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| not a member? [join now!](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2f7e07e0e58d0c478b13a3e14717719f48ed97c3748c7f6ab6d49ab7be00fc84eeea1804ec6b96e86a56b23e982a2cc48f94ce441142fd8&data=04%7C01%7C%7Cb62795e01d3844fa79b008d98a5c7c1f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637692952088167368%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=SdWAdX%2B7%2FQw%2F37cP8IZwecyQ2t9BpPapx4wUfkgwaUY%3D&reserved=0)               [view as a web page](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fview.s7.exacttarget.com%2F%3Fqs%3Dfc9840c7b7e89d3f744d426af10d676f8973a833e22cf7b008789be3f17fb75f8d7cb59b37e023838cc00c3795a0f98dd82caf8b43d4e779af4c4129ad828df7ced0df77703cb6d4511b840094005692&data=04%7C01%7C%7Cb62795e01d3844fa79b008d98a5c7c1f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637692952088177331%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ncb8pfi3%2BTX0Jcu7cNqov5BfHJhpjBugudfYqKkWeNk%3D&reserved=0) Graphical user interface, text  Description automatically generated |

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| **Happy Autumn Foothills Mountaineers!**I hope you’re finding lots of opportunities to get outdoors and enjoy the crisp, cool fall weather. If you need some inspiration to get outside, you can find lots of exciting [activities](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2f7e07e0e58d0c4451d8a3a2bcd02e74f2e1665f0c81a99e9ebcacf375dc88adaa8224c2bddb7b1ce9841f662d9dc9a7cfca505f90e620b&data=04%7C01%7C%7Cb62795e01d3844fa79b008d98a5c7c1f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637692952088187276%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=fFJIdUqN8Qk0YLEZbrarjbUt3%2BsXHs2Sy%2FPdzovgbVM%3D&reserved=0) sponsored by the Foothills Mountaineers. Spaces fill up quickly, so don’t wait to check them out!   |

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| Images from Cheryl Talbert's Walking the Wild presentation on Norway. Courtesy of Cheryl Talbert. |

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| **Upcoming Events, Courses, Clinics & Seminars**All listings are subject to change and may be cancelled or rescheduled at any time. Please stay up-to-date by visiting our website or reaching out to the appropriate leader.[**Youth Volunteer Orientation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2f7e07e0e58d0c4c1c66c58ec7dd48e42e7b1cc58ce9e91685d38dd714a696bb817d1266158715c5d7e4bde568ddf76d72922767103cc71&data=04%7C01%7C%7Cb62795e01d3844fa79b008d98a5c7c1f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637692952088187276%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=VR%2FZjBACUiOhx9KRxPwq5m0YjcSCcy8eEOqPK%2BzUt58%3D&reserved=0) **| Oct 13**Attend the Youth Clubs Volunteer Orientation this fall to learn how to become involved with the year-round outdoor clubs for Mountaineers youth. A catered dinner and refreshments will be provided, questions will be answered, and your interest will be piqued![**New Hike/Backpack Leader Seminar**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2f7e07e0e58d0c4ec0576925c2ce854920b29272a4fe59f2534e00f15467bd770dd54b490fd0dd1aa1d034386acbedef214b18eabc3dc39&data=04%7C01%7C%7Cb62795e01d3844fa79b008d98a5c7c1f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637692952088187276%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=WqN5prdl00mCbG9MBca3JXJjil7gibvfTtI7Baz50Lw%3D&reserved=0) **| Oct 21**This online evening provides experienced Mountaineers hikers, urban walkers, and backpackers information they need to become an effective leader for The Mountaineers. [**Global Adventures Information Session**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2f7e07e0e58d0c4a8590602eb6b96af2582b92b06b10a242816e562066f8a9d58df3ed90e1b545d64fa64c74eacd843ec7d633f3ea0f287&data=04%7C01%7C%7Cb62795e01d3844fa79b008d98a5c7c1f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637692952088197238%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=u0%2FP2rkZzEX0rGILvMg%2B7lETrulsoMG9d5JAgYpyC4U%3D&reserved=0) **| Nov 1**Have you ever wanted to explore the world with a group of active, capable outdoorspeople? Or are you a trip-planning expert hoping to share your skills and knowledge with a group of excited participants? Join us for our upcoming Global Adventures Info Session to learn all about our program! [**Leave No Trace for Winter Recreation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2f7e07e0e58d0c435863aae6258e856ea0312b06f40025eedd73c041311aa96848937229781975b17b6139f5557ad5a8a2cc75eeac697ec&data=04%7C01%7C%7Cb62795e01d3844fa79b008d98a5c7c1f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637692952088197238%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=63zszit%2Bdn7QnVpFXfcvazQsJNp4yO3Uj49%2B6s0x6b0%3D&reserved=0) **| Nov 29**Join this online seminar to explore the seven principles of Leave No Trace from the [Leave No Trace Center for Outdoor Ethics](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2f7e07e0e58d0c4cfb24a45f826a0272242867a5849630308b964cdb0c91562247e4deaefc27240ba59773e09b7a17122ce62e7e666d033&data=04%7C01%7C%7Cb62795e01d3844fa79b008d98a5c7c1f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637692952088207192%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=3fjedlGbNuUeRzOAyRCZ1BXIOuyXRrF8vvibCi4y69U%3D&reserved=0), and learn how to apply them to winter recreation. [**Walking the Wild: Exploring Norway**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2f7e07e0e58d0c40b3ddba4c959b39c931b5201a75c54883e92aec82dfc0edcefba3861cb9cc377d7e7bdb709aa2e0dd3edfa1fcc159c04&data=04%7C01%7C%7Cb62795e01d3844fa79b008d98a5c7c1f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637692952088207192%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=nm%2BOryGzqVJIk35pcPs7S3wV4hNnr6daGh2h5AGODj4%3D&reserved=0) **| Dec 2**Join Cheryl Talbert in this online event to hear how she and her Mountaineers Global Adventures group spent nine days above the Arctic Circle backpacking in Norway’s Lofoten Islands, then eight days trekking hut to hut on the Jotunheimen Circuit![**Nordic Ski Waxing Clinic**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2f7e07e0e58d0c42465218527f4a70f2094937a9ddf820b7d97653ef67e08b9d3330488c7caf3bad90909d757b77d46ed00b242cd5c2680&data=04%7C01%7C%7Cb62795e01d3844fa79b008d98a5c7c1f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637692952088217152%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=a%2F1K92yu7J10eE7ScW3%2BR8zHV5l0%2BHosmx%2BtXIGB8xQ%3D&reserved=0) **| Dec 5**Join this online seminar to enhance your cross-country skiing experience this winter by learning the ins and outs of hot waxing your skis. Improve your ski bases, glide, and speed with these techniques. |

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| **News & Notes****Save the Date - Foothills Branch Celebration | December 10**Save the date for our annual Foothills Branch Celebration on December 10. During this virtual celebration of our 2021 accomplishments, we’ll welcome new faces and say thank you to those who are passing on their leadership batons. **National Public Lands Day**The Foothills Conservation Committee celebrated National Public Lands Day (NPLD) on September 25 at Snoqualmie Lake Trailhead in the Middle Fork Snoqualmie Valley. In collaboration with the Mountains to Sound Greenway, 14 Mountaineers members built a picnic site on the Taylor River and cleared space for a future bathroom. The group also retained native plants to re-plant once the construction is complete.Nearby, Mountains to Sound Greenway staffed the first Trailhead Ambassadors booth at the Garfield Ledges trailhead, where they interacted with several hikers and built positive momentum for the official launch of Trailhead Ambassadors in 2022.  |

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| **Volunteer with Us**The Foothills Branch is looking for a few good leaders! We need to fill two Branch Leadership positions: Branch Treasurer-Elect and Navigation Chair-Elect.**Branch Treasurer-Elect:** Shyam Vijayaraghavan, the current Foothills Branch Treasurer, will complete his term at the end of September 2022. The Branch is looking for someone who would like to work closely with Shyam until then and assume the Treasurer Office when his term is complete. The Branch Treasurer serves a two-year term and supports the Branch Chair and activity committees by overseeing the annual budget process, supporting the development of annual course pricing and investment proposals, and processing check requests and reimbursement requests for Foothills Branch volunteers.**Navigation Chair-Elect:** The Navigation Chair-Elect will work closely with the current Navigation Chair, Alan Davey, to coordinate and support the efforts and initiatives of the Foothills Navigation committee. This committee organizes and delivers clinics and courses to help outdoor enthusiasts gain skills and confidence to navigate on or off trails in the backcountry. The Chair-Elect may also work in concert with the broader organization to provide safe and inspiring navigation activities, courses, and volunteers. This role is part of a three-year commitment. During the first year as Chair-Elect, the primary function is training: to learn organizational policies and committee/branch strategic priorities; to develop leadership and facilitation skills; and to become familiar with and build strong relationships with navigation leadership, committee volunteers, and Mountaineers staff. The Chair-Elect will transition to Navigation Chair after one year, and then after serving a year as Navigation Chair, will serve in a mentoring role as Past Chair.If you or someone you know may be interested in these branch leadership positions or in other volunteer opportunities with the Foothills Branch, please contact Alan Davey at foothills.branch1@gmail.com.  |

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| [www.mountaineers.org](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2f7e07e0e58d0c4e7618055a7fadf4103c2bb32577807cb2cd5c2dfe4eed130aa37a97bb381341fdd8a84c381a4c91d444a484d70a57cbc&data=04%7C01%7C%7Cb62795e01d3844fa79b008d98a5c7c1f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637692952088237056%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=eVOK0h9WeZWCMsLw%2Bs7BgqQGxrczsSRpbypX2dRN%2Bic%3D&reserved=0) 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://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072f4b2a6929248f3958fc983c26905bb697f090b6e5b5a69af5ebd2fea958a62b85a9bdc2ab0094e6a&data=04%7C01%7C%7Cb62795e01d3844fa79b008d98a5c7c1f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637692952088237056%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ZFTOsSPL%2Fmys%2FRBFs1fvwswYUAPPSJCS3PC0zv%2BEfAI%3D&reserved=0) | [Update Preferences](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072f4b2a6929248f3958fc983c26905bb697f090b6e5b5a69af5ebd2fea958a62b85a9bdc2ab0094e6a&data=04%7C01%7C%7Cb62795e01d3844fa79b008d98a5c7c1f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637692952088247019%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=AMsXKThcg0Na4jNXcAXjlgiNEXZLCrBCDQEjPyiNC2Y%3D&reserved=0)  |

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| This email was sent to lorieheath@live.comThe Mountaineers, 7700 Sand Point Way, Seattle, WA 98115-3996, US[Read our Privacy Policy](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2f7e07e0e58d0c4b9306ee34e20ed088f0db491a47abb3cf0e8275e6199e2d4f459632e6b309b7fdc4a97784be75784c608ef8fb42c83d2&data=04%7C01%7C%7Cb62795e01d3844fa79b008d98a5c7c1f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637692952088247019%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=zkZ3Fx2R7IZYtR0BxVx2Zzokkiov3J%2FwNn9klhBEFBk%3D&reserved=0)  |

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