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[join now!](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d2899c64462ffe0a31602b9531895be21142c5c97ea71ea02f598647b1dce868b174f69c3e2aaf1da5c4bde9ebad42530568&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012634666%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Mf8L%2B84oxucniTm5tvylHjwgJt5GMZ0gwG8qXdu8awE%3D&reserved=0)               [view as a web page](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fview.s7.exacttarget.com%2F%3Fqs%3D3f14848670ebb0652176a723177c94dd894df9bc5a69759d748b376392764a97dc76be97b692da2b5ff889a2930503ee3de07ba92794fc315c1fc4404ff7311372865b4285824b9e9df4ea80d9a22bfe&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012634666%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=0rNcTRn%2BY5PC8IdRX%2FnvndQYu8FxY7oIQSPVUEcPQTc%3D&reserved=0)  A yellow rectangular sign with white text  Description automatically generated |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Happy December, Foothills Mountaineers!** | | | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | I hope this December finds you healthy, happy, and looking forward to a winter full of outdoor adventures. Our branch has plenty of fun [activities](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d28983af615df80bf79af8b9818448310c95861225a1a6a919ec3e7acd65768b28e1519811136280e16c1ed4463254e2d7d1&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012634666%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=W74rgPM6FvCncmKlqx1IkQ%2FeS%2B%2FEmNwoBE%2FDmGfOcRk%3D&reserved=0) to keep you busy, including ski and snowshoeing adventures. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A river running through a rocky area  Description automatically generated | |  |  | | --- | | **Events** |  |  |  | | --- | --- | | |  | | --- | | [**Walking the Wild: 250 Miles Across the Land of Fire and Ice**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d289030ede74fc16ecf5781878627bff8c6f499874fc138421652af9de6aa8b37231a5ad190c48e5cca6b7982c46a5d1a2ca&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012634666%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=zVFxhouNF6hPuDtSVi9rz2aNrs0uQ1zQv3n%2BZ6OxCOg%3D&reserved=0) **| Dec 13** Join Salome Stahli and Ricardo Martin Brualla for an exciting night of photos and storytelling from their 250-mile journey on foot north to south across the Land of Fire and Ice, Iceland!  [**Mountainfilm on Tour**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d28997b9005e495a6247bd2a08a23a21e80cab8db850fb004bef0451926a026853910e7762bf32afcb3d6828422bff52738e&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012634666%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=RPebFFJ%2F9Yuywt1l5QavSVFnfNFcbSkQ3X8eCSYjtgU%3D&reserved=0)**| Jan 11** Join The Mountaineers and the City of Bellevue for an evening of inspiring and captivating films handpicked from the Mountainfilm festival in Telluride, Colorado. This year’s Bellevue Mountainfilm on Tour will focus on environmentalism, ecology, stewardship of our lands and wild places, and adventures in and emotional engagements with the outdoors.  [**Backcountry Film Festival**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d289725a1d4b9999c51a3d585497b027af77442d151f5c246bd43e099d06534689afded2f7dbbd30c8d03de00fd3d6b661ee&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012790853%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=UEWf4sgi40hPv%2FlcFyPQfNVlR3pTn34wTtyaBYLvKA4%3D&reserved=0) **| Feb 13** The Backcountry Film Festival, presented by Winter Wildlands Alliance, celebrates human-powered, backcountry-inspired stories with a collage of short documentaries and ski movies. The films share about the pursuit of the mountains, artistic vision, friendship, and how the snowsports community is adapting to a changing environment. | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people standing on a snowy mountain  Description automatically generated | |  |  | | --- | | Laurel Geisbush, Linda Li, and Aaron Leingang admire the sunset at Klawatti campsite. Photo by Bulent Elmaci. |  |  | | --- | | **Activities** |  |  |  | | --- | --- | | |  | | --- | | [**Geocaching Urban Walk - Union Bay Natural Area**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d28962c51ed41b1a556a2545ec5760307be8192dbd81ed9514305a9a475ea35046bfc6564321ab8894d162b6d2444ea1b5ed&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012790853%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ulWPwzZSiVhfDJLNR0GRswU8fijzn%2FOyQAnk4vuscGA%3D&reserved=0) **| Dec 19** Walk and explore in a new way with geocaching, a real-world treasure hunt. Practice navigation using a smartphone app and work as a team to solve clues and find caches (containers hidden by others). Geocaching experience not required.  [**Backcountry Trail Run - West Tiger Mountain**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d2896e6307580206f6ab136e7bc13ae420ec8c433dad094a0d10f9108eedaffe5eb6d6824c2e28df8ec77543d2b2ea17547d&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012790853%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=IW518bBRIyLsOo0n%2FSS%2F0G9zeK8vPyoAro5cV4uzL98%3D&reserved=0) **| Dec 23** Visit four of the seven summits of Tiger Mountain (Poo Poo Point, Tiger 3, 2, 1) on this challenging 12.5 mile run with 3,300ft elevation gain at an average running pace of 10 to 14-minute miles on flats and downhills.   [**Front-Country Trail Run – Poo Poo Point**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d289a5c73b403f70ca5b41da15e8d6b9da719ef717ed3ec1266f24aed67f45b9e15461a5a97688ea4e3bd3e738ff56101d1a&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012790853%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=0fQTHAsYU%2B1agiQZ%2FUtOHRzmvR2%2BUOBAmMWYVZAUrS0%3D&reserved=0) **| Dec 24** What better way to see reindeer pulling a sleigh than from Poo Poo Point on Christmas eve? This is a casual run with a distance of about 7 3/8 miles and 1,682 feet of elevation gain at an average pace of 3.5-4 mph. Bonus points for donning festive holiday lights!  [**Stewardship - Shadow Lake Nature Preserve**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d2894eb29948f223d7c8ac6afb3be289358c0ddf45580a985b40aba570e03bf7063f1f7a6a9abc468f8e8a677815e3768923&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012790853%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=DgwnWtDIVKpEYkyvgYv1h63Y4FG4w%2BcEJTyr1ryLdPQ%3D&reserved=0) **| Jan 13** Help beautify the 100-acre preserve and wetland bog at Shadow Lake by maintaining trails, removing invasive weeds, and planting and pruning native species. | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A snowy mountain with trees and clouds  Description automatically generated | |  |  | | --- | | Photo by Zach Goldberg. |  |  | | --- | | **Courses, Clinics, & Seminars** |  |  |  | | --- | --- | | |  | | --- | | [**2023-2024 Leadership Development Series**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d2899c15bb773c43df6c3579f8cbb226d0a548262edec8b904acd9a10678f59b113e4df9212a64b0cd7a285edd7b3ec5e9eb&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012790853%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=qeyZtd38o7qY861%2B8AbaZXeBBaaGWAkIUkilShZhDJQ%3D&reserved=0) **| Ongoing** The Mountaineers is excited to announce a new season of Leadership Development Series seminars. Check out our [upcoming seminars](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d2899cd1a619537a28edc2ae8b903b12b7527ab3ef5bf93749d685533d4c8a2179ea446c8cacff00fc5204275620d7e41d8c&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012790853%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2FpAnKB7sgmC8ob20%2FnS%2F%2BiLfUjhd0AfmEDl97degZkI%3D&reserved=0) and save the date for sessions through April 2024. Upcoming sessions include:   * Dec 13 - [Menstrual Cycle Management in the Outdoors](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d289b6154a44f38d3647f45dec47820e2824998bc708a5d67503af70d7f963b13da99bf8c7f4cc92649d48995877f937c461&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012790853%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=G1ujAygDQgi9QSWb3UsbcWJeFdiVo4AFYIC8gf7Oy5g%3D&reserved=0) with Angie Marie * Dec 19 - [Managing Risk Through Stress Injury Mitigation](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d2896fc5ac2e2080a560c02286413cb26dd4bb618991ee9a5345cbbff47605be07d0501316bccc1b0f022f57f15e09227dfa&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012790853%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=RwLd2mTWMhHUlfKLsIxOcLlPce4bLkt4ZSiw8oH7%2FOA%3D&reserved=0) with Rumi Kodama * Jan 9 - [Near-Misses Are Telling You Something - Are You Listening?](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d289658a0b96a99fc26fd055e03831d82b5b0d7f23205e62574e381b15c107abe62fec7c6188630db31b35082a013668c27c&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012947104%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=uNxJvnJOuGHiGNDGWWCdnvPVuk3c5b17xcxWwNmXurE%3D&reserved=0) with Steve Smith * Jan 10 - [The Big 3: Planning For, Assessing, and Implementing Effective Instruction](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d2891d96028897659554c09815d632ade4f28e84513803d3660ec5abf98127990d48366e8e2ccfd5ed7a67429c853a8a42a4&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012947104%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=pRBnfObdqd1neiNWAAIuLj%2BfJb0IHg%2FS1Ha2hMebewA%3D&reserved=0) with Ben Brown * Jan 16 - [These Are Not “Soft Skills”! Facilitating Emotional Safety: A Foundational Risk Management Skill](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d2897e7155ec935e594e1158aa95907a5056f59d51b0f8605a8fc5cc4871e787e143a46a0782b3e794a34fdfabbe61e85e83&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012947104%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=WfkwoCvQwOfgwx29k54Lqy1D2I4uoOtN%2Bls6%2BrsEYZQ%3D&reserved=0) with Steve Smith * Jan 17 - [Risk Management Mindfulness: Raising Awareness of your Innate Cognitive Illusions](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d289f72c6f6570e4abd0e7b9c78a327a784629d616c77c46c11564ec15d5063f29e7e7fbc7546752e004148f25bc9fc52507&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012947104%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=9UqZoFPj%2B0QTRDAs2k6DKTSbhPWhHfcTVqhemqFeRaY%3D&reserved=0) with Paul Dreyer * Jan 23 - [Lead Sustainably – Best Practices for Teaching Low-Impact Travel in the Backcountry](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d2891d834084eb18b5fdcb7c5a4a9ffaa4a150569df8964ae9d5d4e00dc672b4ebf6f678ee456fbb8b2a1754dba1b59668ea&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012947104%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=qvNu4uviDYQxeN%2B2M16laISzrSnl3HfV69OjfuvYXyo%3D&reserved=0) with Meg Carney   [**New Hike-Urban Walk-Backpack Leader Seminar**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d289e7aa01a8a462b8a1f738cc63d4eabd5373311e19207fbecd65105764c800d0d937da2f3730eceec5765acd6869a53697&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012947104%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=VhbQenigOuE4FEtGlEWiWLt1G8W9LK8KdVmuiRM%2BMi8%3D&reserved=0) **| Dec 12** This online seminar provides experienced Mountaineers hikers, urban walkers, and backpackers information they need to become an effective leader.  [**New Cross Country Ski Leader Seminar**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d2891979a27cd20ee31ead5f5755c41e91c5bc8df434d8f9bde366f6238f652014e32f1404a5d45c4f8b921875b110e87525&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012947104%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=70K%2FKgGnm1a%2BFJVP6wxv6N4UOvJwxnSrQ8H%2FnyxwtsQ%3D&reserved=0) **| Dec 13** This 2.5-hour online seminar provides experienced cross country skiers information they need to become an effective cross country leader for The Mountaineers. The seminar is free and open to anybody who wants to become a leader or simply learn about what it takes to be a leader.   [**Winter Camping Coure**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d289fae1747a4e8794388159e19d1bd3ff97ea9bbd16ed45cc2a7eff4e11b8ba6cfdc47c78392af7d58f21009a61ffda7556&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409012947104%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=4Rv1nCECfWJZDKfKR2EdWiigsLm6%2FtOqnRx0NvBSnjA%3D&reserved=0)**| Feb 21-Mar 31** Would you like to enjoy the quiet serenity of wintertime? Witness the sunrise and sunset light up the snowscapes in shades of yellow, orange, and red? Watch a winter fox or rabbit at play? Join this course and learn how to plan and execute successful and comfortable overnight trips in the snow. | | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | A happy group of Mountaineers enjoying their stewardship activity at Shadow Lake Nature Preserve. |  |  | | --- | | **News & Notes** |  |  |  | | --- | --- | | |  | | --- | | **Stewardship** The Mountaineers have been a huge, helpful force in restoration activities at Shadow Lake Nature Preserve this fall. As of November 18, Shadow Lake hosted eleven work parties comprised of an average of six Mountaineers participants. The work varied, but restoration tasks were mainly invasive species removal and the planting of bare-root trees and shrubs.   Mountaineers volunteers helped maintain the Uplands trails by trimming Trailing Blackberry and making those lovely woodland trails accessible and welcoming again. The Bog Trail needed gravel refreshment, and a big team of ten cheerful Mountaineers helped haul gravel, smooth out the areas around tree roots, and trim back vegetation. Another Mountaineers group built wire tree cages to prevent deer and elk from nibbling and rubbing on young Western Red Cedar trees. Several smaller Mountaineers groups helped prepare the new Native Plant Garden for planting. Thank you to all who participated!  [**Branch Support Donation Program Continues in FY2024**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d289c62b15fb853023bb0f35b3af8f8ea5f59fbd0f0eac72531f5eeb9386ab001b5321edac6d1639e76ced5043c068dcc4ad&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409013103455%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=xUgDNpTEGEHJ8FIoKvu4gRm23VRKCsi%2BBiCvGq4PKxE%3D&reserved=0) One of The Mountaineers strategic goals is to deepen our culture of giving back by providing new opportunities to contribute. While unrestricted giving is critical to grow our mission impact across all program areas, some members seek to leverage donations to strengthen the community within their local Branch. We will be continuing the Branch support program in Fiscal Year 2024, maintaining the primary intent of the program, while modifying a few details. | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A person sitting on a rock  Description automatically generated | | |  |  | | --- | | **Foothills Branch Council** Each month we introduce you to the Foothills Branch Council members or activity committee chairs who make our Foothills Branch thrive. This month, meet Foothills Branch Director and Urban Walks Committee Chair, Liz McNett Crowl. |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Meet Liz](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d289ef46b5dbd2ba9bf04b3aecfd57c4e49d2826c100204f8cc30dd4edfee12727bf72b53ed3a38d5b75fbc3a1cad996c414&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409013103455%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=oKxClCDLP2Ot0v2RG68Nja8CmS1zVdtnS9aBLZmgALk%3D&reserved=0) | | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A person with a backpack on a mountain  Description automatically generated | | |  |  | | --- | | **Volunteer Spotlight: Erin Vagley** Meet Erin, a Hike Leader and Qualified Youth Leader who has a special place in her heart for the fun and supportive GoHike community. |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Meet Erin](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d289c72241171351ab2ae90fab81b69b69c49a5f8a0d783833b95fc9d9921edd850214b3e275f5677757fdbc218b1b2db460&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409013103455%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=F4Jigjpx6vs%2Fl2lxJfzE3mSUV9rwmF9tvoKqVGcCPvU%3D&reserved=0) | | | | | | | | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [www.mountaineers.org](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D3128e4b76f44d28980b83903f584c3f60b6147ffa11abc5871a3012668a294cac7099c629b55bfabfd884c1eb4b2ab0109a69ba42d7a0f37&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409013103455%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=dcMALdZscAE6SCiPWjYKGazstxNs%2F2c82nOJ9Xm6ixU%3D&reserved=0)   The Mountaineers enriches the community 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%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072207f7f562ff02ea53cf73b4b186f2a3abf5eede2e13c3ff5a59f189a1c2f075303ee89410899a21b&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409013103455%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=MZYgpC3ApQ7fFnGM%2Fs4pLh9hq1dGPg4gsxmVjCFAT4k%3D&reserved=0) | [Update Preferences](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072207f7f562ff02ea53cf73b4b186f2a3abf5eede2e13c3ff5a59f189a1c2f075303ee89410899a21b&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409013103455%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=MZYgpC3ApQ7fFnGM%2Fs4pLh9hq1dGPg4gsxmVjCFAT4k%3D&reserved=0) | | |  |  |  | | --- | --- | | |  | | --- | | This email was sent to [lorieheath@live.com](mailto:lorieheath@live.com) 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%3D3128e4b76f44d2896355256e3765f8714d5ca83d3013b77a384b78e79b5b25a169ce67b1157e5cfcc3e3d5dddb30608b4bb05c740577aa9d&data=05%7C02%7C%7C66a6137c39184d3b58e508dbf7f6327a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638376409013103455%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=7ScKohfWuZh7JdHUW9nNQsHeQ36tx6%2B5hstGv40xOQ4%3D&reserved=0) | | | | | | | |
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