

Mountaineer

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

EVEREST 50:

The West Ridge, pg 21

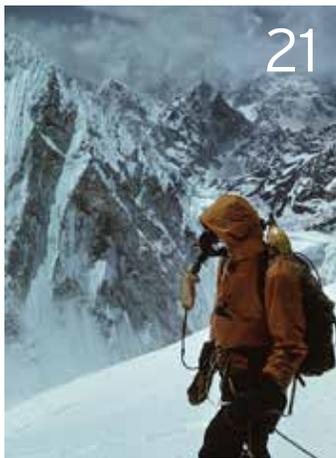
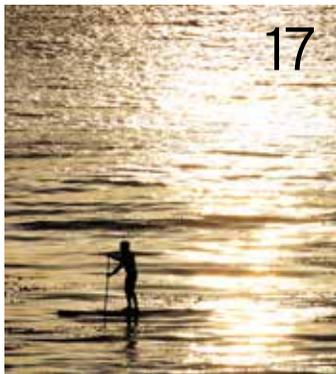
National Trails Day, pg. 8

'Secret Rainier,' pg. 14

Day hike Eastern WA, pg. 27

May/June 2013 » Volume 107 » Number 3

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



the *Mountaineer* uses . . .



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

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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 Tom Hornbein again comes from our publishing arm, The Mountaineers Books, which has just released a re-issue of Hornbein's *West Ridge*. The photo was taken by Barry Bishop for the National Geographic Society. The March/April cover image (photographer unknown) of Whittaker on the 1963 American Mount Everest Expedition came from the AMFF/Hornbein collection.

A mother's aspirations and hopes

Keep close to Nature's heart . . . and break clear away, once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean.

—John Muir quote from *Alaska Days with John Muir*

At a recent retreat, Mountaineers board members shared their favorite outdoor experiences. As we went around the room a strong theme began to emerge. Each story recounted beautiful landscapes and epic adventures, but the ones that stood out in our memories were trips that were multi-generational—trips with our parents, a close relative, or explorations with our own children.



As a soon-to-be mother to our second child, I found myself reflecting on these stories in the days that followed the retreat. The Outdoor Foundation reports that 90 percent of adult outdoor enthusiasts are introduced to outdoor activities between the ages of 5 and 18 (OutdoorFoundation.org, *Exploring the Active Lifestyle*). This startling statistic reinforces the stories we heard at the retreat, but also shows how critical these experiences are to ensuring future generations of outdoor participants.

I was one of the lucky ones. I had two parents who loved being outside. I was on skis at the age of 2 and our typical family vacation involved rustic cabins rented through the Audubon Society and time spent exploring rivers and mountains. My mother's motto was, "get outside every day," and early years on East Coast Canada meant some very cold days. I went on to attend summer camp, become a counselor, take several Outward Bound Courses and develop a lifelong love of the outdoors. That's how I ended up at The Mountaineers.

To this day I still get antsy if too many hours pass without a healthy breath of fresh air, but they also allowed me to develop a deep connection and appreciation for nature. They taught me what it meant to live a life of adventure and challenge and that no matter what might be happening in my day-to-day, something as simple as a walk outside or a short hike could bring me spiritual renewal and enjoyment. Now, as a parent, I appreciate the blessing these family experiences bestowed on me; the confidence, the ability to cope and the health that they have brought to my life, one lived outside.

As we approach Mother's Day and Father's Day, I am grateful to my parents each year, but I also realize I owe it to my parents to pass this same appreciation and ethic to my own children so that it becomes part of the toolkit they can use to cope with the inevitable life challenges they will face.

Not everyone is so lucky to have family or close friends to introduce them to nature's wonders. That's where The Mountaineers plays a valuable role in our society. We are providing opportunities for all ages to connect with a community that values a life lived outside through the mentorship of dedicated volunteers willing to lead and teach others so that this ethic can continue to thrive and grow. I hope, like me, you take time this month to thank your mentor and reflect on how a life lived outside has enriched you.

Martinique Grigg

Martinique Grigg, Executive Director



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 a season for transitions, new paths and appreciations



Scott Burkhart photo

Segues. For Tom Hornbein and Willi Unsoeld, the West Ridge of Everest proved the perfect segue to a historic American climbing feat by their teammate, Jim Whittaker, in 1963. (See page 21 for an excerpt from The Mountaineers Books 50th anniversary edition of *Everest the West Ridge*.)

Bringing such a lofty accomplishment to sea level, our Seattle Branch sea kayaking group thought the perfect segue to an already solid program would be ditching the cockpit and standing up on wide boards while navigating surf and lake—a craze known as

SUP (Stand Up Paddling). See page 17 for more about this.

Segues are prominent in The Mountaineers. Not long after we were established in 1906 we started branching out to other communities: Everett, Tacoma, Olympia, Bellingham, Kitsap, Foothills and for a very brief period, Wenatchee, on the flip side of our state's outdoor halves (see page 27 for some great hikes in Eastern Washington).

And what about the big seasonal segue for everyone who loves the outdoors? The transition of spring to summer is a time to get excited about the suddenly widened portal of outdoor opportunities. Moreover, it is a time to seek new experiences (see page 14 for the less-traveled 'secrets' of Mount Rainier National Park). This is true especially for the next generation of outdoor stewards—our young. See what Rainier has to offer kids on page 15. To add fuel to their outdoor passion and perhaps inspire the next John Muir, check out page 16 for how to get kids started with nature journaling while going somewhere new this summer.

Finally, never forget to appreciate our seasonal segues by giving back to our trails (see pg. 10 for National Trails Day work parties). Enjoy this period's transitions and the segues they bring.

Brad Stracener, Managing Editor

I'mwhere?

Can you identify the summit in the foreground here? Send your answer (by June 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.
- Jason Oppler was able to identify Cowlitz Rocks in the March/April *Mountaineer*. The photo was taken by Curt Baxstrom from our Tacoma Branch.

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.

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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, or call, toll free, 1-866-848-8368, and order The Tent Handbook.

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All season, modular,
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yurt-style group tent

Mountaineers join the big wave—SUP

In the 1990s, big wave surfers Laird Hamilton and Dave Kalama were paddling tandem surfboards on Maui. They began playing around with a short outrigger paddle that required bending over to propel themselves. The next day, Laird returned with a longer modified paddle that allowed them to stand up. By the late 1990's, Laird and Kalama had refined their paddle designs and hired surfboard shapers to design a stand up paddle board. In 2002, Laird was seen paddling one off Malibu, California. The idea spread to inland waters and a sport was born. See **page 17** to learn how The Mountaineers is getting involved in one of the fastest growing outdoor sports in the nation.



Rob Casey photo

More facts about West Ridge, Everest

On May 22, 1963, Willi Unsoeld and Tom Hornbein accomplished the first ascent of Mount Everest via the West Ridge, an event that will be heralded at The Mountaineers Program Center on May 22. It was also the first traverse as they descended the Southeast Ridge/South Col. In the interest of all things Everest, following is some more Everest trivia that did not find space in last month's Spindrift.

- Only 14 climbers have summited Everest via the Hornbein Couloir. Sixteen people have perished either attempting the route or descending it after summiting via another line, a ratio of 7:8.
- After meeting below the summit, Unsoeld, Hornbein, Barry Bishop, and Lute Jerstad camped at highest bivy in the history of mountaineering—28,000 feet.
- The first American to climb Mt. Everest, Jim Whittaker, also was the tallest: 6 feet 3 inches.



A Mountaineers student learning safe ice ax arrest

Mike Warren photo

Being safe: we report and we learn

Safety comes first in all Mountaineers courses and many members may not know that activity committees keep all the grim and not-so-grim details of all accident reports and even some near accidents.

These incidents are reviewed carefully by a Safety Committee so that our course standards are able to evolve and meet any changes, trends or new information that can strengthen the safety factor in our curricula, therefore giving Mountaineers members better tools and knowledge about how to stay safe while having fun in the outdoors. Following is our first installment of an incident that may help others avoid a similar scenario, that occurred in early May of last year.

An alpine scrambling student lost control while attempting a head-first self-arrest while on his back during a snow field trip. His ice ax impacted him in the face without observable injury, but left a puncture wound in his right thigh.

Another student, a doctor, offered to treat the victim. The doctor checked for further injuries and found none. The student's heart rate was 114 (he had been going up and down the practice slope before being injured) with strong radial and right-foot pulse indications. Describing his injury as a 1-1/2" by 1/2" puncture wound in the right medial thigh in subcutaneous fat with minimal bleeding, the doctor cleaned and bandaged the wound, and advised him to seek further medical treatment when he got home.

It was discovered that the ice ax actually penetrated roughly six inches into the thigh, but did so parallel to the bone, tearing little muscle and no arteries, but leaving a massive bruise where the bottom tip of the ice ax attempted to exit the wound.

The leader/instructor attributed the accident to youthful exuberance and cautioned the student that there are no style points for self-arrest, only the opportunity to live and climb another day.

(For more about ice axes, see page 18.)

a conversation between
Tom Hornbein and Jon Krakauer

**50th anniversary
reflections
of Tom Hornbein and
Willi Unsoeld's summit
of Everest via the
West Ridge**

May 22, 2013

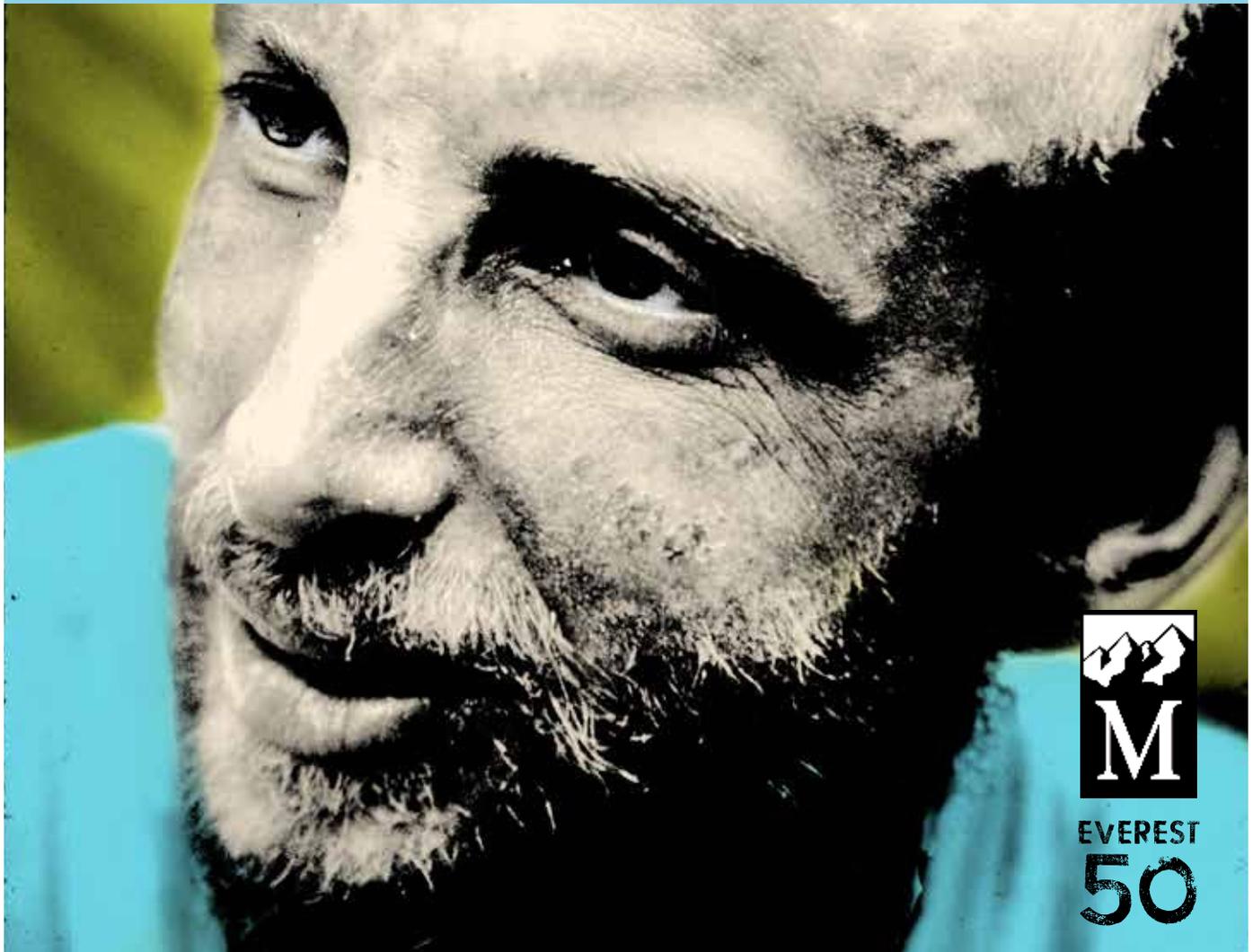
7:30 p.m.

Mountaineers Program Center

**\$75; includes signed 50th anniversary
edition of Everest: The West Ridge**

**"One of the 100 best adventure books of
all time." -National Geographic Adventure**

For more information, visit www.mountaineers.org/everest50 or call 206-223-6303 x101



Wilderness Weed Watchers Program growing like . . .

By Sarah Krueger
Public Lands Programs Manager



A weed watcher in training

Weeds travel to the interior of even the most remote wilderness areas by hitchhiking on boot tread, trail maintenance tools, livestock and even the camping gear of unsuspecting hikers. According to the International Union for Conservation of Nature, invasive non-native species are one of the leading threats to global biodiversity.

In order to protect the native flora and fauna of our wildlands, land managers must collect information about the presence and location of invasive species to control infestations before they become unmanageable.

Last year, The Mountaineers launched a citizen-science effort to inventory invasive species in the Alpine Lakes Wilderness with support from the National Forest Foundation, The Mountaineers Foundation, REI, Alpine Lakes Protection Society and matching donors.

Invasive non-native species are one of the leading threats to global biodiversity

The Wilderness Weed Watchers Program put boots on the ground and documented the presence—and absence—of non-native plants along 160 miles of trail. Given the success of Weed Watchers, the Mt. Baker-Snoqualmie National Forest asked for our help surveying six additional wilderness areas, and the National

Forest Foundation has pledged to support the effort with another generous grant.

Starting in 2013,

The Mountaineers will train dozens of new volunteers to survey the Mt. Baker, Noisy-Diosbud, Boulder River, William O. Douglas, Clearwater and Norse Peak Wilderness areas, spanning from the northern reaches of Mt. Baker-Snoqualmie National Forest to the southern terminus near Mt. Rainier.

Trainings will occur throughout Western Washington this spring. For more details, visit www.mountaineers.org/weedwatchers. ▲▲



**National Trails Day
Saturday, June 1**

Mountaineers to pitch in on National Trails Day

Pick up a Pulaski and pay homage to the trails that connect us to endless opportunities for exploration and recreation. Join thousands of people across the country celebrating National Trails Day on June 1 through one of the following Mountaineers activities. Look for registration details at mountaineers.org under “Trail & Lookout Maintenance.”

Whitechuck Bench Trail: Head out to the Mountain Loop Highway and join the Everett Trail and Lookout Committee on the Whitechuck Bench Trail. Help relocate and reopen an incredible trail that meanders up the west side of the Sauk River.

Wynochee Lakeshore Trail in Olympic National Forest: Head to the southern Olympics and assist the Olympia Branch Trail Crew with maintenance of the Wynochee Lake Shore Trail—a 16-

Continued on page 13

Freeing the Elwha: a lesson in perseverance

A discussion with Lynda Mapes, author of *Elwha: A River Reborn*

Featuring national award-winning science reporting from The Seattle Times and published by The Mountaineers Books, *Elwha: A River Reborn* is based on extensive interviews, field work, copious historical research, rare period images and photography from recent years. Getting cold, wet and dirty, author Lynda Mapes and photographer Steve Ringman made trip after trip into the backcountry of the Olympics with scientists to learn how the Elwha River Valley ticks. We had a chance to ask Mapes some questions, below, about her Elwha experience.

What is it about the Elwha that strikes a chord with people of so many different backgrounds, making it more than just a fish story?

The Elwha story is so rich. It has history, politics, great characters—both human and non-human—an enthralling landscape, and an unfolding future. No writer could ask for more. As for readers, whether you care about native plants, landscapes, salmon recovery, native cultures, political intrigue or history, the Elwha story has something for you.

In the book you profile a variety of the skilled workers involved in the dam removal and subsequent restoration efforts, from dam engineers to fisheries biologists snorkeling underwater. Do you have a favorite or most surprising experience while reporting alongside these workers?

One of the great rewards of this story was the opportunity to spend so much time off trail in the backcountry of the Elwha, learning alongside scientists seeking to deeply understand the river, wildlife and native plant community in the Elwha watershed. I remember one trip in particular in which scientists from a team of agencies had fanned out over a side channel of the Elwha to continue a whole suite of base-line assessments to better understand the Elwha's future as it changes from dam removal. At one point, I peeled off from the group and went off to the headwaters of a spring-fed stream that courses to the main stem of the Elwha. I must have spent an hour in one spot, closely observing the flow of the water, the tree canopy, the understory of the forest, the flow of detritus and small fish and bugs in the water. It became one of my most favorite passages in the book, in which I describe the beauty and complex ecology of the river. It's so rare to have an opportunity to just sit still and observe like that—and have

access to world-class scientific expertise in the field to interpret what you are seeing. I felt so lucky to be able to share with a wider audience through this book what I experienced and learned in the Elwha.

As for surprises, I was amazed by how quickly something as utterly massive and once seemingly unchangeable as Elwha Dam was toppled and erased from the landscape. Going back to visit the site in March 2011, only about six months after the Elwha recovery project began, the dam was already completely gone. The river was rushing through its native channel, past a bare hill where the dam used to squat. It was as if it had never been

Steve Ringman photo



Mapes along the Elwha after dam removal

By Sarah Krueger
Public Lands Programs Manager

Continued on page 13

Mountaineers youth programs just keep growing

By **Becca Polglase**
Director of Education

Faithful to a commitment by The Mountaineers Board of Directors five years ago, Mountaineers volunteers and donors have stepped up to provide a “gateway to outdoor recreation and conservation” for youth in our communities. Not only have they widened the gateway to the outdoors, but through the support from community partners like The Mountaineers Foundation and REI Foundation, The Mountaineers Youth Programs continue to grow in the pursuit of getting the next generation outdoors.

The number of youth we serve has grown each year since our outreach began, and we see more and more of the same young faces come back time and again. This rapid growth both necessitates and facilitates the ability of our education department to serve a greater number of youth with a greater number of experiences. Thanks to seed money from the REI Foundation, we are able to meet the demands for more educational opportunities by hiring two new staff members to our team. Welcome, Brigit Anderson and Madden Coghlan!

Meet Brigit Anderson

Filling our new position as Tacoma Youth Programs Coordinator, Brigit is a Northeast transplant to the Pacific Northwest. She has a bachelor of arts in geology from Bates College in Maine, and has been involved in outdoor education since high school. Most recently, she co-
led trail maintenance crews in California with the Student Conservation Association.



Brigit will be taking the lead on youth program development at our Tacoma Branch. With a newly renovated facility and an energized group of volunteers, the Tacoma Branch is well positioned to embark on new and exciting youth programs. A Tacoma Mountaineers Teen Venturing Crew kicked off in April, and Brigit will be coordinating two weeks of summer day camp in Tacoma. To get involved in Tacoma’s youth programs, send Brigit an email, brigita@mountaineers.org.

Meet Madden Coghlan

Our new teen program coordinator and a New England native, Madden’s first exposure to our beautiful Pacific Northwest landscape was in 2008 while leading teen adventure trips for Camp Thunderbird. Two years later, he moved here permanently and joined the staff at REI. Madden is a hiker, backpacker, paddler and all-around outdoor enthusiast. He’ll be working with our growing Teen Venturing program in Seattle. Contact Madden at maddenc@mountaineers.org.



Summer Day Camps filling quickly!



Teaming up for stewardship at day camp

To sign up for our summer day camps, go to the ‘Families & Kids’ section of our website!

This summer The Mountaineers will host three different day camps at three branches! Our six weeks of Junior Mountaineers Camp in Seattle are almost full. The Tacoma Branch will host two weeks of Junior Mountaineers Camp in August, and the Mountaineers Players will host two weeks of Kitsap Forest Adventure Camp in July (with optional ferry service from Seattle).

It's been a busy spring for Mountaineers youth

As spring turns into summer, The Mountaineers **Venturing Crew** has been busy training to learn and review the skills they need to be safe and responsible recreationists.

Wilderness first aid, Leave No Trace, navigation, belay escape and snow travel are just some of the skills teens have been learning over the past few months, thanks to the instruction of our many devoted and knowledgeable volunteers.

Our **Explorers** (ages 10-13) have been busy snowshoeing, bouldering, hiking, and holding an "iron chef" cook-off! This spring they have plans to kayak, hike and go on an overnight camping trip.

Our **Mountain Workshops** volunteers have been teaching kids from all over the Puget Sound important outdoor skills, including navigation, first aid and outdoor cooking, to name a few. As the weather gets nicer, we have plans to take kids into the mountains for some climbing and into our city parks to perform stewardship projects and use the ropes course at Camp Long.

To volunteer for our youth programs, contact Becca at beccap@mountaineers.org



Above, Venturing students practice first aid with Mountaineers volunteers, Imran Rahman and Austin Shepherd, while at right, students learn outdoor cooking skills at The Mountaineers Seattle Program Center



EVEREST 50



Our heartfelt thanks and gratitude go out to the following corporations who have generously provided sponsorship support to make The Mountaineers' April 20, 2013 EVEREST 50 event possible!

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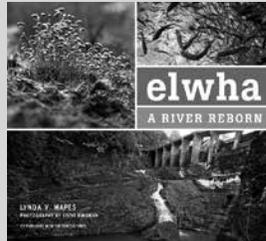


Elwha: a lesson in perseverance (continued from page 9)

there at all.

You write, "Why it took so long—and how a radical idea backed by a motley crew of Indians, tree huggers, and bird-watchers became a mainstream cause for the industrial establishment of Port Angeles—is one of the greatest stories of the Elwha." What do you think other communities working with natural resource conflicts can learn from this story?

The Elwha teaches many lessons. I would say the most important is perseverance. There were so many points in the twists and turns of this story in which dam removal almost didn't happen. The legislation nearly died in committee in Congress. Then it barely made it to the floor for consideration before the last gavel fell. Even after dam removal was authorized, it was declared dead for lack of money, and nearly strangled by political opponents. In every instance, it was the insistence of a handful of individuals that kept dam removal alive. Like relay runners, each had to successfully carry the task to its next point, and if any of them had stumbled, the prize would have been lost.



Attendance is free but space is limited, so register soon at: www.brownpapertickets.com/event/354916

Mountaineers to celebrate book launch on May 8

The official launch of *Elwha: A River Reborn*, with author Lynda Mapes, will be held Wednesday, May 8, at The Mountaineers Seattle Program Center in Magnuson Park. Sponsoring community partners include The Mountaineers, Burke Museum, Seattle Audubon Society, American Whitewater, National Parks Conservation Association, American Rivers, the Sierra Club Cascades Chapter and Save Our Wild Salmon, with beverages sponsored by Two Beers Brewery.

I think another important lesson is the necessity of citizen advocacy—ordinary, smart people, paying attention, and refusing to let things go. In the beginning, it wasn't the experts or agency people who pushed to make things right with the Elwha. It was ordinary citizens who just basically refused to go away and be quiet. To me that is the lesson of the Elwha: If a thing is worth doing, it should be done, even if people have to do it themselves over and over and over, until it is done.

I understand you are a Mountaineers member, what do you enjoy about The Mountaineers community?

For me The Mountaineers provides the inspiration to get out and enjoy the spectacular gift of Washington's outdoors, along with a whole suite of classes, expert lectures, books and recreation options to help busy people make the most of it. Whether new to outdoor recreation or Sasquatch incarnate, there's something on The Mountaineers' itinerary of trips, classes and books for everybody. ▲▲

Mountaineers to pitch in on trails (continued from page 8)

mile loop trail that skirts Wynoochee Lake and travels two miles up the Wynoochee River, affording views of waterfalls and ancient forests.

South Sound State Parks Work Party:

Nothing says "Happy 100th birthday, Washington State Parks!" like volunteering to maintain a trail at a local park. This work party, hosted by the Olympia Branch, will occur at Lake Sylvia or Tolmie State

Park (sto be announced).

Ira Spring Trail near Snoqualmie Pass:

Pay homage to a legendary hero of Washington's trail system and bring your appetite! The Foothills Branch annual work party, in partnership with Volunteers for Outdoor Washington, ends with a free picnic, compliments of the Foothills Branch.

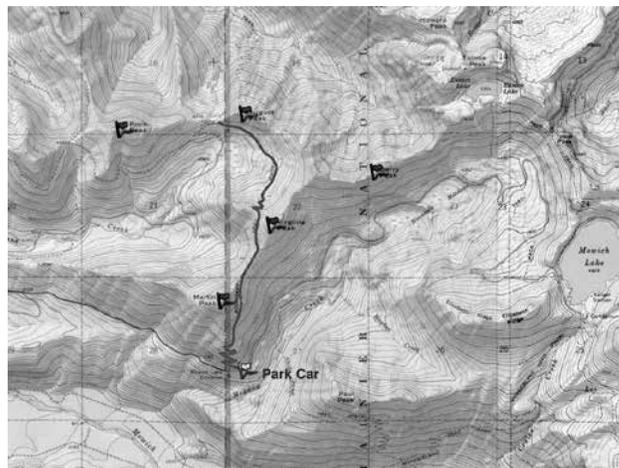
Sun Mountain Trails Celebration:

The Seattle Branch Hiking Committee

celebrates the Methow Valley's famous trail system during a weekend of spectacular hikes and presentations from May 31 to June 2. Based out of the Sun Mountain Lodge near Winthrop, volunteers can enjoy camping options or a special rate at the spectacular lodge. No matter where you decide to stay, spring is an incredible time to be in the Methow Valley. ▲▲

Two Mountaineers share their 'Secret Rainier'

Mount Rainier National Park (MRNP) is filled with glorious places to visit. Its visitors justifiably flock to the well-known destinations: Sunrise, Paradise, Camp Muir, Summerland, Spray Park and Comet Falls to name just a handful. But there are dozens of other wonderful places—less well known and perhaps a bit more difficult to find—that have a beauty all their own. Longtime Mountaineers trip leaders, Gene Yore and Mickey Eisenberg, call these places “Our Secret Rainier.” This is the first of a periodic installment from Gene Yore and Mickey Eisenberg on these hard-to-find gems in the park.



The West Boundary Trail

Though abandoned and not maintained, the West Boundary Trail—located in the northwest corner of MRNP—is nonetheless passable and filled with rewards to the hiker. There are no grand vistas of glaciers or of Mt. Rainier itself, but its lush old-growth forest in an exceptionally peaceful part of the park make it a perfect place to find solitude (very few other hikers) and primal beauty. We especially like this trail on cloudy, overcast days.

If you are looking for some scrambles, there are four peaks accessible from the trail: Martin, Virginia, Berry, and August. These peaks are off-trail and entail route-finding over brush and fallen trees. They should only be attempted by those with scrambling skills. Information about these four peaks (along with information about 96 other hiking, scramble, and climbing peaks) may be found in Guide to 100 Peaks at Mount Rainier National Park* (*excluding the Big One) published by Mountaineers Books.

The West Boundary Trail once connected the Mowich Road to the Carbon River entrance. Currently the trail is only passable from Mowich to the August-Poch saddle and from

the Carbon River entrance to Tolmie Creek. The portion between Tolmie Creek and August-Poch saddle is completely overgrown. We have been told that the NPS has plans to refurbish the entire West Boundary Trail. When that task is accomplished it would be possible to traverse it one-way from the Mowich Road to the Carbon River Entrance.

Directions: From downtown Seattle or Bellevue it is only a 90-minute drive to MRNP and many fewer minutes from Tacoma. Depending upon where you start, head south or east and take SR-410 east to Bonney Lake. Continue east on SR-410 for 3.5 miles, past Bonney Lake, and turn right on Mundy Loss Road for 1.5 miles. Turn left on SR-162 and then almost immediately right on SR-165 heading south to Wilkeson. Continue south through Wilkeson on SR-165. Shortly after crossing the bridge over the Carbon River, make a soft right on the road leading to Mowich Lake. Once on the road to Mowich Lake, you will come to the national park boundary in about 7 miles. Approximately 600 feet past the park boundary sign, at 3,610 feet elevation, park on the right side of the road where there is space for several cars. A park permit is not required.

West Boundary Trail from Mowich Road Summary

Skill	Easy hike though the trail is obscure in places
Beauty	Lush old-growth forest
Effort	Easy
Distance	5.2 miles round trip
Elevation	1200'
Total time	4 hours round trip
Best season	Summer and Fall
USGS map	Golden Lakes (trail is shown)
Green Trail	Mt Rainier West (trail is not shown)
Equipment	Hiking gear
Caution	The trail is unmaintained and sometimes challenging to follow (especially if snow covers portions of the trail) but with a little searching it is easy to pick up again.

Route: The unmarked West Boundary Trail is shown on the USGS Golden Lakes map (but not shown on the Green Trails map). It is in reasonably good shape for not being maintained. There is a footpath heading up the hillside on the left (north) side of the road across from the parking area. The footpath is located just a few feet uphill and opposite a sign reading, "Backcountry camping



One of the hidden treasures: Howling Wolf Pinnacle

requires permit." At the fourth switchback you will come to Howling Wolf Pinnacle (named by friends of ours), a prominent rock formation just west of the boundary line. (Point of interest: located on the backside of the pinnacle and hidden from the trail is a memorial sign.) The trail then starts a rising traverse and is fairly easy to

follow though overgrown in places. In 1.8 miles from the start you will come to a flat marshy area and then begin a slow rise to the August-Poch saddle located at approximately 4,425' and 2.6 miles from the start. This is a good turn-around point. (Though the USGS map shows the trail continuing north from the saddle, it is not passable. Believe us; we have tried to find this portion on three occasions and conclude that nature has reclaimed the old trail.) ▲▲

Elevation	Mile	Description
3610'	0	TH/Mowich Lake Road, start of 4 switchbacks
3995'	0.45	Last switchback, Howling Wolf Pinnacle above, start rising traverse
4520'	1.0	On ridge
4570'	1.3	Leave ridge/rising traverse
4670'	1.6	Cross ridge
4460'	1.8	Flat marshy area
4275'	2.2	Local low point
4425'	2.6	Poch/August saddle

Kindly provided by David Beste

About the authors

Gene Yore and Mickey Eisenberg have taken Mountaineers climbing courses, served as leaders and generally have volunteered for all things Mountaineers. Gene joined The Mountaineers in 1991 and Mickey in 1996. The two are currently working on an iBook, *A Guide to 100 Peaks at Mt. Rainier National Park*, in which much of their 'secret Rainier' appears.

Best Rainier hikes with kids



Meg Crager photo

By Meg Crager

Panoramic views of mountains, all types of wildflowers, huckleberries to pluck and eat in the fall, animal tracks to follow along the trail—especially in winter—streams and waterfalls to see. What more could a kid want? Mt. Rainier offers all of this and spectacular places to hike with kids of all ages.

Following are eight of my favorite kids' hikes, described in detail in The Mountaineers publications, *Best Hikes With Kids in Western Washington*, *The Cascades*, by Joan Burton, and *50 Hikes in Mount Rainier National Park*, by Ira Spring and Harvey Manning. Most of these hikes require a Mt. Rainier or National Parks pass. Higher elevation hikes often harbor snow into early August.

Snow Lake: This lovely hike to a mountain lake is appropriate for kids, ages 5 and up. Enjoy the views of Mt. Rainier, Bench Lake and the waterfalls around the lake. On warm days in late summer, bring bathing suits and jump in the lake to cool off.

Access: Nisqually or Stevens Canyon entrance

Rating/season: Easy, July-October

Distances/gain: 2-2/3 miles: 340' in, 280' out

Nisqually Vista: This easy hike from Paradise offers lovely, up-close views of the southern glaciers of the mountain. In the early summer, kids can enjoy hiking the route through snow, which is usually compact and well tracked in June.

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Journals can strengthen kids' appreciation of nature

By Meg Crager

As long as I live, I'll hear waterfalls and birds and winds sing. I'll interpret the rocks, learn the language of flood, storm, and the avalanche. I'll acquaint myself with the glaciers and wild gardens, and get as near the heart of the world as I can."

—from **The Journals of John Muir**

Journaling can inspire children

to cultivate a lifelong appreciation for the natural world. Depending on your child's age and interests, the commitment to journaling can range from doing a quick sketch or writing a few notes on an occasional family hike, to making a detailed nature journal entry every day for a year.

There is no "right" way to do it. The goal is for your child to take some time to be silent and observe; to use his or her five

senses to appreciate animals, plants, water, rocks, mountains, wind and stars, and to enjoy the process. Children can include their thoughts, feelings, and experiences of nature—and materials are minimal:

- A spiral-bound sketch pad or small notebook
- A pencil or pen
- Crayons or colored pencils
- Enthusiasm and support from parents or other adults.

Other options include a magnifying glass, field guides, water colors and a camera. Websites can support your child's curiosity as well.

One way to start the journaling process is to go exploring on a family walk in your neighborhood or local park. Find a good place to stop and spend some quiet time

observing and listening. Invite your children to join you in writing down or drawing one thing they see, one thing they hear, and one thing they touch. Do any of you know the names of what you observe? If not, use your child's drawings and descriptions and try to identify it in a field guide, on the web, an app on your phone or at a library. Continue this process on a regular basis, and share your observations with each other.

Below are some other suggestions for structuring nature journal entries.

The sky: What do you see in the sky? Each day, record the types of clouds you see. What do they tell you about the weather? Track the time of sunrise or sunset each day, and the color of the sky when the sun rises or sets. Track and record the

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Best Rainier hikes with kids

(continued from page 15)

Access: Paradise area

Rating/season: Easy, June-October

Distance: 1-1/2 mile loop

Paradise River: Hike through the forest to great views of Narda Falls and Carter Falls on a gentle grade. Ascend from Longmire or the Cougar Rock campground, or descend from the Paradise parking lot.

Access: Paradise area

Rating/season: Easy, June-October

Distance/gain: 7 miles one-way from Paradise to Longmire; 2,700' gain

Spray Park: Hike through old-growth forest to magnificent alpine meadows. Stop along the way to look over Eagle Falls. Take a short side-trip to see Spray Falls.

Access: Mowich Lake entrance.

Rating/season: Moderate, mid-July to October

Distance/gain: 5-1/2 miles; 1,100' in, 300' out

**Hike Switzerland
Self Guided or Guided**

Bill Russell's Mountain Tours Web:
www.russelltours.com
hiking@russelltours.com
800 669-4453



Some say it looks like you're standing on water. Stand up paddling, also called SUP, is the fastest growing water sport in the country and is appearing on lakes, rivers, surf zones and even on long-range expeditions throughout the world. The paddler stands on an oversized surfboard and uses an elongated canoe paddle. Gear is minimal, the paddler gets a full-body workout that strengthens the core—without being confined to a gym—and best of all, it is easy to learn. Boards are wide and thick, making it easy to balance oneself and the leash will keep those who are not strong swimmers connected to the board, while a vest-style lifejacket helps with buoyancy.

In 2007, I took my first SUP lesson in Kona. The instructor put me on a narrow tippy board which resulted in a lot of swimming, given my 6' 5", 230-pound frame. The following summer, Seattle surf shop Cheka Looka started renting SUPs from a flower shop in Ballard just across from Ray's Boathouse. Living in Ballard, I rented boards all summer to teach myself the sport. I came to realize that with a big, stable board I rarely got wet.

In 2010, I began teaching SUP through my business, Salmon Bay Paddle, and soon after wrote the first guidebook on SUP, which was published by Mountaineers Books.

I had been kayaking the sea and surf for over a decade, but found I like the freedom of movement on a stand up board as opposed to being enclosed in a kayak cockpit. SUP allows me to fall off and climb back on the board with little effort. I also get a great view standing on a board and have seen harbor seals playing inches below my feet. In the surf zone, I can see swells coming from far away and can paddle to breaks not otherwise accessible.

The Mountaineers Sea Kayaking Course played a large part in strengthening my paddling skills. "Rock gardening" courses from the Kayak Academy's George Gronseth, the innovative strokes training from master paddler Nigel Foster, and instructor training from Body Boat and Blade all contributed to how I paddle today, whether SUP or in a kayak.

The Mountaineers course

SUP classes will start in June. Beginners' class consists of a 2.5-hour session (time and location TBD). Course fee is \$40 for Mountaineers members, \$50 for non-members. Rental gear (boards, wetsuits, etc.) will be available for \$25. Go to mountaineers.org and click on "Get Outside and Explore," then on "Stand Up Paddling" to enroll. ▲▲

Author's favorite places to SUP

Deception Pass: One of my favorites. Only an hour-and-a-half north of Seattle, you can paddle scenic protected bays one moment and experience the thrill of tidal rapids the next.

Freshwater Bay on the Strait of Juan de Fuca: As a Mountaineers kayaker, I was introduced to this bay west of Port Angeles that offers two options for paddlers. On the west side, paddling around Observatory Point leads to six miles of rock cliffs, pocket beaches, arches, caves, and abundant sea life. Paddling east from the boat ramp on a glassy summer day is an easy paddle for all skill levels. Crystal clear water, four miles of empty beaches and a kelp bed nearly half that length makes for a great paddle.

Shilshole Bay: Ocean surfing is my other passion, but you can catch waves in Seattle without a three-hour drive to the coast. I've been surfing freighter and tug waves on Shilshole for several years. Incoming freighters combined with low tides often result in waist to chest-high waves and rides up to a minute long—all only five minutes from my house.

Some of the best paddles are close to home; you could add Shilshole Marina and the West Point Lighthouse in Discovery Park to your nearby destinations.

— Rob Casey

The ice ax and the leash: inseperable partners for some, but not for others

By Jim Nelson

To leash or not to leash? And if leashing, how? This question is probably not as vexing to a dog owner as it is to someone learning the skills of mountaineering.

An ice ax leash can serve three primary functions:

- 1) To prevent loss of the ax on steep terrain and around crevasses, moats or similar features.
- 2) To improve your grip of the ax during self-arrest or when chopping hard ice.
- 3) To ensure a full-strength belay connection between ax and climber.

While the first function may seem obvious, there are good reasons some climbers choose not to use a leash. For example, when traversing back and forth, up or down a slope, it's necessary to move the ax from one hand to the other quickly and easily. A wrist leash can slow you up by interrupting your rhythm and pace.

As for the second function, keeping a solid grip on the ax is critical for terrain where self-arrest and self-belay are relied on for safety. That said, the all-purpose leash that secures your grip to the head of the ax for self-arrest and to the opposite end of the ax (near the spike) for chopping—or somewhere in between for self-belay—still awaits a practical design. The need to respond to sudden situational changes makes it easy to understand, again, why some climbers prefer to go without a leash. Most leash systems are poor substitutes for a firm grip when performing self-arrest or self-belay.

As for the third function, keep in mind that many commercial leashes, though full strength, are intended only to prevent loss of the ax on a slope. There are other ways than using a leash to make a solid connection to the ax, such as the climbing rope or slings and similar devices.

See the photos at right, from Pro Mountain Sports, for leash improvisations to meet various needs.



Wrist leash



Improvised self-belay leash

About the author

Jim Nelson, who helps teach Mountaineers courses and owns a gear shop called Pro Mountain Sports near the U District of Seattle, has been climbing and hiking the Northwest since moving here in the early '60s. Co-author of "Selected Climbs in the North Cascades," Jim enjoys all types of climbing, "except during basketball playoff time."

Strength training for climbers



Finger hangs



Pull-down



Calf raise

Clyde Soles, former “Performance” department editor for Climbing magazine, presents exercises keyed to the special challenges of the sport. The samples that follow are just a few out of 28 resistance training exercises from Soles’ book, *Climbing: Training for Peak Performance*, 2nd Ed.

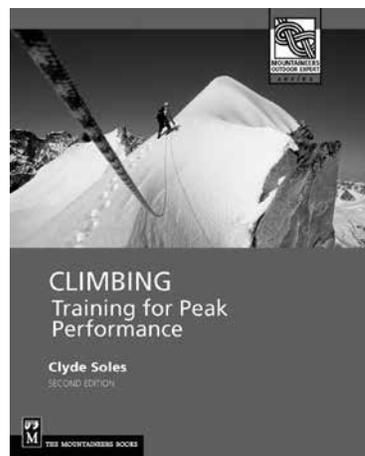
Lat Pull

Why: This multi-joint exercise is the next best thing to real Lat pulls are superior to pull-ups because you can lean back to simulate the angle of overhangs and better target muscles.

Finger Hangs

Why: Short of actual climbing, there is no better training for finger strength than short hangs on a finger board. Novice climbers should only use large holds and longer hangs—you need to strengthen the ligaments and tendons before working on the forearm muscles (there are no muscles in the fingers). For a multitude of reasons, no matter your conditioning, fingerboards are a bad choice for endurance training and pull-ups.

Adapted from
*Climbing: Training
for Peak Performance,
2nd Ed.*, by Clyde Soles,
The Mountaineers Books



Straight-arm Pull-down

Why: This single-joint exercise, also called levers, is akin to dynoing for a hold. It works the back muscles with a different movement pattern than the standard exercises.

Dip

Why: A multi-joint exercise that can help on those mantle moves. This also balances the major climbing muscles. Dip machines reduce your body weight to allow more weight than might otherwise be possible.

Reverse Wrist Curl

Why: These muscles are little-used when climbing so they are often underdeveloped -- the underlying source of many elbow pains.

Calf Raise

Why: Strong calves are essential for all climbers -- we spend a lot of time on our toes. If you ever climb at Devil’s Tower, you’re going to wish you’d done more of these. And frontpointing up a long couloir with a pack is like doing calf raises for hours.

Become a more effective climber with these tips

By Chris George

Training to be a more effective climber is tricky.

Not in regard to strength, but more commonly posture. Too much focus on strength may cause dysfunction rather than efficiency. Repetition and practice—regarding posture—help deliver adaptations on multiple levels and therefore maximize a climber's efficiency.

Joint centration is an expression that describes a joint's relationship with itself. Ideally, every joint in our kinetic chain has optimal contact with its reciprocal component, but that's often not the case. Our joints are encapsulated with ligaments, muscles and tendons responsible for stabilizing and transferring information to the central nervous system. Therefore, if muscular imbalance, blunt trauma or postural inhibitions occur, our ability to stream information to the rest of the body is almost always affected negatively.

Without proper feedback from our joints and muscular

complexes it's impossible to train effectively, because in the postural sense we become blind. Our ability to adapt to our environment is fractionally inhibited. On a superficial level it would be equivalent to shutting off the nerves to our feet all day and walking barefoot around the city. There's a good chance that by the end of the day our feet and ankles would look far more mangled than we imagined. And if we had a window into our musculoskeletal system, there's a good chance we'd be disturbed by what we'd see.

The take-home message is that posture affects everything.

Our joints are designed to articulate on a central axis with their respective counterparts. The information below addresses a common postural issue, coupled with a dynamic movement engineered specifically to develop stabilization through a central overhead load.

This is not a stand-alone program. To maximize the benefit of these movements a well-rounded program centered around core stability and full-range functional movements is optimal.

Pectoral stretch (right)

This is a two-part stretch, targeting pectoral major and pectoral minor. Stand parallel with a door, align elbow with shoulder on the doorframe, step forward with outside leg and rotate trunk away from door. The second part of the stretch is similar to the first part, but instead of the elbow and shoulder being aligned, move the elbow 4-6" up the doorframe before rotating the trunk. This position is designed to release the anterior aspect of the shoulder, positively affecting the alignment of the joint.

Frequency: Daily, two sets of 30-45 seconds on each arm, both positions.

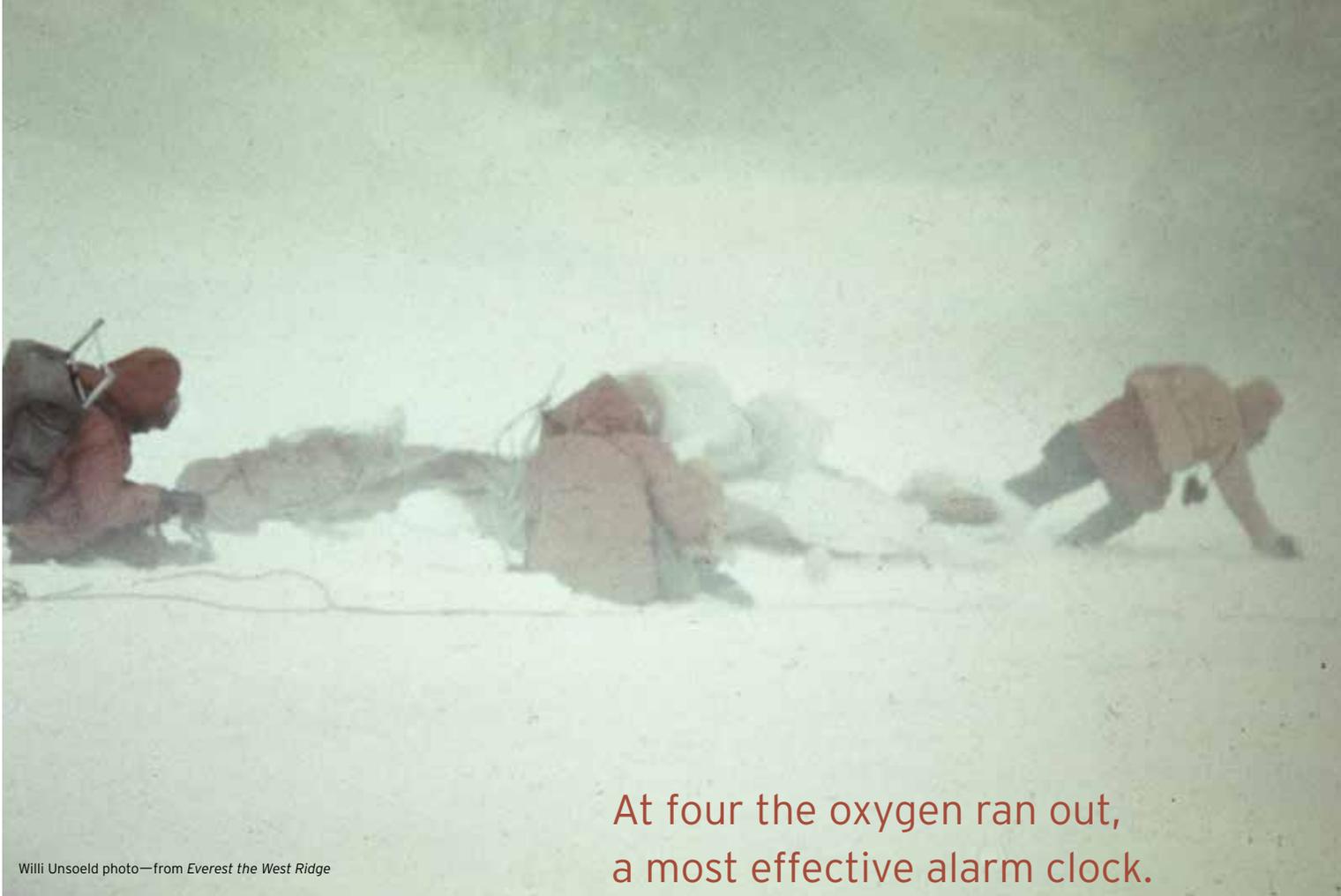


One-arm pulldown (left)

Start in a half kneeling position with weight (or band resistance) angled overhead as the picture illustrates. Maintain erect posture while setting shoulder blade down or depressing the scapula. Once the upper arm is parallel with the trunk-stop, make sure the shoulder blade is down; then return arm to starting position. Because the shoulder relies on clean posture for optimal communication the depressed position encourages a well-balanced, stable system.

Frequency: 3-5 times weekly; three sets of 15 reps.





Willi Unsoeld photo—from *Everest the West Ridge*

Wind blowing climbers and the remains of Camp 4W

Everest the West Ridge

From the 50th anniversary edition

By Tom Hornbein



THE MOUNTAINEERS BOOKS

At four the oxygen ran out, a most effective alarm clock.

Two well-incubated butane stoves were fished from inside our sleeping bags and soon bouillon was brewing in the kitchen. Climbing into boots was a breathless challenge to balance in our close quarters. Then overboots, and crampons.

“Crampons, in the tent?”

“Sure,” I replied, “It’s a hell of a lot colder out there.” “But our air mattresses!”

“Just be careful. We may not be back here again, anyway. I hope.”

We were clothed in multilayer warmth. The fishnet underwear next to our skin provided tiny air pockets to hold our body heat. It also kept the outer layers at a distance which, considering our weeks without a bath, was respectful. Next came Duofold underwear, a wool shirt, down underwear tops and bottoms, wool climbing pants, and a lightweight wind parka. In spite of the cold our down parkas would be too bulky for difficult climbing, so we used them to insulate two quarts of hot lemonade, hoping they might remain unfrozen long enough to drink during the climb. Inside the felt inner liners of our reindeer-hair boots were innersoles and two pairs of heavy wool socks. Down shells covered a pair of wool mittens. Over our oxygen helmets we wore wool balaclavas and our parka hoods. The down parka lemonade was stuffed into our packs as padding between the two oxygen bottles. With camera, radio, flashlight, and sundry mementos (including the pages from Emerson’s diary), our loads came close to 40 pounds. For

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Willi Unsoeld and Tom Hornbein at Camp 2

Richard M. Emerson photo—from *Everest the West Ridge*

West Ridge

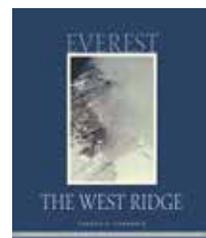
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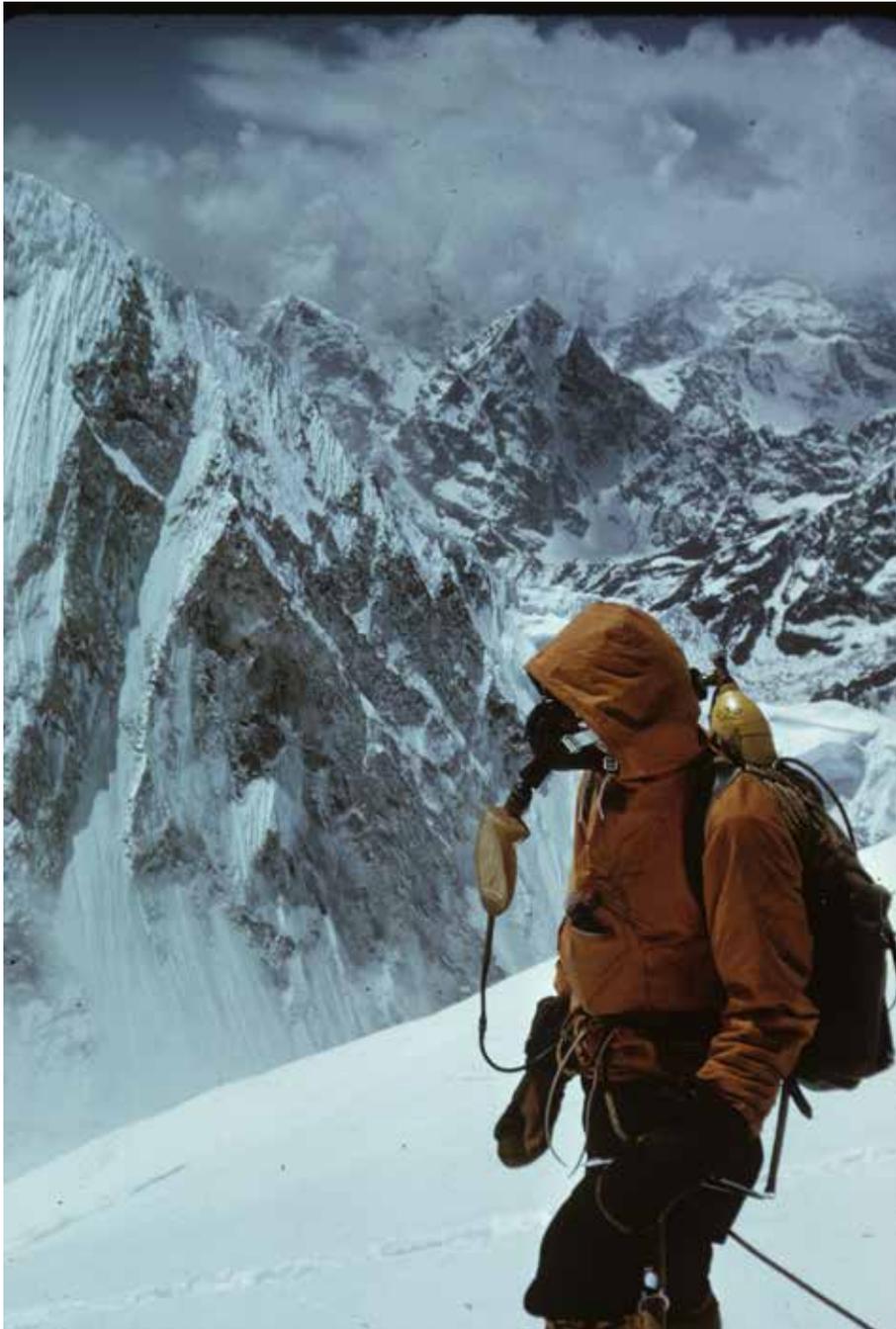
all the prior evening's planning it was more than two hours before we emerged.

I snugged a bowline about my waist, feeling satisfaction at the ease with which the knot fell together beneath heavily mittened hands. This was part of the ritual, experienced innumerable times before. With it came a feeling of security, not from the protection provided by the rope joining Willi and me, but from my being able to relegate these cold grey brooding forbidding walls, so high in such an unknown world, to common reality—to all those times I had ever tied into a rope before: with warm hands while I stood at the base of sun-baked granite walls in the Tetons, with cold hands on a winter night while I prepared to tackle my first steep ice on Longs Peak. This knot tied me to the past, to experiences known, to difficulties faced and overcome. To tie it here in this lonely morning on Everest brought my venture into context with the known, with that which man might do. To weave the knot so smoothly with clumsily mittened hands was to assert my confidence, to assert some competence in the face of the waiting rock, to accept the challenge.

Hooking our masks in place we bade a slightly regretful goodbye to our tent, sleeping bags, and the extra supply of food we hadn't been able to eat. Willi was at the edge of the ledge looking up the narrow gully when I joined him. ▲▲

***Everest the West Ridge* anniversary edition
brought to you by Mountaineers Books Legends and Lore Series**





An oxygen-masked Hornbein on the 1963 West Ridge climb

Willi Unsoeld photo—from *Everest the West Ridge*

Tom Hornbein reflects on the before and after of his West Ridge climb

By Mary Hsue

Director of Development and Communications

In late February I found myself in San Francisco for the American Alpine Club's annual dinner. It was unseasonably warm for a city I often find colder and greyer than Seattle.

I wasn't the only one in the courtyard sitting under blue skies enjoying the rays of the sun and crisp marine air. At the edge of the patio was an elegantly dressed silver-haired gentleman lounging in a wicker chair with legs outstretched, arms crossed and head resting on a pillow. He sat with his eyes closed and the hint of a smile on his face.

I thought to myself, "I bet he's a mountaineer—I wonder what he's thinking about? Is he here or has a memory transported him back to a moment in time?" I wished I had the courage to ask.

Later that day I was introduced to the elegant gentleman, 94-year-old Norman Dyhrenfurth, leader of the 1963 American Mount Everest Expedition (AMEE) that achieved three significant "firsts" on Everest—putting the first American on the summit, pioneering a new route via the West Ridge, and completing the first traverse of the peak.

I lost my chance with Norman and never regained the opportunity because the weekend festivities kept him occupied and constantly surrounded. Fortunately, I knew that I would have a chance to pose those questions and more to a member of the '63 team who, with Willi Unsoeld, accomplished two of the three "firsts" on Everest—Tom Hornbein.

Or Dr. Hornbein, chair of the Department of Anesthesiology, as I remember him from my days as a UW student working in the department over 20 years ago. Back then I wondered why there were large photos of

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“Dreams are the beginning, and doubt simply a catalyst to creativity, and not just in climbing mountains”

(continued from page 22)

Hornbein calculating the West Ridge climb inside his tent



Willi Unsoeld photo—from Everest the West Ridge

mountains hanging in his office on the 14th floor.

On May 22, 1963, just three weeks after Jim Whittaker became the first American to reach the summit of Everest by way of the South Col, Tom Hornbein and Willi Unsoeld summited Everest via the West Ridge. Fifty years later it is widely considered to be one of the greatest achievements in mountaineering history. Many years before its time, the effort was testament to their spirit of adventure and source of inspiration for generations of mountaineers to seek the unknown, push boundaries and pursue dreams.

Following is some of Dr. Hornbein's retrospective on the “before and after” of West Ridge.

You are a hero and source of inspiration to generations of climbers because of the success of the 1963 expedition. Who are your heroes?

Barry Corbet, an indispensable member of our West Ridge effort, gets top billing. He came to occupy a special place in my life after Willi Unsoeld and Dick Emerson were no longer around. Five years after AMEE, he became paralyzed in a helicopter crash and lived the next 36 years in a wheelchair. He became a compelling advocate for those living with disabilities and embodied courage in life and when faced with death.

After reading your book I would describe Willi Unsoeld as an indomitable optimist on the expedition. Did his optimism play a key role in your success on the mountain?

I don't think I'd describe Willi in those terms. He was indomitable, and yes, a realistic optimist, but it was his energy, drive, charisma and humor that inspired and delighted, and helped take the rest of us beyond ourselves.

How did your view of Everest change after the expedition? Do you think of the mountain in a different way today?

The after-feelings are, of course, totally different than the before, which was filled with doubt, i.e. uncertainty—an essential element to (trying) to climb Everest.

When I got home, Everest was really past tense and the big challenges of my professional, academic life were all before me. What Everest may have done for them, curiously, is to give me a sense of confidence, though it certainly did not mitigate uncertainty, thank goodness.

I ended *Everest: The West Ridge* on a somewhat downbeat note: “It is strange how when a dream is fulfilled there is little left but doubt.” Now a half-century later, maybe it makes some sense: Dreams are the beginning, and doubt simply a catalyst to creativity, and not just in climbing mountains.

What is the secret to your success, in the mountains and in life?

It's a secret. I cannot tell. Oh, and damned if I know. Nor even how one chooses to define success.

If you put yourself in Norman's place on the patio, relaxing under blue skies and taking in the crisp air and rays of the sun, what would you have been thinking about? Would you have been there on the patio or transported back to a moment in time on the Everest expedition?

I too observed Norman there. I suspect he was savoring a peaceful moment in the warm, California sun after a very hectic time, and that Everest was far from his thoughts. It certainly would have been from mine. ▲▲



Bailey Gatzert Elementary students

In his book *Everest: The West Ridge*, Tom Hornbein tells a story about Barry Bishop, Jake Breitenbach, Willi Unsoeld, and Dick Pownall putting their climbing skills to the test while bouldering at 16,000 feet in Lobju. Porters would come by, set down their loads to watch their antics, then saddle up and shuffle on. One young porter was encouraged to try. Mimicking their moves the youngster muscled his way up the boulder before falling again and again. Finally in frustration, he removed his boots to try one more time and managed to scamper to the top. Looking down, he grinned with pride to the group's accolades.

Hornbein says, "Each rock puzzle was a test, though not in a mountaineering sense. The measure was more of the man than of his climbing ability. Though the performance of others might provide some yardstick, each man faced a solitary challenge. Whether you succeeded or failed on any given pitch, the revelation was in how you faced the challenge."

This is what *The Mountaineers* offers its members: the opportunity to face a challenge—their own Everest. Challenge is what *The Mountaineers* youth programs have delivered to young people over the past two-and-a-half years.

Thanks to private support from individual donors, corporations and foundations we have:

Increased staffing to expand the depth and breadth of our youth programs

Grown our youth programs by over 80% to provide 2,350 experiences annually

Provided scholarships and transportation

Expanded volunteer capacity to over 2,600 hours

As a result, young people in the Puget Sound area have:

Increased confidence

Gained a tremendous sense of accomplishment

Developed a great appreciation for the natural world

Through *The Mountaineers* Youth Programs we're delivering opportunities to face challenge to a new generation and to a new demographic. And we're doing it uniquely, based on a foundation built more than 100 years ago.

What Hornbein and his '63 teammates achieved—perceived by most as unattainable—gives anyone's own challenge attainability, just like the youngster on the boulder.

Thank you.

Bring mountain flora to your home's yard

By Mia Spangenberg



John Wick photo

The lewisia, a north-facing flower, is found in the native garden of The Mountaineers Seattle Program Center

Many of us eagerly look forward to July and beyond, when the snow has finally receded and the wildflowers start blooming in the mountains. However, you can enjoy many of the mountains' native plants in your own yard year-round while attracting birds and helping to prevent storm runoff.

Since all of these plants are at home in our climate, they require minimal care and watering, giving you more time to enjoy the outdoors. You can check out several of the plants described here in The Mountaineers native plants garden on the south end of The Mountaineers Seattle Program Center in Magnuson Park and near the climbing wall.

Western red cedars and Douglas firs are two conifers that provide shade and an evergreen canopy cover to multitudes of birds. The cedar that gracefully hangs curtains of needles over one side of my yard offers a home to several common species like northern flickers, black-capped chickadees, juncos and Bewick's wrens. Conifers tend to turn the soil acidic and keep the soil dry, but you can plant ground cover like the colorful Oregon grape that is well-suited to these conditions.

The Pacific madrona and vine maples are two other native trees that can bring color to your garden. The madrona, an evergreen common to coastal areas, has an attractive brick-red bark which peels when mature to reveal new, silvery green bark underneath. Many birds eat its berries, including robins. Vine maples can grow to heights of 20 feet or more. Their bark comes in hues of pale green and peach, and in the fall you can enjoy a full range of color as the leaves turn red, gold and orange. Later you can use the leaves as mulch.

Snowberry is a unique deciduous shrub with its snow-white berries. These berries are present from late summer into winter and seem to float airily above the plant. You can pair this shrub with evergreen huckleberry bushes which produce an edible dark blueberry attractive to birds and butterflies. Both of these shrubs

prefer shade-to-partial-shade. If you have a sunny area, try spiraea, one of the shrubs you can find blooming with bright pink flowers in mountain meadows during summer.

Ferns are sold in a wide variety at nurseries. These Northwest natives can evoke the rainforests for which our region is famous. Anyone hiking up Tiger Mountain will have seen legions of sword ferns, with their long fronds, sometimes a foot long or more,

Learn about these native plants and more in the Introduction to the Natural World Course, which kicks off its ninth year on May 14. Visit mountaineers.org, click on "learn," then "find courses and clinics," and the "naturalists."

pointing skyward. If you are looking for smaller ornamental varieties, deer ferns have inch-wide fronds which provide a terraced effect to borders, while maidenhair ferns produce a stalk up to about a foot tall, from which the fronds cascade out in a delicate spiral.

Two iconic flowers of our mountains are Pacific bleeding hearts, common in our lowland forests, and lupine, which are found in any landscape photo featuring wildflowers in bloom. Bleeding hearts are shade plants with pink, heart-shaped flowers that herald spring. Lupines are sun-loving plants that have long stalks of purple flowers. While they don't appear in the mountains until July or later you can enjoy these flowers in April or May in our coastal areas.

About the author

You can usually find Mia, a graduate of the Intro to the Natural World Course, either planting more native plants in her garden or hiking and birding in the mountains. To reach her via email: mmspangenberg@gmail.com.

Now is the time try one of these Eastern Washington hikes

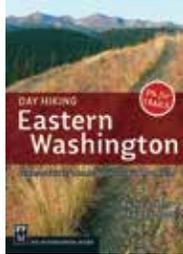
“Day hiking is the root of all outdoor exploration.” So begins the preface of a just released Mountaineers title, *Day Hiking: Eastern Washington*, penned by two authors synonymous with the outdoors, Rich Landers and Craig Romano, who have ably assimilated all that is worth exploring in our state’s most arid expanse.

Eastern Washington offers everything from sagebrush steppe and desert-like terrain to golden woodlands and lush forests. Its attractions range from the very large—a thunderous, 186-foot Palouse Falls—to the rather small, such as the rare Okanogan fameflower. Trails lead through the lofty pine-and-meadow shrouded Kettle River Range; the grizzly bear

and caribou inhabited Salmo-Priest Wilderness; bird- and wildflower-abundant Channeled Scablands; the wild white bluffs of the Hanford Reach National Monument; the lonely, elk-riddled Blue Mountains; and the abundant parks and preserves of the Spokane region.

There is no better time than now to get out on Eastern Washington’s trails—far from the more unstable weather of the western half of the state this time of year.

Following are just a couple of the book’s 125 hikes that serve as good starters for exploring Eastern Washington (excerpted from *Day Hiking Eastern Washington*, 352 pgs; \$18.95 with 25 “bonus hikes” for download on The Mountaineers Books website).



Craig Romano photo

Hanford Reach North

Round-trip: 7 miles

Elevation gain/high point: 500 feet/725 feet

Season: Year-round

Map: USGS Locke Island; Contact: Hanford Reach National Monument, Mid-Columbia River National Wildlife Recreation Complex, (509) 546-8300, www.fws.gov/hanfordreach; Note: Watch for rattlesnakes; GPS: N 46 40.630 W 119 26.673 (See book for driving directions.)

Since the Hanford Reach became a national monument in 2000, more and more hikers are discovering that what they thought would be a desolate part of the state is actually thriving with fauna and flora. Thanks to being withdrawn from the public for decades (to produce atomic fuel) and remaining in a relatively natural state, the Hanford Reach represents one of the last large undeveloped and uncultivated parts of the Columbia Plateau. One of the driest parts of the state (annual rainfall averages seven inches), the Hanford Reach is a harsh but fragile environment. Tread softly. And be sure you’re well prepared with ample water and sun protection. Towering white bluffs, massive sand dunes, pelican colonies, brilliant wildflowers, and the last free-flowing non-tidal section of the Columbia River all help make the Hanford Reach one of the most dramatic natural areas in the state.



Craig Romano photo

Copper Butte via Old Stage Trail

Round-trip: 6 miles

Elevation gain/high point: 1,615 feet/7,140 feet

Season: mid-June-November

Map: USGS Copper Butte; Contact: Colville National Forest, Three Rivers Ranger District, Kettle Falls, (509) 775-3305, www.fs.fed.us/r6/colville; notes: Open to mountain bikes, horses; GPS: N48 42.595 W 118 26.579 (See book for driving directions.)

Follow an old wagon road to a gap high on the Kettle Crest. Then climb steeply through silver forests adorned with showy wildflowers to the highest point in the Kettle River Range. From this lofty perch, a mile above the surrounding golden valleys, survey the wild and expansive Columbia Highlands. The views are breathtaking from this former fire lookout site, from Idaho to the North Cascades and all along the imposing wall of the Kettle Crest, from the Colville nation to Canada.



Explore the world through our Global Adventures



Summit of Mera Peak, Nepal

Dave Todd photo

By Craig Miller

Last year the Outings Committee changed its name to Global Adventures Committee. "Global" because we go to international and domestic locations, "adventures" because we offer intrigue and fulfillment. We lead multi-day adventures beyond the Pacific Northwest. Our strategy is to offer outings that are varied in geography, activity and difficulty. They

are high quality, but with great value (cheaper than commercial outfitters).

The objectives on each global adventure are to be safe, have fun, and complete the itinerary—in that order. Part of adventure travel is the unknown that we cannot control. Experienced Mountaineers outing leaders are flexible and find alternative contingency options. Participants are just as flexible, knowing that

some new experience will unfold.

To participate on a global adventure, you must be a Mountaineers member; if you are not a member, it is easy to join. You can discuss a potential global adventure with the leader to determine if it is a good match for you. After the leader approves you, then you can register (pay money). After you register, the leader will send information to help you prepare for the trip.

Our participants are interested in The Mountaineers' mission: "... the responsible enjoyment and protection of natural areas." They seek physical outdoor activity, enjoy learning new cultures and conserving the environment. Participants are curious, enthusiastic, and social. Along

with some hard work, we have lots of fun and laughs!

The Mountaineers' global adventure leaders have many years' experience leading international outings. They work very hard to plan, propose, market, finance, organize, communicate and lead world-class outings for you (our customers). The Mountaineers' current global adventures team includes Shari Hogshead, Patti Polinsky, Steve Johnson, Cheryl Talbert and Craig Miller.

We invite you to read about the dream trips on this page every other month, and more details on the website, www.mountaineers.org/source/aTrips/global_outings.cfm, then join us on a future global adventure!

Backpack Colorado Trail

Aug. 16-28, 2013

The Colorado Trail stretches 483 miles along the crest of the Rockies. A segment of it from San Luis Pass to Molas Pass has been called a "life-list trip" by Backpacker magazine. **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. Visit well-placed rifugi (high altitude mountain huts) and stay in three- and four-star hotels. Hike rating is upper moderate to strenuous with moderate pace. **Price:** \$3,750. **Leaders:** Shari Hogshead and Paul Gauthier, skimntr@aol.com,

425-957-4548 or 425-260-9316.

Hike New Hampshire

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

Trek Austria's Zillertal

Sept. 7-22, 2013

Spectacular alpine scenery, combined with European culture, and great hiking, this 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. **Leader:** Craig Miller, craigmiller@comcast.net.

Trek Nepal's Mustang

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. **Leader:** Craig Miller, craigmiller@comcast.net.

Climb Red Rocks, NV

Oct. 10-14, 2013

Enjoy sun and fun on moderate sandstone multi-pitch routes while overlooking Las Vegas. Close to the airport, lodging and meals, Red Rocks offers all the trad climbing one could want over three days. **Price:** \$375; \$200 deposit due by Aug. 15;

balance by Sept. 15. Includes: travel in Red Rocks, lodging and breakfast. Excludes: air travel, lunches, dinners. **Leaders:** Loni Uchytel, John Rijoff. **Requirements:** Graduate of a Mountaineers crag course or an intermediate climbing course or comparable trad skills. **Details:** loniuchytel@msn.com.

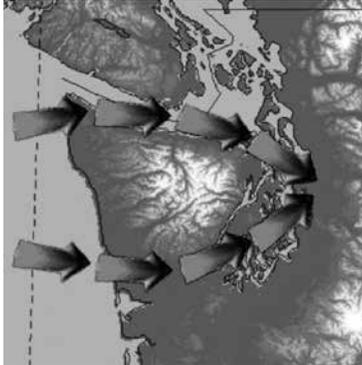
Backpack N. Zealand

Feb. 16-March 3, 2014

Enjoy three, 2-3 day, strenuous backpacks on the South Island's striking Routeburn, Kepler and Hump Ridge tracks, with day hikes among glaciers and high peaks, a boat trip on Milford Sound and hotel stays in vibrant, small towns. On the tracks, you'll carry only food, clothing, sleeping bag and cookpot while staying in huts. **Price:** \$3,000 (main), \$550 (an Abel Tasman extension), \$500 (a Tongariro extension). **Leader:** Cheryl Talbert, cascadehiker@earthlink.net. Application and \$1,000 deposit due by June 1.

Puzzled by the weather? Welcome to the 'convergence zone'

Summer is long gone. Your car's defroster is blasting. You are avoiding the toll on SR-520 by skirting around the north end of the big pond en route to Woodinville. The weather becomes nasty. The rain beats so hard on your windshield that you are squinting to see what's ahead. Your wipers are moving faster than the wag of a labrador's tail. The rain turns into tiny slivers of ice. Six minutes



The culprits: Olympics and the Strait

later the sun breaks through and you see patches of blue sky, but by the time you reach your driveway in Woodinville a skiff of snow powders your front yard.

You are not time traveling. You have just entered "the convergence zone"—a term bandied by Seattle weathermen as often as "rain in the

forecast." Many may wonder what convergence zone means in detail. If you are one of the curious, read on.

Definition: An area of enhanced precipitation that forms in the lowlands from Everett to Sea-Tac Airport with the most common area near Lynnwood/North Seattle/ Bothell. For the mountains it is from the Mountain Loop area to Snoqualmie Pass. The most common area is from Stevens Pass south to Snoqualmie Pass.

How it forms. (See graph below.) It usually occurs late fall through late spring after a cold front moves through the region. It comes from the coast in a west-to-northwest flow. The Olympic Mountains block much of this flow and split the air mass in two. One (call it the small air mass) flows through the Strait of Juan de Fuca; the other flows through the Chehalis gap. The two air masses generally converge near the King/ Snohomish County border, causing a great deal of instability, clouds and steady precipitation.

Eventual direction: Once the convergence zone forms it will generally move towards the south. For the lowlands this moves

from, say, Alderwood Mall where it will begin drifting slowly to the south. The southward movement is generally controlled by the wind flow from Puget Sound. A steady southerly wind in the Sound will tend to keep the convergence zone near the King and Snohomish County border, and this is the preferred location. Calm winds or light northerly wind in the Sound will tend to bring the focus of the precipitation towards Redmond-Bellevue area. The precipitation usually dissipates by the time it reaches Sea-Tac Airport.

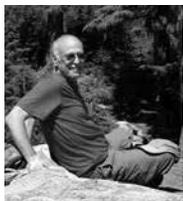
For the mountains the flow patterns are more complex and are controlled by the upper level flow. Usually the heaviest precipitation falls either at Stevens or Snoqualmie Pass.

Resultant weather: Conditions change quickly and often in a convergence zone. Parts of the region may experience heavy precipitation while the sun may be shining on regions just 5 to 10 miles to the north or south. Then, in five minutes, the area that was getting the heavy rain will see sun.

The regions in the core of the convergence zones often see thundershowers and wind. It is not a good time to go sailing in the Sound as winds can suddenly shift and gusts can be very strong. In the lowlands I have seen eight inches of snow fall in just three hours in the Redmond area. In the mountains, this convergence can dump more than 24 inches of snow in a day and close down the major passes as well—resulting in avalanche conditions. There was even a tornado sighting in the lowlands during one of the Puget Sound convergences.

Rainshadow: During convergence, downtown Seattle is usually dry, so a walk in a city park is not out of the question. Are there similarly dry spots in the mountains? If snow at the Pass is not an issue, the Teanaway region is not bad for a day outside. Sometimes Salmon La Sac is dry, but Teanaway is the better bet. Hikes in the East Olympics (just west of the Hood Canal) can bring sunny weather during a convergence. East of Stevens Pass is good if snow at the Pass is not an issue. Lake Wenatchee is generally dry as are the trails in the Icicle Creek area. ▲▲

About the author



Michael Fagin provides mountain weather forecasts for the Washington Cascades and Olympics. He also provides forecasts for Mount Everest expedition groups and provides custom forecasts to independent climbers on a worldwide basis. His weekly hike/ski weather segment is heard every Tuesday at 9:50 a.m. on KOUW (94.9 FM in Seattle). Also find him via: www.westcoastweather.com; www.everestweather.com; www.hikewashington.net.



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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.

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www.RealEstateByLeah.com
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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 dedicated 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 on this page and on our website, as well as invitations to special membership events.

To find out more about upcoming business member events and becoming involved with this group, contact Leah Schulz, leah@leahdschulz.com, 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. You can also find answers to frequently asked questions 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.

Here's the rest of the member benefits story

Sure there are gear and activity bennies for being a Mountaineers member who loves the outdoors, but there is another side to the membership coin. It involves the inherent rewards of being in a community that cares just as much about the outdoors and its rewards as you do.

Though it may be just the hikes, scrambles, climbs or paddles with people of a kindred spirit that draw you to The Mountaineers, there are many other opportunities for challenge and adventure. Becoming skilled in a particular activity can open the door to becoming a volunteer leader in that activity and we even have courses in leadership development which can be useful in all facets of your life, not just the outdoors.

If you find an activity that completely enthralls and challenges you to become increasingly proficient in it, you may want to become a volunteer instructor in that activity. You will find hundreds of others around you who share that same fervor for giving back what they have learned from The Mountaineers. And, again, it is an endeavor that stands to help you develop yourself on many other stages in life than just the outdoors.

We are volunteer driven and rely on your spirit, your hunger for a challenge and devotion to the outdoors in order to do what we do—get people outside. Your investment of time is an investment in the future of the outdoors, because people who enjoy the outdoors come to appreciate it and protect it.

But, while on the subject of member bennies, have you been taking advantage of yours lately? Mountaineers membership is more valuable than ever. For a complete list of member benefits and how to access them, log onto our website and check out our Member Benefits page, www.mountaineers.org/membership/benefits.cfm, or contact Member Services, info@mountaineers.org. Remember, as a mission-driven 501(c)(3) non-profit, all but \$10 of your dues are tax-deductible, and your annual dues help The Mountaineers strengthen our recreation, education and conservation efforts in the community.

Is your MEMBER PROFILE up to date? You can help us serve you better by updating your profile online with your current email, phone and address.

Can we help you with anything?

Do you have a question about your Mountaineers membership, a course or activity? Your Member Services team is here to help, 9 a.m. to 5 p.m., Monday-Friday by phone (206-521-6001) or email, info@mountaineers.org. Numerous resources are also available via the website, including answers to frequently asked questions in the "Knowledge Base," found on The Mountaineers support page, www.help.mountaineers.org (or by clicking "Help" in the top right corner of our website).

Did you forget how to log in to your Mountaineers account? Visit our Help/Support page: "How Do I Log In?" Click on the "Sign In" link at the top right of mountaineers.org. Enter your username and password in the boxes, and then click the button. Forgot your username or password? Contact Member Services (see info above) to reset it.

Need your member ID number? Your Member ID is found on your membership card and is also the number above your name on the mailing address printed on your *Mountaineer* magazine. If you lose your member card, and need it to access your member benefits, request a replacement from Member Services. Better yet, use your smartphone or mobile device to log into your account on The Mountaineers website and show your "Active" status to earn your deals.

Give us a "like" on Facebook! Connect with The Mountaineers on Facebook and share with your friends all the latest photos, events, courses, conservation news, opportunities and updates from other members, partners and more. Let's grow our community!

We make for a great gift!

We are the perfect gift for any occasion! Bring another new member into your Mountaineers community by buying a gift membership for a friend or family member. Personalize a gift membership with a favorite Mountaineers Books title, M-logo water bottle, hat or tote bag. Contact Member Services for more information.

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.

BELLINGHAM



Vice Chair: Minda Paul

Website: bellinghammountaineers.org.

The Bellingham Branch, tucked alongside the craggy expanse of the North Cascades, features a vital, close-knit climbing program, as well as courses in first aid and alpine scrambling. It is also 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.

SUMMER POTLUCKS BEGIN! Tuesdays, May 14 and June 11, 6 p.m. at the Whatcom Falls Park small picnic shelter. Bring yourself, family, your friends, your dog or your dog's friends, but most importantly bring a dish to share! For more details email bellinghammountaineers@gmail.com

STEWARDSHIP EVENTS: May 11, 10 a.m. to noon at Euclid Park with Bellingham Parks. Contact Stewardship Chair Tracy Sehmel, tracynowack@yahoo.com, for details.

EVERETT



Chair: Louis Coglas, earthhumor@comcast.net

Website: 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.

HIKING ESSENTIALS SEMINAR: Monday, May 20, 6:30-8:30 p.m. at the Snohomish County PUD Building. This course is designed to answer questions that a novice hiker or new Mountaineers member may have about how to start hiking in the Northwest. Register at www.mountaineers.org

HIKE LEADER SEMINAR: Monday, May 20.

HELP RESTORE TRAILS & LOOK-OUTS: For more details about volunteering, contact Forrest Clark, LOTM@everettmountaineers.org.

FOOTHILLS



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

Website: 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 op-

portunities 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, 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: Seminars in lightweight backpacking and hiking are set for May 13 and May 15 for students of the building blocks course..

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 or 425-434-0899

KITSAP



Chair: Mike Raymond, branch@kitsapcabin.org.

Website: kitsapmountaineers.org.

The Kitsap Branch is home to a preserve, a program center—the Kitsap Cabin—and an outdoor stage. All of these 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—streamside observations of spawning salmon in the Rhododendron Preserve—is only a short hike from Kitsap Cabin amidst some of the longest standing old-growth forest in Western Washington's lowlands.

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

Learn more

The 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.

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.

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

OLYMPIA

Chair: Carla Jonientz, carlajonientz@yahoo.com.

Website: 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

MAY 1 POTLUCK AND ADVENTURE PRESENTATION: Julie Smith will talk about her climb of Mt Vinson in Antarctica, her Seven Summits quest, and the Pickets and Patagonia. Mt Vinson was the last peak Julie needed to reach her goal of climbing the highest peaks in seven continents. Antarctica is the coldest, windiest, driest continent on the planet, where the lowest recorded temperatures have reached

-129°F. The Seven Summits are Mount Everest (29,035'), Aconcagua (22,829'), Denali or Mount McKinley (20,320'), Kilimanjaro (19,340'), Mount Elbrus (18,510'), Mount Vinson (16,067'), and Mount Kosciuszko (7,310').

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. Please include your mailing address so that we can send you a membership packet.

COURSES BEGIN: Wilderness Skills is held 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.

ACTIVITY AWARDS: Now is the time to start your paperwork in order to receive your award at the Olympia Banquet in the fall. Most of the awards are listed at the Branch website. Send your completed paperwork requesting the award before September 15 to Kerry Lowry, 3600 Snug Harbor Dr NE, Olympia, WA 98506 or kerryndon@comcast.net or call 360-456-2694 with questions.

NATIONAL TRAILS DAY: The Olympia Branch is supporting National Trails Day on June 1 with two projects: the Wynoochee Lakeshore Trail and trail work at Lake Sylvia State Park. If you are interested in helping, see the branch website or contact Jim French at jjimfrenchwa@comcast.net.

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 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 May 8 at Alpine Experience in the Hyak Room and June 12 at the Olympia Center. 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.

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 **May 9 and June 20** 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.

HIKE LEADER SEMINAR: Experienced hikers and members interested in becoming a volunteer hike leader are welcome to attend this two-hour workshop on June 5.

INTRO TO NATURAL WORLD

COURSE: There is still time to enroll in this course, designed for hikers, climbers, photographers, scramblers and conservationists who want to learn more about the mountains they enjoy. The course begins on May 14.

INTRO TO MAP AND COMPASS: Learn the basics in how to keep from getting lost in the wilderness. Course begins May 15.

INTRO TO WHITEWATER FOR SEA KAYAKERS: This course is designed to take a sea kayaker who is comfortable in rough, moving water to the river environment. Leader's permission to enroll. Course is set for June 1-2.

FOLK DANCING: Each Tuesday at The Brig in Magnuson Park, just southeast of The Mountaineers Program Center. What

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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.

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.

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).

HIKING/BACKPACKING SPRING

POTLUCK: Sunday, May 5, 1-4 p.m. Come at 12:30 p.m. to help set up the room so we'll be ready to eat at 1 p.m. Join us in the Great Hall at the Tacoma Program Center for an afternoon of good company. Bring a dish to share.

TACOMA POTLUCK BRUNCH WITH MRNP VOLUNTEERS: May 11, Saturday, 9-11 a.m. Hosted by the Tacoma Branch Hiking & Backpacking Committee and the Mt. Rainier Volunteers in the Park (VIPs), at the Tacoma Program Center. See website.

INTRO TO HIKING/BACKPACKING: Monday, May 13, and June 10, 7-8:30 p.m. at Tacoma Program Center. If you're not sure what you need to start hiking with The

Mountaineers or just need a kick-start, join us for this information-packed evening.

MOUNTAINEERS-WIDE PLAYERS

Escape to the Kitsap Forest Theater! Join us for a grand adventure as you stroll down the forested trail to our unique and breathtaking theater. A treasured family tradition in the greater Seattle arts community since 1923, The Mountaineers Players continues to bring Puget Sound audiences quality outdoor theater under the conifer canopy of its Kitsap Forest Theater every spring and summer.

With *Narnia* (The Lion, the Witch & the Wardrobe) in the spring and *The Secret Garden* in the summer, the Kitsap Forest Theater's 2013 season will weave classic stories with music and dance—taking them from the page to the stage in two delightful productions that will appeal to young and old alike.

Tickets are available for both shows online at www.ForestTheater.com and at the Mountaineers Program Center (800-573-8484, on the phone and in person) and at Ted Brown Music, Silverdale; Liberty Bay Books, Poulsbo; and Country Nursery, Bremerton. Adult tickets are \$16 presale and \$18 at the door. Students, seniors, military and Mountaineers members save \$2. Youth tickets (age 6-12) are \$10 presale and \$12 at the door, and children 5 and under are free. Remember, you can volunteer to help usher or park and see the show for free.

Narnia - May 26, 27, June 1, 2, 8, 9, 15, 16; 2 p.m. We invite you to embark on a musical adventure as the first and most famous story of *The Chronicles of Narnia* by C.S. Lewis comes to life on our unique stage. Join us in this enchanted world filled with creatures and spirits of myth and fable, both good and evil. From the excitement of the opening song, "Aslan's on the Move," to the joy of "Narnia (You Can't Imagi-

ne)," your spirits will soar with all those in Narnia.

Director, Jenny Estill; music director, Amy Beth Nolte; choreographer, Lynda Sue Welch; accompanist, Greg Smith; costumer, Barbara Klingberg; sets, Chris Stanley.

The Secret Garden - July 27, 28, August 3, 4, 10, 11, 17, 18; 2 pm. This enchanting literary classic is re-imagined in this brilliant musical that won three Tony Awards on Broadway. The story follows 11 year-old Mary Lennox, orphaned in India, as she returns to Yorkshire to live with her embittered, reclusive Uncle Archibald and his invalid son, Colin. This timeless story of forgiveness and renewal will enchant all ages and is the perfect summer outing for the whole family.

Director, Craig Schieber; music director, Julia Thornton; choreographer, Guy Caridi; accompanist, Olivia Hickerson; costumes and sets, Barbara Klingberg.

Kitsap Forest Adventure Camp: Registration has begun for Adventure Camp for kids in grades K-5. We have increased the ages for this summer, so more kids can take part in the adventures! Dates of the camp are July 8-12 and July 15-19 and include an optional Friday night family campout. Your child's creativity and imagination will bloom in activities that include art, music, drama, play, hiking, forest skills, creek stomping, story-telling and just plain fun. Visit our website (ForestTheater.com) for additional information or call 206-542-7815. Early-bird discount applies if registered by May 1.

Help wanted: We need help with set building and painting, ushering, parking, cooking at Kitsap Cabin, running concessions, property maintenance, etc. If you are interested in being involved in any way with either or both shows, please call the Kitsap Forest Theater at 206-542-7815 or e-mail players@ForestTheater.com. We would love to have your help! Visit www.ForestTheater.com.

Find all of your updated
branch community news at
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; 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 not 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). Within a short distance from the lodge there are a number of snowshoe routes and cross-country ski trails (www.nooksacknordicskiclub.org/).

Check out the Baker Lodge website at www.mountaineers.org/bakerlodge for information on the lodge, calendar of openings, fees, registration, host contact information and more. Have questions? Contact Judy Sterry, 206-366-2750, or Bill Woodcock, 206-725-7750.

Amenities: The lodge is normally open by 7 or 8 p.m. on Fridays for weekend events but may open earlier. If you need a more specific opening time, please call the host listed in the "Calendar" on the Baker Lodge website. Trail lights from the parking lot to the lodge are on until 10:30 p.m. and poles or flags mark the trail. 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. Everyone who stays at the lodge is expected to help with a very brief housekeeping or meal task each day.

Spring Schedule & Rates: Baker Lodge will be open May and early June if there are enough registrations. Click on "Calendar and Reservations" in the upper right corner of the Baker Lodge website's home page (address above) for rates and schedule. We welcome the public of all ages and abilities. Families with children 3 years and under should call the weekend host prior to registering.

Reservations: Even though Mountaineers activity 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.

Events: Are you participating in the Ski to Sea Race or want to observe the race? Stay at the lodge Saturday night, May 25. The last weekend we're open for backcountry skiing, snowshoeing or snow play is May 31-June 2. Work parties are tentatively scheduled for the second and third weekends in July.

Group Scheduling: All groups, especially Mountaineers-led trips and activities are always welcome to bring their members, guests and friends to the lodge for any overnight or weekend. Contact Judy Sterry (206-4366-2750) for group reservations. Non-scheduled openings may be arranged if hosts can be found.

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? And staying at the lodge for free? 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.

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 3 hours from Seattle.

Kitsap Cabin

Kitsap Cabin, built mostly by Mountaineers women in 1918, is the social "hub" of the Kitsap Forest Theater, the Kitsap property and Kitsap Branch. It is the spring and summer home base for the Mountaineers Players as they rehearse and perform at the beautiful Kitsap Forest Theater. It is also the "home base" of the Kitsap Forest Adventure Camp and The Mountaineers Kitsap Branch. The Kitsap yurt was installed on the property several years ago and is a perfect meeting and gathering space.

Kitsap Cabin and yurt are surrounded by the Rhododendron Preserve, a 460-acre private reserve operated by The Mountaineers Foundation. The preserve is one of the largest remaining parcels of Puget Sound Lowland old growth forest in the Puget Sound Basin, and acts as a buffer protecting the Kitsap Forest Theater and salmon spawning creeks from encroaching development.

We are looking for volunteers to help with property maintenance—Please contact us to volunteer your time. The cabin, yurt and theater are available for private rentals. For rental information, call 206-542-7815.

Kitsap Branch: www.kitsapmountaineers.org

Mountaineers Foundation/Rhododendron Preserve: www.mountaineersfoundation.org.

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 and fill out the requested information.

Work parties: These are the weekends that unretired Meany volunteers get things fixed and shining in summer and fall. Whether it is one day or a couple of hours, we welcome all of your time and help. Visit www.brownpapertickets.com/event/264388 to sign up for a work party.

Continued on page 36

Gala Lindvall photo



Aslan (far right), played by Dave Holden, describes the battle ahead in *The Mountaineers Players' Narnia*

Players begin 2013 season with Narnia

The Mountaineers Players kick off the 2013 stage season with *Narnia*, the classic, enchanting C. S. Lewis story, on May 26, 27, June 1, 2, 8, 9, 15, 16. All shows begin at 2 p.m. at the Kitsap Forest Theater near Bremerton. See page 34 for all the details on tickets and the play as well as the summer production of *The Secret Garden*.

Meany Lodge Season Pass: Save money by purchasing a Meany Lodge Season Ski Pass. Watch our website as the next season approaches for more details.

Winter sports program: See www.meanylodge.org/winter/ski_program.html to learn all about family-fun lessons for all ages, 4+ to 80-something, and of all abilities, taught by certified instructors.

Meany rentals: Meany is available for private rentals and Mountaineers events. Visit www.meanylodge.org, go to "Contacts" 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 (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.

It's easy to make a reservation to stay at Stevens Lodge during the season. 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!

offbelay

Edith Delzell, active Tacoma Branch member

Edith Mae Delzell, a 52-year member of The Mountaineers Tacoma Branch, died November 9, 2012, in Tacoma at the age of 85. A native of the Seattle area, Edith loved the outdoors and was an avid climber, hiker, backpacker and skier.

She earned peak pins from The Mountaineers for the Baker's Dozen and Tacoma

Irish Cabin Second 12 after completing the Basic Climbing Course.

She was very active with the Tacoma Branch as well as with Altrusa and the Pierce County Retired Teachers Association, for which she acted as treasurer for several years.

Is your MEMBER PROFILE up to date? You can help us serve you better by updating your profile online with your current email, phone and address.

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Visit www.mountaineers.org for all current trip and course listings

Is your MEMBER PROFILE up-to-date? You can help us serve you better by updating your profile online with your current email, phone and address

Journaling can inspire kids (continued from page 16)



moon cycle. Draw the shape of the moon every night for one month. How many different phases does the moon have? Learn about and draw the constellations. Why are there different constellations overhead at different times of year?

The beach: track the times of high and low tide each day. Write about the ways the beach looks different at high and low tide. What do you hear on the beach? What kind of rocks and seashells are there? How many different textures of sand can you find? What changes at different times of day, and from day to day or week to week? What kinds of animals live in the intertidal zone? Use a magnifying glass to observe them closely. Draw a picture of each of the species you find.

Trees: What kind of trees grow in your neighborhood or favorite park or forest? Pick one tree that you like and visit it often. Draw the tree in each of the four seasons. Be sure to include leaf buds, flowers and seeds. Make leaf and bark rubbings. What kinds of insects and other animals live in the tree? How does this change with the seasons?

Birds: Look and listen for birds when you wake up in the morning or when you're on your way to school, or camp. Consult a field guide and keep a record of one bird you see each day. Sketch each

bird. What is the shape of its beak? Use color pencil or crayon to color its feathers. Learn to recognize its call.

Travel: Whenever you travel, bring your nature journal. Take some time to observe nature in new places. Draw and/or write about what you see, hear, touch and smell in nature.

Imagine: Choose your favorite animal that lives in our region. Learn about how it sees. Imagine you are that animal and you can see things from its point of view. Where would you live? What would the world look like? How would you spend your time? Write a journal entry from the animal's point of view.

Helpful Websites

Astronomy: <http://www.kidsastronomy.com>

Birds: <http://www.birdwatchersdigest.com/>

Insects: <http://sciencespot.net/Pages/kdzinsect.html>

About the author

Meg Crager has been a member of The Mountaineers on and off since 1990. She graduated from the Basic Climbing Course in 1991 and her son, Luke, was born in 2004. He went on his first snowshoe trip to Reflection Lakes in a baby carrier when he was five months old and has been hiking and backpacking ever since. Meg has led friends and neighbors on kid-friendly backpacking trips to Barclay Lake, Boardman Lake, Dorothy Lake, Hole in the Wall, Third Beach and Snow Lake at Mt. Rainier. She says she is continuously learning from kids about how to enjoy the outdoors.



Inspiration

It's funny where we look for motivation and inspiration, especially when you've stood on the roof of the world. My father was a climber and as a child I dreamed of the heights he attained; the first ascent of Denali's west buttress, the summit of Everest in 1963, and the first person to scale Ama Dablam. I knew that someday I would follow in his footsteps, and it was a privilege and an honor to climb Everest 31 years after his ascent.

Tragically, in 1994, he was killed in a car accident four months after I reached the summit of the world. Beyond the tribulations with the death of a parent was the loss of both my hero and mentor. These are large shoes to fill, but as time progresses, I find myself looking

to my mother, Lila Bishop, as a source of inspiration.

My mother is not a climber, but has spent the last 51 years connected with the Himalayas. Her first trek was in 1961 when she joined her husband and Ed Hillary on a scientific expedition. Since then she has been a perennial figure in the mountains. She has led treks in Nepal, India, Bhutan, Mustang and has taught English to Sherpas at the Khumbu climbing school. With an indomitable spirit, she drove from Rotterdam to Kathmandu with her husband and two small children in 1968. This was decades before adventure travelers were sponsored to pursue such larks. The family then lived in western Nepal in a tent for the next two years while my father collected research for his doctorate.

What inspires me is that year after year, she ventures into the high mountains and takes with her a joy and appreciation that most climbers miss. She is thoughtful and sensitive of the various mountain cultures, and consequently, has forged deep friendships that have spanned over four decades.

The photographs that my mother captures of people are stunning and reflect the ease that villagers feel with her. She has the sensitivity to see the beauty at hand. The awareness reminds me of

why we venture into the mountains—adventure is one goal, but most importantly, we go to the mountains to regain the balance that we tend to lose in our everyday life.

When I look to the mountains for inspiration, two forces have shaped me. While my father taught me about summits, my mother taught me about keeping my eyes open to beauty and culture. It is a skill more climbers need to take into the hinterland.

Brent Bishop



The Barry Bishop family in western Nepal



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