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| not a member? [join now!](https://cl.S7.exct.net/?qs=b3fd1201b242bc2ef03dd8227cbcaf86c383902baffb8b7e0ab19b2eb0ff6706b511283fbf436a172d4bcd30af00123a4e3f60dbd629bfcc)               [view as a web page](https://view.S7.exacttarget.com/?qs=bcf5dc2b4b38624bdadfefe1d5c9a29f96344481a985c256e415337193b22e66e35a023dc0a5f3d7eff852cd5467f6b3f0b5b29f7b2ff26dbe6a64b5669e63358c296d0ce73534b4c26bfa0fddc247ef) A yellow rectangular sign with white text  Description automatically generated |

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| **Happy New Year, Foothills Mountaineers!**  |

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| We hope you had a happy holiday season and are ready to begin another trip around the sun. The new year is a perfect time to re-discover what supports and nourishes you, and the Foothills Branch has plenty of activities and courses planned to help you discover the beautiful Northwest wilderness. Every day is yours to start brand new, so check out all the Foothills [activity listings](https://cl.S7.exct.net/?qs=b3fd1201b242bc2eede6ddffae4db9751a1bd2c50b042e064a7518968c3cc1b093e9d54cd2c56fa967af058e6d43279a2adbc2c650cace8e) and start planning your 2024 adventures today!  |

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| **Events** |

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| [**Branch Council Meeting**](https://cl.S7.exct.net/?qs=b3fd1201b242bc2ef072575030a66bee42215bd9a16085781562a08e91bcf88dfc95deb23241f987d7dea6631bcb1d2035264a07af76e1d7) **| Jan 9**Meetthe members of the Foothills Branch Council, discuss plans for an exciting 2024, and learn how you can get involved![**Mountainfilm on Tour**](https://cl.S7.exct.net/?qs=b3fd1201b242bc2e7c7501c29d7ae065e5d044ea90309dfe7e3977750e3e6ebcca3417964a9c6d1ad10151abe6acd3fe2ec1796b8300375b)**| 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 |** [**Feb 13**](https://cl.S7.exct.net/?qs=6f06fa79473d407068ce37f548e6fa40417058872edef7be79a3dc1aeab4fd4e324875cd1d92ad9a111c0d00a553b3619f61728eb8489d30) **&** [**Mar 2**](https://cl.S7.exct.net/?qs=6f06fa79473d407052d8d0eb991f1c21cd627c648f679c0c6e2dd61a424e6a16dcc39e2b151538a847ce025253a5665ced5a5e1c2b1f2c99)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://cl.S7.exct.net/?qs=6f06fa79473d407028f605a53791b0a38c9dcd573df51da34906e52294bc90f27a46d61978faf3f3ab96b28043bf3b6bfc24a00a8a280a12) will be on Feb 13 at the Bellevue Youth Theater, and the [Seattle screening](https://cl.S7.exct.net/?qs=6f06fa79473d407088a04967736f244f4b9f62ed87492353e1e34e508ed8aa8b80f86abd2c0a6516ca000adc4427163599363ee77027cf6d) will be on Mar 2 at the Seattle Program Center.[**Walking the Wild: The Oregon Coast Trail**](https://cl.S7.exct.net/?qs=6f06fa79473d4070f8001c9a7af1977a2f7a2418f227607922da8a620c97ae1b353968968cf8315fb5e76a385117ae0de858826b9fa80355) **| 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!  |

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| **Activities** |

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| [**Geocaching Urban Walk at Union Bay Natural Area**](https://cl.S7.exct.net/?qs=6f06fa79473d4070d714ed94a70dea49e64223ce9a4c023f5fdf6df0542b596b1df4e77476691f1a5c369b90d2aed32ae4424d87401c23eb) **| Jan 18**Walk and explore in a new way! Geocaching is real-world treasure hunting. Practice navigation using a smartphone app and work as a team to solve clues and find caches. Geocaching experience is not required.[**Basic Snowshoe – White Road**](https://cl.S7.exct.net/?qs=6f06fa79473d407094b589b1cdbbd079fac24f9b81094c2f8a4bc42fd2d8d533022e86dc742f5eb61a08866c8fedcb98858cdb3b53ca6a72) **| Jan 20**Join this relaxed and easy snowshoe on a wide US Forest Service road with views of the Goat Rocks and Mt. Rainier.[**Backcountry Trail Run – West Tiger Mountain**](https://cl.S7.exct.net/?qs=248afe2c341f7059637f217ace77216c1dc54b0747a48d23d0b6f42c42eed6bea5b0979c1a49674e610b26914b93dfb0279c003075d703c1) **| Jan 27**Run 20+ miles and visit six of Tiger Mountain's seven summits in a single push. So much Tiger awesomeness![**Mindfulness Walk – Saint Edward State Park**](https://cl.S7.exct.net/?qs=248afe2c341f7059ac8ed96a022209f7ef96e57e72f50c2e5f96a9d45e329657917d91bead64293cc9800a17587f6d847f9d10e8f4df40c2) **| Feb 15**Enjoy a mindful and meditative outdoor experience on a leisurely walk that will help you develop more awareness of the present moment and deeply connect you with your body and your breath. |

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| Photo by Zach Goldberg. |

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| **Courses, Clinics, & Seminars** |

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| [**GoHike Info Session**](https://cl.S7.exct.net/?qs=248afe2c341f7059c09eb2005262497207397f1033244be7e263f322d544d46b148f0c2e53dabb0924ae3eece8f22dfe841bce50c40118c1) **| Jan 11**Meet GoHike course creators and a few course leaders as they share the GoHike mission and values and address any course-related questions.[**Backpacking Building Blocks**](https://cl.S7.exct.net/?qs=248afe2c341f7059af22423512ebe1370b701b01e41de2aa8a5a972df3da190858ff6a10fdcc6c03c4f94c0bae22281df8c84ab03c62041c) **| Registration opens Jan 16**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://cl.S7.exct.net/?qs=248afe2c341f7059ad65de7f173188e4d1b0ce3a232412f2fa724895ff4f3d2bbdf4a8865f294736e1eced88d08647ed6addc308355a04d4) **| Registration opens Jan 16**This course is for parents with some backpacking experience who want to explore the wilderness opportunities here in the Pacific Northwest 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.[**GoHike**](https://cl.S7.exct.net/?qs=248afe2c341f7059e072391817f7a1f803f6fbf8e73eac8b9d4c2e5c6689316ed6d18081b3b6bd19e5fe7d9309d8ddcafbc9cc5addc9803e) **| Registration opens Jan 16**Make 2024 your year to start hiking! The main goal of GoHike is to get outdoors with a community of other hikers who are beginners or just want to hike at a comfortable, social pace while developing the skills and confidence to start a lifetime of hiking.[**New Hike-Urban Walk-Backpack Leader Seminar**](https://cl.S7.exct.net/?qs=5edcc17b5f5010c7c325196df885c5e0617b7963e3ff80874c4954afe43bf9abbf0f0dfb8621ce0255405516d9ccbb473fc554563a8c0e70) **| Jan 24**This online seminar provides experienced Mountaineers hikers, urban walkers, or backpackers with information on how to become an effective hike, urban walk, or backpack leader. This seminar is one of the pre-requisites for becoming an official hike or backpack leader with the Foothills Branch.[**Urban Walk Pedestrian Safety Seminar**](https://cl.S7.exct.net/?qs=5edcc17b5f5010c79691f40886b985d5cdda86825105becf6bd5a3c6a2fe5f9287c872c7502a1e78909b7692aae4b12218bac715505551c9) **| Feb 6**This online seminar is for hike leaders interested in earning the Pedestrian Safety Skills Badge required for leading Urban Walk activities and for individuals interested in learning about pedestrian safety. Participants who pass a skills test will earn the Pedestrian Safety Skills Badge. [**Wilderness Navigation**](https://cl.S7.exct.net/?qs=5edcc17b5f5010c76e5e3d90cf54f3c3be393bd9053ab2c78e9e93c1233d59a728111ebeb4138ce9092e5325f3a7f77af6084a6b806fa01f) **| 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://cl.S7.exct.net/?qs=a24c1c44c7469c2ce59f0ce7b68cbedfd99ecac78a4f392aeea934fa05384047fc7bc38c5b0a1f42cae99010a5d52ff241a4ded26f819d6b) **| 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://cl.S7.exct.net/?qs=a24c1c44c7469c2cd826e5bdcaa32120f1d5d1a2041b0d8f43891bac61b223dc114e37f5161e54486ce737c4c381607867687ec20a42e89f) **| Feb 22**Join this seminar to learn three quick techniques to help save a life before someone bleeds out.[**Alpine Scrambling**](https://cl.S7.exct.net/?qs=a24c1c44c7469c2c5f728b850de9bd96d7dfb64c54ec990f96b551cc41f7d5c53833e115528b57e5c1c4e40a1b45396a5a13faa35c8c9b1f) **| Starts Mar 1**This course will teach the skills needed to venture off-trail on snow and rock to reach non-technical alpine summits.[**Wilderness First Aid**](https://cl.S7.exct.net/?qs=a24c1c44c7469c2c3f97945709c9f22028f4339f6721200a79c718852418bb4828d57a92593bd5b927362c8b386f293be728c05729e8de82) **| Starts Apr 7**This course is an 18–20-hour program divided into three parts. It is taught by experienced wilderness and emergency medical providers from Base Medical and includes an independent, nationally recognized first aid certification that's good for two years.[**2024 Leadership Development Series**](https://cl.S7.exct.net/?qs=a24c1c44c7469c2c30c438228fb4dde4590c6a01f0b1de3cf5e59a28fa0cdd504d327fc703ba543808fef8afadeb002232c65705c07750d6) **| Ongoing**Check out our [upcoming seminars](https://cl.S7.exct.net/?qs=a24c1c44c7469c2c30c438228fb4dde4590c6a01f0b1de3cf5e59a28fa0cdd504d327fc703ba543808fef8afadeb002232c65705c07750d6) and save the date for sessions through April 2024. Upcoming sessions include:* Jan 9 - [Near-Misses Are Telling You Something - Are You Listening?](https://cl.S7.exct.net/?qs=a24c1c44c7469c2c2249dc417ea316abb58188a8207b23cf3cfee424c4feda533abd2b102414d4699d2c8b17a886b335b08eb7ff9f93a57c) with Steve Smith
* Jan 10 - [The Big 3: Planning For, Assessing, and Implementing Effective Instruction](https://cl.S7.exct.net/?qs=a24c1c44c7469c2c649a01e97541ddecec2d656e7e6416c62e4e6cfb054615d3f9a2df3083fa13e538ece1b4a8b4c154c0170ed0f13127d9) with Ben Brown
* Jan 16 - [These Are Not “Soft Skills”! Facilitating Emotional Safety: A Foundational Risk Management Skill](https://cl.S7.exct.net/?qs=c223d7b84e4e2b8455d4c25d59b790dbe77297cb01d22bbed72f3fa86eff29c9b22a3fc8f1644b1da59623f918ccb3fa618cf8e4f9bcc2a3) with Steve Smith
* Jan 17 - [Risk Management Mindfulness: Raising Awareness of your Innate Cognitive Illusions](https://cl.S7.exct.net/?qs=c223d7b84e4e2b8483d47accbc2ce64da996273478b06eff54fa3fd6a09ecfe114f969e501a1e4786efef700d6ea3e59e7072153eded2969) with Paul Dreyer
* Jan 23 - [Lead Sustainably – Best Practices for Teaching Low-Impact Travel in the Backcountry](https://cl.S7.exct.net/?qs=c223d7b84e4e2b845597b0ec1c29107c8b445534608d00def4d059d73666aa91e640879b0a2a1ef06d5aab75c853d977aea300feb8fd09f6) with Meg Carney
* Feb 1 - [Breaking the Halo: Lessons in Leadership from Outdoor Education](https://cl.S7.exct.net/?qs=c223d7b84e4e2b847f1d65110ed6ceeceaca5e66577c5c1e975d55493d9f8c8b29fa8a64aaf763e6ef5a5b27cf93ba492ddd3da985c4b3ea) with Katja Hurt
* Feb 6 -  [Self-Assessment: A Teaching Style to Foster Dialogue and Enhance Learning](https://cl.S7.exct.net/?qs=c223d7b84e4e2b84fa89c32224b9afdf696600c7bb8e9c9cf13805d7bff6f6203f6391dc4e037f2d82c43ce0d82937c09a2c7d5ef25998e3) with Steve Smith
* Feb 16 - [How Much Longer? Exploring the Journey toward Racial Equity and Inclusion in Nature](https://cl.S7.exct.net/?qs=c223d7b84e4e2b84b925eea065aeeda5623dfc8e1fbc15ff7841546a759eb93c6fd9684baba040dd30b2f8521afd2dc7cb4a65e185df294e) with Kriste Peoples
* Feb 21 - [Stress Injury Awareness for the Individual: Tools for early recognition of acute and chronic stress](https://cl.S7.exct.net/?qs=c223d7b84e4e2b849aec28b0d92e7e0c2636066f5582e009d06c3ad38db54f64d95a933ae0485124ece9a52adee4ea08541f215ecb9c90b9) with Paul Dreyer
* Feb 22 - [Communicate for Comfort in the Backcountry](https://cl.S7.exct.net/?qs=c223d7b84e4e2b842d039a854bfa5d14f0d99b068922d5d5662516d57a7adb4580a82331dcdfce064077fe2a014c7e3049dde99276964dcd) with Natasha Buffo
* Feb 28 - [Why Diversity, Equity, and Inclusion in Parks, Recreation, and Outdoor Spaces Matters](https://cl.S7.exct.net/?qs=c223d7b84e4e2b84a031b45c88b883ca44ea47893107e282a2402fe2813a9da4564aba2bcecb9d03c64a96f020990fea2575193ac138780c) with Dr. Todd Davis
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| Mountaineers snowshoeing down Cave Ridge. Photo by Shannon Kulle Otteson. |

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| **News & Notes** |

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| **Foothills Branch Annual Celebration Recap**On December 8, the Foothills Branch hosted a virtual celebration of our 2023 accomplishments. We introduced our current Branch Officers (Ben Morse, Past Chair; Brad Peacock, Chair; Travis Vermeer Chair Elect; Lori Heath, Secretary; Erik Jensen, Treasurer; Liz McNett Crowl, Representative to the Board of Directors; Danielle Graham, Safety Officer; Tom Eng, At-Large Member) and thanked our outgoing leaders (Elizabeth Nakashima, Treasurer; Karen Wallace, At-Large Member; Paul Thomsen,  Safety Officer; Travis Prescott, Scrambling Chair). We also recognized the 59 branch members who earned a Super Volunteer Badge.One highlight was recognizing our 2023 Foothills Branch Service Award recipient, Lori Heath. Lori has served as the Secretary and Communications Chair since 2019. She is a prolific Hike and Urban Walk Leader and mentor, and an active admin and leader for the GoHike and Staying Found courses. Enthusiastic about helping others find moments of mindfulness in the outdoors, Lori introduced the Yoga for Hikers, Backpackers, and Trail Runners course to the branch in 2022, and Mindful Outdoor Experiences in 2023.We were also proud to recognize Richard DuBois as recipient of The Mountaineers Leader of the Year award. This organization-wide award celebrates a Mountaineers leader whose trips have received the best feedback, maintained the safety and enjoyment of their groups, and provided opportunities for a large number of people to get outside.**New Backpacking Chair**The Foothills Backpacking Committee has a new Chair, Christina Buckman! Christina has been a member since 2012. In addition to being a Backpack Leader, Christina is also a Hike and Global Adventures Leader. She is the co-founder of the popular GoHike course and has received numerous Super Volunteer, Key Leader, and Key Instructor badges. Special thanks to out-going Backpacking Committee Chair, Cheryl Talbert, for her many years of dedicated service. **New Urban Walks Leaders**The Foothills Urban Walks Committee is happy to add six new leaders to their ranks in 2023! Congratulations to Christie Asequivel, Jo Bedlington, Tom Eng, Lori Heath, Brad Peacock, and Wendy West on earning your Urban Walk Leader badge. Special thanks to Elizabeth Nakashima, Val Ensor, Liz McNett Crowl, Pam Jorgensen, and Lori Heath for their mentorship.  |

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| A person wearing a helmet and sunglasses taking a selfie on a mountain  Description automatically generated |

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| **Volunteer Spotlight: John Gilbert**Meet John, a Foothills hike, scramble, snowshoe, and cross-country ski leader who loves the "warm" and "dry" weather of Seattle. |

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| [Meet John](https://cl.S7.exct.net/?qs=c223d7b84e4e2b84933e97ad17695c6953e1c69b7747741dcd1fc0126fa58b6da49a4103e88a0856406ca26df38970a09123092aa5a5680d) |

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| **Volunteer With Us** |

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| **First Aid Chair**The First Aid Chair is responsible for organizing programs that train members to respond capably and confidently to medical emergency situations in the backcountry or urban environments. This involves coordinating the presentation of programs, preparing materials, and volunteer recruitment. If interested, please contact Brad Peacock for more information.**At-large Council Members**At-Large Council members are Officers of the Foothills Branch and members of the Foothills Branch Executive Committee and the Foothills Branch Council. They are expected to represent membership at branch meetings and serve on ad hoc, program, and/or activity committees as they are able, supporting a thriving and forward-looking branch. If interested, please contact Brad Peacock for more information.**Events Committee Members**The Foothills Events Committee plans and promotes a variety of special events for branch members and non-members alike. We’re looking for a social butterfly to help plan branch picnics and other social events. If interested, contact Steve LeBrun.**GoHike Leaders**The 2024 GoHike Course opens for registration on January 16. 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. |

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| [www.mountaineers.org](https://cl.S7.exct.net/?qs=45408c5dc2c0f86a26ebec5f13ae4f217cfc54cc71b700e38cfe8683ded7ad1d932f6f1927ee7997eaf394b692bf62420fea4e34d33fb82c) 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://cl.S7.exct.net/profile_center.aspx?qs=38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072fa771daecac4a2b678d03cf7c124b3690396d0e9f1806504e678b7ecbcf07320da5fc6a319601baa) | [Update Preferences](https://cl.S7.exct.net/profile_center.aspx?qs=38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072fa771daecac4a2b678d03cf7c124b3690396d0e9f1806504e678b7ecbcf07320da5fc6a319601baa)  |

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