

# Mountaineer

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

## EVEREST

Americans on Everest  
Perspectives: then and now  
Mountaineers celebrate 50th  
Training for the climb

Mar/Apr 2013 » Volume 107 » Number 2

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



the *Mountaineer* uses . . .



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## DISCOVER THE MOUNTAINEERS

If you are thinking of joining—or have joined and aren't sure where to start—why not set a date to Meet The Mountaineers? Check the Branching Out section of the magazine (page 32) for times and locations of informational meetings at each of our seven branches.

**On our cover:** The visage of Jim Whittaker comes from our publishing arm, The Mountaineers Books, which has just released a re-issue of Whittaker's *A Life on the Edge*. The new book will be celebrated alongside the fiftieth anniversary of Whittaker's famous climb of Mount Everest on April 20 in Seattle (see the ad inside).

## Every summit begins with a first step

This year marks the 50th anniversary of the first American ascent of Mount Everest. Jim Whittaker, the first American to summit Mount Everest, took his "first step" when he learned to climb as a teen with The Mountaineers.

The Mountaineers has grown quite a bit since Jim took the basic alpine climbing course. Now we engage a community of over 13,000, supported by 1,000 trained volunteers leading 3,200 courses and activities, including 2,300 youth outdoor experiences, 6,000 hours of conservation education and stewardship events—all while providing outdoor information to over 300,000 book buyers and online visitors. Our aim: create informed recreationists, engaged stewards, healthier citizens and better people. Jim, for one, is very impressed by how far we've come.


I recently had the opportunity to host a Peak Society event featuring Brent Bishop, a two-time Everest climber and son of Barry Bishop, one of Jim Whittaker's teammates on the 1963 expedition. He entertained us with stories and pictures from both his and his father's expeditions. Having been fascinated by Everest for much of my life, I've seen countless pictures of the mountain. One of the pictures of that Everest team absolutely captivated me: a black and white photo of Tom Hornbein and Willi Unsoeld making their way up the treacherous West Ridge. Not only did they go on to establish a new route to the top of Everest, but they completed the first traverse of the mountain and survived the world's highest bivy up to that point.

The photo shows a summit partially blanketed in a cloud—tremendously foreboding and screaming with a challenge of the unknown. I thought how hard it must have been for them to take that first step while looking up at a menacing pyramid of rock and ice. Further, I thought of how almost any other climber would have turned back when Jim Whittaker approached the same summit while faced with a void of supplemental oxygen, 50-mile-an-hour winds and the chill of minus-30 degrees during the final throes of his climb.

In our lives we face many challenges—as towering and intimidating as a mountain and requiring more from us than we think we have. The journey often involves emotional, physical, intellectual and mental strength.

**Like the Americans' summit of a mountain in 1963**, a challenge always seems the most daunting and difficult when you are standing still at the starting line of the journey, thinking about what's ahead. I'm proud to be part of an organization of members who not only face down challenges, but go out looking for them. For we know that simply stepping out into the unknown, whether or not we summit, ultimately gives us the courage and strength to aspire to taller mountains.

So, my question is: What is your mountain . . . and have you taken your first step?



Gavin Woody, Board of Directors President



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

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## It is about Everest and accomplishment, but it is about more

**Brent Bishop, waiting for the weather** to break on an attempt at the West Ridge of Everest last spring, wanted to know something. Did his brethren teeming at basecamp on the world's highest and most coveted mountain get the outdoor bug early in life, like he had? (See the Last Word on page 47.)

His little, unofficial survey on Everest proved he was not alone. All caught the outdoor bug as kids, just as most of those we interviewed for this issue of the *Mountaineer* had. A few started climbing at an early age, mostly spurred by parents or mentors who had climbed, but others were smitten with the outdoors as a child in other ways—tent or car camping in parks with the family, fishing streams or lakes, or just hiking local trails with family.

My love of the outdoors happened to sprout from my dad's love for fishing and hunting in Alaska. I was 5 when he first started taking me along. If a particular vision prompted me to go into the high country, it was most probably my ogling at the Chugach Range, backdropped by an endless blue sky, while I lay spread eagle on our front lawn in Anchorage. Many a Mountaineers member has related how just seeing Mount Rainier's ubiquitous cone on the Washington skyline during a visit spurred them to move from Iowa, Illinois, Arizona, Texas or the East Coast.

And as each of our stories unfold, to be told in these pages or the pages of other chronicles, it is imperative to note how the stories started—from an early introduction to the outdoors, no matter the activity or occasion.

It is equally imperative to note that not all kids have it as lucky as did myself or some of our featured climbers in these pages. Many of today's kids have been cloistered, seeing the outdoors only through those incredulous SUV commercials, on a screen saver or on a Survivor show. They have not breathed it in, touched its skin or steadied their feet in its streams, on its snow-capped slopes or on the crusty Mid-Columbia steppe land amidst a sea of brittle, pungent sage. These are the kids that not only The Mountaineers is trying to reach—and doing so I might add (see page 10 and the story of "Josephine")—but are also the kids that our most accomplished of climbers and mountaineers are depending on to ensure that those precious places where lives are transformed and dreams are born do not spoil from indifference.

**Everest 50 is surely a celebration** of mountaineering accomplishment, but it is just as much a commitment to seeding a vision, a devotion and a passion in the minds of our young people—leading them to do the same.

*Brad Stracener, Managing Editor*

## I'mwhere?

Can you identify the summit in the foreground here? Send your answer (by February 1) by post or e-mail: brads@mountaineers.org; I'm Where?, *Mountaineer*, 7700 Sand Point Way N.E., Seattle, WA 98115. If you guess correctly, you'll receive a \$15 coupon good for Mountaineers purchases, and we'll publish your name in next month's column. In case of a tie, one winner will be chosen at random. Mountaineers employees or persons shown in the photograph are not eligible. Each month we'll publish a new mystery landmark 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 left. If we use your photo, you will receive a \$15 Mountaineers coupon good for Mountaineers purchases.
- No one was able to identify Sloan Peak as the summit in the January/February *Mountaineer*. The photo was taken by Norm Buckley from our Everett Branch.

# EVEREST 50



Celebrate the 50th Anniversary of the first American summit of Mt. Everest with Jim Whittaker, Tom Hornbein and special guest, Robert F. Kennedy Jr.

**Saturday, April 20, 2013**

Fremont Studios, Seattle WA

6:00 p.m.

presented by:

*Eddie Bauer* EST. 1920

for tickets:

[www.mountaineers.org/everest50](http://www.mountaineers.org/everest50)  
or call 206.521.6006 for more information



## Targeting an Everest? Keep a constant base of fitness, says Chad Kellogg

While Chad Kellogg was at The Mountaineers for a clinic last December, he touched on what he thinks is most important about training for a major climb, whether it be Everest (on which he is trying to set a speed record), or another 8,000-meter peak.

"My general philosophy is this: Always maintain a good base condition (of fitness). Ski, run, hit the gyms—keep your base maintained." He adds, "You can then ramp up your training discipline fairly quickly to the specific climb that you are about to do."

Should you become injured in the process of conditioning, as he did in 2009 while preparing for one of his Everest speed-record attempts, he advises that you keep working on those parts of the body that aren't injured. "For example, if you turn a calf you can still strength train with weights on other isolated muscles of the body."

Ultimately, he said, it is duration—physically and mentally—that you are striving for when getting ready to climb a mountain like Everest, thus requiring a steady regimen of fitness.



## A welcome addition

This issue of the *Mountaineer* welcomes the journalistic talents of one of our own, Allison Williams (above on Mt. Rainier), a recent graduate of Seattle's Alpine Scrambling Intense Course.

Allison was kind enough to let us use part of her profile of Jim and Lou Whittaker (see pg. 13) that appeared in the *Seattle Met* magazine last August (also see above). For the entire piece, see [www.seattlemet.com/travel-and-outdoors/insiders-guide-to-mount-rainier-national-park/articles/jim-and-lou-whittaker-august-2012](http://www.seattlemet.com/travel-and-outdoors/insiders-guide-to-mount-rainier-national-park/articles/jim-and-lou-whittaker-august-2012).

Meanwhile, keep an eye open in the mountains for a climber with a pen and pad.

## Everest trivia . . .

- Only nine other men had ascended Everest before America's first, Jim Whittaker, did so in 1963
- The first solo ascent of Mount Everest without supplemental oxygen was achieved by Italian-born Reinhold Messner in 1978
- In 2004 Pemba Dorjie Sherpa set the speed record to the summit via the South Col—8 hours, 10 minutes—with supplemental oxygen. Four years later, Kazi Sherpa set the record without supplemental oxygen at 20 hours, 24 minutes
- Part of the 1953 Edmund Hillary expedition, Charles Evans and Tom Bourdillon climbed to within 300 feet of Everest's summit a couple days before Hillary and Tenzing Norgay successfully became the first to stand on top
- In 1965, Nawang Gombu of the '63 American expedition became the first man to climb Everest twice
- In 1975, Junko Tabei of Japan became the first woman to summit Everest.

## Mountaineer tabbed for Secretary of Interior

On February 7, President Obama nominated one of our very own as the next secretary of the Interior. Sally Jewell, chief executive at REI, is named to lead the department that oversees the stewardship of millions of acres of public lands.

Sally, who learned to climb with The Mountaineers as a teenager, is a Peak Society member and serves on our Advisory Council. As an active hiker, paddler and climber, she is well-versed in the value of outdoor recreation and the importance of our public lands. We are proud of Sally's rise to this important post and look forward to working with her to protect public lands and encourage more Americans—young and old—to get outdoors.

## Where in the world is Steve Swenson?

If you are trying to keep up with Steve Swenson since the turn of the new year, keep an eye on the peaks to the south, far south. But an easier way is to view his blog—<http://steveswensonsblog.blogspot.com>.

It will tell you what he found to do (read: climb) while between summits of Mt. Vinson in Antarctica and Cerro Torre in Patagonia over January and February. Now, he says, it is time for some trekking with his wife in Argentina and at Torres del Paine in Chile.



## When selecting a tent, choose wisely

A GOOD NIGHT'S SLEEP can mean the difference between a wonderful outing and a miserable one, so choosing the right tent is crucial. For 40 years, Hilleberg has been making the highest quality "right tents" available. Conceived and developed in northern Sweden, Hilleberg tents offer the ideal balance of low weight, strength, and comfort.

Hilleberg's Label system divides the tents into one of four categories, or "Labels" – Black, Red, Yellow and Blue – each representing a performance range based on materials, construction or both. This grouping makes it straightforward to see the differences within the line, and so makes selecting the right Hilleberg tent for you much easier.

The models shown at right are only examples from each Label. There are 12 Black Label tents, 15 Red Label tents, 5 Yellow Label tents, and 3 Blue Label tents. For more information, visit [www.hilleberg.com](http://www.hilleberg.com), or call, toll free, 1-866-848-8368, and order The Tent Handbook.

### BLACK LABEL

Hilleberg's strongest, most adaptable, most comfortable all season tents. Ideal for any trip, anywhere, in any weather condition and in any season.



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All season tents that prioritize light weight over absolute strength, adaptability and overall comfort. Ideal for all season trips where weight is a priority and where the conditions may be all but the most challenging.



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Hilleberg's lightest weight tents, engineered for warmer climates and for the snow-free months of the year. Ideal for warmer weather trips where the lightest weight is the highest priority.



ANJAN



ROGEN

### BLUE LABEL

Hilleberg's specialized tents, each designed and built for a specific purpose.



RAJD  
Ultralight, single wall  
2-person shelter



ATLAS  
All season, modular,  
dome group tent



ALTAI  
Very light, all season,  
yurt-style group tent

## When nature calls on the mountain . . .

**By Lisa Miller**  
Public Lands  
Programs Intern

This year marks the 100<sup>th</sup> anniversary of the first summit on Denali (aka Mount McKinley), which is for many the ultimate image of a pristine wilderness. However, recent research by Dr. Michael Loso from Alaska Pacific University points to a very different reality. By calculating the average number of climbers who have ascended the popular West Buttress Route and the average multi-week expedition length of 18 days, Dr. Loso estimates between 152,000 and 215,000 pounds of human waste have been deposited by climbers in crevasses of the Kahiltna Glacier. In more illustrative terms, we are talking 13 adult male Asian elephants' worth of waste in the crevasses.



*Denali National Park (photo courtesy of the National Park Service)*

While the waste may be out of sight, it is buried by snow accumulation and incorporated into a river of ice that moves 1,400 feet per year in some areas. Preliminary findings suggest the crevassed waste remains biologically active and will emerge at the Great Ice falls in the next decade (9.3 miles downstream from Basecamp). The National Park Service anticipates public health issues as well as negative impact on the visitor experience as these waste piles start emerging.

**A 2007 mandate** in Denali National Park requires climbers at base camp (7,200 feet) and those who ascend above the camp at 14,200 feet to pack out waste in a personal,

portable canister called a Clean Mountain Can (CMC). Since implementation, conditions have greatly improved above the 17,200-foot High Camp, which had become notoriously unsanitary.

"Climbers have been really receptive to changes," said Lead Mountaineering Ranger Coley Gentzel. "Staff has seen nothing but positive reactions towards the CMC program." While the pack-out program has succeeded in reducing waste encountered at the high camps, climbers are still directed to deposit the contents of their CMCs into designated crevasses below the 14,200-foot camp.

The findings at the Kahiltna raise questions about the ongoing practice of crevasse disposal on Denali. Meanwhile, two popular summits closer to home—Mt. Rainier and Mt. Baker—have long required that climbers pack out their waste with "blue bags" that are issued with climbing permits. Blue Bags must be disposed of in designated receptacles, not in the garbage.

**What can you do to reduce your impact** on other snowy summits? Commercially available products like Cleanwaste WAG Bags and Biffy Bags include a biodegradable powder that deodorizes and neutralizes solid waste so that it can be disposed of directly in the trash after your adventure.

To read more on the story please visit [www.nps.gov/dena/naturescience](http://www.nps.gov/dena/naturescience).



## A stalwart of stewardship and advocacy, Helen Engle retires only in an official sense



Eric Becker photo

*Helen Engle at her Tacoma home, scene of many past round-table resolutions to environmental issues*

**Helen Engle, lifetime member** of The Mountaineers, retired from her position as secretary of the Tacoma Branch last year. Known in the outdoors and conservation circles as a remarkable soul who gets things done, she has a life-long history of taking care of the people and places around her.

Tacoma volunteer leader, instructor and officer Mindy Roberts, whose first contact with The Mountaineers was Helen's voice on the other end of the phone in 1999—just before Mindy joined the organization—prepared a biography of Helen for the Tacoma Mountaineers Annual Banquet on October 20, 2012. The following is excerpted and adapted from Mindy's profile on Helen.

### In the halls of Congress

Helen was Congressman Norm Dicks' environmental coordinator in 1994. She and Norm go way back. Helen was the first person to visit Norm Dicks' office after he was elected, and she and her husband, Stan, forged a strong friendship with him over the years. Norm shared his thoughts in a letter to the Tacoma Mountaineers for the annual banquet:

"I have had no greater partners working on issues affecting our great public lands than Helen and Stan Engle. From protecting our wildlife refuges, helping to secure designation of the Clearwater Wilderness on Mt. Rainier, to her unwavering advocacy for our national parks, Helen Engle has literally been a force for nature and protecting human health."

Yes, it's true she organized a sit-in at the congressman's office. She recalled setting a strict protocol for the mostly college-age people who asked for her leadership. "How you dress, how you act, how you speak and what you do impacts the outcome of your efforts for change!" she told them. Rep. Dicks agreed to meet with her and the crew in her home—a standard Engle maneuver—which was filled with people, upstairs and downstairs. They were successful in convincing him to change his position on the timeline for implementing Forest Habitat Management Plans and requiring

regular updates instead of decades without a check in.

### In the broader outdoor community

Helen's organizational and environmental roots go incredibly deep. She was a founding member of Washington Audubon Society, the Tahoma Audubon Society, People for Puget Sound, the National Parks Fund, Nisqually Basin Land Trust, Citizens for a Healthy Bay, and Washington Environmental Political Action Committee. In addition she has served on the boards of both local and national organizations as well as The Mountaineers Board of Trustees.

Helen has a hard time identifying which of her extensive advocacy projects she is most proud of, saying "that's like asking which of your children is your favorite!" Helen said work to

**Continued on page 24**

### 'Law & the Land' workshop: March 19

The Mountaineers and Washington Trails Association are partnering to offer "The Law & The Land," a free interactive workshop on the evening of Tuesday, March 19, at The Mountaineers Seattle Program Center.

Building new trails takes more than manpower. By law, federal land managers like the U.S. Forest Service and National Park Service must evaluate proposed projects—whether they are building trails or planning timber harvest. Local governments may also get involved when their roadways that provide recreational access cross federal lands.

Join policy advocates and land managers for an evening workshop to demystify the National Environmental Protection Act and clarify the opportunities that citizens have to influence the design and execution of proposed actions on federal lands. Contact [sarahk@mountaineers.org](mailto:sarahk@mountaineers.org) to RSVP.

## Youth conquer summits via Mountain Workshops

**By Caitlin O'Brien**  
Assistant Program Manager

**Many of us at The Mountaineers** have had the fortunate opportunity to enjoy the outdoors since childhood. We know what it feels like to summit a peak, top out on a climb, or paddle down a river. Many youth in Seattle have not had the same exposure to the outdoors, and have not learned what it means to “summit,” or even how to climb a mountain.

Our goal for Mountain Workshops is to impart a love of the outdoors to all youth and to help them summit their own peak, whether that means getting to the top of the rock wall or just putting on a harness and tying into a climbing rope. We aim to inspire this passion for the outdoors in all youth by creating a safe environment for them to try new things.



*A recent Explorers outing*

The Mountaineers has had the opportunity to partner with a local permanent housing community for previously homeless moms and youth under 18, supported by the local non-profit Solid Ground. Each fall and spring we host a Mountain Workshop once a week for 10 weeks for youth ages 9 to 11. During these weekly programs we teach participants various outdoor skills like navigation, outdoor cooking, rock climbing and first aid.

**In addition to our primary goal**, we also aim to equip youth with a basic preparedness for when they are outdoors. Our program with Solid Ground is especially meaningful because all of these youth have recently transitioned out of homelessness and are just learning how to live in a consistent environment. By the end of the 10-week session we have seen most of the participants grow to not only cherish the skills they have learned, but ask to come back as often as they can.

We have seen one participant of our Solid Ground program—we will call her Josephine to protect her privacy—become the quintessential Mountaineer. When Josephine first arrived at the program center, she was shy and nervous about even putting on a harness. With the help of our volunteers, she set a goal to reach the top of the climbing wall by the end of the 10-week session. She slowly became more comfortable with how top-rope climbing works, learned how to tie her own follow-through, figure-eight knot, climbed a few feet and was lowered to the ground. Each time Josephine came back she would set a new goal, a new summit for herself, until by the eighth session she had reached the top.

Now that Josephine has aged out of our Solid Ground program, she has asked how she can continue to climb. With the help of our MAP scholarship fund, she joined our year-round youth program, Explorers, and we will watch as Josephine sets new goals and reaches new summits with the skills she learns at The Mountaineers.

**Our continuing goal**, not only with Josephine, but with all youth that participate in our program, is to help them reach their summit—whatever that may be. Whether it's the top of the climbing wall or learning how to use a compass, we have the ability to provide the opportunity for anyone to summit their mountain, and find new mountains and new summits to climb. ▲▲



## Mountaineers volunteers stay busy

Spring is here and with spring comes the busiest season for our volunteer leaders. Between climbing, scrambling, kayaking, photography, sailing, natural history and of course, hiking, most of our volunteer leaders have almost every weekend booked from now until the end of August.

Why? They love doing it and they love giving back.

Ask any of our leaders how they got started and they'll tell you a story about a volunteer whose gift of time and skill inspired them to learn, grow and give back. Of course, it's fun to play outside with new friends and old, but the real reason they do it is because they want so badly for others to have the opportunities that they had.

When you join The Mountaineers, you join a community of generous and inspiring people. With every event and activity, volunteers are sharing their skills with others and simultaneously benefiting from someone else's volunteered time.

So, here's to the incredible volunteerism that makes The Mountaineers who we are— today and in the future.

## Summer Camp registration opens!

Join us for week-long adventures full of Mountaineers activity. Kids, ages 6-13, will have a chance to try climbing, hiking, kayaking, navigation, photography and basic wilderness skills at our Summer Day Camps. Each week will include fun games and activities, an earth stewardship component and outdoor skills development—all led by skilled instructors.

The camps consist of six weeks in Seattle, three weeks in Kitsap, and two weeks in Tacoma—each with its own theme.

### Seattle

July 8-12: Ropes and Rocks Week

July 15-19: Water Week

July 22-26: Survivor Week

July 29-Aug 2: Mountains Week

August 5-9: Wilderness Gourmet Week

August 12-16: Outdoors Your Way Week

### Kitsap

July 8-12: Enchanted Forest

July 15-19: Forest Explorers

August 5-9 (subject to change): Theater Camp

### Tacoma

August 5-9: Themes available online

August 12-16: Themes available online

Visit [www.mountaineers.org](http://www.mountaineers.org) for more details on each week's activities. Camp fills fast; each year we have a wait list so sign up soon!



*Pioneers enjoy a day of pirating on the Skykomish*



*Joseph challenges himself on the Camp Long ropes course*





Julie Smith photo

## Perspectives: then and now

By Mary Hsue  
Director of Development  
and Communications

**In 1963, a band of climbers** embarked on one of the greatest adventures of our time. Fighting altitude, falling ice, freezing winds and snowstorms, they challenged the world's tallest mountain. The American Mount Everest Expedition (AMEE) would transform the lives of the men who went to climb it and transform America as well. At a time when Cold War tensions remained high and the race between America and the Soviet Union to put a man on the moon was under way, America was ready for new heroes.

Led by Norman Dyhrenfurth, the American expedition completed three firsts on Mt. Everest: 1) putting the first American, Jim Whittaker, on top of the world's highest mountain, 2) the first ascent of the West Ridge (by Tom Hornbein and Willi Unsoeld), and 3) the first traverse of the peak—again by Hornbein and Unsoeld, who descended to the South Col route after surviving an open bivouac above 28,000 feet with teammates Lute Jerstad and Barry Bishop, who had summited hours before them.

The successful summit of Everest would bring fame to the American climbers. They were presented with the National Geographic Society's greatest honor, the Hubbard Medal. John F. Kennedy presented the award in the White House Rose Garden in July 1963, just four months before he was assassinated.

America heralded its heroes.

**In honor of the 50th anniversary** of the first American summit of Mt. Everest, we welcome local climbers' perspectives on Everest—whether the mountain itself or the historic summits. On the following pages, you'll read about what Everest means to two members of the '63 team for whom we in the Pacific Northwest are proud to lay claim—Jim Whittaker and Tom Hornbein—and how their historic achievements influenced other Northwest climbers who have climbed or attempted to climb Everest.

You will find a common thread between each climber, inspired to seek challenge and adventure only to emerge transformed after achieving his or her goal or simply having tried. Climbing does this. In fact, almost anything you do in the outdoors that presents a challenge does this. It transforms you in some way.

**For all the objectives reached**—whether it is an Everest, a rigorous hike, a challenging paddle or ski—it becomes clear to us, as it did for our aforementioned American heroes, that the journey to our objective and what it imparts on our lives is what this outdoor thing is all about. It's a journey that presents adventure, beauty, challenge and the inescapable fun of simply being outdoors. ▲▲

# Jim Whittaker

## From active outdoor teen to Everest icon



*Excerpted from "The Brothers Whittaker,"  
August, 2012, Seattle  
Met magazine,  
by Allison Williams*

**This much they agree on:** The first time Jim and Lou Whittaker summited Mount Rainier, they both threw up. The twins were 16-year-old Boy Scouts in the summer of 1945, ascending via the Emmons Glacier with a few dozen others in the Seattle-based Mountaineers club. The sky was clear, but the two-day slog was harder than they expected. The underprepared boys were so dehydrated they melted snow in their mouths. Air is thin at 14,410 feet, and nausea is common "at elevation," as climbers say.

But what happened next is still disputed some 67 years later.

"Mom had packed a bunch of grapes, and you're so thirsty up there," says Lou Whittaker, now 83. "I threw up the grapes, re-ate a few of them." Gross, yes, but he was a teenage boy.

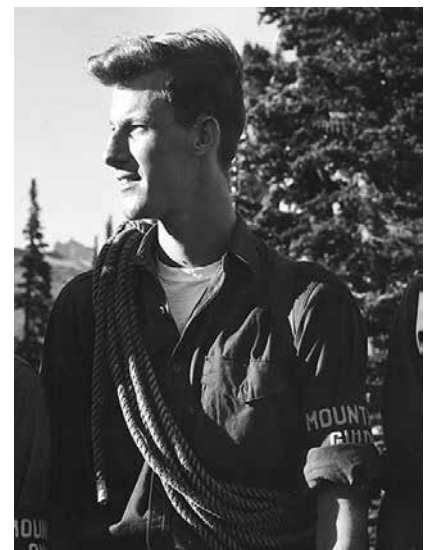
But Jim, his older-by-10-minutes brother, won't confirm it, "You can't believe everything Louie says. He wants to make a good story, and those are good stories." In his own biography, in fact, Lou wrote that the gross anecdote was a "story [that] got around...but that's not true."

So did it happen? Who knows. For the Whittaker twins, two of the most prominent mountaineers the Northwest has ever produced, their reputation is paramount. The grotty summit story fits the mystique.

### The early years

Born in February 1929 to a Seattle alarm salesman and his homemaker wife, Jim and Lou lived a childhood that fell somewhere between Ozzie and Harriet and Peter Pan. With their older brother, Barney, they'd play in a sand pit on the shores of West Seattle, building rafts and lifting homemade weights made of concrete and coffee cans. "They were just normal, scrawny, screwy kids that did everything together," says Barney, now 86. "Running madly around the yard wearing capes, pretending that they were Superman." No, they didn't fight over which one got to be the Man of Steel. "They were both Superman."

All three took to the outdoors, prompted by a father who fished even while on sales trips. As teenagers, Jim and Lou were six-foot-five pillars, sharp-faced and slender, recruited by Seattle University with basketball scholarships. But ball sports were just a means to a tuition-paying end; by graduation they'd dropped hoops in favor of ski patrol work and Rainier guiding, profitable ways to live up to their mother's mandate to "get outside and play." They played outside so much that college took an extra year, but their mountain rescues earned them medals and letters of commendation.



Ira Spring photo (Mountaineers Books)

## Jim Whittaker (continued from page 13)



With *Mountaineers* Publisher Helen Cherullo

### 'Big Jim'

Though the same height as his twin, he's known as Big Jim, and Barney considers him the more somber: "Jim is quieter and Louie is more gregarious, probably more life-of-the-party than Jim is." That's why the job offer he got from a climbing buddy in 1955 was so ideal. Five years previous, the twins had set off July Fourth bottle rockets with Lloyd Anderson from the edge of Rainier's summit crater; now he wanted Jim to operate his outdoor gear co-op above a restaurant on Pike.

When the Co-op finally hired Jim to manage their tiny storage space and store, he would spend long hours alone among piles of down sleeping bags and boots shod with Triconi nails. Drawn to the share-and-share-alike ethos of the co-op, Jim took \$400 a month plus a half percent of gross sales. Within five years, the name morphed from the Co-op to Recreational Equipment Incorporated, or REI.

Next to the pay and the access to gear, the best thing about the REI gig was that Jim could take time off. In 1963, he took a whopping four-month vacation, heading 7,000 miles to the highest point on earth.

### Mount Everest

Mount Everest is 29,029 feet high—about as far above sea level as commercial airliners fly—and was especially daunting in 1963, when there were no ropes marking routes to the top. Expeditions required hundreds of porters and dozens of skilled climbers to zigzag between remote camps for months. Those who actually made it to the top were less solo explorers and more like freelance astronauts; they reached summit orbit by a team effort.

Only two teams—one Swiss, one Chinese—had matched Sir Edmund Hillary and Tenzing Norgay's 1953 summit feat. When Swiss filmmaker Norman Dyhrenfurth asked Jim and Lou to join an expedition to put the first American on Everest, both jumped at the chance. But while the team of 19 climbers, doctors, scientists, and documentarians trained, one key member dropped out: Lou. That moment, perhaps more than any other, set the mirror twins on separate courses.

After flying to Kathmandu and a month-long hike to base camp, Jim and the team started endless trips up and down Everest's ledges and ice falls, hauling dried rations and oxygen containers. "Salad. Green salad. Green salad was the one thing you dream of," Jim says. "Women second." One team member died in an early accident, putting them all on edge. After six weeks, Jim and Nawang Gombu, a nephew of Tenzing Norgay, reached the summit on May 1, 1963. The first American had made it.

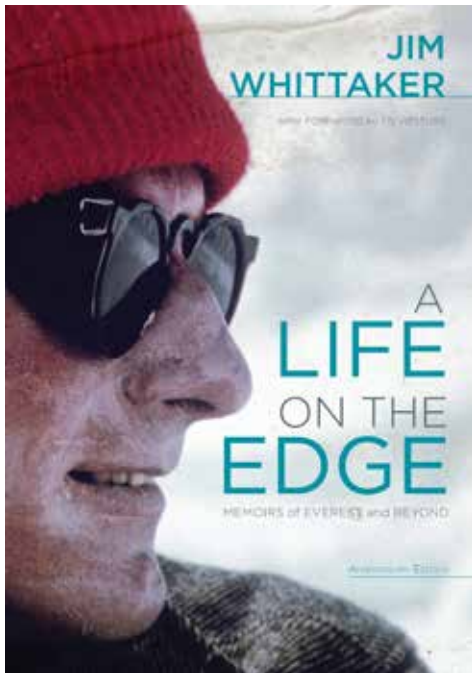
Jim doesn't think about that moment much; he'd rather picture the roof of the world through the eyes of his 27-year-old son, Leif, who made it to Everest's pinnacle for the second time this year. "They were sitting up there with no wind, no clouds," Jim says. "You turn around, suck up air, and enjoy the view. You know, just sort of soak it in." Jim had little time when he and Gombu summited, even though back then the South Col route was empty and otherworldly, not as crowded as a gold rush trail as it is today. But his two actions were ones of documentation: a photo, and picking up a rock to set in a signet ring.



Mountaineers Books photo

On top of the world in '63





Whittaker's re-issue from Mountaineers Books

## Everest 50

Saturday, April 20, 6 pm

Fremont Studios, Seattle

Dinner, program

and live auction

Tickets/reservations:

[mountaineers.org/everest50](http://mountaineers.org/everest50)

### Today

On June 3, 2012, Jim and Lou Whittaker met at Paradise Inn, the century-old lodge on the skirt of Mount Rainier. They came to memorialize Sherpa Nawang Gombu, who, after summiting Everest with Jim, worked 18 seasons on Rainier with Lou.

There's a slight curve to their shoulders—the brothers are on their ninth decade, after all—but Lou and Jim still stand above almost everyone in the hundred-person crowd. They glad-hand their way through the tight fraternity of climbers and guides under strings of multicolored prayer flags. Both want to be liked and both tell stories while nudging the listener with a foot, a conspiratorial gesture.

Jim and Lou hustle as they did 60 years ago, when the two strapping young twins would hawk their guide services to the crowd of tourists in this hotel lobby. In crisp white button-ups and armbands that read "MOUNTAIN GUIDE," one would stand on the other's shoulders to demonstrate climbing techniques on these same wooden pillars and beams. They charged \$28 for a two-day ascent to the summit, \$5 for a tour of the Nisqually Glacier's ghostly ice caves. In 1950, when the twins operated the Rainier climbing concession, only 238 people attempted to climb Rainier, with or without the guide service. The ice cave trips were the real moneymaker. Those ice caves have long since melted away, and, in 2010, 10,643 people tried to summit Rainier.

At the Gombu tribute, almost everyone, including the Whittakers, wore the kind of synthetic vests and down pullovers popularized by REI. They don't have to sell anything anymore—climbs, gear, themselves—but the twins are still working the room at Paradise. ▲▲



### About the author

Allison Williams is a senior editor at *Seattle Met* magazine, where she covers Northwest travel and the outdoors. Her work has appeared in *Time Out New York*, *Conde Nast Traveler* online, *Metro* newspapers, and *Publishers Weekly*, and on radio shows including *The Takeaway*, *The Rock Show*, and *The Brian Lehrer Show*. She holds degrees from Duke University, the University of Alaska Anchorage and is the recipient of the Jason Wenger Award for Excellence in Creative Writing. She lives in Seattle and is a hiker, scrambler, climber, skier and snowshoer.

## Of leaders and mountains, the Kennedys and Whittaker

**It was only four months after shaking the president's hand** in July of 1963 that the first American to stake his nation's flag atop Mount Everest had to grieve with his nation. President John F. Kennedy had been assassinated.

Two years after Jim Whittaker received the National Geographic Society's Hubbard Medal from President Kennedy in the Rose Garden, the Canadian government had named its nation's highest unclimbed mountain after the slain president, setting the stage for JFK's younger brother, Robert, to stake a flag on a summit—one that rises from the glacier-clad St. Elias Mountains, which borders the Yukon Territory and the Alaska Panhandle. The Kennedy family



*Jim Whittaker and RFK in a photo taken by Mt. Kennedy team member Dee Molenaar in 1965*

had noted the president's genuine admiration for Whittaker, so the Canadian government invited RFK to plant the Canadian flag on its summit. It did not have to think long about its choice for a guide: Whittaker.

**The young Kennedy**, who Whittaker met for the first time just before his team headed up to the Yukon, appeared reassuringly fit. Once on the mountain, Whittaker set a standard guide pace—slow enough not to burn out the novices. Soon, Kennedy asked him to go faster. As the group approached the summit, Whittaker stood back as the senator scaled the last of the peak's 13,905 feet and knelt in a private moment of prayer for his murdered brother.

The climb forged a friendship between the two men. Whittaker visited often with the senator's family, playing in the Kennedys' famous touch

football games and skiing with them in Sun Valley, Idaho. In 1968, Kennedy asked Whittaker to lead his Washington state presidential campaign. Soon Whittaker was leading the Oregon campaign, too.

**On June 4, the night of the California primary**, Whittaker had his volunteers gather in a Seattle hotel suite to watch the returns. When Kennedy's victory was confirmed, the senator called the suite from his room in L.A.'s Ambassador Hotel to address Whittaker's group through a set of loudspeakers. Then he went downstairs to announce his win. And then he went out through the kitchen.

While driving back home, Whittaker heard the news of Kennedy being shot. The same night, he raced to the airport and flew down to Los Angeles to join Kennedy's wife, Ethel, and younger brother, Edward, at the senator's hospital bed. Whittaker was holding Kennedy's hand when he died and was a pallbearer in the services at St. Patrick's Cathedral in New York City and Arlington National Cemetery.

**"My father's greatest living heroes were John Glenn and Jim Whittaker"**—a physical giant with a huge heart, a decent soul, and inspirational courage. We can all be grateful that Whittaker has finally put his extraordinary life on paper."

— Robert F. Kennedy, Jr., regarding Whittaker's book, *Life on the Edge* ▲▲

# A teacher deserving our love, fear and respect: 'Chomolungma'

By Leif Whittaker



Leif Whittaker with Ama Dablam in the background

Leif Whittaker photo

May 1, 2013, is the fiftieth anniversary of the first American ascent of Mount Everest. On a stormy afternoon in 1963, my father, Jim Whittaker, and his Sherpa climbing partner, Nawang Gombu, planted the Stars and Stripes in the snow at the highest point on Earth.

As the country celebrates this anniversary and revisits the history of the expedition, many people will ask how Everest has changed. Is it still a challenge? Is it still worth climbing? I have been lucky enough to summit Everest twice in the last three years, and although it has changed a great deal since 1963, it remains a formidable, transformative and beautiful mountain.

In 2012 I had the opportunity to climb with an experienced team that included world-renowned guides Dave Hahn and Melissa Arnot. Hahn has spent each spring on Everest for the past two decades, compiling 14 summits in that span. Arnot has already reached the top four times in her young career. Yet for all their experience, neither had encountered a situation quite like the one we faced at 28,700 feet during our summit bid. Over a hundred people in various states of descent were spread across the cornice traverse and Hillary Step, the last major obstacles of Mount Everest's Southeast Ridge. Our team was forced to wait for more than an hour while the line of bodies moved past.

**Dad and Gombu** could never have imagined such a challenge. They were focused on climbing a route that had no fixed ropes, no footprints, and no hope for rescue should something go wrong. They were completely alone, pushing the boundaries of human endeavor higher and higher into space.

Some climbers argue that Everest has lost its purity, that it has become a simple walk-up reserved for rich clients and their

guides, but those people fail to realize the complexity and power of the Himalayan landscape. I was shivering by the time the route was clear for our ascent. Dave, Melissa, the rest of our team, and I climbed the final 300 feet and embraced on the summit. It was the type of day that happens perhaps once a year on Everest. The sky was clear and windless; the air was warm. Our breaths and tears were the only sound that broke the vast silence. The world beneath us was a distant memory, a passed-down story, a rich history of perseverance and teamwork held within the brittle rock and ice.

Dad and Gombu were not lucky enough to have the view or the time that we had. They were focused on survival. The very moment they reached the top they began preparing for the descent. A maypole with the American flag tied to it was the only physical sign they left behind. Otherwise, the storm erased their presence; but it couldn't erase their legacy.

**I sat on the summit**, which is now adorned with a giant nest of prayer flags, and contemplated the mountain. I knew, as all climbers know, that the mountain didn't care who I was. It didn't care that I had a history here, a past relationship with it. I knew the mountain was simply a geologic form devoid of emotion or intention, but I also knew that the mountain had changed me, that I would be a different person when I came down, and I wanted to believe the mountain was something more.

**Tibetans have their own name** for Mount Everest. They call it Chomolungma—"goddess mother of the earth." After two expeditions to the summit, I am beginning to understand why. The mountain is not just a pile of ancient rock. It is a teacher, deserving of our fear, love, and respect. ▲▲



# West Ridge lives large in doctor's life to this day

Jon Krakauer photo



*Hornbein on Royal Flush at Frisco, Colorado last August*

**By Brad Stracener**  
Managing Editor

**It was a risky route and a risky decision in May of 1963.** Tom Hornbein and Willi Unsoeld decided, however, that they would forego an attempt to be the very first Americans on top of Mount Everest and instead try to be the first on top of it via the West Ridge route. About a month after their teammate, Jim Whittaker, stood as the first American on top of the world, Unsoeld and Hornbein successfully stood atop Everest as the first ever to get there via the West Ridge.

The accomplishment, coupled with Whittaker's ascent, breathed new life into the climbing world's view of American climbers' prowess. One of America's seminal Himalaya climbers, Jake Norton, has called the West Ridge climb "an incredible story of vision, of heroism, of tenacity." To this day, only three others have reached Everest's summit via the route that Hornbein and Unsoeld climbed 50 years ago.

**In looking back at it today,** however, Hornbein puts it this way, "We were a little group of young males trying to find something to challenge us for a little while." Little did he know at the age of 32 how much of his remaining life would be influenced by the magnitude of meeting that challenge—an influence he has tried to deny for many years, he says.

The 82-year-old physician's current itinerary attests to this assertion as the 50th anniversary of the climb draws nearer. A celebration on May 22 that will feature a discussion with journalist and climber Jon Krakauer is keeping him quite busy currently.

"The fiftieth is like a huge tidal wave of Everest breaking out, and I can't get out from under it," he says, but is quick to add, "It has made me revisit some things that I probably would not have."

One of those things is the lifetime impact of his and Unsoeld's climb. After all, as he notes in the new preface, his marriage was born from a probing question (why had he climbed Everest?) by a patient's pediatrician who stood beside him at the operating table. He didn't answer but instead volleyed back, "Why is your arm in a sling?" and her answer led him to not only becoming her climbing mentor but her husband of more than 40 years now.

**Though Everest etches a large landscape of his life**—precious lifetime friendships, books, appearances—he maintains other lives. "Not everyone thinks of me as the doctor who climbed (the West Ridge)," referring to his professional side of life. He has studied and documented human physiological limits and performance at high altitude, and was professor and chair of the Department of Anesthesiology at the University of Washington School of Medicine over a period of 15 years.

"If I looked at Everest and the wonderful climbing experiences I have had, it is clearly one of my lives that stands out, but my other lives have their own precious uniqueness just as much or more so than Everest."

While its significance has snowballed into "occupying a large space" in his life, the good doctor would rather talk about it in terms of what he cites in his new preface as "a wonderful alchemy" born from a "priceless community" of caring friends and family. ▲▲

# How the Peace Climb of 1990 led to lifelong friendships for local climber

By Brad Stracener  
Managing Editor

The stories are many in mountaineering lore: Lifelong friendships both forged and shattered on Mount Everest. Fortunately, for LaVerne Woods, the former prevailed when she hit the 23,150-foot mark toward the summit.

"I would have died," said the Mountaineers member who suffered from thrombophlebitis—a blood clot—on that day in May when two Soviet climbers saved her by surrendering a summit to bring her down toward base camp, where she could eventually be flown to a hospital in Thailand for treatment.

The incident took place nearly 23 years ago and she is still friends with her climbing partners from Russia, where she recently went to visit them and share the camaraderie they first established on what was called "The Peace Climb," organized by Jim Whittaker to celebrate the 20th anniversary of Earth Day. It also marked the first time in history that mountaineers from the United States, Soviet Union and China had roped together to climb a mountain, let alone Mount Everest. Whittaker had placed one American on each three-member team. Fittingly, in the case of Woods' travail, he



Woods (left) on the Peace Climb with Ekaterina Ivanova, the first Soviet woman to climb Everest, who died in 1992

selected climbers who were not elitists focused only on their own objectives. Instead he selected climbers used to looking out for others on their climbs. He also invoked a rule: No one could stand on the summit without their other two climbing mates.

## About LaVerne Woods

LaVerne Woods, a Washington native, is a Mountaineers Advisory Council member and partner at Davis, Wright, Tremaine, LLP, in Seattle, where she chairs the firm's Tax Exempt Organizations group. She has sat on several national committees for the American Bar Association and others. She has received several professional awards, including "Lawyer of the Year" by Best Lawyers in Seattle.



"The most important thing about the Peace Climb," said Woods, "is the lifelong friendships that were made."

She was one of the first people to ask to join the climb, she said, when Whittaker announced he was looking for climbers. "I liked the intercultural dimension of the Peace Climb," said Woods, who had forged friendships with other Soviet climbers in 1986 while climbing the Pommiers. And, Everest had captivated her since she was

six years old, when Whittaker became the first American to stand on top of the world. "I have very vivid memories of that day," she stated.

"I went to elementary school with Jim's boys," said Woods, who grew up in Redmond with parents who climbed, hiked and wrote a Mountaineers guidebook on bicycling Washington. "Some grow up thinking that the outdoors is where you play golf or swim. I grew up thinking that it is where you go climbing."

She started climbing in the Olympics as a teen and by the time she was in her 30's she had climbed Annapurna and peaks in the Himalayas as well as Alaska.

There are so many mountains in the world but the public is so fascinated by Everest, she noted. "It stands for the supreme challenge and biggest test one can find for oneself." She added, "It is an intense experience . . . and brings out the best and worst in people."

Still, she insists, the summit of the West Ridge by Hornbein and Unsoeld—who were on Whittaker's 1963 team—is without parallel. "A powerful symbol of confidence and audacity that nothing else has beaten." ▲▲

## Guide Dan Mazur: Everest still a worthy challenge

**What is the meaning of Mount Everest** in the climber's eye? Dan Mazur, Himalayan mountain guide for SummitClimb and SummitTrek, took some time out from preparations for the upcoming climb season to lend his view of what Everest means and answer a few other questions about the highest point on Earth.

Mazur, like the Whittakers, started climbing high peaks as a teenager, but in Montana. And, like the Whittakers, he joined the Scouts to pursue outdoor adventure when he was not finding it during his family's frequent camping trips with their dog to various national parks.



*Mazur in full mountain mode*

Mazur gained headlines most recently in 2006 when his team rescued Lincoln Hall, an Australian climber who had been left for dead at the 8,600-meter mark of the mountain by an expedition that passed the stranded climber a day earlier. A few days prior to Hall's rescue, 40 climbers had similarly passed by British climber David Sharp who went unrescued and died. In abandoning their own attempt on the summit in order to save Hall's life, Mazur and his team were heralded for upholding the noblest tradition of mountaineering. Mazur has climbed seven of the world's 8,000-meter peaks and led expeditions more than 15 times to the world's highest peaks, including seven summits of Everest. When he is not climbing he travels the world to raise money for charities such as Mount Everest Foundation for Sustainable Development of Nepal and Tibet, or the Mountain Fund. He lives in Bristol, England, as well as Olympia, Washington.

**In your own words, Dan, what does Everest mean to the climbing world?**

Everest is the highest mountain in our world. It rises above all else. Climbing it is still a worthy challenge and saying "I climbed Everest" still garners much respect."

**What influenced you to climb Everest?**

I loved mountaineering in North and South America. Then

I tried the smaller peaks in the Himalaya. I survived and enjoyed those early climbs. When I was offered a chance to climb Everest, I jumped at it.

**What proved different than you thought before setting out on Everest?**

I thought it would be very challenging: the extreme cold, high winds and other dangers. One of the big surprises for me was all of the people up there who needed to be helped, all of the accidents and tragedies. Still I wanted to do it, and after doing so, I came away profoundly impressed by the hard-working people who climb Everest and continually help others along the way.

**What do you see for Everest's future?**

Everest will always be our world's highest mountain and biggest challenge. But environmentally Everest is changing. The Khumbu Icefall seems to be getting more compressed at the base and the huge crevasses seem to be moving up the Western Cwm. The upper mountain seems warmer and drier than it did before. ▲▲



# Are you eyeing Everest or another major? Here are some fitness tips



It goes without saying that you should be in the shape of your life to climb Mount Everest! This is an incredibly demanding climb, even for the strongest high-altitude guides in the world. This mountain cannot be underestimated; it is a very serious and potentially dangerous undertaking. You should consult with your guide service and/or other professional fitness instructors to create a specific plan for the climb.

**Beyond spending several months at high altitude** where your body continually gets weaker, you must be prepared for long, strenuous days at extreme altitude carrying loads of 30-70 pounds (14-32 kg). Summit day can last twelve to eighteen hours with little to eat or drink and maximum output for nearly the entire time. It is common to burn well over 10,000 calories on summit day. If your body cannot meet these demands, getting to the summit will be out of reach.

Day hikes and multiday hikes of long distances at least once a week for ten-plus hours at a stretch are the best way to train for a Mount Everest climb. Beyond this, cardio training at a higher heart rate is important. A routine of five or six days of training per week is necessary. Begin conditioning as early as possible, and continue to ramp up until two weeks before the trip begins, then taper off in order to “peak” your fitness level. Rest several days before leaving for Mount Everest because travel and jet lag can take a toll on the body. Most importantly, don’t hurt yourself prior to the climb! A sprained ankle or broken arm can end your trip, and with the time, money, and emotional investment you will have made, this could be disastrous if you haven’t bought insurance.

— Excerpted from *Climbing the Seven Summits*, by Mike Hamill (Mountaineers Books 2013)

## Pointers from trainer, Mountaineer Courtenay Schurman



Courtenay volunteering for a family activity

**The biggest mistake I see** is people focusing exclusively on unloaded (i.e., no pack) cardiovascular training and neglecting or forgetting the strength regimen. This is especially crucial for something like Denali, where you’re hauling 100-150 pounds up the mountain (without sherpas, porters or pack animals to assist). Marathoners and even triathletes without adequate strength training especially will struggle on an expedition like Denali. Their sports use completely different muscle recruitment patterns compared to climbing, which involves a loaded pack and varied terrain that often poses physical obstacles while you are carrying weight.

It is important to carry a weighted pack for at least two, but preferably three days each week while preparing. Travel with more weight on the front end of the outing and less weight, but more mileage and gain, on the second or third day of the trip to simulate the long stretches of an approach and the climb. This applies not only to Rainier

Continued on page 22

## Fitness pointers from a trainer (continued from page 21)

and local glaciated peaks in the Cascades and Olympics, but all of the higher Seven Summits, particularly Everest, Aconcagua, and Denali.

**I tell locals training for the Seven Summits** to be able to hike Mount Si with your heaviest anticipated day weight. This maximum load might be 120 pounds on Denali, considering sled and pack, as opposed to 30-35 pounds on Everest. Then, the very next day—no rest day in between—do Mailbox Peak (4,000 ft. gain), St. Helens or Camp Muir with 80 percent of the previous day's weight.

**When do you start preparing?** For something like Rainier, target your training a minimum of 3-4 months before the trip, depending on baseline or starting point. For trips up Denali or Everest, prepare a minimum of six ramped-up months before the trip (my online training clients most typically train 6-12 months). Note that these training periods are built on top of what is already a pretty good baseline of fitness for those aspiring to a major or one of the Seven Summits.

**As for the amount of time to set aside** for training, most who are already training for the Seven Summits are

already pretty devoted. As pointed out by *Seven Summits* author Mike Hammil, you can expect to complete two full-body strength workouts a week that last roughly an hour each and four cardio workouts ranging in intensity and duration. The shorter cardio session might be 30-45 minutes, one to two times a week, while incorporating one long midweek workout of 60-90 minutes with a pack, plus long climbing-specific weekend hikes of up to 8-12 hours as you approach the climb. ▲▲

### About Courtenay Schurman



Courtenay has been a member of The Mountaineers since 1990 and a climb leader since 2003. She and her husband, Doug, run Body Results, a mountaineering-focused personal training studio in North Seattle. Courtenay trains clients around the world via her online WebTraining service, helping people of all ages and fitness abilities prepare for climbs. She is co-author of *The Outdoor Athlete* (Human Kinetics 2008) and co-producer of the DVD, *Train to Climb Mt. Rainier or Any High Peak* (Body Results 2003). Visit her website at [www.bodyresults.com](http://www.bodyresults.com) or contact her for training questions at [court@bodyresults.com](mailto:court@bodyresults.com).

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# Who says hiking is only for weekends?

March 10 marks the beginning of Daylight Saving Time and opportunities to get on nearby trails after work—perhaps to get in shape for more serious hikes in summer. In this vein, we are happy to reprint an article from freelance writer Nicole Tsong that appeared in the Seattle Times Pacific Northwest magazine last August. While at it, we asked a few of our Mountaineers hike leaders their after-work favorites.

By Nicole Tsong

**For my first group hike** with the Seattle (Branch) Mountaineers, a moderate pace seemed quite reasonable. An after-hours hike sounded like the perfect way to spend a summer afternoon/evening.

Thing is, the after-hours hikes are apparently known (to everyone but me) as being rather brisk. Hike and learn.

I showed up at the meeting place off Interstate 90 for our hike up to Dirty Harry's Balcony. Our group of seven was experienced and packed with avid members of The Mountaineers, including other people who regularly lead hikes.

**The group looked strong.** But I was more concerned about how to answer the call of nature with a bunch of strangers than I was about speed as I chatted with our group leader, Bill Borom, and Mountaineers regular Rich DuBois on the carpool to the trailhead. (Group solution to the call of nature: Call out "party separation" and separate.) I also was excited about the safety of a larger group

Continued on page 36



Weekday hikes nearby are easy to find. The hiking group above stakes out Rattlesnake Ridge near North Bend

## Some leaders' favorite after-hours hikes

**West Tiger Mountain No. 3:** A great nearby hike after-hours. Depending on how much time you have and one's energy level after work, you can choose a number of different routes to arrive at the top of No. 3. Once there, great views can be had from a variety of adjacent view points (weather permitting of course).

**Mount Si:** When I feel the need for a serious after-hours workout, Mount Si is a fantastic location that is also close to Seattle. One can gain over 3,000 feet of elevation and still be home by early evening. If the sky is clear, you get great views of Seattle and the surrounding mountains.

—Bill Borom, Seattle Branch

**Annette Lake:** This has worked for me as an evening hike in summer. There is generally daylight through the trees and it is not a long drive back to Seattle.

—Bob Pankl, Seattle Branch

**Olympia, Watershed Park:** Just minutes from downtown Olympia, this is a dense mini-forest that rivals any of Washington's national forests or national parks. Its 1.5 miles of well-maintained trail is steep and stepped in places, as it follows Moxlie Creek. See more at <http://olympiawa.gov/community/parks/parks-and-trails/watershed-park>.

**Priest Point Park:** Three-plus miles on several trail options with a couple hundred feet of overall gain; beach access in low tide; nice views of the Olympics from the beach. There's also the Nisqually Wildlife Refuge, the Western Chehalis Trail and Capitol Lake with switchbacks up to the government buildings—mostly flat, but offer good exercise over as many miles as you want, fresh air, trees and even wildlife (birds, eagles, seals, salmon on their return trip to the Deschutes River).

—Greg Lovelady, Olympia Branch

To see more about some of these hikes and others, check out the Day Hike series—written by Craig Romano—from Mountaineers Books.



## A skill for bringing all sides together (continued from page 9)

establish National Wildlife Refuges in our region stands out. She's still lobbying on Alaska and Washington's outer coast islands.

### In the world of achievement

Numerous organizations have awarded Helen their legacy awards, including People for Puget Sound and National Audubon Society in 2011. She received the 1977 Distinguished Citizen Award from the Municipal League of Tacoma Pierce County and was awarded Tacoma Rotary Club's first environmental award in 1992. She even has an award named after her—the Cascade Land Conservancy (now Forterra) initiated the Helen Engle Lifetime Achievement Award in 2004. In fact, Rep. Dicks called his receiving of the Engle award in 2010 one of the greatest honors of his career.

You might call Helen Doctor Engle, too, since the University of Puget Sound awarded her an honorary Doctor of Science in May 2011 (see page 14 of the July/August 2011 *Mountaineer* magazine.)

While she was busy launching and supporting all of this citizen activist work, she was deeply involved with The Mountaineers. She took or taught courses in basic climbing, alpine travel, mountaineering-oriented first aid, and family activities, and she also helped develop The Mountaineers conservation program. Along with her husband Stan, who died in 2009, she co-chaired the Tacoma Mountaineers annual banquet for many years. Helen also organized regular events to draw people to the Tacoma Mountaineers, including the enormously successful "Ghosts of Everest" talk by Eric Simonson.

Helen didn't do technical climbs, but she made sure that other people did. A perpetual organizer, she served as Stan's assistant manager for his expeditions to Mount McKinley as well as Peru, Ecuador, and Mexico. All this while raising seven children. She now has six grandchildren and two great-grandchildren. (Her granddaughter, Erica, is a climber and professional guide traveling the world and teaching climbing.)

The Salmon Bakes that Helen and Stan hosted brought people together to honor our region's greatest natural resources, like along the Nisqually River at the confluence with the Mashel River, an area now protected as a state park. The salmon bakes moved to her backyard in later years (also the site of the Engles' Big Backyard Picnics—drawing over 200 people . . . a veritable who's

who among the movers and shakers of our region.)

### Her recipe for making things happen

Jean MacGregor, a faculty member of the Evergreen State College and frequent co-instigator with Helen, gave me Helen's not-so-secret recipe for making things happen:

First, do your homework. "When a new issue comes up, she gets on the phone with everyone she can think of to learn the issue and the science behind the issue," said MacGregor, who notes that Helen probably has the biggest rolodex of contacts in the environmental and legislative community in the state.

Next, go to Engle Intervention Strategy Level 1. Helen gets back on the phone to every possible stakeholder to learn more and also "to see if people can resolve the issue before it becomes a crisis, lawsuit, or train wreck." She talks to young people and the CEO of Weyerhaeuser alike.

If that doesn't work, then she reverts to Engle Intervention Strategy Level 2: She invites everyone to her house for soup. She encourages them to just get to know someone, because it's hard to demonize someone you know. This highly effective strategy has diffused many crises in their infancy, according to MacGregor. Conflict resolution seems to be an innate skill of Helen's.

### Inspiring others to act

What inspires Helen to advocate for the outdoors? In Helen's own words: "It all started with my wanting my family to know and appreciate the richness and wonders of the Pacific Northwest natural systems. I grew up on my great grandfather's Donation Land Claim property of 1871. When we took our little kids out hiking, we saw miles of our trails disappearing as development came along our rivers and shorelines." That inspired her . . . to lobby the Legislature and Congress to act. Over the years, she "made lots of good friends among my foes as well as supporters." No doubt all were welcome at Helen's house for soup.

I asked Helen what we can do to maintain and enhance support for the outdoors. "Explore and study what you see. Learn what it is, how it was formed, why it's important. In protecting the environment we are protecting the human population as well. Aldo Leopold had it right . . . we must recognize that we are one with the other life forms on this planet, and so, we are saving ourselves." ▲▲



## Private support is key to building outdoor citizens

**When I tell people what I do for The Mountaineers,** I'm often asked the question, "Why raise funds now, after being around for so long?" Good question.

For over 100 years The Mountaineers has served as the foremost outdoor recreation organization of the Pacific Northwest—dedicated to educating and inspiring people to explore the outdoors, to conserve and steward public lands and waterways. Led by highly-trained and experienced volunteers, our programs connect people with nature and create a lasting appreciation for the natural landscape. We work to inspire a lifetime of exploration and love for the outdoors because successful conservation depends on it.

In 2011, the organization was granted 501(c)(3) status because The Mountaineers has long served for charitable and educational purposes by educating its members and the greater public with thousands of courses, activities and books on outdoor recreation and conservation. Operating as a 501(c)(3) expands The Mountaineers' capacity to further its mission by making it easier to raise vital funds from individual, foundation and corporate supporters.



*A day at Mountaineers summer camp*

The Mountaineers is fortunate to have been able to rely on membership dues, course participation and lodge revenue to sustain efforts to get people outside, but over the past few years it has been private support that has enabled the organization to invest in new, emerging programs and initiatives that advance our mission and help us strengthen our programs for the betterment of the community and the natural world.

### **Private support has enabled The Mountaineers to:**

- **Develop a suite of youth education programs** that experienced 80 percent growth in two years. A vibrant and growing outdoor community depends on getting as many young people from all walks of life into the outdoors now. In 2012 we offered 2,340 youth experiences to 920 young people.
- **Reinvigorate a public lands program** that will steward The Mountaineers conservation legacy and create outdoor citizens. In 2011 we integrated low-impact training into our course instruction, provided stewardship opportunities and education on conservation and public lands management issues. In 2012 we doubled our reach to over 13,000 readers with a new conservation e-newsletter and we provided over 6,000 hours of on-the-ground stewardship, including trail and climbing area maintenance and conservation education.
- **Support 1,000 trained volunteers** who led or instructed more than 3,200 trips and courses last year. Volunteers devote their free time to lead, educate and inspire others in the outdoors. We are dedicated to cultivating a volunteer tradition and to supporting our volunteers' efforts to enable more people to get outside.
- **Provide outdoor information to thousands** of book buyers. Our recreation, lifestyle and conservation books complement our programs and inspire generations by preserving mountaineering literature's most important and historic works.

**As we look to the future,** our hope is that The Mountaineers' outdoor education and conservation legacy will endure for generations to come because of the relevant nature of our mission, the positive impact of our programs on our members, the outdoor community and the environment, and a resolute commitment to stewarding our legacy. It will be private support that will make that dream a reality.

*Mary Hsue  
Director of Development  
and Communications,  
The Mountaineers*



Kallas, wild edible plants authority, instructor, researcher, and director of Wild Food Adventures, will present, "Edible Wild Plants: Wild Foods from Dirt to Plate," **April 18 at 7 p.m.** at The Mountaineers Seattle Program Center.

By Joan E. Miller

## Plenty of 'food at your feet' to put on your table

**All our lives we are told "there's no free lunch."** But John Kallas can prove otherwise. In fact, as he eagerly points out, there's free lunch all around us, if we just open our eyes.

Sure, most of us eagerly pluck juicy wild blackberries, huckleberries and other fruits that grow in the Pacific Northwest. But how many of us scan the ground for sheep sorrel or miner's lettuce? Can you tell a dandelion from cat's ear? These common edible wild plants could add flavor, texture and nutritional value to any meal, indoors or at a campground.

Kallas says we've gotten out of touch with the plants around us, and lack the knowledge of how to use them. Native Americans and other cultures gathered wild plants as their daily food. They didn't view wild plants as novelties, they just thought of them as food. Generations ago, parents passed this knowledge to their children. In particular, farmers and others living close to the land held more knowledge about food plants and kept that within their families. But as we became more industrialized, this knowledge was no longer passed on and was lost, Kallas says. "One way to look at it is that all wild foods are traditional foods."

**There are so many preconceptions** about wild foods, Kallas says, that it's essential to have a good book that meets your own needs and provides complete information about wild foods. A good guidebook is like a user manual, he explains, that provides tools for identifying plants at all stages of growth, as well as their edible parts at their prime and how to prepare them so they are enjoyable or even delicious—especially for the ones that are distasteful in their raw form.

Perhaps the best known wild foods advocate was Euell Gibbons, whose books in the 1960s reawakened some interest, notes Kallas. Since then, many books about wild foods have been published, and Kallas has probably read every one, but he says the vast majority are not very useful. Most fall short of providing clear photos for identification and helpful information about nutritional value and how best to eat wild foods. If you simply pick wild foods without knowing how to use them, Kallas says you can end up being disappointed and turned off to the whole idea.

**Wild plants can have many parts that are edible** and tasty, such as leaves, roots and flowers. Some people look at knowledge about wild foods as something to use for "survival." But Kallas is quick to point out that we can easily incorporate wild foods and their nutritional boost into our daily diets, and need not consider them survival foods. Some of these plants can be found in your yard or local neighborhood.

His latest project is writing the second volume in his Wild Food Adventure

**Continued on page 38**



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## The Colorado Trail through the San Juan Mountains

By Cheryl Talbert

**The San Juan Mountains** are a high and rugged section of Colorado's southern Rockies, punctuated by six peaks over 14,000' elevation, and some of the longest view-filled and remote stretches of trail that you can find anywhere in the U.S.

And like so much of the Rockies, the peaks rise above colorful rock and vast expanses of wildflower-filled meadows. The 483-mile Colorado Trail, which runs along the crest of the San Juans and beyond from near Durango, Colorado, to near Denver, has been named a life-list trip by *Backpacker* magazine readers, and as one of Andrew Skurka's "Top-10 Long Trails" in *National Geographic Adventure* magazine.

The Mountaineers will be hosting a



Looking down on the Animas River Basin

backpack trip in August of 2013 along 80 miles of this amazing trail, with side trips to explore the fabled peaks of the Grenadiers as well as the nearby Chicago Basin, a stunning, hanging valley surrounded by '14-ers.'

Transportation and resupply logistics can be complicated in this out-of-the-way country, so we're making it simple by providing a shuttle to the trailhead and a resupply midway, complete with a catered camp dinner, breakfast and hot showers.

As icing on the cake of this amazing experience, we'll finish our trip with a ride on the historic Durango-Silverton Narrow Gauge train along the lovely Animas River back to our starting point in Durango.

For anyone who yearns to really "get away" and experience miles of unforgettable trail hugging the Continental Divide—with few others around—in the continental United States you'll be hard pressed to find a better venue than this.

### Backpack Colorado Trail Aug. 16-28, 2013

Please see the feature article above for the trip description. **Price:** \$800 per person including on-trail 'luxury camp' with dinner-breakfast and showers (assuming 8 people) **Leader:** Cheryl Talbert, cascadehiker@earthlink.net, 253-229-4018.

### Hike Italy's Dolomites Aug. 22-Sept. 12, 2013

The Dolomites of northern Italy 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. Trod extensive interconnecting footpaths and visit well-placed rifugi (high altitude mountain huts). Stay in three- and four-star hotels each night, with bounteous buffet breakfasts and multi-

course evening meals included in the trip price. Trip classification is upper moderate to strenuous and hiking days are long, but pace is moderate.

**Price:** \$3,750 **Leaders:** Shari Hogshead and Paul Gauthier, skimntr@aol.com, 425-957-4548 or 425-260-9316.

### Presidential Traverse in New England

Aug. 31-Sept. 8, 2013

Hike nearly 25 miles of the famous trail of the east, the Appalachian Trail, and traverse its presidential peaks—all above 4,000 ft. and named after eight U.S. presidents. The highest peak, Mt. Washington, is 6,289 ft. A light daypack is all that is needed, as the huts provide food and bedding.

**Party limit:** 9.

**Price:** \$998 (Includes lodging, all meals, transfers from Port-

land, Maine to THs and return, shuttle transfers). **Leader:** Patti Polinsky, meanysports@me.com, 206-525-7464.

### Trek Austria's Zillertal hut-to-hut

Sept. 7-22, 2013

This outing combines spectacular alpine scenery, European culture, and great hiking. Our 50-mile loop has it all: glaciated 11,000-ft. mountains, high alpine passes, deep valleys, waterfalls, gemsbok mountain antelopes and alpine roses. No technical expertise required, but expect long, strenuous days and some alpine scrambling with fixed cables and ladders. Huts are large inns/guest houses. Carry only a daypack. The eight huts have food and bedding.

**Price:** \$3,000. Please

complete the website application by April 1. **Leader:** Craig Miller, craigmiller@comcast.net.

### Trek Nepal's Mustang, the Forbidden Kingdom

Oct. 2-22, 2013

This outing combines a moderate trek with views of giant Himalayan peaks, Tibetan Buddhist culture, mountaineering history, and spectacular airplane flights. Highest altitude is only 12,595 feet. We will camp in tents. Porters will haul your overnight gear, so you carry only a daypack.

**Price:** \$3,500. Please complete the website application by March 1. **Leader:** Craig Miller, craigmiller@comcast.net.

See [www.mountaineers.org](http://www.mountaineers.org) for all details on Mountaineers Global Adventures

## Art Nation, lifetime member

Hands joined together, 'Meanyites' danced their weekly ritual prayer for the skies to open up and transform the landscape into a winter wonderland. "Snow, snow, snow, snow!" they chanted, moving in and raising their hands upwards, following the Spike Jones "gunk" of his answering melody as they backed off into their circle. Arthur Nation was in the center, playing his viola, dancing, and leading us all in a celebration of living life to its fullest. Arthur W.C. Nation certainly did just that, and through The Mountaineers, he found some of his greatest expressions of joy in life.

Arthur W. C. Nation, a Mountaineers lifetime member of 65 years, died of pneumonia on November 11, 2012. He was 84.

Since joining The Mountaineers, he was best known as a Meany Ski Hut regular. During the fall work parties, he would design and fix anything involving electricity, from sound and communication systems to rope tow safety gates. He also helped design and build bridges, and kept his temperamental chain saws in service to be available whenever needed.

During the winter, he was an avid downhill skier who also led many cross-country ski tours up into the surrounding hills. During the evenings, he would offer his musical talent in the form of the Saturday night folk dance, wielding a viola or a bass to play with his friends on a weekly basis.

Arthur was a climber, as well, completing the climbing course around 1960. In addition to reaching the summits of all the Pacific Northwest volcanic peaks, he was part of a 1961 team that completed first ascents of Mt. Queen Mary and Gnurdelhorn Peak in the Canadian Yukon territory. The name of the latter is believed to be of his doing, with GNURDS (Grub Nibbled

Under Really Desperate Situations) being a term he jokingly used to describe the lint and crumbs at the bottom of a weary mountaineer's pocket.

Arthur's ingenuity also played a role in the evolution of the ice ax glissade technique, ultimately included in Mountaineers course instruction.

Arthur was also active at the Kitsap Forest Theater, where he played music for productions and designed portable sound systems at a time in which they were rare. The Forest Theater was also the site of his marriage ceremony to Latrelle Hastings in 1969.

## David Hambly, skilled climber

A Mountaineers member of 45 years and skilled high alpine climber, David Hambly died in October of 2012 at the age of 73. His passion for climbing and mountaineering was only matched by his fervor for running.

A Boeing engineer who grew up in Fishponds Bristol, United Kingdom, David took the intermediate climbing course, ski mountaineering and winter travel course with The Mountaineers. A U.S. Runner of the Year in the Masters age division in 1980, David's zeal for running fit well with an equal zest for climbing.

Soon after his arrival in the Pacific Northwest, in 1966, he teamed up with local climbers on the crags and summits of the Cascade. Within a few years his mountaineering interest expanded and he began a quest that led him to tackle some of the highest and most difficult mountains in the world.

In 1978 David joined a British-American team to make the seventh recorded ascent of India's 25,643' Nanda Devi. This difficult ascent had been preceded by an ascent of

India's 23,360' Trisul in 1975. David went on to attempt Everest from the north in 1984 (reaching 28,200') and from the south in 1988 (reaching 26,400'). He reached the summit of two 8,000-meter peaks: Cho Oyu in 1986 and Broad Peak in 1992.

In all of his high-altitude mountaineering David never used supplementary oxygen, instead preferring to make his attempts in a classical light-weight style.

David fed his passion for running and mountaineering, as well as book collecting, after he retired from a 45-year career at Boeing in 2011 and until the day he died. A memorial service was held January 6, 2013 with remembrances being made to The Mountaineers.

## Fred Ostmann, ski instructor

A cherished leader and instructor of Mountaineers ski courses for the Tacoma Branch, Fred Ostmann died from an extended illness January 7, 2012 at the age of 73.

Fred, who joined The Mountaineers in 1996, introduced many beginning skiers and Mountaineers newbies to the fun and adventure of backcountry skiing. He was known for his great conversational ability on a wide variety of topics during drives to and from the snowy slopes and trails. He was also known for his natural teaching skill as well as his penchant for perfection, careful to never let it obstruct the learning process with students.

Born in Nurmberg, Germany in 1939, he emigrated to the United States in 1950 and moved to Tacoma in 1985. During his career Fred was a teacher, sculptor, architect, and construction manager. A loving husband and father, he was also a talented draftsman and designer who enjoyed not only skiing but mountain climbing, hiking, bicycling, swimming and cooking.

**Mountaineers Business Members** value the spirit, volunteerism and history of The Mountaineers and support the organization's mission: "... to enrich the community by helping people explore, learn about, conserve and enjoy the lands and waters of the Pacific Northwest." They are a community within the community of The Mountaineers—all sharing the same interest and passion for the outdoors. We thank the following Mountaineers business owners for their support.

## ACCOUNTING - TAX SERVICES

**Vivienne E. Mitchell** (Joined 1983)  
Hersman, Serles, Almond PLLC  
520 Kirkland Way, Ste. 300  
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www.cpahsa.com  
VMitchell@cpahsa.com  
425-602-9272

## BANKING - LENDING

**Leah Schulz** (Joined 2006)  
Tri Star Finance  
1400 112th Ave. SE, Ste. 100  
Bellevue, WA 98004  
www.leahdschulz.com  
leah@TriStarFinance.com  
206-523-1288

## BODY WORK

**Christopher Hall** (Joined 2011)  
Chris Hall DC, CCSP - Chiropractic Sports Physician  
1215 120th Ave NE, Ste. 100  
Bellevue, WA 98005  
www.drchrishall.com  
chris@drchrishall.com  
425-455-3300

**Hope Maltz** (Joined 2007)  
Moving Into Comfort - Feldenkrais Method®  
1409 140th Pl. NE  
Bellevue, WA 98007  
www.MovingIntoComfort.com  
hope@MovingIntoComfort.com  
425-998-6683

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www.LouieCompany.com  
earthhumor@comcast.net  
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WA Lic #: LOUIEC902C6

**To learn more about becoming  
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info@mountaineers.org,  
206-521-6001**

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**Mearl Bergeson** (Joined 2011)  
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Seattle, WA 98161  
www.fa.ml.com/mearl\_bergeson  
mearl\_bergeson@ml.com  
206-464-5632

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www.RealEstateByLeah.com  
leah@leahdschulz.com  
206-523-1288

**Cisca Wery** (Joined 2003)  
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www.LakeWA.com  
cisca@windermere.com  
206-715-7187

## REAL ESTATE - APPRAISALS

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Frontier Appraisal Services  
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www.FrontierAppraisals.com  
brucewol@comcast.net  
425-344-2296

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**Tom Gaskins** (Joined 2011)  
LandPrint.com - 3-D terrain models  
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Redmond, WA 98052  
www.LandPrint.com  
tom@LandPrint.com  
206-790-7640

## TRAVEL SERVICES

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Seattle, WA 98103  
www.redlanternjourneys.com  
ambrose@redlanternjourneys.com  
206-568-0710

## Want to be a Mountaineers Business Member?

Designed for the **small business owners** in our midst, this category of Mountaineers membership provides an opportunity for committed members to support The Mountaineers at an even higher level. In recognition of this increased support and in addition to all other member benefits, business members receive a Business Member Directory listing in this magazine and on our website, as well as invitations to special membership events.

To find out more about upcoming business member events and opportunities to get more involved with this group, contact Leah Schulz via email, leah@leahdschulz.com or by phone at 206-523-1288.

For a **complete list** of membership benefits and how to access them, see our **Member Benefits page**: [www.mountaineers.org/membership/benefits.cfm](http://www.mountaineers.org/membership/benefits.cfm). You can also find answers to frequently asked questions about the program online via The Mountaineers Support page: <http://help.mountaineers.org>. Or contact info@mountaineers.org; 206-521-6001.

**And remember:** as a mission-based and volunteer-driven, 501(c)(3) nonprofit, all but \$10 of your dues are **tax-deductible** to the full extent of the law.



## Profiles: our members make the difference

By Valerie Normand

Membership Program Manager

**THANK YOU MEMBERS!** Last month as part of the “Each One Reach One” challenge, we asked you to share your Mountaineers stories and describe in your own words what you value most about being a Mountaineer. Here is what some of you had to say:

“I joined to take the Alpine Scrambling Course, and since then I’ve also taken the sailing, kayaking, and basic and intermediate climbing courses. I am now a basic navigation course leader, sharing with new Mountaineers what my mentors taught me about maps and compasses. It’s a great feeling knowing that I am able to pass along the shared wisdom of this terrific organization and to help others be safe and have grand adventures in our spectacular mountain and water wilderness.”

– Bill Ashby, member since 2008



“I really enjoyed participating in citizen science as an Alpine Lakes Weed Watcher. It gave me added purpose for my outings to the great outdoors of our area.”

– Yoshiko Miltimore, member since 2002

“Why do I appreciate The Mountaineers? I’ve made lifelong friends and learned how to hike 20 miles in a day in the Conditioning Hiking Series. Now, as a leader for the course, I can pay it forward and teach others to do the same.”

– Steve Payne, member since 2006



“... Beyond the obvious benefits—deals on books, gear, etc.—I like the idea that I am part of an organization that is involved in stewardship of the land and is helping the next generation appreciate what they have ... The Mountaineers is a source of personal contact with like-minded souls looking

to the outdoors for the adventure they need.”

– Leonard Ingalls, member since 2011



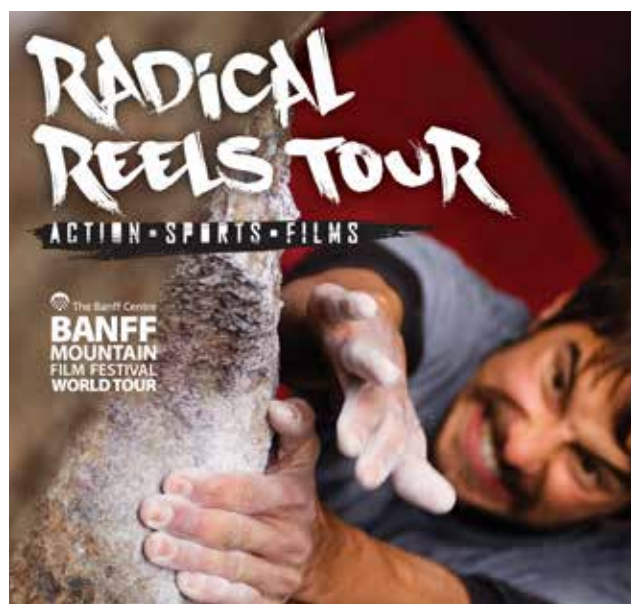
### UPCOMING EVENTS

**Radical Reels: Tuesday, March 12, 7 p.m.**

The Mountaineers Seattle Program Center (see ad below).

**Mountaineers members understand** better than anyone the value of belonging to a group that shares your love of the outdoors. It is due to the vital support of members like you that we are able to continue our recreation, education and conservation efforts in the community. No matter what your outdoor goals are—whether you want to get fit to gain a summit, get new skills to gain the leadership edge, or just have fun with friends outside—The Mountaineers can help you get there.

**Have you used your benefits lately?** For a complete list of member benefits and how to access them, you can always log onto our website and check out our Member Benefits page, [www.mountaineers.org/membership/benefits.cfm](http://www.mountaineers.org/membership/benefits.cfm), or contact Member Services, 206-521-6001, or [info@mountaineers.org](mailto:info@mountaineers.org).



**OLYMPIA: Friday, March 8, 7:30 pm** at the Capitol Theater in Olympia. TICKETS: Available at The Alpine Experience, downtown Olympia.

**SEATTLE: Tuesday, March 12, 7 pm** at Mountaineers Seattle Program Center, 7700 Sand Point Way NE. TICKETS: [www.brownpapertickets.com](http://www.brownpapertickets.com). INFO: [www.mountaineers.org/radicalreels](http://www.mountaineers.org/radicalreels).

## Welcome to our seven branches of The Mountaineers

Propelled by dedicated and skilled volunteers, all branches offer a number of courses and seminars. Many courses, such as climbing, scrambling, kayaking, backcountry skiing and others, require a set of learned skills to enjoy safely and follow a common curriculum from branch to branch. 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*. See course events in the "Go Guide" section of this magazine. Although our program curricula are coordinated to meet Mountaineers-wide standards and policies, each branch offers a slightly different flavor or character to its offerings. Though you may want to join the branch nearest to your home, you 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 under each branch heading. For all current activities and links to branch websites, visit [www.mountaineers.org](http://www.mountaineers.org).

### BELLINGHAM

**Vice Chair:** Minda Paul

**Website:** [bellinghammountaineers.org](http://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 home 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.

**SPEAKER & MEETING:** Tuesday, March 12 at 7:30 p.m. at Backcountry Essentials.

#### STEWARDSHIP SATURDAYS:

March 16, 9 a.m. to noon at Fir Creek with NSEA

April 13, 9 a.m. to noon at Maritime Heritage Park with NSEA

May 11 - 10 a.m. to noon at Euclid Park with Bellingham Parks

Contact our Stewardship Chair, Tracy Sehmel [tracynowack@yahoo.com](mailto:tracynowack@yahoo.com) for details.

#### Learn more

In most months other than summer, the branch hosts a meeting and slideshow for prospective members and new members to better orient them to branch offerings.

### EVERETT

**Chair:** Louis Coglas, [earthhumor@comcast.net](mailto:earthhumor@comcast.net)

**Website:** [everettmountaineers.org](http://everettmountaineers.org).

The Everett Branch of The Mountaineers was founded in 1910 by H.B. Linman, an Everett dentist. The new organization successfully sponsored over a dozen hikes that year. Its first outing was a hike to Lake

Isabelle. Several hundred members of the public attended "stereopticon" presentations at the Everett High School auditorium. Dr. Linman, his wife, and seven other branch members reached the summit of Glacier Peak in August 1910 during The Mountaineers' annual outing. The branch was not "officially" founded until 1911 when The Mountaineers charter was amended to provide for branches. This anomaly allowed the branch to hold its centennial celebration in 2010 and 2011!

Everett members share a wide variety of activities. Please explore the branch website or attend one of the branch monthly meetings to discover more about the branch.

#### Learn more

**MEMBERSHIP MEETINGS:** To learn more about branch activities and meet some nice people who happen to be Mountaineers, attend the monthly meetings on the first Wednesday of most months and often feature a guest presentation. The next meetings are **March 6** and **April 3**. Members, guests and the general public are invited to join us at 7 p.m. in the Snohomish County East Administration Building, 3000 Rockefeller Ave., Rm F107 in downtown Everett.

**COURSES:** Basic Navigation enrollment closes March 3; Intermediate Climbing enrollment closes March 22; Basic Sea Kayaking enrollment ends March 22; Snowshoe enrollment is open and class starts 1/16; Alpine Scrambling is open for enrollment and begins on 2/21.

**WANT TO LEAD HIKES?** Registration opens April 21 for Hike Leader Seminar: Monday, May 20.

**CRAGGING & STEWARDSHIP:** At Tieton, Saturday, March 30.

**HIKING ESSENTIALS SEMINAR:** Monday, April 29, 6:30 p.m. at Snohomish County PUD, Room TC-2A. Register online.

**HELP RESTORE TRAILS & LOOK-OUTS:** For more details about volunteering, contact Forrest Clark, [LOTM@everettmountaineers.org](mailto:LOTM@everettmountaineers.org).

### FOOTHILLS

**Chair:** Fran Troje, [foothills.branch@gmail.com](mailto:foothills.branch@gmail.com).

**Website:** [foothillsmountaineers.org](http://foothillsmountaineers.org).

The newest of Mountaineers branches, Foothills offers trips and classes to communities on the Eastside, from Bellevue all the way to Ellensburg, the branch offers opportunities for safe and enjoyable outdoor recreation year-round.

The branch offers conservation and recreational access advocacy, hiking, photography and skiing. As its membership grows, the branch is looking for **volunteers** to steer current and 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, [foothills.branch@gmail.com](mailto:foothills.branch@gmail.com), 425-746-6726.

#### Learn more

The Foothills Branch meeting for new and prospective members is held most months throughout the year. They start with a socializing session at 6:30 p.m., which is 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. See the branch website for the latest information on the next meeting.

**BACKPACKING BUILDING BLOCKS:** Registration closes April 26 for this course open to beginners and experienced backpackers.

**VOLUNTEER:** The Foothills Branch Hiking Committee is looking for volunteers to be a part of our committee. We are also looking for hike leaders, including backpacking leaders. For more information, please contact co-chair of the Hiking Committee, Chris Caviezel at [Nordic.chris@gmail.com](mailto:Nordic.chris@gmail.com) or 425-434-0899

## KITSAP



**Chair:** Mike Raymond, [branch@kitsapcabin.org](mailto:branch@kitsapcabin.org).

**Website:** [kitsapmountaineers.org](http://kitsapmountaineers.org).

The Kitsap Branch is home to a preserve, a program center — the Kitsap Cabin — and an outdoor stage. All of these allow a potpourri of activity and delight for Mountaineers and guests.

Kitsap offers courses and programs in climbing, alpine scrambling, hiking, snowshoeing tours, photography and sea kayaking. Its Salmon Safari for youths—stream-side 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 Kitsap Branch holds quarterly membership meetings at 7 p.m. at the Norm Dicks Government Center in downtown Bremerton (345 6th St.). Anyone interested in programs offered by The Mountaineers is encouraged to attend. We'll share slides of our activities followed by a feature presentation. Refreshments will be served. Watch the Kitsap Branch website for coming dates and times.

**PHOTOS, VIDEOS WELCOME** - The Kitsap Branch is preparing a display board of Mountaineers having fun. Please send any pictures that can be used and videos that can be shown to the public. Pictures and videos can be emailed to [branch@kitsapmountaineers.org](mailto:branch@kitsapmountaineers.org).

**SEA KAYAK COURSE** registration ends March 31. The course begins April 6. Enroll online.

**VOLUNTEER ALERT!** We are always looking for volunteers to make our Kitsap Cabin more accommodating. If you're in the mood for cutting up some wood for our beautiful fireplace or wish to share your carpentry skills, let us know. Also, if you have some dry, burnable wood to spare at home, we could use it! If you can help in any of these ways, contact Mike Raymond, [branch@kitsapmountaineers.org](mailto:branch@kitsapmountaineers.org).

**CONSERVATION/EDUCATION PROGRAMS:** To find out the latest about Kitsap conservation projects, contact Katha Miller-Winder, conservation and education chair, [info@salmonsafari.org](mailto:info@salmonsafari.org)

## OLYMPIA



**Chair:** Carla Jonientz, [carlajonientz@yahoo.com](mailto:carlajonientz@yahoo.com).

**Website:** [www.olympiamountaineers.org](http://www.olympiamountaineers.org).

The Olympia Branch has been offering Mountaineers programs and training to the South Sound for more than 45 years, including hiking, skiing, sea kayaking, snowshoeing, backpacking, climbing, outdoor leadership, and naturalist activities.

### Learn more

**MEET THE OLYMPIA BRANCH AT OUR POTLUCKS.** The Olympia Branch holds a potluck and special adventure presentation for those interested and members on the first Wednesday of each month from September through May, excluding November. **NEW LOCATION:** It is held at the Friends Meeting Hall at 3201 Boston Harbor Rd. NE, just north of Priest Point Park. The next meeting is March 6. Socializing and the potluck meal begin at 6 p.m. (arrive early). The adventure presentation begins at 7 p.m. This is a great opportunity to meet fellow Mountaineers, share ideas, learn about others' escapades, and connect with a greater community of outdoor enthusiasts. Contact Carolyn Burreson at [cburreson@q.com](mailto:cburreson@q.com), if you have questions. You can also request library materials for pick up at the potluck (see Branch Library listing below).

**MARCH 6 POTLUCK AND ADVENTURE PRESENTATION:** Come backpack Washington with award-winning guidebook author, Craig Romano. Drawing from his new Mountaineers Books release, *Backpacking Washington*, Craig will spotlight spectacular backpacking destinations from the wild Olympic Coast to the sun-kissed canyons of the Blue Mountains. *Backpacking Washington* includes 70 trips from throughout the state ranging from 14 to 46 miles. Craig spent two years and hiked over 1,500 miles, enduring snow, heat, forest fires, and floods, to research this, his eighth book.

**APRIL 3 POTLUCK AND ADVENTURE PRESENTATION:** Southern France with Heather Hansen. Have you ever wanted to live in a medieval village or build a castle stone by stone? Come learn about a volunteer program in Southern France where you can do just that. Heather will also talk about her visits to villages in the Provence.

**NEW POTLUCK LOCATION:** the Friends Meeting Hall at 3201 Boston Harbor Rd. NE, just north of Priest Point Park.

### IF YOU WANT MEMBERSHIP

**INFORMATION** about The Mountaineers, to have 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](mailto:olymountaineers@gmail.com). Please include your mailing address so that we can send you a membership packet.

**MORE COURSES BEGIN: Mountain-Oriented First Aid** starts in March, with sessions on March 5, 19, 26, April 9, 13, and 14. Contact Bob Keranen ([keranen@hcc.net](mailto:keranen@hcc.net), 360-340-1882) with questions. **Sea Kayaking** has sessions on April 23, 26, 30, and May 4, 7, 11, and 12. The **Leadership** course runs on the evenings of April 10, 11, and 12. Contact Doug Hutcheson ([dhutcheson360@comcast.net](mailto:dhutcheson360@comcast.net), 360-786-8535) with questions. **Wilderness Skills** is held again on May 7, 11, and 18 and **Navigation** is held on June 18, 20, and 23. Check the branch website for details and the club website to register.

**RADICAL REELS RETURNS** on March 8! Higher, faster, steeper, deeper! The Banff Mountain Film Festival Radical Reels tour is coming to Olympia's Capitol Theater on Friday, March 8. Doors open at 6:30pm, show starts at 7:30pm. Grab your tickets and hang on to your seats as we present the most outrageous films of the year featuring boarding, climbing, cycling, kayaking, mountaineering and more. Tickets are \$14 for general audience and a \$2 discount for members of the Mountaineers or Olympia Film Society and Students or Military with ID. Tickets are available at The Alpine Experience in downtown Olympia.

### HIKING COMMITTEE SEEKS LEADERS.

Are you an experienced hiker who would like to share your experience and love of hiking with other hikers in the Mountaineers? There's no better way to do that than to become a hike leader. If you wonder about your qualifications, take advantage of the Hiking Committee's mentoring program. If you are interested, please contact one of the Hiking Co-Chairs Vera Sutton at [vera\\_sutton@yahoo.com](mailto:vera_sutton@yahoo.com) or Nancy Lloyd at [nancyllloy@yahoo.com](mailto:nancyllloy@yahoo.com).

**BRANCH ELECTIONS** will be held this summer for the positions of chair-elect, vice chair, treasurer, and member at-large. Here's your opportunity to give back to the branch—and no experience is needed. The time commitment for these offices is usually just a few hours each month and provides a great chance to learn more about how the club works, meet more Mountaineers, and improve an already great organization. Please contact branch

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Chair Carla Jonientz for more information.

**THE OLYMPIA BRANCH BOARD** meets every month at 6 p.m. on the second Wednesday of the month. The next meetings are March 13 at Olympia Center and April 10 at Alpine Experience in the Hyak Room. Members are encouraged to attend.

**OLYMPIA BRANCH LIBRARY:** Located at Maxine Dunkelman's house, 5418 Lemon Rd. NE. Contact Maxine at 360-352-5027 (8 am to 8 pm) or maxdunk@comcast.net if you'd like to come by to browse or check out or return materials. Returns can also be made at Alpine Experience (in the box behind the front counter). Books, DVDs, and maps owned by the branch are listed and searchable on the branch website. Maxine also attends our first-Wednesday potluck presentations with a selection of books to check out.



## SEATTLE

**Chair:** Timmy Williams, mtnrtimmy@clearwire.net.

**Website:** seattlemountaineers.org.

The largest of our branches, Seattle 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

#### MEET THE MOUNTAINEERS:

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

#### SAILING COURSE ENROLLMENT

**OPENS:** The basic crewing course which allows graduates to sail for free with Mountaineers skippers has opened for registration. Enrollment will close March 31.

**FREE HIKING SEMINARS:** Do you have the hiking or backpacking bug but you just need to know a little more about how to get started in the Pacific Northwest? The Seattle Branch offers a free Beginning Hiking Seminar most months. They begin at 6:30 p.m. on **March 21 and April 18** at The Mountaineers Program Center. Though they are free, it is requested that participants register online for these seminars to make sure there is enough seating available.

**CRAG CLIMBING COURSE:** Registra-

tion closes March 20. Sign up online.

**ALPINE SCRAMBLING INTENSE COURSE:** Learn all about reaching summits with non-technical gear in 13 days. Enrollment ends April 4.

**NATURALISTS LECTURES:** "Ways of Beauty: the Fascinating World of Butterflies," Thursday, **March 14** at 7 pm, Mountaineers Seattle Program Center. "Edible Wild Plants: Wild Foods From Dirt to Plate" - Thursday, **April 18** at 7 p.m. Mountaineers Seattle Program Center.

**SNOWSHOE PHOTOGRAPHY AT BAKER LODGE:** Open to all, Friday-Sunday, April 12-14. Sign up for the activity online but make sure to reserve your spot at Baker Lodge online also.

**FOLK DANCING:** Each Tuesday at The Brig in Magnuson Park, just southeast of The Mountaineers Program Center. What kind of music do we play? Traditional folk dances plus line dances, sets (squares or contras), mixers, waltz, polka, hambo, two-step variations and patterns along with ragtime, foxtrot, swing, tango and more. No partner needed; come by yourself or bring a friend. Admission: \$6 Mountaineers, \$7 non-members. Age 30 and under free. See [www.mountaineers.org/seattle/folkdance](http://www.mountaineers.org/seattle/folkdance).

**DO YOU WANNA DANCE?** The Seattle singles group offers dances and lessons. Contact Karen Ludwig, karenludwig2000@yahoo.com, for upcoming singles dances.



## TACOMA

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

**Website:** [www.tacomamountaineers.org](http://www.tacomamountaineers.org).

The second largest of all seven branches, Tacoma maintains not only its own program center in the Old Town neighborhood of Tacoma, but a property close to Mt. Rainier, the Irish Cabin on the Carbon River. Tacoma Branch offers an extensive list of activities and courses, including backpacking, hiking, conservation, scrambling, climbing, first aid, snowshoeing, skiing, sea kayaking, sailing, bicycling, singles events, wilderness navigation, avalanche awareness, folk dancing, photography and family activities.

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

### Learn more

#### MEET THE TACOMA MOUNTAINEERS:

Tacoma Branch holds a free meeting on the third Friday of every month (except June-August and December) to introduce prospective and new members to the branch. The meeting starts at 7 p.m. with a presentation about The Mountaineers,

followed by an interlude to talk with various activity reps (hiking, climbing, sea kayaking to name a few of 22 activities).

**INTRO TO HIKING AND BACKPACKING NIGHT:** If you are not sure about how to get started in hiking or backpacking the great Northwest, drop in at The Mountaineers Tacoma Program Center on Wednesday, **March 13**. This free orientation is open to all.

**WINTER CAMPING COURSE:** No prerequisites. This course provides an overnight experience in the snow to learn about winter camping in a fun, safe manner. Registration ends March 14. Enroll online.

**ALPINE SCRAMBLING COURSE:** Learn to reach summits without all the technical gear of climbing. Registration ends March 18. Enroll online.

**OUTDOOR LEADERSHIP SEMINAR:** A one-day leadership class for Mountaineers on Saturday, March 23. Enrollment ends on March 10. Enroll online.

**BASIC SEA KAYAKING COURSE:** Enrollment ends April 6. Register online.

**BASIC SAILING/CREWING COURSE:** Enrollment ends March 31 with a handful of spaces left. Register online.

**FOLK DANCING:** On the fourth Saturday, Sept.-April, the branch offers Scandinavian folkdance, waltzes, Schottische, polka and mixers at Normanna Hall at 7 p.m.. \$10 admission; no registration required. Contact Karen Goettling, 253-759-3731, karengoettling@gmail.com, for more

## MOUNTAINEERS-WIDE PLAYERS:

Escape to the Kitsap Forest Theater and stroll down the forested trail to our unique, breathtaking stage. Create a treasured family tradition!

Join us next spring for our spring musical, "Narnia" (based on C.S. Lewis' *The Lion, the Witch and the Wardrobe*). Watch our website for audition dates and plan to audition or be part of the "behind-the-scenes" contingent.

The Kitsap Forest Theater and Kitsap Cabin and Kitsap yurt are available for rental. Please see "Outdoor Centers" on the next page for further information about rentals, or call 206-542-7815 for more information.

Contact 206-542-7815 to volunteer, donate or get further information.

Find all of your updated branch  
community news at  
[www.mountaineers.org/community](http://www.mountaineers.org/community)

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](http://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 the program center by 5 p.m. on the Thursday before the lodge visit. The cooks need to know you're coming! This is also the refund deadline.

## Baker Lodge

The Mountaineers Mt. Baker Lodge is nestled in the spectacular beauty of the North Cascades and just a short walk from the upper access to eight ski lifts of the Mt. Baker Ski Area Co. ([www.mtbaker.us](http://www.mtbaker.us)). Within a short distance from the lodge there are a number of snowshoe routes and cross-country ski trails ([www.nooksacknordicclub.org/overview.php](http://www.nooksacknordicclub.org/overview.php)). Check out the Baker Lodge website via [www.mountaineers.org](http://www.mountaineers.org) (click "Lodges & Centers," then go to "Baker Lodge, Register") or [www.mountaineers.org/BakerLodge](http://www.mountaineers.org/BakerLodge) for updates and details on openings this winter.

**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 visiting the Baker Lodge website, [www.bakerlodge.org](http://www.bakerlodge.org) or by contacting Judy Sterry, 206-366-2750, or Bill Woodcock, 206-725-7750.

**Group Scheduling:** All groups, especially Mountaineers-led trips and activities, are always welcome to bring their people, guests and friends to the lodge for any overnight or weekend. 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 before publicizing the date of your event. Non-scheduled openings may be arranged if hosts can be found.

**Winter Schedule & Rates:** Baker Lodge is open all weekends from Thanksgiving through early April provided there is adequate snow and enough reservations. Please click on "Calendar and Reservations" in the upper right corner of the Baker Lodge website's home page at [www.bakerlodge.org](http://www.bakerlodge.org). We welcome the public—all ages and abilities. If you wish to bring young children (3 and under), please call the weekend host prior to registering to learn about accommodations, hazards, diapers, etc.

**Amenities:** The lodge is normally open by 7 or 8 p.m. on Fridays for weekend events but may open earlier on occasion.

If you need a more specific opening time, please 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, pillow, personal gear and a flashlight. Cars should have a shovel and chains. Saturday/Sunday breakfasts and Saturday dinner are served on weekends.

**Fifth graders ski free** if they are accompanied by a paying adult, but prior arrangements must be made with the ski company. Visit the ski area website at [www.mtbaker.us](http://www.mtbaker.us) for information and a copy of the application or call the ski company's Bellingham office, 360 734-6771 (9:00-5:30 weekdays).

**Get involved:** 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. We are interested in exploring new ideas for maximizing this "beautiful little gem of a lodge" that sits in the shadow of Mt. Baker with a fantastic view of Mt. Shuksan. Couples or friends can team up with other couples or singles to serve as hosts. Families could come together and welcome other families for a family weekend, etc. Hosts stay for free!

**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 Firs 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 three hours from Seattle.

## Kitsap Cabin

Are you looking for a unique venue for your event or celebration—weddings, meetings, birthday celebrations, corporate events, concerts, workshops, reunions or

retreats?

The Kitsap Forest Theater, Kitsap Cabin and the Kitsap Yurt are perfect "getaways" for you and your family, friends, business or group. The theater is a perfect venue for outdoor occasions. The cabin is outfitted with wireless internet, tables, benches, a fully functioning kitchen, dishes/silverware/glasses etc., fireplace and outdoor ambience. The yurt is 27' in diameter with an oak floor, electricity and lighting. We also have a bunkhouse with bunk beds and mattresses (guys' and gals' sides) and many tent sites around the property if you want to rent for an overnight event.

There are hikes available on the property (20 acres) and on the adjacent Rhododendron Preserve. "Big Tree" is a popular destination and is one of the largest old-growth stands of fir on the Kitsap Peninsula.

Fall is a great time to visit this unique and special place; don't miss out on our Salmon Safaris. Please contact us for details and pricing: 206-542-7815.

## Meany Lodge

**Informational emails:** To keep Mountaineers up to date on Meany Lodge events, we send emails roughly once or twice a month. Some are geared toward specific events. If one interests you, visit our website at [www.meanylodge.org](http://www.meanylodge.org) and fill out the requested information.

**Work parties:** These are the weekends that unretired Meany volunteers get things ready for winter. Whether it is one day or a couple of hours, we really do planned. Visit [www.brownpapertickets.com/event/264388](http://www.brownpapertickets.com/event/264388) to sign up for a work party.

**Meany Lodge Season Pass:** Ski season is not too far around the bend, especially regarding a discounted Meany season ticket. Purchase the pass before Dec. 1 and get the discounted price: adult \$450, child \$300. On and after Dec. 1, it will be adult \$500, child \$350. Visit <http://www.brownpapertickets.com/event/252186> to buy one.

**Winter sports program:** See [www.meanylodge.org/winter/ski\\_program.html](http://www.meanylodge.org/winter/ski_program.html) to learn all about family-fun lessons for all ages, 4+ to 80-somethings, and of all abilities, taught by certified instructors.

**Meany rentals:** Meany is available for private rentals and Mountaineers events. Visit [www.meanylodge.org](http://www.meanylodge.org), go to "contacts"

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and send the chair an email about your event and he will check the Meany calendar for openings.

## Snoqualmie Campus

Snoqualmie Campus is available for group rentals on Saturdays and Sundays only. Please contact The Mountaineers Program Center, [info@mountaineers.org](mailto:info@mountaineers.org) (preferred) or 206-521-6001, if you are interested in renting the property for your group.

## Stevens Lodge

The Mountaineers has a fantastic facility for members to enjoy at Stevens Pass. Located just above Lot 4 at the Stevens Pass Ski Area, Stevens Lodge is the only ski-in, ski-out facility on the pass. We are open every weekend from December to April, including holiday Mondays in January and February.

The lodge has three dorms with 12-24 bunks in each dorm. Bathrooms are shared and there is a shower in each restroom. The main living area has a large dining room and lounge area with a fireplace. Meals are included in your price of lodging: breakfasts on Saturday and Sunday and dinner on Saturday. Meals are prepared

by volunteers and served family-style at a posted time. Please note any dietary restrictions when making your reservation.

Guests are asked to contribute to the running of the lodge by picking up at least one "chore" a day, which can be shoveling snow, serving dinner or hauling firewood. This community effort is what keeps the lodge ticking and enables The Mountaineers to staff the facility with only volunteers.

A typical weekend at the lodge might include the following: arriving Friday night and throwing your gear on a bunk before getting some night skiing turns in. After skiing home, you can settle by the fire and enjoy a book, visit with other skiers or turn in early. Breakfast is served the next morning around 7:30 and you can take your time getting ready for a day of skiing. No traffic, no parking lot hassles, and no need to try to get into your ski gear in your car. Your coat has been kept warm in the drying room and your boots are on the boot rack downstairs. You gear up and head down to Hogsback at 8:45, where you are one of the first in line to get first tracks on the backside.

After skiing non-stop for a few hours,

you head back to Stevens Lodge for a little break. You warm up the soup that your brought with you, read a magazine, relax for a couple of hours, then you head out again, after the lines have gotten smaller. You ski until you need another break and head to Stevens Lodge where your gear is hung in our toasty drying room. You help out with dinner preparation and enjoy a great meal before throwing on your coat for another run of night skiing. After taking some turns, you check out the live music happening at the base area, then ski home for a good night's sleep. You wake up to the smell of bacon and have a couple cups of coffee before packing up your gear, helping with some clean-up chores. First tracks are on the highlight reel again today and the drive home is at your leisure, since you've been skiing since Friday!

**It's easy to make a reservation** to stay at Stevens Lodge. Visit The Mountaineers website and click through to Stevens Lodge, then register under "Lodges and Centers." We also welcome group reservations for birthday parties, youth groups, etc. Please call Member Services at 206-521-6001 if you have any questions about visiting Stevens Lodge. We hope to see you at the cabin!

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## Who says hiking is only for weekends? (continued from page 22)

with a sweep to see what's going on.

Then we got going. The group fell silent. It was a beautiful trail, and the woods were soon filled with the steady sound of boots on dirt, poles thwacking rocks and heavy breathing.

Was that just me?

I usually hike with friends. We talk a lot on the way up. I suppose when you talk less, you can go faster. The Mountaineers group went faster. Twenty minutes in, I was covered in a sweaty sheen.

Borom acknowledged that the pace edged toward "brisk" rather than moderate, but the group was up to it. Because we only had about 1 to 2 miles of uphill on the hike (about 5 miles round-trip), he decided to keep it up while keeping an eye on us. He would have slowed down if it looked like anyone needed to, he said.

All I can say is if you're looking for a good workout, the after-hours group is your crew.

We made quick time up the trail, taking a couple of breaks to sip water and catch our breath. We slowed once to head off to Dirty Harry's Museum, which required some bushwhacking to get to. Some in the group had been there before, and I was happy to push through tree branches behind them as they looked for the "museum," which I will not spoil. Once we crawled around and

took a few pictures, we set off for Dirty Harry's Balcony, which offers beautiful views toward the south of I-90.

Borom was our guide, our timekeeper for breaks and head counter. Basically, he kept us all in one piece, and it was awfully nice to have him around. With a 4:30 p.m. start, we made it back to the trailhead before dark.

There are many reasons to go on a Mountaineers-led hike – for a new trail, for the safety, for the incredibly friendly people or for the workout. Any and all of the above are more than enough great reasons for me.

**Tip:** When picking a hike, regulars recommend—in addition to the pace—to also look at elevation gain, mileage and how much time has been allotted for the hike. It is key to knowing if you are with the right group. If all of that seems like a lot of information to take on, consider taking a beginning hiking seminar, also offered by The Mountaineers ([www.mountaineers.org](http://www.mountaineers.org)) ▲▲

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## About the author

When not busy writing, Nicole Tsong teaches yoga at studios around Seattle. She writes a blog at [papercraneyoga.com](http://papercraneyoga.com). To reach her via email: [papercraneyoga@gmail.com](mailto:papercraneyoga@gmail.com).



## Rowing the ocean a second time around

**Have you ever wondered what it would be like** to row across the ocean with three friends in a 29-foot rowboat? In 2006 rowers from the non-profit OAR Northwest spent more than 70 days at sea for their victorious bid in the first North Atlantic Rowing Race from New York to England (a tale captured in *Rowing Into the Sun*, by lead rower Jordan Hanssen and published by Mountaineers Books). This spring they are rowing from Dakar, Senegal to Miami, Florida.

Sponsored by the Canadian Wildlife Federation, the Africa to the Americas Expedition is a 3,569 nautical-mile, mid-Atlantic crossing that will take 70-80 days from shore to shore—current estimates for their Florida landing are mid-April. The four-person team includes Beijing Olympic Gold Medalist Adam Kreek, adventure filmmaker Markus Pukonen, Guinness World Record holder and University of Puget Sound graduate Jordan Hanssen, and wilderness EMT Pat Fleming.

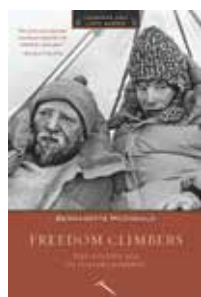


Part of the OAR Northwest team

**Why row across the ocean twice?** Rather than racing, team OAR Northwest aims to bring this experience into school classrooms. With real-time updating on their website and dedicated educational updates, students can follow along on the adventure. So if you or your students are interested in navigation, the science and weather of the ocean, communication technologies, not to mention flying fish and sharks—be sure to become a part of the experience at [www.oarnorthwest.com](http://www.oarnorthwest.com).

## Book notes

**'Pinterested?'** Did you know that you can share your images of all things Mountaineers Books at our Pinterest account? Find us at [pinterest.com/mtneersbooks](https://pinterest.com/mtneersbooks), and you might just inspire us for our next book project!



**Freedom Climbers:** *The Golden Age of Polish Climbing* is the newest addition to The Mountaineers Books Legends and Lore series—a growing collection of books that celebrates the best in mountaineering achievement and literature. The book tells of a time when Poland was locked behind the Iron Curtain and a group of extraordinary Polish adventurers found a way to travel the world in search of extreme adventure—sometimes financed by selling whisky on the black market. Scaling peaks in Afghanistan, Pakistan, India and Nepal they became to be known as the toughest group of Himalayan mountaineers the world has ever known. *Freedom Climbers* is written by Bernadette McDonald, the former director of the Banff Mountain Festivals and the Mountain Culture division at The Banff Centre.

**Stay tuned for the launch party** of *Elwha: A River Reborn* (co-published with *The Seattle Times*) at the Mountaineers Program Center on May 8th—with community partners like American Whitewater and American Rivers, this is one book party you won't want to miss!



THE  
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BRAIDED RIVER



SKIPSTONE

# Butterflies: short but amazing lives

By Joan E. Miller

Even after decades of studying butterflies, Idie Ulsh still is simply “in awe of the little creatures.”

Founder and past president of the Washington Butterfly Association, Ulsh will share her knowledge and photographs of butterflies in her program, “Wings of Beauty: the Fascinating World of Butterflies,” on March 14 at 7 p.m. at The Mountaineers.

Her presentation will range from the life history of butterflies and the differences between butterflies and moths, to butterfly photography and what plants attract butterflies.

Ulsh wears many hats: she is a science advisor to public radio program, *BirdNote*, a nature photographer, a Seattle Audubon master birder, a retired high school counselor, a teacher and a lecturer.



**‘Wings of Beauty’  
March 14, 7 pm,  
Mountaineers  
Seattle Program  
Center**

She was co-photo editor of *The Butterflies of Cascadia: A Field Guide to All the Species of Washington, Oregon, and Surrounding Territories*, and is a past president of Seattle Audubon.

Ulsh started butterfly flying about 25 years ago under mentor Robert Michael Pyle. What keeps her going? “It’s a passion,” she says. She can tell you all about the biology of butterflies, their lifecycle and how they taste with their feet. But perhaps what excites her most is the simple pleasure of watching something so delicate-looking navigating our hard world. “I’m in awe of how tenacious these little creatures are.”

Like salmon returning to spawn, butterflies reappear in the same places year after year— that is, if their habitat remains undisturbed. Eggs are laid on the caterpillar’s host plant, so that

emerging caterpillars have instant food. The caterpillars become butterflies, which then are free to float and flutter to flowers that offer sweet nectar, while they in turn pollinate them.

There is something tragically poetic about butterflies. “Some only live three weeks,” Ulsh says. “The longest lived butterfly in Washington, the Mourning Cloak, lasts about 10 months.” All the more reason to make hay while the sun shines, or in this case, go butterfly flying while the sun shines. Ulsh’s beloved little creatures are cold-blooded and need temperatures of nearly 60 degrees to be active.

Think of a butterfly and what comes to mind? A bright orange and black Monarch? These migratory wonders are well known, but do not grace the air of western Washington. Monarchs rely on milkweed, which does not grow well west of the Cascades. But that still leaves about 150 species that you can find in Washington, Ulsh notes. Among the ones you might encounter on a hike are the little blues. You can see them ‘puddling’—lighting at puddles to get moisture and salts from the soil, she points out. Another common species here is the Red Admiral, which relies on stinging nettle as its caterpillar’s host plant. So, find nettles and you just might find Red Admirals, or vice versa.

Knowing the host plants can be key to finding butterflies. “Let the butterflies teach you,” says the teacher of butterfly fliers.

Having delighted for decades in the amazing colors and life cycle of butterflies, does Ulsh have a favorite? “The one I’m looking at,” she says, with all the enthusiasm of a newborn butterflyer.



## The wild food at your feet

(continued from page 26)

Series. The first volume, “Edible Wild Plants: Wild Foods From Dirt to Plate,” was published in 2010. The book features pictures of wild foods from seedling to mature plant. Kallas says his book reduces the fear of misidentification and shows you the path to great flavor. With this tool, anyone can head out and start on a wild food adventure.

Be warned: Kallas makes a convincing argument. There’s nutritious, tasty food all around us, just for the taking. He will open your eyes and your mind.

I don’t know about you, but I’m already planning to transfer some of my expansive dandelion crop to my plate instead of the compost. ▲▲

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50th Anniversary of the First American Summit of Mt. Everest

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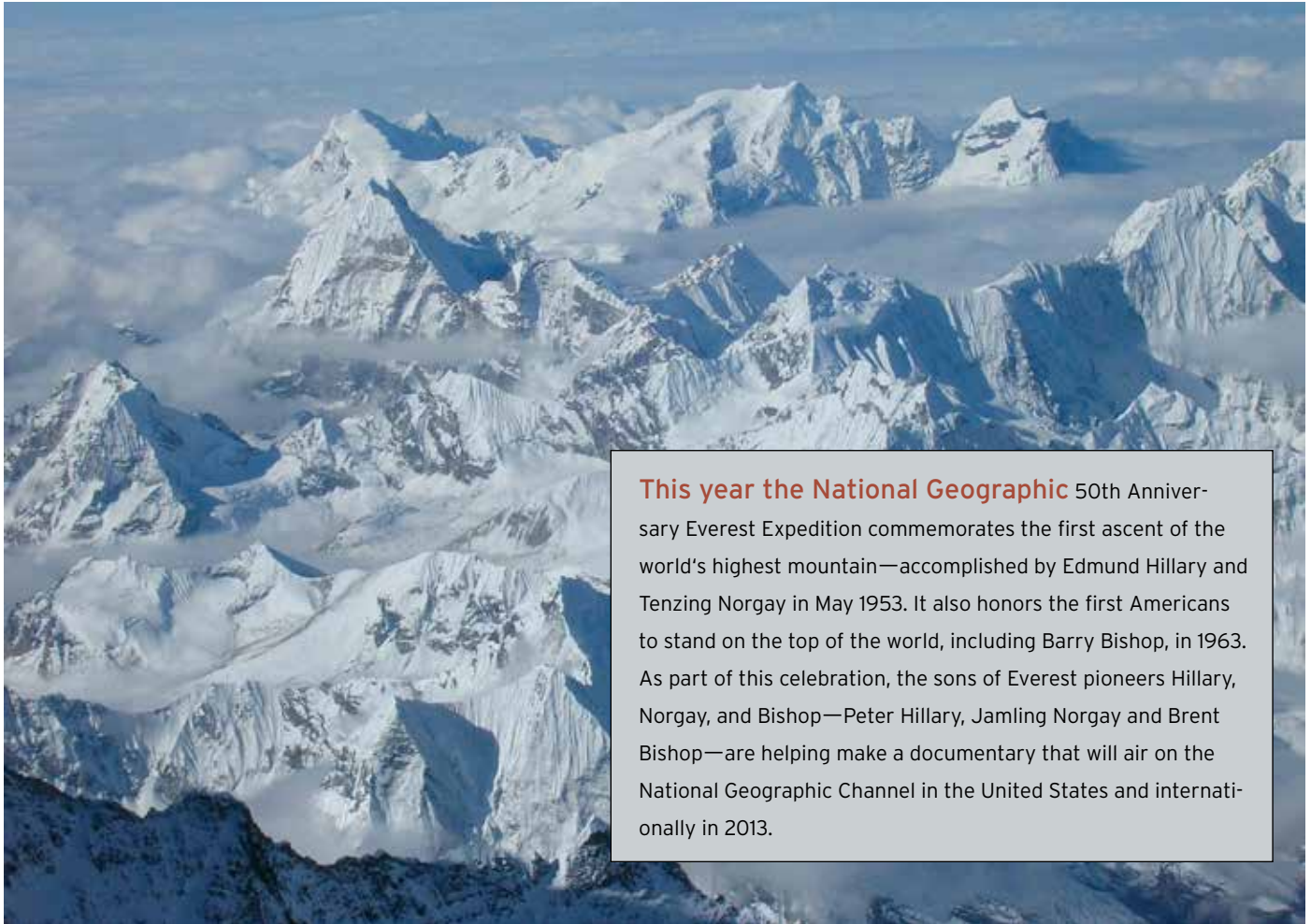
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**This year the National Geographic** 50th Anniversary Everest Expedition commemorates the first ascent of the world's highest mountain—accomplished by Edmund Hillary and Tenzing Norgay in May 1953. It also honors the first Americans to stand on the top of the world, including Barry Bishop, in 1963. As part of this celebration, the sons of Everest pioneers Hillary, Norgay, and Bishop—Peter Hillary, Jamling Norgay and Brent Bishop—are helping make a documentary that will air on the National Geographic Channel in the United States and internationally in 2013.

Julie Smith photo

## Generations

**While on Mount Everest** last spring in attempt to retrace the historic climb of Everest's West Ridge in 1963, Barry Bishop wanted to find out from other climbers at base camp how they were introduced to the outdoors. Below is his unofficial but insightful survey result, as excerpted from a *NatureBridge* blog post last spring on the mountain.

**"Without fail, everybody that I spoke with was introduced to the outdoors** as a young child through family outings of one sort or another . . . from simple weekend car camping trips to my experience living in a tent for nearly two years in Western Nepal. Everybody I spoke with remembers these early trips in detail, and it is quite apparent that these trips built the foundation for a lifetime relationship with getting outside and into the natural environment.

Their stories are funny and most people can relate to the family camping trips that were wrought with rain, snow, bears, getting lost, etc. Without these early trips to the woods, I feel relatively certain that most of these people would not have become climbers and certainly would not be trying to climb Everest this spring. More importantly than becoming climbers, these people would not have established a lifelong relationship with the woods, mountains, deserts and jungles that comprise our outdoor playground.

**This brings me to the current crises** that we are facing culturally. Our children are not being introduced to the outdoors, and with each successive generation the disconnect increases significantly. The stakes have become higher as we now compete with "screen time" for our children's bandwidth. That's why it's so important that we continue to connect our youth with the outdoors on whatever level we are capable, whether it is at an individual level or through our support of organizations like The Mountaineers." ▲▲



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