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FOOTHILLS NEWS

monthly e-news for Mountaineers

Hello Foothills Mountaineers!

Summer has finally arrived in the PNW and I'm sure you're all anxious to get outside and have some fun! With the gradual easing of COVID-19 restrictions, the Foothills Mountaineers have already planned over 40 small-group activities for you to enjoy, with more to appear as snow melts and trip leaders get more comfortable with COVID-19 guidelines. Spaces will fill quickly, so don't wait to check out our [upcoming activities](#) and head back outside.

You can also choose to receive automatic alerts and notifications of new activities led by Foothills volunteers. An **Alerts & Notifications** section has been added to the [My Profile](#) page, where members can choose to receive an email as new content is added to The Mountaineers website. This system is set up to alert members and guests to new trips immediately, in a daily digest, or in a weekly digest. To sign up, use the check marks available in the Alerts & Notifications section when you edit your profile.



Virtual Events, Courses, & Seminars

All activities, courses, clinics, and seminars are subject to change and can be cancelled or rescheduled at any time. Please stay up to date by visiting our website or reaching out to the appropriate leader.

[No Man's Land Virtual Film Festival](#) | Jul 16

No Man's Land Film Festival is an adventure film festival based out of the Rocky Mountains, designed to meet the need to highlight and connect individuals who identify as women and are in pursuit of the radical.

[Carbon Footprint: Eating for Health & Longevity \(Online\)](#) | Jul 21

Learn the science behind improving your health and extending your healthy life expectancy. Whether you're 30 or 70, we have food and lifestyle tips that are sure to make a difference.

[The Mountaineers Virtual Gala](#) | Jul 23

Our biggest fundraiser of the year has been rescheduled for July 23 and will now be a virtual event. This is exciting news because it means anyone can now bid in our week-long online auction and tune-in to our celebrity-studded livestream event – there is no ticket purchase required to participate! Stay up-to-date on the latest information by either [pre-registering for the online auction](#) or [signing up for the free virtual event](#)!

[Staying Found: Basic Navigation for Hikers and Backpackers](#) | Aug 31-Sept

Rescheduled from May 2, this hands-on field navigation training course is tailored to hikers and backpackers. It provides focused information on key skills and tools for on-trail navigation and 'staying found', as well as hands-on practice on the trail. Students will become confident reading a topographic map against the features of the surrounding terrain, get important information from a compass and altimeter, and maintain a steady awareness of where they are.

[Wilderness Navigation](#) | Sep 8-Oct 31

This four-part class prepares students with basic navigation skills for the rigors of back-country and off-trail navigation. Class components include an online map and compass module; an online GPS module; an in-person workshop; and an all-day field trip. Registration opens July 1.

News

- Looking for gear to enjoy your summer outdoor adventures? We're extending our [gear library lending to individuals](#).
- Check The Mountaineers [COVID-19 Response](#) page for the latest updates on reopening plans. Once you're out on the trails again, please follow these tips to stay safe and [recreate responsibly](#).
- If you're not ready to get outdoors just yet, you can still find lots of exciting experiences at The Mountaineers new Virtual Education Center. Check out [this](#)

[piece](#) from *Mountaineer* magazine to learn about the Virtual Education Center and how virtual tools are allowing our branches and members to stay as connected and active as ever.

- If you're looking for tips to help the children in your life experience the wonders of the outdoors, read this piece from *Mountaineer* magazine about [raising adventurous kids](#).
- The Foothills Hiking and Backpacking Committee is pleased to welcome Nancy Temkin as our new Co-Chair. Nancy originally joined The Mountaineers in 1977 and earned her scrambling and basic climbing badges soon after. But children also happened soon after, so outdoor adventures temporarily lost out to being a soccer mom. Nancy rejoined The Mountaineers in 2005 and became a hike leader 4 years ago. As a hike leader, Nancy enjoys leading winter conditioning hikes and urban night hikes. She chairs the Walking the Wild Committee and instructs in the navigation and basic snowshoe courses. Nancy is particularly excited about building a Family Hiking Program for the Foothills Branch. She's looking for some eager volunteers interested in leading family hikes or creating instructional content.
- Are you one of those individuals who feels strongly about nurturing the next generation of Mountaineers? Do you want to support The Mountaineers mission of education and exploration? If so, please consider becoming involved with the Foothills Family Hiking Program and help us launch a hiking series devoted to families and their children. Please contact Nancy Temkin at nancy.temkin@gmail.com to discuss how you can contribute to this exciting new program. We guarantee you'll get back much more than you give!



Volunteer Spotlight

Like so many of our courses, the 2020 Backpacking Building Blocks (B3) course was heavily impacted by the COVID-19 pandemic - but thanks to the hard work, dedication, and creativity of the course leaders and mentors, the class is still running strong! From online lectures to biweekly Zoom calls among mentor groups, these volunteers have made the best of strange circumstances to deliver one of the most popular courses in the club. Thanks to all of the B3 volunteers, including: Lorelei Felchin, Holli Dexheimer, Liz McNett Crowl, Royce Poetter, Paul Thomsen, Kim Frasher, Michel Montgomery, Lisa Berenschot, Colin Chapman, Karen Beaudry, Shuko Hashimoto, Christina Buckman, and their fearless course leader, Cheryl Talbert.

Now it's time for the B3 students to get out on the trails. There are several backpacking trips coming up designed specifically for B3 students. These trips are also open to students from the 2018 and 2019 B3 course who still need some trips to graduate.

Would you like to volunteer with the Foothills Mountaineers? [Learn more about our Foothills committees](#) and contact a committee chair or email Cheryl Talbert at cascadehiker12@gmail.com to explore the possibilities with us!

The Mountaineers Virtual Gala & Online Auction: July 17-23

Starting on July 17, you will have the opportunity to bid on over 50 auction packages from the comfort of your home. This online auction will culminate on July 23 with our Virtual Gala - our biggest fundraiser of the year! Tune in to see the celebrity-studded livestream event - no ticket purchase required to watch. Rumor has it that you might even see Foothills volunteer Sam Sanders participating in the shenanigans! Stay up-to-date on the latest information by [preregistering for the online auction](#) or [signing up for the free virtual event](#). All funds raised from our [Virtual Gala](#) directly benefit The Mountaineers.

Three Ways You Can Help The Mountaineers

The COVID-19 outbreak [has had a significant impact](#) on The Mountaineers. All money received during this time is supporting general operations so we can continue offering creative programming and be ready to help you get back into the outdoors again as soon as it's safe to do so. Together, we can get through this, and we thank you for any help you can provide.



Renew or Join

With your ongoing support, we will weather this storm and come back stronger than ever. Use code **ME20TOGETHER** through June 30 to get 20% off when you join or renew your membership. Already renewed? Contact info@mountaineers.org to take advantage of this deal and we'll extend your membership to 2022.

[Join/Renew](#)

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Donate to The Mountaineers

If you are in a position to do so, we appreciate any support you can offer during this difficult time. Gifts of any size make a difference, and can help The Mountaineers continue to give back to our community as we learn and explore with you. Donate directly through our website, or contact development@mountaineers.org to learn about additional ways to give.

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