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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%3Dc841ecc29e561c7990a77d612038db3a2e3e4fac7ad849297f299fe37384a54a95cc28327dead5f2f7ea6f330d9fa4b62da2f3df7886a02a&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762802814%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=oljGmb4izqydQYdP45EvsNKSyQm2vsa%2FPtiyK2EMEaI%3D&reserved=0)               [view as a web page](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fview.s7.exacttarget.com%2F%3Fqs%3D70be2e5f8c3659236fba4a7c7acd21368a2a9507ac6440515cf39b78a1ce3ad05e14bac4603bb6e06483344def3f7c833adc4f3e2088a6175586f3df36933d8ea349a74a8ca63d01f7a40b019d8100db&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762802814%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=2CqwDN%2BeX8Yd%2BtRdHpdoRZeQntTi84l%2Bo3G0ibkfoqM%3D&reserved=0)  A yellow rectangular sign with white text  Description automatically generated |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Happy October, Foothills Mountaineers!** | | | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | October is finally here, and the first signs of fall are popping up everywhere in the PNW – cooler temperatures, fall foliage, apple cider, and all the other sights and smells that come with the harvest season! I hope you’re finding lots of opportunities to get outdoors and enjoy the crisp, cool 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%3Dc841ecc29e561c793d0f21831d8cd45fd1bc1d4cbc41d618451975a94955098c25a7887a526e0c85b30287ec1bb9bde6a2619ac3b1d1f383&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762802814%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=hWUOzS5Nkc2reQOO9HQS7ndRvozTJCLEs9yaE0E7DvE%3D&reserved=0) sponsored by the Foothills Mountaineers. Spaces fill up quickly, so don’t wait to check them out! | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people posing for a photo  Description automatically generated | |  |  | | --- | | Foothills Trail Runners. Photo by Aaron Terrazas. |  |  | | --- | | **Events** |  |  |  | | --- | --- | | |  | | --- | | [**Meet The Mountaineers Information Session**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c7955cf0def04f641a7abce935654bc7c52dec67c0ad7f4afcd29f6c70510ec30e043e0033e357ecbca7f71dec5835235e5&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762802814%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=zFHDkp%2FR7FE9bOjShSLLjmv45jocMG82TK6x%2F98mveA%3D&reserved=0) **| Oct 10** Attend this 90-minute seminar to meet other new Mountaineers, learn about the history of The Mountaineers, and get an overview of Mountaineers courses and activities. You do not need to be a Mountaineer to attend.   [**Mountainfilm on Tour**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c795c90d54b5c468139d53ded1c2f0d4ba2c311fbf81989c25bc30edb5908cb9ff2af891574634b35ea89aebd6f15c2a43c&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762802814%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=6KFk8Io5rXWAAoe%2BL3BvoiTHah4S5BAWqktmHjvJJE4%3D&reserved=0) **| Oct 12** Join The Mountaineers for an evening of inspiring and captivating films handpicked from the Mountainfilm festival in Telluride, Colorado.  [**Walking the Wild: Colorado Trail**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c79adabcb35f25790455da5c6a6f0ccf970ba7d6fa5a288ba8a32e45693dfd4e931129593099d5c94216ff0b09c00ee8ef4&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762802814%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=P6SFB3%2Bvru9gVXsne6IXq4jVHs6Ng5dhMqIFZl84TUo%3D&reserved=0) **| Oct 15** Join Kira Misura and Dustin Shigeno for amazing photos and stories from their 500 mile journey on the Colorado Trail, which passes through some of the most spectacular scenery in the Colorado Rockies.    [**Volunteer for Gear Library Inventory Week**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c79c4e41621ed638b326b77b845b75f1bfc1ccbf09c38891f0c973f694c732598c0d996a9399943db9ad3b2aea6057cdf97&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762802814%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=aHWCohx4T8uyLiTDiO1x4LHLoe04Frk4huwvnOrJEnQ%3D&reserved=0) **| Oct 17-20** The Mountaineers Gear Library believes everyone should have the opportunity to get outside and aims to reduce some of the obstacles to having a safe and comfortable outdoor experience. Our gear goes through a lot of wear and tear over the course of a year, and we are putting a call out to the community to help restore and organize our fleet!  [**Ian Cox Memorial Dick’s-A-Thon Fundraiser**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c79fb0c0b9f234d9ab6bb889d7618dd4c1fa4341ccdb78b4e73c993f864ef34eaebe99d3c5a4b41c46ab76c16d282c000f9&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762802814%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=m8wivGmZ3c3FnlqRNF4QytnKJAq%2B0G09LS6c1qq1Zp4%3D&reserved=0)**| Oct 21** Get excited for the second annual Ian Cox Memorial Dick's-a-Thon, an athletic event like no other taking place on October 21. The route starts and ends at The Mountaineers Seattle Program Center. The Dick's-A-Thon is a circumnavigation of Seattle Dick’s Drive Ins, totaling 26 miles. All proceeds will be donated to The Mountaineers Access Program to support scholarships and five Washington search and rescue organizations.  [**The Mountaineers 2023 Virtual Annual Meeting**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c794a248581e7fa951bc7f81fc58e1e61ad5d5e3f853af68dde6dda1cbc798a76abcc4476c0a5c9893d26ff8cad7a1115b3&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762802814%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=vx8tPLS6Emzud6%2BiRFeOUuNPcyLoOYLOkaC8Wc0Tb0c%3D&reserved=0) **| Oct 25** Call-in to The Mountaineers Annual Meeting to hear about the organization's state of affairs from staff and board members.  [**Pasang: In the Shadow of Everest Film Screening**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c799c0c559521ee35eae297b32226632652f11e6397e8c94ed5f64b83b59c39b2521318ef05209ecefd34ea1f152163547e&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762802814%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=aOeGLs2cnsol8uOVeI%2BSWwY54oqLlU%2BqILwS9Xyn6og%3D&reserved=0) **| Oct 29** Pasang: In the Shadow of Everest chronicles Pasang Lhamu Sherpa’s tragic and inspiring journey to become the first Nepali woman to summit Everest in 1993. Join the Northwest Sherpa Association for an exciting in-person screening at the Edmonds Center For the Arts in Edmonds, WA. This event is a must-attend for adventure enthusiasts and documentary lovers.  [**Hiking the Central Cascades with Craig Romano**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c794311b2a0eb0cb189cd199b9f4e67ebbc6cb43dc6ea9cb37a3b835bd48c7923dbc1c258a5ac2d0df2c3c9af2ee5115197&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762802814%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=GrUNQA5CAy%2FYhBAd4ViQ6SWE2NqzmzOCTI2T3CzOD38%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 there, including many off the beaten track.  [**Foothills Branch Annual Celebration**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c79c1123345375f8c719e0beecd6df2d89f007cca213bf4b4447aa91202676dd9cd1a8c0ca9f3ced66af4020082e7350ab8&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762802814%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ANAil11MB2T59F0Ji6RVlfnJI8eB8WbYCVQEwXrDzw0%3D&reserved=0) **| Registration Opens Oct 8** Join us live and in person at the Seattle Program Center to celebrate the many accomplishments of the Foothills Branch in 2023. We promise a few good laughs and maybe even a happy tear or two as we welcome new faces, thank our wonderful volunteers, and present the Foothills Branch Service Award. | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people with backpacks and walking poles  Description automatically generated | |  |  | | --- | | Mountaineers backpacking the Teton Crest Trail in Grand Teton National Park, Wyoming. From left to right: Jim Orsi, Chad Freeman, Gabrielle Orsi, Birgit Grimlund, and Michaela Phillips. |  |  | | --- | | **Activities** |  |  |  | | --- | --- | | |  | | --- | | [**Mindfulness Hike**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c79c01b6e20cb77ff1122973b59d0300b7b0a85bed052d613c583d21b6c7f7fb378cfe7d7c1220c5aad7af38bcf093ced3e&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762959037%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=HoZJZH4S76d3Y8bsyGwYKCFKSVVETzwJUbEFEGVrDbA%3D&reserved=0) **| Oct 23** Enjoy a mindful outdoor experienceduring this leisurely hike on Cougar Mountain. This is an opportunity to develop more awareness of the present moment and connect more deeply with your body and your breath so you can encounter nature in a more meditative way.  [**Geocaching Urban Walk**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c79ebce45681094100c9af391b950171bb2fdab22578fdcf5e8f37b1db1a5d7ae2774fdbf9c0fb152ba9f842c524c9ccc5a&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762959037%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=YiBTZ4GkDOiEhfXk2jJwUGvUH0jRxKDroaMcRqQY1xU%3D&reserved=0) **| Oct 26** Walk and explore in a new way during this geocaching walk at Big Finn Hill Park. Geocaching is real-world treasure hunting. Connect with the outdoors, practice navigation skills using a smartphone app, and work as a team to solve clues. Geocaching experience is not required.  [**Global Adventures Leader Training**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c79a2817794218b3d9bf49face7d0e0b095e552d9dd1bd4d41a03598b099798ff8a076256af30db2aeb4dfe54256b7ac02c&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762959037%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=qRTE88HkVzefWV4ubvCo1x%2FlZebLpPRGcgkpIyQ2JC4%3D&reserved=0) **| Registration Closes Oct 27** This training, required for anyone who seeks certification as a leader of Mountaineers Global Adventures, consists of a required evening workshop on Zoom and a required full-day workshop in person at the Seattle Program Center. The evening workshop will cover the specific requirements, processes, and forms to propose and run a Global Adventures trip. The weekend workshop will give participants practice in essential communication, planning, and group leadership 'soft skills' relevant to an extended group adventure. | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people posing for a photo  Description automatically generated | |  |  | | --- | | Mountaineers stewards at Shadow Lake Nature Preserve. Photo by Shelley Pasco, Land Management Specialist at Shadow Lake Nater Preserve. |  |  | | --- | | **Courses, Clinics, & Seminars** |  |  |  | | --- | --- | | |  | | --- | | [**2023-2024 Leadership Development Series**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c79721c350fdb9d3cad17d8b408911f2584ee391feae9aaa2d2c340c8299887c426996ba4be9a88d9b3319dac0c3c6a20ed&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762959037%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=3j2RoLSPnV7VT62wV9pkHLpUQtkNaNlWcnczASi4rxQ%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%3Dc841ecc29e561c79721c350fdb9d3cad17d8b408911f2584ee391feae9aaa2d2c340c8299887c426996ba4be9a88d9b3319dac0c3c6a20ed&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762959037%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=3j2RoLSPnV7VT62wV9pkHLpUQtkNaNlWcnczASi4rxQ%3D&reserved=0) and save the date for sessions this October through April 2024.   [**Leave No Trace for Winter Recreation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c790afbfa9b1ef110c25a257f052f140e8752034862bf7d04c8df8f0c42df6cc5ed69c28bc9b5401e81fe77becdfff25005&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762959037%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=r7YcZ4RFwbK0vQQbvHMMCldJhfNteS6v7THovPRiLJU%3D&reserved=0) **| Oct 24** Join this online class 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%3Dc841ecc29e561c79f2e6192bf48c28eec2c4c745f398f1edad1dfe7f96cca37a1779a833815a96713a3097c80ecb444735540ee1262a216a&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762959037%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=aBIoifaJc6uauJ%2Bo03SDKj1axhzPn0LFF1exnNysxE4%3D&reserved=0) and how to apply them to winter recreation.   [**New Hike/Urban Walk/Backpack Leader Seminar**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c7918aa9e8370404e933333cf6535f6eaf964d19789fd5c1d69c57ecedd822c91611a3950b2fc3b56168779c2c92bab2db4&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762959037%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=jJpV3a7OMNaEc4y3bnCsOfQkBn6iv9M5sZcNZ5T0IG4%3D&reserved=0) **| Oct 26** This 2.5-hour online seminar provides experienced Mountaineers hikers, urban walkers, or backpackers information they need to become an effective hike, urban walk, or backpack leader for The Mountaineers. This seminar is a pre-requisite to becoming an official hike or backpack leader.  [**New Cross Country Ski Leader Seminar**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c79225b5a95a7efb815bb418f0c72a19a5fee4221b4f0e83360ce92cc9e24f30258f07238016b06f079744379d147629860&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762959037%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=pW6SLrudK4ycVgElIFT6jqwk814E%2BA1BF3AY8vc5xTs%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.  [**Mountaineers Leadership Conference**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c79abdba1799b865c361519f93f2c65b6a66e8825ca8e06267012f5c5968b84895474b7246d199a5f3296e6f5c78b801200&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762959037%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Hb1aEKj4dV5f8vVPy7d9zaq5MZLR6ax6am2Vby7jwwU%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. Both conferences will offer equivalent content, with a similar line-up of presenters. | | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | **Branch Council Updates** |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A person standing on top of a mountain with clouds and mountains in the background  Description automatically generated | | |  |  |  | | --- | --- | | |  | | --- | | **New Chair-Elect: Travis Vermeer** We're pleased to announce that Travis Vermeer was elected as Branch Chair-Elect in the recent [2023 Board and Branch elections](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c798bcc338c799461e2594646ef8e70cebfeeafbfcaa0111ae509b29d6ac8b7c912eeca7085a0d071fba4d90ad8432f9a47&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762959037%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=F7pl3gOBmnRGPkUnnty2ukah0EaSckS19wCVo3FhXwA%3D&reserved=0). Travis joined The Mountaineers in 2019 as a student in the Basic Alpine Climbing class. Since then, he's become involved in snowshoeing and alpine scrambling and has participated in dozens of Mountaineers activities and events. He has instructed for the Wilderness Navigation and Alpine Scrambling courses and is currently a hike leader. | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A person wearing a hat and glasses  Description automatically generated | | |  |  |  | | --- | --- | | |  | | --- | | **New Treasurer: Erik Jensen**  The Foothills Branch Council is pleased to announce that we have a new Acting Treasurer, Erik Jensen.Erik joined The Mountaineers in 2022 to find a community of outdoor enthusiasts and to build his outdoor skills. Since then, he’s enjoyed many hiking activities and is currently a student in the Foothills Wilderness Navigation course. As an outdoor enthusiast, Erik looks for ways to spend time outdoors and give back to the outdoor community. He volunteers with Washington Trails Association (WTA) and the Snoqualmie Pass Volunteer Ski Patrol. After retiring in 2022, he began looking for additional opportunities to help organizations that benefit the outdoor community. Erik views his new Foothills Branch Treasurer role as a way to get more involved with The Mountaineers while utilizing the skills he acquired over his 25-year career in corporate finance.  Join us at the next [Foothills Branch Council Meeting on November 7](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c7984d19789a8028ac316bf6aff0ea49e42fd179a8e59887b5d5dab9e2132a393b184543ccf456e5ee00fd647561ba0e192&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762959037%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=F7fq08dKm075sC4YtClilGGg%2FNFSttlDNrHWeoDqcT4%3D&reserved=0)! | |  |  |  | | --- | --- | | |  | | --- | |  | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A collage of two people  Description automatically generated | |  |  | | --- | | **News & Notes** |  |  |  | | --- | --- | | |  | | --- | | **The Mountaineers 2023 Board of Directors Elections** Results are in! [Meet your new Board members](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c798bcc338c799461e2594646ef8e70cebfeeafbfcaa0111ae509b29d6ac8b7c912eeca7085a0d071fba4d90ad8432f9a47&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762959037%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=F7pl3gOBmnRGPkUnnty2ukah0EaSckS19wCVo3FhXwA%3D&reserved=0).  **Trail Running Weekend at Baker Lodge** The Foothills Trail Running Committeesponsored their first annual Trail Running Weekend at Baker Lodge August 11-13. Seven leaders led a total of nine runs for 20 participants. It was a truly spectacular weekend with a great schedule, outstanding food, and fantastic leaders!  [**Five Mountaineers Explore Teton Crest Trail**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c79873c9459939a88941da35e2caf47ea5acd43b24d7d5c30f4142b88592edb7081f9e87a712e9299c5a2aa49685107cbe3&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762959037%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=wSmqMz1%2FcYFXwFq9BoE65J6F%2BnCYkByQih1IZEMAWWg%3D&reserved=0) Backpacking the Teton Crest Trail in Wyoming's Grand Teton National Park is a chance to experience glorious high alpine scenery like nowhere else in the USA. Five Mountaineers met in Jackson, Wyoming for a three-night, four-day trek along the Teton Crest Trail. Read more about their unexpected adventures! | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A person standing on a rocky mountain top  Description automatically generated | | |  |  |  | | --- | --- | | |  | | --- | | [**Travis Prescott, Chair of the Foothills Strategic Investment Subcommittee**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c790cf4b97732e5fc8e30a463581a488b305242fb54dc1bbb7fc385c5cf3ce2067cbc4de89e353f95e1276d357c57038545&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762959037%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=dYqlzOJj1BOLq4gDHEENQaI8U2927yqZ0m%2FtwCnyqSA%3D&reserved=0) Each month we introduce you to one of the Foothills Branch Council members or an activity committee chair who makes our Foothills Branch thrive. This month, meet the Strategic Investment Subcommittee Chair, Travis Prescott.  **Stewardship at Shadow Lake Nature Preserve** Seven hardworking Mountaineers attended a stewardship work party at Shadow Lake Nature Preserve on September 2. They endeavored to make the Bog Trail at the preserve more accessible by moving gravel to cover exposed tree roots and trimming vegetation along the trail. Special thanks to this great bunch of volunteers! Join upcoming stewardship activities at Shadow Lake on [October 12](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c798d009a67a1b55c4bcc5e7d6577b9ef3920b977e0e2b7530108e76fe7375efb093642bc61bd84f359ccd4d621848678b4&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762959037%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=hbQ9iK5gfofHqGpt25sd65cLbSGuPzSiVOBJeFGktzs%3D&reserved=0), [October 14](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c794a0777bb18e8ed1dcf1d3834b7a4804153f463478a06e144f0ddfcbbd3ee2f909c7860b0906367f75f163f6af84b7e94&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762959037%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=rmoTeIqVLrfpAB9HeKQr6%2BPugUqIdKS8mGvLnbV%2BAQ4%3D&reserved=0), and [October 21](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c794f595843df96d85dc1750c59793a63388ef23cd931dd61b2f51a5a628447c3afe2fbab8bef76a0127619c83d367f5a87&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677762959037%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=PxCmGA6NBXqBp5zoHhGEc1eJ%2FtuGXyK1lHO5Tvf7YF0%3D&reserved=0).  **National Public Lands Day** The Foothills Mountaineers Conservation Committee celebrated National Public Lands Day on Saturday September 23 by partnering with Mountains to Sound Greenway (MTS) to improve the Middle Fork Trailhead Connector Trail. Twelve Mountaineers joined a crew of 40 other volunteers to create a surface that supports accessibility for human powered vehicles including wheelchairs and strollers. During the [next stewardship partnership with MTS](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c798dd358105d085f20c434a9a40e59ba0bd8200fe3124c10d7e7aaad6a2b35f499ab66ac148bca5a5fa26993dbe763d44b&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677763115253%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=cdgwuBy1zlB%2FdWdcjtLEw3a3TetxiZ552vx0IChG0XA%3D&reserved=0)  at Sammamish State Park on October 14, volunteers will plant trees and shrubs on Issaquah Creek to facilitate salmon habitat.  [**An Evening of Advocacy Recap**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c796affcae7c898a067a57c6723c1b08a8ab553104d03dfbcd4f3f551528ee37b96d9e1c1249c3b832605de34b66b984924&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677763115253%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=KqPLNQdrpxNNh%2FwGvVAlptqtlLoYK1XjdwTYK2hxUCE%3D&reserved=0) On September 21, The Mountaineers gathered with community leaders, outdoor educators, land managers, and nonprofit partners at the 2023 Evening of Advocacy to raise awareness and raise funds in support of conservation and advocacy initiatives at The Mountaineers. Read more about the event. | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Two women smiling at the camera  Description automatically generated | | |  |  |  | | --- | --- | | |  | | --- | | Bridget Ury and Tabitha Peacock were all smiles during the inaugural Geocaching Urban Walk. | |  |  |  | | --- | --- | | |  | | --- | | [**Inaugural Geocaching Urban Walk**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c79c3bc5159ebcc0d1f92f109a0015f4317a1e5f73d4cef35c0dbb3fe755199f75d3a835ab4a57a34745e2b950c02e46780&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677763115253%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ejE8JLBu4SVK1hq1QL2G8zKqPizG8SldcZvo5DIDOcU%3D&reserved=0)  The Foothills Urban Walks Committee is pleased to report the success of their inaugural Geocaching Urban Walk at Coal Creek Natural Area on September 20. Geocaching is a real-life treasure hunt that requires navigation skills, a GPS receiver, and (as this group had) a happy little team to enjoy it with. Learn more about this laughter-filled adventure by reading their [trip report](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c79fcfce20eb1fcf96fc704839f500e6c348e03cf5e1c4c4709eb5bc829d5cdae2968d376459cfc7c88c6cd5c5f12dcfe9a&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677763115253%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=xdonOoKZN3uL7TfizTI5rK8EL8gFsbU30IukqFrY68Y%3D&reserved=0) . Registration for the [next Geocaching Urban Walk](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc841ecc29e561c798fff0d06791dc72ce273aba70789a8e7160fd282c95a17487e56087e019b6a4bf20ec631e9068ea943dfa9ab8fc2dafd&data=05%7C01%7C%7Cf5016a23ddfc4f013c7408dbc800bd8f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638323677763115253%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=gOlk1vI%2FKlKyscnSzrU4E%2F2SQ6euQcn6OrlaIuqbilY%3D&reserved=0) at Big Finn Hill Park will open for registration on October 12. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people in hard hats standing on a path in the woods  Description automatically generated | | |  |  | | --- | | Stewardship volunteers improving the Middle Fork Connector Trail. |  |  |  | | --- | --- | | |  | | --- | | **Volunteer Opportunities** | |  |  |  | | --- | --- | | |  | | --- | | Throughout the year, the Foothills Branch sponsors special in-person events, including film presentations and guest speakers. If you’re interested in helping identify outdoor-themed event opportunities, creating event listings, and managing events prior to and on the day of the event, please contact Foothills Event Committee Chair Steve LeBrun at [stevelebrun@comcast.net](mailto:stevelebrun@comcast.net?subject=).  **Seeking Hiking and Backpacking Leadership Coordinator** The Foothills Hiking and Backpacking Committee is looking for a Leadership Coordinator to maintain the leader roster and support the training and certification of new hike and backpack leaders. If you are interested in the Leadership Coordinator position, contact Backpacking Chair [Cheryl Talbert](mailto:cascadehiker12@gmail.com?subject=). | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A person standing next to a blue pot  Description automatically generated | | |  |  |  | | --- | --- | | |  | | --- | | **Volunteer Spotlight** | |  |  |  | | --- | --- | | |  | | --- | | Meet Pam Jorgensen, a Foothills Hike and Urban Walk leader. Pam has had a remarkably busy summer. She led or co-lead over 30 hikes and walks with the 2023 GoHike course. Pam has been recognized for her leadership and contributions to the Foothills Branch with the Super Volunteer, Key Instructor, and Key Leader badges.  Pam joined The Mountaineers in 2017 after an REI trip to Machu Picchu that helped her realize how much she loves the outdoors and being with other people who also love the outdoors. Pam credits The Mountaineers with providing her the opportunity to share her passion with others by becoming a leader with the Conditioning Hiking Series (CHS) and GoHike community. She enjoys seeing the happiness of others as they travel on a new trail or complete a challenging hike. But the best part for Pam is reflecting on each experience at an after-hike social. Thank you, Pam! | | | | | |