

Mountaineer

E X P L O R E • L E A R N • C O N S E R V E

The Little Things

Moss Blankets and Lichen PAGE 27

Sailing Around Blakely Rock

A Groundbreaking Adventure PAGE 30

Climbing Mount St. Helens for Moms

A PNW Tradition PAGE 32



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The Mountaineers enriches lives and communities by helping people explore, conserve, learn about and enjoy the lands and waters of the Pacific Northwest and beyond.



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Mountaineer magazine would like to thank The Mountaineers Foundation for its financial assistance. The Foundation operates as a separate organization from The Mountaineers, which has received about one-third of the Foundation's gifts to various nonprofit organizations.

Mountaineer uses:



Discover The Mountaineers

If you are thinking of joining — or have joined and aren't sure where to start — why not set a date to Meet The Mountaineers? Check the Branching Out section of the magazine for times and locations of informational meetings at each of our seven branches.

on the cover: Greg Sheehan on Mount St. Helens. *story on page 32*
photographer: courtesy of Kristina Ciari

One-Year Anniversary with The Mountaineers



The end of February marked my one-year anniversary as CEO of The Mountaineers. This first year has gone by in the blink of an eye. I can't imagine being anywhere else than here, serving our 12,000 members and supporting more than 2,000 volunteers. I'm thrilled with our accomplishments and yet know we have bigger mountains to climb in the coming year.

We're living in a time of unprecedented change. In the Pacific Northwest, we face local issues such as record population growth as well as more dramatic global issues such as climate change and threats to our public lands. Our country is bitterly divided on the best path forward to resolve important issues ranging from health care to immigration. We've not experienced this level of public discord since the

1960s when national debates on civil rights, environmental protection, and the Vietnam War were raging. In the face of such profound change and upheaval in the world, having a clear North Star is critical. The mission of The Mountaineers has been resolute since we began in 1906:

To enrich the lives of the community by helping people explore, conserve, learn about and enjoy the lands and waters of the Pacific Northwest and beyond.

By sharing our deep connections to the outdoors with others, we literally make the world a better place. The Mountaineers would not be succeeding in this important work without the dedication and enthusiasm of our volunteers. These individuals are core to our mission and enable us to further leverage financial contributions from our equally valuable donors to extend our reach and advance our efforts to connect all people to the outdoors in ways that are truly transformative.

Within the pages of this issue is our Annual Report, highlighting notable achievements in 2016 and introducing The Mountaineers Core Values. These principles are part of our DNA and the bedrock that defines who we are, what we stand for, and our future aspirations.

Our values have been innately understood by Mountaineers over the years but were never formalized. Last fall, our board of directors and advisory council, donors, volunteers and staff helped us identify these Core Values. This work was distilled down to five values that describe the ways The Mountaineers uniquely pursues its mission: Adventure, Education, Advocacy, Volunteerism, and Community. These Core Values are unwavering commitments and non-negotiable promises that we make to our community and, most importantly, to ourselves.

When it comes to being a Mountaineer, it doesn't matter whether you're a novice or an expert, climber or hiker, blue or red, black or white, gay or straight, male, female or transgender. The Mountaineers became one of the leading and most influential outdoor recreation and conservation organizations in the country by bringing people together to share our love of the outdoors. As fierce protectors of the outdoor experience, we must do our part to ensure that The Mountaineers will be thriving 110 years from now and beyond. Thank for your helping us reach for the stars.

Tom Vogl
Mountaineers CEO



The Mountaineers is a non-profit organization, founded in 1906 and dedicated to the responsible enjoyment and protection of natural areas.

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Suzanne Gerber
Publications Manager
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Mountaineer Winter Magazine notation/update:

In an article on cross country skiing, we mentioned dogs on trails. We want to remind readers that dogs are not allowed on many groomed trails and snow parks. Please be sure to check the rules online before you bring your pup along!

History and Tradition, New and Old

As I was editing the feature story on climbing Mount St. Helens for Mother's Day, I was struck by how a new tradition can form so organically. All it takes is an activity that catches on and is repeated/celebrated on a regular basis or a specific date. Eventually, it becomes part of the culture with which we identify.

Sometimes, old traditions become outdated and they need to be modernized to be more inclusive and reflective of the times. We recently decided to take a look at The Mountaineers logo, which had diverged over the years and our two departments – books and programs – were each using a slightly different version. A small group of us from both branches volunteered time to come up with an updated version to bring the two together.

Below you can see the history of our logos with the newest at the end. Our updated version is more unified, broader and richer than our previous two were individually. This also reflects how the outdoor community is expanding as a whole. It's becoming richer and more inclusive, as it broadens and grows in popularity – sharing cultures and traditions across generations and backgrounds.

In this issue, in addition to the feature on the local tradition of climbing Mount St. Helens for Mother's Day, we have a feature on sailing

and appreciating the little things in nature that thrive in our temperate rainforests of the PNW. Because, as the weather starts to warm up, this season represents another element: water.

We are also debuting a new column this issue: *Mountain Love*, celebrating couples who have met through The Mountaineers. It's a spin-off of our very popular feature from last summer called, "Modern Outdoor Romance - Finding Love in The Mountaineers." In every issue, we will feature a different couple, similar to our Member Highlight page. So if you know anyone to nominate, send them my way!

And don't miss our *Bookmarks* column this issue, as we have a great interview with world-class alpinist, Steve Swenson, who you can meet in person on April 13th, as part of our BeWild speaker series.

We have more columns, but I'm out of space so you'll just have to read them to find out. And whether you're on the top of a mountain wearing a dress, at a brunch, or somewhere else entirely, enjoy your Mother's and Father's Days this spring.

Happy Adventuring,

Suzanne Gerber, Publications Manager

The Mountaineers Logo History: 1906-Present



1906-1951, 1979-1980
Designed by Clark E. Schurman, Seattle, Washington, (1882-1955)



1952 - 1978
Background to solid black (instead of pine cone-texture)



1981 - 1982
Background to striped (instead of solid black)



1983 - 1993
No background



1993 - 2006
Designed by Michael Courtney



1993 - 2004
Used by Mountaineers Books with previous logo



2005 - present
Mountaineers Programs



2011 - present
Mountaineers Books



2017 - ?
Mountaineers Books and Programs

Can you identify the location in the foreground?

Send your answer to Suzanne: suzanneg@mountaineers.org. If you guess correctly, you'll receive a \$15 gift certificate* good for Mountaineers purchases, and we'll publish your name in next issue's column with the answer.

In case of a tie, one winner will be chosen at random.

Adventurer? Please send in your trip photographs for possible publication as a mystery location!

The winner of last issue's *Summit Savvy* was Steve Lodholz, who correctly identified Mount Dickerman.

*Not redeemable for cash. Mountaineers employees or persons shown in the photograph are not eligible.



Last issue's summit savvy: Mount Dickerman

Mount Dickerman is a strenuous, 8.6-mile hike with 3,900 feet in elevation gain. The trail starts in forest, graduates to meadows and ends with panoramic views of mountains including Mt Baker, Glacier Peak, Mt Rainier, Three Fingers and the Monte Cristo Peaks.

For winter scrambling: There is a waterfall gully located at 4,200 ft where the trail traverses under a steep rock face. The rock funnels snow down into a fan of compressed snow and ice. It can become very steep. Because of the shade from trees, the pile often survives into June. After the snow melts it isn't hazardous, but when snow-covered, it can be steep and a slip can be deadly. In such conditions, an ice ax is mandatory and possibly even crampons. Be prepared to turn around if not properly trained and equipped. Two fatalities were reported in 2006.

Activity Type: day-hiking (summer) or winter scramble

Seasons: summer and fall (day hiking), winter (scramble)

Length: 8.6 miles

Elevation Gain: 3,875 feet

High Point: 5,723 feet

Trip report by Jim Powell from May 7, 2016: We had a beautiful day for our scramble, the forecasted high for Verlot was 76 and about 60 for the summit. The summit was super clear with views in every direction, amazing. On the trail we encountered snow at about 4,200 feet, and lost sight of the summer trail



Mount Dickerman. Photo by Tim Nair

by about 4,600 feet. There were a couple of tricky scrambley parts, climbing up a muddy slope using some veggie belays, and a steeper spot transitioning from snow to rock and back to snow was pretty dicey. But over all the snow climb was pretty non-technical, I would rate it at even less than the official T3 that it is listed as. The snow was a little slushy on the surface, but acceptable for kicking steps. It was even more slushy on the way down and very few opportunities for glissading. We made the summit in about three hours, spent about an hour up there and then a little less than three coming down.

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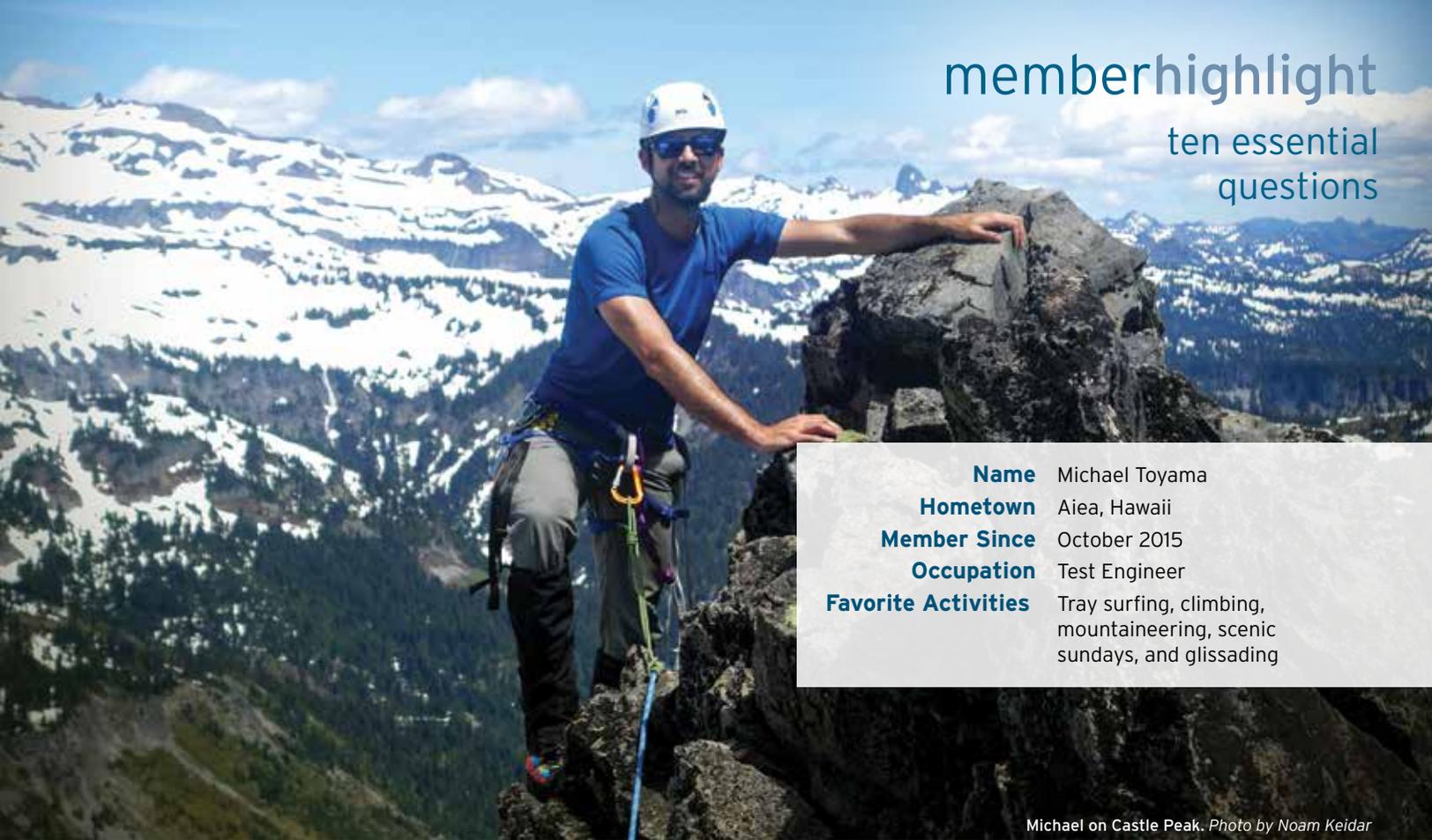
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Name	Michael Toyama
Hometown	Aiea, Hawaii
Member Since	October 2015
Occupation	Test Engineer
Favorite Activities	Tray surfing, climbing, mountaineering, scenic Sundays, and glissading

Michael on Castle Peak. Photo by Noam Keidar

How did you get involved with The Mountaineers?

Ever find yourself saying, "I've always wanted to," over and over again and never doing it? For years, as I went on day hikes around the Pacific Northwest, I would look around at these beautiful, terrifying, more technical mountains and say "I've always wanted to learn how to get the tops of those!" In 2015, I decided to stop dragging my feet and made a commitment to learn how to climb. With no climbing experience (I had never even scaled a climbing wall), I joined The Mountaineers and enrolled in the 2016 Basic Alpine Climbing Course.

What motivates you to get outside?

When I first joined, the motivations were mostly about personal goals. I wanted to push out of my comfort zone through climbing and The Mountaineers provided the framework for me to learn to do that. Over time, as I went on a bunch of official outings, I began to grasp the special sauce of The Mountaineers: its unparalleled community of folks who love the outdoors and have utmost respect for the beautiful, wild places surrounding us. "These are my people," I would think to myself.

I never lost my initial motivation of learning how to pull down some rock, but the prospect of getting outside every weekend with a new set of "my people" certainly helped get out of bed at 4am to drive out to a Park and Ride.

What's your favorite Mountaineers memory?

In an odd way, I reflect fondly on some of the negative-at-the-time early experiences in the climbing class, because it helps me realize how far I've come. During one of the first field trips at the Seattle Program Center, I had to climb up one of the outdoor walls, set up a rappel (while being watched by an instructor), and rappel off the wall (after being checked by an

instructor). I had never climbed anything so high before, never rappelled off of anything so high before, and was still really afraid of heights. It took forever for me to climb the wall. The ledge was horrifyingly tiny and made me very uncomfortable. I didn't PA in tight enough to be able to lean against the anchor so I felt like I was going to fly off the ledge. As I fumbled about, making anxious comments about my discomfort, the instructor up on the ledge watched silently with the slightest of smiles on his face. No words of encouragement. Here I was, at one of my weakest moments, and I got nothing from him. It was perfect.

Besides being hilarious in retrospect, this moment is one of many in which I stepped a little bit further out of my comfort zone under the watch of someone in The Mountaineers community. If I had only known, at that moment of fear where I was questioning why I was even in the class, how far the climbing course would take me in the outdoors and even in life.

Who/what inspires you?

People who commit their lives to doing good in the world.

What does adventure mean to you?

Getting out there, leaving your comfort zone, and experiencing the unknown.

Lightning round

Smile or game face? Smile.

Sunrise or sunset? Sunrise.

Happy place? The climbing gym.

Post-adventure meal of choice? Teddy's Bigger Burgers.

If you could be a rock star at any outdoor activity overnight, what would it be? Climbing photography.



Pay It Forward By Giving Back

by Craig Romano, Guidebook Author

Summer camper volunteers at Camp Long. Photo courtesy of The Mountaineers Education Department

I often head to the backcountry to escape the madness of civilization. In nature, I see order, purpose, and reason. In cities, I often see chaos, confusion, and conflict. There's nothing like a walk in the woods to rejuvenate a tired, tormented and tried soul. There's nothing too like an invigorating hike to help validate my existence and place in the world. And while I need the natural world for my sanity and sanctity; the natural world very much needs me and other like-minded folks to help keep it from being compromised, abused, and lost forever.

I learned the importance of giving back to nature and to my beloved trails at an early age while growing up in a small town in New Hampshire. New Hampshire has one of the best trail systems in the nation because of the hard work of such organizations as the Appalachian Mountain Club (AMC). And New Hampshire has an incredible network of protected lands (more than 25% of the state) both public and private (open to the public) thanks to pragmatic and passionate organizations like the Society for the Protection of New Hampshire Forests (SPNHF).

When I got hooked on hiking as a young adult in the 1980s and realized how many threats my precious wild places were facing, I immediately became involved with the hiking and conservation communities. For while I relish in my solitude when traipsing all over the backcountry; when it comes to protecting our parks, forests, and trails, we cannot be loners. Nor can we be complacent about being involved with trail and conservation organizations. As trail users and outdoors recreationists we are indebted to the tireless advocates, volunteers, and activists who secured these places for our enjoyment. And we owe it to the next generation, that these places remain protected and open to all Americans. We have a moral and ethical obligation to give

back to the trails and wild places that give us so much pleasure.

As a young college student in 1982, I scraped some money together and joined SPNHF. I have been a member ever since—even though I left New Hampshire in 1989 for my new home in Washington. But I return frequently to my home state's trails and I love seeing what my money and the money of so many other trails and natural places loving folks can do. And it is because of the special places that SPNHF helped protect in its 116 years—places that helped me green bond and live a meaningful and connected life to the outdoors that I am the person I am today.

My membership in SPNHF was just the beginning of more than a dozen trail and conservation organizations that I would eventually join and support. Other groups I'm proud to be a member of include The Mountaineers, Friends of the Wapack Trail, Friends of the Columbia Gorge, Columbia Land Trust, Skagit Land Trust, San Juan Preservation Trust, Conservation Northwest, Kettle Range Conservation Group, and the Washington Trails Association (WTA).

I have been a member of The Mountaineers since 1990 – joining shortly after moving to Washington. This organization, which was founded in 1906, has been a driving force behind protecting some of Washington's most treasured wild places. Powered by 12,000 outdoors-loving members, The Mountaineers community can be found teaching low impact recreation skills, contacting lawmakers to preserve public lands, and working to steward our region's trails, climbing areas, and coastlines. The club's publishing arm (which I am proud to be affiliated with) has published more than 500 outdoor recreation and conservation books.

Last year, more than 1,600 Mountaineers volunteers presented

outdoors skill classes to more than 2,500 recreationists. The club also published its "Be An Outdoor Ambassador" video series, which shared low impact recreation skills with thousands of viewers - including some from as far away as New Zealand. As for stewardship - from the mountainous Little Si Trail to the shores of the Olympic Peninsula - The Mountaineers host an array of activities that members and guests can sign up for. Through its advocacy program - which works to protect the wild places where we play - the club helped protect 30,000 acres of Washington public land last year. The community comes together to speak for our lands - notably contributing 3,000 individuals to sign on in support of National Heritage Area designation for the Mountains to Sound Greenway.

As an outdoors writer and guidebook author for the Mountaineers Books, I enjoy sharing adventures with my readers and introducing them to an array of wild and natural places to explore. And it is one of my paramount duties to make sure that my readers are well aware of how our parks and wilderness areas came to be - and what we must do to make sure that these special places stay protected or get the protection they deserve. My array of guidebooks has a strong conservation ethic. I hope through my writings that more folks become involved with trail and conservation organizations so that they too can pay it forward and become part of our large community of folks living healthy and connected lives to the outdoors. And I want to be assured, that these trails will continue to be there for my son - and generations to come.

If you spend any time in our backcountry, I implore you to get

involved with some of our local and national conservation and trail groups. Support organizations that share your outdoors values and have excellent accountability records when it comes to leveraging your hard earned cash - and when it comes to getting things done. Groups like The Mountaineers and key partners of theirs like Washington Trails Association, Mountains to Sound Greenway, Washington Climbers Coalition, and Fortera and so many others need and deserve your involvement and support. For example beyond my involvement as a Mountaineers member, I have been a member of WTA for more than two decades. WTA did phenomenal work on 180 trails in 2015. This is so important in Washington where past legislators and governors have shown little interest in properly funding our state park system. And Washington's national forests - including the Mount Baker-Snoqualmie which is one of the most hiked in the country - are operating on skeletal budgets with tiny trail crews. These places need our help.

Do what you can, but do something. No financial or in-kind donation is too small. And no amount of time volunteering is not appreciated. We have an obligation to be guardians, stewards, and advocates for the trails and lands that have given us so much enjoyment, spiritual redemption and life-changing experiences. ▲▲

Craig Romano, is an outdoors writer, photographer, and author and co-author of 17 books. His *Columbia Highlands Exploring Washington's Last Frontier* was a 2010 Washington Reads book for its contribution to the state's cultural heritage. He lives with his wife, son, and cat in Skagit County.



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Wonders of Wonderland

by Mickey Eisenberg, Gene Yore, and Steve McClure

This issue of Secret Rainier describes four wonders of the Wonderland (just off the main trail), each well worth a short detour to visit. The Wonderland Trail in Mount Rainier is aptly named: the entire 96-mile trail is a feast to behold. Though the trail doesn't fully open up until July and become snow free until late July, now is a good time to plan a trip and make reservations via the Mount Rainier National Park web site.

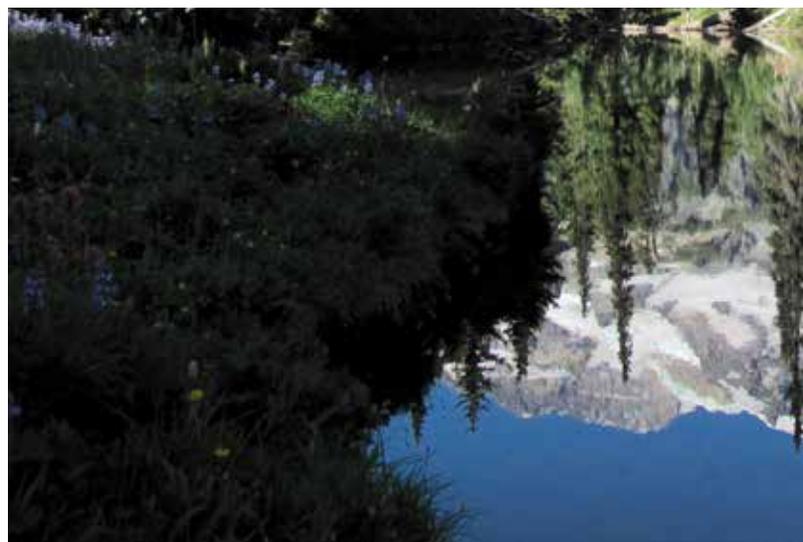
Sunset from Sunset Park. Photo by Mickey Eisenberg



Sunset Park

There used to be a lookout in Sunset Park, located just south of Golden Lakes. The trail to it is difficult to find, but still passable, years after the removal of the lookout. It leads to the lookout sight and a ridge with spectacular views of Mt. Rainier.

Directions: The abandoned trail is depicted on older maps. From the ranger cabin at Golden Lakes travel south for several hundred yards looking for a path leading east. Continue first to the lookout site and then to the ridge with a return path hooking up with the Wonderland Trail.



Mirror Lake

Mirror Lake is a photographer's dream and located only a short hike off the Wonderland Trail, in the Indian Henry's Hunting Ground area of the Park.

Directions: The short half-mile spur trail to the lake is marked and located north of the rangers cabin at Indian Henry's Hunting Ground.

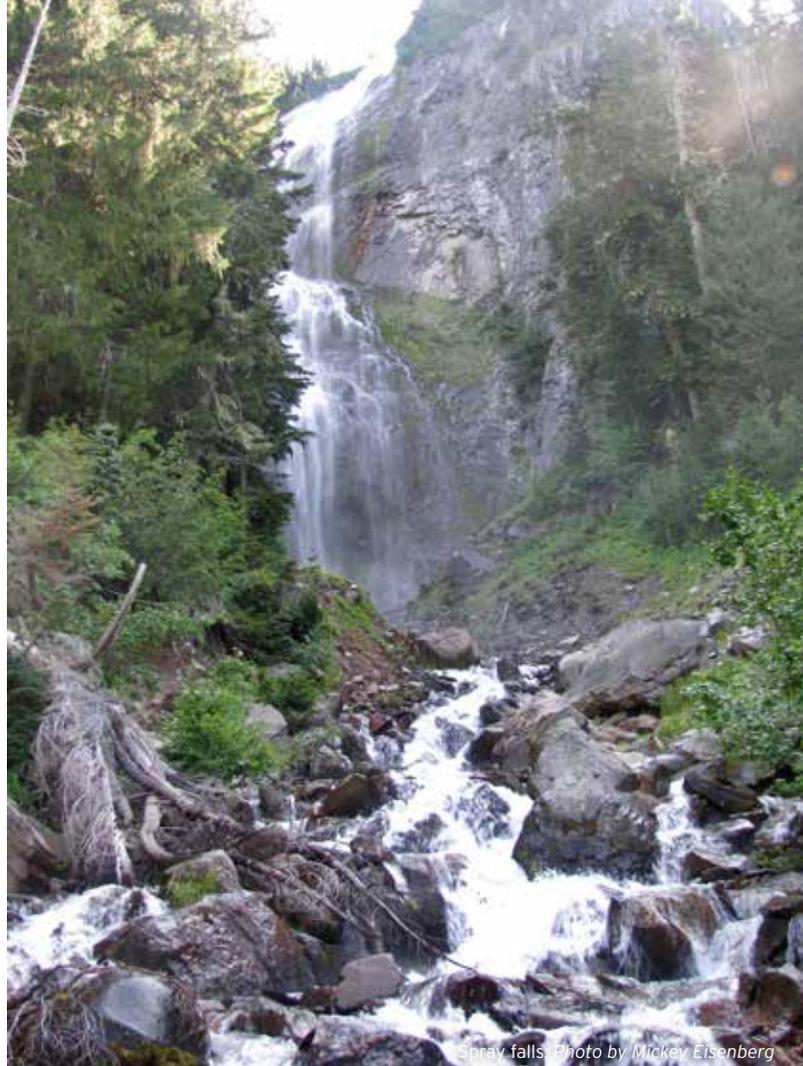


Andesite columns. Photo by Mickey Eisenberg

Andesite Columns

Massive andesite columns are located a mere hundred yards west of the South Puyallup campsite on the trail heading toward Round Pass. The hexagonal columns were formed when molten andesite cooled.

Directions: Just south of the bridge crossing the South Puyallup River is the campground. From the South Puyallup camp travel on the trail leading to Round Pass for approximately 150 yards and you can't miss the massive columns.



Spray falls. Photo by Mickey Eisenberg

Spray Falls

One can easily get waterfall overland given how many are found in the park. But take our word for it, this is a spectacular one.

Directions: The falls may be viewed just off the Wonderland and located 1.8 miles south of Mowich Lake. A sign marks the short trail to the falls. Note there is some ambiguity about whether the Wonderland Trail passes through Spray Park or goes more northerly along Ipsut Creek. Both routes are fine but if you choose the Ipsut Creek option then Spray Falls takes more effort to view and is a 3.6 mile round trip detour from Mowich Lake.

More Peaks near the Wonderland Trail

In addition to the above wonders, it's possible to hike or scramble 17 peaks located very close to the Wonderland Trail. These are: Skyscraper, Burroughs (First, Second, and Third), Fremont, McNeeley, Antler, Dege, Mineral, Hessong, Pleasant, Bald Rock, Satulick, Ararat, Aurora, Copper, Iron.

Want to learn more?

Mount Rainier National Park has over 100 climbable peaks (not counting Mount Rainier itself) either within or immediately adjacent to the Park boundary. While most are scrambles (and a few are climbs) there are 15 peaks that are reachable as hikes.

Guide to 100 Peaks at Mount Rainier National Park is available as an enhanced iBook for the iPad on iTunes and in tablet eBook and smartphone eBook by Mountaineers Books. All royalties donated to The Mountaineers.



Reflection of Mount Rainier in Mirror Lake. Photo by Mickey Eisenberg



Single Leg Deadlift: Open Book T

By Courtenay Schurman, MS, CSCS, PN2

Courtenay demonstrates the Open Book T, second position. Photo by Doug Schurman

Most hikers and climbers want to improve balance and increase speed for easier travel in the mountains. For many years I've recommended the one-legged deadlift and its variations as a powerful exercise to build ankle, knee and hip stability. The Open Book T variation is an advanced balance move combining Warrior 3 and Half Moon poses from yoga, with internal and external hip rotation. It reminds me of graceful figure skaters who glide effortlessly across the ice, leg extended behind them parallel to the ground.

This exercise strengthens the gluteals, hamstrings, and adductors – those posterior chain muscles in the back of the body that extend the hips whenever you make a high step, travel uphill, or power forward on the trail or a bike. The lower back muscles also help to stabilize and hold the body in position. The hip abductors and external rotators work with the VMO (the inner teardrop shaped muscle in your quadriceps) to stabilize the pelvis and the knee of the supporting leg as you perform the movement. In short, it's a great compound movement that incorporates multiple muscle groups simultaneously and challenges your balance in an integrated, functional way.

INITIATION

Stand on one leg with a slight (no more than 20 degree) knee bend. Focus on keeping your weight evenly distributed among the tripod of your big toe, pinkie toe and heel. Keep abdominals tight so that you prevent rounding or overextending the back. Cast your eyes forward and hold your torso in a straight line from shoulders to hips.

TO GET INTO T

Holding a neutral spine and keeping hips squared to the floor at all times, slowly bend forward at the hips while maintaining a slight knee bend in the standing leg. Think of pressing the hip of the standing leg backward, or dragging the floor underneath you in order to activate your hamstrings. Allow your arms to hang loosely in front of you (you can hold a dowel or light dumbbells to keep your torso level). Your back leg should stay in line with the torso as you hinge forward.

MOVEMENT

From this T position, engage your obliques and glutes to raise and lower the unloaded hip (as in Half Moon) keeping shoulders and hips aligned at all times and torso and elevated leg parallel to the floor. Avoid rotating through the upper torso only. The hand on the side of the grounded leg should not move at all. Slowly raise and lower the airborne hip 3-8 times, then repeat on the other leg. If you feel any stress in the lower back, rest and stretch between sides.

ADVANCED VARIATION

To increase the balance and strength challenge for the hips and lower back, when you feel you can perform the movement smoothly on both legs, and get into and out of both the dropped and lifted hip positions, add a dumbbell in each hand.

For more how-to exercises and nutrition tips for the outdoor athlete, visit Courtenay Schurman's website at www.bodyresults.com or send her a question at court@bodyresults.com.

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A Solo Adventure For the Benefit of a Community

by Ada Love, Mountaineers Development Associate

Emily Guyer embarks on the John Muir Trail. Photo courtesy of Emily Guyer

In June 2015, we launched our first ever adventure-based peer-to-peer fundraising campaign called Our Parks | Your Adventure (OPYA). The premise was simple: choose a National Park(s), pick a personal challenge, and complete it to raise money for The Mountaineers youth programs.

The results were impressive. Each one of our ten OPYA Adventurers successfully completed their adventures while raising over \$30,000 for Mountaineers youth programs. We accomplished the first ever completion of the Mt. Rainier Infinity Loop envisioned by the late Chad Kellogg, a one-day climb of the Grand Teton, a thru-hike of the John Muir Trail, a one-day climb of Mt. Shuksan's Fisher Chimneys, a newborn's first experience in a National Park, and hundreds of miles hiked in Washington's three National Parks. Whew. That's a lot for one summer!

In early December, I had the privilege of sitting down with one of our ambitious Adventurers, Emily Guyer. Emily has been a Mountaineers member since November 2014, a hike leader since June 2015, and an outdoor lover for as long as she can remember. Originally from New England and formerly based in New York City, Emily visited Seattle eight years ago and it was love at first sight. She began dreaming of a move to the Pacific Northwest. That dream became a reality two years ago when she transferred to Seattle for her work as an Environmental Engineer with Integral Consulting, an Environmental Consulting firm based downtown.

It didn't take long for Emily to hear about The Mountaineers. Jennifer White, a backcountry ski instructor with the Foothills Branch and Emily's co-worker, eagerly asked Emily about her interest in winter sports. Jennifer listened as Emily described

her passion for outdoor adventure and immediately encouraged her to join The Mountaineers. Emily enrolled in our backcountry ski course to whet her appetite.

Her winter in the backcountry turned into a summer dedicated to hiking through the Conditioning Hiking Series (CHS) course. This experience inspired Emily to become a hike leader herself. "I thought it would be a great way to challenge myself," she said, "both with respect to the navigation skills I learned from The Mountaineers as well as taking a step into leadership. I wanted to push my boundaries and give back to the community I loved."

Last June, Emily stumbled on an advertisement in Mountaineer magazine for Our Parks | Your Adventure. With a month long thru-hike on the John Muir Trail (JMT) already planned for August, it made sense to her to use this adventure to raise money for outdoor programs to benefit youth of all backgrounds. "I have acute memories of growing-up road tripping to National Parks and Wilderness Areas and participating in environmental education at a young age." She reminisced, "I believe I was a very lucky kid, and that those experiences shaped my passions for nature, science and engineering, conservation, outdoor leadership and stewardship. Those passions also contribute to the refuge I find in nature today when adult life throws curve balls."

Youth programs, like those run by The Mountaineers, had a deep impact on Emily growing up. During middle school, she attended an environmental school in New England. "The time I spent there came at the right time in my life. I was going through puberty and was vulnerable. It was a great way to channel my energy. Because of spending recreational and educational time in

nature at a young age, I established a deep interest and respect for environmental science that I still hold today." Emily hopes that today's youth will experience our wild places the ways she did and in turn become its fiercest protectors.

A Goal Delayed and then Remade

One year before signing up for OPYA, Emily stood on the JMT for the first time, about to embark on a five-day solo backpacking trip near Yosemite Valley. Her goal was to complete the first leg of the JMT plus one summit to test her comfort level as preparation to complete the entire JMT solo the following year. After five days alone, Emily declared, "There's no way I am soloing the JMT!" A bear visit to her campsite on the second night followed by a challenging solo scramble on little-to-no sleep was only the beginning. She found herself having to help two young guys who were suffering from heat exhaustion and lost, without food or water, off the trail. Then she returned to the same dark campsite where the bear had visited the night before. All this culminated in a decision *not* to solo the JMT.

On December 7, 2015, a close coworker and mentor to Emily, and someone she loved and admired committed suicide. Emily described him as deeply compassionate, brilliant, and a brave adventurer, and he had encouraged Emily to follow through with her solo trip. "Having the person you look up to both professionally and personally take their own life was one of the most difficult things I have gone through," Emily described, "I was feeling hopeless and thought, 'it can't get much worse than this. There's nothing that can happen on the JMT that could be more challenging.'" Shortly after his death, Emily changed her mind and decided to complete the solo thru-hike of the JMT. "I knew this was going to be the opportunity I so desperately needed to heal and reflect on the inspirations I've had in my life: my beloved mentors, heroes, and nature."

The John Muir Trail

On August 13, 2016, Emily set out on her adventure with a drive to California. "After having tears of joy driving down the eastern escarpment of the High Sierra, I knew I would be at home on the JMT." She started on August 17, 2016, to complete her 21-day, 220-mile solo thru-hike. Her hike began in the place where John Muir envisioned the creation of National Parks. "I wanted to go to the origin of the places I appreciate so much and see what inspired John Muir to promote the National Park system. And gosh, I get it. It's a really beautiful place."

John Muir is easily one of Emily's heroes and a huge source of inspiration. "I deeply admire John Muir - his work has been some of the most important for our great lands and has had a great impact on me personally and professionally. His work encourages me to support environmental preservation and is why I can recreate in National Parks."

The JMT may have taken only 21 days to complete, but it's so much more than a month of Emily's life. Between the distance, the time, and the impact of being immersed in the vast beauty

of the space, the JMT changed the shape of her life. When asked what the most challenging aspect was, Emily, said without hesitation, "the preparation." Emily spent months dehydrating food and counting the calories she would pack. "Figuring out the logistics of food supplies and prepping for what to carry so I'd have adequate sustenance in the very remote parts of the JMT took a lot of thought." Another challenge was acclimating to the varying altitude. "I felt like hell the first couple of nights. I wasn't performing at what I thought was my ability level. I didn't want to eat anything and my pack felt much heavier than it was." Emily describes.

But it was so rewarding. With each mountain pass Emily completed, she was taken to a new geological pluton. "I'd work really hard to get to the top and before me would be a whole new landscape. Every day I went up a new pass it felt like the best day of my life - it gives you inspiration to keep going; you can't wait to see what's up the next pass." From white polished granite to deep red rock, it was easy for Emily to understand why they call the JMT the most scenic trail in the U.S.

"Completing the JMT made me more confident in my abilities, both physically and emotionally. As a woman, I tend to underestimate my physical abilities. In my pre-JMT moments of self-doubt, I believed I would fall apart on the trail, but I didn't. My JMT was the complete opposite in fact. I gained a sustained confidence and strength I never knew I had. I completed much more than the JMT. Even after a long day of hiking the trail, I wandered or scrambled around camp to explore and did several side trips in my 21 days in the High Sierra. I never thought I would have the energy for all of that." When Emily got to the top of Mount Whitney, the point that marked the end of her trip, she stood on the summit and broke down in tears - because it was over. "I didn't want it to end," she sighs. She left the JMT with thoughts of what her next adventure might be. "I would love to do a longer thru hike!" she laughs, "like the PCT or the JMT again." Emily is planning to complete a section of an off-trail, higher altitude route parallel to JMT this summer.

Participating in OPYA gave value and purpose to Emily's adventure on the JMT that was already so personal to her. "I had a lot of alone time on the JMT. I reflected on why I was there and it took me directly to the childhood experiences I was lucky to have growing up. Those experiences are integral to my existence," Emily said. Early outdoor recreation and environmental education have shaped her career path as well as the adventures she seeks to find happiness and peace. "I feel strongly that if kids have the opportunity to be outdoors in nature they will be inspired to protect it and want to learn about the role they can play in sustaining life on this planet." ▲▲

Interested in participating in our 2017's OPYA Adventure Challenge? The future of our youth programs depends on stories like Emily's and yours. Check out www.mountaineers.org/OPYA to learn more and sign up.



Sunset and moonrise above the John Muir Trail. Photo by Emily Guyer

POC-in-Chief A Legacy Living On

by Glenn Nelson, founder of The Trail Posse



Audrey and Frank Peterman at Denali National Park. Photo courtesy of Audrey Peterman

In Tucson, a large Latino community abuts Saguaro National Park but seldom visits it. It was there that I met Cam Juárez through work that Barack Obama made possible. Juárez was a planner and project manager outside the Park Service when he agreed to take on the challenge of connecting his community with Saguaro. Juárez is a miracle, really. He has birth defects that caused shortened upper limbs and missing digits, and a cardiac condition. His mother was a single parent and a migrant farm worker in California's Central Valley, where she likely was exposed to pesticides associated with defects suffered by her son and now her grandson as well.

Juárez has a weakened heart, but it is large. And it was emboldened by his president.

When he ran for a non-partisan school board position, Juárez was on the same ballot as Obama in 2008. He and his wife worked on both Obama presidential campaigns. His son was conceived during Obama's 2008 run.

"Yes, I had hope under an Obama administration," Juárez says. "The Park Service gained a plethora of units under Mr. Obama, including a National Monument for César E. Chávez, one of my other heroes. President Obama helped to change my perception of the federal government's ability to demonstrate efficiency and efficacy."

I say I met Juárez through the president because Obama has been our President of Color, our First Person of Color - our POC-in-chief. For the first time in my lifetime, I and other people of color in this country have felt truly seen by the man in the White

House. And because of his illumination, we have seen each other.

It was that vision that prompted me to found The Trail Posse to encourage and document diversity and inclusion in the outdoors. That work led me to join some 30 other civil-rights, environmental justice, conservation and community organizations to form the Next 100 Coalition early last year to advocate for greater inclusion of diverse communities in public lands. Our most urgent endeavor was to ask Obama to issue the *Presidential Memorandum Promoting Diversity and Inclusion in Our National Parks, National Forests, and Other Public Lands and Waters*, which he signed Jan. 12. The sweeping document sets in place vital mechanisms to ensure access, relevance and inclusion on federal public lands and waters, outreach and engagement efforts, and workforce diversity and youth workforce initiatives.

The memorandum addresses the crucial connection between communities of color and other marginalized groups to federal public lands and therefore the future of our country. The demographics of our country and the impacts of climate change are on parallel tracks. It is imperative that our constituents are connected to public lands and therefore, as the projected non-white majority in the U.S., have the commitment and political will to mitigate the impacts of global warming, which we tend to feel first and disproportionately.

Obama has recognized that reconnecting the disenfranchised involves more than hanging a "Welcome" sign at existing parks and monuments. It requires creating units with geographic and cultural relevance. Three of the five national monuments

Obama designated the same day he issued the memorandum - Birmingham Civil Rights, Freedom Riders, and Reconstruction Era - help tell a more complete story of our country's civil rights and post-slavery past. So does the Harriet Tubman National Historical Park Obama designated earlier that same week, as well as Bears Ears and Gold Butte National Monuments just weeks before. The Obama administration has created, expanded or re-designated 25 national parks, monuments and preserves that have cultural relevance to marginalized groups; many, by being near urban centers, also offer better geographical access.

The memorandum and designations set in place a blueprint for a new normal that accommodates, fosters and celebrates the ways that different groups connect with federal public lands. Like the healthcare system, those advances could suffer the misfortune of being characterized as Obama legacy items. That would be a shame because the Next 100 Coalition is trying, simply, to establish a lasting human legacy, and believe that should outlast any one president.

In pursuit of support for the presidential memorandum, we in the Next 100 Coalition spent our first months reframing the discussion about communities of color and our connection with nature. We have insisted, through the first-ever poll of voters of color, meetings with public lands agencies, Twitter chats, forums with the Congressional Hispanic Caucus Institute and Congressional Black Caucus Foundation Conference, and dozens of op-eds and radio and television appearances, that we already are outdoors. We just haven't been connected to public lands in the "traditional" manner as defined by mainstream, white America.

I have confirmed such through my own work as a journalist while traveling much of the country to document race in the year of the National Park Service centennial.

For a year, I followed Nancy Fernandez as she fell in love with public lands, struggled to gain permanent employment to steward them and, at the last minute, earned a job with the U.S. Fish and Wildlife Service. In Colorado, I watched Shelton Johnson, the only full-time black ranger at Yosemite National Park, hold the World Ranger Congress in utter rapture with the story of the Buffalo Soldiers, the African American precursors to them all. In Southern California, I met Antonio Solorio, a Mexican-born ranger who administrates the groundbreaking SAMO Youth program connecting high-school youth of color to public lands. His colleague, Michael Liang, is gay, Chinese-American and a "Centennial Ambassador" who has impacted National Park Service messaging from coast to coast, including North Cascades National Park.

I also had the pleasure of writing about Masyih Ford, who is from Tacoma and another young person of color who highly impacted the North Cascades. Ford not only was highly popular with visitors and those who supervised him, he checked off three boxes for the National Park Service because he is African American, gay and Muslim. But the Park Service lost Ford because of the arcane federal hiring system, which is precisely why the Next 100 Coalition sought the presidential memorandum.

Barack Obama is the reason I met Audrey Peterman, who has been advocating for inclusion and access to U.S. public lands for more than 20 years. When the last of their children graduated from college, she and her husband Frank, a long-standing,



Cam Juárez, PARKing Day 2016. Photo courtesy of Cam Juárez

influential civil-rights activist, embarked on 12,000-mile, 40-state road trip to "discover America." What they discovered, mostly, were national parks and their overwhelming lack of diverse visitors.

That didn't stop Peterman. The native of Summer Field, Jamaica, and U.S. citizen since 1996 has visited 179 units of the National Park Service, from Acadia to Zion. She and Frank also founded Earthwise Productions and the Diverse Environmental Leaders to raise awareness of public lands, with a focus on Americans of color.

It took President Obama to re-energize Peterman and connect the two of us through our similar work.

Obama also was our conduit to Maite Arce, who founded Hispanic Access in 2010 to connect Latinos with partners and opportunities to help develop a healthy environment, economic success, and active civic engagement. He led us to Angelou Ezello, who started Greening Youth Foundation in 2009 to connect more youth and young adults of color to the outdoors and careers in conservation. And because of Obama, we connected with Jes Ward of cityWild, which began in 1998 to advocate for and provide access and employment opportunities in the outdoors for youth.

"I thought the Obama presidency would give African Americans, in particular, a sense of belonging that we have lacked and that under his administration all Americans would come to know about our parks, our history in them, and come to value them as vacation destinations and part of our legacy," Peterman says.

The POC-in-chief, whose truest color has been green, has both seen us and changed the way we are seen. From Peterman to Juárez, the people I've encountered under Obama's watch are remarkable for the mark they've made on this world - regardless of race. And the triumph that was the presidential memorandum was for all of them, for those who came before them, and for all who are to come. ▲▲

Glenn Nelson is the Seattle-based founder of The Trail Posse (trailposse.com) which, in partnership with High Country News, regularly covers race, diversity, and inclusion in the outdoors. Glenn is also a member of the Next 100 Coalition (next100coalition.org), envisioning public lands for all.

Karakoram

Climbing Through the Kashmir Conflict

An Interview with Steve Swenson by Julie Briselden



Steve Swenson, a current Mountaineers Director at Large, has been climbing for more than 45 years. He has made ascents of K2 and Everest, both without supplemental oxygen. In 2012, he and his partners made the first ascent of Saser Kangri II (7518 meters), then the second-highest unclimbed mountain in the world, a feat for which they were awarded the prestigious Piolet d'Or. Steve and his wife, Ann, divide their time between Seattle and Canmore, Alberta.

I sat down with Steve to talk about his new book, *Karakoram: Climbing Through the Kashmir Conflict*, which is due out in April from Mountaineers Books.

You've made innumerable trips over nearly four decades to the Chinese-, Indian-, and Pakistani-administered parts of the Karakoram. What is it about this region that attracts you?

When I went on my first trip to the Karakoram in 1980, it was the climbing objectives that drew me. The Karakoram had been closed to climbing from the early 1960s till the mid-1970s because of the conflict between India and Pakistan over the region. Only the major 8000-meter peaks – K2, Broad Peak, and Gasherbrums I and II – had been climbed. During this period when the Karakoram was closed, most of the major peaks and many difficult new routes were climbed in other parts of the Greater Himalaya. When the Pakistani-administered part of the Karakoram was reopened after a nearly twenty-year closure, the range was a virtual candy store of unclimbed mountains. I was a bit young to be a part of the first wave of climbers to explore new routes and new summits in the Karakoram after it reopened in 1974, but there were still a lot of those kinds of opportunities by the 1980s when I started to become active there.

Karakoram took several years to write; why did you feel compelled to tell this story?

One of the main reasons I wanted to write this story was personal. Over the years, I had tried to balance my climbing avocation with my responsibilities as a parent and husband, and as a colleague in the consulting firm where I worked as an engineer. When I came back from these climbing trips I had to quickly reengage with the non-climbing parts of my life, and what happened while away quickly became dim memories recorded in a stack of journals that collected dust on my bookshelf. I had the opportunity to retire when I was 55, and rather than continue with engineering, I decided to do something different. One of my highest priorities was to explore my feelings about all the adventures that I had never had time to think about. I decided to write about it.

What would you like readers to understand about the experiences you write about?

I tried to show that it took me a long time to learn the right combination of people, objectives, and timing when trying to climb big mountains – and how to blend what might otherwise be conflicting desires for safety, friendship, and success into a common effort. Those were the stars that had to align for us to reach the summits and experience the powerful forces of nature in an intimate way.

You write about your close friendship with Haji Ghulam Rasool, a Balti cook and guide. What is that relationship like and how did it develop over the years?

Rasool is like a brother to me, and one of my dearest friends. We have shared moments of triumph and great tragedy. We have spent time with each other's families. We take care of each other. Rasool first caught my attention on an expedition to K2 thirty years ago. He exhibited so many ways of entertaining us and relieving the stress of trying to climb such a big dangerous mountain. With each trip we shared together after that, I learned that his antics concealed a deeper understanding of people and their motives. He had been on a lot of expeditions and had seen all kinds of behavior; he appreciated that we cared about him and his family and didn't try to take advantage of the loyalty he extended to us as his clients. This kind of mutual



respect brought us closer to each other in a way that I would not have thought possible between individuals with such different backgrounds. He never learned to read or write, but he is one of the wisest people I know.

How have your experiences shared in the book changed you?

Climbing is what brought me to the Karakoram, but once there I discovered how much these experiences helped me to calibrate my worldview. Most of us have grown up in a life of privilege which limits our ability to understand what real deprivation looks and feels like. These mountains are in very poor and sparsely populated areas, and the lives of the local people we relied on as porters and base camp staff are full of hardship. To survive, villagers have become interdependent and were generous with each other in ways that seemed beyond their means. This was especially true when it came to how they treated us; it was such a contrast to my life at home where we have everything we need and barely know our neighbors, let alone help them out. These people had nothing but wanted to give me everything. It made me realize that the process of climbing these mountains and the values intrinsic to it – like partnership, fortitude, empathy, and humility – were more important than the summits themselves.



We walked along the rocky ridge, examining the steep rock walls on either side, but we didn't see any rope. After about fifty feet the horizontal ridge ended, dropping off in all directions into the clouds below. Walking back and forth, we looked for the rope that would lead us to safety, but all we found were several rappel anchors. The horror of our situation dawned on us: We were trapped at the top of this wall without a rope for rappelling and without any fixed rope to use or guide the way. (We later found out that no one had been on this route since 1992. Steve [House] had been there in 1990 with a large Slovenian group that had used fixed ropes on this part of the route, but sun and weather had apparently destroyed those ropes or maybe another group had removed them.) Standing on the rocky ridge, staring down into the clouds, we resisted despair. Excerpt from *Karakoram: Climbing Through the Kashmir Conflict*, by Steve Swenson ▲▲

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**Glen Strachan & Tatiana Sikora**

Met on a Mountaineers hike in MRNP on November 29, 2013. They got engaged on March 3, 2016. Here is their story.

Glen and Tatiana. Photo courtesy of Glen Strachan

Long story long, how did you two meet?

Glen: We met the day after Thanksgiving on a Seattle Mountaineers hike to Green Lake on the northwest side of Mount Rainier. There were 10 hikers on the trip and I struck up a conversation with the Polish American blond woman with a charming accent and dynamic smile. Tatiana was the bright spot in the crowd of hard-core hikers. We discovered that we had common interests besides hiking - other outdoor activities, travel, cultural events, dancing, serving others, and our faith. We also had similar degrees in geosciences. At the end of the hike, we exchanged cards and shortly after, scheduled our first date at Starbucks in December, 2013. If we both had not gone on this hike organized by the Mountaineers, we likely would have never met.

Tatiana: I always loved hiking, skiing and kayaking, but I was going mostly alone or with my dog. I wanted to join an outdoor organization which would help me stay safe, reach new interesting trails, and meet other hikers. I thought about joining The Mountaineers for a long time and finally purchased a membership in 2013 as a birthday present for myself. The hike to Green Lake was one of my first Mountaineers hikes. I usually would not go hiking in November or drive alone to Mount Rainer, so I was happy to have company and a carpool.

Favorite outdoor memory together?

Glen: On November 1, 2014, we hiked up Tonga Ridge to the top of Mt. Sawyer in the Washington Cascades, just after the first light snowfall of the season that glistened on the evergreen trees. At the top, Tatiana sang a love song, and we opened an expensive bottle of French champagne for the occasion. She had brought along two crystal champagne flutes and a chocolate heart. We were in love and wanted to celebrate.

One more story - we're a sucker for romance.

Tatiana: We got engaged during a vacation to Fiji last spring. On the day Glen proposed, we went underwater cave exploring. Glen had to leave early to attend to "business." I was suspicious, especially when he told me to dress up for dinner, but I enjoyed my afternoon. When I returned to the hotel, I noticed a beautiful table for two placed right on the beach, under palm trees, at the resort restaurant. The tablecloth and fancy dishes were shimmering in sunlight. A candelabra was in the middle of the table and was ready to add light to a perfect setting for dinner. I had a strong feeling that something special was about to happen. I dressed in my best outfit for dinner and realized, with great pleasure, we were being led to that special table that I noticed earlier. The only difference was that the table was no longer on a beach. Earlier in the evening, a storm hit the resort with the threat of more thunder, lightning and rain, so the waiters had moved the table inside the restaurant. I guess that since we are both from the Seattle area, rain likes us and wanted to be a part of our special celebration. Nevertheless, everything was perfect. Glen ordered lobster dinner and before the main course and dessert popped the question of marriage. I was the happiest woman in the universe. Beautiful Fiji women serenaded our engagement and brought champagne to celebrate around our table. The wedding date is set for April 22, 2017.

Before joining The Mountaineers in 1986, Glen completed basic climbing and climbed many of the Cascade peaks with the Mazamas of Oregon. Glen is a hike, backpack, snowshoe, cross-country ski and Global Adventure leader with The Mountaineers. Tatiana is a world traveler, sea kayaker and has hiked and scrambled extensively in the High Tatra Mountains of Southern Poland and Northern Slovakia, near where she grew up.



Getting Your Hands Dirty With Satisfying Stewardship

by Katherine Hollis, Mountaineers Director of Conservation

A volunteer puts together tree tubes for Elwha River. Photo courtesy of The Mountaineers

There's something about digging in the dirt. I always know my kid's had an especially good day when he's in outfit number three or there's dirt in his ears. As adults, or even young adults, our dirt 'play' changes significantly. I hike and climb and get dirty that way for sure, but there's something about getting dirt under-the-nails through good, old-fashioned dirt digging and rock moving. I started participating in trail-work events as a way to give back to the places I played. And kept doing it in part because it because it was so satisfying to see what impact a group of volunteers could make in a day's work, and in part because it continues to be... simply fun.

The Mountaineers approaches our conservation work through education, stewardship and advocacy. We work to build bridges between our love of the places we play and the need to protect them. Our programs work in concert to build a conservation community that spans from first-time hikers to third-term senators. We also believe it's our duty to give back to our wild places: from beach cleanups to maintaining some of Washington's historic fire lookouts, our volunteer-driven stewardship program, is one of the most dramatic ways our members say, "this place matters!"

Long-time Mountaineer, Bruce Wolverton, shares why he gives so much of his time to the Everett Branch's stewardship work:

"Partnering on National Trails Day and trail stewardship programs is extremely rewarding, even more so when you're working on lookouts such as Mount Pilchuck or the Three Fingers Fire lookout. When we do trail maintenance on the hike

up to Mt. Pilchuck Fire lookout, we normally take plastic garbage bags and as other hikers pass us on the trail and see us cleaning up the area, it becomes very contagious for them to want to help out. Now, we always take extra garbage bags, so we can share with other hikers who want to jump in. I've never had to carry a garbage bag out of the mountain yet as the other hikers are so helpful."

The Everett Branch has a long history in maintaining historic lookouts here in Washington. For example, at the request of the Darrington Ranger District of the US Forest Service, the Everett Lookout and Trail Maintenance committee was formed in 1985, officially taking over routine maintenance of the Three Fingers Lookout. Outdoor enthusiast Gwen Tollefson shares a bit on what 're-roofing the top of the world' with our Everett branch can look like:

"In 2015, the Three Fingers Lookout's roof needed to be replaced. "The helicopter airlift of supplies to this remote was the absolute crux of the project. Without it, an estimated 100 individual trips would have had to have been made to carry it all. That means, 100 pairs of boots traveling a heavily eroded trail, 100 people spending nights camping in an environmentally fragile area, 100 trips up a steep, icy snowfield and through a class 3 rock scramble, 100 ascents of the three precariously placed ladders followed by the tilted rock slab that leads to the front porch of the lookout, 100 opportunities for something to go wrong that could cause damage to property or, worse, injury to a volunteer. Instead, the lift went off without a hitch and the load was neatly delivered to the preferred location on the back

porch. With this first task easily accomplished, the crew was able to set about other routine maintenance tasks - replacing broken window panes and failing hardware, painting and, as always, cleaning up other people's trash."

In the end, it took over 400 hours of volunteer-only labor to re-roof the Three Fingers Lookout in 2015. Gwen asks all of us to remember, "Whenever you are lucky enough to encounter an old fire lookout, please remember what it takes to look after these special places. Sign only the logbook, clean up after yourself, pack out your trash, and leave nothing behind. Oh, and volunteer whenever and wherever you can."

While our Everett Branch has a long history of trail and lookout stewardship in the Darrington area, many of our other branches engage in stewardship as a core part of their Mountaineers experience.

Kathy Fox shares her passion for the work she's lead for our Olympia Branch on the Olympia Peninsula:

"June 2014 marked our first stewardship trip in support of Elwha River restoration. We volunteered at the nursery on Friday, followed by a presentation on the history of the Elwha River by Olympic National Park Ranger Dean Butterworth. Afterwards, we enjoyed pizza at the evolving mouth of the river where it empties into the Strait of Juan de Fuca, and camped at the Altair Campground in the Elwha Valley of the Park. Our adventure on Saturday included a hike in the Geyser Valley, then onto a fascinating walk amongst old growth stumps that were revealed in what once was Lake Aldwell before the Elwha dam was removed. There were four of us on that first trip to the Elwha and the roster has grown with each trip since. As the restoration project will be completed at the end of this winter 2017, are leading our ninth and final trip to plant trees along the river this January."

Kathy also shares that for her, "Any opportunity to be in the company of people energized to give back to the resources we all enjoy is motivation in the highest sense for me. The positive energy that we feed each other when on a stewardship activity is the best medicine for anything that's ailing me." Yup, there's

something about getting dirt under the fingernails.

The sea kayakers from our Kitsap branch have stewarded Washington's coastlines for years. Vern Brown has led our partnership with Washington Coast Savers beach cleanups since 2007, and expanded their reach in 2012 with Friends of Olympic National Park, focusing on Duk Point beaches in the spring and the beaches of the Ozette Triangle in the fall. A favorite memory of Vern's includes two volunteers, one who was just shy of 80-year's old and another who was 17 at the time. 17-year old Patrick pulled and carried two wheels two miles from where they found them on the beach. "Note that Joan, our 80-year old, would have carried the tires out herself if Patrick hadn't been so instant that the tires were his find." So much of the trash that these volunteers haul off the beaches every year - ropes, wires and the like, are not only eye sores, but can also pose significant threats to wildlife. Our Kitsap members are proud to give back to the places we love, and the animals that call these places home.

Partnerships like these are crucial to all of The Mountaineers conservation work. From decades-old partnerships with land managers like the Darrington Ranger District or our National Parks, all projects we undertake are either co-planned with the land manager, or done with their expressed approval. Partnerships with other conservation and recreation organizations are also pivotal to our success.

My first experience with trail building was with the Access Fund, and much of The Mountaineers climbing-related stewardship is with the Access Fund and Washington Climbers Coalition. We've developed a partnership with the Mountains to Sound Greenway, as the I-90 Corridor is where so many of us hike, climb, backpack and ski. We've also worked to partner on closer-to-home stewardship opportunities at local parks and greenspaces, which is perfect for school and youth groups. And many Mountaineers also volunteer with Washington Trails Association, which they can receive stewardship credit for - a requirement to graduate many of our courses . But no matter where you volunteer, it's all for the same cause - helping the environment and protecting the places we love to play. ▲▲



Mountaineers Kitsap volunteers, Linda and Michiko help gather trash for Washington Coast Savers Beach Cleanup. Photo courtesy of The Mountaineers

Dee Molenaar

A Life of Achievement

by Mary Hsue, Mountaineers Director of Development

Dee Molenaar, 2nd from left - Rainier guidehouse, 1939. Photo courtesy of The Mountaineers

A musty odor wafts up as we descend the narrow, creaky staircase into the basement. I'm following a surefooted 92-year-old man down the steps and into a cold, well-lit room. Paint, brushes, books, and stacks of papers cover every available surface. "It's here," he says as he gestures me to follow him towards a large table. Under a cloth-covered canvas is a portfolio that contains a watercolor he painted at 26,000 feet. "I think I can get in the Guinness Book of World records for this," he says proudly as he carefully hands me the painting. "I painted it our tent during the storm." He's referring to the storm on the American Karakoram Expedition to K2 that gained fame not for summiting the peak but for an act of heroism and a single belay or as mountaineers around the world know it, "The Belay".

Six years later, at 98 years-old, legendary mountaineer and 75-year member Dee Molenaar may be the last surviving member of that 1953 K2 expedition. This month at our annual gala, The Mountaineers will present Molenaar with a Lifetime Achievement Award. And what a life it has been - pioneering routes on Mt. Rainier, the first ascent of a Canadian peak with Senator Robert Kennedy, and sharing a microphone with Sir Edmund Hillary during a radio broadcast. But among these adventures, one will surely stand the test of time and maintain legendary status.

In 1953, there had been very few attempts and only two successful climbs of 8,000-meter peaks, so no one knew much about the lethal effects of the thin air at those altitudes. Mountaineers didn't know that future generations would label altitudes of 26,000 feet and higher "The Death Zone" because the amount of oxygen is insufficient to sustain human life. At 28,253 feet, K2 is the second highest, most difficult mountain in the world to climb.

Dr. Charles Houston, Dee Molenaar, Art Gilkey, Bob Craig, Tony Streather, George Bell, Bob Bates and Pete Schoening attempted to climb K2 in 1953. The climbers reached nearly 26,000 feet but were trapped, confined to tents, by a violent storm. After nine days, Gilkey collapsed with a nagging leg cramp. Houston determined that Gilkey had blood clots in his left calf, a dangerous condition called thrombophlebitis. If a clot broke loose and reached his lungs, it could be fatal. His only chance was evacuation from Camp VIII, even in a blizzard.

With a unity of spirit and purpose, a heroic attempt was made to rescue Gilkey and get him down the mountain. They wrapped him in a sleeping bag and tent, and tried to rope-lower him down the route they had climbed, but were thwarted by avalanche danger.

The next afternoon, reaching 24,700 feet on unknown terrain down a ridge, the men were at the top of a steep gully leading to Camp VII. Schoening was lowering Gilkey, using his ice ax, driven behind a boulder, as an anchor. The rope ran over the boulder, around the ax and around his waist and hip to his hand.

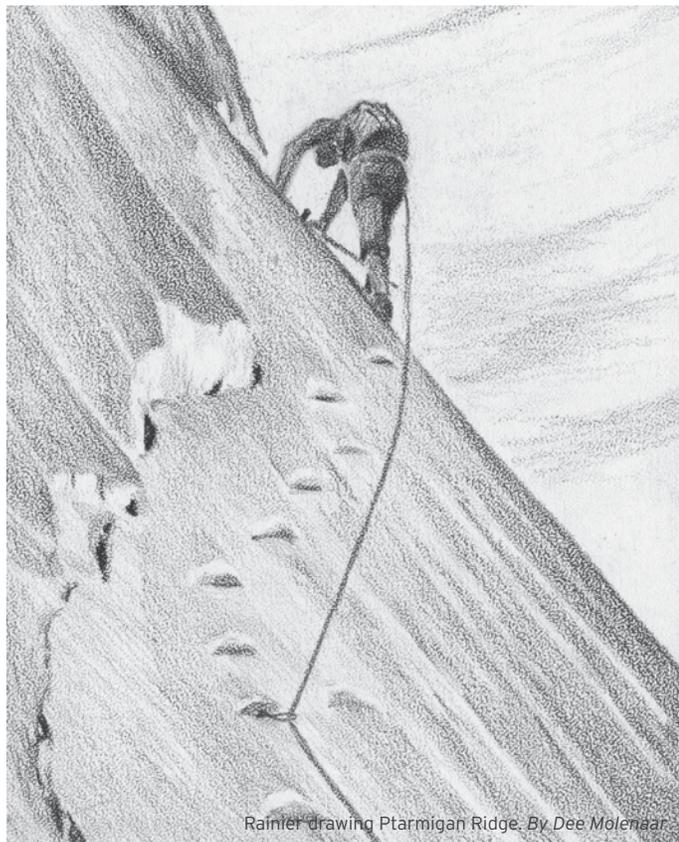
Craig had moved to Camp VII to set up two tents. Five other climbers were divided among three ropes, two of which were tied to Gilkey. All were exhausted by effort and altitude when Bell slipped. He pulled Streather down onto the rope between Houston and Bates, knocking them off their feet, then Streather hit Molenaar. As they careened toward a cliff, their weight came across Gilkey and the rope to Schoening.

Schoening stood his ground and held the fall.

Houston was knocked out, three others injured. Craig, Bates, and Streather anchored Gilkey on the slope and helped set up the tents to regroup. When two returned for Gilkey, he was gone, apparently swept away in an avalanche.

What remains of the story is the tale of closeness and solidarity in great danger. The stuff of great legends. Houston concluded, "We all returned the very best of friends, and we remain the best of friends to this day."

Many years later in 1970, in a letter to Charles Houston, Dee writes "I do appreciate your thoughts in sending that article and symbol of the close ties we developed on K2. I've since played back the tape copy of the base-camp recording; those weary voices really bring back fond memories. K2 1953 was the high point of my life in so many ways, and nothing will equal it. I've sometimes wondered in hindsight about whether or not our adventure really stacks up against the other famous mountain and arctic experiences of man." Nearly 50 years later it's safe to say it will. ▲▲



Rainier drawing Ptarmigan Ridge. By Dee Molenaar.



Dee pictured below at St. Elias expedition, 1946. Photo Courtesy of The Mountaineers

Emergency Contacts

The Most Important People

by Kristina Ciari, Mountaineers Director of Communications

Skiers in a snowstorm. Photo by Kristina Ciari

Three years ago, my friend Loren died in a skiing accident. A huge February storm rolled through the Pacific Northwest, and a bunch of us took extra days off to go skiing. He and a friend were skiing Crystal in-bounds on a Wednesday when Loren fell into a tree well. He suffocated before he could be rescued.

This experience was both shocking and heartbreaking. One of the worst parts, though, came hours after we were down from the mountain, when we were finally able to call his father to break the news. Loren had a passcode on his phone and we couldn't get in. None of us knew his family or emergency contact information. Only through Facebook and lots of difficult phone calls were we able to get to his dad. No one should have to wait 10 hours to get news like that.

Within The Mountaineers, we are required to fill out a waiver to participate in our courses and activities. This includes a section for you to designate an emergency contact person, which is stored with your member profile. This is important from a legal standpoint and a practical one. If something were to happen on a Mountaineers trip, we need to know who to contact.

To help provide clearer guidance about what it means to be an Emergency Contact, I spoke with Tony Tsuboi, an Everett Branch Climb Leader and member of The Mountaineers Safety Committee. Below he suggests a protocol to follow when defining roles and designating a person to be the central point of contact for the team. Tony outlines the three personas we refer to as an emergency contact, each with different functions:

Personal Emergency Contact

This should be the person notified if you've been delayed or involved in an accident. You will often be asked by a trip leader to provide an emergency contact or to verify what's online. Keep your personal emergency contact up to date. Generally people designate a spouse, family member, or another responsible party who can be in contact with family, friends, and any others with a stake in your wellbeing.

Before you go out, provide your Personal Emergency Contact with basic trip details, the leader's cell phone number, and how to contact the Team Emergency Contact if they're concerned, or have news to relay onto others.

Team Emergency Contact

The Team Emergency Contact is the party's lifeline. They're the primary emergency contact and central hub for communication. Some refer to this person as the Team Focal. This person owns

the responsibility to escalate if the party is overdue, and they should be provided the full detailed trip plan and team roster. They should be given clear instructions on when to dial 911 or the appropriate party of jurisdiction if the party is overdue. They'll be the primary hub of communication to the other Personal Emergency Contacts, and/or The Mountaineers Emergency Contact if something goes wrong.

TRIP LEADERS - Designate a responsible person to be the Team Emergency Contact. Be clear and specific with instructions on when to call for help and how. Verify that they understand their responsibilities, and confirm their commitment to be available and responsive to any inbound calls or inquiries from the party or Personal Emergency Contacts. The Team Emergency Contact is your lifeline in the event of overdue delay or incident.

Mountaineers Emergency Contact Line: 206-521-6030

The Mountaineers Emergency Contact

This is a 24-hour hotline to The Mountaineers. If a major incident occurs, the club needs to be notified. If someone goes to the Emergency Room, SAR is dispatched, or a catastrophic incident on a Mountaineers trip occurs, notify The Mountaineers Emergency Contact at 206-521-6030.

Note: The Mountaineers Emergency Contact is not set up to know if your party is overdue. However, it is manned 24x7. If you call and do not connect with a live person, leave a message with a brief description of the situation and a number to reach you. Someone will return the call within a few minutes. They will be able to provide guidance and next steps if needed.

More detail may be found here:

www.mountaineers.org/emergency-contact-procedures

Make Your Emergency Info Accessible

If you have a cell phone, chances are it comes with a program which allows you to give anyone access to specific information in the case of an emergency. You can enter things like your age, gender, weight, blood type, known medical conditions, and multiple emergency contact phone numbers. This information can be accessed even when the phone is locked.

If you own an iPhone, simply Google "How to set up Medical ID" for instructions. For Androids and Windows Phones, look up "How To set up emergency contact information." Or, find a detailed guide here: kristinatravels.blogspot.com/2016/03/set-up-your-emergency-contact.html.

The Little Things

Moss Blankets and Raining Lichen

by Gordie Swartzman, Stewart Hougen and Gary Brill



Awned Haircap moss (top) and False Pixie Cup lichen (bottom). Photo by Gordie Swartzman

As the mountains brighten with a blanket of fresh white on its highest hills, and evening alpenglow illuminates the distance with shades of pink and orange, we are allured by snow: tossing on snowshoes and skis to venture into the fantastic. Naturalists, searching for flora and fauna, turn to the foothills – and their manuals. We flip past the names of flowering meadow plants, summer mammals and autumn berries. We're reminded of the little things that flourish year-round in the temperate rainforest that makes up the Pacific Northwest – and especially in its wettest seasons – moss and lichen.

Ensnared in the winter with our books, our events and our reflections, we do not notice the subtle transformations occurring in our woods. While the mountains are covered in snow, the lowlands become blanketed with mosses and lichens that burgeon on branches of deciduous trees and shrubs. For them, this is the time of growth, of light, and of reproduction. They make hay while the rains reign.

Mosses and lichens have an ancient pedigree. Evolutionarily, they predate all other land plants. They are the simple organisms we've all seen growing on trees and rocks. Mosses have the most basic of root structures, leaves, and stems. Lichens are quite different: a composite organism, created from a joining of algae and fungus.

Mosses are one of the most primitive types of plants, and their simple structures have remained largely unchanged over the course of millions of years. Thought to have evolved from green algae, mosses are characterized by their simple root structures, stems, and leaves. There are around 14,500 different types of mosses, and because of their simple structure and low nutrient requirements, they will often be found thriving in places that other plants can't grow.

Both mosses and lichens can dry out completely and even become brittle, but when water returns, they completely reconstitute and remain viable. In fact, pieces of brittle lichen



Temperate rain forest. Photo by Gary Brill

can blow off and form completely new lichen, which explains many lichens' large range distribution.

A Closer Look at Lichen

Lichens can very easily be mistaken for mosses, but lack the stems and leaves of the moss. Lichen are divided into four main groups based on their appearance: the foliose, fruticose, crustose and leprose lichens.

Foliose (leafy) lichens are perhaps most commonly mistaken for moss. They form flat, circular, rosette patterns on the rocks and trees that they adhere to, and grow structures that can easily be mistaken for leaves. Similarly, **fruticose** lichens have a shrub-like, leafy appearance (in miniature), although they grow in height as well as area. These shrubby lichens are usually found on trees rather than rocks.

The leaf-like structures in lichens aren't actually plants, though, they're fungus. Other structures that might be responsible for holding the lichen onto whatever surface it has attached to are algae, making the composite structure of the lichen.

The other two types of lichens—the crusty, flat, **crustose** lichens and the patchy, powdery, **leprose** lichens are much easier to recognize as being a growth completely separate from mosses. These two types of lichen clearly lack any kind of leaf-like structure and are more closely likened to the appearance of rust or other grainy crust.

Mosses and Mycorrhiza

The leaves and stems of mosses are generally tiny; it can be difficult to tell the difference between them at a glance. Some mosses have leaves that are so tiny that a magnifying glass might be needed to tell what they look like.

Both mosses and lichens can sexually reproduce. Mosses produce spores from female and male plants and these must be water dispersed, which makes them require being near water for at least part of their lives. Lichens produce spore bearing bodies called apothecia, which can be dispersed by air, but require the spores to have both an algal and a fungal piece. The complexity of this association suggests lichens' long pedigree, and is also reflected in the association that many plants have with fungi (called mycorrhizal associations and informs the association of many mushroom species with specific types of trees).

The wonder of it all is that these processes occur under our very noses and without us paying them the least mind. However, take a walk in the woods, along a stream or near rocky bluffs during a wet period and you will note the profusion of green in many subtle tones and hues.



Cladonia lichen. Photo by Gordie Swartzman

Anyone who has walked in the Hoh Rainforest or along the Wallace Falls trail in the winter or spring knows they are in a rainforest because of the proliferation of mosses, seemingly everywhere. Much of this moss, seen hanging from almost every overlying branch is the cattail moss. For us, moss signifies the forest and filters and softens the light of winter, giving it an air of a cathedral. Moss blanketing the trees invites us to hug the trees. Mosses, besides beckoning us into the deep woods, also create a sense of protection. Mosses are ancient, far outdating the trees they grow on. They are alive; they are moist; they are accessible. They form the basis of early soil development as they colonize rocks and bare spaces. They use the filtered light and water runoff and convert it into life. They hold the water in the ecosystem. And they have given us one of our most productive growing substrates: peat, a boggy, nutrient-rich soil made of partially decomposed vegetable matter.

Mosses feed the naturalists desire for learning about our natural systems in the winter because they are there. Looking at them through a magnifying loupe we are astounded at their beauty and complexity of form. They are as thick as any flowering meadow and have varied forms and habitats. Their identification is more like the 1000 piece than 100 piece puzzles, since they can be cryptic and there are many species. However, armed with a magnifier and time for reflection, we can learn to tell the more common species apart. And, like many ecosystems, a small number of species form the majority of all mosses in any region. Thus, within a short period the beginner can identify over 80% of the mosses they look at – and they are easy to find. They often cover almost all the bare ground and tree trunks and branches in an area.

While mosses dominate the winter forest-scape, trees, rocks and ground lichens are proliferating on the upper branches, particularly on deciduous trees. As such, most lichens are too high in the canopy to be seen, except, thanks to high winds and storms, many lichens get knocked to the ground, usually attached to branches. This allows us to study them, usually seeing several species on a single branch, making every branch an adventure.

Exploring Nature

The Mountaineers Naturalist Group has workshops year-round. Our winter-time moss and lichen workshops involve lectures that give keys to classes (groups) of mosses and lichens, their evolution, life history and ecological niche, and how to identify them. There are in-class identification exercises and field trips. Repetition and practice form the basis for learning.

Every spring, we offer an Introduction to the Natural World class that runs April-July. If the mosses and lichens workshops are seen as a close look at a niche subject, the Intro course could be seen as a broad brush painting of a large set of biota. The format involves lecture introductions on geology of the northwest, life zones, conifers, ferns, flowers, birds, insects, butterflies, seashore life, and specific ecosystems visited during accompanying field trips. We use field guides, web pages, and smart phone/pad apps to make this study easier. We also use our native plant garden, adjacent to The Mountaineers Seattle Program Center in Magnuson Park, as a learning laboratory.

You don't need to be an expert to appreciate the natural world, but knowing the names and subtle differences does make the world a little more inviting to explore. ▲▲



Badge moss. Photo by Gordie Swartzman

Find out more about the Natural World Course through a brochure in The Mountaineers Seattle Program Center lobby or by going online to www.mountaineers.org and clicking on Learn, then checking the Exploring Nature Box.

Check the weather and
avalanche forecast at
www.nwac.us
before heading out.

MAKE EVERY TRIP A ROUND TRIP

Become a member
of the Northwest
Avalanche Center
and support the
service.



Ad Space Courtesy of The Mountaineers
Photo © Scott Rinckenberger

Sailing Around Blakely Rock A Groundbreaking Adventure

by Ryan Samples, A Mountaineers' sailor



Blue Fin heading to Blakely Rock. Photo by Jan's Marine Photography

The wind was unreliable and moody that day. It was a typical Pacific Northwest early April morning: overcast and chilly but with a crisp tinge of salt in the air. My wife, Michelle, and I were at Shilshole Marina, just west of Seattle's Ballard neighborhood, to take part in the Blakely Rock Benefit Race (sponsored by Sloop Tavern Yacht Club). We had both just finished the Mountaineers sailing class, but, here we were, about to partake in a major sailing event.

In May of 2014, Michelle and I moved to Seattle, from Northern Virginia and the metropolitan area of Washington D.C. Even though Virginia is a coastal state, we were not close to the Atlantic Ocean, Chesapeake Bay or any other large body of water. Sailing, to us, was only what we had seen on television or in films, or what we had read in books: a casual recreation activity for individuals who have the luxury of being close to water.

Seattle is a gorgeous city with an iconic skyline that touches the Puget Sound and frames majestic Mt. Rainier and the Cascades in the background. It's hard to find a picture of Seattle without water. And naturally, with water, come boats. There are many marinas dotted in and around Seattle (Tacoma, Edmonds, Everett, Shilshole, Anacortes). My wife and I decided to join The Mountaineers with hopes of embracing the Pacific Northwest culture with an active, outdoor lifestyle. The Mountaineers is known for land-specific activities, such as hiking, skiing, and rock climbing. But there are water-specific activities too such as sea kayaking and, our favorite, sailing.

Days after finishing The Mountaineers sailing course, I received a request from the sailing committee chair and one of the skippers, Alan Vogt. He wanted to know if my wife and I wanted to be part of his crew for a race that was coming up in a couple days. It was the Blakely Rock Benefit Race and two of his crew had dropped out. He needed capable hands aboard. Knowing full well my limited sailing experience, I asked Alan if he was joking. He wasn't. He said if we could follow directions and work

hard, we'd be fine. Anxiousness, nervousness, skepticism and other immediate emotions washed over me, but ultimately, excitement prevailed. I said yes.

So here we were on a fluky, blustery and gray Saturday morning stepping onto the deck of *Blue Fin* at Shilshole Marina. There was an excitement in the air. Crews on board boats were getting their gear and boats ready for the day's race. After a long winter, you could tell there was an itch from skippers and crew alike. Everyone wanted to be out on the water again.

Blue Fin is a handsome 42-foot-long Catalina sailboat. It exudes swiftness, from its raked bow and flared hull to its slightly swept-back double spreaders. The transom tapers a bit which harbors a subtle and respectable design that makes it a rugged and efficient cruiser.

Aboard *Blue Fin*, Alan and his crew were getting the boat ready. Our crew consisted of me, Michelle, Kristina, Gary, and Alan the skipper. Kristina and Gary are both experienced deck hands and have crewed aboard *Blue Fin* on previous races.

Out on the water, boats were slicing through the choppy waves. It was a shifty start with winds blowing about 5-6 knots. Boats are classed according to their speed rating and sail plan. We were racing in a class with five other boats – boats with elegant



Blue Fin stands out among the other sailboats. Photo courtesy of Alan Vogt



Ryan and Michelle Samples aboard Blue Fin. Photo by Alan Vogt

names like *Breeze* and *Tangent* and *Figaro*. At the onset of the race, we fell into a respectable 3rd place. The first leg was upwind, tacking toward the rock.

Blakely Rock Benefit Race is named for the small and jagged island of rock that juts up and out the water only a couple hundred meters from Bainbridge Island. It's the designated mid-point of the race. Boats jibe around Blakely Rock, then it's a full-on sprint back to Shilshole. We tacked several times to stay with the boats in our group. The view of all the sailboats in the race was amazing; their spinnakers were up and full sails caught the wind just right. The gray skies had parted and the sun was starting to peek out. Seattle's iconic downtown skyline is never more magnificent than when viewed from a boat on the Sound.

We made it to Blakely Rock and began our turn around, which is easier said than done. The exertion of grinding the sheets and working the winch compounded with adding line and trimming the sails every time we tacked was physically exhausting and mentally taxing. But the view of the fleet in the water was glorious! We had made it to Blakely Rock! All we had to do was sail back to the starting line. Everything was going smoothly.

Until we ran aground.

We were trying to undercut and get ahead of another boat but we hugged the coast of Blakely Rock just a bit too tight. *Blue Fin's* keel hit the sand and we stopped dead in our tracks. After trying to move the wheel around and wriggling to no avail, I suggested to Alan that we put all our crew on the one side of the boat. Soon, with enough prodding and pulling, we were free. This whole snafu lasted maybe 5 or 6 minutes. But it was precious time as the other boats in the fleet made the jibe around the rock and started heading back. At this rate, we were going to be in the last place.

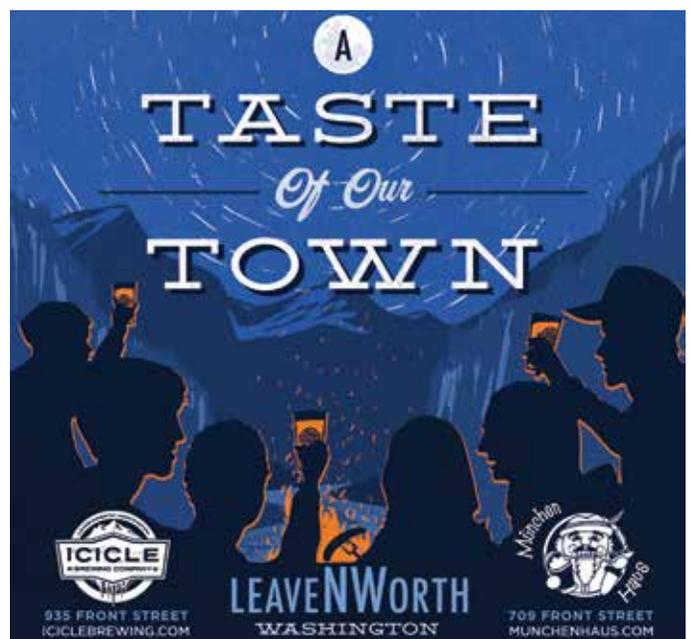
Looking around, the clouds were almost all gone and we had a gorgeous azure sky. It's funny how the Pacific Northwest can

turn from an overcast gray cloud-swept sky into a stunning and gorgeous afternoon in an instant. Most of the other boats were heading toward Elliot Bay. We tried to head that way but the wind just died. We were going 0 knots and the fleet was sailing away.

"OK we lost this race," Alan said. Just then, a puff of wind backwinded our jib and suddenly we were sailing in the opposite direction toward Bainbridge Island. Going in any direction is better than sitting with no wind. The wind started filling in and lifting us up parallel to the island. Alan said, "This is good, REALLY good." As we got further and further away from the pack we noticed the rest of the fleet had sailed into a wind hole and were now drifting. We got a bit more wind and we kept sailing up the island. We finally hit the lay line, tacked over and raced for the finish line. We even had to dodge a ship on the way! We crossed the finish line and only saw a few boats milling about. We weren't sure if we had won or lost. As we passed the committee boat and the gun went off, we realized, we WON! And by a large margin too! The other boats had not gotten out of the wind hole in time. We completed the race in just over 3 hours and 36 minutes, a good six minutes ahead of the next boat in our class, *Breeze*. We won the Championship trophy.

The Mountaineers' Sailing course teaches the basics of crewing a sailboat: how to rig a boat, trim sails, jibe and come about. It also teaches important safety lessons like how to rescue someone who has fallen overboard, how to wear a personal flotation device and how to monitor and call the Coast Guard. Now that my wife and I completed (and passed) the course, we can sign up and join any Mountaineers' skipper for a race or a raft-up. That's the joy of The Mountaineers: exploring and enjoying the outdoors – whether in the forest hiking, on a mountain snowshoeing, or on the water sailing. We're looking forward to many more sailing adventures. ▲▲

The Mountaineers Basic Sailing course includes four lectures, an "on the dock" session and two "on the water" sails. Once graduated, you qualify for free Mountaineers sail activities. Classes start this year on April 3 in Tacoma and April 4 in Seattle. Go online to www.mountaineers.org and click on the "learn" tab to sign up.



Climbing Mount St. Helens for Moms A Pacific Northwest Tradition

by Kristina Ciari, Mountaineers Director of Communications



A group heads up to the top of Mount St. Helens. Photo by Kristina Ciari

Nearly 33-years ago, on a balmy spring Saturday in Whitefish, Montana, my mom was 41-weeks pregnant and mowing the lawn. As I would be in life, I was stubborn in birth and had made myself quite cozy in her belly for an extra week. The doctor told my mother that being active would hurry me along and the lawn needed attention, so she was mowing when the contractions finally started on Saturday afternoon. I was born 16-hours later at 5:26 am on Sunday, May 13. It was Mother's Day.

Mother's Day always falls on the second Sunday in May. Because I made my appearance into this world on that very day - officially making my mom a mom - it holds a special meaning for us. When I lived at home celebrating was easy, but it got harder after I moved away. I'd been living in Seattle for 10 years by the time I heard about the Mother's Day tradition, and I knew immediately I had to go in honor of "Ma". Lucky for me, I had just the crew to join me.

Every tradition needs a visionary

The Mother's Day tradition on St. Helens dates to 1987 and a woman named Kathy Phibbs. A climbing guide often described as a 'firecracker', Kathy lived a life of passion and perseverance. She made numerous first female ascents in Peru and Bolivia, and she led 33 women to the top of Mount Rainier to commemorate the centennial of its first ascent by a woman - Tacoma teacher, Fay Fuller.

Before she worked as a guide and opened the northwest office of Woodswoman, Kathy made a living as a window-washer, messenger, and chimney sweep. She founded Women Climbers Northwest (WCN) in 1983, a small, close-knit organization created to encourage women to be more active in the mountains and

share adventures together. At the time, climbing was a male-dominated sport. Kathy wanted more women to get outside and take on leadership roles. With passion and generosity, Kathy created a community where women were welcomed with open arms... and a tutu.

"Kathy was a big fan of wearing tutus on climbs because they didn't get in the way of much," said Colleen Hinton, a friend and long-time WCN member. "She also started a tradition of planting pink flamingos on summits and taking [them] on camping outings. So we would all carry pink flamingos on the backs of our packs."

Her spirit of adventure took Kathy to Mount St. Helens in the spring of 1987. After a 7-year restriction, climbing permits were being issued for the first time since the 1980 eruption. Kathy felt a celebration was in order and wore a red chiffon dress to mark the occasion. Her companions? Five girlfriends... dressed as can-can dancers.

At the summit, a reporter from the *Seattle Times* happened upon the gaggle of girls and was taken by their joie de vivre. The reporter ran a photo of the ladies on the front page on June 5, 1987, with an article highlighting Kathy's story. "After climbing for 4 1/2 rugged hours to the top of the nation's most famous volcano, no one expected a party. But there, at 8,300 feet on the treacherous rim of Mount St. Helens, were a woman in a red chiffon dress and five can-can dancers....[They] did a can-can dance in their thick-soled boots for the benefit of photographers....For [Kathy], the climb was a nostalgic return to the mountain. In 1975 on her first climb, she was in high school and the mountain was a perfect, unerupted cone. She said it's now an easier climb and a better place to ski."

Kathy died tragically in a winter climbing accident on Dragontail Peak in 1991, but the tradition of climbing St. Helens on Mother's Day lives on. People embraced the spirit as soon as the *Seattle Times* story ran in print. Kathy Phibbs, and her vision to bring a change to the PNW climbing community, left a long lasting legacy for all to enjoy.

How to embrace the ridiculousness

Nearly everyone who climbs St. Helens on Mother's Day is in a dress. Men, women, children, dogs (leashed, of course) - outdoor enthusiasts definitely embrace the spirit. The tradition is celebrating its 30th birthday this year, and locals know the drill: in the coming weeks, the 500 folks who secured climbing permits will make their annual pilgrimage to Goodwill to find the perfect ensemble. Dresses are just the start. Hats, scarves, long gloves, boas, and yes - tutus - are all part of the fun.

In preparation for the trip, climbers will pack their costumes with the same love and care as their climbing packs. On Saturday afternoon of the celebratory weekend, they'll drive to the mountain, pull into Marble Mountain Sno-Park, and set up camp for the night. Then, by headlight at the wee-hours of the alpine-start morning, everyone will don their Sunday Best and start up the mountain. As the sun rises, they'll see sparkles off sequined dresses all the way to the summit. Once there, the celebration really begins.

The climb itself covers 5,500 vertical feet in 6 miles (one way). The average mountaineer can cover the distance to the summit in 4-6 hours. Anyone climbing above 4800' is required to have a permit.

One of the reasons St. Helens became so popular on Mother's Day Weekend is that, prior to 2015, it was the last weekend during the April-May climbing season during which permits were uncapped. Starting on the third Monday in May every year, climbing use is restricted to 100 permits per day. But before that fateful Monday, all you had to do was show up with \$22 and a permit was yours. Due to the popularity of the tradition and the need to manage human impact, Gifford Pinchot National Forest issued a permit cap of 500 in 2015. Prior to the cap, it's estimated well over 1,000 people submitted in a single day.

A Green Tutu And Pink Fur Leg Warmers

I remember the energy that fateful Sunday, May 11, 2014. It was my third trip. When I climbed the mountain for the first time in 2012, I spent days scouring the local racks before deciding to wear an old bridesmaid dress in honor of the occasion. By now I knew better. Just like Kathy Phibbs, I was wearing a tutu, as I had in all of my outdoor adventures since finding inspiration in the ridiculousness of St. Helens two years prior.



Greg takes a break on the way down Mount St. Helens. Photo by Kristina Ciari.

Since discovering and falling in love with this tradition, I have taken great pleasure in introducing other skiers and climbers to the joys of climbing in a dress, and more specifically a tutu. Out of all of the folks I've convinced to join me, my friend Greg Sheehan embraced the tradition the most.

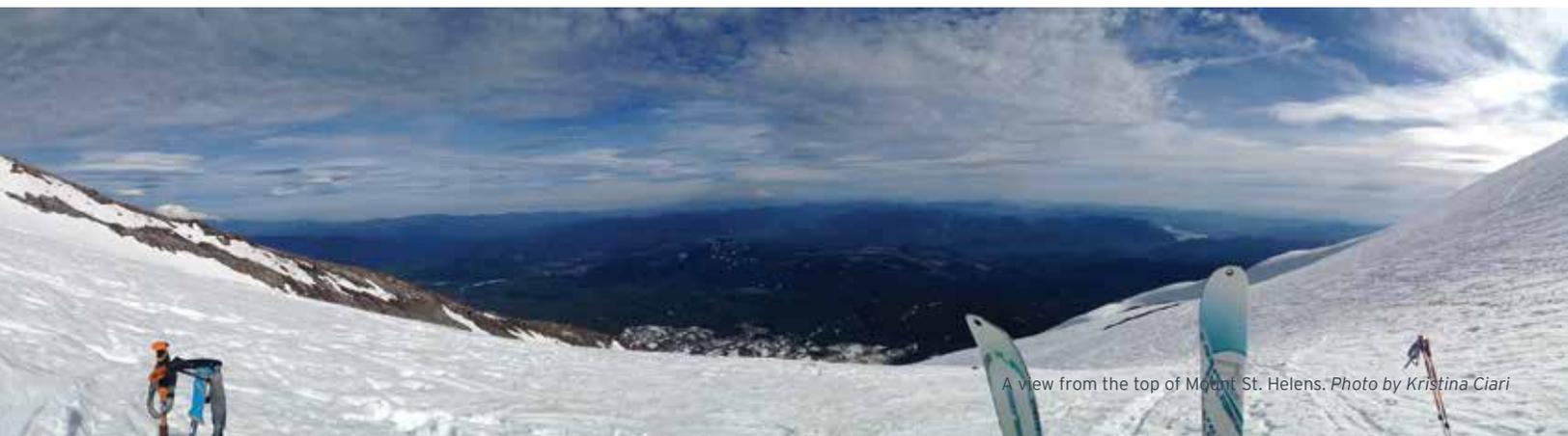
Greg joined The Mountaineers January of 2014, after attending a film at our Seattle Program Center. He watched "Mile... Mile and a Half" about the John Muir Trail, and was inspired to join to share his passions. "The bookstore, resources, and films made me want to join the best outdoor community," he said.

It was around this time that I first met Greg. I don't recall where we met, but I remember learning that he loved the outdoors, medium-rare steak, and Seahawks football. After bonding over the aforementioned, and drooling at some of his outstanding adventure photos, we made plans to go skiing together. Unfortunately, the weather didn't cooperate and we had to take a rain check. The next time we could both make it to the mountains was Mother's Day.

"I first heard about the Mother's Day climb from my dad. He's an avid outdoorsman and stumbled on a news article highlighting the event. He thought it would be a great time, but couldn't join." Said Greg. "Then I got an invite from my great friend Kristina for her Birthday Climb. I wanted to be part of "Team Tutu." I knew what had to be done."

Greg went online to find the proper attire and ended up with a lot more fur than he bargained for. "It all started when I was shopping for tutu on Amazon. I was perusing the different types until I found this green one that screamed 'sexy mountaineer'

story continues on page 36 >>



A view from the top of Mount St. Helens. Photo by Kristina Ciari





"We don't stop playing because we grow old;
we grow old because we stop playing."

George Bernard Shaw
Irish playwright, critic, and polemicist, 1856-1950



A group poses at the top of Mount St. Helens. Photo by Greg Sheehan

and 'Go Hawks'. I added it to cart and was done....or so I thought," he said, pausing for emphasis. "Amazon checkout is like the grocery store, taking every last chance to sell you more things. I remember it saying something along the lines of "Leg Avenue also recommends..." and I looked at the picture. Leg warmers. Pink. Fuzzy. Functional yet eye catching. These things I needed. I clicked 'add to cart' and was hopeful they could be Nikwaxed."

I noticed the tutu and the lopsided a-frame of Greg's splitboard on his pack before I saw the fur leg warmers. But once I saw those, there was no unseeing them. Especially when hiking next to them for close to 5 hours.

"The feeling when you get to the top during the Mother's day climb is amazing," said Greg. "It's unlike any other mountain or even St. Helens on any other day. You have worked hard all morning: catching glances of Adams over your right shoulder, feeling the burn in your thighs and seeing what looks like attendees of a rock festival. You dig deep for that last boost of energy near the top, then you hear people cheering. Suddenly, strangers in costumes and dresses are everywhere, giving you high fives as you push through to the summit. Glorious."

This One's For You, Mom

After taking in the views together at the top with 1,000 of our new best friends, Greg and I put on our planks and swished our way to the bottom of the snow. Or that's how it would have gone had conditions been more favorable. Instead, we suffered through some of the stickiest snow I've ever experienced. It was bad. Even by Pacific Northwest standards.

Despite the terrible conditions, we had a great time. "I keep going back because you can't get this feeling anywhere else. I look forward to this like no other holiday," said Greg. "Everyone climbs it for their own reason but is part of a collective nod to

those who inspire us. I hope to get my mom up there someday to split a summit beer. Till then, I'll hike it for her."

In writing this story, I realized May 13 just so happens to fall on Mother's Day in 2018. I texted my mom to let her know, and enthusiastically suggested she plan a trip to Seattle for that weekend so we can climb St. Helens together. Immediately, and without hesitation, she replied "Absolutely! Xoxo."

Moms really are the best. ▲▲



Kristina and her climbing permit. Photo by Kristina Ciari

Get a Permit!

Permits can be purchased in advance online and went on sale this year, February 1. In researching this article, we talked to the folks at Mount St. Helens institute and learned the permits for Mother's Day sold out in 8-hours. Their staff recommended looking at purmit.com, a "second-hand" website for permits. Be a responsible recreationist. Climb with a permit.



AWE
expanding our reach
THE MOUNTAINEERS ANNUAL REPORT 2016

ACHIEVE



Think about a time when you've experienced awe—gazing at the Milky Way, watching an eagle swooping down to nab its prey, or catching a glimpse of a perfect pyramid-shadow cast by a mountain at sunrise. The moment takes your breath away, and you feel humbled by the vastness of the universe and your tiny part in it.

Psychologists consider awe a form of “self-transcendence”—a temporary blurring at the edges where you feel a deep connection to something greater than yourself. Upon further study, scientists have concluded that awe-inducing events may be one of the fastest and most powerful methods of personal change and growth.

But I don't have to tell you that! As a Mountaineers supporter, you've experienced this phenomenon yourself. And you continue to give to The Mountaineers to ensure we provide more awe-inspiring experiences that connect all people to the outdoors in ways that are truly transformative. For this we are truly grateful.

Because of your support last year, we expanded training opportunities to grow our volunteer ranks by 7 percent; deepened connections to the outdoors with 7,150 youth outdoor experiences (an increase of 10 percent); extended our conservation ethic and low-impact recreation skills worldwide through new digital media; and published award-winning books that serve as a catalyst for exploration and a strong lifelong bond to nature. These achievements and others described on the following pages would not have been possible without your generous support. Thank you.

Our current strategic plan wraps up this year and we are turning more attention to creating Vision 2022. The Mountaineers Core Values presented on the facing page, along with our mission statement, are the foundation upon which we'll build. Our long-term aspiration is to be thriving another 110 years so that future generations of Mountaineers have the same outdoor experiences that we hold dear. I have confidence that our recent accomplishments and the groundwork we'll be laying in the coming year will move us toward that goal.

It's been thrilling to lead this organization and shepherd its growth over the past year. But our work is not complete. Our adventure is not over. We need your continued investment and commitment to ensure our success. We couldn't have made it this far without you and together, we have new summits to reach.

A handwritten signature in black ink that reads "Tom Vogl".

Tom Vogl
Chief Executive Officer

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110 Years of Unexpected
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Photographer, previous page: Andy Porter; Additional photography: Jesse Bengtsson, Irene Farnsworth, Daniel Hale, Mary Hsue, Karen Kirsch, Leone Kraus, Michelle Miller, Andy Porter, John Porter, Don Rice, Ida Vincent, Mike Warren, Gavin Woody

CORE VALUES

ADVOCACY

We protect the outdoor experience—wild places depend on our powerful voice for responsible access and conservation.

EDUCATION

We share knowledge—empowering others to safely and responsibly pursue outdoor activities.

ADVENTURE

We are bold explorers—driven by imagination, outdoor challenge, and the spirit of discovery.



VOLUNTEERISM

We foster connections—developing leaders who continue our legacy of outdoor education, integrity, and action.



COMMUNITY

We provide opportunities for all—a diverse and inclusive outdoors inspires unity, respect, and passion for the places we love.



BOARD OF DIRECTORS

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Carry Porter, Secretary
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Mona West
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Leif Whittaker
Peter Whittaker
Rob Willis
LaVerne Woods
Gavin Woody
Andy Wyatt

EMPOWER

Volunteer ranks continue to grow

Volunteering is an essential part of our vision to build a community committed to protecting the outdoor experience. Our volunteers, the lifeblood of our organization, serve in so many ways—as activity leaders and course instructors, as support staff for events and youth programs, as committee chairs and branch administrators. This important group increased by 7 percent in 2016.

We're expanding training opportunities to enable volunteers to improve their skills and share what they've learned with others. It's empowerment at its finest. Key volunteer leaders attended the Wilderness Risk Management conference in Portland, and others earned certification through the American Mountain Guides Association. Although we recognize our volunteers with badges, awards and an annual dinner, most tell us the best pay-back is seeing the impact they've made and the friendships they've built with students and program participants.

Summits leverage volunteer expertise

Brainstorming ideas and sharing best practices across the branches help us achieve success organization-wide. Our summits are a case in point. We held five activity-specific summits in 2016, where committee leaders from each branch met to share challenges, establish program standards, design course curriculum to gain efficiencies, and set goals. Volunteers are actively working to improve a Mountaineers tradition that fosters member initiative and innovation across the organization.

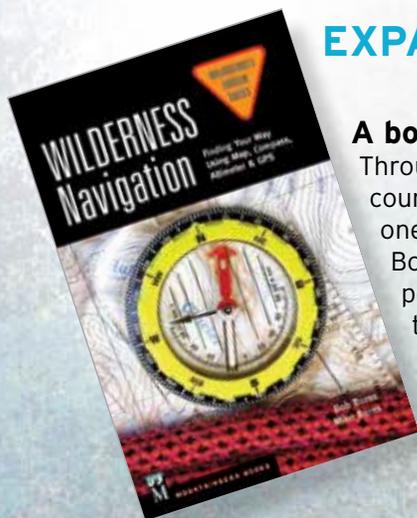
This year for the first time, a volunteer committee set the agenda for the annual fall Leadership Conference, inviting speakers and identifying conference themes focused on what it takes to be a successful leader. The event included first-ever sessions on racial and gender diversity and inclusion and the challenges diverse populations face in the outdoors. The discussions will help inform future member outreach and leadership development opportunities for volunteers.

EXPANDING BEYOND OUR BACKYARD

— with Mountaineers Books

A bold digital initiative

Through donor support, this year we piloted our first online course developed with volunteer input and using content from one of our best-selling books, *Wilderness Navigation*, by Bob Burns and Mike Burns. The inaugural class of students performed above average in the field-trip portion of the training and gave their online experience a resounding two-thumbs up. We'll expand this format to other courses over time as a cost-effective way to support volunteer leaders and bring in-depth training to more members as well as the greater outdoor community nationwide.



Opposite page: Rena Chinn, Ida Vincent and Patty Cokus on the summit of Unicorn Peak

extending my reach

“

This year I led a women's intermediate mentor group and was inspired by the energy and enthusiasm of these new climbers," says volunteer Rena Chinn. "I value the friendships I have built over the years, and I work hard to help others be included."



over **2,000**
volunteers leading

.....
20,000 +
outdoor experiences

INSPIRE

Transforming young lives

Over the past six years, we've seen the transformative power of the outdoors on youth, helping them grow into productive members of their communities. We wanted to provide a venue for them to come together, meet adults who can serve as mentors, and learn more about the outdoor topics that interest them. The first Northwest Youth Leadership Summit, held in October, attracted 120 youth, ages 14 to 22, from Astoria to Bellingham. The free event included breakout sessions, job fair, student success panel and a surprise visit by then-Interior Secretary Sally Jewell.

The summit was held in partnership with the North Cascades Institute, which had pioneered the concept, and was hosted at our program center, allowing us to expand the event and make it easier for young attendees and more than 30 partner organizations to convene. Our goal is to grow the event next year and inspire more youth to learn about conservation, leadership, diversity and inclusion, job opportunities and, of course, ways to enjoy the outdoors.

Partnerships extend reach

Bolstered by an enthusiastic cadre of volunteers, our outdoor programs educate and inspire area youth. This year, we reached 1,675 young people through 7,150 outdoor experiences, up 10 percent over 2015. Three new partnerships expanded youth programs in Tacoma and to Olympia. Already immersed in a program that teaches leadership skills through art, public speaking and writing, minority and immigrant women from Young Women Empowered learned outdoor technical skills like climbing and hiking in their first year with Mountain Workshops.

Wild Skills Day, a free day camp for girls ages 6 to 12 developed with SheJumps, saw participation skyrocket by 40 percent and a second site added in Tacoma. And a new partnership with the Hands-on Children's Museum in Olympia gives visitors a monthly opportunity to learn outdoor skills from Mountaineers volunteers. All our youth programming is geared to boost confidence, develop leadership skills, and instill a life-long love for the outdoors.

EXPANDING BEYOND OUR BACKYARD

– with Mountaineers Books

Finding inspiration in our everyday world

In *The Living Bird: 100 Years of Listening to Nature*, we teamed up with the prestigious Cornell Lab of Ornithology to celebrate our joyful yet complex relationship with birds from around the globe. More than 250 images by photographer Gerrit Vyn, and essays by leading naturalists and bird enthusiasts, take readers on a remarkable journey of discovery. A first-ever New York Times best seller for Mountaineers Books and winner of the 2016 National Outdoor Book Award.



Opposite page: Trenesia, a Mountaineers youth camp junior counselor, completing her first rappel

extending my reach

“

I was so scared the first time I climbed this wall, but Mountain Workshop volunteers helped me be confident,” says 13 year-old Trenesia. “Now I can belay the young kids and help them be stronger.”

1,675 youth
(975 underserved youth)
=
7,150 total
outdoor experiences



VALUE

Connecting conservation and recreation

We're Washington's leading voice for protecting the outdoor experience, bringing conservation and recreation groups together and working closely with land managers and lawmakers at the local, state and federal level. As a founding member of the Outdoor Access Working Group, we advocated to improve our access to federal lands. As a result, the U.S. Forest Service is working to streamline the permitting process, and the Interior Department launched a youth initiative to engage the next generation of outdoor stewards.

Three public land campaigns we supported received first-time hearings: Wild Olympics, Mountains to Sound Greenway and the Methow Headwaters. We organized four site visits for legislators and shared more than a dozen direct advocacy opportunities with our members.

Outdoor Ambassador videos go round-the-world

Low-impact recreation, our take on a skills-based approach to Leave No Trace, is one of our top conservation priorities and a concept we are sharing well beyond our membership. To reach a broad audience, we created four short inspirational videos that encourage all of us to be "outdoor ambassadors."

The online videos, funded by KEEN, Mountaineers Foundation and Lucky Seven Foundation, had tremendous impact, receiving more than 6,500 unique views in the first two weeks and seen as far away as New Zealand. To further extend reach, we created online curriculum for instructors to use in their courses and in our new e-learning program.



EXPANDING BEYOND OUR BACKYARD

– with Mountaineers Books

Successful campaign to preserve the Arctic

Braided River, our conservation imprint, played a major role in galvanizing a national campaign to protect the Arctic National Wildlife Refuge. Donor support enabled us to distribute 40,000 copies of *We Are the Arctic*, showcasing the vast beauty of this remarkable untouched wilderness. The book's poignant images and diverse voices were instrumental in the U.S and Canada's signing of the Joint Arctic Leaders Statement to protect 115 million acres of Arctic Ocean.

Opposite page: Allison Swanson helping to build a new roof on the Mt. Pilchuck look-out tower

Extending my reach



It was the best day and I'm proud of what we accomplished. I'm inspired to see skilled, patient, and enthusiastic EverettMountaineers volunteer to maintain the trail and historic lookout on Mt. Pilchuck as they have for so many years."



400+ members
earned stewardship badges



7,328
stewardship hours



CONNECT

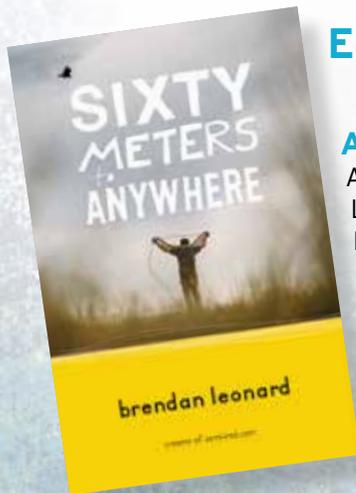
To sustain our operations, we rely on revenue from robust book sales, membership dues, course fees, lodges and program center rentals. Private support from donors, corporations and foundations enable us to grow our impact, helping us transform thousands of lives and protect our wild places for future generations.

Mountaineers Books expands our reach beyond the Northwest

Mountaineers Books, the national leader in mountaineering history, biography and adventure publishing, is our gateway to the world. Last year, we published a record 30 new titles, ranging from how-to guides to lifestyle resources to award-winning adventure narratives. We connected with more than 50,000 people through author presentations, exhibits and special events nationwide and sold 360,000 books around the world. Our focus on excellence in mountaineering literature earned prestigious international awards: two from Banff Mountain Books along with the coveted Boardman Tasker award.

Membership hits 17-year high

In 2016, our membership reached 11,590, a 16 percent increase over last year. Most of our success can be attributed to the value of our community. Through member surveys, we found that most people join The Mountaineers to take a course or learn a skill, but after experiencing our community they renew year after year to maintain relationships with other members and leaders. In fact, the average membership length is more than 11 years. We're seeing these relationships translate into more robust online engagement as well. Website and social media use is on the rise, with nearly 28,000 collective followers on Facebook, Instagram and Twitter, and an 83 percent increase in pageviews for our blog posts.



EXPANDING BEYOND OUR BACKYARD

– with Mountaineers Books

A life changed by climbing

After a youth punctuated by substance abuse, 23-year-old Brendan Leonard realized he needed to change his life. That's when his brother gave him a climbing rope. The 60-meter lifeline helped Leonard find his place in the world. Leonard's memoir, *Sixty Meters to Anywhere*, is painfully honest yet uplifting as it recounts the sometimes nerve-wracking, often awkward, first years of recovery and a life changed forever by the mountains. We've heard from readers nationwide that this book touched a chord, inspiring them or their loved ones to make positive changes in their lives.

Opposite page: Patty Cokus, Sean Albert, and their dog Ava at the summit of Albernathy, Sean's 100th Bulger Peak

extending my reach

“

"The Mountaineers provides a supportive learning environment to challenge myself physically and mentally," says Sean Albert. "These are the most satisfying life experiences. You can't buy them with all the money in the world, and they're even more precious when shared with friends."



11,590
total members

//////////

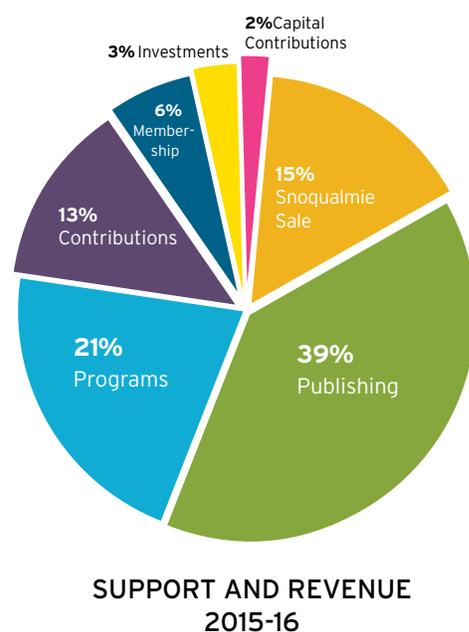
360,000
books sold worldwide



2016 FINANCIAL

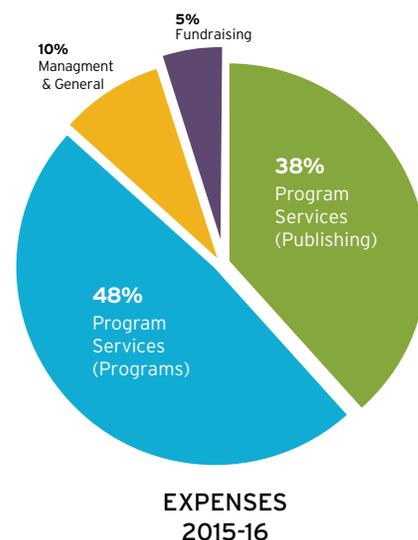
Condensed Statement of Financial Position

Assets	2015-2016	2014-2015
Current Assets	\$5,375,109	\$4,819,693
Long-term Investments	\$2,318,814	\$2,109,478
Snoqualmie Note Receivable (net of current portion)	\$1,040,000	
Fixed Assets (less accumulated depreciation)	\$5,229,460	\$5,458,817
Author advances	\$295,275	\$269,960
Total Assets	\$14,258,658	\$12,657,948
Liabilities & Net Assets		
Liabilities		
Current Liabilities	\$967,854	\$716,185
Long-term Liabilities	-	-
Total Liabilities	\$967,854	\$716,185
Net Assets		
Unrestricted	\$12,927,383	\$11,769,921
Temporarily Restricted	\$363,421	\$171,842
Total Net Assets	\$13,290,804	\$11,941,763
Total Liabilities & Net Assets	\$14,258,658	\$12,657,948



Condensed Statement of Activities

Revenues		2015-16		2014-15
Publishing	39%	\$3,314,500	49%	\$2,992,260
Programs	21%	\$1,771,404	28%	\$1,719,706
Contributions	13%	\$1,067,925	14%	\$841,198
Membership	6%	\$531,602	9%	\$522,972
Investments	3%	\$247,533	-1%	\$(77,135)
Capital Contributions	2%	\$203,555*	1%	\$61,843
Gain on Snoqualmie Sale	15%	\$1,292,800		
Other	0%	\$33,304	1%	\$48,197
Total	100%	\$8,462,623	100%	\$6,108,241
Expenses				
Program Services (Programs)	38%	\$2,735,338	47%	\$3,064,166
Program Services (Publishing)	48%	\$3,397,746	38%	\$2,463,139
Fundraising	5%	\$387,576	5%	\$328,110
Management & General	8%	\$592,922	10%	\$680,613
Total	100%	\$7,113,582**	100%	\$6,536,028**



* Figure includes a \$200,000 donor directed donation to support capital improvements for Kistap Forest Theatre.

**These figures reflect a Board of Directors and executive leadership decision to allocate a \$559,545 bequest booked in fiscal year ending Sept. 30, 2013, to subsequent fiscal years 2014, 2015 and 2016 to support website and technology upgrades, Tacoma Program Center climbing wall installation, a volunteer initiative and creation of a leadership development program, an e-learning pilot project, and capacity-building to advance mission-critical conservation and youth programs.

The audit of the consolidated Mountaineers entity, including Mountaineers Books, is available on request.

LEADERSHIP GIVING

Peak Society members provide critical, aggregate funding to grow programs and support emerging initiatives vital to our vision. Launched in 2011, Peak Society has grown from a community of 35 members to 142 members at the end of fiscal year 2016, each giving a minimum annual unrestricted donation of \$1,000 to an extraordinary \$400,000.

Although all of our supporters play an important role in getting thousands of kids outside to explore nature, giving voice to our wild places, and enabling volunteers to transform lives, these programs would not exist today without the leadership and bold investment of Peak Society members.

Thank you for your visionary support.



The Mountaineers Peak Society Members (as of September 30, 2016)

DENALI \$100,000 and Up

Jim and Jane Lea

MT. RAINIER \$20,000 and Up

Rich and Martha Draves*

MT. ADAMS \$10,000 - \$19,999

Paul L. King

Vineeth Madhusudanan and
Manisha Powar

GLACIER PK \$5,000 - \$7,499

Peter Hendrickson and Nancy Temkin

Jerry and Edith Stritzke

Vilma Vojta

The Walter Henry Freygang Foundation

Tab and Anita Wilkins*

Ann Wyckoff

MT. STUART \$2,500 - \$4,999

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Martinique and Eliot Grigg*

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John Ohlson*

Sherrie Trecker and Rob Busack

Vik and Jessica Sahney

David Shema and Virginia Tripp

Tom Varga* and Christine Martin

Tom Vogl and Mariana Buceag

MT. SHUKSAN \$1,000 - \$2,499

Thomas Allen

Barrett Amos

Michael Arriaga

Mearl Bergeson* and Caroline Mueller

Brian Berggren

Anne and Bruce Blume

Alex and Wendi Bogaard

David Bradley

Harlan Brown and Kathleen Dowd

Tina Bullitt*

Fred Bumstead

Wanda Butler

(\$1,000 - \$2,499 continued)

Hugh Campbell and Clara Veniard

Cory Carlson

Chris and Radka Chapin

Phil Chebuhar

Rena and Victor Chinn

Rajib Choudhury

Dave Claar*

Adam and Laura Clark

Lorna Corrigan and Ken Christiansen

Thomas Davis and Lisa Grayson

Andy and Ann Devereaux*

Glenn and Bertha Eades*

Mickey and Jeanne Eisenberg*

David and Brita Enfield

Richard Erickson and Erica B. Lewis

Andrea Foegler

Marc Frazer

Lee Fromson and Twala Coggins*

Bing Gao

William Gartz

Paul Gehlsen

Ira and Courtney Gerlich

Raphi Giangiulio and Andrea Boyes

Kenneth Goldman and Jodi Jacobs

Don and Natala Goodman*

The Greutert Family

Luke Grulich

Chloe Harford and Henry Rebbeck

Chris Harries

Jonathan Hawkins

and Ann Mecklenburg*

Peter and Liz Heinz

Petra Hilleberg and Stuart Craig

David and Christina Holmes

Garth Jacobson and Clndy Demeules

Gary Jacobson and Marywaze Zan Deren

Brian Johnson

David Johnson and Christine Schultz

Marek Karbarz

Rick and Kay Kirsten

Reed Koch

Dennis Killerich

David and Marinilka Kimbro

Stephen Kleine

Mark and Jennifer Koski

Ryan and Brynne Koscianski

Martina and Mike Kozar

Tom Labrie

Geoff and Peg Lawrence

Michael Lawrence and Carmel Schimmel

Steve LeBrun

Gretchen Lentz*

(\$1,000 - \$2,499 continued)

Eric and Pam Linxweiler

Lookout Foundation

Aidan and Mamie Marcuss

Heidi Mathisen and Klaus Brauer

Craig McKibben and Sarah Merner

Joe Mentor

Greg and Mary Moga

Aaron and Marla Molksness

Ruth Nielsen and Chris Moore

Kerri Nielson and George Rhodes

Jared Patton

Patti Polinsky*

Alexander Polsky

Carry Porter and Nicholas Brown

Michael and Jill Sanchez

Michael Riley*

Craig and Shelley Rixon

Chris and Kathy Robertson

Jordan Roderick

Travis Ruff

George and Dion Russell

Peter and Annette Saari

Bruce and Jill Sanchez

Cindy Santamaria and Steve Carlin

Kristiann Schoening and Peter Davis

Todd and Karen Schultz

Leah Schulz and Meredith Conley

Stephen Scofield

Kenneth Seamon and Jane Biddle

Colleen Sexton

Susan Shih and Mark Eiselt

Chris Spanton

Curtis Stahlecker and Pam Thomas

Robert and Jennifer Stephenson

Judy Sterry

Heath Stewart

Kara and Jeff Stone

Steve Swenson and Ann Dalton*

Elizabeth Upton and Rayburn Lewis

Jeff Vanlaningham and Beth Galetti

Mona West*

John and Deb Wick

Tracie Winbigler

Linda and Wesley Witt

Gavin and Sara Woody*

Kelvin Xia

Steven Yi

Brian and Amy Young

Includes four anonymous benefactors

*** denotes charter membership**

TRANSFORM

CONTRIBUTIONS OCTOBER 1, 2015 – SEPTEMBER 30, 2016

The Mountaineers relies on private contributions to pilot new initiatives and expand mission-critical programs to create a community dedicated to conserving our wild places. We are grateful to the individuals, corporations, foundations and organizations below that provided generous contributions. Thank you.

\$250,000 and above

Jim and Jane Lea

\$100,000 – \$249,999

Braided River

\$20,000 – \$49,999

Boeing Matching Gifts Program
The Champion Advocacy Fund
Rich and Martha Draves
Microsoft Matching Gifts Program
The REI Foundation

\$10,000 – \$19,999

Paul L. King
Vineeth Madhusudanan and
Manisha Powar
Thomas Howard Tarantino
The North Face Explore Fund Grant
Treeline Foundation

\$5,000 – \$9,999

Carl R. Battreall
Peter Hendrickson and
Nancy Temkin
Moccasin Lake Foundation
Outdoor Alliance
Judy Sterry
Jerry and Edith Stritzke
The Walter Henry Freygang
Foundation
Vilma Vojta
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James M. Lea (1920-2016)

A life, a legacy, an inspiration

Our friend, member and donor Jim Lea passed away at the age of 96 on Dec. 20, 2016. His was a life well-lived, filled with love, friendship, fun, discovery and gratitude.

Jim had been a member of The Mountaineers for 66 years and believed wholeheartedly in the mission and spirit of our organization, or as he put it, "The Mountaineers is good people." He and his wife Jane were two of our most generous supporters.

Jim epitomized the resourcefulness and determination of his era. Trained as a mechanical engineer, he worked for Boeing for 30 years. When, like so many others, he lost his job in 1971 as part of the largest lay-off in Boeing history, he chose to put his talents to good use. Drawing on his love of the outdoors, his backcountry experience and his mechanical know-how, he invented the Therm-a-Rest air mattress, beloved today by backpackers, campers and climbers. He later co-founded one of the region's premiere recreation brands, Cascade Designs, Inc.

Jim loved the Northwest and its great wild places. He grew up in Tacoma, graduated from Stadium High School, and earned an engineering degree at the University of Puget Sound. His parents often took the family hiking and camping so his appreciation for the outdoors was established early on. He learned to climb with The Mountaineers in 1950 and, through the organization, developed lifelong friendships. He and his wife Jane, who died in 2015, were particularly fond of The Mountaineers Players and its unique outdoor theater.

In addition to the generous donations the couple made during their lifetime to The Mountaineers, Jim chose to leave a bequest to our organization, as well. He believed in the important work we do and he wanted his gift to live on long after he did, strengthening our volunteer culture, encouraging youth to get outside, and protecting our wild places. We are thankful for the many contributions Jim made to the outdoor recreation industry, and we are humbled to know that, through his bequest, he considered The Mountaineers his family.

During his 96 years, Jim Lea touched and changed many lives. His legacy to The Mountaineers will live on to inspire future generations of outdoor enthusiasts and conservationists.

To discuss your donation or legacy gift, please contact Mary Hsue, Director of Development, at 206-521-6004 or maryh@mountaineers.org.



into the next century



110
YEARS OF
unexpected



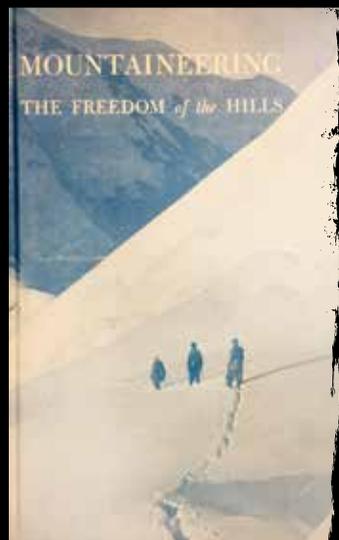
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Photo: Andy Porter
'Camped Under the Milky Way 3'
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An Unexpected Adventure in New Zealand

by Cheryl Talbert, Mountaineers Global Adventures leader



One of the Mountaineers in the Great Walk snow storm that took the group down to foodie heaven. Photo by Cheryl Talbert

As we neared the ridge crest, the wind blasted snow pellets into my face like hot shrapnel. Just ahead of me, Bob's blue pack cover snapped once, hard, then blew off his pack and off into the white.

Our Mountaineers group of twelve hardy trampers had set out in a gentle snowfall that morning from the Luxmore Hut on the Kepler 'Great Walk' high above Lake Te Anau in Fiordland National Park, on the South Island of New Zealand, heading for our next stop, the Iris Burn hut. It was mid-February, high summer in the southern hemisphere, but the weather gods hadn't gotten the memo. The forecast on the wall at the hut was for the snow to get heavy later in the afternoon, so we launched briskly ahead with the idea that we could complete the first six miles of high exposed ridge walking before the worst of the weather hit. Now I could barely see the hikers in our group twenty feet ahead and behind.

At the lee of a bend in the trail we gathered up. "This is insane!" "We're not doing six miles of ridge in this weather!" "I can't feel my nose!" It was unanimous.

Reality demanded we surrender to greater forces and live to hike another day. Back down the trail we went, with a short warming stop at the hut where we'd started that morning ("no room for you tonight, sorry!"), and had soon retreated all the way back down to our starting point in the little tourist town of Te Anau on the shore of the lake.

One thing you need to know about New Zealanders: their reputation for can-do hospitality is no exaggeration. Two nights of hotel rooms pulled together for twelve, in the middle of high season? Check. Bags transferred to the new place via

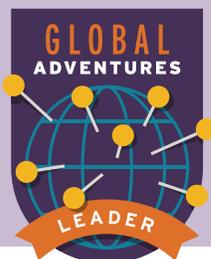
the proprietor's hubby's pickup truck? Check. Hot showers and warm dry clothes? Check.

Still blinking the figurative snow from our eyes, just a few hours down from the maelstrom, we found ourselves sitting around a table in a lovely little Te Anau restaurant, sipping fine New Zealand wine and sampling the culinary creations of a clearly talented local chef. Who knew that a tiny berg of 2,000 souls in this small verdant country would have not just one, but several excellent chefs, serving up incredible fare and outstanding wine in relaxed friendly style? Perhaps two free days forced off the trail – and away from our dehydrated dinners and instant oatmeal – wouldn't be all that bad!

We met our bus two mornings later to head on to our next 'Great Walk,' fortified once again to take on the backcountry, but reinforced in our realization that, if you're open to it, adventure in an unfamiliar new country can take many forms – including an unparalleled foodie experience where you least expect it.

Check out our current Mountaineers Global Adventures by going to www.mountaineers.org. Click on the Explore tab, then search "Global Adventures."

Interested in being a Global Adventures leader?



Find out more at our open house for interested GA leaders on **April 5 at 7pm** at the Seattle Program Center. We're looking for experienced Mountaineers with a background in planning and leading extended adventure trips to join our team! Contact the Global Adventures Committee Chair, Cindy Hoover, at cyn@zipcon.com with questions.

Ready for Adventure?

The Go Guide offers a **sampling** of the thousands of Mountaineers trips, outings and events each year. Please go online to **www.mountaineers.org** to gain a fully-detailed view of all up-to-the-minute listings. Many of our activities - especially day hikes and urban adventures - are open to the general public who sign up as guests, as an introduction to Mountaineers activities.

If you are looking for camaraderie with a particular branch of The Mountaineers, branches are named at the end of each listing. **SIGN UP** for the trip or event of your choice online, and remember that you may register for an event or course in any branch, regardless of the one you belong to.

note: Events and trips require registration unless otherwise noted. You will also need a current waiver on file with The Mountaineers to participate. Following are guides and keys to interpreting the trip listings.

Mountaineers Ten Essential System required on all Mountaineers trips:

1. Navigation
2. Sun protection
3. Insulation
4. Illumination
5. First aid supplies
6. Fire starter
7. Repair kit and tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter

List of potential abbreviations:

- | | |
|---------------------------|-----------------------|
| CG—Campground | E, W, N, S—East . . . |
| USGS—US Geological Survey | GT—Green Trails |
| Hwy—Highway | I—Interstate |
| ITC—Issaquah Trail Cntr | Jct—Junction |
| MRNP—Mt. Rainier | NP—National Park |
| NWFP—NW Forest Pass (fee) | mi—miles |
| FS—Forest Service | P&R—Park and Ride |
| Rd—Road | RS—Ranger Station |
| RT—Round Trip | SP—State Park |
| SR—State Route | TH—Trailhead |

ACTIVITY LISTING KEY



COURSE LISTING KEY



How to use the Go Guide:

We use the same category names online, so if you find an activity or course you would like to sign up for, just go to our website and click on the *Explore* (for activities) or *Learn* (for courses) tab. You can then filter your search by category (for example, *Day Hiking*).

If you don't see what you're looking for, don't hesitate to call Member Services! We're here to help: 206-521-6001 or email: info@mountaineers.org.

Quarterly Update

Thank you for reading the Go Guide! We pulled the information for this issue on January 17, 2017. Any activities or courses listed after that date will not be published here. The information for the Summer magazine will be pulled on April 15, 2017. Please have your activities and courses listed by then if you would like them to be published in the magazine.

If you have any suggestions, questions or feedback, please send an email to Suzanne Gerber, publications manager, at suzanneg@mountaineers.org.



Mountaineers activities

Below is a sampling of The Mountaineers activities. To see the full listing, go to www.mountaineers.org.

BACKPACKING

3/5/17-3/7/17, Backpack - Olympic Coast South: The Wildcatter Coast (Moderate) Leader: shawna leatherby, revived777@hotmail.com. Foothills

5/13/17-5/14/17, Backpack - Ancient Lake (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

5/18/17-5/20/17, Backpack - Chelan Lakeshore Trail (Moderate) Leader: Deborah Fisher, gearsnbearings@gmail.com. Foothills

5/27/17-5/29/17, Backpack - Third Beach (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

CLIMBING

3/4/17, Intermediate Alpine Climb - Lane Peak/Zipper (winter) (Moderate) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

3/10/17-3/12/17, Intermediate Alpine Climb - Mount Rainier/Gibraltar Ledges (Challenging) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

3/25/17-3/26/17, Intermediate Alpine Climb - Mount Hood/Sandy Glacier Headwall (Challenging) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

4/1/17-4/2/17, Intermediate Alpine Climb - Mount Hood/Leuthold Couloir (Challenging) Leader: Ian Lauder, ian@cyber-sea.com. Everett

4/8/17-4/9/17, Intermediate Alpine Climb - Mount Hood/Leuthold Couloir (Moderate) Leader: Petro Ksondzyk, petro.ksondzyk@gmail.com. Seattle

4/8/17-4/9/17, Intermediate Alpine Climb - Mount Rainier/Gibraltar Ledges (Challenging) Leader: Vlad Krupin, vlad@krupin.net. Seattle

4/15/17-4/16/17, Intermediate Alpine Climb - Mount Hood/Leuthold Couloir (Challenging) Leader: Brian Starlin, brian.starlin@comcast.net. Seattle

4/29/17-4/30/17, Basic Alpine Climb - Whitehorse Mountain/Northwest Shoulder (Moderate) Leader: James Adkins, jamesaa73@comcast.net. Seattle

4/29/17-4/30/17, Intermediate Alpine Climb - Mount Shuksan/North Face (Challenging) Leader: Petro Ksondzyk, petro.ksondzyk@gmail.com. Seattle

4/29/17, Basic Alpine Climb - Devils Peak/South Ridge (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

5/2/17, Intermediate Alpine Climb - Ingalls Peak/East Ridge (For Beginners (Getting Started Series)) Leader: Fred Luck, f-luck@hotmail.com. Seattle

5/6/17-5/7/17, Basic Alpine Climb - Mount Stuart/Sherpa Glacier (Moderate) Leader:

Petro Ksondzyk, petro.ksondzyk@gmail.com. Seattle

5/6/17, Basic Alpine Climb - Yellowjacket Tower/East Flank (For Beginners (Getting Started Series)) Leader: Martin Babare, mbabare@nventure.com. Tacoma

5/7/17, Basic Alpine Climb - Unicorn Peak/South Side (For Beginners (Getting Started Series)) Leader: Derek Newbern, dereknewbern@gmail.com. Seattle

5/7/17, Basic Alpine Climb - Yellowjacket Tower/East Flank (Moderate) Leader: Martin Babare, mbabare@nventure.com. Tacoma

5/11/17, Basic Alpine Climb - The Tooth/South Face (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

5/12/17, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: Derek Newbern, dereknewbern@gmail.com. Seattle

5/13/17, Basic Alpine Climb - Unicorn Peak/South Side (For Beginners (Getting Started Series)) Leader: Erica Cline, ecline2522@gmail.com. Seattle

5/13/17, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: Petro Ksondzyk, petro.ksondzyk@gmail.com. Seattle

5/14/17, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: Petro Ksondzyk, petro.ksondzyk@gmail.com. Seattle

5/19/17, Basic Alpine Climb - Whitehorse Mountain/Northwest Shoulder (Challenging) Leader: Bob Margulis, bobmargulis@gmail.com. Seattle

5/20/17, Basic Alpine Climb - Colfax Peak (Challenging) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

5/20/17, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: Diana Yuen, dianahikes@gmail.com. Seattle

5/20/17-5/21/17, Basic Alpine Climb - Eldorado Peak/Inspiration Glacier (For Beginners (Getting Started Series)) Leader: Wes Cooper, wcooper06@yahoo.com. Seattle

5/20/17-5/21/17, Basic Alpine Climb - Silver Star Mountain/Silver Star Glacier (Moderate) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

5/20/17, Basic Alpine Climb - Dragontail Peak/Colchuck Col (Moderate) Leader: Jeffrey Wirtz, jrwirtz73@gmail.com. Tacoma

5/24/17, Basic Alpine Climb - The Tooth/South Face (Moderate) Leader: Tom Girard, tom_girard@hotmail.com. Seattle

5/25/17, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: Rena Chinn, seattlerena@gmail.com. Seattle

5/26/17, Basic Alpine Climb - The Tooth/South Face (Challenging) Leader: Bob Margulis, bobmargulis@gmail.com. Seattle

5/27/17-5/28/17, Basic Alpine Climb - Big Snagtooth/West Ridge (Moderate) Leader: James Adkins, jamesaa73@comcast.net. Seattle

5/27/17-5/29/17, Glacier Climb - Mount Rainier/Emmons Glacier (For Beginners (Getting Started Series)) Leader: Ian Lauder, ian@cyber-sea.com. Everett

5/31/17, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: John Bell, jbc climber@yahoo.com. Seattle

DAY HIKING

3/5/17, Day Hike - Fragrance & Lost Lakes (Moderate) Leader: Bob Pankl, pankl@earthlink.net. Seattle

3/26/17, Day Hike - Oyster Dome (Moderate) Leader: Bob Pankl, pankl@earthlink.net. Seattle

3/29/17, Day Hike - Mount Si Main Trail (For Beginners (Getting Started Series)) Leader: Petro Ksondzyk, petro.ksondzyk@gmail.com. Seattle

4/29/17, Day Hike - Dungeness Spit (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

5/6/17, Day Hike - Shady Lane & Staircase Rapids (For Beginners (Getting Started Series)) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

5/6/17, Day Hike - Shady Lane & Staircase Rapids (For Beginners (Getting Started Series)) Leader: Dee Ann Kline, deeannk3@gmail.com. Olympia

5/14/17, Day Hike - Big Creek Loop (Lake Cushman) (For Beginners (Getting Started Series)) Leader: Michael Mellors, beta618@gmail.com. Olympia

5/28/17, Day Hike - Dry Creek Trail (For Beginners (Getting Started Series)) Leader: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

5/30/17, Day Hike - Dungeness Spit (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

EXPLORING NATURE

4/13/17, Day Hike - Whiskey Dick Mountain (For Beginners (Getting Started Series)) Leader: Stewart Hougen, sehougen@comcast.net. Seattle

4/29/17, Day Hike - Snow Mountain Ranch (For Beginners (Getting Started Series)) Leader: Stewart Hougen, sehougen@comcast.net. Seattle

3/25/17-3/26/17, Day Hike - Smith Rock State Park (Moderate) Leader: Linda Moore, abenteuerbc@yahoo.com. Seattle

4/15/17, Day Hike - The Table Rocks (Oregon) (Moderate) Leader: Linda Moore, abenteuerbc@yahoo.com. Seattle

4/16/17, Day Hike - Grants Pass Area Siskiyou (Oregon) (Easy) Leader: Linda Moore, abenteuerbc@yahoo.com. Seattle

5/27/17-5/29/17, Day Hike - Leslie Gulch & Juiper Gulch Trail (Oregon) (Moderate) Leader: Linda Moore, abenteuerbc@yahoo.com. Seattle

3/25/17, Day Hike - Bowman Bay (For Beginners (Getting Started Series)) Leader: Gordie Swartzman, g.swartzman@gmail.com. Seattle

4/22/17, Day Hike - Westberg Trail (Moderate) Leader: Gordie Swartzman, g.swartzman@gmail.com. Seattle

5/13/17, Day Hike - Black Canyon (Umtanum Ridge) (For Beginners (Getting Started Series)) Leader: Gordie Swartzman, g.swartzman@gmail.com. Seattle

5/20/17-5/21/17, Day Hike - Zumwalt Prairie Preserve (Oregon) (Moderate) Leader: Linda Moore, abenteuerbc@yahoo.com. Seattle

SCRAMBLING

3/4/17, Winter Scramble - Granite Mountain (winter) (Challenging) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

3/4/17, Winter Scramble - Silver Peak, Abiel Peak & Humpback Mountain Traverse (winter) (Challenging) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

3/11/17-3/12/17, Winter Scramble - Wright Mountain (winter) (Moderate) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

3/25/17-3/26/17, Winter Scramble - Sourdough Mountain (winter) (Challenging) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

4/1/17-4/2/17, Alpine Scramble - Cowboy Mountain (Moderate) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

5/13/17, Alpine Scramble - Humpback Mountain (Moderate) Leader: Craig Schwartz,

craig.mountaineers@gmail.com. Seattle

5/20/17-5/21/17, Alpine Scramble - Cannon Mountain/Northslope Approach (Challenging) Leader: James Adkins, jamesaa73@comcast.net. Seattle

SEA KAYAKING

3/5/17, Sea Kayak - Eastside Pool (Tacoma) (Easy) Leader: Sally Anderson, garywsallya@yahoo.com. Tacoma

3/12/17, Sea Kayak - Peninsula High School Pool (Easy) Leader: Sally Anderson, garywsallya@yahoo.com. Tacoma

3/19/17, Sea Kayak - Eastside Pool (Tacoma) (Easy) Leader: Sally Anderson, garywsallya@yahoo.com. Tacoma

3/25/17, Sea Kayak - Flowing Lake Park (For Beginners (Getting Started Series)) Leader: Bill Coady, billcoady@outlook.com. Everett

3/26/17, Sea Kayak - Peninsula High School Pool (Easy) Leader: Sally Anderson, garywsallya@yahoo.com. Tacoma

SKI/SNOWBOARDING

3/7/17, Cross-country Ski - Amabilis Mountain (Challenging) Leader: Christopher Ensor, ctrails@comcast.net. Seattle

3/18/17, Cross-country Ski - Snoqualmie Pass Nordic Center (For Beginners (Getting Started Series)) Leader: Christopher Ensor, ctrails@comcast.net. Seattle

3/26/17, Cross-country Ski - Stevens Pass Nordic Center (Moderate) Leader: Christopher Ensor, ctrails@comcast.net. Seattle

4/1/17, Backcountry Ski/Snowboard - Jove Peak (Moderate) Leader: Ed Palushock, ed.palushock@yahoo.com. Foothills

SNOWSHOEING

3/4/17-3/5/17, Intermediate Snowshoe - MTTA High Hut (Challenging) Leader: David Bradley, david.bradley.mountaineers@gmail.com. Seattle

3/11/17, Intermediate Snowshoe - Shuksan Arm (winter) (Moderate) Leader: David Bradley, david.bradley.mountaineers@gmail.com. Seattle

STEWARDSHIP

3/4/17, Stewardship - Cheasty Greenspace (For Beginners (Getting Started Series)) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

3/4/17, Stewardship - Forest Park, Everett (For Beginners (Getting Started Series)) Leader: Evy Dudey, evy.dudey@gmail.com. The Mountaineers

3/11/17, Stewardship - South Everett Forest Preserve (For Beginners (Getting Started Series)) Leader: Evy Dudey, evy.dudey@gmail.com. The Mountaineers

3/18/17, Stewardship - Cheasty Greenspace (For Beginners (Getting Started Series)) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

4/1/17, Stewardship - Cheasty Greenspace (For Beginners (Getting Started Series)) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

4/1/17, Stewardship - Forest Park, Everett (For Beginners (Getting Started Series)) Leader: Evy Dudey, evy.dudey@gmail.com. The Mountaineers

4/2/17, Stewardship - Griffin Fire District Station 1 (For Beginners (Getting Started Series)) Leader: Bob Keranen, keranen@hcc.net. Olympia

4/8/17, Stewardship - South Everett Forest Preserve (For Beginners (Getting Started Series)) Leader: Evy Dudey, evy.dudey@gmail.com. The Mountaineers

4/15/17, Stewardship - Cheasty Greenspace (For Beginners (Getting Started Series)) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

4/15/17, Stewardship - Howarth Park (For Beginners (Getting Started Series)) Leader: Evy Dudey, evy.dudey@gmail.com. The Mountaineers

5/6/17, Stewardship - Cheasty Greenspace (For Beginners (Getting Started Series)) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

5/20/17, Stewardship - Cheasty Greenspace (For Beginners (Getting Started Series)) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

Mountaineers Courses

Below is a sampling of courses offered. See www.mountaineers.org for complete and up-to-date listings.

BACKPACKING

3/20/17-10/31/17, Backpacking Building Blocks (B3) Course - Foothills - 2017 - Backpacking Building Blocks (B3) is a season-long course aimed at providing new and returning backpackers with the latest knowledge, gear info, practical experience, fun trail companions and experienced helpful mentors to help you become skilled, safe and successful on

overnight or longer trips. Registration for the course and included classes opens Saturday, January 21, 2017 at 8am. Members: \$120, Non-members: \$150. Contact: Cheryl Talbert, cascadehiker@earthlink.net. Foothills

5/16/17-10/1/17, The Essentials of Backpacking - Olympia - 2017 - The Essentials of Backpacking is a hands-on course designed to help hikers go further, stay longer and enjoy the backcountry more. Members: \$60,

Non-members: \$90. Contact: Jim French, jimfrenchwa@comcast.net. Olympia

5/23/17-7/23/17, Backpacking with Kids - Foothills - Backpack with your kids! This course is for parents with some backpacking experience who want to take their children (little ones to teenagers) backpacking. Learn more about planning, on the trail, gear, tips and tricks, etc. Families must be Mountaineers members, and parent(s) must participate with



their kids in the two field trips. Members: \$40. Contact: Lorelei Felchlin, lorelei@felchlin.net. Foothills

5/23/17-7/23/17, Backpacking with Kids - Foothills - Backpack with your kids! This course is for parents with some backpacking experience who want to take their children (little ones to teenagers) backpacking. Learn more about planning, on the trail, gear, tips and tricks, etc. Families must be Mountaineers members, and parent(s) must participate with their kids in the two field trips. Members: \$40. Contact: Sarah Hess, hess@whidbey.com. Foothills

CLIMBING

3/1/17-6/10/17, Intermediate Leading On Rock - Everett - 2017 - The leading on rock portion of the Everett Intermediate Climbing class. An application must be submitted and approved before a person is accepted into this class. Members: \$400, Non-members: \$500. Contact: Lawrence Stewart, lrstew@stanfordalumni.org. Everett

3/3/17-3/30/17, Introduction to Single Pitch Trad - The Mountaineers - 2017 - Introduction to placing traditional gear in a single pitch crack climbing environment Members: \$200, Non-members: \$230. Contact: Loni Uchyttil, loniuchyttil@msn.com. Seattle

3/13/17, Seattle Climbing Lecture Series - 2017 - Food Dehydration - Seattle Climbing Lecture Series - Food Dehydration. Come find out how to make the rest of your climbing and backpacking friends jealous at meal time. Members: \$10, Non-members: \$10. Contact: Carry Porter, carry@nwoutdoorrrr.com. Seattle

3/21/17, Leading on Bolts Clinic - Tacoma - 2017 - Learn the basics of leading on bolted routes on our climbing wall. Members: \$10, Non-members: \$20. Contact: Martin Babare, mbabare@nventure.com. Tacoma

3/23/17-4/30/17, Introduction to Leading Bolted Routes - Seattle - 2017 - Introduction to Leading Bolted Routes - Seattle Members: \$125, Non-members: \$200. Contact: Helen Arntson, xylonia@gmail.com. Seattle

3/28/17, Instructor Rope Skills - Tacoma - 2017 - Learn to manage rope systems in a field trip/instructor scenario. Members: \$10, Non-members: \$20. Contact: Gregg Gagliardi, gagliardigregg@gmail.com. Tacoma

3/30/17-4/30/17, Introduction to Single Pitch Trad A - 2017 - Introduction to placing traditional gear in a single pitch crack climbing environment Members: \$200, Non-members: \$300. Contact: Loni Uchyttil, loniuchyttil@msn.com. Seattle

4/1/17-7/31/17, Beyond Basic Rock - Olympia - 2017 - Beyond Basic Rock 2017 Members: \$90, Non-members: \$180. Contact: Doug Souliere, doug@gcprint.com. Olympia

4/5/17-5/30/17, Introduction to Single Pitch Trad B - 2017 - Introduction to placing traditional gear in a single pitch crack climbing environment Members: \$200, Non-members: \$300. Contact: Loni Uchyttil, loniuchyttil@msn.com. Seattle

4/18/17-5/21/17, Introduction to Alpine Rock - Seattle - 2017 - Be a safe follower on a basic alpine rock climb. Members: \$200, Non-members: \$250. Contact: Jacob Wolniewicz, jacob@wolniewicz.com. Seattle

4/25/17-5/25/17, Introduction to Rock Climbing Course - Seattle - 2017 - Introduction to Rock Climbing Course - Seattle Members: \$140, Non-members: \$175. Contact: Sam Wilson, sam.wilson@gmail.com. Seattle

4/26/17-6/4/17, Introduction to Multi-Pitch Trad A - Seattle - 2017 - Introduction to climbing in a multi pitch environment. Members: \$300, Non-members: \$400. Contact: Loni Uchyttil, loniuchyttil@msn.com. Seattle

5/8/17-6/4/17, Introduction to Multi-Pitch Trad B - Seattle - 2017 - Introduction to climbing in a multi pitch environment. Members: \$200, Non-members: \$230. Contact: Loni Uchyttil, loniuchyttil@msn.com. Seattle

5/8/17-6/30/17, Introduction to Multi-Pitch Trad B - Seattle - 2017 - Introduction to climbing in a multi pitch environment. Members: \$300, Non-members: \$400. Contact: Loni Uchyttil, loniuchyttil@msn.com. Seattle

5/11/17-6/18/17, Introduction to Single Pitch Trad C - The Mountaineers - 2017 - Introduction to placing traditional gear in a single pitch crack climbing environment Members: \$200, Non-members: \$230. Contact: Loni Uchyttil, loniuchyttil@msn.com. Seattle

5/11/17-6/30/17, Introduction to Single Pitch Trad C - The Mountaineers - 2017 - Introduction to placing traditional gear in a single pitch crack climbing environment Members: \$200, Non-members: \$300. Contact: Loni Uchyttil, loniuchyttil@msn.com. Seattle

6/7/17-10/1/17, Alpine Rock Course - Seattle - 2017 - Alpine Rock Course Members: \$160, Non-members: \$200. Contact: Christopher Dessert, christopher.dessert@gmail.com. Seattle

6/8/17-7/9/17, Introduction to Multi-Pitch Trad C - Seattle - 2017 - Introduction to climbing in a multi pitch environment. Members: \$200, Non-members: \$230. Contact: Loni Uchyttil, loniuchyttil@msn.com. Seattle

6/8/17-8/31/17, Intermediate Glacier Climbing - Everett - 2017 - Intermediate Glacier Climbing - Everett - 2017 Members: \$300, Non-members: \$400. Contact: Rob Holman, robert.e.holman@hotmail.com. Everett

6/8/17-7/20/17, Introduction to Multi-Pitch Trad C - Seattle - 2017 - Introduction to climbing in a multi pitch environment. Members: \$300, Non-members: \$400. Contact: Loni Uchyttil, loniuchyttil@msn.com. Seattle

6/17/17-6/25/17, Intense Basic Alpine Climbing Course - Seattle - 2017 - Interested in learning or improving on the skills that are taught in the Basic Alpine Climbing Course, but don't have a schedule that allows for six months of coursework and field trips? This nine day intensive course may be a good option for you. Members: \$1150, Non-members: \$1450. Contact: Sherrie Trecker, sbuxbarista@yahoo.com. Seattle

6/29/17-7/27/17, Introduction to Rock Climbing Course - Seattle - 2017 - Introduction to Rock Climbing Course - Seattle Members: \$140, Non-members: \$175. Contact: Sam Wilson, sam.wilson@gmail.com. Seattle

7/19/17-8/13/17, Intermediate Alpine Ice - Everett - 2017 - Intermediate Alpine Ice Course - Everett - 2017 Members: \$100, Non-members: \$150. Contact: Scot Geoghegan, hector98034@yahoo.com. Everett

DAY HIKING

3/11/17-10/7/17, Conditioning Hiking Series - Seattle - 2017 - Conditioning Hiking Series - Seattle - 2017 Members: \$125, Non-members: \$125. Contact: James Souza, james.souza60@gmail.com. Seattle

3/11/17-10/7/17, Conditioning Hiking Series - Seattle - 2017 - Conditioning Hiking Series - Seattle - 2017 Members: \$125, Non-members: \$125. Contact: Kari Durr, karidurr@hotmail.com. Seattle

4/5/17, Hike Essentials - Everett - 2017 - Hike Essentials - Everett. Contact: Edward Andrews, edandrews@yahoo.com. Everett

4/11/17-12/31/17, Conditioning Hiking Series - Olympia - 2017 - This course offers participants the chance to develop their fitness capabilities and hike with many of the same people throughout the duration of the course and reach new distance and elevation goals. Beginning in the spring, the course provides a structure of increasing challenges through hikes that are scheduled to bring you to new heights and discover new places as you gain fitness. Members: \$55, Non-members: \$0. Contact: Donna Kreuger, dkreugerhikes@gmail.com. Olympia

EXPLORING NATURE

3/9/17, Naturalist Lecture Series - 2017: Citizen Science at Mt. Rainier - A series of talks and seminars presented by the Naturalists committee. Members: \$0, Non-members: \$5. Contact: Rose O'Donnell, r.a.odonnell@icloud.com. Seattle

4/12/17-9/19/17, 2017 Introduction to the Natural World - An introductory course for the outdoors person interested in learning more about the natural world they are exploring. Members: \$105, Non-members: \$160. Contact: Gordie Swartzman, g.swartzman@gmail.com. Seattle

FIRST AID

3/3/17-3/5/17, Wilderness First Responder Recertification (WFC)- Spring 2017 - Wilderness First Responder Recertification Members: \$300, Non-members: \$325. Contact: Mary Panza, makinanoise@hotmail.com. Seattle

3/15/17-4/2/17, MOFA - Olympia - 2017 - Spring Mountaineering Oriented First Aid - Olympia. Weeknights 6:30 to 9:30pm March 15, 20, 22, 27, 29 and 8-5 Sat/Sun April 1, 2 2017 Note: Mountaineering First Aid: A Guide to Accident Response and First Aid Care books are provided and made available approximately 1

month prior to the beginning of the class. Do not order a book when you register. Classes are at Griffin Fire Station 3707 Steamboat Loop NW Olympia Members: \$150, Non-members: \$300. Contact: Bob Keranen, keranen@hcc.net. Olympia

3/15/17-4/2/17, MOFA - Olympia - 2017 - Spring Mountaineering Oriented First Aid - Olympia. Weeknights 6:30 to 9:30pm March 15, 20, 22, 27, 29 and 8-5 Sat/Sun April 1, 2 2017 Note: Mountaineering First Aid: A Guide to Accident Response and First Aid Care books are provided and made available approximately 1 month prior to the beginning of the class. Do not order a book when you register. Classes are at Griffin Fire Station 3707 Steamboat Loop NW Olympia Members: \$150, Non-members: \$300. Contact: Paul Kondrat, pmknurse@hotmail.com. Olympia

5/26/17-6/4/17, Wilderness First Responder (WFR)- Spring 2017 - Wilderness First Responder Members: \$600, Non-members: \$650. Contact: Mary Panza, makinanoise@hotmail.com. Seattle

NAVIGATION

3/13/17-3/25/17, Wilderness Navigation - Tacoma March 2017 - Wilderness Navigation - Tacoma March 2017 Members: \$67, Non-members: \$67. Contact: Susan Rowe, susier56@aol.com. Tacoma

4/13/17-4/22/17, Wilderness Navigation - Tacoma April 2017 - Wilderness Navigation - Tacoma April 2017 Members: \$67, Non-members: \$67. Contact: Kevin DeFields, kdefields@comcast.net. Tacoma

4/18/17-4/23/17, Basic Navigation Course - Olympia - 2017 - Basic Navigation Course - Olympia Members: \$50, Non-members: \$60. Contact: Mike Kretzler, mkretzler@comcast.net. Olympia

OUTDOOR LEADER

3/18/17-3/18/17, Outdoor Leadership Seminar - Tacoma - 2017 - Build and enhance your outdoor leadership skills through facilitated real-life scenarios, discussion and problem solving. Members: \$45, Non-members: \$75. Contact: Scott Davidson, scott.davidson@tacomamountaineers.org. Tacoma

SAILING

4/3/17-6/30/17, Basic Crewing/Sailing Course - Tacoma - 2017. Members: \$120, Non-members: \$175. Contact: Mark Cole, boatnboot@q.com. Tacoma

4/4/17-5/2/17, Basic Crewing/Sailing Course - Seattle - 2017. Members: \$150, Non-members: \$200. Contact: Alan Vogt, avogt@speakeasy.net Seattle

SCRAMBLING

3/15/17-11/1/17, Alpine Scrambling Course - Tacoma - 2017 - Alpine Scrambling Course - Tacoma Members: \$220, Non-members: \$320. Contact: Allan Maas, amaas@parametrix.com. Tacoma

3/12/17-5/14/17, Compressed Alpine Scrambling Course - Seattle - 2017 - This course covers the same curriculum of skills as the regular 2017 Scramble Course but over the span of one weekend. Members: \$400, Non-members: \$500. Contact: Seattle Scramble, scramblechairs@gmail.com. Seattle

SEA KAYAKING

3/4/17, Sea Kayaking: Incident Management/Risk Assessment - Olympia - 2017 ON THE WATER - Sea Kayaking: Incident Management/Risk Assessment This is ON THE WATER PORTION. Prepare to get wet!!! Members: \$0, Non-members: \$100. Contact: Brian Hollander, lhotse_h@msn.com. Olympia

3/23/17-9/30/17, Basic Sea Kayaking Course - Everett - 2017 - Basic Sea Kayaking Course - Everett - 2017 Members: \$225, Non-members: \$0. Contact: Bill Coady, billcoady@outlook.com. Everett

4/1/17-9/30/17, Basic Sea Kayaking Course - Tacoma - 2017 - Basic Sea Kayaking Course - Tacoma Members: \$225, Non-members: \$300. Contact: Alison Reinbold, areinbold@comcast.net. Tacoma

4/27/17-12/31/17, Basic Sea Kayaking Course - Olympia - 2017 - Basic Sea Kayaking Course - Olympia Members: \$200, Non-members: \$0. Contact: Will Greenough, kayakwill@yahoo.com. Olympia

SKI/SNOWBOARDING

4/18/17-6/3/17, Glacier Skiing/Snowboarding and Crevasse Rescue - Foothills - 2017 - Glacier travel and rope skills necessary to safely travel on glaciated terrain and effect a crevasse rescue. Members: \$225, Non-members: \$325. Contact: Richard Karstens, rich.karstens@gmail.com. Foothills

STEWARDSHIP

3/25/17-3/26/17, Leave No Trace Trainer Course - The Mountaineers - 2017 - Leave No Trace Trainer Course Members: \$40, Non-members: \$60. Contact: Brian Carpenter, fleasgach@gmail.com. The Mountaineers

YOUTH

6/26/17-6/30/17, Seattle - Summer Camp - Water Week 1- The Mountaineers - 2017 - Join us on an aquatic adventure! Members: \$410, Non-members: \$485. Contact: Alarik Rask, alarik9@gmail.com. Seattle

7/1/17-8/30/17, Mountain Workshop - Invest In Youth - 2017 - Invest In Youth works with a number of Seattle Elementary Schools in order to help kids connect with the outdoors. Members: \$0, Non-members: \$0. Contact: Chad Arveson, chada@mountaineers.org. The Mountaineers

7/5/17-7/7/17, Mountaineers on Mt. Rainier - Seattle - 2017 - Join the Mountaineers for a 3 day camp out at Mt. Rainier! Members: \$355, Non-members: \$430. Contact: Danielle Leitao, summercamp@mountaineers.org.

7/10/17-7/14/17, Seattle - Summer Camp - Wind and Waves Week - 2017 - Humans and wind powered camp! Members: \$355, Non-members: \$430. Contact: Danielle Leitao, summercamp@mountaineers.org. Seattle

7/10/17-7/14/17, Tacoma - Summer Camp - Wilderness Week - Wilderness Week Members: \$300, Non-members: \$360. Contact: Sarah Holt, sarah.hlt@gmail.com. Tacoma

7/10/17-7/11/17, Kitsap - Seattle Transportation - Kitsap Forest Adventure Camp Week 1 - 2017 - Seattle transportation (Week 1) from the Seattle ferry dock to Kitsap Forest Adventure Camp and back again. Members: \$140, Non-members: \$140. Contact: Gala Lindvall, galalindvall@gmail.com. The Mountaineers

7/10/17-7/14/17, Kitsap - Kitsap Forest Adventure Camp Week 1 - 2017 - Kitsap Forest Adventure Camp - Week 1 Members: \$250, Non-members: \$300. Contact: Gala Lindvall, galalindvall@gmail.com. The Mountaineers

7/17/17-7/21/17, Seattle - Summer Camp - Ropes and Rock Week - 2017 - Rockstars welcome! Members: \$355, Non-members: \$430. Contact: Danielle Leitao, summercamp@mountaineers.org. Seattle

7/17/17-7/21/17, Kitsap - Kitsap Forest Adventure Camp Week 2 - 2017 - Kitsap Forest Adventure Camp - Week 2 Members: \$250, Non-members: \$300. Contact: Gala Lindvall, galalindvall@gmail.com. The Mountaineers

7/17/17-7/21/17, Tacoma - Summer Camp - Rock & Ropes Week - Rock & Ropes Week Members: \$300, Non-members: \$360. Contact: Sarah Holt, sarah.hlt@gmail.com. Tacoma

7/17/17-7/21/17, Kitsap - Seattle Transportation - Kitsap Forest Adventure Camp Week 2 - 2017 - Seattle transportation (Week 2) from the Seattle ferry dock to Kitsap Forest Adventure Camp and back again. Members: \$140, Non-members: \$140. Contact: Gala Lindvall, galalindvall@gmail.com. The Mountaineers

7/24/17-7/28/17, Seattle - Summer Camp - Survivor Week - The Mountaineers - 2017 - Work as a team to make it through this week of camp with the Mountaineers! Members: \$355, Non-members: \$430. Contact: Danielle Leitao, summercamp@mountaineers.org. Seattle

7/24/17-7/28/17, Tacoma - Climbing Rock Stars Week -- Summer Camp - Rock Stars Week. A fun-filled week of camp for kids who want to take their rock climbing skills to the next level! Members: \$300, Non-members: \$360. Contact: Sarah Holt, sarah.hlt@gmail.com. Tacoma

7/31/17-8/4/17, Seattle - Summer Camp - Water Week 2 - The Mountaineers - 2017 - Go with the flow during Water Week! Members: \$410, Non-members: \$485. Contact: Danielle Leitao, summercamp@mountaineers.org. Seattle

For a complete and up-to-date list of courses, please visit www.mountaineers.org/learn





Baker Lodge. Photo by Richard Lawrence

Baker Lodge

www.mountaineers.org/about/locations-reservations/baker-lodge

The Mountaineers Mt. Baker Lodge is nestled in the spectacular beauty of the North Cascades and just a short walk from the upper access to eight ski lifts of the Mt. Baker Ski Area (www.mtbaker.us). Within a short distance from the lodge there are a number of snowshoe routes and cross-country ski trails (www.nooksacknordicskiclub.org/overview.php). Visit the Baker Lodge website (www.mountaineers.org/about/locations-reservations/baker-lodge) for our current schedule, rates and other information about the lodge and call Bill Woodcock, 206-457-5452 or Dale Kisker, 206-365-9508 if you have any questions.

The lodge usually is open by 7 or 8 p.m. on Fridays. Call the hosts listed on the schedule if you have questions about the lodge or opening time. If you arrive after 10:30 p.m. be prepared with a flashlight or headlamp. Each person should bring a sleeping bag, pillow, lunches (unless provided), personal gear, and a flashlight and/or headlamp. Unless otherwise indicated the lodge provides Saturday & Sunday breakfasts and Saturday dinner. Baker Lodge welcomes the public, all ages and abilities. Families with children 5 years or younger should call the host prior to registering to learn about accommodations, hazards, diapers, etc.

SCHEDULE: Baker Lodge is open a few weekends in December and all weekends Jan - Mar and some in April provided there is adequate snow and sign-up. See the Baker Lodge website for rates for our current schedule of openings. At times we have Mountaineer class groups, school and scout groups that rent the entire lodge exclusively for members of their groups. On these weekends registration isn't open to the public.

REGISTRATION: Register online through Baker Lodge website or call the club (206) 521-6001. For most weekend events, reservations close at noon on Thursday before the weekend.

Cancellations must be made by the reservation closing date/time to obtain a refund.

BAKER LODGE'S COMMITTEE NEEDS YOUR HELP

If we want to maintain the option of continuing to operate as a volunteer-led enterprise we need new members to supplement and enhance the current Baker Lodge committee members' capabilities and, over time, to replace some members, as well as bring in new ideas. About fifteen dedicated volunteers make up the current Committee, but a number of long-time members have expressed an interest in reducing their involvement in the day-to-day operations over the next year; they would be glad to help new members get up to speed.

This provides the perfect opportunity for a smooth transition from the current guard to a new cadre of volunteer leadership. Our most urgent need at this time is to increase the number of volunteers who are willing to host events. Hosting involves planning a menu, supervising meal preparation, opening & closing the lodge and operating the mechanical systems while the lodge is open. If operations at Baker Lodge are to continue as they have since the 1950's, we must increase the number of volunteer hosts or the club will pursue other business models. Questions? call Dale Kisker, 206-365-9508 or e-mail dkisker@comcast.net.

Driving directions: Drive N. on I-5 to Bellingham, take Exit 255, the Mt. Baker Highway, and go E. on SR-542 about 54.6 mi. to the ski area. At the Firs Chalet, turn right onto the one-way loop road that leads 0.3 mi. to the lodge parking lot on the right side of the road. Park in the lot, not on the road, and walk the trail (driveway) on your right to the lodge. Once you're in the lodge look at the parking sign on the bulletin board to make sure you're parked correctly. The lodge is in the trees and difficult to see from the road. Driving time is approximately 1½ hours from Bellingham and 3 hours from Seattle.

Kitsap Forest Theater & Cabin

www.ForestTheater.com

PLAYERS - KITSAP FOREST THEATER

Theater Inspired by a Magical Place - Escape to the Kitsap Forest Theater! Join us for a grand adventure as you stroll down the forested trail to our unique and breathtaking theater. Our 2017 season brings "The Wizard of Oz" (spring) and "Tarzan" (summer) to life on our unique stage. These uplifting and family-friendly musicals will appeal to young and old alike - treat yourself to a "day away" in the forest and enjoy theater inspired by a magical place. Generations of theatergoers have enjoyed the scenic drive or ferry ride to the theater, and often come early to picnic under the firs before the trail to the theater opens at 1:00 pm. See our web site for all the details: www.ForestTheater.com

TICKETS AVAILABLE ONLINE

Buy tickets online and save (no ticket fee)! Save on our two-show package. "Wizard of Oz" (May 28, 29, June 3, 4, 10, 11, 17, 18) and "Tarzan" (July 29, 30, Aug 5, 6, 12, 13, 19, 20). www.foresttheater.com/tickets.

AUDITIONS FOR 2017 SEASON

The Mountaineers Players are excited to announce auditions for our 2017 season. Audition for "Wizard of Oz" and/or "Tarzan". Season auditions will be held Sat, Feb. 25 (10 - 4) and Mon eve, Feb. 27 (7 - 9). Dust off your voice and see why there are a dedicated group of Mountaineers who enjoy performing in the great out-of-doors. Weeknight rehearsals are held at Seattle Center, weekend rehearsals and performances are held at our unique outdoor Forest Theater. All ages, including kids, are needed. Great activity for parents/children together. To sign up and get more info, visit www.foresttheater.com/auditions.

HELP WANTED

Do you like to cook? The Mountaineers Players are looking for cooks to prepare meals for an appreciative cast and crew during Kitsap weekend rehearsals and performances. We also need help with set building, costume sewing, prop collecting, ushering and parking for shows, and carpentry work on the property. Please contact us at players@Foresttheater.com or call 206-542-7815 to join a fun and supportive community and help us produce the best outdoor theater in the area.

KITSAP FOREST ADVENTURE CAMP

Registration is now open for our two weeks of Adventure Day Camps for grades K-4 in January. Camps fill up fast, so don't delay in signing up. We offer transportation from Seattle.

Do you like mentoring kids in the out of doors? We are looking for staff (paid and volunteer) to work with kids grades K-4 for two weeks of outdoor day camp in July. Includes riding the ferry from Seattle. See our web site for job descriptions and applications.

RENT THE KITSAP FOREST THEATER, KITSAP CABIN AND/OR THE KITSAP YURT

Are you looking for a unique venue for your event or celebration - weddings, birthdays, corporate events, concerts, workshops, or retreats? The Kitsap Forest Theater, Kitsap Cabin and the Kitsap Yurt are perfect "getaways" for you and your family, friends, business or group. Get away from the city and stress and enjoy our peaceful and magical venue.

During our show season (spring and summer) we have limited weekend availability, but the fall is a great time to visit this unique and special place. During the week we have more availability. Please contact us for details and pricing: 206-542-7815

Meany Lodge

www.meanylodge.org

MEANY WINTER WEEKENDS

Meany Lodge is your Mountaineer owned destination ski resort with meals and overnight sleeping and a 2.5 mile snow cat ride to the lodge. There are 32 different ski runs from green to double black diamond in or out of trees, 14 miles of groomed trails for snow shoeing, XC and skate skiing. A special area for beginner skiers and sledding. (Sledders must wear a helmet.) Come Friday night and stay the weekend or come for a one or 2 day weekend.

For the cat schedule, the required snow permits and to make a reservation go to: www.Mountaineers.org/meanylodge

MEANY WINTER SPORTS

Meany has its own Winter Sports School. We offer a wide range of classes for both downhill and XC skiing.

Not sure what it is you want to do? Just email Patti at: MeanySports@me.com She will set something up to meet your expectations.

SPRING CARNIVAL

March 10-12: For skiers and non-skiers alike.

Stevens Lodge

www.mountaineers.org/about/locations-reservations/stevens-lodge

The Mountaineers has a fantastic facility at Stevens Pass. We are located adjacent to the ski area at the summit of Stevens Pass, putting you within hiking distance to all of the trails at the summit, the Pacific Crest Trail and the excellent Stevens Pass Bike Park.

From April to mid November, the lodge is available for group bookings of 30 or more people. Meals can be provided or your group can provide their own cooking and food. Depending on snow accumulation and the Stevens Pass Resort, from mid November to late March the lodge is open to all, every weekend, during the ski/snowboard season from 6pm Friday to roughly 2pm Sunday. To book a stay at the lodge for the weekend, reservations can be found on the Lodge's home page. Each weekend breakfast is provided on Saturday and Sunday, and dinner on Saturday. The lodge has two dorms with 20 bunks in each dorm. There are two shared bathrooms, each with a shower. The main living area has a large dining room and a lounge area with a fireplace. The dining area can also double as a classroom for those wanting a learning environment.

You can follow us on Instagram @stevenslodge_mountaineers, Facebook and Twitter @StevensLodge for the most updated details about lodging, events, and how to purchase swag.

Welcome to the seven branches of The Mountaineers



Propelled by dedicated and skilled volunteers, all branches offer a number of courses and seminars. Many courses, such as climbing, scrambling, kayaking, backcountry skiing and others, require a set of learned skills to enjoy safely and follow a common curriculum from branch to branch.

Although our program curricula are coordinated to meet Mountaineers-wide standards and policies, each branch offers a slightly different flavor or character to its offerings. Though you may want to join the branch nearest to your home, you can join any branch of your choosing. For current activities and links to branch websites, visit www.mountaineers.org.

BELLINGHAM

Vice Chair: Minda Paul,
mindapaul@hotmail.com

Website: www.bellinghammountaineers.com

The Bellingham Branch was founded in 1983 with 50 members. You will find it tucked alongside the craggy expanse of the North Cascades. It features a vital, close-knit community, courses in first aid, basic and intermediate mountaineering.

It is also home to one of the most popular Mountaineers getaway destinations, Mt. Baker Lodge. From the lodge, Mountaineers and guests can also recreate to their heart's content year-round. In addition to the courses noted above, Bellingham also offers hiking trips and snowshoe tours.

BRANCH MEETINGS: Public meetings are held on the 2nd Tuesday of each month and Branch Committee Meetings are on the 4th Tuesday of each month. See the website for time and locations.

VOLUNTEER OPPORTUNITIES: We would love to have additional hike and snowshoe leaders along with backcountry ski and youth program coordinators. We are also currently looking for a branch treasurer and a branch chair-elect. Email Minda for details.

EVERETT

Chair: Elaina Jorgensen,
elaina.jorgensen@gmail.com

Website: everettmountaineers.org

The Everett Branch was "officially" founded in 1911 when the Mountaineer charter was amended to provide for branches. It has recorded many "firsts" during its storied history including the first ascent of Whitehorse Mountain in 1913, the first climbing course in 1954, and the award of the first Intermediate Climbing Course certificate in 1979. Since Everett is a smaller branch, the companionship of fellow Mountaineers is valued as much as outdoor experiences.

Everett's programs include alpine scrambling, basic and intermediate climbing, back-country and Nordic (cross-country) skiing, hiking, sea kayaking, singles and snow-shoeing. The

Branch's avalanche, navigation and wilderness first aid courses provide instruction in critical outdoor skills.

The Lookout and Trail Maintenance Committee restored and now maintains the Mount Pilchuck Lookout. Each year, thousands of people climb to the lookout to enjoy a spectacular 360 degree view of the Cascades, the Puget Sound and the Olympics.

BRANCH-WIDE EVENTS: Everett members gather together from time-to-time for some fellowship, food, and fun. Those events include a Salmon Bake in October, a Gear Grab & Pot Luck in March, a Family Picnic in August, and an Annual Awards banquet in November.

OPEN HOUSES: The general public as well as Branch members and their guests are invited to attend our monthly open houses on the first Wednesday of most months (no open houses in July, August or December). Some open houses

are devoted to introducing our courses. They include Winter Course Night (November), Spring Course Night (February) and Introduction to Hiking (April). Others feature guest speakers. Beginning in January 2017, the open houses will be held at a NEW LOCATION, the Snohomish County Public Utility District (PUD) Building, 2320 California Street, Everett 98206-1107. You can also explore our website, to learn more about our activities, courses and events.

VOLUNTEER OPPORTUNITIES: The Everett Branch has unlimited volunteer opportunities for those who want to lead climbs, hikes, scrambles, ski tours, kayak paddles and trail maintenance activities. Our course graduates are often invited to return to serve as assistant instructors. Volunteers are also needed to serve on activity and branch committees. Please join us.

KITSAP

Chair: Jeff Schreppe,
avdfan@aol.com

Website: Kitsap Branch on www.mountaineers.org

Founded on March 6, 2003 the Kitsap branch counts in its backyard the trails, waters, and mountains of both the Kitsap and Olympic peninsulas. Over slightly more than a decade, this branch has developed very strong climbing and hiking programs and in the past few years its conservation/education program has also

grown significantly. Other Kitsap Branch courses and activities include snowshoe/winter travel, navigation, first aid, and sea kayaking and the branch is currently exploring the possibility of starting a naturalist committee. Our activity committees sponsor several stewardship efforts each year and recurring events include our fall Salmon Safaris and our mushroom walk. The branch hosts an Annual General Membership meeting every October. A major goal of the branch is to add more family activities in 2017.

BRANCH MEETINGS: Most branch meetings and courses are held at the historic Kitsap Cabin at 3153 Seabeck Highway, which is located

on the Kitsap Forest Theater/Rhododendron Reserve property between Silverdale and Bremerton. However, some meetings may be held at other locations throughout Kitsap, Jefferson, or Clallam Counties, depending upon the activity or the audience to be reached. Branch council meetings are held quarterly on the third Thursday of the designated month at 5:45pm. To find the day and location of the council meetings please check the Kitsap Branch event calendar of The Mountaineers website or go to our Meetup page - Kitsap branch of the Mountaineers.

SEATTLE

Chair: Peter Hendrickson,
p.hendrickson43@gmail.com

Website: www.mountaineers.org/about/branches-committees/seattle-branch

Seattle Branch was The Mountaineers in 1906 when the club was founded. Seattle Branch courses and activities include hiking and backpacking, scrambling, climbing, Nordic skiing, snowshoeing, avalanche, on and off trail navigation (including GPS), first aid, safety, youth/family oriented activities, folk dancing, leadership training, naturalist study, conservation/stewardship, photography, 20's -30's events, Retired Rovers activities, sea kayaking, and sailing.

Volunteers instruct, lead, develop, govern and enjoy our courses, activities and events. We

welcome more hands to help with an activity, add quality, or something unique. Make inquiries directly to committee chairs or to the Branch Chair.

Seattle Branch Council meetings are held at the Seattle Program Center 6:30 to 8:30 pm the second Thursday of the January, March, May, July, September and November. Guests are welcome. Meeting minutes are found in the branch committee web folder. Branch Council elections are held in the fall of odd numbered years.

A recognition and award banquet is held each year to celebrate the great work of the hundreds of volunteers.

An ongoing invitation is extended to new or simply curious folks for the activities below.

MEET THE MOUNTAINEERS: The Seattle

Branch holds a Meet The Mountaineers open house at The Mountaineers Program Center periodically. These allow new members and prospective members to learn about The Mountaineers offerings. Keep an eye on the website for information about the next one.

FOLK DANCING: Tuesdays 7:30 to 9:30pm (unless a parks or national holiday). Location: Peter Kirk Community Center (AKA Kirkland Community Senior Center) 352 Kirkland Avenue, Kirkland. See online Seattle Branch events calendar (not to be confused with the Seattle Program Center).

INTRO TO MAP, COMPASS AND ALTIMETER: Learn how to keep from getting lost outdoors. See website to register. Fee.

PHOTOGRAPHY: Each 3rd Wednesday, the Seattle Photography Committee holds a potluck and photo presentation.

FOOTHILLS

Chair: Steve LeBrun,
stevelebrun@comcast.net

Websites: foothillsmountaineers.org,
FoothillsWinter.org

The newest Mountaineer's branch, founded 12 years ago, the Foothills branch encompasses the eastside communities along the I-90 and I-405 corridors. The branch sponsors trips, classes and courses that focus on hiking, backpacking, avalanche awareness, backcountry skiing, first aid, navigation, snowshoeing and winter camping.

Signature programs include a season-long Backpacking Building Blocks (B3) backpacking course and a Ski & Snowboard Mountaineering course. In 2016 the branch sponsored 203

hikes and backpack trips and 27 ski activities. The branch sponsored 40 courses, classes and clinics in 2016 on a variety of outdoor recreation topics. Foothills also frequently offers "Introduction to Hiking in the Pacific Northwest" seminars.

VISIT THE FOOTHILLS WEB PAGE for information on upcoming activities, meetings, film and speaker events, trips, and courses. A "Foothills News & Notes" email is sent monthly to branch members. If you live on the eastside and are not a Foothills member, you can modify your affiliation by accessing "Your Account" on the club website.

MEMBERSHIP MEETINGS: Branch Membership meetings and Leadership Council meetings are open to all members and held from time to time at Issaquah, Mercer Island or Bellevue

locations. See the branch website and calendar for specific events and meeting dates.

VOLUNTEERING: Are you looking to develop or utilize your knowledge and skills while making new friends and working with like-minded outdoor enthusiasts? The Foothills branch welcomes members interested in becoming new activity or trip leaders, instructors, and event planners. The branch regularly offers training classes to qualify individuals to lead hikes and backpack trips. Backcountry Ski and Snowshoe leader training is also available. Contact information for course and activity committees can be found on the branch website page. And the branch is always looking for individuals interested in assuming leadership positions and assisting with administration and strategic planning.

TACOMA

Chair: Jim Paxinos,
jim.paxinos@tacomamountaineers.org

Website: www.tacomamountaineers.org

The second largest of all seven branches, Tacoma maintains not only its own program center in the Old Town neighborhood of Tacoma, but a property close to Mt. Rainier,

the Irish Cabin on the Carbon River. Tacoma Branch offers an extensive list of activities and courses, including backpacking, hiking, conservation, scrambling, climbing, first aid, snowshoeing, skiing, sea kayaking, sailing, wilderness navigation, avalanche awareness, photography and youth programs.

Learn more about us by visiting our branch website to view our activities, our events calendar and other offerings.

MEET THE TACOMA MOUNTAINEERS: Tacoma Branch holds a free meeting on the third Thursday of every month (except June-August and December) to introduce prospective and new members to the branch. The meeting starts at 7pm with a presentation about The Mountaineers, followed by an interlude to talk with various activity reps (hiking, climbing, sea kayaking to name a few of the 22 activities).

OLYMPIA

Chair: Brian List, balancingdogs@gmail.com

Website: www.olympiamountaineers.org

The Olympia Mountaineers hold a potluck and speaker series on first Wednesdays in September through May, excluding November, at the Friends Meeting Hall at 3201 Boston Harbor Rd. NE. The potluck meal begins at 6pm. Bring a dish to share and your own plate and flatware. The adventure presentation begins at 7pm. Contact Carolyn Burreson at cbburreson@q.com. The branch library will visit, too, giving you a chance to browse, return books, or check out materials.

APRIL 5 ADVENTURE PRESENTATION: Heather Hanson will talk about her experiences

on a 10-day botanical tour of Cuba in November 2015. She saw a wide variety of birds and other fauna and got to know the Cuban people.

MAY 3 ADVENTURE PRESENTATION: William Sullivan will return to show us a dozen new trails he discovered while researching the fourth edition of his book 100 Hikes/Travel Guide: Oregon Coast & Coast Range.

AWARDS AT THE BANQUET on October 29. The Climbing Committee presented the Bruce Towhey Silver Crampon Award to Mike McIntosh. The Conservation Committee awarded a Crew Leader vest to Robert Sell and the Frank Maranville Memorial Stewardship Award to Ginger Sarver. Dee Ann Kline was awarded the Hike Leader of the Year award by the Hiking Committee. Jeff Williams received the Olympic Trails, Olympic Peaks, and Olympia Scramble

Peaks Copper; Dan Lauren and Nadine Lauren earned the Olympia Lookout Award and Rucker; and Dean Taylor accepted the Tahoma Second Peak award. Finally, Will Greenough was presented with the Branch Service Award.

SPRING OPEN HOUSE will be held on March 23, from 7-9pm. Join the branch at Roosevelt Elementary, 1417 San Francisco Ave. E. in Olympia, for an evening of fun activities and information about Mountaineers summer adventures and courses.

THE BRANCH OFFICERS meet on second Wednesdays at 6pm at the Olympia Center, 222 Columbia St NW. Members are encouraged to attend the meetings on March 8, April 12, and May 10. Contact Andy Weber at olyclimber@gmail.com.



Highlighted Mountaineers Benefits:

Outdoor Research, Gaia GPS, Mountain Hardware

Make the most of your Mountaineers Membership by taking advantage of these great offers:

- 15% off all OR products + 10% off on non-OR products at the Seattle store.
- 1-year free subscription to Gaia GPS Pro
- 15% off at Mountain Hardware

And many more!

Don't miss out on your membership benefits - see the full listing online:

mountaineers.org/membership/benefits

businessdirectory

We thank the following Mountaineers business owners for their support:

FINANCIAL SERVICES

Mearl Bergeson (Joined 2011)
Merrill Lynch Wealth Management
www.fa.ml.com/mearl_bergeson
mearl_bergeson@ml.com
206-464-5632

MAPS

Coburn Family (Joined 2008)
Green Trails Maps
www.GreenTrailsMaps.com
alan@greentrailsmaps.com
206-546-6277

REAL ESTATE

Leah D. Schulz (Joined 2006)
The Force Realty
www.RealEstateByLeah.com
leah@leahdschulz.com
206-523-1288

Cisca Wery (Joined 2003)
Windermere Real Estate Company
www.LakeWA.com
cisca@windermere.com
206-715-7187



"My professional business listing in *Mountaineer* magazine resulted in over \$15,000 in commissions in 2016. My affiliation with The Mountaineers provided an immediate connection with the client. My listing in the business directory shows that I support this organization both personally and professionally. I highly recommend it!"

-Leah Schulz,
The Force Realty

Want to become a Mountaineers Business Member?

To find out more about increasing your small business' visibility with The Mountaineers membership and to become a supporting business member of this group, contact our Publications Manager, Suzanne Gerber suzanneg@mountaineers.org or 206-521-6013.

Business Members receive the following:

- Business Member Directory listing on the Mountaineers website, including link to business member's website and in the magazine

- A 25% discount on advertising in *Mountaineer* magazine
- Business Member Directory included in new-member packets distributed to all new members
- Opportunity to publicly showcase support of Mountaineers organization

And remember: since The Mountaineers is a mission-based and volunteer-driven 501(c)(3) non-profit, your membership dues are tax-deductible.

Awe

by Steve Scher

Stargazers at First Beach. Photo by Andy Porter

An American Dipper does her dance on a rock on the bank of the Cowlitz River. High above, Mount Rainier shreds the winter clouds. This tiny bird and this looming mass are connected. They are awesome.

That phrase has come to sound bland and shopworn with misuse. Too bad.

A sense of awe is in our genes. Awe connects us to the wider world. As a species, the awe we experience in the presence of nature produces feelings of well-being that we are moved to share. If there is altruism, an ethical path, it seems it can be triggered by a sense of awe, a sense that we are small motes in a vast universe.

From Marcus Aurelius to Henry Thoreau, from William James and John Muir to Carl Sagan and Charlie Brown, the great thinkers have grappled with a sense of awe. Awe led Muir into nature and public service. It led Sagan to share his passion for the billions and billions of stars in the universe.

We are moved by the transformative elation, the freedom that is evoked by the awe we feel for towering mountains beneath staggering skies. The sense of self shrinks and connections grow.

A few studies have found that after being presented with images of the natural world, people are more likely to feel empathy. People are more likely to see individuals as part of their community. We are even more likely to reach out and help another person.

But awe can have a dark side. Studies have also identified the negatives in awe. Tornadoes and earthquakes evoke awe too, but it is tinged with deep fear and a sense of powerlessness. Awesome things can kill. As Mount St. Helens smoke and ash swirled around those caught in its path, who embraced its grandeur?

The great builders of common purpose, of citizenship, of nation-building as well as the despots and dictators are aware of the power of awe to bind us.

Hence the construction of grand buildings, of towering edifices, of monuments and statues.

But those man-made constructs don't sway us in the same way.

Percy B. Shelley wrote in his great poem about a long dead monarch, *Ozymandias*, "Look on my works ye mighty and despair." Awe doesn't evoke despair. In the end, that's a feeling bound to ego, to hierarchy, to dominance. The next lines reveal that. "Nothing beside remains. Boundless and bare, the lone level sands stretch far away."

Awe seems to conjure up something more lasting. The truly awesome thing is not the crumbling statue. The truly awesome thing is the boundless desert. Even as it also frightens us, awe creates what some call "the oceanic sense," what others call oneness, or god.

Even the sublime movements of the tiny Dipper can open us to the reverberations between the infinite and the infinitesimal. We can see the universe in a grain of sand.

If we are lucky. If we find a way shake to off the accretions of pretense, of despair, of anger. When we take the time. When we acknowledge the terror that also lurks in that immensity.

Is there awe in our human endeavors? Do you feel a sense of awe in bonds that humanity has woven, the warp of citizenship, the weft of faith? Perhaps. The works we craft rightly pale next to the redwoods, the wind, the feather swirling in a river's eddy. But because we feel awe, we try. We try to recreate it, to connect to it, to seek it. And that is a noble goal. Maybe even an awesome one.

I don't know if all creatures feel that sense of awe. When I sit with my good dog on a beach on Lopez Island and watch the sun set it feels like a shared ritual. The shovelers and coots gather. The gulls drift together. The light fades. Are they struck by some simple sense of awe as the day darkens?

Many of you would say no, stop anthropomorphizing.

But if it is genetic, this ability to feel awe, where did it start? What confluence of traits and surroundings produced these first feelings?

We are close to the primordial ooze with these questions. We are close to the mountain open to the heavens. We are close to the dipper, who bobs on the rock as she shifts her perspective to spot the dragonfly larvae moving over stones in the raging river. When she plunges into the icy water, is she immersed too, in some infinitesimal way, in a sense of awe? ▲▲



The
Mountaineers
EXPLORE • LEARN • CONSERVE

The Mountaineers presents

BEWILD

Stories of Passion & Adventure

April 13: Steve Swenson

*World-class alpinist,
author of "Karakoram: Climbing Through the Kashmir
Conflict," published by Mountaineers Books*

June 7: Bree Loewen

*Search and rescuer, EMT,
author of "Found: A Life in Mountain Rescue,"
published by Mountaineers Books*

Shows start at 7pm

doors open at 6

Be inspired through stories of passion and adventure. Be encouraged to get outside, connect with nature, and care for the wild places where we play. Be adventurous - explore the outdoors differently.



www.mountaineers.org/bewild