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[join now!](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c8478ea56e6e31dfe8b68c72b5cca8c9043094789d92e1d4fb3621287fbca172d759d10da72f025d9dfa6855318360420&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977065820854%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=TqbLQnYBlLeu%2BYmGEFD29DPu8%2BV7%2FJ6fsCtgSN2%2FuKg%3D&reserved=0)               [view as a web page](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fview.s7.exacttarget.com%2F%3Fqs%3Dfead25f0618a61e2867396ba0af264ddaecd18f69911815f05367a87a700ec4b9097b8eaa7caa6f4387bfd0f2ca876ab36d584de2ebcbac14540cba8505865ffe996aae946c7d898e60aff8e6d8b1902&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977065842156%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Q%2BxhirrFC%2BfktibJz2qR75nNyuc4Q42C6H9QECa4WmE%3D&reserved=0)  A yellow rectangular sign with white text  Description automatically generated |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Happy February, Foothills Mountaineers!** | | | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Are you looking forward to a fabulous and fun February? Check out the exciting activities offered by the Foothills Mountaineers. We have over 100 [activities](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c5a6b858d726799b1454485f0e8cf8e003bf1e250b302e71b80ec696a5d068664da1b540f8201de2e624745d6795634fe&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977065860585%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=0fM6le1A2cuAYroJktBYaYu6WI2r6wXE%2FVvBHpd86Uw%3D&reserved=0) currently scheduled, including Backpacking with Kids! | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A person walking on a path  Description automatically generated | |  |  | | --- | | Nancy Tempkin hiking the Oregon Coast Trail. |  |  | | --- | | **Events** |  |  |  | | --- | --- | | |  | | --- | | **Backcountry Film Festival |** [**Feb 13**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c1f071fdb5ad1ef06a74d71646d1cd19b7b7f403f4b64698d044a6f4a86e0c7c6556819162ca725785aa4dac10f3ea03c&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977065877497%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=WOXPANFWtRLodyTI6ja0S7Ir1GYIzGw%2FVFiHH77nb%2B8%3D&reserved=0) **&** [**Mar 2**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c7974eeb18c62e816fe28b32e9ae733ddf8721cea0e6f02912d011fec4db6af919177a295c2a1f88d09dcf7b5de92b2fc&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977065894630%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=qWqKYtx9%2BHa7Ohaep%2BZzaKuiM0Jcmrc4oikyEPrr5ho%3D&reserved=0) 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 cover the pursuit of the mountains, artistic vision, friendship, and how the snowsports community is adapting to a changing environment. The [Bellevue screening](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901cf5296b5b30485393795dac4263d3b93ca75fd242212523f04691043ff7dba6b2892ba93e8db321c9362afe01f2fba15c&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977065911067%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=nE65Zs9HYWhk24Magw7uqhtI%2FIxqz6h05pYBgL%2FESpA%3D&reserved=0) will be on Feb 13 at the Bellevue Youth Theater, and the [Seattle screening](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c4ef460012f6afcd59a399cc5792115d56849899a3dd3224cfe928bb38270e98557735492c725094b79f3ffdc951e2817&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977065926987%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=02IKJqKxo6LabhRtP11eKeH%2BeFfc7xbpCpslr0%2FRaG4%3D&reserved=0) will be on Mar 2 at the Seattle Program Center.  [**Walking the Wild: The Oregon Coast Trail**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c065e1f2778adb4d664305369ac541847176fabec00b3dc65d2b1386487a5b638ba76425d9da24abbba83a70bb0cd269f&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977065985052%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=sRD7QaKslzeA5meqxGGfq1kkZMvL8Df8H0u%2FlAw3X5Y%3D&reserved=0) **| Feb 15** Enjoy an evening of grand photos and storytelling from the wilds (or semi-wilds) of the world, as Peter Hendrickson and Nancy Tempkin discuss how they trekked the first stage of Oregon's Coast Trail, mixing six days of beach, forest, and highway walks. This is a wonderful primer on how to organize your own adventure on this unique and lovely trail system.  [**Foothills Branch Council Meeting**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c1654772c8949d6a88d347fafe26b723f5fe7849e49dbefc7286d0bfe28b8d4b807076e4b518613f95fdb64fcbb6b57d7&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066004975%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=qQCeKY4R1mnUhdfdFJZebr1YEiKgwXC4HMCT1s5lc%2BQ%3D&reserved=0) **| Mar 5** Join the Foothills Branch Council Meeting to learn about the exciting programs underway and how you can get involved. All Foothills Branch members are welcome.  [**NASA Citizen Science Presentation: Mountain Rain or Snow**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901cc5e2fcef32ea35daeb596277c3043da9c030b1ac0ed4e25b14ec7fd3c177cc936f4f3420eade2426df88b53b6e4a678b&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066021766%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=J%2BQSFhSHs9szlxmQL%2FPCaPGFQ7b5WJ8SdOZvvkYyQmo%3D&reserved=0) **| Mar 7** Learn how to get involved this winter and spring in a NASA citizen science project: Mountain Rain and Snow. Use your smartphone to report precipitation and help scientists better understand winter weather.  [**University of Washington Environment & Well-being Presentation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c1712bfe27a0d3d70e9291bd8e4b8b8ad1ce2481bd8d990a189b0b8fd7b868fc5c6b5cbed80764a8961239d4b8a23a2f6&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066037348%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=rDFfiQZwJbcTx91hJIVIQR4cXB2dNd%2BaGt2fJ6X58ss%3D&reserved=0) **|Mar 19** Join us for an evening with a scientist from UW's Environment & Well-being Lab. We'll dive into local research that explores the ways human well-being is impacted by our environments.  [**Leadership Development Conference – Tacoma Program Center**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c7738a3ea98cf3976d270919405db967f3b7b05e38a23856fb8f19061e95c14e94fc071d9a8a3b66510f0906493e20dd5&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066051775%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=qGh4eND9zfUGQ%2B9IGjuGim8Iur0LLr4n3NpdMFFr4Vs%3D&reserved=0) **| Mar 23** The Leadership Conference is a fun day of professional development dedicated to thanking, inspiring, and empowering The Mountaineers current and aspiring volunteer leaders. | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people kayaking on a lake  Description automatically generated | |  |  | | --- | | Kayaking around the south end of Camano Island. Photo by Doug Palm. |  |  | | --- | | **Activities** |  |  |  | | --- | --- | | |  | | --- | | [**Front Country Trail Run: Bridle Trails to Marymoor Park**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c0983b3ab4decd69fe7181d9860cb177f8a9aed79f76314e8d26b0b5234681842c4df4ee5f21f7696a7aee118970be59d&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066064402%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=ylKmk9jrJMpmDfei8I5hsksAj1s50D6JIfRJ8oJF1EA%3D&reserved=0) **| Feb 13** Join an urban run connecting three parks and a greenbelt, with just three blocks of pavement.  [**Cross-Country Ski: Cabin Creek**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901cef5b0e87d32e7c589c4956c85c2d283e95b7c3148bc0af9367be7ac8bb8ada6ebcbff214d15e97aa57c61b28a93cdde5&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066075933%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Wy1mkCeRb7Fu%2F7lbBj5qU92wPaoykIQB%2Bdmw41%2BIOb0%3D&reserved=0) **| Feb 15** This is an opportunity to focus on skill practice in a supportive environment as a refresher or just for fun.  [**Stewardship at Shadow Lake Nature Preserve**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901cdcb6bc1e65bfe794cde87e229c360b73207b67e09a62f17d24085ef0b5dc61f1016ada3ebbfc623690cb8f8247c12568&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066120125%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=GWS9LDXDu3FrdZwSTedSUhYoHxzORi9m%2FvOTMin9468%3D&reserved=0) **| Mar 16** Help beautify this 100-acre preserve and wetland bog by maintaining trails, removing invasive weeds, and planting and pruning native species. | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A person hiking on a mountain  Description automatically generated | |  |  | | --- | | Matt Dowell and Philip North traversing Ruth and Icy Peaks at sunset. Photo by Jordan Lewis. |  |  | | --- | | **Courses, Clinics, & Seminars** |  |  |  | | --- | --- | | |  | | --- | | [**Wilderness Navigation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c355089eb01ae9d5180e07516f81c05b12e136ab5186b0fc599935570026dec2dde0afddd66c5a2aea9efcd7ad128960d&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066136958%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Tpdu8CX%2BBiaCli0kPxzp1i7sSj7I4NZy9RBGNH34jq4%3D&reserved=0) **| Starts Feb 10** This course focuses on off-trail navigation requirements for Climbing, Scrambling, Intermediate Snowshoeing, and other advanced courses. As part of the field trip, participants will be required to hike off-trail across rugged terrain with fallen logs, creeks, brush, and steep slopes.  [**Winter Camping**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c27284b1537268f9b052cc89f2d4b47d3c9da9ef0834c7f98c000f4f12fbae9e5f8334756f7b3cc0cda4c2ac0aa5f313e&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066152698%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2Bp21VE6TozZYFGQW7uvvJaxGX3GcuhJUAAFLpN81nNw%3D&reserved=0) **| Starts Feb 21** Would you like to enjoy the quiet serenity of wintertime? Be present as sunrise and sunset light up the snowscapes in shades of yellow, orange, and red? Watch a winter fox or rabbit at work or at play? Then join this course and learn how to plan and execute successful, comfortable overnight trips in the snow.  [**Stop the Bleed**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901ce17c5fc34eb6866b2d15ca54e1a7f5ef7c4414bc16aaa65257f8659039c0397ad7c3a7cb0f21b2740c7ad18952c91849&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066163815%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=K%2B054m%2FK%2FAtHxKsAOX6YagR9kTcTasH2hf%2FB1vfUooo%3D&reserved=0) **| Feb 22** Join this seminar to learn three quick techniques to help save a life before someone bleeds out.  [**Alpine Scrambling**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c08d1b79431ccab5b2c4cd69926aaf1d3dccd97abeec16aeeb714b0f2e90b85886950dae4d3aa4e7c1e3f57606e6dd230&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066174458%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=2m%2BmM%2FAdd%2Bc7bVakdCZOoXQJGclIHzQRfiRPTZJiG%2Bk%3D&reserved=0) **| Starts Mar 1** This course will teach the skills needed to venture off-trail on snow and rock to reach non-technical alpine summits.  [**Backpacking Building Blocks**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c4dc0772a257672770fc6096d7b0d19b2c4b4ac785710966308aef02e923a6c79c42a184d6477b10bfce1dd5c1448159a&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066185730%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2Fo%2FjCsaE6M6rsU5JEbr273RGcvdxXkvyrMd209PV4TI%3D&reserved=0) **| Starts Mar 6** The Foothills Backpacking Building Blocks (B3) course is ready to launch its twelfth successful year! This comprehensive course helps students jump-start their backpacking dreams. It includes basic gear and skills lectures, gear demonstration and practice, mentor groups to provide season-long support and lasting community, and a wide array of free, optional seminars to help students dig deeper.  [**Backpacking with Kids**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901cc69439328fc928846d00ba8da9f545b1fca8405f7a2c09356c7e5157d751592c4618013b406a80d1e2a2e62b497b0ab0&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066195357%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=39cUYlp1sqfE5VkpsfB%2BY9KVq7OPUKb94iEx0TMU8%2BY%3D&reserved=0) **| Starts Mar 26** This course is for parents with some backpacking experience who want to explore PNW wilderness opportunities with their children (little hikers to teenagers). Learn more about trip planning, trails, kid-oriented food, gear, and safety recommendations, and meet other families interested in backpacking.  [**Conditioning for Hiking and Backpacking – Level 1**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901cc6f47f7014070b47c9dc91b88ce4800ac7daa91e86db7e5167628148825b4fa4cb778c7452a52375d50e20d2c4e4d837&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066204016%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=SwPTx8bX8dyX%2B1Wvom3ef4ZCU%2BBck6shr1MxIaLDatw%3D&reserved=0) **| Starts Mar 27** Join this online seminar to learn exercises and strategies for strengthening major muscles used during hikes. You’ll take away a personal training calendar to help you crush your trail goals for the summer season. Gain mobility, stability, and strength to hike with ease and help prevent unnecessary falls and injuries this hiking and backpacking season.  [**Mentored Backpack Leader Course**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901cd87098bcec42d015bf1718e8b3d85916f82d76812a3ab76f9133deb49e125ab0ddbc10421c26decfc412f08f76d2dd9a&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066213059%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=HhlKi4LXy7m4ivCRbqNxKDTjEhUPCz6Z3%2FOjqu7Ms8g%3D&reserved=0) **| Starts Apr 10** Earn your backpacking leader badge with other aspiring leaders. The course will include an online lecture and hands-on leader training in the field with "Small Instructional Groups" (SIG). Experienced backpacking leaders will walk you through the process of becoming a badged leader and support you on a trip that you lead. An application is required. Applicants need to demonstrate basic backpacking proficiency and have completed at least two Mountaineers backpacking trips.   [**Staying Found: On Trail Navigation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c4f11811db16d9b1d2f96230da54f610ba48321cf566bdcedf8e0b0958acff1d67176e45cb4518646f0826015cbffd7ce&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066224455%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=MyhGN68U%2BfQYYkuF5aVq%2FHW%2FxsRscmVmyENBEn8%2BP6A%3D&reserved=0) **| Starts Apr 30** This course is designed to help students become confident reading a topographic map, using a compass and altimeter, and maintaining awareness of their location on a trail. Students will receive detailed information on skills and tools, as well as hands-on practice on the trail. Basic digital navigation with Gaia is also included.  [**Wilderness First Responder**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901cd1ed7422be6d5bb5dcfb2f073bf3ed9ca2db596e03ef67230cdbdd8f604b6a414ed7387b1c2fce45bf79e10ce3c27440&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066238093%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=U9VB4wNSW2nQJ5VaCQ2LtmqaHdY3eJdIU8CwU76iTTQ%3D&reserved=0) **| Starts Jun 7** This is an intensive 76–80-hour course specifically designed for individuals who want a higher level of emergency medical training for extended backcountry trips or expeditions. Graduates of the course will earn an independent, nationally-recognized first aid certification good for two years and the [Wilderness First Responder](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c8e3ce7a91a3b12ef2acae419d9c9f5d85aba9fff2148ac374b1fa89c307e99f77244c581c0ba8f187607f2eb113fc56a&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066247199%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=eoB6QvU1KxA9abMmVa0IJD%2F5HbvbPZKvpxW%2B5YmyZ6Q%3D&reserved=0) badge.  [**New Advocacy 101 eLearning Course**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901cc64010a4fd6f6656625c81e0c686875526b5a0760ba55e9c4ad7ed21843ea767e256c195460a4984e7cffb1a472050f5&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066258632%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=FhMarJJ79jvt6ctUaA8Rzoy5ebu2lpqMxtL72RuCH9E%3D&reserved=0)**| Ongoing** You don’t have to be a policy expert to make a difference for the lands you love. In this conservation eLearning course, we break down the basics of advocacy and get you ready to advocate to protect public lands and the outdoor experience with best practices for engaging with lawmakers and land managers.  [**2024 Leadership Development Series**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c31c800431de334990888b0227d88e5c662674de38a6ffd449dc2bce2cecf753f626e5f9f0662185d29213b25d66d66cd&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066267896%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=JSwnZil9Tec1KDHa9wruFwO0FXHNKwKFz0iKU9ovnRA%3D&reserved=0) **| Ongoing** Check out our [upcoming seminars](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c31c800431de334990888b0227d88e5c662674de38a6ffd449dc2bce2cecf753f626e5f9f0662185d29213b25d66d66cd&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066280504%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=L3snhTf75iI%2BvuCThpRP5ICy3BPvWPWTo3ivicYbvBY%3D&reserved=0) and save the date for sessions through April 2024. Upcoming sessions include:   * Feb 16 - [How Much Longer? Exploring the Journey toward Racial Equity and Inclusion in Nature](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c0721fc3709bc271d913b6a50cf1b25301ad92769e2e3ead1a96d55915e0ba47d84ddc47c4bad9fd8a87b88049acfc5ee&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066291544%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=C3y48kjuqZQ9TtEvp5tMr5oMtwLjowL0A0F2sMU1e4U%3D&reserved=0) with Kriste Peoples * Feb 21 - [Stress Injury Awareness for the Individual: Tools for early recognition of acute and chronic stress](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c84e295322fb44dcded3fe0804ecbd68204167d5a70fc983a53f36413cfda0f8ff8f6fdc310fd8af97c19280459544c5d&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066301504%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=NVEKVuaW0eAb3eGLTvl0cUxLqenycnijFDl2Io%2BUWXA%3D&reserved=0) with Paul Dreyer * Feb 22 - [Communicate for Comfort in the Backcountry](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c79ad76a312def0427a47524546590b11c7eaa29ea8696033bead0816757630ee7a47de458356e136c332fc2b4ae7a4e7&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066311355%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Z4rXOpxfJrYQYpjhsaCmGRzjtjiIKeGemwHTenm5UVA%3D&reserved=0) with Natasha Buffo * Feb 28 - [Why Diversity, Equity, and Inclusion in Parks, Recreation, and Outdoor Spaces Matters](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c2b4c2a876b12b21117056f8757279276b433e7a4847ba31db06d12f96a783a88820a54215be13b35f2fcc6771002d084&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066319650%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=3SpYKZQDMGsJ9xiSSf2D%2BMMMLJtNXc2mMA9AL28%2BMRI%3D&reserved=0) with Dr. Todd Davis * Mar 6 – [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%3D895c06265679901cfe4aeecc10eefb334ed7cf814b4451d818baa8f1246f0dafb17762d838274b816f1acea262f504ea9370331bb1bcd58f&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066326762%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Rod2ou8AOl5ZL2%2BNlPf8zlYAOSmLZgVlbcpwxPGTfB4%3D&reserved=0) with Ben Brown * March 13 – [Facilitating an Experience: Tools and Theory for a Truly Experiential Adventure](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901cb56cd7195f887d516fc3fda554731c84be81b401827e99df8c452197e182025b4ab6fa4141f9c7b75c79caaf731f880f&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066336445%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2B%2FIgSW1eOrqLp9nGa4GKC%2Fp99SmXYbw3I8JzP2U7vdk%3D&reserved=0) with Dierdra Goodwin | | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of children playing in a river  Description automatically generated | |  |  | | --- | | An intrepid band of camp warriors. Participate in family backpacking opportunities to join the fun! Photo by Sunny Lee. |  |  | | --- | | **News & Notes** |  |  |  | | --- | --- | | |  | | --- | | **New Backpacking Leader Course** The Foothills Backpacking Committee is pleased to introduce a new way to gain confidence leading safe and successful Mountaineers backpacking trips while getting your leader badge. [The Mentored Backpack Leaders course](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901cfc2254440a7aded9adb058d5dc0c56c257c2c20911ba1b3cb7fb4ae39b5c0ed03f369493aa5b749e7edd1061b71db31f&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066343930%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Dq087cDJH5bNRBVlbs97AMOhn%2BvgdewziU%2BajMljdK8%3D&reserved=0) utilizes Small Instructional Groups (SIG) with experienced mentors to train, model, and practice backpack leadership skills. | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A person wearing a backpack and sunglasses  Description automatically generated | | |  |  | | --- | | **Get to Know Erin Shannon-Starup, Foothills First Aid Committee Chair** 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 First Aid Committee Chair, [Erin Shannon-Starup](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901cb34b35bd46b3f179ffbf9e6cd012ffc72b13435b9f6154494f3523671bfa6e67a030d403e371ba96f522f86f8a4fb5fe&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066352697%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=zoL7KAV2vhExGfT99PwkwxNb%2BhbsbsSEQyDgNQoxttA%3D&reserved=0).  **Welcome New Foothills Hike Leaders** The Foothills Hiking Committee is happy to add seven new leaders to their ranks in 2024! Congratulations to Becky Robbins, Bianca Szyperski, Maggie Zhou, Gabie Methiesesn, Neal Stein, Julia Abelev, and Alina Kremnova on earning their Hike Leader badge. Special thanks to Rob Erickson, Nancy Temkin, Jessica Umayam, Magda Bojarska, Richard DuBois, and Lori Heath for their mentorship.  **Get Involved in Family Backpacking** Share the joy of the outdoors with your young ones by taking part in Mountaineers [family backpacking opportunities](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c8ef17793da5e262b4cea65d3d3501d71c6bfe2cae30b34ec62884dab5e1fd5efcef93d57bf12cbba98f2f0e313e262aa&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066361528%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=MFGyDRYSqJ0bsGwD4t2OXu0Qd7uN%2FLMmZEl1iekb18w%3D&reserved=0)! Sign up for a family backpacking activity, or register for the upcoming Backpacking with Kids course. |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A person standing next to a statue of a fish  Description automatically generated | | |  |  | | --- | | **Volunteer Spotlight: Val Ensor**  Meet Val Ensor, a Foothills Urban Walk Leader and Peak Society member who loves to share her love of the outdoors and knowledge of local history with those attending her Urban Walks. |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Meet Val](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901ca23074a7f381d5b45d1b2e4441f76f5e359a017dd83b5945ad23398a6faf88f13e42cab993639b0eed7b4c2ecd949c2a&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066370841%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=XIGlkgyIW0bjHtMbsPZlxAumBS7GYiDAYlfBeFHj0u8%3D&reserved=0) | | |  |  | | --- | | **Volunteer With Us** |  |  | | --- | | **Staying Found – On Trail Navigation** The 2024 Staying Found - On Trail Navigation course is open for registration. Any graduate of Staying Found or Wilderness Navigation is invited to volunteer as a course leader. Responsibilities include attending an online leader orientation, attending a leader practice field trip, leading a break-out group in the online class, and leading an in-person group during one of the field trips. New leaders will be paired with an experienced leader during the student field trip. If interested, please contact Lori Heath at [lorieheath@live.com](mailto:lorieheath@live.com?subject=) by March 17.   **Backpacking** The Foothills Backpacking Committee strives to be a welcoming gateway for backpackers of all levels, including those who prefer a slower pace and less challenging routes. We're seeking experienced Foothills backpack leaders who would like to lead slower, easier backpacking trips for the branch, as well as experienced backpackers who would like to lead trips but aren't yet backpack leaders. For those considering leadership, we will help you every step of the way to reach that goal. Please contact Foothills Backpacking Chair Christina Buckman at [christina.buckman.2011@gmail.com](mailto:christina.buckman.2011@gmail.com?subject=).  **GoHike** The 2024 GoHike course is open for registration. This course, which runs March through September, introduces beginners to the essentials of hiking. If you are interested in leading hikes or urban walks for this course, please contact Liz McNett Crowl at [lizmcnettcrowl@gmail.com](mailto:lizmcnettcrowl@gmail.com?subject=).  **Communications Committee** The Foothills Communications Committee publishes the monthly newsletter, maintains the branch website, helps develop branch-related blogs and magazine content, and posts branch news to social media. They also help branch members develop communication strategies for new courses and activities. We’re looking for people who are social media savvy or love to write. If interested, contact Lori Heath at [lorieheath@live.com](mailto:lorieheath@live.com?subject=).  **First Aid Committee** The Foothills First Aid Committee is seeking Wilderness First Response (WFR), Emergency Medical Technician (EMT), Registered Nurse (RN), or Doctor of Medicine (MD) professional to train as course instructors. If interested, contact our committee [firstaidfoothills@gmail.com](mailto:firstaidfoothills@gmail.com?subject=). | | | | | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [www.mountaineers.org](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D895c06265679901c9f4e1e0b930e4ef5c008e0d9852d48710613b14a13b8fa6befc92f450eea6cf29486aa0d73fa0505b45989e63896e5d3&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066410824%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Xb7AZ0kvLBiPtzTvHxMQ3V%2BmwPr39atu%2BjbTobuWONg%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%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072e5bcbb119609719ae1f843ef4be78831f206631498845c687dd6ae9c6e61169146edad31f1ca555b&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066417352%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=qkQoAzoLWpU%2BdTiUfOW1mjMHn1BxnFYzh63joa6pKm8%3D&reserved=0) | [Update Preferences](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072e5bcbb119609719ae1f843ef4be78831f206631498845c687dd6ae9c6e61169146edad31f1ca555b&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066423785%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=sbZdwLZj26VjHxjcuQpqgFfQd7bBz1xPd6zwc14FQak%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%3D895c06265679901c0cfe1897ac513fd0d3e89ea73fd139ecdae161f264d1a78fa7385b8c00989e64300c03b6d0944c768140ad4f965403e5&data=05%7C02%7C%7Cb564ecde41da4f9efa1008dc28ae783e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638429977066432305%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=YYvbNRYTmIeI3yqWgpAW9lYsU4nZTZlmjlAm1cfoyy4%3D&reserved=0) | | | | | | | |
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