



Hi Everett Mountaineers,

Make 2017 a great year by enrolling in one of the Everett Branch's outstanding spring courses. Registration is open for alpine scrambling, climbing, navigation, trail maintenance, and sea kayaking. Don't wait to enroll. These courses fill up quickly. Encourage your co-workers, family members, and friends to join us as well.

Have you already taken a course? Consider returning as an Assistant Instructor this year. Teaching reinforces and enhances your knowledge and skill. You will be further rewarded by watching new students practice and master the skills that you learned just last year.

As always, this enewsletter highlights some our branch's activities, courses, events, and amazing volunteers. To view are all of our offerings, visit mountaineers.org/Everett.

Matt Vadnal,
Acting Editor



Lyle Harvey works with a student to improve his downhill ski form.



Students smile while battling knee deep snow at Gold Creek.



Dave Bless demonstrates diagonal stride by skiing beside a student.

Free Your Heel, Free Your Mind*

Everett Nordic Ski Recap

For the last four decades, the Everett Branch has offered a Nordic (cross-country) ski course in January and February. This year we carried on the tradition and introduced a new batch of adventurers to the joys of Nordic skiing.

The course began on a cold clear day at Kahler Glen on the east side of the mountains and ended in a snowstorm at Gold Creek near Snoqualmie Pass. Highlights included:

The Dying Cockroach: Students learned to mimic a dying cock roach by lying on their

backs with their skis above them, in order to untangle their legs after a fall.

Tom Knees Know: A character named Tom Knees Know stopped by to remind students that the proper body alignment while skiing is an imaginary line from the top of their toes through their knees to their nose.

Throwing a Glass of Water: Students pretended to throw a glass of water forward to practice proper arm movement, while performing the diagonal stride.

Beach Balls and Tricycles: To travel downhill, students learned to wedge their skies. They worked on their form by imagined holding a beach ball between their knees. They also learned to keep their arms and hands ahead of them like steering a tricycle.

A good time was had by had all, and we encourage you all to join us next year. The course includes two lectures, three field trips, and a ski tour with a course instructor. As Rachel Sadri, the Nordic Committee Chair explains, "The goals are to ski safely, have fun, and focus on fundamentals."

*The cross-country skier's boot heels are not clenched down like a downhill skier's boot heels. This allows the skier to propel the ski forward on level snow.



Upcoming Courses

[Alpine Scrambling](#) | Feb 16 - May 6

A bridge between hiking and technical mountaineering, alpine scrambling teaches how students how to negotiate low angle rock, travel through talus and scree, cross streams, navigate dense forest growth, and climb and cross snow-covered slopes. You will learn the skills needed to reach the summits of most of the mountains in the Pacific Northwest.

[Basic Trail Maintenance Class - Lord Hill Park](#) | Feb 18 or Apr 8

Learn the techniques, tools, and safety tips to help steward our trails. This is a great way to get introduced to the rewards of trail maintenance, while also exploring Lord Hill Regional Park, which features 1,453 acres of wilderness.

[Intermediate Leading on Rock](#) | Mar 1 - Jun 10

The rock section of the Everett Branch Intermediate Climbing Course kicks off next month. Learn how to lead traditional climbs in this 4 weekend series that takes place at the Northwest's top climbing destinations including Leavenworth, Vantage, Tieton and Squamish.

[Everett Navigation Courses](#) | Mar 4 or 18

This one-day course combines lectures, classwork and outdoor field experience to learn the techniques and confidence needed to navigate the wilderness with a map, compass and altimeter. A requirement for basic climbing and alpine scrambling students.

[Basic Sea Kayaking](#) | Mar 23 - Sep 23

This once-a-year offering provides you with a thorough and safe introduction to the world of sea kayaking. Learn the basic paddling strokes, how recover after capsizing, trip planning,

equipment, and safety guidelines and procedures. On top of all that, you'll meet a great bunch of new friends to paddle with during and after the course.



Learn to Instruct and Lead

Attend these events so you can serve as an Assistant Instructor and share your love for a Mountaineer activity with others. With additional experience and mentoring, you can become an activity leader.

[Navigation Instructor Workshop](#) | Feb 18

This is a workshop for instructors of Everett's Basic Navigation Course. Traditionally it is held at our Navigation Course location and involves review and course orientation. While it is intended primarily for new instructors, past instructors are welcome to refresh their skills, be briefed on any changes to the course, and assist with course setup. It is open to any graduate of the Basic Navigation Course from any branch or to graduates of any course that includes the Basic Navigation module as a graduation requirement.

[Trail Maintenance Crew Leader Class - Lord Hill Park](#) | Mar 11 or 13

Volunteer leaders are key to The Mountaineers stewardship mission. This class will teach participants how to lead trail maintenance crews, how to walk a trail and recognize maintenance issues, and how to give safety and tool talks.

[Scrambling Field Trip Instructor Orientation](#) | Mar 14

Two-hour classroom orientation for new or aspiring Everett Scrambling field trip assistant instructors. It's a great way to sharpen and maintain your skills, to help others, and to give back to the Mountaineers. Topics include field trip logistics and day itineraries, expectations of instructors, fundamentals of how to teach and demonstrate physical skills, roles of Field Trip leaders, lead instructors, and assistant instructors and safety.

Upcoming Events

[Annual Gear Grab and Potluck Dinner](#) | Wed, Mar 1

Sell or trade used gear and score some sweat deals. Plus, Craig Romano, a prolific outdoor author who has written many Mountaineer Hiking Guidebooks, will give a presentation. This event will be at the Everett United Church of Christ.

[AWE - expect the unexpected](#) | Mar 18

Join The Mountaineers at Fremont Studios for our annual gala to honor a legendary Mountaineer and to raise funds to advance The Mountaineers efforts to inspire conservation through outdoor adventure. Tickets available now.

[Hike Essentials](#) | Apr 5

This free seminar is open to members and non-members alike. This course is designed to answer questions that a novice hiker may have about how to get out hiking. Learn from experienced hikers what to put in your pack and how to dress for comfort and safety. We will discuss clothing, boots, packs, the Ten Essentials, seasonal trail hazards, where to shop for equipment and how to research your trips. Members as well as non-members are asked to register online.

Future Submissions

This newsletter is key to spreading the word about events, activities, courses, and blogs. Submissions are welcome! In particular we'd love to profile one of our outstanding volunteers, so please consider nominating someone. If you have an item for an upcoming newsletter, email newsletter@everettmountaineers.org by the 25th of the month.

Please include the following:

1. Title
2. Date
3. Web link to corresponding mountaineers.org listing
4. Short Description
5. Photo if you'd like (this is not required)

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