Your Account" on the club website.

MEMBERSHIP MEETINGS: Branch Membership meetings and Leadership Council meetings are open to all members and held from time to time at Issaquah, Mercer Island or Bellevue locations. See the branch website and 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 new activity or trip leaders, instructors, and event planners. The branch regularly offers training classes 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 the branch website page. And the 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, Tacoma maintains not only its own program center in the Old Town neighborhood of Tacoma, but a property close to Mt. Rainier,

the Irish Cabin on the Carbon River. Tacoma Branch offers an extensive list of activities and courses, including backpacking, hiking, conservation, scrambling, climbing, first aid, snowshoeing, skiing, sea kayaking, sailing, wilderness navigation, avalanche awareness, photography and youth programs.

Learn more about us by visiting our branch website to view our activities, our events calendar and other offerings.

MEET THE TACOMA MOUNTAINEERS: Tacoma Branch holds a free meeting on the third 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 reps (hiking, climbing, sea kayaking to name a few of the 22 activities).

OLYMPIA

Chair: Siana Wong, sianawong2@gmail.com

Website: mountaineers.org/olympia

The Olympia Mountaineers hold a potluck and speaker series on first Wednesdays in September through May, excluding November, at the Friends Meeting Hall at 3201 Boston Harbor Rd. NE. The potluck meal begins at 6 p.m. Bring a dish to share and your own plate and flatware. The adventure presentation begins at 7 p.m. Contact Carolyn Burreson at cbburreson@q.com. The branch library will visit, too, giving you a chance to browse, return books, or check out materials.

JANUARY 3 ADVENTURE PRESENTATION
Maxine Dunkleman -Bicycling In Korea

Join Maxine and Ray as they share their stories and images from their 2017 South Korea bicycle adventure.

FEBRUARY 7 ADVENTURE PRESENTATION
Olympia is honored to host Nigel Foster and his newest presentation and book, "The Art of Kayaking." It's entertaining and enlightening for paddlers and non-paddlers alike. Nigel will share pictures of a variety of locations and situations from his travels around the world.

MARCH 7 ADVENTURE PRESENTATION
Tami Asars will talk about her new book, "Hiking the Pacific Crest Trail, Washington." Why not work some really great section hikes along the PCT into your next summer's plans? Tami will guide us through the state's PCT, section by section.

BRANCH ELECTION RESULTS

Siana Wong ascends to the Chair position. Incoming Branch Council officers: Director Greg Lovelady, Community Relations-Social Chair Dee Anne Kline, Chair-Elect Marko Pavela, and returning Treasurer Kim Pohlman.

JANUARY 4 OPEN HOUSE

6:30-8:30 at Saint Martin's University, 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 fellow mountaineers. Light refreshments will be served.

THE BRANCH OFFICERS meet on second Wednesdays at 6 p.m. at the Olympia Center, 222 Columbia St NW. Members are encouraged to attend the meetings on December 13, January 10, and February 14.

The Mountaineers Member Benefits

Your Membership with The Mountaineers gives you an instant connection to a community of outdoor lovers and future lifelong friends eager to join on your next great adventure. With benefits ranging from access to classes, lectures, events, and social activities, to deals on travel, lodging, books, and publications, our members enjoy thousands of benefits throughout the year and throughout the region. Please find the instructions to activate these benefits on our website.

Unparalleled Access

Outdoor education and learning opportunities through our huge portfolio of classes, seminars, and activities

Special member prices for events & festivals including Banff Mountain Film Festival, Radical Reel, and BeWild

Access to our mountain homes including Baker Lodge, Meany Lodge, and Stevens Lodge

Adventure travel opportunities both domestic and international

Access to our climbing walls at The Mountaineers Program Center and discounts on our event space rentals

Award-Winning Publications

Subscription to our *Mountaineer* magazine

Subscription to our monthly e-newsletters including magazine and news stories, conservation updates and stewardship opportunities, leadership ideas, events & activities, and membership benefits updates.

Discounts on hundreds of Mountaineers Books publications

Stewardship Opportunities

Lectures and seminars with conservation leaders

Trail and fire lookout maintenance opportunities

Leave No Trace trainer clinics and courses

Environmental education programs for families

Partners in Recreation

Appalachian Mtn Club | Colorado Mtn Club | Mazamas
Shared member rates and access to many of their perks & benefits including mountain lodges.

Eastside Subaru offers members access to **special pricing** on Subarus for the adventure on the way to the adventure.

Use Gaia GPS to find your way thanks to a free GaiaPro upgrade, giving you access to additional maps and features.

Looking to **zip out** for the weekend? Mountaineers also have an **exclusive Zipcar membership** to get you on the road.

Gear Deals

Up to 50% Off
Promotive.com on nearly 100 outdoor brands

40% Off
Rock and Ice Magazine

30% Off
Heli Canada Adventures
Miyar Adventures & Outfitters

25% Off
rakkup Climbing Guides
Zeal Optics

20% Off
Danner Boots
Fjallraven (Downtown Seattle)
Icebreaker

Mountaineers Books and USGS & Green Trails Maps
Northside USA
Vital Climbing Gym (Bellingham)

15% Off
Alltrec.com
Backcountry.com
Belay Shades

Cora Coffee Roasters (Tacoma)
Ibex (University Village, Seattle)
Mountain Hardware (Downtown Seattle)
North Cascades Institute
ORU Kayaks
Outdoor Research (Downtown Seattle)

10% Off
Edworks Climbing Gym
North Cascades Mountain Hostel (Winthrop)

Pro Mountain Sports
Non-Mountaineers Books
Remote Medial International
Seattle Cider & Two Beers Brewing
Twisp River Inn
Wilderness Gear Stash

Various discounts for course students
Basic Students are eligible for discounts on selected items from:

Altrec.com
ExOfficio
Feathered Friends

Pro Mountain Sports
REI
Second Ascent

Your support also empowers The Mountaineers to conserve and steward our public lands to preserve the wild places we all enjoy. Plus, as a 501(c)3, all of your donations and dues are tax-deductible as a nonprofit contribution.

For questions about membership benefits please contact Member Services: **(206) 521-6001** or info@mountaineers.org

Resilience

by Steve Scher, University of Washington teacher

Mountaineers' camp on Mount Rainier. Photo by Ida Vincent.

In many mountainous and polar regions, snow turns pink in the summer as communities of algae blossom. The pigmentation evolved as a protective mechanism against high levels of radiation. During this era of rising temperatures, the algae creates a feedback effect whereby the darkness spreading over the snow absorbs more of the sun's rays to increase melting, adding more reflective water to the snow that in turn feeds the algae, furthering warming, accelerating climate change.

A resilient speck of life responds to a threat but hastens an even larger potential catastrophe. Will the feedback loop consume itself? Is life itself resilient?

Humans admire resilience. We love the baseball team that bounces back from certain defeat. We root for the hero who gets knocked down, but gets back up again. We go to ticker tape parades for the soldiers who won't be defeated.

Resilience is the property that most reflects our own striving nature.

It is often defined as the capacity to recover quickly from difficulties and as the ability of a substance or object to spring back into shape. But there is nothing inherently positive in that elasticity.

Resilience wields a double-edged sword.

We call the people living in regions that rebuild after recurring natural disasters resilient. Fire destroys your home. You rebuild. Hurricanes wipe your town off the face of the earth. You rebuild. But when the cycle repeats itself over and over, just what is admirable?

We honor and respect the children who bounce back from abuse and violence. Forced to be pawns in some of the most insidious actions another human can undertake, some few find ways to overcome, to live lives of respect and dignity, to even find strength and compassion in their experience.

But their abusers are resilient too. There seems to be some elasticity to notions of exploitation that allows it to linger in the species. There is some power in hatred of 'the other' that returns to debase the human story again and again.

How else to describe the resilience of murder, the staying power of bigotry? How else to explain the gaze averted, the soul that turns a blind eye.

Over the centuries, our social compact evolved to a point where resilience could be examined through scientific rigor, with facts based on examination of the properties of each working part of the greater whole.

After decades of study, psychologists and sociologists find resilience to be a fluid and adaptable trait. Environmental threats to the human psyche come in many guises. In positive terms, the resilient person has an independent outlook, confronting the world on their own terms with a positive disposition and most critically, a belief that in the end, they determine their own fate.

But a positive outlook isn't permanent and a person facing multiple stressors can eventually succumb.

Bad ideas seem to be just as resilient as good ones. Resilience in human thinking, like resilience of the so-called watermelon snow, is a natural property and serves neither good nor evil.

It just is.

Now, even as science is liberating knowledge from the tiniest fragments of the physical world, a search for truth is being replaced with a hunger for retribution, a quest for ascendance, a turn to willful ignorance in the face of hard won truths.

Our only route forward seems to be to answer the illogic with logic and find ways to reduce the stress while arming ourselves with tools to respond.

Such is the power of resilience. ▲▲



The Mountaineers presents

BEWILD

Stories of Passion & Adventure

Lowell Skoog | Jan 23

The Pacific Northwest has a rich heritage of mountain exploration, activism, literature and art. Lowell Skoog was introduced to this heritage as a Seattle youngster more than 50 years ago. In this multimedia presentation, Lowell will discuss how the threads of history continue to weave through the Northwest outdoor community to create a present that is just as rich and inspiring as our storied past.

Show starts at 7pm | Doors at 6pm



www.mountaineers.org/bewild

photo of Lowell Skoog

Kai Lightner | February 20

Kai Lightner is a rock climbing phenom, whose passion for the sport started at the age of 6. Since then, he has earned 12 National Championship Titles and is a five-time youth world championship medalist. All of these accomplishments were achieved with his mom Connie Lightner by his side, whose unending support has enabled Kai to chase his vertical dreams to push boundaries and redefine limits.

Joe Riis | March 20

Joe Riis is a wildlife biologist turned photojournalist and filmmaker known for his pioneering documentation of animal migrations in the West. He's a Photography Fellow at National Geographic. His new book, *Yellowstone Migrations*, from Braided River, the conservation imprint of Mountaineers Books, is the first book to feature his images exclusively and you'll be among the first to see them on the big screen.

Hiking the PCT | May 22

with Tami Asars, Eli Boschetto, Philip Kramer, and Shawnté Salabert

These authors are avid hikers and backpackers with a taste for wild places. Each documented sections of the PCT from the Canadian border to the southern tip of California in Mountaineers Books' Hiking The Pacific Crest Trail section guides. Join us to discover your new favorite section of the PCT.