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[join now!](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dedad8ac3351e60b07275cc0bb979b0f00437352fd83ec99717e00ce89a3b5074a9270dd1cec6c08146933a223c3da5906d66da256b7f49a5&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=%2BIYuAN2hSL720zqTFSZVGSwdICqyJ%2F7yHnGzUwlJZns%3D&reserved=0)               [view as a web page](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fview.s7.exacttarget.com%2F%3Fqs%3Da29fc70e2692b0065f4baefc9b8dbac2da1f887f0b4beb6552804ecac3dccb23ff11f6482993782b61a75ea1927bb5d41efa42a0d090cc431a14cbf5498a034170f141c6d25ef2010ce9fa97beababdc&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=0BNRxkJM95H%2Bj%2FKtEyKYGzmPvtcIfwY%2Fa1foe3PGqi0%3D&reserved=0)  Graphical user interface, text  Description automatically generated |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Happy February, Foothills Mountaineers!**  Are you looking forward to a fabulous February full of fun? Check out the exciting [activities](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dedad8ac3351e60b01d2278519a32eb56f1f1169411cb5ff6b31cf69818ecdc65a8c383ad7bedabab1b09086a7350463ff590f3a10cbb929b&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=S8kx%2BUViR3URINkPSyUcAmOU%2Bsb7Zc16LEvkCnHIHhU%3D&reserved=0) offered by the Foothills Mountaineers. We have over 100 activities currently scheduled, including our newest activity category, Urban Walks, and our newest course, Backpacking with Kids! | | | |  |  | | --- | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [A picture containing text, snow, outdoor, mountain  Description automatically generated](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dedad8ac3351e60b013c54871e3594d6415e5d46be64fc324626a09fd3f47d5d862ca16b88fba7284b4a6a77ace618046d6ba443d581bb737&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=uQvjceRBPAtxWCCLb7v2muNk9DD9h0T1Tm7cWQLbM4w%3D&reserved=0) | |  |  | | --- | | **Upcoming Events**  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.  [**Walking the Wild: Trek 265 miles of the Qhapaq Ñan**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dedad8ac3351e60b0237d78eee75de3f0509cae646f4285b251a62adbaf914f90c1cfa5b515527032f2a23c453db6c9cd82b9a41cb4efd532&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=UKCTMer9NPsPC6M%2FmT9dzoJrv1HIU2DtCjw1nh26eQY%3D&reserved=0) **| Feb 15** Join us for this photo journey of David Burdick’s extraordinary adventure trekking 265 remote miles of the Qhapaq Ñan in the Peruvian Andes - an ancient Inca road and UNESCO Heritage Trail!  [**Backpackers Pajama Party: Loop Over Five Passes in Olympic NP**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dedad8ac3351e60b0a75128ee562658963c582e18f32681c5e502c15b81570a024a7d89787ba2a319a2d41600468760fdb708374fec2312fc&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=Z4mDH3mjpw6HA%2FpgJqTvvqmD2H909QGb3R2zZWSKVu4%3D&reserved=0) **| Feb 18** Join backpack leader Dick Lambe for a presentation on backpacking a 6-day, 66-mile loop from Staircase Ranger Station to the spectacular Lake LaCrosse in Olympic National Park. Dick will discuss what it was like crossing the First Divide (twice), O’Neil Pass, Anderson Pass, and LaCrosse Pass, as well as climbing 16,000 feet over spectacular high alpine passes and through majestic old growth forest.  [**Banff Mountain Film Festival**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dedad8ac3351e60b013c54871e3594d6415e5d46be64fc324626a09fd3f47d5d862ca16b88fba7284b4a6a77ace618046d6ba443d581bb737&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=uQvjceRBPAtxWCCLb7v2muNk9DD9h0T1Tm7cWQLbM4w%3D&reserved=0) **| Feb 23 & 24** Our biggest event of the year back! Join us as we host the Banff Mountain Film Festival, bringing the best action, environment, and adventure films from across the globe to our Mountaineers community. Proof of vaccination or a negative COVID-19 test is required upon entry.  [**Trail Running Committee Meeting**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dedad8ac3351e60b09e6253375e3cd5dadabe635a660a984e2685e0487d0d5013fd5f2a5b3a75356727f8e6b99cde7009a8c865723185865b&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=MbFpiY%2BXsmGOyPNVIWVy%2FXhuEPIC9Quh4S%2FZfil56IU%3D&reserved=0) **| Feb 24** Join the Foothills Trail Running Committee for a virtual meeting full of fun and creative discussion about trail running plans for the new year. Some exiting things are coming, and the committee would like your insights!  [**Backpackers Pajama Party: Ozette, Enchanted Valley, and Gray Wolf Loop**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dedad8ac3351e60b091f18c1545c97a42fd7c11a18a353ed688d869eceab4c8cd4bf7cbc90e5fa8b55abe9fd8fd3552d53c69c6c10fa067a1&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=r4mtrxgT8pd2ysb3l4PE%2BP42YUeX7C6h6PMpUYqe%2FmA%3D&reserved=0) **| Mar 4** From mountain passes to lowland forests and the magnificent Pacific coastline, the Olympic National Park has it all. Join Mountaineers backpack leader Brian Talbert as he shares three very different trips within the park. | | | |  |  | | --- | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people sitting on a rock with mountains in the background  Description automatically generated with medium confidence | |  |  | | --- | | **Upcoming 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.  [**Winter Camping**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dedad8ac3351e60b048d659f7dcf612996857a7d43d74e99255e031a261beb5092ef8afae86d04abbcf3feae23122df6ba51ec2a070ee8cda&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=zivvsAUOg%2FeMm16eTS64JddFvP85xX%2FfwK03mtOgKdk%3D&reserved=0) **| Starts Feb 16** This course is designed for snowshoers, skiers/splitboarders, and winter scramblers who want to learn the skills necessary to stay safe, warm, and dry while tent-camping in the wintertime, including building emergency snow shelters. Registration opens January 1.   [**GoHike**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dedad8ac3351e60b065349f224020c72de62af0802e1c3f5f82d01ab43977b3e88cd3e29bc8f588512065121e6417072a367d6ceff0d9c14a&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=PIB5Tb%2BQr8GCx57tKWNvwABiBqB%2FdhRDPW0khrX%2Fh5E%3D&reserved=0) **| Starts March 3** This course is for introductory hikers or those looking for a go-at-your-own-page hiking community. Participants will learn about hike preparation, safety, and conditioning and fitness tips so that they can hit the train confidently.  [**Backpacking Building Blocks**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dedad8ac3351e60b02bb3164956e50709c670e2c8548caae3afe0f5fcb6250b541e69e9c46f8ac9b39dd2258485ef69166a7c4c92d955ccb5&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=Ur2%2BvtlqGrGhCHf9Bd1Y5X0Qxsc%2FaSYK6hqCe6uukCw%3D&reserved=0) **| Begins March 8** Heading into its 10th successful year, this comprehensive season-long course supplements basic gear and skills lectures, gear demonstration, and practice with mentor groups to give you support and community. We also offer a wide array of optional seminars to help you 'dig deeper' in areas like ultralight gear, food planning and prep, tips for women, trip planning, navigation, and more.   [**Conditioning for Hiking and Backpacking Clinic**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dedad8ac3351e60b036e414670cf1c0aa3c1f6f352fe7f92d89a4b9ac81ed7689561bf10fe454dde76f0e666be4118371cc86c1df8d787e51&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=mtmpNlVQu9FOhcRfu4qNp1bHDwp5aGRTvfXgfAvKzno%3D&reserved=0) **| March 10** In this virtual clinic, pro 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 prepare you for success.   [**New Hike-Backpack Leader Seminar**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D10649f239892db6acc45243230f313ec42ed8e2a19f245be18ac4633d5824ed268a9972cf0fc81d832db28b577b66e7ce21d9b7182357d8e&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=TnNztY9hL%2FG5teZrfcei7pJez9Jy5Pfjngw0z9ilaoQ%3D&reserved=0) **| March 29** This evening seminar is designed to provide information and practice to help experienced Mountaineers hikers, urban walkers, or backpackers become successful leaders for The Mountaineers. This seminar is a pre-requisite to becoming a leader.  [**Be Bear Aware**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D10649f239892db6a76836aaeabf191d1e82b2ea8f8232db57387918b20c474c609c474d67fc5562b9dbe5bd1d4dd9618084ce29b8bbbc041&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=afq2batZGsISbbSHsImPrva67rzQqzYNjQ8%2BVgw%2FHCc%3D&reserved=0) **| March 31** Learn how to share the landscape with black and grizzly bears and learn how to use bear spray with hands-on practice! This presentation is by the Washington Department of Fish & Wildlife and Defenders of Wildlife.Participants will have the opportunity to spray a practice can of bear spray.  [**Backpacking with Kids**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D10649f239892db6a8798612d3cdc2c4ad6a48ba014ca97f85a26bc61f8e935a94dfb4bcf5836d5e001e3710f1645e166adf4a2a0f018e0d5&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=IxwZoOzTjqvQvfh2VYJZ2LndptQOTspIV%2BQ9Rehkj64%3D&reserved=0) **| Begins April 7** This course is for parents with some backpacking experience who want to take their children (little ones to teenagers) backpacking and explore the wilderness opportunities here in the Pacific Northwest. Learn more about trip planning, trail tips, kid-oriented food, gear, and safety, and meet other interested families.  [**Staying Found: On-trail Navigation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D10649f239892db6a7f03ae0aa8175ea9d45ad2cb9a3cb81dee1453934deb3b7a6c8a9154d46464e963a9f28edd0ad9a4bb2c50527bbf3333&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=77HBiYEF%2Fn%2BPlMJZ1T%2Fa58W%2BEmyXGswFbnKfTve74OE%3D&reserved=0)**| Begins May 10** This hands-on course provides focused information on key skills and tools, as well as hands-on practice on the trail. Students will learn to read a topographic map, use a compass and altimeter, and practice using an online phone app to maintain a steady awareness of where they are on the trail. The course begins on May 10. | | | |  |  | | --- | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A person walking on a snowy mountain  Description automatically generated with medium confidence | |  |  | | --- | | **News & Notes**  **COVID-19 Vaccine Badge** To support Mountaineers leaders and our community, The Mountaineers created an optional [COVID-19 Vaccine badge](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D10649f239892db6ab9951aade4e5ab7677045c849eb800c1ded50098df1e6d9ce464170d9ae21c77128ef4d929807841d8f58aa16c474d66&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=6K%2B5kvVqgniswD6JCqRc9CjZsykTw9OCXHjE6eN9R8o%3D&reserved=0) that can serve as vaccine verification for any vaccine-required Mountaineers programs. If you'd like to receive this badge, please contact a leader from a past or upcoming vaccine-verified program.  **Conservation** The [October 2021 Foothills Branch Newsletter](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D10649f239892db6ac7a4a070f8631c0c5df54bebb8c85cebed052dbbb472561eec031cd7009318ff63cb399e9e788420640b192c19e47bd4&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=QO6YKmGw5pJUn6wsMGWbAdvaRWvN491t2J1RvqjmIMk%3D&reserved=0) reported that the Foothills Conservation Committee celebrated National Public Lands Day (NPLD) on September 25 at Snoqualmie Lake Trailhead in the Middle Fork Snoqualmie Valley. The Mountains to Sound Greenway recently reposted an [update](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D10649f239892db6abb68bbd12ca6144463daa0942310790013d8af5b94b56d5207ba4e887f6a9f39f6f694bc059fe6221f09a4a33d2cd4c1&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=XoF5OtxFKwFICqA4P%2B5Fn%2BkmqSUWbhUO%2B%2FtLQadQ4dg%3D&reserved=0) on the project.  **Fastpacking** Fastpacking iscoming to The Mountaineers! What is fastpacking? Fastpacking is trail running combined with ultralight backpacking so that your outdoor adventures don't end when the sun sets. The Foothills Trail Running Committee is putting a together a fastpacking course, for those with a love of trail running and backpacking. Please contact the committee at [foothillstrailrunning@gmail.com](mailto:foothillstrailrunning@gmail.com) if you'd like to be more involved in planning the course. Otherwise, keep checking out the Foothills Branch Newsletter for more information on the course. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A picture containing tree, outdoor, person, wood  Description automatically generated | | | | | |  |  | | --- | --- | | |  | | --- | | **Volunteer With Us**  **Seeking Leaders for Wilderness Navigation** [The 2022 Wilderness Navigation course](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D10649f239892db6a05e6dc159762c15d7c06f62f75248bc0d15d743ac397698f73b834b77aa4227e25ddb562c61819589f368dfc4d476474&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053475297%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=vx0dpgcRxLO7LV%2Fy2zNafSO%2Btj3jS7sbxJlx6x%2Ft8kk%3D&reserved=0) started on January 31 and is still looking for a few more instructors for one or more of the course activities. Anyone with an expired navigation badge can get it renewed by instructing in one workshop and leading one field trip. The Navigation Committee is particularly interested in recruiting new instructors who have the navigation badge but have not instructed before. New instructors will be paired with more experienced instructors so they can "learn the ropes". Those interested should contact [foothills.navigation@gmail.com](mailto:foothills.navigation@gmail.com?subject=). | | | | | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [www.mountaineers.org](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D10649f239892db6a66f2a057d3fe57571a2a264c90ce700e75b112576bbb6c825eededeeb6bb0fe202e7d0985ae545670dfa5520b1d0e15d&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053631518%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=okd9kkoDlAH3tnVPBK%2F9Ic0qTPMK1gHz67Gstnmlm3s%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%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd0721aa5f56b4c81d157b9ff326f36dd124c7577d54b04f3757f9313d70df1c1d62ffb22bf8ec54d4ff2&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053631518%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=G%2BPJV6vTrjqU1NRtIptCnxT7IF3sCYjxIiHECCf7V80%3D&reserved=0) | [Update Preferences](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd0721aa5f56b4c81d157b9ff326f36dd124c7577d54b04f3757f9313d70df1c1d62ffb22bf8ec54d4ff2&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053631518%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=G%2BPJV6vTrjqU1NRtIptCnxT7IF3sCYjxIiHECCf7V80%3D&reserved=0) | | |  |  |  | | --- | --- | | |  | | --- | | The 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%3D10649f239892db6a601c0c5a1b7d2c8f7fcbb16d8b7e8bea227d10e36983e9bc26d03e30c7ee96257f3e00d5fbeb6b40fb9bfc0ba5867554&data=04%7C01%7C%7Cc4a58ebd08ab4172b7cd08d9eb0c3bac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637799260053631518%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=kVMd7mnjFu4pqTzpKUIGEUX08LLV3BfSrawP6uIBRQo%3D&reserved=0) | | | | | | | |
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