March 2024 Foothills Branch Newsletter

**Happy March, Foothills Mountaineers!**Spring is almost here! Warm weather and sunshine are just around the corner and The Foothills Branch offers plenty of ways to help you get outside and make the most of it! If you think you might need some training before hitting the trails, then check out [**Conditioning for Hiking and Backpacking – Level 1**](https://www.mountaineers.org/courses/courses-clinics-seminars#c9=&b_start=0&c4=Backpacking&c5=sheri+goodwin) on April 5. Worried about getting lost on the trails? Then you may want to join the [**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) course starting on April 30.

Check out all upcoming Foothills [activities](https://www.mountaineers.org/activities/activities#b_start=0&c17=1&c8=Foothills) and start planning your next outdoor adventure.

**Events**

[**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.

[**Walking the Wild: Trek the Slovene Mountain Trail**](https://www.mountaineers.org/locations-lodges/foothills-branch/events/walking-the-wild-trek-the-slovenian-alps-with-monique-cherrier) **| April 4**Join Monique Cherrier and Ken Garrison for this online event as they share their experiences hiking sections of the Slovene Mountain Tral, which the oldest transversal trail in Europe. It links Slovenia’s steep mountain ranges: Pohorhe, Julian Alps, Kamnik-Savinja Alps, and Karavanke.

[**The Mountaineers Gala**](https://mountaineers.ejoinme.org/virtual) **| April 6**The Mountaineers invites you to virtually attend The Mountaineers Annual Gala, Adventure with Purpose! The Keynote Speaker is world-renowned mountaineer and explorer Reinhold Messner. The Gala is our biggest fundraiser of the year and all proceeds from tickets, live and online auctions, and raise the paddle donations benefit The Mountaineers mission and programming. In-person tickets have sold out, but virtual tickets are available!

### [**Day Hiking the Columbia River Gorge with Craig Romano**](https://kcls.bibliocommons.com/events/65c50b8f61803d36007a1543) **| April 30**

Join hiking guidebook author Craig Romano on April 30th at the Newcastle Library and get tips for exploring the beautiful Columbia River Gorge on foot with his new book, **Day Hiking Columbia River Gorge, 2nd Edition**. Watch a slideshow and get inspired to explore the many scenic paths and waterfalls of this iconic destination!

**Activities**

[**Frontcountry Trail Run – Wilderness Peak**](https://www.mountaineers.org/activities/activities/frontcountry-trail-run-wilderness-peak-loop-10) **| March 12**This early morning wake-up run (~4.1 miles with ~1285 ft elevation gain) will be a group paced run and no one gets left behind.

[**Urban Walk – Discovery Park**](https://www.mountaineers.org/activities/activities/urban-walk-discovery-park-1) **|March 19**Join a wonderful loop walk (~4.5 miles with ~485 ft elevation gain) through Discovery Park and down to the Lighthouse to watch the birds and happenings on Puget Sound!

[**Basic Snowshoe – Lanham Lake**](https://www.mountaineers.org/activities/activities/basic-snowshoe-lanham-lake-57) **| March 30**Travel at a moderate pace from the Stevens Pass Nordic Center, under the trees for the most part, to a majestic and quiet lake dwarfed by Jim Hill peak.

**Courses, Clinics, & Seminars**

[**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://www.mountaineers.org/courses/courses-clinics-seminars#c9=&b_start=0&c4=Backpacking&c5=sheri+goodwin) **| Starts Mar 27**
Get in shape for your summer of backpacking and hiking with pro trekking trainer Sheri Goodwin, at a fraction of the cost of hiring your own trainer! Sheri’s Conditioning for Hiking and Backpacking program starts with an evening Zoom session (Level) where you will practice hiking-specific strength and agility/balance exercises that make every trail mile easier and reduce the chance of injury. Then, you'll build a week-by-week progression of hikes and pack weight aimed at getting in shape safely to meet your specific goals for the season. Starting in May, Sheri will offer four evening workouts at local parks (Level II) where you’ll put the principles and exercises into practice under expert supervision on typical trail terrain.

[**Basic Crew and Sailing Course**](https://www.mountaineers.org/locations-lodges/seattle-branch/committees/seattle-sailing-committee/course-templates/basic-crewing-sailing-course/basic-crewing-sailing-course-seattle-2024) **| Starts April 2**Learn the basics of sailing from a dedicated crew of Skippers eager to share their vessel and love of sailing with you! The course includes three in-class sessions on Tuesday nights, one At-The-Dock session, and two training sails in May and June. Find out more about how you can [learn to sail with The Mountaineers!](https://www.mountaineers.org/blog/learn-how-to-sail-in-seattles-basic-crew-sailing-course)

[**New Hike-Urban Walk-Backpack Leader Seminar**](https://www.mountaineers.org/locations-lodges/foothills-branch/committees/foothills-hiking-backpacking/foothills-hiking-committee/seminars-clinics/new-hike-urban-walk-backpack-leader-seminar-online-classroom-10) **| April 3**
This 2.5-hour online seminar provides experienced Mountaineers hikers, urban walkers, and backpackers information they need to become an effective hike, urban walk, or backpack leader for the club. This seminar is of the pre-requisites to becoming an official hike, urban walk, or backpack leader for the club.

[**Introduction to Trail Running: Front Country**](https://www.mountaineers.org/locations-lodges/foothills-branch/committees/foothills-branch-trail-running-committee/course-templates/introduction-to-trail-running-frontcountry-foothills/introduction-to-trail-running-frontcountry-2024) **| Starts April 8**This course will help you get started with trail running on local frontcountry trails by introducing you to trail running gear and basic trail running techniques and etiquette. It also covers frontcountry navigation, basic hydration and nutrition, and trail running safety. Field trips will range from 3 to 6 miles. All paces are welcome, including a combination of walking uphill and running/jogging.

[**Lightweight Backpack Food Planning and Preparation Clinic**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mountaineers.org%2Flocations-lodges%2Ffoothills-branch%2Fcommittees%2Ffoothills-hiking-backpacking%2Ffoothills-backpacking-committee%2Fseminars-clinics%2Flightweight-backpack-food-planning-and-preparation-online-seminar-online-classroom&data=05%7C02%7C%7Cc7a952eee3c1484cc5bf08dc34b82d5e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638443212853486647%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=9KcKoMEY45N6kmzji3715PFs06UUCTnJaoM%2BY1TZrAw%3D&reserved=0) **| April 9**
How many calories do I need for my planned backpack trip? How can I get my food bag down from 2-3 pounds per day and still have enough without bringing a lot of it back home at the end?  What are some new ideas for tasty breakfasts, lunches, snacks and dinners that are lightweight and easy to prepare at camp?  Would you like some tools and tips that can take the weight of your food bag down literally by ***pounds*** on a multi-day trip? This seminar answers all these questions, while providing a lot of helpful resources to get your own backpack menu planning underway!

[**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.

[Essential Trip Planning Skills and Tools for Backpack Trip Planning Clinic](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mountaineers.org%2Flocations-lodges%2Ffoothills-branch%2Fcommittees%2Ffoothills-hiking-backpacking%2Ffoothills-backpacking-committee%2Fseminars-clinics%2Fessential-trip-planning-skills-and-tools-for-backpackers-online-clinic-online-classroom&data=05%7C02%7C%7Cc7a952eee3c1484cc5bf08dc34b82d5e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638443212853494833%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=iweYUpQrLpJ40fDo8TzEmBBSd4mKu1Z2l2ecHf1NxuI%3D&reserved=0) | April 23
This online clinic will leave you prepared to make your season’s backpacking dreams a reality with a solid and achievable plan. It covers choosing an exciting destination that fits your objectives, capabilities and timeframe; learning a handy set of tools for laying out a day-by-day route and camp locations that are within your targets for daily distance and elevation gain; building a plan for your transportation to and from the trip and daily emergency exit options and plans; getting up to date information on snow levels, expected weather and trail conditions;  and, finally, building your food plan and a gear checklist based on the expected conditions.

[**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.

[**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:

* 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%3Dcd592a79c9217fe0ef5abda0ac871ac31a70a6ca7268431d40d979d970f3747f7083a477bdf4af5f42088c12d51bdadac9094fd1d14ef0cc&data=05%7C02%7C%7C3745a818deb648c87ffc08dc392efb85%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638448121190306095%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=YLwGITwfwSg5Z2yiQS4Ln6DS7c7s8ndzbjVIhe5DV5w%3D&reserved=0) with Deidra Goodwin
* March 19 - [Use Your Outside Voice: Lessons From Nature On Speaking Up](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dcd592a79c9217fe0b0a7e385fd3d0495217c3b29dfe3058a5e4efba64d33229396d3e3196696fcffc96d745859c9230d1bfc167fd604a2c3&data=05%7C02%7C%7C3745a818deb648c87ffc08dc392efb85%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638448121190313437%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=9tBLj3q24HryVbNUfkKYSTtQcN%2BzO9gnj9jEj%2BsfG%2F4%3D&reserved=0) with Angie Marie
* March 21 - [Is the Scene Safe? Addressing Psychological Safety](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dcd592a79c9217fe04896552db960a98c86b09db2a528a2ab303925f74c9fe168e3bae91ebd5011335b1eb978d749c0be50fda4994396efce&data=05%7C02%7C%7C3745a818deb648c87ffc08dc392efb85%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638448121190322813%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=IdLEzYYEG7cBpol7bYqBiZQpZ3CIetVD3ocMnBc6oiM%3D&reserved=0) with Katja Hurt
* March 27 - [SAFER-R Peer Support](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dcd592a79c9217fe0624281864124d25ca80c08987b0adef835a50d424bda8743bce4fc0c5591d97b75d166a5e4be292563196642497ec8b1&data=05%7C02%7C%7C3745a818deb648c87ffc08dc392efb85%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638448121190331748%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=gXse%2BdD4Z%2BhfOZjosKm115WNImKInRGuOHkeEqBBoho%3D&reserved=0) with Katja Hurt
* April 3 - [We can do better than the poo sandwich: move beyond constructive criticism to deliver feedback that actually leads to improvement](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dcd592a79c9217fe03a4e6f354754e71fc17ef0c90b1ffeedc1d812e4beb567684942cf71be0baeaf160f0ba8358d526e99565e505cc6dfab&data=05%7C02%7C%7C3745a818deb648c87ffc08dc392efb85%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638448121190340690%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=btQLYK5eO%2FpQuGUs%2BlTFYif7ii3cBcOSH4LaF8IZQTk%3D&reserved=0) with Liz Riggs Meder
* April 8 - [Facilitating Mindful Outdoor Experiences](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dcd592a79c9217fe0f35083e6701b02a7bcb1808e60b12376a23a6a524906096b3446bc7bb75d4df6a2e75a3fcbd0fae5253b53c0dce7198d&data=05%7C02%7C%7C3745a818deb648c87ffc08dc392efb85%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638448121190349732%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=SGXMADX1tPhBqE7YrNXXS%2BTEGNSC7hikBkYLjwwwAoE%3D&reserved=0) with Lori Heath and Liz McNett Crowl
* April 17  - [Dealing with Challenging Participant Behaviors: Coaching Individuals Toward Positive Change](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dcd592a79c9217fe00026f9437fa9db68f1a56a8bf63ddec80e56342509895ee908b932dd8a8f28c2dc118d9f22abf1101b58f2d8ea00b00b&data=05%7C02%7C%7C3745a818deb648c87ffc08dc392efb85%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638448121190358386%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Bgm9rwMELDhPNJBVDbr2Zx9wdJuG06HokgIBBhV1ULs%3D&reserved=0) with Dr. Laura Thompson
* April 20 - [Mental Health First Aid](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dcd592a79c9217fe05bd3148e9477d96288a44ab6c58d56161693012fc1b3c8dd892f2658bace5870f46ec04e9821707207116a625c1cd29e&data=05%7C02%7C%7C3745a818deb648c87ffc08dc392efb85%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638448121190367408%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=OLTpTe58hIG9sdeX0GEs2K%2FdhtejzYsazv8RVkzKsKQ%3D&reserved=0) with Oregon State University

**News & Notes**

**Announcing Launch of New Sexual Harassment & Sexual Assault Prevention Advisory Committee**

In a continued pursuit of a safe, welcoming, and inclusive culture, the Board of Directors launched a new [Sexual Harassment and Sexual Assault (SHSA) Prevention Advisory Committee](https://www.mountaineers.org/blog/announcing-launch-of-new-sexual-harassment-sexual-assault-prevention-advisory-committee) in December 2023. This is an ad hoc advisory committee chartered to develop recommended near-term and long-term improvements to our bylaws, behavior policies, and operational procedures to address the risk of sexual harassment and/or sexual assault of our members. The committee is seeking input from members on their experiences within the club and their thoughts on where gaps are, in the form of a brief survey. Members do not need to provide contact name/e-mail, if they do not want to be contacted. Click [here](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2Fe%2F1FAIpQLSefuc3AXKzW6yjP0vJR31jsjLK8yaQTCBBOjEPT5oquWIEvxA%2Fviewform&data=05%7C02%7C%7C3e74a2662d454710501f08dc35abcd10%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638444259206040982%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=bUJ2WrXCl6TSUz4sjevc79rCmKoAOdeXhz53xaVXoQs%3D&reserved=0) to access the survey.

**The Foothills Backpacking Committee** is looking for backpack leaders who would like to share their expertise on a special topic concerning backpacking (desert backpacking, beach backpacking, gear maintenance and repair, InReach/Zoleo/PLB device fundamentals, or any other topic you’d like to discuss) in a seminar/clinic/webinar. If interested, lease reach out to Christina Buckman, Foothills Backpacking Chair, at christina.buckman.2011@gmail.com.

**The Foothills Urban Walks Committee** is pleased to welcome new leader Mary Ann Baltich. Special thanks to Pam Jorgensen for mentoring Mary Ann in her first urban walk leader experience at Saint Edward State Park.

The Urban Walks Committee would like to announce a new [Facebook page](https://www.facebook.com/groups/354665354135317) for Mountaineers members from any branch who are interested in Urban Walks activities. This is a place to share your upcoming trip posts, your post trip photos and comments, links to relevant content, and news about upcoming events and activities.

**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 by March 17.

**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.

**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 to join the committee. If interested, contact Lori Heath at lorieheath@live.com.