|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |
| --- |
| not a member? [join now!](https://cl.s7.exct.net/?qs=1d9075c4775a9d142a6e5fd1bbab5f0165ce2175d9d2234da585d60403601740d7cdba85bb2e12132175a0210e1a0179c89b84c9e0028adb)               [view as a web page](https://view.s7.exacttarget.com/?qs=aeb334091aac0f7f248303e31f9d15f19e7eb04e6228aab4b5b21d7cb023c6fba2c7e0672fb7422d2eece263b7f2bca611b69e86ba514dc80f5ff47450119f85d533498a756a413ace4dfae0c537df09) |

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| **Hello Foothills Mountaineers!**The past year was challenging for many of us, but the Foothills Mountaineers found many ways to stay connected with each other and the outdoors. Let’s take time to celebrate our 2020 accomplishments as we look forward to a fabulous February full of fun [Foothills activities](https://cl.s7.exct.net/?qs=1d9075c4775a9d14603b1fa04341457de55dedf4a73e56fd7e38a2e7ceb2888cc96a72716cbc931ca235dd52f96e3ecf7360f8f0a71242bb)!  |

 |

 |

 |

|  |
| --- |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

|  |
| --- |
| **Virtual Events & Seminars**All listings 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.[**Backpackers’ Pajama Party**](https://cl.s7.exct.net/?qs=1d9075c4775a9d1485d016b5aca60cde5ac7f12d91f7f7f56074ce5a5403256e258c071f23ea92499ac7858c5fcd7e5644678ef617646609)**| February 12**Put on your comfy jammies, grab a beverage and snack, and join us for a presentation from Eileen Miller on her 5-day backpacking trip on the northernmost 70 miles of the PCT: Section H, from White Pass to Trout Lake.[**Walking the Wild: Backpack the Sierra High Route**](https://cl.s7.exct.net/?qs=1d9075c4775a9d143ae2f498ed1341ca88a5ec60ab3b11bf5efa37b0dc0fa339a03758142e7073c85fb6f9c1bd239a936f936846b2774d46)**| Feb 24**Have you ever wanted to climb Mt. Whitney, the highest peak in the US (outside of Alaska), and tie it in with a great 1-week backpack trip? The High Sierra Trail could be right for you. Join us for photos, stories, and trip beta for the High Sierra Trail, a magical 70-mile backpack in the high country of Sequoia National Park. Tickets are on sale now![**The Mountaineers State of the Organization**](https://cl.s7.exct.net/?qs=1d9075c4775a9d1462542daed32b9ebbb055062797d82f3046c835ec6fdc8975096474e3fd7d9dd8cba619f5b9d1ed30dedab3a9586ce965)**| Feb 25**Join us at this virtual gathering to receive an update from board and staff leadership on the state of The Mountaineers as we continue to navigate the COVID-19 crisis. Learn about recent operating and financial highlights, how we're responding to the most recent public health guidance, and our expectations for the year ahead. All are welcome.[**Conditioning for Hiking and Backpacking**](https://cl.s7.exct.net/?qs=1d9075c4775a9d140e641a64b06ec7bd7abaead5a46e5cc3d4a8ef7c3789ae9e221750f29181957e5aac70c6f32ca07ea3a5f2ae1f5485e0)**| Mar 10, Apr 6**In this virtual clinic, trekking trainer Sheri Goodwin will share hiking-specific strength training exercises that you can do in a park or in your home, and help you build a personalized strength and fitness training regime to help you get ready for success on the trail this season. |

 |

 |

 |

|  |
| --- |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

|  |
| --- |
| MAC backpacking trip to Forbidden Meadow, by Carl Marrs. |

|  |
| --- |
| **Courses & Activities**All listings 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.[**Introduction to Trail Running**](https://cl.s7.exct.net/?qs=1d9075c4775a9d1447c3cde2397aec2be6fb63c2a8c1c7f2dbc1151a08461aa26e943bad177afcf196bb97e7f6617df9a552b4a0611d2eaf)**| Registration opens Feb 15**Learn how to start trail running on local "frontcountry" trails in the Seattle area and along the I-90 corridor. Course starts on May 4.[**Ski and Snowboard Mountaineering**](https://cl.s7.exct.net/?qs=1d9075c4775a9d141dac49e6b78dc0df15b1de37a21bdb32ac854d316e58f2a82a45a8d7a0d1f092aad5068395c8d20e509144cb395cb127)**| Feb 22-Mar 29**This course, which consists of seven evening online sessions and three field trips, will provide experienced skiers or boarders with the knowledge and skills to safely ski or snowboard in most backcountry destinations. Registration closes on February 21.[**Backpacking Building Blocks**](https://cl.s7.exct.net/?qs=1d9075c4775a9d148da29b93ca4a6c41a767db9fcdbd385f97ebd11bc6126370439a87d2a18a8daa1301711c43039c73230887781e818f76)**| Mar 1 – Oct 31**Ready to jump-start your backpacking? The “B3” course is the most comprehensive backpacking course The Mountaineers offers, providing a full season of learning, practice, and support. Open to members from any branch and focused on beginners and those returning from a long hiatus.[**Winter Camping**](https://cl.s7.exct.net/?qs=1d9075c4775a9d1452f784e266378560ed9ba4b96cf99c23ddc285c51fac59c69b29934bc0a7df52881da70be5d5ef0636d592f00638f14c)**| Mar 3-Apr 30**The Foothills Snowshoeing Committee is excited to offer a course on winter camping for skiers, snowshoers, and scramblers, where students will learn how to stay comfortable on the snow during winter overnights.[**Staying Found: On-Trail Navigation**](https://cl.s7.exct.net/?qs=1d9075c4775a9d14409c169eda174efe05c57d6631784eebc0a724e511612d002a9fc321ceb1353a81b37f3810ff7dfe86b7a9382ebbc401)**| Mar 3 – Sept 30**This course will help you learn to “stay found” on the trail using a topographic map, compass, altimeter, and digital tools. Registration closes February 24. We're also looking for hike leaders who would like to help teach others to navigate on the trail - if interested, contact the course leader at the link above.[**GoHike: Beginner Hiking Series**](https://cl.s7.exct.net/?qs=1d9075c4775a9d14b720004285935210a453224b9669318349db6c026195e6e86bda79755e9a62589d153f94245a5df8a2dd8ff01483eee6) **|** **Mar 9 – Oct 1**Have you been holding back in realizing your hiking dreams out of fear of not having the right gear, being unprepared or unsafe, being out of shape, being too slow, or of just not fitting in? In this series, we start with the basics: preparation, safety, and general fitness tips and knowledge to make hitting the trail less daunting. Then we offer a season of low-pressure hikes with experienced leaders and other course participants who are just starting out too. Hikes will be held at a comfortable, social pace. Student orientation March 9 and hikes begin soon after. Registration closes March 5.[**Compressed Alpine Scrambling Course**](https://cl.s7.exct.net/?qs=1d9075c4775a9d14d03974e8520f3810db072f7cc32498d88984558c7b1631db5f2de67564cddb31c392a7a11bbefc96de9e2d6144a05c7c)**| Apr 6-Nov 1**Looking to reach summits that don't have a nicely-defined trail to the top? Consider taking the Compressed Alpine Scrambling Course offered by the Foothills Scrambling Committee. This course takes place in May and teaches the foundational skills necessary to be part of a successful alpine scramble. Students will learn safe off-trail travel on both snow and rock, as well as how to use an ice axe, allowing them to reach many peaks in the Cascades. If you have already graduated, consider coming back to instruct in the course. It's a great way to keep your skills polished.  |

 |

 |

 |

|  |
| --- |
|  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

 |

 |
|

|  |  |  |
| --- | --- | --- |
|

|  |
| --- |
| Heather Lake. |

|  |
| --- |
| **News** The Foothills Conservation Committee is happy to announce a new program called [Trailhead Ambassadors](https://cl.s7.exct.net/?qs=1d9075c4775a9d14110f5f4b5f74c2e5a3c735d39194aff674377f17224f69d980009eeb7acbf7c4d0d674a7a726679c33e2ed06f6bcfa1d). Facilitated by the Mountains to Sound Greenway Trust in collaboration with multiple non-profit organizations, including The Mountaineers, Trailhead Ambassadors aims to bring together volunteers from all corners of the outdoor recreation sphere to work toward stewardship of our trail systems. Volunteer Trailhead Ambassadors welcome visitors at popular trailheads, answer trail-related questions, promote responsible hiker ethics, and collect trail use information for agencies and nonprofits. |

 |

 |

 |

|  |
| --- |
|  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

 |

 |
|

|  |  |  |
| --- | --- | --- |
|

|  |
| --- |
| Foothills scramblers on a trip. |

|  |
| --- |
| **Foothills Branch Celebration**On January 8, the Foothills Branch hosted a virtual celebration of our accomplishments during the difficult year of 2020. We introduced our current Branch Officers (Alan Davey, Chair; Benjamin Morse, Chair Elect; Cheryl Talbert, Past Chair; Lori Heath, Secretary; Shyam Vijayaraghavan, Treasurer; James Henderson, Representative to the Board of Directors; Paul Thomsen, Safety Officer; Karen Wallace, At-Large Member; Tom Eng, At-Large Member; Travis Prescott, At-Large Member) and thanked our outgoing leaders (Cheryl Talbert, Chair; Richard Lambe, Representative to the Board of Directors; Bill Borom, Scramble Chair). Each committee chair re-capped highlights from 2020.**Backcountry Skiing | Committee Chair: Kit Eiber**The Foothills AIARE program qualified several new instructors and successfully executed a second weekend, allowing increased course capacity. The committee continued a long-standing tradition of Wednesday night lessons in partnership with the Summit at Snoqualmie, and introduced and new Backcountry Touring course.**Backpacking | Committee Chair: Cheryl Talbert**During 2020, 19 active Backpack Leaders led 30 trips. The committee certified 7 new Backpack Leaders. They creatively switched gears to lead a successful Backpacking Building Blocks (B3) course adapted for COVID-19 restrictions. B3 course lectures, gear demonstration day, and several skills/gear seminars were converted to Zoom. Several B3 instructors learned how to make YouTube videos to share their favorite gear and teach key skills! B3 mentors innovated with weekly Zoom calls to help their mentor groups with skills and gear choices, led small-group practice camps at local parks, and offered a record number of student-only backpacking trips.**Climbing | Committee Chair: Peter Tran**This was the first year of the Foothills Branch Climbing Committee, but they were able to lead 2 climbing activities. The team spent many months preparing the Basic, Sport, and Intermediate Climbing Courses, which are all fully enrolled.**Conservation | Committee Chair: Deloa Dalby**A total of 27 Mountaineers earned stewardship credit by participating in a Foothills Stewardship activity during 2020. Committee Chair, Deloa Dalby, participated in the Stewardship Partners Panel at the Mountaineers Leadership Conference.**Cross-Country Skiing | Committee Chair: Danielle Graham**The Foothills Cross-country Skiing Committee had a successful winter in early 2020. They hosted their first ski waxing clinic at the Tacoma Program Center. In addition to many day trips, the committee also held long weekend skiing adventures in the Methow Valley, Plain, and Spokane.**Hiking | Committee Chair: Nancy Temkin**Despite COVID-19 restrictions, the Foothills Hiking Committee sponsored 195 hikes this year, with 13 leaders leading 5 or more hikes. With the help of many wonderful hike mentors, the committee welcomed 15 new hike leaders during 2020.**Navigation | Committee Chair: Alan Davey**The Foothills Navigation Committee was busy in 2020 planning courses for winter 2021. The Winter Navigation course (in progress) focuses on “off trail” skills for backcountry skiing, climbing, and scrambling activities. The Staying Found course, which starts in early March, focuses on “on-trail” navigation for activities such as hiking and backpacking.**Scrambling | Committee Chair: Travis Prescott**The Foothills Scrambling Committee led 17 scrambling trips in 2020. The 2020 Compressed Alpine Scrambling class was cancelled due to COVID-19, but most of the students were able to join the 2021 course.**Trail Running | Committee Chairs: Gabrielle Orsi and Samantha Sanders**The Foothills Trail Running Committee adapted to the challenges of 2020 by shifting to an online format for the Introduction to Frontcountry Trail Running course. The committee also hosted several virtual happy hours and planned the first Introduction to Winter Trail Running course, which they successfully led last month. The committee also welcomed five new leaders and developed an equivalency process to award the backcountry trail running badge to club members with trail running experience. Those interested in the backcountry trail running equivalency may contact us at foothillstrailrunning@gmail.com for more details.**Branch Service Award Recipients**The highlight of the Foothills Branch Celebration was recognition of our 2020 Foothills Branch Service Award recipients, Chris Ensor and Karen Wallace. **Chris Ensor**Chris is an active and generous volunteer and trip leader for the Foothills Cross-Country Skiing and Hiking Committees, and is the driving force behind Winter Trails Weekend in the Methow Valley every year. He strives to make his trips inclusive and comfortable by providing detailed trip planning to all participants. Chris also sustains the cycle of volunteerism by being a willing mentor for both activities. Congratulations, Chris!**Karen Wallace**Karen joined The Mountaineers in 2016 and quickly became a powerhouse volunteer. She led 15 hiking, scrambling, and snowshoeing trips in 2020 and was an instructor for many courses. Karen is a prolific volunteer across several Foothills committees and was elected to the Foothills Branch Council as an at-large council member in 2020. Karen brings positivity and a can-do attitude to every trip she leads, keeping things fun and relaxed as she encourages her fellow Mountaineers to enjoy their time outside. Congratulations, Karen! |

 |

 |

 |

|  |
| --- |
|  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

 |

 |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| **Volunteer Opportunities**The Mountaineers is built upon one thing - the quality of its volunteers. Our wonderfully diverse group of volunteers allows us to continually offer a rich assortment of activities and courses. We have volunteer opportunities for those interested in leading activities or courses, and for those more interested in the branch leadership and infrastructure that make those courses and activities a reality. All volunteers receive the mentoring and support they need to be successful.Current volunteer opportunities include:* Field Day Leaders for the Foothills 2021 [Staying Found Course](https://cl.s7.exct.net/?qs=1d9075c4775a9d14409c169eda174efe05c57d6631784eebc0a724e511612d002a9fc321ceb1353a81b37f3810ff7dfe86b7a9382ebbc401). If you have taken Wilderness Navigation or are an avid map and compass user, we want you! Field Day Leaders attend the leader orientation, participate in an online seminar, and lead a group on one or two Field Days in March. If interested, please contact Susan Conbere at sconbere@gmail.com.
* Wilderness Navigation Course Lead and Wilderness Navigation Online Workshop Activity Lead. If interested, please contact Alan Davey, at awdavey@hotmail.com.

If you’re interested in other volunteer opportunities with the Foothills Branch, please visit our [Volunteer Webpage](https://cl.s7.exct.net/?qs=1d9075c4775a9d14f31115147d485e8bca4fdca8e642b3d57b99f7d25676b6ffe6f69739557926ef9b76cc9c0810fd9679e51dce55d8d072) and search on Foothills or, contact Alan Davey, Foothills Branch Chair, at awdavey@hotmail.com. |

 |

 |

 |

|  |
| --- |
|  |

|  |
| --- |
| **Three Ways You Can Help The Mountaineers** The COVID-19 outbreak [has had a significant impact](https://cl.s7.exct.net/?qs=1d9075c4775a9d149fec07b4b937345ab420c5e7c75b39fbba25be5e5be39de962fe959d0e2b1661c80af3d01c6d2670b7e9ce6ac5e25b46) 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 ME21TOGETHER through February 28 to get 20% off when you join or renew your membership. Already renewed? Contact Member Services at 206-521-6001 to pay in advance for next year’s membership dues at the 20% off rate.  |

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| [Join/Renew](https://cl.s7.exct.net/?qs=1d9075c4775a9d142a6e5fd1bbab5f0165ce2175d9d2234da585d60403601740d7cdba85bb2e12132175a0210e1a0179c89b84c9e0028adb) |

 |

 |

 |

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

|  |
| --- |
| **Shop Green Trails Maps**Mountaineers Books is now the exclusive distributor of Green Trails Maps, offering 150+ high-quality backcountry maps. Features include; icons for picnic areas, tent camping, backcountry bathrooms, and more; dot-to-dot trail distances; permit requirements; and much more! Get your Green Trails Maps today. |

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| [Shop Maps](https://cl.s7.exct.net/?qs=1d9075c4775a9d149277c4beb6614db2c99707fcf619758277e4f9d3c9b8242c5e112210511b41662419e891a83696aef6e35ef834c01806) |

 |

 |

 |

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

|  |
| --- |
| **Give Back with Workplace Giving**Double the impact of your volunteer hours, membership dues, or donations with a matching gift through your company's Workplace Giving program. Many employers sponsor generous Workplace Giving programs for employees, and yours could be one of them. Learn more and give back to your community. |

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| [Learn More](https://cl.s7.exct.net/?qs=1d9075c4775a9d14ab353d40bd53c49e29d3c73811eefc9c2aeb0332f8eead5ac5b074aaedc5fd999afca304b37cd8f143664a942cc17f3e) |

 |

 |

 |

 |

 |

 |
|

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
|    [www.mountaineers.org](https://cl.s7.exct.net/?qs=d30adf570d782127e5c504606342c6fa4d6db125719dbd5ecdc3352e69c09f9e55cfb05428137e70815d24b9881014fc669f320e8d9931b6)The Mountaineers enriches lives and communities by helping people explore, conserve, learn about and enjoy the lands and waters of the Pacific Northwest and beyond.[Unsubscribe](https://cl.s7.exct.net/profile_center.aspx?qs=38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072c1e6cb20cdeabca972b0d8a3bdf42811352e3a9117b82a27681929e2a0867056b8094cde0bf1ea69)| [Update Preferences](https://cl.s7.exct.net/profile_center.aspx?qs=38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072c1e6cb20cdeabca972b0d8a3bdf42811352e3a9117b82a27681929e2a0867056b8094cde0bf1ea69) |

 |

 |

|  |  |
| --- | --- |
|

|  |
| --- |
| This email was sent to lorieheath@live.comThe Mountaineers, 7700 Sand Point Way, Seattle, WA 98115-3996, US[Read our Privacy Policy](https://cl.s7.exct.net/?qs=d30adf570d78212720eac863f9ea690cccbaf077a1b55c9cc6f76153d161d1f6ad9b1f7f1d03c9a3684f16e189381088a832c56863a23a7d) |

 |

 |

 |

 |

 |

 |

 |
|  |

