

Mountaineer

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



**Survival tips:
Enjoy winter's
wonders with
confidence**

**Leif Whittaker's
Everest journey**

2011 course guide

HAVE SKIS, and climb and ski WILL TRAVEL



Dylan Taylor

JOE STOCK'S idea of a good time typically requires skis, high mountains, long distances, and uncharted territory. Since 2006, Joe has made 100+ mile traverses through Alaska's Chugach, Neacola and Tordrillo Mountains – all involving more than 20,000 feet of vertical respectively – and has skied off the summit of Mount Chamberlain, the highest mountain in the Alaskan Arctic. In the spring of 2010, he skied a high and technical crossing of Alaska's Wrangell Mountains, a range noted for its high peaks, rugged terrain, bears, and an alarming lack of up-to-date cartography. During his little jaunts, he calls a Hilleberg Nammatj home.

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Jan/Feb 2011 » Volume 105 » Number 1

Enriching the community by helping people explore, conserve, learn about, and enjoy the lands and waters of the Pacific Northwest.

21



Leif Whittaker's Everest



44

Wanna get outa town? See our outings pages



13

Eleven new gear items for 2011

13 Gear: Best 11 for 2011

15 Your ticket to the outdoors

The Mountaineers 2011 Course Guide

19 Scramblers' dining guide

Chef Jeff shares some of his favorite post-trip stops

21 Same Everest, different Whittaker

Jim's son, Leif, retraces his dad's famous footsteps

26 Dull winter's teeth by preparing

Some tips to keep you safe in the snow

5 READERS WRITE

Letters on a potpourri of topics

8 REACHING OUT

Connecting the community to the outdoors

10 CONSERVATION CURRENTS

News about conservation and recreational access

12 I'M WHERE?

Deja vu? Name that summit or landmark for a prize!

24 BACKTRACKS

A blast from The Mountaineers past

31 BRANCHING OUT

Learn about our seven branches

34 MOUNTAINEERS LODGES

A peek inside outdoor literature

37 PLAYGROUND

A place for kids to solve the puzzles of nature

38 GO GUIDE

See what trips tempt you and sign up online!

45 NATURE'S WAY

Lecture to spotlight 'the coolest insect'

DISCOVER THE MOUNTAINEERS

If you are thinking of joining or have joined and aren't sure where to start why not attend an information meeting? Check the *Branching Out* section of the magazine for times and locations. And check out the back page to find out about our **Meet The Mountaineers Night!**

On our cover: Dave Hahn, Leif Whittaker and company on Geneva Spur of Everest. Leif Whittaker photo.

Connecting us in new ways!

Happy New Year and welcome to your new *Mountaineer*! With this publication we wish to share the vibrant community that is The Mountaineers. Moving into our 105th year, Mountaineers members continue to be dynamic, exciting, involved and inspirational. Our new magazine reflects and honors this true spirit that is The Mountaineers. At the same time, we are introducing a new look for our website – just a first step in the many changes to come as we leverage technology to meet our needs.



So how can technology help us with membership value, volunteerism and a sense of community? Past surveys on member use of our publications, *The Mountaineer* and *Go Guide*, revealed that trip listings, news on course offerings and our public policy work – not to mention stories rekindling memories of past outdoor adventures – were some of the greatest perceived benefits of being a Mountaineers member. This constructive feedback has led greatly to the enhancement of what you are now holding in your hands, as well as what you will see on our website.

Technology is so much a part of our lives today – all of our trips are now scheduled online and an increasing number of our meetings are held electronically. We regularly use tools like Google Groups, Facebook, Meetup, webcasts, conference calls and videos for real time communication and instructional purposes at the activity, branch and board levels.

Even with Mountaineers Books we are making a transition from the printed word to an interactive experience that begins with books and includes blogs, websites and videos. Did you know we already have more than 150 books available for e-readers? Many are available as digital downloads direct to your computer.

Such changes will speed our steps toward the future. Imagine a site where you can download a recorded lecture you missed – or better yet, attend a course through streaming video. You could be notified of upcoming trips, classes or lectures of personal interest. We know technology can also help with volunteer coordination and facilitating a network of knowledge that makes it easier to connect with others.

To figure all of this out, we've established a task force, Mountaineers Tech 2.0, which will provide an overall plan for how we can leverage our investments in technology to our benefit such as support for learning, communications, volunteer work and community spirit. If you are interested and you'd like to be involved, please let us know.

With all this change, know that the printed word is still important to us. When we announced in March that we would be revising our publication, many people responded with input, perspective, ideas and concerns. Over the intervening months we've worked with activities, branches and many others of you to craft a publication that is a dramatic step up from what we've had.

We will still be publishing trips and courses as we have in the past. However, the website will be the best place to get complete, up to the minute information and to sign up for trips and courses. We will profile important public policy issues to our membership and tell stories of interest to members. And because we will publish every other month, like most of our sister organizations, we will be saving more than 20,000 pounds of paper a year, thus reducing our energy usage and resource consumption – essentially going green.

Best wishes in your outdoor activities this New Year. Be safe, and let me hear from you: martiniqueg@mountaineers.org.

Martinique Grigg

Executive Director Martinique Grigg

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

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A crowd pleaser.

Banff Film Festival

I attended the Banff Mountain Film Tour Festival on a Thursday. I normally go on Fridays but it sold out much sooner than normal. I went early to get good seats for me and my friends, who go with me each year.

Interesting this year was a member services booth selling discounted memberships, which one of my friends took advantage of before the show started.

Banff this year was one of the best I have seen with a good balance of beautiful scenic photography, wildlife, different sports, heart pounding thrills and human interest. The Banff crew was friendly and enthusiastic, as usual, and had fun with the prize drawings.

One thing I discovered was that their website contains short clips of the films, which provides a good opportunity to preview the festival, or revisit your favorites if you have already attended. This is truly one of the best Mountaineers media events, and I am glad to be part of it each year.

Russ Hamerly, Seattle

Mt. Baker Lodge

Spending Thanksgiving Day with my family has always been special to me. Not being able to make it home this year, a friend suggested we head up to The Mountaineers lodge at Mt Baker for the extended weekend. Having

stayed at a few of the lodges before for classes, it sounded like fun. Not to mention the mountain had already opened for skiing!

Our host for the weekend, Judy, was awesome. She was full of energy and kept the chores on task. My friend and I volunteered to help prepare the Thanksgiving feast. As someone who does not cook, I never knew it could be so much fun! And it was nice to have a big, full table of friendly folks to share dinner with.

The accommodations were very clean. The food over the weekend was fabulous. Spending time with old friends and making new ones is always a plus. And to be able to spend a full day skiing at Mt Baker and not having to worry about fighting traffic up and down the road, priceless! And all of this at a very, very reasonable price.

One thing I love about The Mountaineers classes and events is the opportunity to meet so many fun and interesting people. My weekend at the Baker Lodge was no exception. Excluding my family of course, I can't think of anywhere I would have rather been to celebrate Thanksgiving. Thanks to all for making it a great weekend!

Jeff Johnson, Seattle

Editor's note: For fun ways to help Mt. Baker Lodge continue providing its fine hospitality, see pg. 34.

Salmon Safari

The students and adults with us had a wonderful time on our November 18 trip! We all learned so much about salmon, storytelling, and ourselves. From the student who thought he was going to die on the trail (seriously), to the ones who were so impressed that the dead fish "farted" when they stepped gently on it, to the student sitting in the rocking chair with her eyes closed and listening to the story (she didn't miss a word!). I have to admit I was a little worried about the storyteller part as I have some students who struggle with being quiet and sitting still, but I understand both groups were absolutely enthralled with this art form and many of their verbal reflections centered around the story telling . . . and the dead fish smell!

Thank you so much.

Donna Chang
6th and 7th Grade Science
First Creek Middle School

Thanks, HARK!

Thank you so much, Mountaineers and HARK, for the time that you spent with our Hope Place kids. What a special time that was for them!

I so appreciated your willingness, patience and care for them. It was very obviously a safe place for them and they recognized that. Continue to serve in this way; what a great gift.

Thank and peace.

Teylar Greer
Hope Place Children's
Activity Coordinator

I suggest you...

Got some ideas for
the mountaineers.org
website? We want
to hear 'em!

[http://feedback.
mountaineers.org](http://feedback.mountaineers.org)

We welcome your words

Welcome to our "Readers Write" page. Here we invite you to share your thoughts, concerns and joys in regard to not only The Mountaineers but the greater outdoor community as well. Try to keep your letters to fewer than 300 words as a rule and keep in mind that all letters are subject to editing for length. Also, please sign off with your name, address and the branch to which you belong if you are a Mountaineers member. Thank you. We look forward to hearing from you.

Bring on the bugs and the birds!

During many hot summer nights in Magnuson Park, a loyal group of Mountaineers quite literally rolled up their sleeves and got their hands dirty. Clearing, digging, mulching and planting vegetation, the volunteers ultimately transformed what was once a hillside of weeds and blackberry bushes into a beautiful landscape of natural wonder. Their long term goal? Increase the number of insects and birds that call the hillside home.

Located immediately south of The Mountaineers' outdoor climbing wall, the transformation has been done under the watchful eye and steady leadership of Mickey and Jeanne Eisenberg.

The efforts of this group have not gone unnoticed.

The City of Seattle has awarded these volunteers \$1,000 from the Small Sparks Fund. With this infusion of funds, the group will purchase a wide array of native wildflowers; they'll also purchase new hoses.

On behalf of the Eisenbergs and the many volunteers involved, The Mountaineers wishes to express special thanks to the Light Table Design Collective (www.thelighttable.com), a group of 2009 graduates from UW's College of Built Environments, for pursuing the funding on the group's behalf. Members of the Light Table also volunteered during the beautification process.

Now ALL Mountaineers get to enjoy the fruits of these individuals' labor as we watch this wall of natural beauty emerge over the upcoming years. Thanks!

Looking to help youth programs?

It takes a special kind of person to work with kids – one who knows there is no greater reward than watching a child's eyes light up at a new discovery, or watching parents beam with pride as their children learn and grow.

In order to grow our Youth & Family Programs, we need to grow our committee of volunteers. We're looking for people who love kids, who have a passion for teaching kids, who have kids, who want to learn about kids or who still are kids at heart!

If you would like to volunteer with The Mountaineers Youth Programs, please contact Education Manager Becca Polglase, beccap@mountaineers.org.

Know of someone in the ranks of our Mountaineers community who has stepped up to further our cause? Let us know. We would like to hear about her or his contribution. Contact Emily Noel, emilyn@mountaineers.org.



Gene Yore photo

In the beginning



Mickey Eisenberg photo

Finishing touches: Virginia Tripp, Dave Shema, Gene Yore and Jeanne Eisenberg.

And an enormous thank you!

Thank you to the following volunteers and organizations who supported our Youth and Family programs with time and donations during November & December: The Mountaineers Foundation, Pacific Medical Centers, Washington State Parks, Bank of America, Nike, Alpine Experience, Olympic Outfitters, Fred Meyer, Bonnie Betts, Helga Bhyre, Paul Campbell, Patrick Chauffeur, Donna Doerer, Glenn Eades, Jason Esposito, Lorinda Esposito, Jon Ewen, Joanne Frank, Chris Gan, Amanda Giles, Rick Gillatt, Dixie Havlak, Adam Hollinger, Thomas Jolley, Rodney Limprecht, Jessica Livingston, Katha Miller Winder, Jim Nelson, Colin Obrien, Vivian Olsson, Tom Ostrom, Laura Rightmyer, Henry Romer, Leah Schulz, Dave Shema, Barbara Silverstein, Emily Smith, Stan Springer, Brian Starlin, Vera Sutton, Heidi Svensson, Johanna Svensson, Sophia Svensson, Steve Thompson, Cebe Wallace, Jo Walter, Lindsey Warren, Stephanie Wascha, Tom Whitney, Alexandra Winder, David Winder, Douglas Winder, Kristi Wood, Bill Woodcock, Jay Ziske, Jill Hawes, Chris Warmedahl, Joey Helton, Jude Ford, Doug Terry, Olympia Rock Gym Belay Crew, Olympia Picnic Volunteer Crew and many others!



"I have lived in Washington my entire life, but growing up, we just didn't have anyone in my family interested in the outdoors. Today, I take every opportunity to tell young people about the outdoors and how much my experience with The Mountaineers has enriched my life.

"Helping others discover our beautiful state and how to engage in it is tremendously rewarding. The curiosity and verve for life that (youth) bring to the table is inspirational.

"If we can envision an environment where our children can identify more plants than corporate logos, then I think we have a good chance of creating a world where protecting our resources comes naturally. The next generation needs leaders and volunteers to teach them about the wilderness and why it's so important to protect it." Leah Schulz, volunteer

Getting Started Series

The Mountaineers is extending its hand to new members and adults in the community at large. As part of this outreach initiative, we are especially focusing on introductory classes and adventures. The Getting Started Series offers a variety of activities that ask only minimal commitments in time and money. The Getting Started Series is ideal for those who don't know where to begin or want to sample an activity before tremendously investing in a new hobby.

ADDED MEMBER BENEFIT! As part of our Getting Started Series, we are offering Learn to Belay classes. What does this mean? Our indoor climbing wall is now OPEN to ALL members (even those new to climbing!) during normal business hours, during Friday Night Club Climbs, and during any other pre-arranged, member-climbing time – thanks to those who teach our Learn to Belay class. Check our website or call the Program Center to sign up!

Connecting with youth and family

In 2007, The Mountaineers released, as part of our Strategic Plan, a 10-year vision that includes the following:

"Our outings, gatherings and offerings are open to all to learn about and enjoy the outdoors – especially the next generations of explorers, conservationists, educators and voters.

"To achieve this vision, our strategies include:

"... develop programs for children and young adults to introduce them to the outdoors," and "establish family-oriented activities to bring more children and parents into the club."



Venturing: for ages 14-20

In the fall 2010, The Mountaineers Seattle Branch partnered with the Boy Scouts to host a Venturing program based at The Mountaineers Program Center.

Venturing is an outdoor adventure program for youths of ages 14-20. Unlike many other educational programs, Venturing participants – the youths – determine the activities and the direction of the program under the guidance of adult mentors.

The program provides constructive experiences to help young people mature and develop into responsible and caring adults. Venturing provides the skills needed for young adults to practice ethical choices, have fun with adventure and challenge, acquire leadership skills, and to take advantage of opportunities to advance their skills and knowledge in the areas of high adventure, sports, arts and hobbies.

To learn more, contact Chris Trainer, chris.trainer@msn.com.



"I think rock climbing is where they put the black thing around you and they put a rope and key chains on you to hold you up so you don't fall when you're climbing the rock"

John Muir fifth grade student

HARK (Hiking and Active Recreation for Kids)

"What's a national park?" one fifth grader recently asked. After a brief explanation that national parks are some of the most beautiful places in our country, another chimed in, "Oh! So is Seattle Center a National Park?"

As outdoor enthusiasts, we can easily forget that many of our children have little to no exposure to the outdoors. Some experts call it nature deficit disorder, and studies show it lends a profound impact on childhood obesity and attention deficit disorders. Call it what you will we bear a responsibility to get our children outdoors.

The Mountaineers HARK program provides invaluable outdoor experiences to children and youth who have limited access to the outdoors. We do this through fundraising, grant writing, gear donations and of course, countless volunteer hours. Currently there are active HARK programs at three of our branches Kitsap, Olympia and Seattle.

KITSAP

The Kitsap Branch reaches out to a variety of youth through HARK, including many who are in transitional housing or foster care. In December, events included a hike up Gold Creek, a walk in the Mary Theler Wetlands and a visit to Vertical World. We are very grateful to the Kitsap Leadership Group for choosing to sponsor The Mountaineers Kitsap HARK programs in 2011.

OLYMPIA

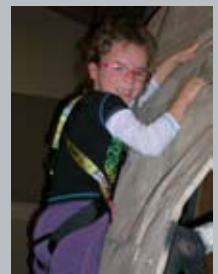
Olympia's program was born from a partnership proposal by The Big Brothers Big Sisters of SW Washington. Patrick Chauffeur, current Olympia HARK leader, knew of the program started by Jo Backus and the Tacoma Mountaineers originally titled "Hikes for At Risk Kids." He hoped that some day Olympia could do something similar. Hello, someday. Funding from the state's No Child Left Inside program and The Mountaineers Foundation got our program running. Within six weeks our first event was held. Olympia's HARK program allows Mountaineers to share their skills and values with youths who may have little opportunity to enjoy our wild places all with out the risks and organizational duties that youth programs normally require.

SEATTLE

The HARK program is new to the Seattle Branch and off to a great start! We hosted children from the Hope Place (a women's and children's shelter) who visited the program center to climb an opportunity these kids wouldn't have had otherwise. We have also developed a three part program for a fifth grade class from John Muir Elementary School. In November, two volunteers visited the school to introduce the kids to options for outdoor recreation with safety in mind. In December, 10 volunteers at the program center provided them a rock climbing experience, helped them build their own first aid kits and taught them how to Leave No Trace (LNT). A visit to Seward Park in the spring will be the third component of the program. We are hoping that this program will serve as a prototype for future programs.

"My incentives for working on getting kids outside are rather selfish. I value the outdoors and the wild open spaces. I think it is part of our identity as a nation. Preserving these places and ideals is dependent on a large number of people holding a somewhat similar view. If we do not work to instill this view in our youth, they, the future voters and decision makers, will have no reason to work to preserve them. This is what motivates me to volunteer for the Hikes and Recreation for Kids program. The looks of wonder and accomplishment; that's the gravy." - Patrick Chauffeur, volunteer

Thanks to **Family Activities**, **HARK** and **Venturing** volunteers, along with countless others who've volunteered for youth programs, we are well on our way to achieving our outreach vision. Recent programs have included several family



hikes, dozens of Salmon Safaris, reintroduction of the HIKE TRACKER and CLIMB TRACKER, and the beginning of outreach to local Girl Scout troops. On Nov. 14, Daisy Scout Troop #42779 visited the Program Center. Fourteen first-graders were mentored by nine women climbers who volunteered to challenge and support the girls as they learned the basics of climbing. EVERY girl exceeded her personal goal that night, and even some of the moms tried climbing!

These and other Youth & Family Programs have a profound impact on our members and our communities. Over the course of 2011, you can expect to see more and more Youth & Family Programs rolled out among our branches and in our communities. To get involved, please contact Education Manager Becca Polglase, beccap@mountaineers.org.

For yet more ways to become involved, see "Stepping Up" on pg. 7

Permit aims to stem potential state access closures



Strawberry Island: DNR access

The trail to the top of Mount Si is not Washington's prettiest or most interesting route, but it ranks among the most popular of the day hike destinations along I-90. On any given day, you will find anywhere from dozens to hundreds of hikers and trail runners breaking a sweat while gaining 3,000 feet of elevation on the four mile trail.

Mount Si is not as much a destination as it is an exercise; the thigh burning ascent is a standard on the training circuit of many Puget Sound area hikers, scramblers and climbers. Indeed, the easiest part of a trip up Si may be finding a parking spot in the well maintained gravel lot at its base—no parking permit required. This free, easy access to a challenging hike, however, may change after the next iteration of the state budget.

Mount Si and sister Little Si are managed by the Washington Department of Natural Resources (DNR), an agency that administers over five million acres of forest, range, commercial, agricultural and aquatic lands throughout the state. Si is just one of many

and nearby Tiger Mountain were spared from the initial rounds of closures, but the outlook for the state's next budget does not bode well for DNR's recreation program.

Access pass proposed

Anticipating budget cuts in the 2011-13 biennium, DNR joined forces with the Washington Department of Fish and Wildlife (WDFW) to propose legislation to generate sustainable revenue by reinstating and increasing NOVA funding as well as establishing an Explore Washington Pass for access to WDFW and DNR lands. Under the proposal, the cost of an annual Explore Washington Pass would be \$40 per person for users age 19 and older, or \$5 for those purchasing fishing or hunting licenses or a watchable wildlife package. Short term passes would be available at \$20 for a three day pass; \$15 for a two day pass; and \$10 for a one day pass. Revenue from the new pass, estimated at \$5.5 million annually, would be split between WDFW and DNR for land management capital, operational, main

Whether you are biking, hiking, climbing or launching your boat on DNR or WDFW property, each person in your party would need to carry an Explore Washington Pass, even if you do not arrive by vehicle.

popular recreation sites on DNR land, as are Cypress Island, Mount Tahoma Ski Trails, Tiger Mountain, Gothic Basin and Blanchard Mountain, to name a few.

During the 2009 legislative session, DNR's recreation program budget suffered a nearly 50 percent loss of funding due to reduced revenue to the state's general fund and loss of grant revenue from the Nonhighway and Off Road Vehicle Activities (NOVA) Program (the Legislature diverted NOVA funds from DNR to keep state parks open in 2009). As a result, DNR announced service reductions at recreation sites across the state. The agency removed outhouses, picnic tables, signs, halted garbage service, and locked gates to roads and parking lots. Originally on the chopping block, popular trailheads such as Mount Si

tenance and enforcement needs.

Unlike the Northwest Forest Pass or the Sno Park Pass, the Explore Washington Pass is a per person fee, not per vehicle. Whether you are biking, hiking, climbing, or launching your boat on DNR or WDFW property, each person in your party would need to carry an Explore Washington Pass, even if you do not arrive by vehicle.

The draft legislation, circulated in November and expected to come to a vote by mid January, also requires a \$200 license for all organized events on DNR or WDFW lands, possibly including Mountaineers course events on these lands. Concerned about the potential impact to training and safety field trips, as well as often utilized locations such as Mount Si, Mountaineers leaders submitted

Continued on pg. 19

By Sarah Krueger
Conservation Manager

Update: Dosewallips River Road washout

Nine years ago a winter storm wiped out the Dosewallips River Road (Forest Service Road 2610). A 300 foot washout, now 600 feet, prevented motor vehicle access to the last 5 1/2 miles of Road 2610, cutting off drive in access to the Elkhorn and Dosewallips campgrounds as well as trailheads to Anderson Pass, Hayden Pass and Lake Constance. During this time there have been a number of proposals to restore motor vehicle access and questions as to whether such access is necessary, desirable or environmentally sound.

In November the Forest Service published a Final Environmental Impact Statement (FEIS). The FEIS presents three action alternatives to restore motor vehicle access. Two of these are to build a bypass road over the hillside to the north of the washout and the third is to construct a bridge in the new river channel on the old road alignment. The Forest Service will publish a Record of Decision (ROD) choosing one of these alternatives.

The Mountaineers Conservation Division and Recreational Access Committee have studied this problem, participated in the discussions of the various proposals and have commented extensively at every opportunity. Now what should The Mountaineers' response be when the ROD is published?

Join the discussion at the upcoming Dosewallips Access Forum on Wednesday, January 26 from 7-9 p.m. at the Kitsap Cabin (find directions via www.mountaineers.org). Members are encouraged to submit comments or RSVPs for the forum to Sarah Krueger, Mountaineers Conservation Manager, SarahK@mountaineers.org. The FEIS can be found on the Olympic National Forest website, www.fs.fed.us/r6/olympic.



Dosewallips Access Forum:
Wednesday, January 26,
7-9 p.m. at the Kitsap Cabin

February 18 forum to offer a peek into climate's winds of change



Windmills pose habitat challenges.

Ask a room of climate change researchers what Washington state will look like in the next 100 years and you are likely to see dozens of different maps illustrating the effects of climate change on our natural world.

Climate projections vary greatly depending on how each scientific model considers an array of factors. Maps of the future may show arid lands increasing

or decreasing, forest types migrating east or west, and wildlife habitat and corridors expanding, contracting, or vanishing altogether.

In tandem with climate change, a growing demand for renewable energy is making its mark upon the landscape. Throughout Eastern Washington, rows of white wind turbines occupy the ridgelines and transmission lines stripe the terrain. As wind turbine development accelerates, so does the urgency to plan for protection of wildlife habitat across the region.

Wildlife managers at the state and federal levels are charged with the challenge of anticipating a range of factors when planning for the future survival of our state's animals.

Mountaineers and the public will be offered a peek at what may lie in store on Fri., Feb.

18 when The Mountaineers Conservation Division presents "Planning Ahead for Washington's Wildlife." The lecture and discussion will be led by two of the state's leading wildlife managers from 7 to 9 p.m. at The Mountaineers Program Center.

Rocky Beach, 32 year veteran of the Washington Department of Fish and Wildlife, will discuss the impacts of climate change on Washington's wildlife species and their habitat, as well as possible

strategies to address this daunting challenge.

William O. Vogel, biologist with the U.S. Fish and Wildlife Service, will introduce landscape level efforts to plan for the exploding wind energy market in Washington state. Vogel will explain how the U.S. Fish and Wildlife Service is adapting to address concerns about wildlife and bird species by working cooperatively with land owners and project developers, as well as local agencies.

State access closures (cont.)

comments in December requesting that DNR reconsider the prohibitive organized event fee for educational programs.

The chronically underfunded agency is long overdue for revenue to maintain its aging recreation infrastructure. Recreationists may be hesitant to pay a \$10 per person fee for a day

long jaunt on a DNR trail, but the agency is hedging its bets that the Explore Washington Pass can keep recreation sites open and maintained. If approved by the Legislature, the proposed bill will likely result in a new hang tag in your glove compartment, but at least you will still be able to pull into the trailhead parking lot.

Can you identify the summit in the foreground here? Send your answer (by March 10) by post or e-mail: brads@mountaineers.org; Summit Savvy, The Mountaineer, 7700 Sand Point Way N.E., Seattle, WA 98115. If you guess correctly, you'll receive \$10 of Mountaineers Money, good for Mountaineers Bookstore merchandise, and we'll publish your name in next month's column. (In case of a tie, one winner will be chosen at random.) Club employees or persons shown in the photograph are not eligible. Each month we'll publish a new mystery summit and identification of the previous one.



- **Send your photographs** for possible publication as a mystery summit (include identification for our benefit). See e-mail and mailing address at right. If we use your photo, you will receive \$10 in Mountaineers Money.
- **2010 OVERALL WINNER: TRISH WARD!** Trish's name was drawn among all correct summit guessers' names for 2010, thus pocketing \$50 of Mountaineers Money good for purchases at The Mountaineers Bookstore.
- **No one correctly guessed** last month's mystery summit, Bean Peak, as photographed by Brian Gruber.

Winter Trails Day

A day of snowshoeing fun for the whole family!

January 8, 2011

10 am - 4 pm

Mountaineers Snoqualmie Campus

Start the new year off right with a fun day in the snow. Winter Trails Day is a great way to try out snowshoeing in a friendly and safe environment. It's absolutely free and open to everyone who is interested in finding out more about snowshoeing.

For more info: **www.wintertrails.org**



Backcountry Film Festival

Grab your friends and come to the Backcountry Film Festival! Shows begin at 7 p.m. on Friday, January 21 \$5 members, \$6 prospective members; \$8 at the door. Purchase through <http://www.brownpapertickets.com/event/139113>.

View entertaining yet compelling stories of backcountry, non motorized recreation and environmental preservation.

Doors open at 6:15 p.m. at The Mountaineers Program Center, 7700 Sand Point Way, NE, Seattle. Door prizes from skiingthebackcountry.com.

The event benefits Winter Wildlands Alliance, a nonprofit promoting and preserving winter wildlands and a human powered snow sports experience on public lands.

The Mountaineers Seattle Backcountry Ski and Snowboard Committee hosts the event.

recreation

Gear: best eleven for twenty-eleven

By Chad Beeman

Will this be a banner year for snow? Are you gear-ready, or wondering if you've got what it takes to get out there? Here are some recently released pieces of equipment for 2011 that will help you explore this cold, fluffy scene in comfort and style.



New Tubbs Flex for juniors.

Tubbs Flex ALP Snowshoes for men and women - \$219.

For those of you inspired to explore deeper and higher into the snow and ice layered mountains, the Tubbs Flex Alp Snowshoes will help you go farther with ease and come down the hills more gracefully. These shoes have curved traction rails and a heel lift bar to provide slip free security on hardpack snow; their construction relieves calf strain on those long approaches to Camp Muir. The frame itself is a molded composite that flexes perfectly. As you finish each step, the tail bends slightly to absorb shock and enable comfort and stability on the downhill something that can be difficult in hardpack or icy conditions. With a very comfortable binding and plenty of surface area across the frame, these snowshoes will serve you well during a day of hiking snowy forests. http://tubbssnowshoes.com/snowshoes/mens/flex_alp_m

Tubbs Flex Jr. Snowshoes for youth - \$59. Do you know a youngster who might enjoy going along? The Tubbs Flex Jr. is a smaller version of the adult size durable frame. It has an easy in out binding that will fit a size Jr. 11 to men's size 6. Recommended weight range is 40 90 lbs. http://tubbssnowshoes.com/snowshoes/kids/flex_jr_g

Eddie Bauer's First Ascent Downlight Women's Sweater - \$169. Sometimes staying warm and staying fashionable are incompatible. Eddie Bauer's First Ascent line knows how to do both. Designed by women, cut for women, and filled with 800 Fill down, the Downlight sweater is an easy choice. And at less than a pound, it can serve as a summer jacket or winter layer. The unique quilt stitching and attractive colors make it as useful around town as it is in the backcountry. Pair this with a warm base layer and shell, and that gnarly weather won't stop you from heading outdoors. www.eddiebauer.com/

Highgear Axio Mini Altimeter Watch - \$100. A hundred bucks for an accurate and attractive wrist top altimeter? Unheard of until now. This slimmed down version will be appealing to people who are on the go, who are looking for something with a lower profile than most wrist altimeters. Wearing one with ski or mountaineering gloves is a pleasure. It has a temperature sensor, barometric pressure (for weather predictions), time and altitude alarms, and a backlight. Comes in black, sky or white. www.highgear.com/

Black Diamond Spot Headlamp - \$40. This will light up your world more than you ever thought a 3 oz. headlamp could! There's a button on top for easy "click and hold." It will even dim down to the brightness you prefer. At its brightest the three AAA batteries will provide up to 200 hours of power.



Black Diamond Spot

With that much life, you can beat your buddy in cribbage over and over again! There's even a cool red "night vision" light. And all you weight weenies out there, rejoice! You'll save about 3 oz. over comparatively bright headlamps. That's 3 packets of GU! www.blackdiamondequipment.com/en_us/shop/mountain/lighting/spot

Outdoor Research Children's Frosty Earflap Hat - \$28. When a child's ears get cold, the fun often begins to diminish. This colorful and snug fitting hat has Windstopper fleece lined earflaps that will make Mom and Dad jealous. The wool/synthetic blend provides more warmth. Now you only have to make sure the little ones don't

Continued on pg. 14

Best eleven for twenty-eleven (cont.)

get cold feet! www.outdoorresearch.com/site/kids_frosty_earflap_hat.html

The North Face's Janey Women's Winter Boots - \$155. Are these little beauties too haute couture for the mountains? Nah! You'll be surprised at how often use them year after year; they're built to last! With sole spikes that harden in cold temps, you'll be the one picking HIM off the ground. Totally waterproof and lined with partially recycled poly fleece, these boots ensure



Janey Women's Winter Boot from North Face

warm and dry toes. The rear lace system provides a custom fit with a hint of style. A great option for trail walking, hangin' at the lodge, or even trips to the grocery store. Black/alloy gray, safari tan/demitasse brown/bouillon brown, or demitasse brown. (Where DO they come up with these names for colors?) <http://www.thenorthface.com>

Exped Down Mat 7 Sleeping Pad - \$169. You will never question packing THESE 31 ounces after you've spent a night sleeping on one. The Down Mat 7 is the only pad you will need for winter camping or ski mountaineering in the Lower 48. Thick air chambers packed with down eliminate internal airflow. They also prevent the dreaded "bottoming out." All you side sleepers know that there is nothing worse than a hip or shoulder bone rubbing against hard snow.



Axio Mini Altimeter Watch from Highgear

A built in hand pump inflates this small roll to 2.8 x 20 x 72 inches of comfortable sleep. <http://www.exped.com>

SMC CR Pulley - \$14. This is one of the lightest pulleys on the market. It's made in Sumner by a locally owned company. Once you master glacier rescue and the art of hanging bear bags (using a pulley can eliminate rope wear on tree limbs), this 2.2 oz. pulley will become a favorite. And those squared edges? They prevent any knots in the rope from getting wedged in the pulley. This one's

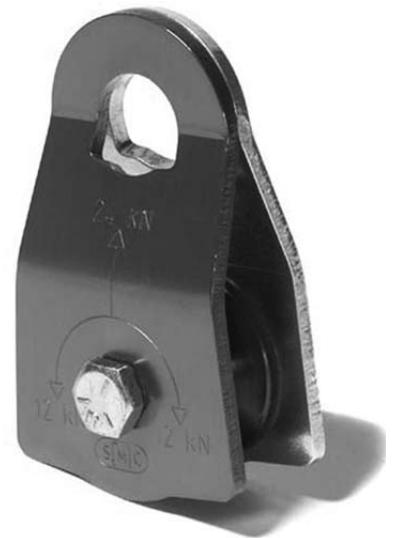


Ibex Woolies Zip T-Neck

a keeper! <http://www.smc.com>

Ibex Woolies Zip T-Neck Men's Shirt - \$79. If you haven't tried wool for your base layer recently, then you probably haven't slipped into one of these Zip Ts yet. Once you do, you'll find yourself wearing it year round, barring the hottest summer days. Ibex makes the T Neck out of high quality Merino wool and adds stripes to create a great look. The natural odor resistance of wool might tempt you to wear this straight from the slopes to the dinner party if necessary. Its ribbed wool construction will endure for years and years. <http://www.ibexwear.com>

SMC CR Pulley



Mountain HardWear's Windstopper Tech Jacket - \$165. Simply stated? Perfect... just enough warmth. The microfleece breaks the wind and will keep you warm. If smartly designed pockets and durability are what you are looking for, this baby fits the bill. And how 'bout the color selection? Too many to mention. www.mountainhardwear.com

Here's your ticket to getting out there

Chad Beeman photo



Like it vertical? Check our mixed climbing class.



Like it at sea level? See our kayaking courses

Courses and seminars

Okay you've joined The Mountaineers. You may be new to the Northwest. You already may have gotten your feet wet in one or two of our many recreational pastimes now it's crunch time. You need to figure out where you want to sharpen your skills. Skiing? Some type of climbing? Snowshoeing? Identifying those winter flowers that are popping up through the snow? Getting the most out of your digital camera when outdoors?

Following are brief summaries of our 2011 Mountaineers courses and seminars, including the months in which they usually begin. As you jump in, know that whenever you do, there will always be courses and seminars that are underway or just about to begin. Try thinking a month or two down the road as you consider your options to allow enough time for planning, scheduling and signing up; enrollment usually begins about two or three months before your boots hit the ground or your paddle breaks the water. Some courses involve a series of indoor sessions and field trips. Others are simply one or two nights of lectures or workshops. Most of the multiple month courses require the student to successfully complete all class sessions and field trips in order to "graduate" and move on to the next level.

Go wherever you like, whenever it works

As a member of The Mountaineers you are welcome to participate in any activity throughout the Puget Sound region regardless of which branch you affiliate with. As you thumb through the course offerings that follow, BRANCHES are identified as follows: BEL = Bellingham; EVT = Everett; FH = Foothills; KIT = Kitsap; OLY = Olympia; SEA = Seattle; TAC = Tacoma. The MONTHS that the respective courses are offered follow the branch abbreviation. BEL/DEC means that in Bellingham the particular course begins in December. (And remember that enrollment often starts months prior to the first class.)

For those courses listed as "pending" you'll need to visit our website, www.mountaineers.org, for further details on fees, dates and contacts for enrollment. In fact, it is always wise to refer to the website for the most up to date information. Be in touch with those who are listed as coordinators or instructors of the particular course(s) that interest you or you have enrolled in. They'll keep you posted on further details as you go.

Alpine Scrambling

Alpine Scrambling This course bridges the gap between hiking and technical mountaineering. Scrambling takes the adventurous person high off the beaten path and to summits of the Cascades and Olympics sometimes on moderately steep rock or snowfields. Instruction covers proper equipment and clothing,

route finding, avalanche awareness and avoidance, rock and off trail scrambling, snow travel, ice ax arrest, glissade techniques and wilderness ethics. BEL/DEC; EVT/FEB; KIT/FEB OLY/JAN; SEA/JAN; TAC/FEB

Advanced Scrambles Leadership This course is for graduates of the Alpine Scrambling and Basic Climbing courses. The focus is

Continued on pg. 16

Courses and seminars (cont.)

on safety, leadership, trip planning and alpine rescue. Classes consist of a mix of presentations, skill development and testing. Indoor sessions are divided into two parts: one hour of lecture and one hour of skills training. Field trips are active, scenario driven events based on trips that have not gone well. SEA/ALLYR; TAC/SEPT

Winter Scrambling Seminar See why adventuring into the crowd free winter wonderland is so much fun. Learn how to safely tackle summits in winter with non technical gear, often including snowshoes. Learn about selected winter scrambles, elevation gain, where to park near trailheads, potential avalanche exposure and more. EVT/DEC

Avalanche Awareness

Potentially life saving, this course is for anyone planning backcountry winter activities or mountaineering. It includes instruction in avalanche hazard evaluation, avoidance and travel in avalanche prone terrain, use of transceivers and avalanche rescue. Some courses involving snow travel will automatically enroll a student in this course as a requirement (check details as the course curriculum may vary somewhat from branch to branch). EVT/DEC; FH/DEC; other dates and branches/pending.

Climbing

The Mountaineers offers courses that cover the full gamut of climbing adventures. Enrollment for all basic and intermediate climbing courses ends by the first of each year for the Seattle Branch, the end of November for Bellingham and soon after New Year's for other branches. Sessions begin from January through February, depending upon the branch. Please see the website for all details about 2011 programs.

Getting Started Series (GSS) A collection of courses and outings designed for members and prospective members who have little or no experience with climbing. The GSS offers a range of opportunities, from learning to safely belay and climb, to more advanced rock and snow outings. There are no prerequisites to join any of the courses, other than a desire to try climbing and have fun with like minded people. Each course is taught by experienced climbers and leaders. We focus on safety

while having fun trying something new. Try one or several of the GSS offerings. You get to meet new people, learn and have fun. Classes are offered year round. The content and selection varies from month to month, so check back often by browsing the web, or calling The Mountaineers Program Center.

Basic Climbing A one to two year course consisting of classroom instruction, field instruction and climbing experience designed to provide the basic skills necessary to safely climb rock, snow and the glaciated peaks of the Pacific Northwest. It covers selection and care of equipment, wilderness travel, roped and glacier travel, belaying, rappelling, rock climbing, crevasse rescue, and many other topics. Graduation requirements include attendance of all lectures and field trips about six of each and successful completion of three club climbs. BEL/DEC; EVT/JAN; KIT/FEB; OLY/JAN; SEA/JAN; TAC/FEB

Intermediate Climbing For graduates of the Basic Climbing Course. Takes your skills to the intermediate climbing level (generally up to 5.7 rock, 55 degree snow and ice, easier mixed). Students will practice snow anchors, belays, emergency shelters, avalanche rescue and use of transceivers. Students also will learn to lead on rock and ice, including how to place protection, build and equalize anchors, swing leads and perform self rescues. BEL/DEC; EVT/JAN; KIT/JAN; SEA/NOV; TAC/FEB

Sport Climbing The course is for anyone wanting to safely enjoy sport climbing (climbing protected by fixed, permanent anchors) indoors or outdoors, on artificial gym walls or native rock. No prerequisites; beginners welcome. Instruction includes climbing sport routes on top rope, leading sport routes while using bolts and quick draws, setting up anchors on bolts and chains, clipping bolts, belay technique, rappel technique, climbing signals and communication, untying from rope at anchor and transitioning to rappel, lowering techniques, necessary knots all with an emphasis on safe use of equipment. EVT/AUG; SEA/APR; TAC/SEPT; other branches pending

Leading on Bolts Introduction For graduates of Basic Climbing Course or Sport Climbing, this entry level leading course teaches leading up to 5.8 on bolted routes. Selection,

route risk assessment, coordinating with the belayer, clipping, and elementary rock face climbing techniques will be covered. SEA/APR

Trad and Crag Climbing Learn to lead moderate outdoor rock routes (5.4-5.8) using traditional gear no bolts. Differs from Sport Climbing as trad climbers place and remove their own protection as they climb and descend. This course covers placing passive and active protection, building anchors, setting up rappels and hanging belays, swinging leads and crack climbing techniques. Field trips to Tieton, Vantage and Leavenworth. SEA/MAR; TAC/APR

Beyond Basic Rock This course, for Basic Climbing Course graduates, is designed to teach rock climbing skills that will enable you to climb safely in the backcountry. You will improve on the skills learned in basic climbing, including belaying, rappelling, and climbing in balance. In addition you will be introduced to more advanced climbing techniques, placing protection, building anchors, and lead climbing. A series of four lectures combined with hands on climbing at Warehouse Rocks; then moving outside to four different rock climbing areas. OLY/MAR

Introduction to Water Ice Climbing Explore the world of vertical ice climbing. One evening in the classroom and two full days on the ice will provide you with a solid foundation of water ice climbing skills. You will learn about safety considerations specific to ice climbing, evaluating ice quality and strength, moving efficiently on steep and varied ice, constructing top rope anchors, and techniques for following an experienced leader on vertical ice routes. A small class size and top roped setting will help ensure a fun, personalized, and safe learning environment. SEA/SEPT

Introduction to Leading Water Ice For those who have basic proficiency at following moderate alpine or water ice climbs, this course builds on your existing experience to teach you the skills needed to safely lead water ice climbs. You will learn about leading techniques specific to water ice, risk management, dealing with the strenuous nature of steep ice, as well as practicing mock and actual leads. This course lays the foundation

for more advanced water ice climbing as you continue to develop your skills informally with peers or participate in The Mountaineers ice climbing outings. SEA/OCT

Introduction to Mixed Climbing If you are interested in alpine mixed climbing, join us to learn and practice dry tooling techniques in a top roped setting. This is also a great way to improve your skills and conditioning for ice season, even without the ice. SEA/NOV

Advanced Water Ice Learn and practice advanced water ice techniques. Start with one day of expert instruction from an AMGA certified guide in Canmore and spend the next few days practicing your new skills. The one instruction day will include a half day of advanced multi pitch climbing techniques for making a safe and efficient ascent and descent; the rest of day will be for learning steep ice climbing techniques. SEA/FEB

Water Ice Seminars Learn and practice advanced ice techniques for improving efficiency, speed and safety. The seminars comprise midweek evening meetings. Each seminar focuses on a specific topic. We work through relevant exercises and learn from each other as a group. Some of the seminar topics include: 1) sharpening tools, 2) keeping and staying warm, 3) double rope management 4) water ice pro placing pitons 4) movement and conditioning, 5) self rescue for ice climbers.

Miscellaneous Other seminars and specialized courses are offered throughout the year, many by Seattle and Everett Branches, including Aid & Big Wall Climbing that is usually held in spring with a cadre of qualified Mountaineers at sites such as Yosemite. Other special seminars and climbing trips include advanced rescue techniques, ice ax arrest refresher, crevasse rescue refresher, Play Days on rock and ice, and rock climbing techniques for friction, crack, and face climbing. Check "Activities Climbing" on The Mountaineers home page, and check each branch's website for further information.

First Aid

MOFA (Mountaineering Oriented First Aid) A 28 hour first aid course for wilderness travelers. Consists of lectures, demonstrations and practical experience, including Red Cross Adult CPR and Standard First Aid. Volunteers with simulated injuries act as victims for

final exam. MOFA certification is required for graduation from courses in alpine scrambling, basic climbing and snowshoe courses beyond Snowshoe Lite. The class consists of either four full weekend days or a series of evening classes. BEL/JAN; OLY/FEB; SEA/pending; TAC/JAN, APR, SEPT, OCT

MOFA Refresher For previous graduates of MOFA who want to keep their certification current. TAC/MAR

Alpine First Aid Course—This is a first aid course designed to meet the wilderness first aid requirements for graduation from the Alpine Scrambling and Basic Climbing courses. Part I is taught by Remote Medical International and Part II consists of a hands on practical session at The Mountaineers Program Center. SEA/MAR

Folk Dancing

International folk dance classes at The Mountaineers offer informal fun along with almost weekly instruction in a variety of international folk dances, usually of European and North American origin. Many can be learned in a single session, others offer more challenging rhythms and patterns that may take a season to master. Couples and line dances are both taught. Partners are not required, nor is prior experience. For all ages. Dress is informal; wear shoes that protect your toes. SEA/ALLYR; TAC/ALLYR

Hiking/Backpacking

Intro to Hiking and Backpacking Workshop An easy way to learn more about hiking in the Northwest and with The Mountaineers. At this one evening lecture hiking leaders discuss necessary clothing and equipment (including the Ten Essentials), conditioning, outdoor etiquette, safety and other topics. SEA/ALLYR; TAC/APR, JUN, JUL, AUG; other branches, pending

Leadership

Become a better leader! This seminar is for current and prospective leaders of any type of Mountaineers trip. Students work with outdoor problem solving scenarios. OLY/APR; SEA/FEB, NOV; TAC/MAR

Naturalists

Intro to the Natural World This course features four lectures and three field trips to exceptional areas for viewing nature. SEA/

MAY.

Study Group A series of naturalist lectures from October through April that range from geology to insects, and from plant life to ecosystems. SEA/OCT APR

Navigation

Basic Navigation This course teaches the skills necessary to navigate through wilderness. You'll learn to relate features on a topographic map to your surroundings, use your compass to determine bearings to objects in the field, use a map and compass to determine your location and desired direction of travel. Two evening classes, one Saturday field trip. Basic Navigation certification is required for graduation from several courses including Alpine Scrambling, Basic Climbing and some Snowshoe courses. EVT/MAR, APR; SEA/NOV, FEB, MAR; TAC/MAR, APR, SEPT

Basic GPS Learn to use your GPS unit. Identical units will be supplied during class so that all students work with the same device. Current Basic Navigation Course certification is a prerequisite. Two evening classes and a field trip. TAC/JUNE

Photography

Add an extra dimension to your outdoor adventures by bringing home great photographs! Learn to take landscapes, wildlife and action shots, and "the pictures that tell the story" with skills you'll gain in The Mountaineers' photography courses and seminars. Instruction may be provided while on a field trip or at an evening workshop. Seattle offers a basic course and lecture series. SEA/MAR; watch Foothills, Kitsap and Tacoma websites for evening workshop discussions.

Sailing

Learn what you need to help crew a sailboat, including how to rig a sloop rigged boat, departing from and arriving at a dock under power, understanding sail trim and sailboat maneuvering, knowledge of charts and navigation aids, personal gear requirements and safety practices. SEA/MAR; TAC/APR

Sea Kayaking

Basic Sea Kayak Learn the skills necessary to safely paddle around Puget Sound and other open waters. The course covers kayak handling techniques, wet exit and solo

Continued on pg. 18



Barbara Retelle photo



Chad Beeman photo

Whether it's for a view or a goal, there are Mountaineers courses made for your level of adventure.

reentry, paddling/bracing skills and other necessary techniques. Graduation requires attendance at all lectures, all open water sessions and two club sponsored paddles. EVT/pending; FH/MAY; OLY/APR; SEA/MAR; TAC/APR

Other Sea Kayak courses Branches may offer workshops or seminars on various sea kayak skills, including roll technique and enter/exit. For example, the Seattle Branch offers "Beyond the Basics" clinics led by ACA certified instructors skills assessments provided throughout the year. Besides rolling and enter/exit, the clinic includes essentials of touring, and all the needed skills for coastal kayaking. Its "Rescue Rodeo" is an annual event, generally held in May. Check Kayaking at www.mountaineers.org for ongoing developments throughout the branches.

Skiing

Cross-Country Ski Enjoy our northwest winter landscape by kicking and gliding your way through the scenery. Cross country skiing is a great way to stay in shape, make new friends and enjoy the outdoors throughout the winter. Depending on branch, the courses can be multiple weekends, one day or half day; some branches offer multiple courses based on skier ability and technique level. Foothills and Seattle offer a wide variety. EVT/JAN; FH/JAN; OLY/JAN; SEA/JAN; TAC/JAN

Backcountry Ski Learn how to safely ski in the backcountry and avoid avalanche danger. Discover the freedom and thrill of skiing untracked powder snow in the backcountry; extend your ski season by skiing all year long on the slopes high above the lift areas. Depending on branch, the courses can be multiple weekends, one day or half day. FH/NOV; TAC/JAN; EVT/NOV

Backcountry Ski Learn the telemark

(free heel) turn and how to safely ski in the backcountry. Discover the freedom and thrill of skiing untracked powder snow in the backcountry; extend your ski season by skiing all year long on the slopes high above the lift areas. Depending on branch, the courses can be multiple weekends, one day or half day. SEA/JAN; TAC/JAN

Multi-Day Ski Lessons Weekly lessons in telemark and randonee skiing skills. FH/JAN; SEA/JAN

Meany Lodge Winter Sports Program See "Other Courses and Seminars" at the end of this section.

Snowshoe

Snowshoe Lite or Level I Gives beginning students a solid foundation in snowshoe travel: techniques, proper clothing, gear selection, Ten Essentials, food, safety and related topics. Number of lectures and field trips varies among the branches. EVT/JAN; FH/JAN; SEA/JAN; TAC/JAN

Snowshoe or Level II/Winter Skills/Winter Camping For graduates of Snowshoe Lite/Snowshoe I. Takes snowshoeing to the next level, including an overnight camping trip in the snow, avalanche awareness, terrain and snow pack evaluation, use of beacons, winter survival and trip planning to name just some of the curriculum. Number of lectures and field trips varies between branches. EVT/JAN; SEA/FEB; TAC/JAN

Combined Winter Travel: This comprehensive course encompasses all levels of snowshoeing and consists of a series of lectures and field trips to learn about avalanche awareness and safety, the Ten Essentials, backcountry winter travel etiquette, cold weather ailments, clothing, self arrest technique and equipment. Even if you already know how to ski or snowshoe, the training you

attain in this comprehensive course will allow you to enjoy more safely enjoy your winter outings, whether on snowshoes or skis. KIT/NOV; OLY/JAN

Wilderness Skills

Open to all Mountaineers and the general public this course teaches the basic skills necessary to safely and enjoyably venture into the forests and mountains, whether day hiking, backpacking or on more adventurous outings. (It is a prerequisite course for Olympia alpine scrambling and basic climbing students.) OLY/JAN; other branches/pending.

Other offerings

There are various other classes, seminars or workshops offered by The Mountaineers some hosted by our lodges.

- Meany Lodge features an entire **winter sports program** (see www.meanylodge.org/winter and the Lodge section of this magazine on pg. 34) taught by certified ski instructors. Lessons in downhill, snowboard, cross country, backcountry and telemark skiing for all ages and levels is offered.

- Meany Lodge also offers a family oriented **Winter Carnival** in mid March; a **Women's Adventure Wellness Weekend** in summer; a **Mountain Bike Weekend** in mid July; **Family Hiking Weekend** in early August, and a **Mushroom Identification Weekend** workshop in cooperation with the Seattle Mycological Society each October.

- Mt. Baker Lodge hosts **Mt. Baker Ski Camp** in March (see the Lodge section on pg. 34).

- Mt. Baker Lodge, Stevens Lodge, Kitsap Cabin and Snoqualmie Campus may host various other events and groups through the year. ▲▲

MOUNTAINEERS ALPINE SCRAMBLING DINING GUIDE

WE'VE ALL BEEN THERE.

We're up in the mountains exploring some new terrain and, at the end of the day, wondering where we'll find our next meal. Who's serving what?

Are they any good? If we had online access we could check our favorite sites but we don't.

Wouldn't it be nice if *The Mountaineer* that was on the floor of the back seat listed some hot spots recommended by other climbers and outdoor junkies?

Well here it is. Over the past five years, a group of dedicated climbers and alpine scramblers have fed their recommendations into one dedicated and loyal member of *The Mountaineers*, Russ Hamerly. Russ organized the suggestions by region, address and phone, and wove in various comments. In its fifth edition today, it is affectionately known as the *Seattle Mountaineers Alpine Scrambling Dining Guide*.

Here's just a sampling of some of the listings close to area ski resorts. Go ahead! Toss this issue into your back seat when you're done reading it. These listings might just come in handy the next time you hit the road!

"There's this Indian restaurant in the red barn behind the Shell gas station on the north side of Highway 2. Very tasteful curries, reasonable price and quick service. Much nicer inside than you might imagine, but no problem being served in our post-hike grime."

LEAVENWORTH

59er Diner
15361 Hwy 2 (Corner Hwy 2 and Wenatchee Lake Road)
(509) 763-2267

"I have really O.D.'d on Mexican food and I would never choose it if I was doing the choosing. The 59er Diner is fun but there's about a 59% chance your food will be yucky."

"Burgers, fries and to-die-for shakes in a corny, 50s-kitsch diner."

"I love the 59er. Order what you know they are good at: shakes, burgers, just plain iceberg lettuce salads with blue cheese dressing."

"We stopped at the 59er Diner on the way back from Fernow Sunday. Very lively place and friendly. It's a take off of a diner celebrating 1959. Burgers, shakes, tunes blasting..."

Big Y Café
Junction Highway 2 & Highway 97
(509) 548-5012

"Tried a new one Saturday and liked it. Good home cooking and fresh baked pies."

Andreas Keller Restaurant
829 Front Street
(509) 548-6000

"In town, try Andreas Keller, below on the main drag. It has really good food and beer."

"Considered one of the most authentic Bavarian restaurants in town, this Old World gasthaus features wooden barrel booths, hand painted murals and more live music than any place in town. Includes rotisserie-chicken, huge pretzels and excellent Bavarian beer."

Ducks & Drakes
633 Front Street
(509) 548-0270

"Great pub fare, full bar, pool tables, open late (a problem in Leavenworth)."

Gustav's
617 Highway 2
(Front Street)
(509) 548-4509

"If you're just finishing a day hike in the Alpine Lakes Wilderness or Icicle Creek, the prospect of food in Leavenworth may seem a bit dreary for those who don't appreciate Bratwurst and Wienerschnitzel. But there's more to Leavenworth than Bavarian kitsch, and Gustav's brew pub is the central watering hole for all manner of climbers, skiers, mountain bikers, and other outdoor enthusiasts. Don't forget to order one of their humongous baskets of fries. Gustav's is an obvious choice, sure—but even though it's mobbed on weekends, the food is dependable and the beer's tasty."

"Gustav's is erupting tourists."

Homefires Bakery
11007 Hwy 2 just east of town next to Prey's Fruit Barn
(509) 548-6362

"Great cinnamon rolls and cookies, also coffee and espresso. They are open 7-6 weekdays, 7-7 weekends, but anytime the lights are on you can come in! Great food for the road."

Kristall's
280 US Hwy 2
(509) 548-5267

"Great if you eat in the bar, wonderful view."

O'Grady's Pantry at Sleeping Lady
7375 Icicle Road
(509) 548-6344

"On the Icicle Road, very good sandwiches."

"Enjoy espressos, pastries, soups, salads, sandwiches and desserts, and beer, wine and spirits in a relaxing environment"

Continued on pg. 20

ALPINE SCRAMBLING DINING GUIDE (CONT.)

South
913 Front St
(509) 888-4328

"Good Mexican food and beer. Not the average heavy cheesy stuff."

Visconti's
636 Front Street
(509) 548-1213

"We have eaten several times in Leavenworth at Visconti's. Great food!"

"Possibly the best Italian food between Seattle and NYC. Great wine selection too!"

SNOQUALMIE PASS

ISSAQUAH
12th Avenue Cafe
775-G NW Gilman Blvd
Gilman Village
(425) 392-5975

"They have a great Mountain Man or Hungry Man or something like that breakfast that is potatoes with peppers, cheese, etc. that is pan fried... great before one goes out to the mountains."

ISSAQUAH
Issaquah Brew House
35 West Sunset Way, #C
(425) 557-1911

"19 Microbrews produced on site."

"Stopped by for a pint and found that they have a new menu and it is great. The fish tacos are the best."

"Good food, great after midweek conditioners in the Issaquah Alps!"

ISSAQUAH
Issaquah Café
1580 NW Gilman Blvd
(425) 391-9690

"When the hustle and bustle of the city seem too much and a yearning for the great outdoors rises, meander over to this café-cum-fishing lodge for a bite

to eat. The central fire place casts a warm glow on the fishing murals, and poles and creels hanging on the walls. Share outlandish fish stories over American home-style meals."

ISSAQUAH
Triple X
58 Front Street
(425) 392-4551

"After a late afternoon hike at Tiger Mountain, you'll definitely need one of the burgers at this classic drive-in. Want fries and a float with that? You bet."

NORTH BEND
George's Bakery & Deli
127 North Bend Way
(425) 888-0632

"Half bakery, half deli-style restaurant with a view of Mount Si. The bagels are also wonderful, and at 50 cents a piece, they're a bargain. Rustic calzones are filled with eggplant, onions, garlic and cheese. And the asparagus salad seems impossibly fresh."

NORTH BEND
North Bend Bar and Grill
145 E North Bend Way
(425) 888-1243

"If you are coming in from the east, it is on the left or south side of the street as you enter the old main part of town."

"Simply the best place to go in NB. Open late. Great beer selection. The super nachos are overwhelming."

"Mike and I always go to the North Bend Bar & Grill after any scramble on the I-90 corridor. We get as many people from our scrambles to go with and this place accommodates us nicely. Great food!"

NORTH BEND
Pizza Place
540 E North Bend Way
(425) 888-1800

"Warm atmosphere, excellent pizza, good variety of pizza and pasta choices."

NORTH BEND
Scott's Dairy Freeze
234 E. North Bend Way
(425) 888-2301

"Scott's has the best milkshakes, REAL ones anywhere."

NORTH BEND
Teriyaki Town
434 Main Ave So (across from Ace Hardware)
(425) 831-5239

"Good teriyaki food, and lots of it."

"One of the best teriyaki joints around in my humble opinion."

NORTH BEND
Twede's Café
137 W North Bend Way
(425) 831-5511

"Great and plentiful breakfasts....hope you like home fries. Burgers and dinner in the afternoon, and be sure to have their famous cherry pie. Also known as the diner from the 'Twin Peaks' show."

SNOQUALMIE PASS
Red Mountain Coffee
773 SR 906, I-90 Exit 53
(425) 434-7337

"A tasty new latte place at the Traveler's Rest. Expensive food, but cozy chairs. The new grocery store next door, unattractive though it may be, has homemade burritos and a place to sit. After you get a latte from the trailer outside that is manned by the nicest Hispanic family ever, you can chomp down on Mexican food out of the rain."

"Here's a new one for you. Café Panini, 1537 Cole St, Enumclaw, WA, (360) 802-5132. Good Italian food in relaxed atmosphere at a reasonable price. Fantastic pie selection from Enumclaw's Pie Goddess. They didn't even mind that we were a little smelly after a long day of climbing!"



About the Author: Russ Hamerly has been an active Mountaineer for more than 30 years. He's volunteered his time as a leader of more than 50 scrambles since 1985, has summited 100 scramble peaks, and completed The Mountaineers basic climbing course. And did we say that this man knows good food when he eats it? Every spring, he sends out his annual request to his fellow scramblers and climbers, then posts a new edition.

Suggestions?

Forward them to Russ at russhamerly@yahoo.com.

Same Everest, different Whittaker

Leif Whittaker talks about 'my own trip'

By Mark Scheffer

About the author

Mark Scheffer is one of The Mountaineers' true climbing ambassadors. He has introduced many Mountaineers students to the magnificent world of climbing as a leader and instructor. He has even reached outside Mountaineers circles to introduce the climbing-curious to the sport.

Leading Mountaineers climbs since 1993, Mark averages more than 15 Mountaineers climbs per year. "I like the teaching aspect of taking new climbers out on trips. And it's another way to get out in the mountains and enjoy the outdoors.

Also a member of The Mountaineers Board of Trustees, Mark takes his volunteerism from ice ax to gavel—and, well, keyboard in the case of this interview with Leif Whittaker.



Leif Whittaker's team heads into the Western Cwm of Everest.

All photos by Leif Whittaker

As a kid growing up in the Whittaker family, Leif was constantly exposed to new and different experiences: living on a sailboat and traveling the world, climbing Prusik Peak at age 8, and Mount Rainier for the first time at age 16. When asked what it was like to grow up as a Whittaker, Leif described his family as one that "valued adventure and exploration" as a way of life. So it was really no wonder to him that the ultimate question was not so ultimate: "I was being asked, 'are you going to climb Everest?' ever since I was born."

Inevitably his famous last name often resulted in questions about his dad and uncle. "I was often asked if I was related," he said, and while living in Port Townsend he more than once was told by tourists, "Did you know that Jim Whittaker grew up in this town?" At times Leif likes to talk about his family's history, but sometimes he just avoids bringing up his famous name, preferring to "make my own path and forge my own way in the mountains."

In 2003 Leif joined his family on a trek to Everest Base Camp and saw the Khumbu Ice Fall for the first time in person. Leif was so enraptured by the sight that he found himself just sitting on a rock and staring at it for hours. Prior to this trip, Everest was just a peak his family's name was forever linked to. However, after this experience, he knew he wanted to climb Everest and follow his dad's footsteps to the summit.

After the 2003 visit to base camp, Leif began seriously considering his own climb of Everest. When asked if all his famous relatives inundated him with advice, Leif answered "yes and no." Advice was there for the asking but everyone respected his chance "to do my own trip." He noted his dad had been giving him advice on Everest his entire life in the stories he told him and memories of what it was like to climb the mountain.

One of the best pieces of advice that Leif got was his dad's original diary from the 1963 expedition, which he took with him on the climb. Reading the 47 year old entries he realized that there were "a lot of similarities between the hardships and challenges" both he and his father

Continued on pg. 22



Leif at prayer flags – Aba Dablam in background – later, on top of Everest.



At 22, Jim Whittaker, 12 years before his monumental climb of Everest.

faced high up on Everest on their separate climbs. The insights he gained from this gave him both the resolve and strength to continue to the summit.

During Leif's time on the mountain both he and First Ascent guide, Dave Hahn, searched for signs of his dad's 1963 expedition. (First Ascent is a division of Eddie Bauer and sponsor of Leif's climb.) Despite scouring base camp and Camp 2 while being constantly on the lookout at the Khumbu Ice Fall, Leif was unable to find any trace of his father's expedition. "In recent years a number of expeditions have gone up there to remove junk off the mountain," he related.

Despite not finding any physical connection to the 1963 climb, Leif found a number of places that he recognized from pictures and entries in his dad's expedition diary. He could tell that his base camp tent sat almost exactly in the same spot as his father's back in 1963. Other than a few small changes to the original route, Leif stuck to the same route up the mountain as his father.

Leif was surprised just how technical the

route actually was. Despite the large and growing number of paying clients each year, it was not the walk up that he expected, noting that the Khumbu Ice Fall and Hillary Step were not the only places that required technical skills. "In 1963 my father stayed at Camp 2 for over a month to avoid having to go through the Khumbu Ice Fall again," opting instead to take his chances with staying high on the mountain, despite the danger that such prolonged exposure to a low oxygen level poses.

However, just being a Whittaker doesn't guarantee an Everest summit. "When we arrived at the South Col at 26,000 feet, the weather had been fine and the forecast was great. Within 23 hours the weather came in and we spent the planned summit climb night in the tent instead." The next day the weather was still too extreme to climb, and Leif admitted to losing hope of summiting. To avoid the crowds, which Hahn saw as a significant subjective hazard on the route, they had planned their summit attempt for the end of the climbing window. This meant that if they had to return to base camp there would be no

time to regroup and make a second attempt. Leif went to sleep asking the mountain god to give him a chance. Twenty minutes later he woke up to clearing weather. "I threw on my boots and went for it."

On their descent, after successfully reaching the summit, they paused on the bench at 27,500 feet. There Leif called his dad, at a hotel in Bellevue, to relay the good news via satellite phone. Leif noted that in 1963 it took runners eight days from base camp to get the word of his dad's summit out to the world, a far cry from the near instant updates technology allows on the mountain today.

Even a seasoned climber like Jim Whittaker still has his own fearful father moments. "It took us three days before I could call him again, from base camp, and they were worried something had happened to us."

While Leif is not sure he wants to take on K2, he does still have a number of climbs on his target list, most notably Denali in 2011. After that who knows? He's a Whittaker, so there is always an adventure waiting for him somewhere. ▲▲



A sun-drenched base camp.



BRAIDED RIVER



SKIPSTONE

Born from hand scribbled trail maps and Mountaineers members' passion for wilderness, **The Mountaineers Books** was created in 1960 to express and share Mountaineers' love of the outdoors. With over 500 titles in print today, The Mountaineers Books, along with its two imprints, SKIPSTONE and BRAIDED RIVER, is a leading publisher of books that inspire outdoor recreation, sustainability and conservation.

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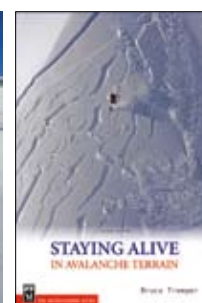
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Climber recounts secretive Rainier ascent

Article and all photos
by Robert Baker

In early January of 1961 I entered the Pizza Haven on University Avenue in the U District. I was quickly approached by Eric Bjornstad, the restaurant's night manager and a well known climber. I could immediately sense he had some climbing scheme in mind. Top local climbers such as Ed Cooper, Dan Davis, Don Gordon, and Tom Stewart, young climbers from the U District's Wilbur House, and others from around town would meet here to plan climbs or discuss what was happening in the climbing world. Even Fred Beckey checked in here occasionally to hear what was going on.

Eric got right to the point. He asked me what I thought about a winter ascent of Mt. Rainier. I had done some previous winter climbs of some minor peaks, such as Denny Mountain, Silver Peak and Mt. Pilchuck, so I had some knowledge of winter climbing. I told Eric that the best time

for winter climbing was the window of opportunity during the last two weeks in January and the first two weeks in February, when early winter snows become stabilized and you often have 7 to 10 days of clear, cold weather.

I also mentioned the fact that the Park Service did not permit winter climbing at the time, but you could always sign up for a trip to Camp Muir. We agreed that a party of four to six climbers was best, my preference being four; we decided to go for it. Eric then rounded up two other climbers to join us—Don Gordon and Michael Borghoff. Don was a powerful climber who had climbed in the Bugaboos in Canada. Mike was in the U. S. Army stationed at Fort Lewis. I didn't know much about his climbing experience, but as Eric vouched for him, that was good enough for me. We all agreed to keep this climb "under our hats." And someone, nameless, said, "And for gosh sakes, don't tell Fred. He will want to tag along."

The weather turned for the better by the third week of January and we decided to aim for the ensuing weekend. Don and I rode with Eric in his old car very early Saturday morning. We went to the ranger station and checked out for Camp Muir. Don and Mike had skis. Eric and I had snowshoes for the hike to Camp Muir. We found them very useful, especially in the lower portion of our hike to Muir. We stashed them when we reached the upper portion of our hike.

We arrived to a deserted Camp Muir late in the afternoon. The climber's hut was padlocked, but we came prepared and took the hinges off the door. We laid our sleeping bags or down jackets on four of the bunks and cooked our dinner and melted snow to fill our water bottles. We wanted to get an early start to the summit so Don set his wrist watch alarm for 2 or 3 a.m. But, for some unknown reason, Don's alarm did not go off. One of us finally woke up close to 6 a.m. After a hasty breakfast we started out just before 7 a.m. Sunday and putting the hinges back on the door. We decided we probably didn't have time to summit, but would go as high as possible to at least take some good pictures. After putting on our crampons at the lower ridge, to the right of Cadaver Gap, we started climbing.

Rope teams were chosen by similarities in size and weight—Don joined Eric while I joined Mike. Our rope teams alternated leads as we climbed steadily up Ingraham Glacier. We had a limited number of wands with us, but we did mark all the crevasses on our route, both below and above. The climb was slow and tiring as sometimes the crusty snow would collapse; we found ourselves doing some post holing.

The weather was clear and the views to the south and east were spectacular. I took some pictures of Little Tahoma.



Robert 'Bob' Baker looking north
from Columbia Crest 50 years ago.



Little Tahoma from Ingraham Glacier



Borghoff, Gordon and Bjornstad before the push to Camp Muir

By the time we reached the altitude of 12,000 feet, or a little higher, it was already 2 p.m. We yet faced another 2000 feet of altitude gain in order to make the summit. Mike said he would have to start down because he had to be back at Fort Lewis early Monday morning. Eric decided to go down with Mike.

Don and I were hot to go on, so I traded places with Eric on the ropes. Eric said that he would wait for Don and me at either the ranger station or at Paradise Inn. After bidding Eric and Mike adieu, Don and I resumed our ascent.

There was a sense of urgency as the sunset could not be that many hours away. Don and I made a good team, for he was strong and powerful while I, in those days, was fast and agile. We alternated leads and slowly worked our way up. It was indeed tiring but when we saw the crater rim there was no stopping us. We crossed the crater and topped the summit of Columbia Crest just before sunset.

The view to the north was fabulous. We could faintly see Mt. Baker. The view of Liberty Cap to the east was tremendous. We each took a picture of the other on the summit before starting back down.

One of Don's crampons had come loose, so we sat near one of the steam caves while he tightened the straps. We then realized we'd have to descend quickly to take advantage of any remaining daylight. We made much better time going down than coming up the only difficulty being an encounter with a crevasse that forced us to climb back up a ways to get back on track, which was quite disheartening. We traveled the lower part of the descent mainly by moonlight. Luckily, there was almost a full moon that evening.

It was a relief to finally make it back to Camp Muir. After a short break we started down toward Paradise. In a short while we picked up the skis and snowshoes from where we had stashed them and continued down. We did not want to waste any time as Eric was waiting for us, and the rangers would be wondering what happened to Don and I.

It was close to 11 p.m. before we arrived at Paradise.

We located Eric and then signed out at the ranger station. Eric had been having coffee with Gary Rose, who I believe was a part time ranger or guide at the time. We all knew Gary as an employee at REI when it was a small company located on Pike Street in Seattle on the second floor above the Green Apple Pie, where at one time it shared space with The Mountaineers. I think Gary, himself a climber, had some suspicions about our activity on the mountain, but we told him we were checking out routes above Camp Muir and had lost track of time, which was actually the truth. We had to push Eric's car to get it started but we did get back to Seattle early Monday morning.

And for gosh sakes, nobody did tell Fred! In fact, I believe none of us told anybody else, at least for quite a while. I am sure that after 50 years the Park Service will forgive us our little indiscretion. Besides, I think the statute of limitations would have run out by this time. As far as I know, our climb was one of the few true winter ascents of Mt. Rainier prior to 1964, when the park service then allowed winter ascents.

Later on, every time I walked into the Pizza Haven, I was asked to join a climb. Ed Cooper was looking for someone to do the Roosevelt Kaleetan Traverse, Dan Davis wanted a

partner to climb Chumstick Snag near the Peshastin area, the Wilburs and Tom Stewart were looking for a fourth climber on a new route on Mt. Logan in the Yukon. Meanwhile, Eric Bjornstad had some crazy idea about an assault on the Willis Wall on the north side of Mt. Rainier, and Fred was cajoling Eric and I to do some first ascents in Alaska that had some wild names like "Moose's Tooth" and "Bear's Claw" (Avalanche Spire).

For some strange reason I complied with all these requests. Later on, whenever I had an appetite for pizza, I'd go to some other pizza joint rather than the Pizza Haven. It was one of my better climbing decisions! ▲▲

About the author

Bob Baker has been a member of The Mountaineers for almost 55 years. He passed The Mountaineers basic and intermediate climbing courses and has led many Mountaineers climbs on both rock and snow. He has climbed Mt. Rainier fourteen times by six different routes, including Liberty Ridge and the one winter ascent. Bob has climbed extensively in Washington, California, Oregon, Wyoming, British Columbia, Alberta, Alaska and the Yukon.

He climbed with some of the best climbers of his day and is proud of the fact that no one was ever killed or seriously injured on any of his climbs, perhaps saying something about good judgment.

Bob married his wife, Greta, in 1978, subsequently giving up serious climbing. Greta felt this decision also showed something about Bob's good judgment. They've been happily married for 32 years and when not ballroom or folk dancing, they enjoy hikes with their son, Norman, and three young grandsons.



Tips on surviving in winter's wonderland

Be ready for the sudden changes that snow and mountain environments can bring

Article and all photos by Nick Lyle



Jove: east ridge

Backcountry winter travelers and high-altitude adventurers in any season face increased risks and dangers. Safe winter travel requires appropriate planning, equipment and techniques. If you prepare for these added challenges, carry the equipment and learn the skills, you confidently may enter a world of immense beauty – and come back out happy and well.

I love exploring the backcountry in winter, but there are risks. Over the years I've been lost, hypothermic, suffered frostbite and trench foot, and been stranded for days by bad weather. I've learned that whenever I travel in the backcountry I'd better be prepared to spend one or more nights camped out in the snow.

This article is about winter travel, but it also applies to year round travel at higher altitudes, where winter conditions can develop with little or no warning at any time. Even on a day trip an injury, a sudden whiteout, or rapidly developing avalanche danger may require you to camp out in the snow. If you've practiced the techniques of making shelter with the gear you actually carry, you confidently can decide to hole up when it's safe to do so.

The five main survival issues in winter conditions are choosing light gear, staying warm, avoiding avalanches and other snow hazards, navigating and getting water.

1) Choosing Light Gear. Skiing or climbing with a too heavy pack makes you slow, clumsy and prone to injure yourself; yet, safety in winter conditions demands extra clothing, better shelter, avalanche safety gear and more fuel, etc. I deal with this apparent contradiction by choosing lightweight gear that has multiple uses and strictly excluding non essential items. This lowers my pack weight to the point where I can afford to



The five main survival issues in winter conditions are choosing light gear, staying warm, avoiding avalanches and other snow hazards, navigating and getting water.



About the author

Nick Lyle, a Mountaineers member for 12 years, graduated from The Mountaineers snowshoe, scramble, ski mountaineering, basic and intermediate climbing courses. He also holds equivalency status in sea kayaking.

Nick volunteers his time to The Mountaineers as a Level 1 avalanche instructor and assistant leader of the intermediate winter mountaineering field trips. He also leads snowshoe and winter scrambling trips. This season he will be leading backcountry ski trips.

In between all these outdoor passions, he makes a living as a blacksmith/sculptor.

bring a few crucial heavier things along for emergencies. Look at the gear you carry as an integrated system; sometimes it makes sense to carry something a bit heavier than the lightest thing on the market if it can replace other items and make your overall pack weight lower.

2) Staying Warm. Staying warm requires a systematic approach involving clothes, equipment and techniques. When I pack for any trip, even a day trip, I look at my clothing choices and think “Will I be able to bivouac without freezing to death?” With a shovel you can make a shelter if the snow is deep enough, otherwise consider carrying a bivy sack or other shelter. A foam pad is essential insulation; if you’re planning a night out on snow you’ll be more comfortable with two insulating pads. Two pads and a medium weight sleeping bag will keep you warmer than a single pad under a jumbo sleeping bag.

The key to staying warm is staying dry. Northwest weather, very moist all year, makes it difficult to stay dry due to sweat, condensation, wet snow and rain. Carrying extra clothing can be a short term solution, but eventually you’ll end up with a heavy pack full of wet extra clothes. I’ve found it’s far more practical to follow advice distilled from Mark Twight’s book, “Extreme Alpinism,” and other sources.

The important thing is to wear clothing that dries very fast, to wear as little as possible when moving, and when adding extra layers to use garments that breathe extremely well. Ideally the outermost layer should be the most breathable layer. Once you get the hang of this you’ll find you can dry your clothing with body heat while wearing it. The final step in this process is to use a synthetic sleeping bag (down doesn’t insulate when wet) with a totally breathable shell and wear all your clothing to bed. This will make a fairly scrawny sleeping bag warm enough and will allow you to completely dry damp clothing every night. This is a prime example of how one slightly heavy item (the synthetic sleeping bag) can save weight by allowing you to do without as many extra garments.

For multi day winter trips I take one pair of

wool long underwear, top and bottom. Above the waist I next wear a very light and totally breathable nylon wind shirt. The light nylon shirt sheds wind and light snow and keeps me drier by allowing me to do without my heavier shell most of the time. The next torso layer is a heavier waterproof “breathable” shell. Whenever I stop I put on a big synthetic belay jacket with an insulated hood. This garment is very warm and breathes well, though its tightly woven outer shell with a DWR finish makes it fairly waterproof. I often carry a synthetic insulated puffy vest I can wear under the shell. None of these garments are fleece.

For my legs I might wear Schoeller type nylon pants, but that often means carrying waterproof shell pants in my pack, so I often

The important thing is to wear clothing that dries very fast, to wear as little as possible when moving, and when adding extra layers to use garments that breathe extremely well.

save weight by simply wearing the shell pants over expedition weight fleece pants. If it might be really cold, or for emergency bivy use, I may carry a pair of synthetic puffy pants that can be pulled on over boots.

A balaclava, wool hat, insulated gloves, one or two pairs of light gloves and extra socks complete the clothing. Light supple gloves that allow dexterity are important; if you wear big gloves you’ll take them off a lot and your hands will get very cold. There are some light gloves that have something like neoprene in them and actually stay somewhat warm when wet. Mesh pockets inside your shell allow you to dry extra gloves while on the move. People who suffer from cold hands and feet benefit

Continued on pg. 28



Approach to Jove

from chemical heat packs.

I can wear these clothes day after day without needing extra anything other than gloves and socks. I'm usually wearing half my clothes, so only four to six pounds of clothing weighs down my pack. The synthetic puffy clothing can function as a sleeping bag for an emergency bivy. With a snow shovel to dig a shelter and a foam pad for insulation, you can always stay warm enough.

In winter I prefer double boots with separate synthetic liners in winter. They are warmer and you can sleep wearing the liners to keep them warm. Stay warm, stay hydrated, and use sturdy waterproof boots. Don't leave your boots out in the snow at night!

Some people need more insulation than I do, but following the same scheme with warmer versions of the same garments should work well. I used to wear three wool sweaters over two wool shirts. That worked at thirty below zero, but the light synthetics are better! Experiment until you find what works best for you.

It's important to take care of yourself and your companions and to act promptly if someone gets cold. When someone is heading toward exhaustion, stop and make sure they warm up. Once a person is shivering they're in the early stages of hypothermia. Dry clothes, extra layers, jumping jacks or hot drinks will help. If someone stops shivering without warming up they are too exhausted to warm themselves; they may have slurred speech, clumsy movements, their body core temperature may have dropped dangerously. This is a

medical emergency—immediate lifesaving action is necessary! Keep this person as warm as possible by placing them inside a sleeping bag, on top of foam pads. Place bottles of hot (but not scalding) water in the armpits, groin, or neck areas to re-warm the body core. Hot drinks or stimulants may be dangerous at this advanced stage. Keep them still and arrange for evacuation. In some areas evacuation may be difficult or impossible, so it's best to be vigilant, keep them warm and wait for gradual improvement. On a solo winter trip in Vermont's Green Mountains I diagnosed my own hypothermia when I noticed that I'd changed into dry socks three times in one hour and had no more dry pairs left. I remembered reading, in *Freedom of the Hills*, that irrational behavior is an indication of hypothermia. I stopped and made camp.

One key to avoiding hypothermia is to avoid exhaustion—hold back a bit, keep some energy in reserve. Proceed at a slow, maintainable pace without sweating, instead of rushing forward with intermittent long breaks. Learn to make gear transitions (like donning crampons or removing skins) quickly. Keep food in your pockets; frequently eat a little to fuel your inner furnace. Strip down to exercise layers before you start moving.

3) Avoiding Avalanches; other Snow Hazards.

Study avalanche forecasts. Take courses in avalanche safety—learn to identify unsafe terrain and snow conditions, mark them on your maps, avoid them. Learn to recognize and negotiate cornices, tree wells, creeks and crevasses, all of which are dangerous traps that may be hidden by snow. Learn and practice safe travel techniques and companion rescue. Always carry a shovel, beacon and probe when in potential avalanche terrain. Practice using these tools; you have to be able to rescue your companions, because outside help almost always arrives too late. Phones or radios can be a big help in medical emergencies; make sure their batteries are fully charged before you start.

4) Navigation. Always mark out your route, and one or two alternate routes, on a real (paper) map. Is there a safe retreat option should bad weather come in? How will you locate it? If you need to call for help can you identify your position? Practice navigation during good weather. Most search and rescue professionals use latitude and longitude, not UTM coordinates. Map, compass and altimeter are the primary tools you need. A GPS is a very handy backup tool. Practice navigation some more. Batteries run down a lot faster in cold weather, bring extra. Navigating in a whiteout is a lot like flying an airplane in the clouds or sailing in fog; you need to trust your instruments. Map reading is a critical skill in avoiding dangerous avalanche terrain. Can you determine slope angle from the contour lines on a topo map? Practice navigation even more.

5) Getting Water. You'll need a stove and pot to melt snow for water. Staying hydrated is harder in cold dry air, but it's a particularly important factor in preventing frostbite. Hot water bottles can be used to treat a hypothermic person. I decide whether or not to carry a stove on a day trip based on whether or not there is any chance I might be stranded out for more than a night. If in doubt, carry a stove. ▲▲

Jack LaMont, Everett Branch

Jack LaMont, a very active and dedicated member of The Mountaineers Everett Branch, died December 4, 2010 during a hike on Morning Star Peak, east of Granite Falls.

Lamont, a Mountaineer since 1995, was an accomplished basic and intermediate climbing instructor and leader. He frequently led hikes and climbs in the mountains of Snohomish County, including Glacier Peak, Sauk Mountain and Monte Cristo. He was active in teaching avalanche safety and other aspects of outdoors safety; he was a mentor and trusted friend to many in the Everett Branch's climbing program.

Going hiking with his dog, "Shotgun," on a wintry Saturday morning, Jack left a note stating that he would return that day. After he failed to return, a search team was dispatched. After two days of searching, they found Jack in an avalanche chute. His dog was standing by his side.

Fellow Everett Branch climber Brent Colvin expressed what Jack's loss means to The Mountaineers' climbing community:

"Sadly, it's a path we've trodden before and one that we know we will have to walk again. But this path is a hard one when it involves someone like Jack LaMont. He had added so much to our lives and the climbing community.

"Our communities are like families, and such is the bond that is created when we have the chance to share the toil, rewards, risks, good times and bad that come our way in the mountains. Because of the time and energy that is shared, we become great friends with a bond that those who do not spend as much time outdoors may not understand."

He added, "We'll always remember Jack's devotion to our club and his affection for his colleagues, students, and most of all for his wife, Nancy. Jack's infectious grin and strength will be remembered and his absence will leave a void in the Everett Branch. He will be greatly missed."

Acting Mountaineers Executive Director Eric Linxweiler described Jack as an energetic and gregarious man who was well liked. "He was the kind of person you'd trust and want to be around during a hike."

A memorial service and reception were held in Everett on December 11. On December 17, Everett Mountaineers held a potluck dinner and memorial service to celebrate Jack's life and honored him by wearing apparel that they would wear on hikes or climbs. The family requests memorial donations be made to Outdoor Youth Connections (www.outdooryouthconnections.org) in memory of both Jack and his close friend and comrade, Larry Ingalls, a dedicated Everett Mountaineers member and leader who died tragically in a 2006 climbing accident on nearby Lewis Peak.

Lee Tegner, Tacoma Branch

Lee Tegner, 88, a Tacoma Branch member for more than 50 years, died Nov. 4 of complications from prostate cancer.

He leaves a lasting legacy that includes co founding Tacoma Mountain Rescue, helping to build the Camp Schurman cabin on Mount Rainier, assisting with planning and construction of Spanaway's Spire

Rock practice area and working with area Explorer Scouts, teaching them mountaineering skills.

Lee served in the Coast Guard during World War II. After the war he joined The Mountaineers and was very active with the Tacoma Branch. In 1958 Lee, John Simac and a few other climbers got together and decided the best people to help rescue mountain climbers were other climbers Tacoma Mountain Rescue was born. As volunteers they paid for all their own gear and transportation, giving selflessly for many years.

Lee Tegner was interred Nov. 26 at Mount Tahoma National Cemetery. The Mountaineers Tacoma Branch held a remembrance for Lee on Nov. 28.

Larry Peterson, Tacoma Branch

Lawrence "Larry" H. Peterson, a 52 year member of Tacoma Branch who loved to climb and hike, died December 3, 2010 in Tacoma. He was 89.

He met Wilma Shannon, whom he married in 1963, through The Mountaineers. They climbed the six major peaks in Washington, hiked and backpacked throughout the western United States, including Alaska's Chilkoot Pass on the 75th and 100th anniversaries of the Gold Rush.

A World War II vet who grew up on an Iowa farm, Peterson served in the U.S. Navy as a Motor Machinist Mate 3rd Class. He served aboard the USS Thomas Jefferson (APA 30, an attack transport) for three years, where he was an engineer on a LCVPE landing craft.

After leaving the Navy, Peterson attended Lutheran Bible Institute in Seattle for two years. He then worked in building construction, was a commercial fisherman and a longshoreman, before graduating from Pacific Lutheran College (now PLU) in 1954. He taught 25 years in Tacoma Public Elementary Schools.

The Petersons traveled to countries on six continents, including the Omaha Beach Ceremony on the 50th Anniversary of D Day.

Services and interment were on December 15, 2010. The family asks donations be given to American Legion Post 2, St. Mark's Lutheran Church, where Larry was a member, or the charity of your choice.

Everett raises funds for youths

Everett Mountaineers, during their Annual Awards Banquet in November, held a silent auction that raised funds for the Outdoor Youth Connections (OYC), a nonprofit foundation established in memory of Larry Ingalls. Ingalls, who died tragically in a 2006 climbing accident on Lewis Peak, was a prolific ambassador of the Everett Branch. In keeping true to mission, OYC recently awarded \$2,000 to South Shore School; the funds allow 75 math and science students in the 7th grade to attend a weekend at the North Cascades Institute. This same foundation is the recipient of memorial gifts given in memory of the late Jack LaMont.

From freeze-dried to nearly gourmet... it's Chef Jeff!



"I just wanted to serve meals that were tasty, better looking than freeze-dried, light to carry, and quick to prepare while up in the mountains."

YEARS AGO WHILE CLIMBING, hiking and skiing on his own, long time Mountaineer Jeff Street could get by with a simple round of freeze dried meals. But when he started guiding trips three years ago, he quickly realized that he wasn't out there for his own pleasure alone...he was also out there to ensure the enjoyment of his clients as well.

"I decided that I wasn't going to try to become a "gourmet" backcountry cook that would be too complicated and the ingredients too heavy," Street stated over a cookstove during The Mountaineers **OutdoorsFest**. "I just wanted to serve meals that were tasty, better looking than freeze dried, light to carry, and quick and easy to prepare while up in the mountains."

Over the past three years, he's explored home dehydration systems and refined his approach to better backcountry cooking. He's now perfected a number of simple yet tasty meals that he shares on his website, www.cascadealpineadventures.com. Sample recipes on the site include Mushroom Chicken and Rice, Simple Mac and Cheese, and Cajun Red Beans and Rice.

To keep the packing light, Jeff focused on one pot meals that could be complimented with chips or crackers on the side.

To maximize efficiency, "I prefer to do most of the preparation at home and as little as possible when up in the hills. I dehydrate batches of basic ingredients once a month and keep a stock of all the basic ingredients used in my set of recipes on hand at all times." He pre cooks anything that would take more than a few minutes to cook in the field, then dehydrates it which reportedly shortens the cooking time and fuel usage dramatically.

He's also developed a special packaging system. His recipes are recorded with per person quantities so they are easy to package for any size group. When guiding, he packages each night's meal individually (rather than bringing bulk quantities) because he finds it easier to stay organized once he reaches his destination. He tries to put everything for one meal into one package, but there are exceptions. Bulk items that would spoil or require refrigeration (foil packed chunk chicken) are, of course, packed separately.

Jeff spent most of a year experimenting and perfecting his recipes using his good friends as guinea pigs...he made them try the meals before he'd serve them to clients. After a summer of sampling, his taste testers were convinced that the meals were clearly superior to freeze dried; they were rather easy to prepare as well. When he finally DID serve his dishes to clients, everyone gave him a resounding thumb's up. Now, he's affectionately known to many simply as "Chef Jeff." And that Backcountry Cook off he entered at The Mountaineers OutdoorsFest? He won first prize!

To learn more about Jeff's Backcountry Meals, go to his website or email him at jeffstrt@frontier.com.

MAC AND CHEESE WITH HAM AND PEAS

Makes: 1 1/2 cups mac-n-cheese, 1/2 cup peas, 2 oz ham per person

INGREDIENTS:

- Small elbow macaroni (3/4 cup after cooking and dehydrating)
- Cheese sauce mix - 3 parts cheese powder and 1 part milk powder (3/4 oz per person?)
- Trader Joes Cured Black Forest Ham (1.5 oz slice per person)
- Freeze-dried peas (1/3 - 1/2 cup per person)
- Sharp cheddar cheese (1 oz per person)

INSTRUCTIONS:

Add macaroni to pot. Cover with 1 cup water per person. Stir and let stand for 10 minutes. Rehydrate freeze-dried peas in bowl with 1/2 cup hot water per person for 5 minutes, then drain excess water. Add cheese sauce powder. Bring to a boil for 2-3 minutes. Turn off heat and top with shredded cheese. Cover and let stand for 5 minutes. Serve with peas and ham slices on the side.

Welcome to our seven branches of The Mountaineers

Fueled by scads of dedicated and skilled volunteers, all branches offer a number of courses and seminars. Many courses, such as climbing, scrambling, kayaking, backcountry skiing and others that require a set of learned skills to safely enjoy, follow a common curriculum from branch to branch. Some, however, may have slight differences in the names of the courses they hold in common, such as Snowshoe Level 1 and Snowshoe Lite; Snowshoe or Backcountry Ski Course and Winter Travel; or Sailing Course and Crewing Course. Just look for the descriptions when visiting course information online or in this *Mountaineer*. **For general descriptions of our courses see pg. 15 and for current course offerings pg. 42**

Though our program curricula are coordinated to meet Mountaineers wide standards and policies, each branch offers a bit different flavor or character to its offerings. Though you may want to join the branch nearest to your home, you may join any branch of your choosing. Note that once you are a member you may participate in trips or courses in any branch. **One way to gain a taste test of a particular branch is to attend a new/prospective members' meeting.** General dates of these meetings are noted below under each branch heading.

BELLINGHAM

Chair: Molly Kaufmann, mollykaufmann@bellinghammountaineers.org.

Website: bellinghammountaineers.org.

The Bellingham Branch, tucked alongside the craggy expanse of the North Cascades, features a vital, close knit climbing program, as well as courses in first aid and alpine scrambling. It is also in close to one of the most popular Mountaineers getaway destinations, Mt. Baker Lodge. The lodge facilitates many of the courses and seminars offered by the branch. 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, snowshoe tours and backcountry ski trips.

Learn more

In most months, the branch hosts a meeting and slideshow for prospective members and new members to better orient them to branch offerings. The event is commonly held at 7 p.m. in the Bellingham Library, but is usually not held in October, January, June, July or August. Please check the branch home page (accessible via www.mountaineers.org) for updates on time and place. Sometimes a guest speaker and special program on an outdoor adventure is featured.

ANNUAL BANQUET: Early in the year, the branch usually hosts one of its grandest events, the Bellingham Annual Banquet. Watch the website for news about the 2011 banquet.

CLIMBERS' RENDEZVOUS: Instead of a regular October members' meeting, the branch celebrates with its **Annual Climbers' Rendezvous Dinner**. Keep an eye on the web and in this magazine as October draws nearer.

EVERETT

Chair: Lorna Corrigan.

Website: everettmountaineers.org.

The first auxiliary of The Mountaineers, the Everett Branch was incorporated in 1910 to provide a "sense of community" for members north of Seattle. Since then, geographic boundaries have become less important, but the Everett Branch's identity remains strong, as does its culture of friendship, fun and service.

Everett members share a wide variety of activities, ranging from trail maintenance and lookout restoration, to mountain climbing, hiking, skiing, snowshoe touring, scrambling, navigation, family activities and singles' events. Please explore the branch website or attend one of the branch monthly meetings to discover more about the branch.

Learn more

On the first Wednesday of almost every month, at 7 p.m., the Everett Branch invites all to explore everything the branch offers. The next meeting will be **Wed., Jan. 5**, at the Snohomish County East Administration Building, 3000 Rockefeller, Everett.

WANT TO HELP US? We are in need of talented volunteers to head our First Aid Committee and our general branch programs. The First Aid Committee encompasses MOFA, CPR, and other first aid classes. The Programs Committee chair helps recruit speakers for monthly meetings and other branch wide events. Help steer and organize our future programs. These positions do not require that you lead classes. Those interested in helping our first aid programs should contact Everett Chair Lorna Corrigan, chair@everettmountaineers.org. Those interested in heading our speaker programs should contact Evan Moses and Matt Vadnal via programs@everettmountaineers.org.

GOT WEB SAVVY? The branch is redesigning its website. If you have graphic design or website development skills, we welcome your help. Please e mail webmaster@everettmountaineers.org for more information.

LASTLY: if you've been a member of the branch for a while and have some new ideas for where the branch can go in the future consider volunteering for branch chair position. Contact interim chair Matt Vadnal if you're interested or have questions chair@everettmountaineers.org.

FOOTHILLS

Chair: Fran Troje, foothills.branch@gmail.com.

Website: foothillsmountaineers.org.

The newest neighbor in The Mountaineers hood, Foothills Branch is continuing to add new programs and adventures to its offerings, year by year.

Covering communities on the Eastside, from Bellevue all the way to Ellensburg, the branch offers opportunities for safe and enjoyable outdoor recreation year round. Foothills members are only a short drive to The Mountaineers Snoqualmie Campus at the summit.

The branch offers conservation and recreational access advocacy, hiking, photography and skiing. As its membership grows, the branch is looking for **volunteers** to steer new programs and provide new ideas for additional programs. You might even want to become one of our leaders or instructors! We can put you on that trail. Just notify Foothills Chair Fran Troje, foothillsbranch@gmail.com, 425 746 6726.

Learn more

The Foothills Branch new and prospective members' meeting is held most months through the year. Watch the Foothills website for the announcement of the January meet

Continued on pg. 32

ing. They usually start with a socializing session at 6:30 p.m., followed by a brief update on branch goings on and a feature presentation at about 7:20 p.m. Meetings are held in Issaquah at the King County Library System Service Center.



KITSAP

Chair: Mike Raymond, branch@kitsapcabin.org.

Website: kitsapmountaineers.org.

The Kitsap Branch is home to a preserve, a program center the Kitsap Cabin and an outdoor stage. All of these make up a pot pourri of activity and delight for Mountaineers and guests.

Kitsap offers courses and programs in climbing, alpine scrambling, hiking, snowshoe tours, photography and sea kayaking, not to mention its youth outreach program, HARK (Hiking and Active Recreation for Kids). Its Salmon Safari for youths giving them streamside observations of spawning salmon in the Rhododendron Preserve is only a short hike from Kitsap Cabin amidst some of the longest standing old growth forest in Western Washington's lowlands.

Also a short hike away is the magical Kitsap Forest Theater, home to two **Mountaineers Players** stage productions each year.

Learn more

The Foothills Branch hosts a meeting for current, prospective and new members almost every month. The next one will be **Mon., Jan. 3**, and will feature its **Fifth Annual Photography Show**, featuring the works of the branch's finest photographers. Awards will go to the best images in various categories and best of show. The show, free and open to the public, will be held at the regular meeting place: the Norm Dicks Government Center, 345 6th St., Bremerton. The meeting starts at 6 p.m. and the show at 7 p.m.

TRAIL RUNNING ADDED! The branch has just started offering trail running. Visit the branch website through www.mountaineers.org to find out more.

CLIMBING ENROLLMENT EXTENDED: Kitsap Branch climbing courses are open for enrollment through **Jan. 1**. They include instruction in alpine scrambling, basic climbing/mountaineering and intermediate climbing.

VOLUNTEER ALERT! Several opportunities exist for our members to help keep the branch functioning. Some volunteer opportunities require a substantial investment of time, some require only a few hours. Opportunities can be as simple as providing cookies for a general meeting to as detailed as bringing to life one of the programs waiting to be started.

There is always a way to help. A list of opportunities is available on the website and one is posted on the bulletin board on the front door of Kitsap Cabin. To volunteer send an e mail to branch@kitsapcabin.org.

HARK (Hiking and Active Recreation for Kids) Check branch website for skiing, snowboarding and snowshoeing dates in January.

OLYMPIA



Chair: Michael Silverstein, silvermas@comcast.net.

Website: olympiamountaineers.org.

The Olympia Branch is the South Sound connection to The Mountaineers. A vital limb of The Mountaineers for more than 45 years, it invites all to participate in its programs: hiking, skiing, sea kayaking, snowshoeing, backpacking and climbing. Courses are locally based in the South Sound region and led by a corps of outdoor enthusiasts and environmental stewards looking for adventure with the goal of enjoying and preserving all the wilderness the Pacific Northwest has to offer.

Learn more

The Olympia Branch holds a meeting and special "Adventure Presentation" for current, new and prospective members on the first Wednesday of the month from September through May (excluding November). The next meeting will be **Wed., Jan. 5**. Socializing and a potluck meal begin at 6 p.m. The Adventure Presentation "Wild North American Coastlines" from Will Greenough begins at 7 p.m. As with all our branches' monthly meetings, this is a great opportunity to meet fellow Mountaineers, share ideas, learn about others' escapades (including some as Adventure Presentation programs) and connect with a greater community of outdoor enthusiasts.

If you have any questions about joining The Mountaineers, If you want a membership brochure sent to a friend, or if you have moved and don't want to miss an issue of the bimonthly *Mountaineer* magazine, send an e mail to olymountaineers@gmail.com. Please include your mailing address so that we can send you a membership packet.

FEB. 2 ADVENTURE PRESENTATION: Steve Wondzell presents "Ambles in the Sierra: Hiking Portions of the Sierra High Route and the John Muir Trail." He spent two weeks in the high Sierra and gained a newfound appreciation for John Muir's ravings about the glory of the mountains.

OLYMPIA BRANCH LIBRARY: Located at Maxine Dunkelman's house, 5418 Lemon Rd. N.E. Contact Maxine at 360 352 5027 or maxdunk@comcast.net if you'd like to come by to

browse, check out or return books, which can also be done at Alpine Experience (in the box behind the front counter). Books, DVDs and maps owned by the branch are listed on the branch website. Maxine is also at our first Wednesday membership night with a selection of books to check out. Call her for special title requests.

COURSE ORIENTATION NIGHT: Discover your next adventure in the outdoors! The branch will hold an orientation night for those who are still wondering how to get started with Mountaineers activities or wishing to advance their skill level. To be held **Mon., Jan. 10**, from 7 to 9 p.m., the full gamut of Olympia courses will be on display with reps from each activity to answer questions from the curious.

Olympia courses and programs include wilderness travel, alpine scrambling, rock and glacier climbing, hiking, kayaking, leadership, backpacking, winter travel, snowshoeing, Nordic skiing, conservation, singles events, first aid and backcountry navigation.

Orientation Night will be held at the Worthington Center on the campus of St. Martin's University, 5300 Pacific Ave. S.E. For more details, visit the branch website.

CONSERVATION PLANNING: The Conservation Committee will hold its annual planning meeting and nature hike on Sat., Jan. 29, at the Visitor Center of the Nisqually National Wildlife Refuge at 9 a.m. Learn about our progress and provide input on our plans. For details, contact Jim French, jimfrenchwa@comcast.net.



SEATTLE

Chair: Courtland Shafer, courtland@seanet.com.

Website: seattlemountaineers.org.

The largest of our branches, Seattle, offers the widest array of courses and programs, many held at the nearby Mountaineers Program Center in Magnuson Park.

The Seattle Branch gives lovers of the outdoors an opportunity to try out hiking, backpacking, scrambling, climbing, skiing, snowshoeing, wilderness navigation, first aid, family activities, folk dances, leadership training, naturalist study, photography, singles events, Retired Rovers activities, Under the Hill Rovers activities and sailing.

Learn more

With the exception of January, the Seattle Branch holds a membership orientation meeting on the first Wednesday of each month from The Mountaineers Program Center. The next meeting, "**Meet the Mountaineers**," will be **Thu., Jan. 13, at 6:30 p.m.** It will give

Go to www.mountaineers.org for access to all contacts and details for all branches

everyone a chance to socialize with activity leaders, course instructors, lodge representatives and Mountaineers staff. Find out how to get started with our Getting Started Series (see pg. 8) and how to navigate through the swirl of activities at The Mountaineers. Door prizes, snacks and beverages will complement the shibang. Feel free to roam the Program Center while you are at it.



TACOMA

Chair: Geoff Lawrence, geoff.lawrence@tacomamountaineers.org.

Website: tacomamountaineers.org.

The second largest of all seven branches, Tacoma hosts its own program center and hub in the quaint Tacoma neighborhood of Old Town near Puget Sound. Close to Mt. Rainier and yet another Mountaineers property, Irish Cabin on the Carbon River, Tacoma Branch offers an extensive list of activities and

courses in backpacking, hiking, conservation, scrambling, climbing, first aid, snowshoeing, skiing, sea kayaking, sailing, bicycling, singles events, wilderness navigation, avalanche awareness, folk dancing, photography and family activities.

Visit our website, browse through our activities, our events calendar, the "Who We Are," and learn about us.

Learn more

Orientation meetings for new, current and prospective members are held the third Friday of most months at the Tacoma Program Center. They start at 7 p.m. and include socializing, a presentation about our branch and a featured speaker. Check our website for details about our next new member meeting.

The next membership meeting will be **Fri., Jan. 21.**

If you would like a personal guide to what the Tacoma Branch offers, please contact one of our **new-member mentors** (see our branch website).

COURSE INFO NIGHT: Get info on our Snowshoe, Ski, Alpine Scramble and Basic Climbing Courses on **Wed., Jan. 5**, 7 p.m. at the Tacoma Program Center.

TACOMA BRANCH BOARD meets on the last Monday of most months at 7 p.m. at the Tacoma Program Center. All members are invited.

USED EQUIPMENT SALE: Watch the branch website and the next *Mountaineer* for details about this **Tue., March 1** cost saving gear sale.

KEEP THESE ON YOUR RADAR: Our **Leadership Seminar** on **March 26** see the branch website or contact either Amy Mann, agmann@comcast.net, 253 759 2796, or Kathleen Brammer, brammerka@comcast.net, 253 896 4849. A **Dehydrating and Trail Food Round Table** will be held **April 3**. For details contact Amy Mann, agmann@comcast.net, 253 759 2796.

Go to www.mountaineers.org for access to all contacts and details for all branches

MEMBER BENEFITS Membership in The Mountaineers gives you direct access to thousands of offerings throughout the year AND throughout the region. It also empowers The Mountaineers' efforts with conservation and land preservation, as well as educating people of all ages about all things outdoors in the Pacific Northwest.

And how about the volunteer opportunities we present throughout the year? As a member, you can learn to lead trips, coordinate climbs, help host events and lectures, get involved in our conservation agenda, help children learn to belay...The possibilities are, quite literally, endless.

Activities, Lectures, Trips/Travels and Events

- Special member prices for Mountaineers events (Banff Mountain Film Festival, Radical Reels, etc.)
- Special member prices for courses and seminars (First Aid, Navigation, Photography)
- Activity guest passes for family and friends (up to two times/person at no cost)
- Discount for overnight stays and programs at Baker Lodge, Meany Lodge, Stevens Lodge
- Discount travel with other Mountaineers both nationally and internationally
- Discount room rentals within The Mountaineers Program Center
- Free access to The Mountaineers Getting Started Series
- Complimentary Hike Trackers and Climb Trackers for children
- Discount tickets to Snoqualmie Summit
- Invitations to special barbeques and lectures
- Access to the indoor climbing wall at The Mountaineers Program Center from 9-5 M-F (unless previously reserved)
- Access to Friday Night Climbs at the Program Center



Stewardship Opportunities

- Volunteer vacations at our three backcountry lodges—Meany, Baker and Stevens
- Lectures and seminars with conservation leaders
- Citizen advocacy training
- Trail & fire lookout maintenance
- Environmental education programs for families
- *Conservation On the Ground* outings
- *Leave No Trace* Trainer Courses and Clinics

Books, Resources, and Publications

- 20% off Mountaineers Books in The Mountaineers Bookstore and online at www.mountaineersbooks.org
- Invitations to Members Only Sale Nights at The Mountaineers Bookstore
- 10% off non-Mountaineers Books titles at The Mountaineers Bookstore
- 20% off USGS and Green Trails Maps at The Mountaineers Bookstore
- Subscription to *The Mountaineer*, our bi-monthly publication
- Subscription to The Mountaineers *Conservation Currents*, our monthly publication
- Access to The Mountaineers Library (archives, historical documents, journals and publications) by appointment

Community and Industry Partners

- Eddie Bauer—All Mountaineers members are eligible for **40% off** ALL Eddie Bauer and First Ascent gear through the Eddie Bauer/First Ascent "Pro Deal" just apply at http://www.eddiebauer.com/custserv/pro_deals_application.jsp
- Outdoor Research—15% off all OR gear and 10% off all other gear at the SoDo store (South of Downtown Seattle)
- Mountain Hardware—15% off all Mountain Hardware gear at the downtown Seattle store
- Seattle Outdoor—15% off all gear at the SoDo store (South of Downtown Seattle)
- Vertical World—10% off membership
- Backcountry.com—20-30% off selected items
- Marmot—Discounts on selected items for Basic Climbing Students with proof of student status
- Second Ascent—Discounts on selected items for Basic Climbing Students with proof of student status
- Feathered Friends—Discounts on selected items for Basic Climbing Students with proof of student status
- REI—Coupons for specific program participants
- ExOfficio—Coupons for specific program participants

mountaineerslodges

Mountaineers lodges are open year round for members and guests. Reservations are made through a prepay system which accepts payment by either credit card or a check. If paying by credit card, simply call 206 521 6001 by 5 p.m. (for all lodges except Meany which is via www.brownpapertickets.com; 800 838 3006) on the Thursday prior to the weekend. If paying by check, the payment must be received by 5 p.m. Thursday prior to the weekend you wish to reserve. All we ask of you thereafter is to call the program center, 206 521 6001, by 5 p.m. on Thursday to confirm that your payment has been received and that a reservation has been secured. **Cancellations:** All cancellations, except for Meany, must be made at club headquarters by 5 p.m. on the Thursday before the lodge visit. The cooks need to know you're coming! This is also the deadline for refunds.

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 lifts of the Mt. Baker Recreation Co.

The lodge will be open for the three day weekend holidays in January and February as well as regular weekends, but watch the web site via www.mountaineers.org for updates and details. (Reservations for Dec. 31 Jan. 2 close at 5 p.m. close on Thu., Dec. 30.

Weekend and holiday lift tickets with tax: child (6 and under) free, youth (7-15) \$37, adults (16+) \$49.50, seniors (60-69) \$43, super senior (70+) \$29.50.

About reservations

At times during the season Mountaineers activity groups have signed up for specific weekends. Even though groups may be scheduled for a weekend, unless otherwise indicated, the lodge is open to the public on all dates, with reservations on a first call basis through online registration or by calling 206 521 6001. Payments are made at time of reservation with credit card.

Questions can be answered by contacting Bill Woodcock (206 696 6127), Judy Sterry (206 366 2750; jsterry60@comcast.net) or by visiting the Baker Lodge website at www.mountaineers.org/lodge/baker.

To ensure that there is room for your group and to avoid scheduling conflicts, please contact Judy Sterry (contact info above) for November-May reservations and Jim Gipson (425 985 0616, gipwood@msn.com) for June reservations before publicizing the date of your event. Non-scheduled openings may be arranged if hosts can be found, but because most of our volunteer hosts are working full time, midweek reservations may be hard to staff. The sooner you ask the more likely it is that someone can be found.

Schedule/Rates

Please click on "Calendar and Reservations" on our website's home page: www.mountaineers.org/lodge/baker.org.

About our amenities

The lodge is normally open by 7 or 8 p.m.

on Fridays. If you need a more specific opening time, call the host listed online.

Trail lights from the parking lot to the lodge are on until 10:30 p.m. and the trail is marked by flagged poles. If you arrive after 10:30 p.m. be prepared with a flashlight or headlamp. Each person should bring a sleeping bag, personal gear and a flashlight. Cars should have a shovel and chains. Saturday/Sunday breakfasts and Saturday dinner are served on weekends.

Baker Lodge welcomes the entire public of all ages and abilities. Families with children of age 5 or under should call the host prior to registering.

Fifth graders can obtain a free lift ticket if they are accompanied by a paying adult, complete an application and have proof that they are in the fifth grade. Visit the ski area website at www.mtbaker.us for a copy of the application and additional information.

Get involved at beautiful Baker

Do you enjoy hosting people at parties, special events or in your home? Do you enjoy being a part of a team that puts meals together for others? If so, Baker Lodge may be your next opportunity.

The Baker Lodge Committee is looking for energetic individuals/couples/families to assist with general operations throughout the year. You can become hosts for Baker Lodge with just two weekends of training. Specific duties range from opening and closing the lodge, assisting with and/or supervising meal preparations, and coordinating lodge activities (The possibilities are limited only by your imagination.)

Members of the Baker Lodge Committee are interested in exploring new ideas for maximizing this "beautiful little gem of a lodge" that sits in the shadows of Mt. Baker. Couples could team up with other couples to serve as hosts. Families could come together and welcome other families in for a family weekend. **HOSTS STAY FOR FREE.**

And for those who lead Mountaineers trips and activities, Baker Lodge leadership reminds you that you are always welcome to bring your group of Mountaineers members



Oyvind Henningsen photo

Skiers etch their signatures into Mt. Baker

and guests up to the lodge for any overnight or weekend.

Driving directions

N. on I 5 to Bellingham, take Exit 255, the Mt. Baker Highway, and go E. on SR 542 about 54 mi. to the ski area. At the First Lodge, turn right onto the one way loop road that leads 0.3 mi. to our lodge on the right side of the road. We are about 1 1/2 hours from Bellingham and 3 hours from Seattle.

Kitsap Cabin

Built mostly by Mountaineers women in 1918, the Kitsap Cabin is home to The Mountaineers Kitsap Branch and The Mountaineers Players during spring and summer as they rehearse and perform at the Kitsap Forest Theater. The Players also hold their Youth Theater Camp at the Forest Theater.

Kitsap Cabin is surrounded by the Rhododendron Preserve, a 460 acre private reserve operated by The Mountaineers Foundation. It is one of the largest remaining parcels of Puget Sound lowland, old growth forest in the Puget Sound Basin and serves as a buffer from encroaching development for not only the theater but also the creeks that are vital for spawning salmon each fall.

The cabin and theater are available for private rentals. For rental information, please call 206 542 7815.

For information about the Kitsap Branch of The Mountaineers, visit www.kitsapmountaineers.org.

For information about the 2010 Players' season visit www.ForestTheater.com.

For information about the Mountaineers Foundation and the Rhododendron Preserve, visit www.mountaineersfoundation.org.

Meany Lodge

It's not too late to take advantage of the Meany Lodge season's pass: the same great deal at the same price with unlimited access to all of Meany's slopes.

To purchase the pass, visit www.meanylodge.org. Under "Winter Registration and Info" click on the "Season Pass Purchase."

Holiday week: Dec. 27-Jan. 2



Another means of downhill at Meany

Come to The Mountaineers Program Center for a big discount on lift tickets at the Summit at Snoqualmie. Ski vouchers good for a full day and night of skiing (The Epic ticket) can be purchased for \$40 if you are a Mountaineers member, \$45 for non-members. Retail value is \$62. Maximum purchase by members is eight tickets, non-members is four tickets.

Meany winter sport lessons

It's not too late to sign up for winter sports lessons at Meany Lodge. Meany offers all types of winter classes: downhill skiing, snowboarding, cross country skiing and snow shoeing. If you have special requests for a class, please contact Patti, winter sports director, sport_director@meanylodge.org.

Ski/snowboard; two lessons/weekend every other weekend four weekends total. All ages and all abilities. \$70. Dates January 8 9, 22 23, February 5 6, March 5 6 or January 15 16, 29 30, February 12 13, 26 27. You can attend an alternate weekend if a lesson is missed.

Ski/snowboard; two lessons in one weekend 2 hours each day. One day for \$35 or one weekend \$60. January 8 9 or 15 16.

Ski/snowboard; drop-in lessons One hour, \$15. Every weekend except February 19 20.

Ski/snowboard; one-on-one lessons One hour of private coaching session, \$30.

Lift-assisted backcountry skiing randonee or telemark one day for two hours, \$35. Or two days and four hours of lessons for \$60. February 5 or 5 6.

Carve those carving skis two days of coaching, \$60. February 12 13.

Learn to cross-country ski in one weekend two hour lesson on Saturday, one hour on Sunday, \$45. January 15 16 or February 5 6.

Cross-country skiers with basic skills one hour each day, \$15 one day or \$25 for the weekend. January 15 16 or February 5 6.

Concentrated telemark weekend two one hour lessons, video and evening video review. \$35 for one weekend or \$50 for two weekends. January 15 16 or February 5 6.

For more information about the Meany Winter Sports Program, visit www.meanylodge.org/winter/ski_program.html.

Snow Cat schedule

The Tom Cat will depart the Crystal Springs parking lot at the following times, which are also on our web page. Please plan to arrive early to get in queue for the tow and to have your gear loaded.

Holiday week:

Monday, December 27 Saturday, January 1: 8:30 a.m. & 5:30 p.m.

Sunday, January 2: 8:30 a.m.

Regular Weekend (beginning Friday, January 7):

Friday, 7:30 p.m. (for full weekend guests only)

Saturday, 8:30 & 10 a.m., and 5:30 p.m.

Sunday, 8:30 a.m.

Don't feel like riding the cat to the lodge?

Then join our cross country ski or snowshoe trek to Meany every Saturday morning during the winter season at 8:30 a.m. sharp! To register visit the "Winter Sports Programs/Registration" link on our webpage

More information: Chuck or Joan Welter, 253 926 0867, chair@meanylodge.org.

Snoqualmie Campus

Come play in the snow! With the help of dedicated volunteers snowshoe trails through the tree will be marked and blazed. Snow walkers and beginning snowshoers have groomed trails. More advanced users are welcomed to race up the upper slopes. Families are welcomed. Everyone needs to come equipped for the elements as there are no indoor warming facilities. The committee has 20 pairs of snowshoes available for rent to Campus users - check on line for more information and to reserve in advance.

Features: The 77 acre campus Snoqualmie Campus is less than an hour from downtown Seattle and two minutes off I 90 at Snoqualmie Pass. The campus is nestled in trees, with beautiful valley and ridge views. It is located between Summit Central and Summit West ski areas. Access to the Pacific Crest Trail, Iron Horse Trail and Gold Creek are minutes away.

Facilities: Snoqualmie Campus provides easy year round access to nature, with free parking and easy bus access for group

We're planning a week of great skiing, camaraderie and other fantastic fun during the New Year's holiday weekend topped off by the annual **Meany New Year's Eve Party**. It is a week you will always remember. To register, go to www.meanylodge.org and under "Winter Registrations and Info," click on "**Holiday Week Registration.**"

Winter weekends at Meany

Now is the time to start making reservations for some great winter fun. With our own hill, you will NOT HAVE TO WAIT IN LINE! You can play as long as you want (well at least until the tows are shut down). Even if you don't play in the snow, Meany is a great place just to come and completely relax, whether you want to knit, read or help cook. Come and enjoy the fun.

If you wish to help from home, you can work on the Meany website.

Reservations for all Meany Lodge over nights, day use and Winter Sports Program classes can be made from links under the

"Winter Registrations and Info" line on www.meanylodge.org.

Schedule/Rates

To view rates and an up to date lodge schedule visit www.meanylodge.org.

Notes about parking

Beginning Dec. 27 motorists will need either the annual or one day Sno Park permit and groomed trail sticker. Both are available at retail outlets in town such as REI. The cat driver has a *limited* supply of one day permits.

Important reminder about parking!!

The private parking lots next to the Crystal Springs parking lot are closed. This means we will be sharing the Crystal Springs lot with the residents of the area. For Meany guests, this means you need to arrive *early* Saturday morning or come Friday night. Washington State Parks has advised us that when the parking lot is full, they will be turning folks away.

Continued on pg. 36

activities. In winter the slopes are great for snowshoeing, cross country skiing, avalanche training, snow cave camping, sledding and snow play. The old lodge site has water and electrical hookups, flush toilets in a warm building are on site.

History: The Mountaineers has maintained a presence in the Snoqualmie Pass area since 1914, when it built a lodge on US Forest Service land. The current property was purchased and a volunteer crew built a new lodge in 1948. This second lodge served The Mountaineers for more than 50 years before it burned May 12, 2006. What remains today are outbuildings and incredible alpine terrain.

All branches welcome: Like all Mountaineers facilities the Snoqualmie Campus is available for use by both groups and individual members from any branch. Need a quiet, central place to escape to for a day, or

a week? Want to have a camping trip, a hiking base camp, a travel base? Putting on a class for hiking, navigation, scrambling, or any of The Mountaineers' numerous other outdoor activities? Snoqualmie Campus is the ideal spot for you.

Use Conditions, Reservations and Fees:

Contact us at snoqualmiecampus@yahoo.com or 425 434 6177; ask if your proposed use days are "Campus Host Open" or "Campus Host Closed" days. When the Campus is OPEN daily user fees are \$10/person or \$25/family, payable in advance when entering the Campus. When the Campus is CLOSED Mountaineer policy requires reservations if you are planning to access or lead a group onto thru the Campus. On all days leaders and members must check in with the Campus Host and pay an activity user fee. The user fees help to support the ongoing operational

cost of the Campus.

No Sno Park or trailhead permits are required, nor are USFS special use permits. Group size is unlimited. Member and group rates are \$7 per person with advance reservations and payment. Contact us for lower group rates. Fees can be reduced or waived for those willing to help with projects.

Volunteers and donations welcome: The Snoqualmie Campus, like other Mountaineers lodges and similar facilities, is volunteer operated, user fee and donation supported. We need volunteers for campus hosts and work parties; we seek donations of building materials and campus activities supplies. We also welcome new committee members with new ideas: snoqualmiecampus@yahoo.com, 425 434 6177.

Driving directions

Drive Interstate 80 to Snoqualmie Summit, take the second Summit exit (No. 53). At off ramp's end turn right, drive 200 feet to stop sign; at stop sign turn left, drive about 200 yards the entrance (usually a snow packed road leading uphill) is on the right with a sign in the trees. Park on road or, by pre arrangement, in nearby parking lot. Groups needing overnight parking must make reservations through the campus to secure free overnight off road parking.

Stevens Lodge

Visit www.stevenslodge.org to view current activities at the lodge. For more information, contact Angela or Greg, 425 258 4847, greg@stevenslodge.org.

Bring a warm sleeping bag, toilet articles and a towel for the shower, suitable clothing, your gear and a flashlight. Some pillows are available, but feel free to bring your own if you desire. Bring a padlock if you wish to secure your equipment. Stow your gear in a pack or sled suitable for walking the 600 foot distance to the lodge.

Driving directions

Take US 2 to the Stevens Pass Ski area. Turn into the parking entrance just below Tye Creek Lodge (the old West Lodge) on the W. side of the summit. Stay left at the entrance and go around the hairpin turn at the far end of the lot, then continue to the upper level parking area, Lot #4. Park here. Look for a steep Cat track/service trail leading up the bank at the far end of the lot. Grab your gear and follow the Cat track up, then turn right at the top, staying on the Cat track. Go past the lodge on the left (Penguins' Ski Club) for 500' until you come to a sharp 90 degree bend in the trail. The reddish brown, four story building is The Mountaineers lodge.

Save the date! Mt. Baker Ski Camp: March 12-13



In its 16th year, the Mt. Baker Ski Camp is a two day instructional camp for telemark, randonnee and alpine skiers. Advanced beginners through advanced skiers are welcome. We have room for only 35 students, so sign up early. Overnight accommoda-

tions are available at the Mt Baker Lodge. Offsite lodging is also available.

We offer two full days of lift served lessons with Saturday evening video analysis. This year the camp will host six instructors, including Shelley Hankanson, Greg Braun, Steve Hindman, Stuart Craig, and Petra Hilleberg, with the possibility of Greg Dixon joining us from Bend, Oregon.

Jerry White will be our man on the camera and Judy Sterry will be our lodge host.

For a letter with a detailed description of the camp, send your e mail address or postal address to smarie123@aol.com.

Dates and times: March 12 13, 2011, 9 AM at Heather Meadows, Mt Baker Ski Area.

Prerequisites: Advanced beginner to advanced telemark, randonnee, alpine skiers.

Required equipment: Metal edge skis, plastic boots (recommended) with safety straps, and beacon (optional).

Fee: \$185 for Mountaineers members, \$200 for non members; \$10 cancellation fee. Fee covers the two days of lessons. Note: Lift tickets and lodging are extra.

Registration: www.foothillsmountaineers.org/winter/tele.html

Contact: Shannon Marie, 206 849 3203, before 9 p.m., or smarie123@aol.com

Is it a Dragon or is it a Fly? Neither! Let's see how much you know about dragonflies! Circle all of the sentences that you think are TRUE about Dragonflies. You can find the answers alongside the questions.

Parents: Check out page 45 for more information on Dragonflies and our upcoming Dragonfly Seminar!



A dragonfly is like a DRAGON because ...

- A. It breathes fire
- B. It eats other animals
- C. It has scales
- D. It lives in a cave
- E. It has a long tail

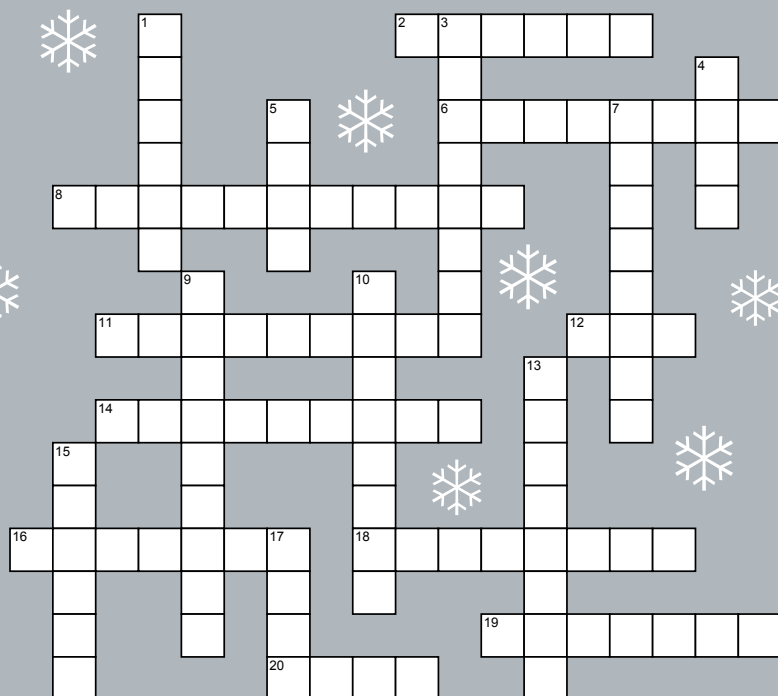
A dragonfly is like a FLY because ...

- F. It has special eyes
- G. It hurts when it bites you
- H. It has wings to fly
- I. It has six legs
- J. It likes to be near garbage and other stinky places

Answers

A. Nope! Dragonflies don't breathe fire!
B. TRUE! Dragonflies are carnivores, eating all sorts of insects, even other dragonflies!
C. False. Dragonflies are insects, so they have an exoskeleton, which is like a thin shell.
D. No. Dragonflies live near water. They are born in the water, and as adults they live in open spaces near the water. You might see them while you're fishing or canoeing.
E. Nope! A dragonfly looks like it has a tail, but really it is a long abdomen, or belly. Animals with tails (cats, horses & monkeys) use their tails for things like balance, swatting flies and holding on to things. Dragonflies don't do this - they just have long skinny bellies!
F. TRUE! With many eyes (like a kaleidoscope), dragonflies and can see everywhere at once.
G. False. Dragonflies don't bite. If they fly near you, it's just because they're curious.
H. TRUE! But unlike flies, dragonflies have FOUR wings so they are extra-good at flying!
I. TRUE! Like all insects, dragonflies have six legs. But they are so weak they can't walk! They can only perch on their legs.
J. False. Dragonflies don't like dirty places. In fact, they are a sign that you are in a healthy ecosystem, so when you see a dragonfly, take extra care to keep the water and land around you clean!

Winter Adventures



www.CrosswordWeaver.com

WORD BANK: Avalanche, blizzard, cascades, crampons, hat, hotcocoa, iceaxe, icicle, jacket, mittens, olympics, polarbear, skis, sled, sleepingbag, snow, snowball, snow man, snowshoes, wool.

ACROSS

- 2 this tool helps you grab onto the ice so you don't fall!
- 6 what's round and cold and white and fun to throw at your friends?
- 8 take this with you to stay warm and cozy at night when you're camping!
- 11 these help you walk on top of the snow!
- 12 keeps your head warm
- 14 like a mudslide, but with snow
- 16 keeps your hands warm
- 18 the mountains on the Olympic peninsula
- 19 the most famous is Frosty
- 20 clothes made of this keep you extra warm in the winter

DOWN

- 1 you should wear this to protect you from the wind and cold when you're outside
- 3 the mountains east of Seattle
- 4 this takes you for a ride on a snowy hill!
- 5 cross country or downhill
- 7 a giant windy snowstorm
- 9 these big furry creatures live in the Arctic and camouflage with the snow
- 10 yummy chocolate drink perfect for warming up after playing in the snow!
- 13 these special shoe additions keep you from slipping on the ice
- 15 dripping water on a roof freezes into this
- 17 white stuff that comes down in the winter



READY FOR SOME ADVENTURE? You can find it here. The **Go Guide** is home to THOUSANDS of trips, outings and events each year. A bulk of our trips open their arms to the general public as a sampler of Mountaineers activities. Listings with the words "GETTING STARTED SERIES" immediately following the destination are designed specifically to introduce the greater outdoors community to our community of Mountaineers, one that has enjoyed and preserved the great Northwest since 1906. Otherwise, the name of the committee that organizes and provides leaders for the trip or event immediately follows the destination.

If you are looking for camaraderie with a particular BRANCH of The Mountaineers, check out the color designated abbreviations at the end of each listing: **BEL** = Bellingham, **EVT** = Everett, **FH** = Foothills, **KIT** = Kitsap, **OLY** = Olympia, **SEA** = Seattle, **TAC** = Tacoma.

While you are whetting your appetite by browsing through our bounty of trips, adventures and explorations, remember that you can go online at WWW.MOUNTAINEERS.ORG to gain a view of all UP TO THE MINUTE listings and more importantly, to sign up for the trip or event of your choice.

Those events and trips marked OPEN TO ALL don't require that a course be taken before participating. Those marked PREREQUISITES mean that either a course(s) or equivalent skill level are redquired to participate.

MOUNTAINEERS TEN ESSENTIAL SYSTEMS: REQUIRED ON ALL MOUNTAINEERS TRIPS OVER LAND

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

TRIP RATINGS

Rating systems are based on mileage, elevation gain and difficulty of the terrain. The ratings as some optimal conditions. Bad weather, getting off route or very soft snow, for example, can make a trip more difficult than its normal rating.

Climbs: C = Conditioner; A = Alpine; G = Glacier; R = Rock.

Scrambles: (These are non technical, off trail trips to a summit, often on snow and/or rock.) Ratings for scrambles consist of a letter, followed by two digits. C = Conditioner; R = rock scramble; S = snow scramble; SR = snow and/or rock; O = other not enough rock or snow to count as R or S. Difficulty (first digit) is rated from 1 (easiest) to 5 (toughest). The second digit = technical difficulty, rated from 1 (least technical, least exposed) to 5 (most technical and most exposed).

Hikes: E = Easy (up to 8 mi. RT, up to 1200' elevation gain). M = Moderate (up to 12 mi., 1200' 2500' gain). S = Strenuous (up to 14 mi., 2500' 3500' gain). VS = Very Strenuous (over 14 mi. and/or more than 3500' gain).

ABBREVIATIONS

CG Campground
E, W, N, S East, etc.
GT Green Trails
HS High School
Hwy Highway

I Interstate (eg. I 5)
Jct Junction
Mi Miles
MRNP Mt. Rainier
NP National Park (NPF = fee)
NWFP NW Forest Pass
FS Forest Service
P&R Park & Ride
Rd Road
RS Ranger Station
RT Round Trip
SP State Park (SPF = fee)
SR State Route
TH Trailhead
USGS US Geological Survey

SEA KAYAK ESSENTIALS

(In addition to Ten Essentials on all sea kayak trips)

1. Flotation each end of kayak
2. PFD (USCG approved)
3. Paddle
4. Paddle tether
5. Spray skirt
6. Bilge pump with flotation
7. Self rescue paddle float
8. Whistle or air horn
9. 50 ft. floating tow rope
10. Waterproof flashlight or chemical lightstick
11. Repair kit (duct tape)
12. Extra clothing in waterproof bag

The following items are recommended for all trips and may be required for some:

13. Spare paddle
14. Rescue sling
15. Flares
16. Chart in waterproof case
17. Waterproof wristwatch
18. Wetsuit or dry suit
19. Waterproof jacket
20. Hat with visor
21. Pogies or gloves
22. Neck strap for glasses
23. Sunscreen (water resistant with SPF 25 or higher)

open to all

hiking

1/1, Sat - Little Si Singles (EM) Mt Si NRCA 206S (GT), North Bend (USGS), Snoqualmie (USGS). 5 mi, 1200' gain. Meet at 9:15 am. Leader: Lawrence Landauer, 425 844 4330, lawrenceglennlandauer@yahoo.com (s12/20 12/31) [SEA](#)

1/4, Tue - Cedar River Trail Midweek Hikes (E) 6 mi, no gain. Meet at Renton Transit Center at 9:30 pm. No Registration, Leader: Joe Toynbee, 425 228 6118, toynbee@comcast.net [SEA](#)

1/6, Thu - Discovery Park Midweek Hikes (E) 6 mi, less than 500' gain. Meet at Visitors Center at 9:30 am. No Registration, Leader: Sue Olson, 206 285 5687, esueolson@comcast.net [SEA](#)

1/8, Sat - St Edward State Park Singles (E) 4.5 mi, 700' gain. Meet at Seminary Parking Lot at 8:30 am. Leader: Gregg Pilgreen, 425 485 2686, stevetahoma@frontier.com (s12/28 1/6) [SEA](#)

1/10, Mon - Midweek Hike Planning Meeting & Potluck Midweek Hikes Meet at Trudy Ecob's at 10:30 AM. No registration, Leader: Joe Toynbee, (425) 228 6118, toynbee@comcast.net [SEA](#)

1/11, Tue - Cougar Mtn Loop Midweek Hikes (E) Cougar Mtn 203S (GT). 5.5 mi, 650' gain. Meet at Issaquah Trail Cntr (see preamble) at 9:30 am. No Registration, Leader: Fred Zeitler, 425 882 3435, MarianZZZ@comcast.net [SEA](#)

1/14, Fri - Light-footing to Lighthouses, Hike #10 - Coast Guard Museum Midweek Hikes (E) 8 miles mi, 350' gain. Meet at Kerry Park (W. Highland Drive & 2nd Ave. W.) at 10 am. Leader: Kathy Biever, 206 283 9047, eskay39@comcast.net (s12/29 1/12) [SEA](#)

1/15, Sat - Capitol Lake Hiking (E) 5 mi mi, 0' gain. Sign up with Leader: Greg Lovelady, 360 791 6615, gregl12@comcast.net (s12/27 1/13) [OLY](#)

1/16, Sun - Willapa Hills Trail Hiking (E) 6.9 mi, 100' gain. Sign up with Leader: Mike Kretzler, 360 866 4497, mkretzler@comcast.net (s12/27 1/13) [OLY](#)

1/18, Tue - Tradition Plateau Loop Midweek Hikes (E) Tiger Mtn 204S (GT). 7 mi, 700' gain. Meet at Issaquah Alps Trail Center at 9:30

am. No Registration, Leader: Ralph Owen, 425 746 1070, hiker99ralph@comcast.net [SEA](#)

1/20, Thu - Paradise Valley Conservation Area, Snohomish County Midweek Hikes (E) 5 mi, 500' gain. Meet at TH parking lot at 9:30. Leader: Glen Strachan, 425 869 8094, glenshgi@msn.com (s1/10 1/18) [SEA](#)

1/20, Thu - Alki Beach-Jack Block Park Walk Retired Rovers (E) 5 mi, no gain. Meet at Preston P&R, I 90 Exit 22 at 9 am. Leader: Barbara Post, 206 937 1374 [SEA](#)

1/25, Tue - Grand Prospect, Rattlesnake Mtn Midweek Hikes (M) Rattlesnake Mtn 205S (GT). 8.4 mi, 2200' gain. Meet at Preston P&R, I 90 Exit 22 at 9 am. No Registration, Leader: Ruth Godding, 425 836 9873, rhgoddling@comcast.net [SEA](#)

1/25, Tue - UW Elizabeth Miller Horticultural Library Tour Retired Rovers (E) 5 mi, no gain. Meet 9:45 am at Miller Library, 3501 NE 41st St, easy walk from bust stop on NE 45th St. Leader: Evelyn Lester, 206 726 9257 [SEA](#)

1/26, Wed - Seattle Heritage Trees (Capitol Hill area) Midweek Hikes (E) 6 mi, 1 hill' gain. Meet at MOHAI at 10 am. Leader: Elaine Carpenter, 206 285 0575, elainecarpenter@hotmail.com (s1/11 1/25) [SEA](#)

1/29, Sat - Big Mashel Gorge and Little Mashel Falls Singles (E) 8 mi, 600' gain. Meet at Aaron's Ark Restaurant in Eatonville at 9:30 am. Leader: Jerry Wheeler, 206 242 9344, born2hike@hotmail.com (s1/20 1/27) [SEA](#)

1/29, Sat - Skagit Flats Naturalists (E+) 3+ miles mi, 10'. Meet at Conway Texaco at 8:15 AM. Leader: Linda Moore, (425) 347 7650, abenteuerbc@yahoo.com (s12/20 1/27) [SEA](#)

1/29, Sat - Nisqually National Wildlife Refuge Conservation (E+) 2 to 4 miles mi, 0' gain. Meet at Visitor Center at 9 am. Sign up with Leader: Jim French, 360 754 6551, jimfrenchwa@comcast.net (s12/4 1/25) [OLY](#)

1/30, Sun - Point Defiance Park Hiking (E) 5 to 7 mi, 200 to 800' gain. Meet at Fort Nisqually parking lot at 10 am. Leader: Dianne Moore, 253 857 3030, diamor2005@msn.com (s1/3 1/28) [KIT](#)

2/3, Thu - Around South Tiger (and maybe to the summit) Midweek Hikes (M) Tiger Mtn 204S (GT). 7.5 8 mi, 1000

1500' gain. Meet at Issaquah Alps Trail Center at 7:45 am. No Registration, Leader: Sue Olson, 206 285 5687, esueolson@comcast.net [SEA](#)

2/4, Fri - Sixth Annual Emmett Miller Memorial Seward Park to Dim Sum Midweek Hikes (EM) 7 mi, 300' gain. Meet at Seward Park Bathhouse Parking Lot at 9:30 am. Leader: Kathy Biever, 206 283 9047, eskay39@comcast.net (s1/19 2/2) [SEA](#)

2/6, Sun - Fragrance and Lost Lakes Singles (M) Bellingham South (USGS), Bow (USGS). 10 mi, 1500' gain. Meet at TH at 9:30 am. Leader: Bob Pankl, 206 729 0162, pankl@earthlink.net (s1/28 2/3) [SEA](#)

2/8, Tue - Discovery Park Loop Midweek Hikes 5.5 mi, 300' gain. Meet at Discovery Park Visitors Center at 9:30 am. Leader: Ralph Caldwell, 425 836 2610, ralphc520@comcast.net (s1/24 2/6) [SEA](#)

2/10, Thu - Moss Vistas Midweek Hikes (EM) Mt Si NRCA 206S (GT). 5.5 mi, 1900' gain. Meet at Depot Parking Lot at North Bend at 9:30. No registration, Leader: Ruth Godding, 425 836 9873, rhgoddling@comcast.net [SEA](#)

2/12, Sat - Lake Sylvia Loops Hiking (E) 6 mi, 300' gain. Sign up with Leader: Mike Kretzler, 360 866 4497, mkretzler@comcast.net (s1/24 2/10) [OLY](#)

2/15, Tue - Grand Ridge Midweek Hikes (M) 8 mi, 1000' gain. Meet at High Point I 90 Exit 20 at 9 am. No Registration, Leader: Peggy Owen, 425 746 1070, hikerpeggy38@comcast.net [SEA](#)

2/16, Wed - Kirkland Statue & Waterfront Midweek Hikes (E) 3 6 mi, Meet at Houghton P&R, Exit 17 Kirkland at 10 am. Leader: Rosie Bodien, 425 828 0170, rosie@bodien.org (s2/4 2/15) [SEA](#)

2/17, Thu - Soaring Eagle Regional Park Midweek Hikes (E) 5 6 mi, 600' gain. Meet at MS Connector Park & Ride at 9:30 am. Leader: Glen Strachan, 425 869 8094, glenshgi@msn.com (s2/7 2/15) [SEA](#)

2/17, Thu - Lincoln Park Hike Retired Rovers (E) 200' gain. Meet 10:30 am at N parking lot on Fauntleroy Ave SW, West Seattle. Leader: Barbara Post, 206 937 1374 [SEA](#)

2/22, Tue - Olympic Sculpture Park & Myrtle Edwards Park Retired Rovers (E) Meet 10:30 am at OSP Pavilion at Broad and

come explore — trips/events

Go to www.mountaineers.org for all trips/outings updates

open to all

hiking

Western Ave. No rLeader: Muriel Stoker, 206 723 5039 [SEA](#)

2/22, Tue - Lake Hills Greenbelt
Midweek Hikes (EM) Bellevue Park Guide Map. 8 mi, 500' gain. Meet at Lake Hills Greenbelt Experimental Garden parking area at 9:30 am. No registration., Leader: Ralph Owen, 425 746 1070, hiker99ralph@comcast.net [SEA](#)

2/24, Thu - Skookum Flats
Midweek Hikes (E) Greenwater (USGS), Greenwater 238(GT). 7 mi, 500' gain. Meet at Issaquah Trail Center at 8:15 am. No Registration, Leader: Pete Girard, 360 886 5072, tpgirard@msn.com [SEA](#)

2/27, Sun - Lower South Fork Skokomish Hiking (M) Mt Skokomish Lake Cushman (CC). 10 mi, 600' gain. Sign up with Leader: Mike Kretzler, 360 866 4497, mkretzler@comcast.net (s2/7 2/24) [OLY](#)

1/29, Sat - Skagit Flats
Naturalists (E+) 3+ miles mi, 10' gain. Meet at Conway Texaco at 8:15 am. Leader: Linda Moore, 425 347 7650, abenteuerbc@yahoo.com (s12/20 1/27) [SEA](#)

photography

1/7-1/9, Fri-Sun - Skagit River Bald Eagles Photography (E) O mi, 0'. Leader: Barbara Retelle, 425 413 3949, rosyapplepie@yahoo.com (s11/1 1/5) [SEA](#)

1/19, Wed - Potluck and Image Presentation Photography (E) Meet at Seattle Program Center at 6:30 pm. No registration., Leader: Herb Johnson, 206 523 4544, wherbjohn@msn.com [SEA](#)

2/16, Wed - Potluck and Image Presentation Photography (E) Meet at Mountaineers Program Center at 6:30 p.m. No registration., Leader: Herb Johnson, 206 523 4544, wherbjohn@msn.com [SEA](#)

snowshoe

1/15, Sat - Leaders Choice
Snowshoeing Leader: Lawrence Landauer, 425 844 4330, lawrenceglennlandauer@yahoo.com (s1/3 1/13) [SEA](#)

1/23, Sun - Snowshoeing, Lanham Lake Naturalists (EM) Benchmark Mtn 144(GT). 3 4 mi, 1100' gain. Lichens and Animal Tracking. Meet at Stevens Pass Nordic Center outer lot at 10 a.m. Leader: Bill Deters, 206 439 2136, detersluksus@comcast.net (s1/10 1/20) [SEA](#)

1/28-1/30, Fri-Sun - Leaders Choice Snowshoeing Sign up with Leader: Lawrence Landauer, 425 844 4330, lawrenceglennlandauer@yahoo.com (s12/1 1/25) [SEA](#)

2/5, Sat - Big Four Area Hiking (E) Silverton (USGS), Silverton 110(GT). 6 mi, 200'. Leader: Lawrence Landauer, 425 844 4330, lawrenceglennlandauer@yahoo.com (s1/24 2/3) [FH](#)

2/27, Sun - Yellow Jacket Road Hiking (E) White Pass (USGS). Leader's permission required: Eric Quinn, 360 556 4969, traileq5571@gmail.com (s12/25 2/24) [OLY](#)

social

1/1, Sat - Green Lake
Walk SinglesMeet at Urban Bakery,7850 E Green Lake Dr N at 11 a.m. No registration., Leader: Karen Nordal, 206 366 2736, knordal@mac.com [SEA](#)

1/6, Thu - Indoor Volleyball
Singles (E) No registration., Leader: Eldon Ball, 206 366 8405, eldonball@juno.com [SEA](#)

1/7, Fri - Games Night
SinglesMeet at Phinney Neighborhood Center at 7 pm. No registration., Leader: Eldon Ball, 206 366 8405, eldonball@juno.com [SEA](#)

1/8, Sat - Green Lake Walk
Singles. Meet at Urban Bakery,7850 E Green Lake Dr N at 11 a.m. No registration., Leader: Karen Nordal, 206 366 2736, knordal@mac.com [SEA](#)

1/11, Tue - Brown Bag Lunch Meeting and Program Retired Rovers. Meet at 11 am at The Mountaineers Program Center. [SEA](#)

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2/8, Tue - Brown Bag Lunch Meeting and Program Retired Rovers. Meet at 11 am at The Mountaineers Program Center. [SEA](#)

2/12, Sat - Green Lake
Walk SinglesMeet at Urban Bakery,7850 E Green Lake Dr N at 11 a.m. No registration., Leader: Karen Nordal, 206 366 2736, knordal@mac.com [SEA](#)

2/19, Sat - Green Lake
Walk SinglesMeet at Urban Bakery,7850 E Green Lake Dr N at 11 a.m. No registration.,

Leader: Karen Nordal, 206 366 2736, knordal@mac.com [SEA](#)

2/26, Sat - Green Lake
Walk SinglesMeet at Urban Bakery,7850 E Green Lake Dr N at 11 a.m. No registration., Leader: Karen Nordal, 206 366 2736, knordal@mac.com [SEA](#)

trail running

1/1, Sat - North Kitsap Heritage Park Trail Running (MS) 10 mi, Meet at Miller Bay Road Entrance at 8 a.m. Leader: Mark Thibault, 360 860 1037, mark.a.thibault@gmail.com (s12/12 12/31) [KIT](#)

1/15, Sat - Port Gamble/Pope Resources Trail Running (M) 10 mi, Leader: Mark Thibault, 360 860 1037, mark.a.thibault@gmail.com (s12/12 1/14) [KIT](#)

1/29, Sat - Green Mountain Trail Running (MS) 9 mi, 1100'. Meet at Gold Creek TH at 8:30 a.m. Leader: Mark Thibault, 360 860 1037, mark.a.thibault@gmail.com (s12/19 1/28) [KIT](#)

Classification of ski trips

Nordic Trips

N level trips do not require specific training for participation. You must carry the Ten Essential systems and other equipment necessary for an overnight bivouac.

	Mi.	Elev.	Effort	Skills
N1* Instructional	3-6	minimal	easy	beginner
N1 Basic	4-8	0-500'	easy	minimal
N2 Advanced Basic	6-10	1000'	moderate	balance, kick & glide, snowplow, braking
N3 Intermediate	7-12	1500'	harder	kick turn & traverse, side slipping

Mountain Trips

Required equipment includes skis or snowboard with full length metal edges. 457 kHz transceiver, shovel, avalanche probe, climbing skins.

M1* Instructional	5-10	1500'	N4 level or beginning tele or alpine (green ski runs)	Avalanche safety
M1 Mountain 1	5-15	>1500'	Intermediate (blue ski runs)	Avalanche safety
M2 Mountain 2	8-20	>2500'	Advanced (single diamond runs)	Avalanche safety
M2G Mtn. 2 Glacier	8-20	>2500'	Advanced (single diamond runs)	Avalanche safety, glacier travel
M3 Mountain 3	8-20	>2500'	Expert (double diamond runs)	Avalanche safety, ice ax + alpine experience
M3G Mtn. 3 Glacier	8-20	>2500'	Expert (double diamond runs)	Ski mountaineering or alpine experience + glacier travel + avalanche safety

Training equivalencies and expectations

Avalanche safety: Met by Basic Avalanche Course or equivalent.

Glacier travel: Met by Glacier Travel & Crevasse Rescue Course or Basic Climbing Course or equivalent.

Ice ax: Met by Scrambling Course or Basic Climbing Course.

Alpine experience: Met by leader's permission.

Go to www.mountaineers.org for all trips/outings updates

prerequisites (or must be in course)

climbing

1/6-1/13, Thu-Thu - Ouray Ice Park, Water Ice Outing Climbing (WI) Leader: Shannon Pahl, 425 922 1820, shannonpahl@gmail.com (s11/5 1/3) **EVT**

1/8, Sat - Guye Peak, S Gully-S Spur Climbing (BA) Snoqualmie Pass (USGS), Snoqualmie Pass 207(GT). 0 mi, 2300' gain. Meet at Snoqualmie Pass Ski Area at 7 a.m. Leader: Michael Raymond, 360 437 9379, mike elaine@msn.com (s10/11 1/5) **KIT**

1/9, Sun - Lake Angeles Cirque Climbing (II) Mt Angeles (USGS). 10 mi, 2500'+ gain. Meet at Lake Angeles TH at 7 a.m. Leader: Michael Raymond, 360 437 9379, mike elaine@msn.com (s10/11-1/5) **KIT**

1/19-1/23, Wed-Sun - Banff National Park, Water Ice Outing Climbing (WI) 0 mi, 0' gain. Leader: Shannon Pahl, 425 922 1820, shannonpahl@gmail.com (s11/7 1/18) **SEA**

1/22-1/23, Sat-Sun - Pinnacle Peak, E Ridge (winter) Climbing (IM) 0 mi, 0' gain. Sign up with Leader: Joe Dumelin, (s11/13 12/30) **SEA**

1/26-1/30, Wed-Sun - Banff National Park, Water Ice Outing Climbing (WI) 0 mi, 0' gain. Leader: Shannon Pahl, 425 922 1820, shannonpahl@gmail.com (s11/7 1/25) **SEA**

1/27-1/31, Thu-Mon - Joshua Tree, Outing Climbing (CRG) 0 mi, 0' gain. Leader: Sandra Corso, 505 699 9321, sandracorso@yahoo.com (s11/22-1/14) **SEA**

1/29, Sat - North Plaza, Aid Climb Outing Climbing (AID) 10' mi, 34'' gain. Leader: Takeo Kuraishi, 425 298 5872, takeo.kuraishi@gmail.com (s1/2 1/28) **SEA**

1/30, Sun - North Plaza, Aid Climb Outing Climbing (AID) 10' mi, 34'' gain. Leader: Takeo Kuraishi, 425 298 5872, takeo.kuraishi@gmail.com (s1/2 1/28) **SEA**

2/5-2/6, Sat-Sun - Leavenworth - Icicle Canyon, Various Climbing (CRG) 0 mi, 0' gain. Meet at Leavenworth at 9 a.m. Members: \$50. Sign up with Leader: Terry Brenneman, terreman@juno.com (s12/1-2/1) **EVT**

2/12, Sat - Chair Peak, NE Buttress (winter) Climbing (II) Snoqualmie Pass (USGS). Meet at Eastgate P&R at 5 a.m. Leader's Permission Required: Stephen Bobick, 425 653 5526, sbobick2@gmail.com (s10/7 2/4) **EVT**

2/13, Sun - Lane Peak, Zipper (winter) Climbing (IM) 0 mi, 0' gain. Meet at Longmire at 8 a.m. Leader: Takeo Kuraishi, 425 298 5872, takeo.kuraishi@gmail.com (s1/10-2/4) **SEA**

2/26, Sat - Lane Peak, Lovers Lane (winter) Climbing (IM) 0 mi, 0' gain. Meet at Newcastle P&R at 5:30 a.m. Sign up with Leader: Stephen Bobick, 425 653 5526, sbobick2@gmail.com (s10/7 2/19) **EVT**

2/27, Sun - North Plaza, Aid Climb Outing Climbing (AID) 10' mi, 34' gain. Leader: Takeo Kuraishi, 425 298 5872, takeo.kuraishi@gmail.com (s1/23-2/25) **SEA**

scrambling

1/1, Sat - Exploratory (winter) Alpine Scrambling (WS) Leader: Richard Burt, 206 632 8117, richard.d.burt@gmail.com (s12/27 12/30) **SEA**

1/8-1/9, Sat-Sun - Snoqualmie Mtn (winter) Alpine Scrambling (WS) Snoqualmie (USGS). 7 mi, 3200' gain. Meet at Lower Alpental parking lot (the lot with the foot bridge) at 7 a.m. Leader: Tord Kurthy, 425 255 8940, aharkurth@earthlink.net (s12/20 1/6) **SEA**

1/22, Sat - Townsend & Welsh, 6280 & 6110 Alpine Scrambling (S3T2) Mt Townsend (USGS). 11 mi, 3900' gain. Meet at Quilcene RS at 6 a.m. Leader: Michael Raymond, 360 437 9379, mike elaine@msn.com (s10/11 1/19) **KIT**

skiing

1/9, Sun - Bullion Basin Skiing (M1) Bumping Lake 271(GT). 4 mi, 4000' gain. Meet at South Grady Way Park and Ride at 6:30 a.m. Leader: Randy Oakley, 425 736 6493, randyoya@microsoft.com (s11/1 1/6) **FH**

1/16, Sun - Tye Lake Skiing (M2) Benchmark Mtn 144(GT). 9 mi,

2800' gain. Meet at Stevens Pass NE ski area parking lot at 8:30 a.m. Leader: Dick Lambe, 206 232 4965, dicklambe@hotmail.com (s1/3 1/14) **FH**

1/22, Sat - Paradise Area, M1 Route Skiing (M1) Mt Rainier East (USGS). 6 mi, 3,000 4,000' gain. Meet at Longmire at 8:30. Sign up with Leader: Bonnie Eiber, 425 222 6530, bonnie eiber@yahoo.com (s1/1 1/20) **FH**

2/5-2/6, Sat-Sun - Crystal Mtn Backcountry M1 Route, M1 Skiing (M1) Bumping Lake 271(GT). 2500' gain. Leader: Evan Moses, 425 577 4584, evan@themoses.net (s11/8 2/2) **EVT**

2/6, Sun - Copper Creek Hut Hiking (N2) Mt Rainier West 269(GT). 8 mi, 1200'. Leader's Permission Required: Eric Quinn, 360 556 4969, traileq5571@gmail.com (s1/21 2/3) **OLY**

2/6, Sun - Castle Saddle Skiing (M1) Mt Rainier East (USGS), Mt Rainier East 270(GT). 10 mi, 2300' gain. Meet at Grady way park and ride at 6:30 a.m. Leader: David Walker, 425 788 1025, teledavid@gmail.com (s11/7 2/5) **FH**

2/12, Sat - Stevens Pass Backcountry Skiing (M1) Leader: Dave Seman, 425 485 8019, dave.seman@kpff.com (s10/30 2/8) **SEA**

2/13, Sun - Crystal Mtn Backcountry M2 Route Skiing (M2) Bumping Lake 271(GT). 10 mi, 5000' gain. Meet at Plaza just south of ticket windows at 8:30 a.m. Leader: Dick Lambe,

206 232 4965, dicklambe@hotmail.com (s1/31 2/11) **FH**

2/19-2/24, Sat-Thu - North Cascades Backcountry Ski (Barron Yurt) International Outings (M3) Members: \$1,399. Leader: Craig Miller, 206 285 2399, craigmiller@comcast.net (s6/23 12/1)

snowshoe

1/1, Sat - Mt Tahoma Trails, Copper Creek Hut or High Hut Snowshoeing (E+) Mt Rainier West (USGS). 6 mi, 1000 1500' gain. Meet at Ashford Firehouse at 8:45 a.m. Leader: Mary Aulet, 425 822 0128, mraulet@comcast.net (s12/1 12/30) **SEA**

1/22, Sat - Cooper Lake Snowshoeing (M) Kachess Lake (USGS). 0 mi, 0' gain. Leader: Lawrence Landauer, 425 844 4330, lawrenceglennlandauer@yahoo.com (s1/3 1/20) **SEA**

2/12, Sat - Chiwaukum Creek Snowshoeing (M) Chiwaukum Mtns (USGS). 0 mi, 0' gain. Leader: Lawrence Landauer, 425 844 4330, lawrenceglennlandauer@yahoo.com (s1/31 2/10) **SEA**

2/19, Sat - Cow Heaven Snowshoeing (S) Marblemount (USGS). 0 mi, 0' gain. Leader: Lawrence Landauer, 425 844 4330, lawrenceglennlandauer@yahoo.com (s2/4 2/17) **SEA**



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Go to www.mountaineers.org for all trips/outings updates

open to all

climbing

1/1-12/31, Sat-Sat - Basic Climbing Course - Kitsap Climbing Members: \$250, Non members: \$325. Leader: Michael Raymond , (360) 437 9379, mike elaine@msn.com (s8/16 1/3) **KIT**

1/25-10/15, Tue-Sat - Basic Climbing Course - Everett Climbing Snoqualmie Pass (USGS). Members: \$400. Leader: Brent Colvin , (425) 744 7239, bacolv@msn.com (s9/10 1/15) **EVT**

2/1, Tue - Decision-making in Emergency Situations Seminar Climbing. Meet at Tacoma Program Center at 7 pm. Sign up with Leader: Mindy Roberts, 253 752 3547, jefacita@gmail.com (s11/24 1/29) **TAC**

2/5, Sat - Basic Climbing Course Conditioner FT (Mt Si) Climbing Mt Si (USGS), Mt Si NRCA 206S (GT), Mt Si 174(GT). 8 mi, 3200'. Leader's Permission Required: Nicholas Mayo , (360) 568 7308, nicholas.e.mayo@gmail.com (s2/5 2/5) **EVT**

2/16-11/30, Wed-Wed - Basic Climbing Course - Tacoma Climbing Members: \$325, Non members: \$425. Leader: Mike Lund , (425) 271 5891, enzolund@yahoo.com (s10/25 2/13) **TAC**

2/22, Tue - Decision-making in Emergency Situations Seminar Climbing. Meet at Tacoma Program Center at 7 pm. Sign up with Leader: Mindy Roberts, 253 752 3547, jefacita@gmail.com (s11/24 1/29) **TAC**

2/26, Sat - Basic Climbing Course Fundamentals FT (Magnuson Park) Climbing Leader's Permission Required: Nicholas Mayo , (360) 568 7308, nicholas.e.mayo@gmail.com (s2/26 2/26) **EVT**

2/26, Sat - Basic Climbing Course Fundamentals FT (Magnuson Park) Climbing Leader's Permission Required: Nicholas Mayo, 360 568 7308, nicholas.e.mayo@gmail.com (s2/26-2/26) **EVT**

hiking

1/18-2/8, Tue-Tue - Wilderness Skills - Hiking. Meet at Knox Center at 6:30 pm. Leader: Jim French, 360 754 6551, jimfrenchwa@comcast.net (s12/1 1/18) **OLY**

1/26, Wed - Beginning Hiking Seminar - Getting

Started Series. Hiking. Meet at Mountaineers Program Center at 6:30 pm. Leader: Michael Arriaga, 206 718 8924, evtmountaineer@yahoo.com (s11/17 1/26) **SEA**

2/23, Wed - Hiking Courses (BWT & CHS) Information Session Hiking. Meet at Seattle Program Center at 6:30 pm. Leader: Steve Payne, 253 315 0426, stevepayne@mindspring.com (s1/24 2/21) **SEA**

leadership

1/20, Thu - Ski Leadership Training Lecture 1 Skiing. Meet at TBD at 6:30 pm. Leader: Edward Palushock, 206 223 5565, epalushock@alum.syracuse.edu (s8/4 1/17) **FH**

1/22, Sat - Ski Leadership Training Field Trip Skiing. Meet at Grady Way PnR at 8 AM. Sign up with Leader: Edward Palushock, 206 223 5565, epalushock@alum.syracuse.edu (s8/4 1/17) **FH**

2/7, Mon - Hike Leader Seminar - Hiking. Meet at Seattle Program Center at 7 pm. Leader: Susan Graham, 253 639 0425, mudonmyboots@yahoo.com (s1/3 2/7) **SEA**

2/26, Sat - Outdoor Leadership Seminar - Leadership. Meet at Magnuson Program Center at 8:30 AM. Members: \$40, Non members: \$55. Leader: Lawrence Landauer, 425 844 4330, lawrenceglennlandauer@yahoo.com (s11/18-2/13) **SEA**

first aid

1/9-1/30, Sun-Sun - MOFA - First Aid. Meet at Tacoma Program Center at 8:30 am. Members: \$80, Non members: \$105. Leader: Angela McKee, 253 460 0727, k2teleskier@yahoo.com (s10/1 1/8) **TAC**

2/1-12/31, Tue-Sat - Alpine First Aid (AFA) Course - Climbing. Leader: Jeff Panza, 206 755 9962, scramblebear@gmail.com (s12/1 10/31) **SEA**

2/12-2/13, Sat-Sun - AFA Wilderness First Aid (RMI) - (Fee) Climbing. Meet at Mountaineers Program Center at 7:45 am. Members: \$125, Non members: \$175. Leader: Jeff Panza, 206 755 9962, scramblebear@gmail.com (s12/1 2/9) **SEA**

2/17, Thu - CPR - Olympia First

Aid Leader: Eric Quinn , (360) 556 4969, traileq5571@gmail.com (s12/20 2/9) **OLY**

naturalists

1/6, Thu - Naturalist Study Group Lecture Series Naturalists. Meet at Mountaineers Program Center Cascade Room at 7 pm. No registration. Leader: Cynthia Luksus, 206 439 2136, detersluksus@comcast.net **SEA**

1/8-1/9, Sat-Sun - Fraser Valley Bald Eagles & Salmon, BC Naturalists (E) Meet at Kilby Historic Site, Harrison Mills, BC at 9 am. Sign up with Leader: Linda Moore, 425 347 7650, abenteuerbc@yahoo.com (s11/27 1/5) **SEA**

2/10, Thu - Naturalist Study Group Lecture Series Naturalists. Meet at Mountaineers Program Center Cascade Room at 7 pm. No registration. Leader: Cynthia Luksus, 206 439 2136, detersluksus@comcast.net **SEA**

navigation

1/11, Tue - GPS Workshop for New Users (Program Center) Navigation. Meet at Seattle Program Center at 6:30 pm. Members: \$15, Non members: \$25. Leader: Bruce Crawford, 206 368 3899, bruce@bikejor.com (s12/25 1/6) **SEA**

1/25-4/15, Tue-Fri - Basic Navigation Course - Navigation. Baring (USGS), Index (USGS). Members: \$35, Non members: \$35. Leader: Lynn Graf, 206 632 8117, lynn.graf@gmail.com (s9/18 3/22) **SEA**

1/26, Wed - Basic Navigation Workshop - INSTRUCTORS Navigation. Meet at Mountaineers Program Center (Program Center) at 6:30 pm. Leader: Lynn Graf, 206 632 8117, lynn.graf@gmail.com (s9/18 1/24) **SEA**

2/1, Tue - Basic Navigation Workshop - INSTRUCTORS Navigation. Meet at Mountaineers Program Center at 6:30 pm. Leader: Bill Ashby, 206 852 3008, wsashby@earthlink.net (s9/18 1/28) **SEA**

2/12, Sat - Basic Navigation Field Trip - INSTRUCTORS (Heybrook) Navigation. Meet at Heybrook Ridge Private Property at 6:30 am. Leader: Lynn Graf, 206 632 8117, lynn.graf@gmail.com (s9/18 2/10) **SEA**

scrambling

1/31-10/31, Mon-Mon - Alpine Scrambling Course - Seattle Alpine Scrambling Meet at Mountaineers Program Center at 7 pm. Members: \$175. Leader: Mary Panza, 206 755 1254, makinanoise@hotmail.com (s11/2 1/31) **SEA**

2/8-10/31, Tue-Mon - Alpine Scramble Course - Seattle (Eastside) Alpine Scrambling. Meet at Old Redmond Schoolhouse CC at 7 pm. Members: \$175. Leader: Mary Panza, 206 755 1254, makinanoise@hotmail.com (s11/2 2/8) **SEA**

2/9-10/1, Wed-Mon - Alpine Scrambling Course - Tacoma Alpine Scrambling. Meet at Tacoma Program Center at 6:30 pm. Members: \$140, Non members: \$250. Leader: Larry Dunn, mtnhiker06@juno.com (s11/3 2/9) **TAC**

2/15-11/1, Tue-Tue - Alpine Scrambling Course - Kitsap Alpine Scrambling Members: \$125, Non members: \$200. Leader: Michael Raymond, 360 437 9379, mike elaine@msn.com (s8/16 1/15) **KIT**

2/15-9/30, Tue-Fri - Alpine Scrambling Course - Olympia Alpine Scrambling. Meet at Knox Center at 6:30 pm. Members: \$125. Leader: Bob Keranen, (360) 427 8554, keranen@hcc.net (s10/10 2/15) **OLY**

2/24-11/8, Thu-Tue - Alpine Scrambling Course - Everett Alpine Scrambling Members: \$160, Non members: \$195. Leader: Mike Mashock, (425) 335 5174, mjmash@comcast.net (s10/31 2/24) **EVT**

sea kayaking

1/30, Sun - Don Beale Paddle making workshop Sea Kayaking. Members: \$120. Sign up with Leader: Vern Brown, 360 626 3963, vern@vernbrown.com (s12/10 12/24) **TAC**

skiing

1/4-2/28, Tue-Mon - Backcountry Ski Course - Skiing. Meet at Tacoma Program Center at 7 pm. Members: \$85, Non members: \$100. Leader: Don Thompson, 360 692 8236, donteleski@msn.com (s11/4 1/4) **TAC**

1/6-1/29, Thu-Sat - Nordic (Cross-Country) Ski Course - Skiing. Meet at Everett PUD at 6:30. Members: \$75, Non members: \$95. Leader: Rachel Sadri, 425 487 2494, rachelsadri@gmail.com (s10/25 1/4) **EVT**

1/9-1/23, Sun-Sun - Hills, Hills, Hills: Mastering Hills on XC Skis - Skiing. Meet at Crystal Springs Snow Park at 12:30 pm. Members: \$85, Non members: \$100. Leader: Cindy Hoover, 206 783 4032, cyn@zipcon.com (s10/4-1/6) **FH/SEA**

1/12-2/16, Wed-Wed - Multiweek Telemark and Randonee Ski Lessons Skiing. Meet at Summit West, Summit at Snoqualmie at 7:30. Members: \$165, Non members: \$180. Leader: Charlie Cornish, 206 784 0295, nordski@architerra.com (s11/5 1/10) **FH**

1/13-2/5, Thu-Sat - Basic Cross-country Skiing Course

- Tacoma Skiing Meet at Tacoma Clubhouse at 7:00 PM. Members: \$55, Non members: \$75. Leader: Don Thompson, (360) 692 8236, donteleski@msn.com (s12/12 1/13) **TAC**

1/22, Sat - Cross Country Skiing Refresher Skiing (N2) Meet at Crystal Springs Sno Park at 9 am.. Members: \$60, Non members: \$75. Leader: Cindy Hoover, 206 783 4032, cyn@zipcon.com (s11/8 1/20) **SEA**

1/26-2/9, Wed-Wed - Intermediate Cross-Country Skiing Skiing. Meet at Nordic Center at Hyak (Summit at Snoqualmie East) at 9:30 am.. Members: \$80, Non members: \$95. Leader: Cindy Hoover, 206 783 4032, cyn@zipcon.com (s10/12 1/22) **FH**

1/30, Sun - Cross Country Skiing Refresher Skiing. (N2) Meet at Crystal Springs Snow Park at 9 am.. Members: \$60, Non members: \$75. Leader: Cindy Hoover, 206 783 4032, cyn@zipcon.com (s11/8 1/27) **SEA**

2/12, Sat - Advanced Cross Country Skiing Clinic: Half Day Skiing Agnes Mtn (USGS). Meet at Crystal Springs Snow Park at 12 pm. Members: \$40, Non members: \$45. Leader: Cindy Hoover, 206 783 4032, cyn@zipcon.com (s11/8-2/10) **SEA**

2/17-2/27, Thu-Sun - Winter Camping Course - Skiing/ Snowshoeing Members: \$30, Non members: \$40. Leader's Permission Required: Carrie Strandell, wolfwoman0819@hotmail.com (s11/20 2/14) **EVT**

snowshoe

1/10, Mon - Snowshoe I - Snowshoeing. Meet at Tacoma

Program Center, 2302 N. 30th St., Tacoma, WA at 6 pm. Members: \$55, Non members: \$70. Leader: Katie Keys, 253 514 6061, valkate@comcast.net (s11/28 1/5) **TAC**

1/12-1/22, Wed-Sat - Snowshoe Lite Course & Field trip - Snowshoeing (E+) Meet at PUD 2320 California St Everett, WA 98201 at 7. Members: \$40, Non members: \$55. Leader: Ronald Riter, 425 388 0203, ronriter@gmail.com (s11/1-1/10) **EVT**

1/22, Sat - Instructors - Snowshoe Lite - Snowshoeing. Meet at Stevens Pass at 7:30 am. Leader: Johnny Jeans, 425 746 2328, jjmtjnjoys@yahoo.com (s11/11-1/21) **SEA**

1/23, Sun - Instructors - Snowshoe Lite - Snowshoeing. Meet at Stevens Pass at 7:30 am. Leader: Johnny Jeans, 425 746 2328, jjmtjnjoys@yahoo.com (s11/11 1/21) **SEA**

1/24, Mon - Snowshoe II - Snowshoeing. Meet at Tacoma Program Center, 2302 N. 30th St., Tacoma, WA at 6 pm. Members: \$55, Non members: \$70. Leader: Katie Keys, 253 514 6061, valkate@comcast.net (s11/28-1/19) **TAC**

2/15, Tue - Winter Camping Course - Tacoma Snowshoeing. Meet at Tacoma Program Center, 2302 N. 30th St., Tacoma, WA at 6 pm. Members: \$55, Non members: \$70. Leader: Jim Gawel, 253 752 3547, jimgawel@u.washington.edu (s11/28 2/9) **TAC**

2/17-2/27, Thu-Sun - Winter Camping Course - Skiing/ Snowshoeing Members: \$30, Non members: \$40. Leader's Permission Required: Carrie Strandell, wolfwoman0819@hotmail.com (s11/20 2/14) **EVT**

prerequisites

climbing

1/12-2/16, Wed-Wed - Intro to Lead climbing - Climbing. (CRG) Meet at Program Center at 6:30 pm. Members: \$125, non members: \$175. Leader: Loni Uchytel, (206) 440 3007, loniuchytel@msn.com (s11/1 1/5) **SEA**

1/12-10/30, Wed-Sun - Intermediate Climbing Course - Climbing. Sign up with leader: Thomas Labri, (360) 297 4499, ayankeehousewright@hotmail.com (s12/8 10/28) **TAC**

com (s12/8 10/28) **TAC**

1/13, Thu - Seminar: Travel Medicine Climbing. Meet at Program Center at 7 pm. No registration. Leader: Cebe Wallace, 206 842 3409, cebe.wallace@gmail.com **SEA**

1/14, Fri - Seminar: Wilderness China Climbing. Meet at Program Center at 7 pm. No registration. Leader: Deling Ren, 425 868 8217, cookiejar.seattle@gmail.com **SEA**

1/15, Sat - Instructor Review Climbing. No registration. Leader: Brent Colvin, 425 744 7239, bacolv@msn.com **EVT**

1/15-12/31, Sat-Sat -

Intermediate Climbing Course - Climbing. Members: \$250, non members: \$250. Leader: Michael Raymond, (360) 437 9379, mike elaine@msn.com (s8/16 12/1) **KIT**

1/17, Mon - Water Ice Seminar Climbing (WI) Leader: Shannon Pahl, 425 922 1820, shannonpahl@gmail.com (s11/9 1/17) **SEA**

1/27, Thu - Seminar: Altitude Illness Climbing. Meet at Program Center at 7 pm. No registration. Leader: Cebe Wallace, 206 842 3409, cebe.wallace@gmail.com **SEA**

2/5-2/6, Sat-Sun - Leavenworth - Icicle Canyon,

Various Climbing (CRG) Meet at Leavenworth at 9 am. Members: \$50. Sign up with leader: Terry Brenneman, terrem@juno.com (s12/1 2/1) **EVT**

2/5-10/1, Sat-Sat - Basic Climbing Course 2nd Year - Climbing Members: \$50. Leader's Permission Required: Mike Lund. (425) 271 5891, enzolund@yahoo.com (s10/25 1/28) **TAC**

2/7-2/26, Mon-Sat - Level 1 Avalanche Course - Climbing (M) Members: \$200, Non members: \$250. Leader: Bill Forristall, (253) 886 2023, wforristall@hotmail.com (s11/22 1/28) **TAC**

Snow sports in Italy, Switzerland/Champoluc/Andermatt

March 2-20, 2011

Trip preview: http://web.me.com/mrbunz/Site_3/2011_ski_Italy_Switzerland.html.

Champoluc is as well known for its cross country skiing as it is for its downhill skiing. Set tracks connect the two major winter sport areas of this valley, Champoluc and Brusson. While in Champoluc an optional day of skiing at Cervinia and Zermatt will be offered.

Fee: \$3,495. Deposit \$1,000 with the application, available by email.

Trip leader: Patti Polinsky, meanysports@mac.com, 206 525 7464.

Edinburgh countryside, Northumberland Nat'l Park, UK

June 11-28, 2011

Beginning in artistic and historic Edinburgh known as the "Athens of the North" our two week plus outing will explore the spectacular scenery of southeast Scotland's countryside before moving on to Northumberland National Park in northeast England.

Fee: About \$2,800 (for 8 12 group size); \$1,000 deposit due at registration.

Leader: Glen Strachan glen.shgi@msn.com, 425 869 8094, glen.shgi@msn.com.

Hiking Italy's Dolomites

Aug. 25-Sept. 15, 2011

The Dolomites of northern Italy known as the "pale mounts" and renowned for their enrosadira sunsets when the mountains turn spectacular hues of pink encompass some of the most beautiful hiking areas in the world. Green alpine meadows, stretching between charming village studded valleys and craggy, awe inspiring karst mountains, provide visual feasts in

every direction. Mountain walkers trod an extensive network of well maintained and interconnecting footpaths and visit interesting villages and well placed rifugios (high altitude mountain huts).

Fee: \$3,300; deposit of \$2,000 is required to reserve a spot after leader approval. Applications may be obtained by contacting leader.

Leaders: Shari Hogshead and Paul Gauthier, 425 957 4548, skimntr@aol.com.

Coastal hiking in Wales September 2-16, 2011

This trip offers the experience of hotel based hiking for more than 100 miles of the Pembrokeshire Coast Path along the southern coast of Wales. We will spend two weeks hiking through some of the most beautiful coastal scenery of Europe. We will be staying in hotels in Fishguard, St David's and Tenby, taking local transportation to hike portions of the Pembrokeshire Coast Path.

Price: \$2,975 per person; deposit of \$2,975 to reserve a space.

Leaders: Bev Dahlin or Steve Johnson, bevandsteve@hotmail.com, 206 522 0113.

Nepal: Mt. Everest-Rolwaling

Oct. 11-Nov. 11, 2011

This outing combines the world's highest mountain, Himalayan culture, an optional peak climb, and a remote valley. Our trek begins with a mountain flight to one of the world's most amazing airstrips Lukla. A layover day at the famous Sherpa capital, Namche Bazaar, will allow us to experience the culture. At Tengboche Monastery, you can hear the Buddhist monks chant prayers and play music. Next we will hike to the Mt. Everest classic view and base camp. For the daily itinerary, please visit www.mountaineers.org/activities/nepal.



Bev Dahlin photo

Pembrokeshire Coast Path along southern coast of Wales: September 2-16

palitin.html.

Leader: Craig Miller, craigfmiller@comcast.net, 206 285 2399.

Price: . \$5,500 (11 12 people); \$6,000 (8 10 people); \$6,500 (5 7 people). \$2,000 deposit by March 1 with leader's approval.

North American Outing: North Cascades Yurt Skiing February 19-24, 2011

The east side of Washington's North Cascades receives cold and dry powder snow! Barron Yurt is located near Harts Pass at 6000' and has great views. The cozy yurt has wood stove and propane stove for heat, propane lights, well stocked kitchen, propane cook stove, beds with foam mattress pads, and a toilet outside. Terrain includes alpine bowls, peak ascents, and great tree skiing.

Price: \$1,399 (4 8 people)

Leader: Craig Miller, craigfmiller@comcast.net, 206 285 2399.

North American Outing: Wells Gray Hut to Hut Hiking August 4-11, 2011

Join a hut to hut hiking adventure through the remote Cariboo Mountains of British Columbia's Wells Gray Provincial Park.

Imagine seven days of spectacular alpine hiking with a light pack and enjoying the comforts of three wilderness chalets with

catered meals. This is one of BC's best hut to hut hiking adventures. We should see several wildlife species.

Price: About \$1,240 (10 12 people); \$1,415 (8 9 people); \$1,490 (6 7 people). Deposit of \$250 required per person to reserve with leader approval.

Leader: Linda Moore, aben.teuerbc@yahoo.com (preferred), 425 347 7650.

North American Outing: Wells Gray Hut to Hut Hiking October 2-9, 2011

Trip preview: <http://gallery.me.com/mrbunz#100110>

Have you ever seen the spectacular colors the maples paint on the landscape of New England? If not, join us as we hike, walk or paddle and take photographs under a canopy of fall colors in the ancient Appalachian Mountains, among the oldest mountains on Earth. The brilliantly jeweled gold and ruby ridges, and ponds, will be etched in your memory forever.

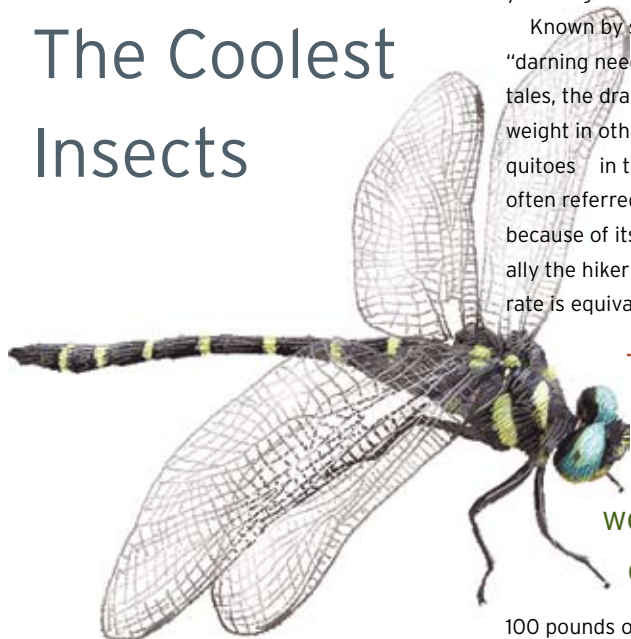
The Mountaineers' Recreational Properties Division will again offer an eight day expedition to the northern terminus of Maine's Appalachian Trail.

Price: Undetermined at press time. Contact leader.

Leader: Patti Polinsky, meanysports@me.com, 206 525 7464.

Lecture

Dragonflies: The Coolest Insects



By Brad Stracener
Managing Editor

The next time you set up camp near a lake or stream, don't begrudge the buzz or curiosity of a dragonfly. And don't let its nicknames bedevil you. Its twin engine wings are doing you a big favor.

Known by some as a "devil doctor" or the "darning needle" of proverbial old wives' tales, the dragonfly is known to consume its weight in other insects—most notably mosquitoes—in the matter of 30 minutes. What is often referred to as the 'birdwatcher's insect' because of its powerful flight and size, is actually the hiker's insect as well. Its consumption rate is equivalent to that of a hiker eating

The lecture is free to Study Group members. The public is welcome to make a \$5 donation at the door

100 pounds of trail food before he or she has completed the first mile of hiking. Talk about carb loading!

A carnivorous member of the odonata family that dates back 300 million years, it has captivated the attention of scientist Dennis Paulson since he was assigned a project in his

entomology course as a University of Miami student.

Paulson has since written a booklet, field guide, numerous articles and more than 40 scientific papers on the odonata to become one of the premier experts on the species. The Seattle resident will be presenting a lecture, **"Dragonflies: The Coolest Insects," at The Mountaineers Program Center on Thu., Jan. 6, courtesy of the Seattle Branch Naturalists' Committee.**

Paulson, who received his Ph.D in zoology from the University of Miami, has taught college and adult education courses about natural history for 40 years. He recently retired from his position as the director of the Slater Museum of Natural History at the University of Puget Sound. One of his primary goals as a biologist has been to blend the science of biology with the study and appreciation of nature.

Paulson has compiled the largest collection of odonata specimens and photos in western North America. His most recent titles include a booklet, "Dragonflies of Washington," and "Dragonflies and Damselflies of the West." He has just finished a similar field guide to eastern species and is starting work on a neotropical dragonfly book. ▲▲



Dennis Paulson

Ten coolest facts about the dragonfly

- 1. Omniscience:** With the largest compound eyes of any insect, the dragonfly can see colors, movement and forms of light invisible to humans.
- 2. A past:** If some of the recorded fossilized dragonflies—sporting wingspans as wide as 2 1/2 feet during dinosaur times—were to exist today, small pets would have not only the eagle or great horned owl to fear.
- 3. A last spin:** Mating is the primary reason for their winged stage. So when you see a winged dragonfly, you know it's toward the end of its lifespan. Sad but true.
- 4. A kama sutra:** And while on the topic of reproduction, their tandem mating posture in midair is unique in the insect kingdom. Known as the wheel position it's been described as the "kama sutra" on the wing.
- 5. Turbine charged:** Their four wings can move in four separate directions at once to reach speeds up to 30 mph.
- 6. Born to fish:** Dragonfly young (nymphs) have a special appendage on their head that is used to spear and catch small fish for consumption. They are carnivorous hunters from birth.
- 7. How many wings I am holding up?** Dragonflies have two pairs of wings. The wings are mostly transparent and move very fast, so it often appears that they have more than two pairs.
- 8. Buzz is worse than bite:** Though many people fear them, dragonflies cause no harm to humans whatsoever. They are often curious toward humans and will fly around you for that reason, but they do not sting or bite.
- 9. Slandered:** One of the spooky legends among the odonata phobic was that while sleeping outside, people risked their eyes being sewn shut by a dragonfly.
- 10. No blind side:** The adult dragonfly can see nearly 360 degrees around it at all times.

— Acquired from wikipedia and other web sources

Welcome to the **NEW Mountaineer!**

For several months, Mountaineers staff members and volunteers have come together to create this new look. Colors were considered, logos were created, and long days were spent pulling it all together. Many of you offered valuable insight as we've pulled this together.

All indications point to the fact that YES, we've accomplished all that we set out to do!

Why the change? Simply put, it was time. Time for a new look, time to reduce the number of trees we were relying on and the amount of ink we were spewing out, and time to reduce the amount of money we were investing in the old *Mountaineer* so we can continue living within our means as a leaner organization.

Moving forward, let us know what's most useful . . . and let us know what's missing too. Do you have some fresh, new ideas you'd like us to consider? Share them with us!

Comments? Contact Brad at brads@mountaineers.org/206-521-6013 or Laurie at lauriew@mountaineers.org/206-521-6004.

It continues to be our complete pleasure serving all Mountaineers! Enjoy!

– Laurie Ward, Director of Development & Communications

– Brad Stracener, Managing Editor

And here, we acknowledge those who have helped to bring this all together:

Rick Anderson Chad Beeman Jeff Bowman Chris Caviezel

Brent Colvin Zach DenAdel Russ Hamerly Jim Harvey

Jane Jeszeck Sarah Krueger

Eric Linxweiler Cindy Luksus Nick Lyle Emily Noel

Becca Polgase Mark Scheffer Jeff Street

Matt Vadnal Emily White Tab Wilkins

A slew of proofreaders Another slew of photographers

(both "slews" are listed elsewhere)

AND MANY OF YOU, OUR READERS, WHO KINDLY OFFERED INPUT!



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Meet The Mountaineers

On Thursday, January 13, come to The Mountaineers Program Center for a gathering of members (and prospective members!) who want to master the great outdoors!

- 6:30 p.m. Socializing with Activities Chairs, Trip Leaders, Instructors, Lodge Representatives, and Mountaineers staff and Board members
- 7:15 p.m. Brief program about getting started and finding your way into and through The Mountaineers
- 8:00 p.m. Door prizes, Q and A, more time to roam and ask questions
- 9:00 p.m. Evening comes to a close

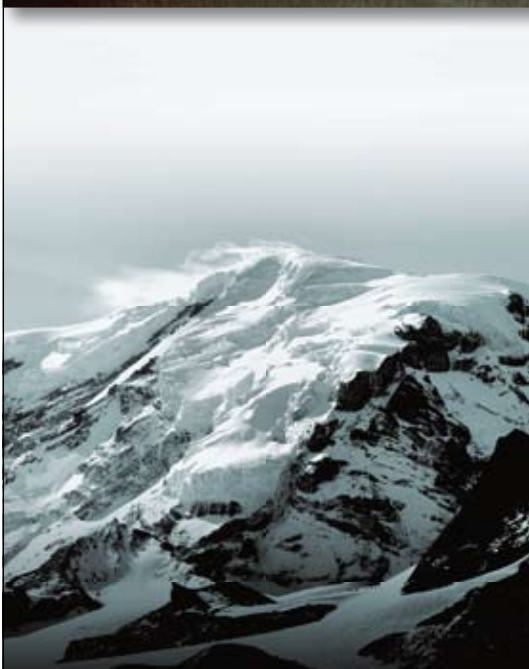
Friends meeting new friends...families meeting other families who enjoy the outdoors... couples meeting couples who may grow to become lifelong friends.

Captivating photos, warm fireplace, free wifi, hot cocoa, light drinks and appetizers.

All members and prospective members are invited. Free!

Come on out and MEET THE MOUNTAINEERS!!

MT ADAMS MT BAKER MT SHASTA MT ELBRUS MT HOOD MT KILIMANJARO
MT OLYMPUS MT RAINIER DENALI VOLCANOES OF MEXICO



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