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[join now!](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d822b6be5ed1f68aa8e5af34a6770b803713acc0faaeac6442018d8feabe329d097ccbf7d451b08c2fd47c3b297ed3dd4e&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713336913%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=xAOxgN3dZkgK78ZACkv4zdEMFH03pynB4KQsAwXjHhs%3D&reserved=0)               [view as a web page](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fview.s7.exacttarget.com%2F%3Fqs%3Db8fc4062ef377c1d9f0a2ae4981bca39dc0e65db55807c58267422d71e434ececa68f504dd43d2c215de69dbf451d2bafb45012376b7e03a3045605c566778cea858eff20443690e4a3bb3971661d028&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713336913%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=J5r9SxHk1wKe305LYYjvjr3inTv%2F%2B3Uo99R56ymfHb8%3D&reserved=0)  A yellow rectangular sign with white text  Description automatically generated |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Happy November, Foothills Mountaineers!** | | | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Happy November, Foothills Mountaineers! We have so much to be thankful for, not the least of which is living in a beautiful place with ample opportunities for outdoor recreation. If you’d like to get out this fall and explore our beautiful home, then check out all these [activities](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d835c8f4bc7e6fbf4b05e7065705ffad45d5f4675077bb122ccdc1b205ce7d220e9996366984c2e83b9ec9823f4557fe4f&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713336913%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=3vV54FkSNQFPQQSiqYm3t8%2FTPTCRftikvxd4QsLr8Bo%3D&reserved=0) with the Foothills Mountaineers. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people on a snowy mountain  Description automatically generated | |  |  | | --- | | Descending Mt. Rainier with Little Tahoma in the background. Photo by Qian Wang. |  |  | | --- | | **Events** |  |  |  | | --- | --- | | |  | | --- | | [**BeWild: Graham Zimmerman**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d8996020d8aaa59c6cf75eda061f6da58627610d81faad6671224ec8b99c393cf60ee47ed528210479f0b745121a0d878d&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713336913%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=0rCFwhmB2l%2BCgEHiGlab8wh2QSzjHP7QHLxnGAunAF0%3D&reserved=0) **| Nov 9** Join us in welcoming Mountaineers Books author Graham Zimmerman as he introduces his debut book, [*A Fine Line: Searching for Balance Among Mountains*](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d8f3294fb74127051dc474e9cabcfcabcc200c60d788fbfaf1feb989f21385e66ae438ecf237232e84b9d836922786cc1e&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713336913%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=fVuaVG9sPu38TDOZZrHSmt3HPuyIR3cTWv1qTc%2Bf5cE%3D&reserved=0). In *A Fine Line*, Graham grapples with how to reconcile the love of outdoor adventure with the cost of such endeavors, both human and environmental. He will be joined in conversation with The Dirtbag Diaries founder Fitz Cahall.  [**Reducing The Mountaineers Carbon Footprint**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d89add150d1de8e03cd9deec8ec62074e57d726d75119728537a2ab046ea432c651d6ff7aeed2a74cac2ce3d549ae2cd7b&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713336913%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=rFCWkDsCVsXsBb%2B0SQNuNQvsBWfy%2B02eV5clnWRe2tg%3D&reserved=0) **| Nov 14** Join The Mountaineers Carbon Footprint Reduction Committee in this online event for an [insightful and inspiring conversation](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d89add150d1de8e03cd9deec8ec62074e57d726d75119728537a2ab046ea432c651d6ff7aeed2a74cac2ce3d549ae2cd7b&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713336913%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=rFCWkDsCVsXsBb%2B0SQNuNQvsBWfy%2B02eV5clnWRe2tg%3D&reserved=0) about The Mountaineers carbon footprint reduction efforts.  [***Day Hiking the Central Cascades* with Craig Romano**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d80687359ef2af4f418a36dd7f7a9884a5019da860cfe8252c016e555a11db372ebe03e4b6d37b9a674bea83f6bfc6aa91&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713336913%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=xxe0GZGzTTbzrvYtp9pI40a%2Bg02mF5sJe0hwGhvKDtE%3D&reserved=0) **| Nov 20** Join Craig Romano at the Lewis Creek Visitor Center in Bellevue as he presents an interactive slideshow of his hiking guide, *Day Hiking the Central Cascades*, and discusses some of his favorite hikes, including many off the beaten track.  [**Banff Mountain Film Festival - Seattle**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d8b677493ceacaa183ebcb15134a3cd1364f69d48a35a0ce51a52d9132721a31fa021860059ab8d5397ac5225791df8e92&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713336913%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=nNeMEvC3GJU21lNLYpa%2BCfwuTTc7ODL4h8vIwEtbzm0%3D&reserved=0) **| Dec 6 & 7** We are looking forward to dynamic and action-packed evenings of Banff Mountainfilm Festival at Benaroya Hall. Both evenings will feature a unique film playlist of the top films premiering at the Banff Mountain Film Festival.  [**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%3D024faaef5447f1d8a37c92be7443a5332b5c26d16271deb507e7e642f09ec4cc3448c1efaba7a47b4866c094afecd7c8a242c254975618b2&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713336913%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=PJtiAVfOSzh9zHz%2BSVxQenFk%2BeCRbOJ2XLwh64nE2cg%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%3D024faaef5447f1d84e1f1f7e61478d819e3a7ba64ecfbcdb3372187c32e9986126fe949e7fa828856918cf0c8862fae13d21aa979337111c&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713493190%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=MNsaiBsgyyeJfq2g7uQqv%2BFxzOkxcq0J%2F8%2BJAEvDf%2Bs%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%3D024faaef5447f1d8628a83a5faf3c4098e4fe82dc4f49374c9b967b4b80db0546058cf18277a066fbb07f0fea9843599bc1d3b7b00587da2&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713493190%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=CXWt4pvF5CCwbBMEklYPXO%2BHJyYK1%2FMlLjeVer69%2BYY%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 movie. 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 posing for a photo  Description automatically generated | |  |  | | --- | | GoHike graduates and leaders celebrating their success at the GoHike Graduation. |  |  | | --- | | **Activities** |  |  |  | | --- | --- | | |  | | --- | | [**Cougar Mountain Frontcountry Trail Run**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d8b6b08c1f64c49fdb5e9104a1629168c9ea7ee4586d2ea1a787f155fa0778631b306daea93605e5835fea2f851544ef97&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713493190%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=jOp13qb4x2WBpCttseXO8VgX%2Bk7GKtUIv0BKar0f%2FeE%3D&reserved=0) **| Nov 13** Join this early evening run to keep up your conditioning during the long winter months.  [**Mindfulness Walk**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d8527726be72cdc9b156d8b315994cfb0ce27eda142bd137c66dca6b1b972b75787f68207be2f00739b777e9875bae0868&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713493190%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=KfRO5%2Fjy7HwuT2BJGTtdP8FejxNoaD8dc%2BOlblL4rhM%3D&reserved=0) **| Nov 14**  Enjoy a mindful outdoor experience during this leisurely walk through Seward Park. This is an opportunity to develop awareness of the present moment and connect deeply with your body and breath so you can encounter nature in a meditative way.  [**Shadow Lake Stewardship**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d8fcca6d2935236ec2c80a6a2a9d919749984180c000e231b77bc135fa867a4dbdfa3be85bcf51878d1f0b88b13adebceb&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713493190%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=KyntK3qsILzjkYNuiMmZn05Xk%2FL%2Bykt8YQuXVw7Zp2E%3D&reserved=0) **| Nov 18** Help beautify our 100-acre preserve and wetland bog at Shadow Lake Nature Preserve by maintaining trails, removing invasive weeds, and planting and pruning native species. | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A snow covered mountain with trees in the background  Description automatically generated | |  |  | | --- | | Photo by Iris Lieuw. |  |  | | --- | | **Courses, Clinics, & Seminars** |  |  |  | | --- | --- | | |  | | --- | | [**2023-2024 Leadership Development Series**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d82226b9d7d4da4f7074a4b9abdb60be7c5eedda15a71c59c4b5312415de827c20dac41634f4a4696f5db8ba22bd350ec4&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713493190%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ELlLSuqqUehpJBw%2BmWTdBFFgRWZxFVCLIpPSXDCAONI%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%3D024faaef5447f1d82226b9d7d4da4f7074a4b9abdb60be7c5eedda15a71c59c4b5312415de827c20dac41634f4a4696f5db8ba22bd350ec4&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713493190%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ELlLSuqqUehpJBw%2BmWTdBFFgRWZxFVCLIpPSXDCAONI%3D&reserved=0) and save the date for sessions through April 2024. Upcoming sessions include:   * Nov 9 - [Making Risk Management Tangible for Trip Leaders Using Cross-Industry Adaptations](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d83bad558d620cc4a211c2a98824da1752047645a7a7148118a8a1f1db07d377f3a10a16973243138bb99cbe32cb2bfe1d&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713493190%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=IV5yYnUNHU6OPgqe5MT4GKl5Y4OqflN3CWcuDB2h4KE%3D&reserved=0) with Rumi Kodama * Nov 15 - [Craft Impactful Learning Experiences](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d804f60774133017b0e975d887f1f3b4a8b3032e803e4187af5d70b2cd4620ec02c45b80bf1c3768f18995941ab1841723&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713493190%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=8Y0wv0mP0lXBsHb10LWPThukOxp9qoiKnoVilGBQO6w%3D&reserved=0) with Liz Riggs Meder * Dec 6 - [SAFER-R Peer Support at the Seattle Program Center](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d80905ef184c559e23616644f30d46c1239494b2c483cf278173bb8e7453fa9e849346dea2984d9033b6d26291374b55ac&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713493190%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=aSuagcaVFGzJshcTfalhQcX8wdjJjo%2BzIhcZozzHxnk%3D&reserved=0) with Katja Hurt * Dec 7 - [Caring & Coping On & Off the Trail](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d8f8873056d5785d09f8ee6dd3db6bc12ad26d3a67e020458ed55334d133de569b35727c63a3c660a6eda1db5660772d0a&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713493190%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Ho6bTYDPFWhQtjconxY71rCKg838TAl1qDaOA43oclg%3D&reserved=0) with Natasha Buffo   [**Mountaineers Leadership Conference**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d8fc328cc01d24724f450078e0aca0afdb0ebc94c68f42aa9376371aa58f733aa9164c2c026dcc8a5e5c7a64222af9e24e&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713493190%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=FmuHDKq4%2Bzy4egzR1xlo%2FtJ9KVOuu%2F5botqePgiKHts%3D&reserved=0) **| Dec 2** Save the date for The Mountaineers upcoming Leadership Conferences - one in Seattle (December 2, 2023) and one in Tacoma (March 23, 2024). These conferences are dedicated to thanking, inspiring, and empowering The Mountaineers current and aspiring volunteer leaders. They include a series of interactive sessions that explore the many facets of leadership from both esteemed outdoor professionals and seasoned Mountaineers leaders.  [**Ski and Snowboard Mountaineering**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d8b9f5f5baa0a227f998be5a4a73854f3a39c04043ad867513f9e1eab8f36c4e1ed2d865a6c522e75f9c856af475defcc0&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713493190%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=9JCZ8ZEFV7Fb20ZFCWOal%2BahZFOSTs%2FLrAknGKSjGh0%3D&reserved=0) **| Starts Dec 4** This introduction to backcountry travel teaches skiers and splitboarders the skills necessary to venture outside resort boundaries and travel in unmanaged backcountry terrain.  [**Basic Snowshoeing**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d82489a458f78a95142b84f4672b9b548cf15a0a0128453c85d53ac3eb12a5b4c19f31f3c82661a9720e6b3201cf136fa1&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713493190%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=g89hr3vpd%2FUjXIHdyAxxpXW7Nd5XV5zDR7lbt3u7DKU%3D&reserved=0) **| Starts Dec 5** Learn how to get out in the winter wonderland confidently and safely on snowshoes. This course is designed for those who want to learn the basics of snowshoeing. The course covers snowshoe maneuvering, snowshoeing/winter equipment, and safe route selection in snow.  [**New Hike-Urban Walk-Backpack Leader Seminar**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d8ebec693c1ebc4809eab1e5e72c08b094d45ee7b179d0f27e743fc2a36e934097648392d07eb1342d261926cf6813c75e&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713493190%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2Bcg8ghz%2F6Vm2mbhJgOBnPvNA%2F%2Fscut%2FRkIFA4HhbgR0%3D&reserved=0) **| Dec 12** This online seminar provides experienced Mountaineers hikers, urban walkers, or backpackers information they need to become an effective leader for the club.  [**New Cross Country Ski Leader Seminar**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d88188591e1a5ac8d4961f0d6382177fa8af546ba950fab638b9327b67728cb00da4e822640e3bf6ccd6e3273170a3176d&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713649408%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Jj5gWksjx10t%2FwV%2FMlJVPURJx30uIXmWGzb7CRnfQqE%3D&reserved=0) **| Dec 13** This 2.5 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.  [**Stop the Bleed**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d844881508030372c6a0a5dc18ebdf5177d57a12ce24fa6cbdc2a7f5fabe68058cd41e547a356f6a28bc38a4ff31b4cd31&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713649408%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=7XktsgyvVAe52A6sMlkoYY7LBN2JWYtBRGG962UwcDs%3D&reserved=0) **| Dec 5** Join this seminar to learn three quick techniques to help save a life before someone bleeds out. | | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people in a kitchen  Description automatically generated | |  |  | | --- | | Foothills Branch members at the Foothills Branch social. |  |  | | --- | | **News & Notes** |  |  |  | | --- | --- | | |  | | --- | | **GoHike Celebration** The Foothills Hiking and Urban Walks Committees are delighted about the completion of another successful year of the beginner hiking course, GoHike. This course provides an opportunity for new hikers, or hikers looking for guidance and support, to build the confidence and skills necessary to enjoy the outdoors at their own pace. A total of 87 people participated in the course, and 47 graduated to earn a GoHike Badge. This is the highest graduation rate in the three years of GoHike. The 25 leaders in the course led a total of 80 hikes and 16 urban walks, covering 450 miles with over 75,000 feet of elevation gain over the season. Course graduates and leaders commemorated their success at the GoHike Graduation Celebration at The Mountaineers Seattle Program Center on October 13.  **Branch Social** Foothills Branch Chair, Brad Peacock, hosted a branch social at his home on October 19. The social was preceded by an urban walk along May Creek near Lake Boren Park. The weather, food, and company were all great. Thanks for hosting us, Brad!   **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 the At-Large Branch Council Members, Tom Eng and Karen Wallace](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d8205a8d78e7e0bbaf9ebdc2202d16ea923c8573f53ff74ccf3be2c3fb74789d0a88e859eafae5d6364d01ef23382e8bb8&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713649408%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=PFNA2WCZlMz8v0YsZt2h2oz32K7Wgi3%2BD%2FRM3KGc5%2FY%3D&reserved=0).   The best way to become familiar with the Branch Council is to attend a Branch Council meeting. These meetings are open to all Foothills Branch members who would like to learn more about what’s going on in the branch or contribute their ideas. Join us at the next [Branch Council Meeting on January 9](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d8e07c955a1a0d49711fd3787e9de1cc0004c57d4a71a6c50b06908c532aae0764f869d3105f8ece3de43b4bfeeddf88b5&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713649408%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Zs8pqqMRthgx3Tk8U4iUYXVdYDRI4bhYuWnbF%2F7e79o%3D&reserved=0). | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people standing on a snowy mountain  Description automatically generated | | |  |  | | --- | | Rob Erickson led the first “Hikes with Spikes” trip of the season to Kendall Katwalk on October 29. The group enjoyed gorgeous weather, amazing views, and “bluebird” skies. |  |  |  | | --- | --- | | |  | | --- | | **Volunteer With Us** | |  |  |  | | --- | --- | | |  | | --- | | Want to get more involved with The Mountaineers and support programs at a foundational level? Consider becoming the Foothills Branch Safety Officer and represent the Foothills Branch on The Mountaineers Safety Committee. The Branch Safety Officer disseminates any safety findings to activity leaders and committee chairs to reduce incidents and accidents, and works to identify areas where safety can be improved. If interested, please contact [Brad Peacock](mailto:foothills.branch1@gmail.com?subject=). | | | | | | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [www.mountaineers.org](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D024faaef5447f1d8549902c60c6e565f2da398917b20d35d96f4d651c9f712a7338a612b9e221f121939abe10fee5475d12c8a4393e052e1&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713649408%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=7qdHKvZqE9k5wxPJ%2FNIjnsPsHxXG5UIlitGLND3sULU%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%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072de74b1b3138b913bacfda8716c9f2599d45a1ee136a52ef24f50fb13ba564550449dc64c6d3a0442&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713649408%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=cLTSYbEJQr8v%2B2AdEFkfx3KCFz%2BEJ7kiVCxDJQ3Kggo%3D&reserved=0) | [Update Preferences](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072de74b1b3138b913bacfda8716c9f2599d45a1ee136a52ef24f50fb13ba564550449dc64c6d3a0442&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713649408%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=cLTSYbEJQr8v%2B2AdEFkfx3KCFz%2BEJ7kiVCxDJQ3Kggo%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%3D024faaef5447f1d820923d812e15e31893059806381074449fc375cd4d177b63528b27a2c5f5cc07685c2287095570097b4898ca97b9c8d7&data=05%7C01%7C%7C2d9c0d64a55f4989fc1608dbe0654015%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638350497713649408%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=JfMWJ7LkEXbGpeQyKJDn%2BDwXbwjh3SIDanHhkQ4Kwj4%3D&reserved=0) | | | | | | | |
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