

Mountaineer

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

WATER

From headwaters to the surf, Mountaineers explore the currents

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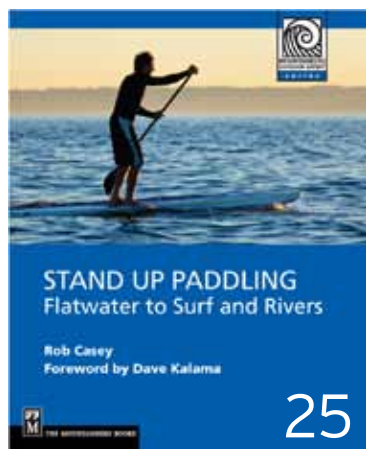
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July/Aug 2012 » Volume 106 » Number 4

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



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 attend an information meeting? Check the Branching Out section of the magazine (page 32) for times and locations for each of our seven branches.

On our cover: Pro photographer Gary Luhm catches a placid Pacific Northwest sunrise on Union Bay, Lake Washington.

Our passion to learn keeps our mission alive

I attended The Mountaineers 50-year Member Luncheon two weeks ago to meet members, hear their stories, show appreciation for their loyal support, and celebrate their many contributions to our organization. I was excited to meet these living legends, many of whom play starring roles in the book about how we grew as an organization: *The Mountaineers: A History*.



I thoroughly enjoyed hearing about how The Mountaineers has been an integral part of their lives. Most started alpine climbing, went on to learn to sail or kayak, and as the years passed, enjoyed leisurely hikes on local trails. Many became active in conservation and stewardship of the natural world or honed their skills in photography. If they wanted to take part in an activity that wasn't offered, they simply started it. All never stopped learning or taking the opportunity to be challenged in some way.

It reminded me that the more things change, the more they stay the same. For over 100 years the The Mountaineers' mission has been "to enrich the community by helping people explore, conserve, learn about, and enjoy the lands and waters of the Pacific Northwest."

One-hundred years. That is a long time for a mission to withstand the test of time.

I believe that this mission has endured because we in the Pacific Northwest are surrounded with publicly-managed forests, mountains and waterways. As in years past, people today want to know how to explore these inspiring places. Teaching people how to explore is what we do best. Through our instruction, activities and books we get people outside knowledgeably, safely and responsibly.

Just as importantly, The Mountaineers meets people where they are at and is able to serve people throughout their lives with a breadth of outdoor opportunities, whether they be on land or water. We also provide a built-in community of like-minded people from which one could likely meet lifelong friends or even a spouse. And finally, we inspire stewardship of lands and waterways by connecting people with the places we love to explore.

The Mountaineers' mission will endure because the desire to get outside will always be there. Our organization will continue to be an important part of the community because we will adapt to meet the changing needs of our members and foster a community that is dedicated to ensuring that the next generation is just as passionate and just as committed to the outdoors as we are. By channeling the same entrepreneurial spirit of those longtime members who made this organization what they wanted it to be, we will endure.

I'm very excited about the future of our organization: Our membership continues to grow; we are creating innovative new courses; our youth-focused activities are exploding; our recreation-access priorities are gaining momentum . . . the list goes on. As my wife and I have just celebrated the birth of our daughter, Sienna Kae, my hope is that she will form the same lifelong bond with The Mountaineers as our 50-year members.

See you in the backcountry!

Gavin Woody, Board President



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

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Tom O'Keefe photo

'Let it flow . . . through the mountains, rain and snow'

To continue the theft of poetic license from Eric Clapton's long-ago hit, quoted above, water is lovely—let it flow.

In this issue of the *Mountaineer* we are—as was done earlier this year on the Elwha River (pictured above)—letting it flow, at least in the sense of sharing stories about the great expanse, where it takes us, and how *The Mountaineers* sets us in its current.

As the removal of the Elwha dams sets a course for the recovery of what was once one of the largest salmon runs in the Northwest, *The Mountaineers* removes the barriers of being new to the Pacific Northwest's expanse or too young to venture out with confidence.

Members, even some of the legendary ones who attended our 50-year member luncheon (see page 12), credit their relationship with *The Mountaineers* community for everything they have experienced outdoors. Bill Ashby talks about the common yen for adventure in this month's "Last Word" (page 46). It is a yearning that existed 106 years ago, 50 years ago, and today—right here and right now—with *The Mountaineers*. It calls us to the high alpine

as much as it does to the "hidden coves and islands throughout the Salish Sea," as Bill avers, and as Marie Capogna explains in her treatise to sailing (see page 21).

You will see as you pore through these evocations on adventure and water that the thing about *The Mountaineers* is this: We just don't stop wanting to explore that next bend in our life of outdoor adventure. Or as our president, Gavin Woody, puts it on the previous page: we never stop "taking the opportunity to be challenged in some way."

The Mountaineers experience is a tributary that leads us to not only fantastic places in the outdoors but in our lives. One of our contributing authors, Gary Luhm, began his adventure in our sea kayaking course more than 15 years ago and is now living it professionally as a photographer, author and kayaker. (His photo graciously adorns this month's cover.)

So, soak in the ensuing stories, put your sail in the wind, your paddle in the current and your feet near a headwater. Let it flow.



PHOTO: JIM SURETTE

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Caroline George

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K2 film coming

The Mountaineers' David Ohlson says he is "coming down the home stretch" to completing his upcoming documentary film on climbing K2.

"K2: Siren of the Himalayas" follows his group's attempt to summit the world's second-highest peak on the 100-year anniversary of the Duke of Abruzzi's

historic K2 expedition in 1909.

Shot in Pakistan in the summer of 2009, the documentary features elite alpinists **Fabrizio Zangrilli** and **Gerlinde Kaltenberger** with **Jake Meyer**, **Chris Szymiec** and David in a breathtaking look at high-altitude mountaineering.

David is in the midst of fundraising for post-production and finishing costs. If you are interested in supporting his effort, contact him at ursusfilms@gmail.com and visit the website at www.ursusfilms.com for a peek at the film's trailer and additional information.



Mike Gauthier approaches the summit of Little Tahoma on the final snowfield near 10,600 feet

Little Tahoma First Ascent. While in town from Yosemite recently, former Mt. Rainier climbing ranger Mike Gauthier—now Yosemite National Park chief of staff—and his climbing partner, Loren Campbell, decided to try an unclimbed route on Little Tahoma, its south-by-southwest face to be more exact.

The two negotiated the mountain's rock bands, which involved some 5th Class climbing on choss, a traverse and then a rappel to gain the upper snowfields and summit.

The new route is yet to be named. "We'll leave it as it is for now," noted Mike, who was in Seattle to visit friends and speak at The Mountaineers Annual 50-Year Member Luncheon.

PEAK SOCIETY



*"The main focus of teen **Venturing** is high adventure and leadership in high adventure. The mission is really to get kids outside and teach them leadership skills. **Venturing** is a program designed to be run by the kids. They determine their goals and curriculum. We give guidance as adults, but for the most part we're along for the ride. They own everything they do."*

Becca Polglase, Education Manager

With our youth programs we're doing more than empowering young people to get outdoors. We're instilling values and teaching skills that will serve them well for the rest of their lives.

Peak Society is a distinguished group of individuals who support The Mountaineers' mission and share our vision to educate and engage the next generation of recreationists and conservationists by making an annual, unrestricted gift of \$1,000 to The Mountaineers General Fund. We offer members the opportunity to expand their knowledge of key issues through periodic Peak Society hosted social and unique occasions to engage with influential leaders and fellow members.

Thanks to a generous matching gift from Peak Society co-chair Rich Draves, The Mountaineers invites first-time members to join the Peak Society with a \$500 gift.

Transforming young lives by sharing a legacy that is uniquely Mountaineers: Clearly a worthy investment.



For more information contact Mary Hsue at 206.521.6004 or maryh@mountaineers.org

Dams come down, but will new ones go up?

By Thomas O'Keefe, Ph.D

No other state in the nation produces more of its energy from hydropower than Washington, but all that “free energy” from the power of falling water has come at the expense of impacts to our region’s rivers and our once-abundant salmon runs.

The Mountaineers and our many partners in the conservation community have made some impressive gains in river restoration over the past few years, most notably removal of outdated dams on the Elwha and White Salmon rivers—dams that produced a low amount of power relative to their environmental impact. Just as notable are efficiency upgrades at existing hydropower projects:

- Snoqualmie Falls will see a 20-percent boost in generation.
- Wanapum Dam on the Columbia River will see a 14-percent increase in power with the installation of new advanced-design turbines.
- Chelan County PUD is upgrading its facilities, choosing to skip pursuit of new dams and all the regulatory issues associated with them, as it seeks to get more value from existing dams.

A troubling new trend, however, is the flurry of permits for new dams on rivers that are currently free-flowing. Snohomish PUD recently received a permit to investigate hydropower opportunities for a project at Sunset Falls on the South Fork Skykomish that has been rejected several times in the past and is on a segment of river designated as a state scenic waterway. Meanwhile, a private developer is pursuing a hydropower license on the North Fork Snoqualmie within an area protected by a King County conservation easement and within the Mount Si National Resources Conservation Area (NRCA).

These two sites are on rivers recommended for Wild and Scenic River designation by the Forest Service, and identified by the Northwest Power and Conservation Council (NPCC) as protected from hydropower development. Additional sites have been targeted in the Cascades, including Swamp Creek and Ruth Creek in the Nooksack drainage, and Martin Creek in the Skykomish drain-



Sunset Falls: destined to be dammed?

age. The proponents of these projects identify them as “small” or “run-of-river,” while using the less threatening terms of “weir” or “head pond” instead of “dam” and “reservoir.” In reality, however, the only thing that is small about these projects is the amount of power they would produce.

As these threats grow, it becomes all the more important to focus on energy conservation. The NPCC cites energy efficiency as the least-costly resource and says 85 percent of load growth over the next 20 years could be met cost effectively by increasing energy efficiency.

Opportunities exist for new power generation as technology for wind and solar power improves. Further, our hydropower could be significantly increased simply by improving efficiencies or adding hydro to existing water-storage dams—without any new dams.

The emerging threats also point to the importance of advocating for Wild and Scenic reviews when agencies update their management plans, and effecting the designations by combining efforts

... the only thing that is small about these projects is the amount of power they produce

for wilderness and wild and scenic river protection (as is being done in the proposal to expand the Alpine Lakes Wilderness—see Conservation Currents in the May/June *Mountaineer*.)

The Elwha and White Salmon demonstrate the power of rivers to restore themselves, but it’s a whole lot more cost effective and less environmentally destructive to keep our remaining free-flowing rivers wild and free. ▲▲

About the author

Tom O'Keefe, a Mountaineer for nearly 10 years, is Pacific Northwest stewardship director for American Whitewater and serves on The Mountaineers Advisory Council. He is also a policy advisor to The Mountaineers.



Wild Olympics watershed protection moves forward

By Sarah Krueger
Public Lands
Programs Manager

Over the past two years, the **Wild Olympics Campaign Coalition** has been reaching out to Olympic Peninsula communities to build support, listen to concerns and get feedback on a proposal to establish new Wilderness, Wild and Scenic River and willing-seller National Park designations for lands and rivers.

In November 2011, Rep. Norm Dicks and Sen. Patty Murray released their own draft Olympic Watershed Protection Proposal. While this draft proposal does not include everything Wild Olympics proposed, it is a significant and historic milestone for Olympic Peninsula conservation.

Additional wilderness designations proposed for over 130,000 acres of Olympic National Forest would grant permanent protection to key ancient-forest watersheds and protect incredible backcountry recreation destinations. Wild and Scenic River designations on 19 of the Peninsula's



Kayakers on the Olympic Peninsula's Dosewallips River

Thomas O'Keefe photo

rivers, and their major tributaries, would protect those river stretches from dams and other water projects, thus ensuring protection in perpetuity of these rivers' outstanding, remarkable values, including salmon habitat. However, the Wild Olympics proposal went further. Under its willing-seller National Park/Preserve additions, the Park Service would have had the option to bid on lands critical to wildlife and to connectivity such as private in-holdings along Lake Ozette and Lake Crescent, thereby preventing development on those lands.

In May 2012, the offices of Rep. Dicks and Sen. Murray announced that, based on local feedback, they would move forward with a draft proposal

excluding the park addition component. The Wild Olympics Campaign, though disappointed, accepted the change and continues to enthusiastically back the modified congressional plan, which retains over 130,000 acres of critical Olympic National Forest wilderness additions and 19 new Wild and Scenic River designations. The new congressional watershed plan would finally give our ancient forests and free-flowing rivers the permanent, durable protection they deserve.

These protections are critical to the long-term health and recovery of Puget Sound and Hood Canal, as wild salmon, steelhead and other wildlife depend on the quality of these water bodies. When the Wild Olympics Campaign Coalition was forming, the founding vision was based on the premise that if we are going to spend resources and energy to restore what we lost, it just makes economic sense to protect what we have.

The new draft plan would permanently protect such iconic places as South Quinault Ridge and its towering Douglas fir, the Church Creek Trail, maintained by the Olympia Branch, as well as salmon- and steelhead-bearing rivers such as the South Fork Hoh.

Wilderness designation will give the strongest possible protection to areas critical to the long-term health and recovery of the waterways that surround the Peninsula. In a world of ever increasing hydro threats, protecting key stretches of the Peninsula's rivers right now as Wild and Scenic can pay dividends further down the line. ▲▲

Youth programs take big step forward thanks to funding

By Becca Polglase
Education Manager

Thanks to funding from the REI Foundation, our Mountain Workshops are flourishing and providing outdoor education to more and more youth in our surrounding community. The latest step in broadening and strengthening our youth programs came May 1 with the hiring of Caitlin O'Brien as our assistant program manager, a position



Joining the team: Caitlin O'Brien

dedicated specifically to growing this very important part of The Mountaineers mission.

Caitlin comes with a strong background in outdoor education, including work at a YMCA Outdoor Center, and as an Americorps volunteer for the local YMCA GOLD program (formerly Passages Northwest). She's taught rock climbing, natural history, and managed a Challenge Course program. She's a climber, hiker and cross-country skier, and is currently experiencing the Intro to the Natural World Course at the Seattle Branch of The Mountaineers.

Caitlin will devote her time developing the breadth and depth of our Mountain Workshops. She'll be strengthening our existing relationships with youth-serving agencies, reaching out to new organizations, and building our volunteer base so that we can continue to provide these volunteer-driven programs, all in the spirit of The Mountaineers.

To volunteer for Mountain Workshops, which are usually half-day or evening programs, contact Caitlin at caitlino@mountaineers.org or go to our website and click on "volunteer opportunities."

The Mountaineers Mountain Workshops and our other youth programs are made possible by funding from The Mountaineers Foundation, The REI Foundation, Eddie Bauer and the generosity of private contributors. To make a contribution, click on "donate" on www.mountaineers.org

Mountaineers find perfect match! See page 20



Photo contest finalists: Readers vote!

Fall Activities



Leading LeTeton: David Todd, Seattle Branch



Sahale Peak: Mitchell McGeary, Olympia Branch



Gem Reflection: Norm Buckley, Everett

Place your vote

Pick your favorite among the three on the left side of the page (Fall Activities). Then send an email to brads@mountaineers.org with "Fall" and author's name in the subject line. The winning photo will be featured on the cover of the September/October Mountaineer magazine.

Instruction



Arrest practice: Mike Warren, Seattle Branch



Adams Crevasse Rescue: Paul Bongaarts, Olympia Branch



Crevasse Rescue: Ian Lauder, Everett Branch

Place your vote

Pick your favorite among the three on the right side of this page (Instruction). Then send an email to brads@mountaineers.org with "Instruction" and author's name in the subject line. The winning photo will be featured on the cover of the January/February Mountaineer magazine.



(L to R) Mike Gauthier congratulates Dee Molenaar on his Lifetime Achievement Award; longtime friends Joan Merritt and Bob Latz (a former Mountaineers president); Dee Molenaar and Jim Henriot (a former Mountaineers and American Alpine Club president)

Members celebrate 50 years with The Mountaineers

May 21 marked the 14th Annual Mountaineers Fifty-Year Member Luncheon. More than 90 guests celebrated longtime membership in The Mountaineers and honored pioneering contributions made by a notable member of the community. Guests also reconnected with longtime friends, recalled fond memories, and were updated on the evolution of an organization that they helped build—one that continues to have a profound impact on the Pacific Northwest outdoor recreation and conservation communities.

Tab Wilkins, immediate past-president of the board, presented an entertaining look at “The Mountaineers Fifty Years Ago and Today,” harkening back to when The Mountaineers held a more exclusive approach to membership by requiring a member nomination just to be considered. Times have changed. Executive Director Martinique Grigg reported on just how much they have changed in her “State of The Mountaineers.” She cited two years of membership growth, increases in program participation, restored financial stability, including a break-even operating income last fiscal year, and the success of pilot programs focused on outdoor education for youth and public lands conservation—many of the issues that 50-year members, just two years ago, identified as most important for ensuring the future of the organization. She went on to note the success of fundraising efforts to support new programs.

“Thanks to the many contributions of our 50-year members and those who came before them, Mountaineers . . . can be proud of a rich history of innovative outdoor recreation courses and publications, a legacy of protected parks and wilderness areas, and a tradition of safe, responsible, volunteer-led, outdoor education. I’m excited to build on this foundation and honor the past as we move into the future.”

– Executive Director Martinique Grigg

To the delight of the audience, Grigg presented featured speaker Mike Gauthier with his Basic Alpine Climbing Course certificate. Gauthier was just 16 years old when first introduced to The Mountaineers 25 years ago. He currently serves as chief of staff for the superintendent of Yosemite National Park and is best known in the Pacific Northwest as former lead climbing and rescue ranger at Mt. Rainier National Park. Gauthier credits his experience in the basic course for developing his mountaineering skills and inspiring his career path. He captivated guests with stories and photos of his time on Mt. Rainier and in Yosemite.

Gauthier presented the Lifetime Achievement Award to 70-year Mountaineers member, author, artist and iconic Northwest climber, Dee Molenaar for his devotion to the mountains, contribution to the mountaineering community and loyal support of The Mountaineers.

The luncheon closed with remarks from luncheon organizer and 50-year member Donna Price and the “Good Night Song,” a traditional close to Mountaineers outings and gatherings of years past, led by member Ed Boulton.

Peak and paddle: we have pins for both

By Jean Fisher

Paddle Pin Coordinator, Olympia Branch

As a British import, Queen's Guide Award recipient, Eagle Scout mum and Boy Scout leader for many years, earning little "treasures" for achievements has always appealed to me. As a kayaker, when I learned that The Mountaineers not only offered Peak Pins as rewards for alpine achievements, but also Paddle Pins for aquatic achievements, I was delighted. I was also interested in the history of the Paddle Pins.

An article in *The Mountaineer* of March 2003 stated: "Through formation of these incentives, the committee hopes to advance the sport of sea kayaking within The Mountaineers community of paddlers by encouraging individuals to challenge their current abilities and build skills through experience and practice."

Rich Kalman and Henry Romer, who started their Mountaineers experiences on the alpine side as basic climbing grads, planted the seeds in 2002 to develop a pin series for paddling. The first initial pin discussions were for the Islands and Inlets of the South Sound. They included regularly offered classic trips, very obtainable by any Mountaineers Sea Kayak Course graduate or equivalent, at an SK2 level. Bob Bureson, over the summer of 2002 in a burst of creativity and inspiration, developed the outline for the two pins and added a third, Rip Tides and Rapids. This third pin was for the more advanced paddler and the trips were rated at SK4 and above.

In talking with these paddle pin pioneers, I am led to believe that there may be more pins yet to be formalized: North Sound Islands, the San Juan Series, Washington Wild Rocks, the Lighthouse Series and a recent epiphany, Henry's Culverts.

The pins serve to showcase the beauty and magnificence of Washington's saltwater experience. On earning the Inlets and Islands pins, all possible at the SK2 level, the paddler will have been provided a complete tour of the wonderful South Puget Sound. The Rip Tides and Rapids pin (SK4 level) will expose paddlers to some of the most dynamic water our waterways and coast have to offer—from the Tacoma Narrows through the Strait of Juan de Fuca and south to Illwaco and the Columbia River. The SK4 level requires advanced skills in currents, tidal rapids, extended crossings, surf launching and landing.

Two of the pins are relatively straightforward, requiring only the commitment of leaders to offer trips and participants to go on them, but still challenging and rewarding.



The very first Paddle Pin recipient was Jim Gross from Seattle. He earned both the Inlets and Islands pins. Also earning both these pins are Carolyn Bureson, Dan Halsey and Craig Busack. Dede Chinlund has earned the Inlets pin. Ron Jones, Henry Romer and Will Greenough have earned all three.

There are some criteria that must be followed to earn these pins:

- 1) Trips must be official Mountaineers trips and have at least three qualified Mountaineers.
- 2) Participants should paddle within one SK rating of their past experience.
- 3) Participants must keep their own records, including trip date, leader, branch, the names of co-participants and a brief report.
- 4) Participants must submit documentation of their achievement at least two months prior to the banquet date to the Olympia Mountaineers paddle pin chair.

No trips paddled before March 2003 are counted as qualifiers.

The ultimate intent of these little "treasures" of achievement is to encourage paddlers to explore the natural treasures to be found in the South Sound and other waterways of Washington.

For more information about Paddle Pins and a full list of them, contact me at wb2jean@yahoo.com or check out the Olympia Mountaineers website, www.olympiamountaineers.org. Happy paddling!

Editor's note: For those who earn all their Paddle Pins but have plenty more to attain in the climbing realm, visit each branch website via www.mountaineers.org for a full list of Peak Pins offered.

Partners in providing a 'Full Circle' of health



A Full Circle box teeming with tasty produce

Maintaining a healthy lifestyle through outdoor recreation is part of what The Mountaineers promotes in not only its activities but its publications as well. In that vein, The Mountaineers has gladly served as a dropoff point for Full Circle produce, whose customers collect their bountiful boxes of fresh, healthy, organic veggies and fruits at the entrance to our program centers in Tacoma and Seattle.

Full Circle was first established over 15 years ago on five acres of rocky soil at the base of Mt. Si in North Bend, Washington. Founders Andrew Stout and Wendy Munroe chose farming as a way to participate in a meaningful manner within the community and preserve the area's agricultural heritage, especially the natural biodiversity of native plants and wildlife that share the land.

In the spirit of community partners extolling healthy lifestyles and a healthy environment, we are more than happy to share a recent Q&A with Full Circle's outreach coordinator, Gabriel Avila-Mooney, conducted by Mountaineers Books Publicist Emily White.

I just picked up one of my Farm-to-Table boxes from the Mountaineers Program Center. Any recipe ideas for my car camping trip this weekend?

FC: Besides a wide variety of dried fruits in our online grocery, our blog, *Good Food Life* (<http://www.fullcircle.com/goodfoodlife>), sports a great selection of easy to make recipes like kale chips, a family favorite. (See the recipe on this page for beet chips, a light and nutritious snack for car or trail.)

For backpacking I typically treat myself to ONE fresh fruit or vegetable to go with a dehydrated meal. What are your best bets for the "one" from your early summer foods?

For natural sugars and tasty trail indulgences you can't go wrong with a pint of fresh organic strawberries. Packed with vitamin C and natural antioxidants, strawberries are a wonderful treat at home or in the woods. Plus, if the tops are cut off prior to leaving, there's nothing to pack out!

How would you describe the connection between local organic foods and the idea of backyard conservation?

FC: Urban areas may not seem like prime agricultural zones, but ingenuity and creativity have turned many urban tracts into harvestable habitats. From rain barrels which reduce residential water use, to raised beds sporting organic crops in parking strips, backyard conservation is the easiest way to get involved with preserving our environment. At the farm we encourage the growth of native species and plant native trees and shrubs along waterways to reduce erosion and provide native habitat for wildlife. Wherever we live, our backyards can benefit from the same sense of purpose and will yield exciting results with even one simple improvement. ▲▲

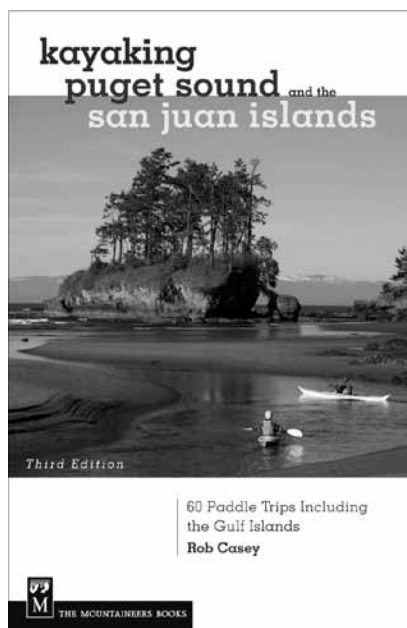
BEET CHIPS RECIPE

(Excerpted from an article by Full Circle guest blogger Monica Bennett)

INGREDIENTS

2 medium sized beets, scrubbed clean
4 egg whites
1 tsp. smoked paprika powder
1 tsp. garlic powder
Cooking spray
Flake sea salt for finishing

INSTRUCTIONS: Preheat your oven to 375. Convection: 350. Thinly slice your beets and place them in a bowl of water. Rinse beets until water runs clear and pat dry with a dishcloth. In a shallow dish, beat your egg whites, paprika and garlic together. Take your dried beet slices, dip each into the egg white mixture and tightly place them, without overlapping, on a parchment-lined baking sheet. Place on the oven's lowest rack. After 10 minutes, apply your cooking spray. Increase your oven's heat by 25 degrees and continue to bake for an additional 15 minutes. Keep your eye on them and remove from the oven when they turn a beautiful golden, red-brown color. Cooking times will vary based on your oven. Let cool for a few minutes after removing from oven (if you can wait). Finish with flake sea salt. Bon appetit!



This article is adapted from *Kayaking Puget Sound and the San Juan Islands: 60 Paddle Trips Including the Gulf Islands*, 3rd Ed., by Ballard-based Rob Casey (Mountaineers Books, June 2012). Please refer to the book for specific routes, driving directions and permits required to launch. For more about the author, see page 25.



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Looking for a place to paddle? Try these destinations

Nisqually Delta

The Nisqually Delta (or Nisqually National Wildlife Refuge) is one of the finest estuaries in Puget Sound, and a good place for paddlers who like to exploit their craft's shallow water abilities and explore brackish back channels as few other boaters can. Needless to say, this is a prime place for birders. In 2009, the Nisqually Tribe removed 8 miles of dike, including the Brown Farm Dike, opening the delta and freeing the river to flow naturally for the first time in a century. For more details: www.fws.gov/Nisqually/visit.html.

Duration: Part day.

Rating: Protected.

Navigation Aids: SeaTrails WA 204; NOAA chart 1844S SC (1:80,000); Seattle tide table (add 30 minutes).

Planning Considerations: Most channels are negotiable at midtide or above; high tide opens up many others. A Washington Department of Fish and Wildlife conservation license or Discover Pass are required to use the Luhr Beach Public Access site. Nisqually Delta can be unpleasant in wind because of steep seas in the shallows and the chance of getting wet at the unprotected launch site. Waterfowl hunters are present in the Department of Fish and Wildlife portions of the delta from mid-October to mid-January.

West Point, Shilshole Bay, and Golden Gardens

This area, west of Seattle's Ballard neighborhood, is a good place for new paddlers on cautious sea outings during calm weather as well as experienced paddlers wanting lengthier, more challenging routes. The area includes popular and secluded sunbathing beaches, pleasure boats galore at the extensive marina, and sunset views of the Olympic Mountains. The Lake Washington steelhead run at the locks in Salmon Bay attracts a notable "chorus" of sea lions. The West Point beaches are lightly used and are backed by the woods and bluffs of Seattle's largest natural reserve, Discovery Park. The park includes a gigantic shoreside sewer treatment facility that has been landscaped to blend into the scene.

Duration: Part day to full day.

Rating: Protected, Moderate, or Exposed. The Moderate route may require committing to a distance of rough paddling to return to the launch site.

Navigation aids: SeaTrails WA 202; NOAA charts 1844S SC (1:80,000), 18446 (1:25,000), or 18447 SC (1:10,000); Seattle tide table.

Planning considerations: Winds and ships can create large breaking waves to produce rough paddling conditions, especially around West Point, Meadow Point, and near the entry to Salmon Bay below the Ballard Locks. Lower tides offer more beaches, and many are backed by rock riprap that makes unsuitable landing places at high tide. Allow plenty of leeway for both small and large boats and ships entering and leaving the Ballard Locks.

Continued on page 16

Farther afield: for advanced paddlers (continued from page 15)

Freshwater Bay to the Elwha River

In 2011, the largest dam-removal project in North America began on the Elwha River. Aside from preventing the upstream travel of the river's salmon, of which some grew to 100 pounds or more, the dams also prevented a natural flow of silt into the Strait. In time, beaches west of Port Angeles began to erode, leaving rock- and boulder-strewn shorelines, and residents scrambling to protect their homes from washing away. The S'Klallam people have a rich history here as does the Makah tribe—which often raided the S'Klallam for slaves—farther west. The Lower Elwha River tribe, based on the east side

of the river, now fishes and launches its canoes from the river. Local angler's trails can be followed upriver for miles below the eroding bluffs. Driftwood shelters from beachcombers can be found near the mouth of the river and sometimes last through several winters. Wildlife is abundant at the mouth.

Duration: Part day to full day.

Rating: Exposed. Surf and strong currents are likely. Surf may prevent landings and force you to turn around. Only go on small swell (three-foot) or no swell and low-wind days.

Navigation Aids: NOAA chart 18465 (1:80,000); Race Rocks current tables (adjusted for Angeles Point) or the

Canadian Current Atlas. Check swell direction, size, and wind predictions from various surf forecast websites.

Planning Considerations: For experienced paddlers only. The Elwha River current can produce a rip, pulling paddlers into the Strait. Medium-to-large swell or high wind can build very large breaking waves off the river mouth. This is a popular surfing spot for those seeking steep, fast waves that break in shallow, boulder-strewn water. The surfers here are known for their attitude, so best to stay clear, or go when there is no swell or no one there. Learn surfers' etiquette if you choose to surf (in your kayak) here and if you do, be sure you have strong rough-water and surfing skills.

Do you know about the Cascadia Marine Trail?

The Cascadia Marine Trail system augments public waterfront campgrounds by providing a dedicated network of simple campsites, located an easy day's travel from each other, for sea kayakers and captains of other human- or wind-powered boats carried by hand. It ranges from South Puget Sound to the British Columbia border.

Since the system's inception in January of 1993, the volunteer organization, Washington Water Trails Association (WWTa), has facilitated the creation of over 50 campsites stretching over 140 miles. About half of the campsites are located within Washington State Parks, with the remainder in DNR, county, and city parks.

The Cascadia Marine Trail was honored in 1996 with an international Ecotourism for Tomorrow award and in 2000, when it was named one of 16 National Millennium Trails by the White House.

The majority of campsites along the trail system fall within Washington State Parks. The standard campsite fee is \$12 for six people per site. Overnight campsites managed by the Department of Natural Resources, however, are open to all. No camping site is specifically designated for non-motorized boaters. Campsite fees under other jurisdictions vary, and for planning purposes it is best to contact the land manager directly to determine the required payment.

Maintaining and continuing development of the Cascadia Marine Trail system depends on the good will and cooperative spirit of state, county, and city agencies, port districts, tribes, land trusts and private citizens. To ensure their support, WWTa asks that of the trail system's visitors practice low-impact, Leave No Trace camping techniques and appropriate camping etiquette.

BC Marine Trails Network. Launched in the spring of 2011, the BC Marine Trails Network includes thirty access/launch and camping sites in the Gulf Islands as well as more sites along the West Coast of Vancouver Island. For additional information: www.bcmarinetrails.org.

For additional information on the Cascadia Marine Trail visit www.wwta.org/trails/cmt. ▲▲



Jean Fisher photo

A Mountaineer's passion for a trail and its history earns Forest Service honor

Dennis Evans, in foreground, gets muddy with an Iron Goat Trail volunteer work party



Tom Davis photo

It was a trail abandoned decades ago, buried in fallen trees, clogged with avalanche debris and riddled with erosion. In so many words, it was a train wreck of a trail—one that could use the heart, dedication and elbow grease of the most ardent and passionate trail volunteers in our outdoor community.

Luckily for the Iron Goat Trail—an early-1900s railroad route that fell victim to tragedy and demise—volunteers like The Mountaineers' Dennis Evans were wont to walk its corridor of history.

"It fascinates me to stand in an area that has been abandoned, particularly if there are still signs of whatever used to be there, and think about what it must have been like and why it was abandoned," said Evans, a self-professed history buff who was recently recognized as Volunteer of the Year in the Pacific Northwest Region by the U.S. Forest Service.

Evans whetted his appetite for the trail's history 20 years ago by volunteering for The Mountaineers President's Work Party, an annual trail maintenance event that allowed rank-and-file Mountaineers to rub shoulders, clear brush and heft boulders or other debris with their organization's president.

"Dennis' contribution is staggering," said Tom Davis, Skykomish Ranger District Trails Specialist with the Mt. Baker-Snoqualmie National Forest. Evans has compiled 4,538 work party hours and has led 648 work parties since 1992, not to mention countless additional hours of administrative duties.

Evans poured his heart into the trail, much like the late Iron Goat matron and co-leader Ruth Ittner. He took courses in trail design and accessibility so that the trail could meet American Disability Act standards. "It's hard to imagine the trail being built to such a

high standard without Dennis at the helm," stated Davis.

Thanks to countless volunteer hours by Evans, Ittner and the teams of workers they led—many from Volunteers for Outdoor Washington—hikers can enjoy the rich history of the old rail route, its tunnels, snowsheds, and the old township of Wellington, site of a 1910 avalanche that killed 96 train passengers. ▲▲

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Looking for good hikes with the kids? Try these trails

The following article is adapted from Best Hikes with Kids: Western Washington (Mountaineers Books) by Joan Burton.



Hidden Lake

Day hike or backpack: easy for children

Distance: 1 mile (300 ft. elevation gain; 2,500 ft. elevation)

Maps: Green Trails No. 145 Wenatchee Lake; USFS Okanogan and Wenatchee

Current conditions: Lake Wenatchee Ranger District (509) 763-3103

Permits: Northwest Forest Pass required

Best season: May–November

Getting there: From US 2 between Stevens Pass and Leavenworth, turn north on Highway 207 toward Lake Wenatchee. At 4 miles, turn left to Lake Wenatchee State Park. In a short distance (before the park boundary), turn left again on South Shore Road No. 6607. Just before Glacier View Campground, at 5 miles, turn left on a spur to the trailhead, elevation 2000 feet.

Hidden Lake lies unseen scarcely a half mile above huge Lake Wenatchee. Many families will prefer Hidden Lake, away from the crowds at Lake Wenatchee State Park, for its ponderosa-pine setting and that special feeling only a mountain lake located away from a road can provide. One sunny afternoon, I watched many parents with toddlers and babies dabbling at the water's edge.

A new reroute of trail No. 1510 takes you through forests on gradual switchbacks upward. Lost on the way is the racket of powerboats on Lake Wenatchee and the sight of large trailers and campers. Boulders surround the lake shore on three sides. A large one makes a particularly fine swimming launch. Families, fishermen and bathers floating in rafts for the joy of floating have a wonderful time in its cool waters.

Mad River: a trail vacation

Backpack: Moderate for children

Distances: Campsites: 5, 7, and 12 miles; loop trip, 12 miles (1,250 ft. elevation gain)

Maps: Green Trails No. 146 Plain; USGS Chikamin Creek; USFS Okanogan and Wenatchee

Current conditions: Entiat Ranger District (509) 784-1511

Permits: Northwest Forest Pass required

Best season: Mid-July–October

Getting there: From US 2 between Stevens Pass and Leavenworth, turn north on Highway 207 toward Lake Wenatchee State Park. Pass the park and, at 4 miles from US 2, just past the Wenatchee River Bridge, go straight ahead on Chiwawa Loop Road. Cross the Chiwawa River and at 4.2 miles, turn a sharp left on Road 6100. In another 1.6 miles, at Deep Creek Campground, go right on Road No. 6101, signed Maverick Saddle. An even rougher road, probably best walked, leads 0.3 mile to the trailhead, signed "Mad River Trail 1409," elevation 4250 feet.

Here is a glorious place to take children for three days or a week. You'll find streams to wade in, a lake to swim in, loop trips, and viewpoints—all on a plateau where the subalpine forest is richly filled with flowery alpine meadows.

Hikers seldom use the area because it is open to motorcyclists. But they should. At midweek, wheels are scarce. Then families can have miles of wild area to themselves. Even on weekends, machine riders go home by nightfall. Hikers can always hike without any motorcycle interference before July 4. There are countless campsites to choose from. Pick the one that suits your pleasure

Continued on page 26

Shoulder your way into more efficient paddling

By Chris George

The open water. It generates excitement as the Pacific Northwest summer begins. Whether it's sea kayaking through the San Juans or paddle-boarding around the shores of Lake Washington, there is a pure joy that accompanies the solitude of open-water activities. But this freedom does come without responsibility. The better we can predict and understand how our body will be taxed or stressed by water activities, the more effectively we can prepare for those particular movement patterns and ensure our ability to safely get back to shore.

There are universal variables that will dictate success with any given sport or activity. This success has nothing to do with competitive gains, but rather injury prevention and the ability to duplicate efficient movements continuously. Paddling sports, kayakers in particular, place a significant amount of stress on the stabilizing features supporting the glenohumeral, or shoulder joint. These muscular stabilizers are commonly referred to as your rotator cuff--infraspinatus, supraspinatus, teres minor and subscapularis.

The shoulder joint is one of the most freely moving joints in the body, so it would make sense it has its own team of muscles dedicated to keeping the shoulder operating properly. Unfortunately, in the western world most individuals find themselves in a sitting position for the majority of a day. As the hours compound, posture slowly begins to give way to gravity. With slumped shoulders and rounded backs, our body conforms and so does our muscle distribution.

The upper trapezius becomes tense, pectorals tighten and mid-back muscles weaken. This common postural position compromises everything the rotator cuff stands to prevent. It creates an imbalanced muscular environment that results in unstable shoulders, a rounded, stiff, thoracic spine or upper back, and a lack of stability throughout the entire shoulder girdle.

Couple those symptoms with a long day paddling and you have the makings of some painstaking rehabilitation in your near future. The idea is to prepare for your chosen activity so that you can enjoy them in the long-term. The following exercises are to be done prior to heading out for a long day of paddling, or weeks prior for optimal results.

The goal is to mobilize the thoracic spine and create stability throughout the entire shoulder. However, to be effective these routines should be integrated with core and specific shoulder-stabilizing exercises, such as the following.



Forward Wall Squat: (2 sets of 15) light overhead resistance; four times weekly). Stand no farther than two inches

from the wall with hands above head and placed flat on the wall. Now that you're in position, squat. Focus on holding at the bottom for 2-5 seconds and prevent knees from moving towards one another as you lower; keep your knees aligned with your feet and sit hips back. The point is not squat depth, but rather the extension taking place in your upper back. The band overhead is to encourage mid and lower trapezius activation. If you suffer from any form of kyphosis, take caution with this movement. The goal is to feel tension generated in the mid-to-upper back; if the tension is being generated in your lower back, abort the exercise.



Stability Plus: (3 sets of 10—5 each side; 4 times weekly) Start in a push-up position and raise first an arm, then the opposite leg, and hold for two seconds. This position forces shoulders to stabilize and provides a heavy dose of core load. ▲▲

Chris George is a rehab specialist and avid outdoorsman. In addition to exploring the mountains Chris' passion is working with goal orientated athletes searching for new techniques to achieve their physical goals.

KINETIC
SPORTS REHAB

Partnership with UW brings outdoor education to local youth

The Mountaineers has found the perfect match in the pursuit of providing after-school outdoor-education programs for local youth. The Mountaineers is partnering with the University of Washington Pipeline Program and Carlson Center to reach out to youth of ages 8-10 living in Magnuson Park's Brettler Place, a recently opened housing development for formerly homeless families.

Magnuson Park is an ideal place for families who are getting back on their feet. With non-profit organizations like Cascade Bicycle Club, Audubon, the YMCA and The Mountaineers, there's a built-in support system to provide lots of healthy options for youth when they're not in school. This spring, The Mountaineers initiated a 10-week program on Mondays, when 8-10 year olds would come to The Mountaineers and work with volunteers from the University of Washington program.

Each day featured a different curriculum, including map and

compass, first aid, Leave No Trace, the Ten Essentials and outdoor photography. The youth also had a chance to climb each day. On the last day of the program, the participants competed in a scavenger hunt which had them climbing for clues, following a compass trail to more clues, identifying the Ten Essentials for their final clue, and bandaging an "injured" instructor to get to the finish line. They celebrated with pizza and had a chance to show off their climbing skills to their families.

Sarah Hague, our 2011-2012 education intern, was the brains behind this partnership, and she pulled off a fabulous program. We look forward to being able to do more outdoor programs with Brettler Place youth.

Are you Interested in volunteering with Brettler Place Mountaineers programs? We're looking for volunteers who can commit to a once-a-week schedule for a semester (September-December or February-May) during the hours of 3:30-6 pm. Contact Caitlin O'Brien at caitlino@mountaineers.org for more information. ▲▲



Venturing for ages 14-20

The Mountaineers Venturing Crew has been having a blast climbing, rafting, skiing and camping. Mark your calendars for our September 15-16 fall kickoff weekend at Leavenworth. Better yet, join our crew of high schoolers year-round for uniquely-focused adventure sports driven and organized by the Venturing Crew itself. Or, if you are you an adult who'd like to volunteer and help provide guidance to the crew, contact Becca at beccap@mountaineers.org.

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NEW YOUTH PROGRAM!

Explorers for ages 10-13

Want to get outside year-round with a fun group of kids your age? Join our new Explorers program, which starts in September and includes adventurous outings like climbing, hiking and camping. If you're interested in joining or volunteering, contact Caitlin O'Brien at caitlino@mountaineers.org.

Sailing the Salish Sea: destinations are nearly endless

By Marie D. Capogna

THE SALISH SEA is the intricate network of coastal waterways located between the southwest corner of British Columbia, Canada and Northwestern Washington. Its major bodies of water are the Strait of Georgia, the Strait of Juan de Fuca and Puget Sound. Partially shielded from Pacific Ocean storms by Vancouver Island and the Olympic Peninsula, the Salish features the junction of intertidal zones with mountain zones, as pictured at right where Malibu Rapids forms the entrance to Princess Louisa Inlet in British Columbia.



Joe Grande photo



Sailing in the Pacific Northwest is a little different than in other parts of the world. Instead of roasting in 100-degree sunshine and splashing through warm waves, we are often wearing multiple hi-tech layers of raingear to ward off the cool, wet weather. Our reward is the opportunity to sail some of the most beautiful vistas and pristine waterways found anywhere on the planet. So, any invitation to sail is hard to turn down, as was the one offered by a couple of new friends in late May.

During a week of the most golden, warm weather we'd ever seen in a Seattle spring, the forecast for our sail day was Seattle gray with rain and fog. As we stood at the dock that Sunday, with a very heavy mist filling the skies, the skipper looked at me. "Marie, what do you say?" I grinned and said, "Let's go sailing!" So we cast off our lines and got underway. That was all it took to pump our spirits, since even the preparations for setting sail send one's spirits into high gear.

With so many desirable destinations, the first challenge was deciding where to set our

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Shoot in the wet and keep your camera dry—tips from a pro

Article and photos
by Gary Luhm

Many of us involved in water sports have a need to bring back the visual wonders of our wet world, whether it's kayaking on raging whitewater, paddling a pristine canoe trail or exploring the intertidal zone by sea kayak. Fortunately, today we have many ways to capture the moment and to keep our gear from being trashed.

The savvy paddler has several choices for photography: waterproof compact; compact with case; or dSLR (digital single-lens reflex) in a drybag. To this list I'll add one more: wearable sports-action videocams.

A first option for photography on the water is a waterproof compact zoom, from manufacturers like Pentax, Olympus, Panasonic, Sony and others. These waterproof point-and-shoots typically sport 4x zooms, image stabilization, 12-14 MP sensors, 720p video, 100-3200 ISO and SD/SDHC memory, much like non-waterproof compacts. The key, though, is they're submersible to a depth of three to ten meters, and the price tag is still low. The waterproof compact's great asset is simplicity. They fit in a PFD pocket. In general, you can snorkel with them, no protective case required. A minor downside is the extra glass required to protect the zoom, which might reduce contrast a bit, and a generally limited zoom range. A periodic freshwater rinse and a check of the O-ring seals for debris keeps them tuned.

Despite all this, I don't own one, but I do own a model in the second category, compact with waterproof case. The top end, non-waterproof compacts can have an edge in image quality, and sometimes in zoom range and video capability. I purchased a Canon G1-X, which has an oversized sensor, when I found it had a waterproof case available, a WP-DC44. The camera, with case, is bulky though, and not for everybody. It doesn't fit in a PFD pocket like the waterproof compacts, but it can be stowed on deck. If you already own a non-waterproof compact, check if a waterproof case is available. Most manufacturers offer housings specific to individual cameras. This could be an easy route to peace of mind and safe, on-the-water picture-taking.

A new answer for bringing back memories, and all the rage now, is the wearable sports-action videocam, or helmet cam. The leader in this market is GoPro, with the recently introduced Hero2. The Hero and other helmet cams shoot ultrawide 1080p video or stills. The Hero2 has a fast f/2.8 fixed-focus lens housed in a tiny box of a camera. You've probably seen clips of heart-pounding-in-your-face action from a moving bike, a helmet, ski, kayak deck or surfboard, in the most wild-assed environments imaginable. You'll want to pick up some video-editing skills. Like stills, show only your best stuff.

Continued on next page

The 35mm dSLR is still the king for picture quality, and with its interchangeable lenses it is so versatile that nothing else holds up comparatively. My dSLR system has a focal length range from 17mm to 700mm, no shutter lag, plus the ability to shoot at higher ISOs and still produce sharp, noise-free images. Waterproof, however, it is not. Of course, a perfectly good option is to stow the gear in a waterproof box like a Pelican case while underway, and concentrate on the fantastic scenery we invariably see around camp.

For the best images in sweet light, use a tripod while ashore. For protection, since salt water is tough on tripods, transport it in a drybag. I made my own tripod bag with a heat-sealable



Though it must be kept dry in a box or bag, the 35mm dSLR is tops for image quality

fabric from Seattle Fabrics (www.seattlefabrics.com). They're simple to make, although you need a good sewing machine (and an iron). Seattle Fabrics will include a how-to article with a sale if you ask.

Even in close proximity to water, the dSLR can be used with reasonable safety from the seat of a kayak or canoe. For me, in most paddling situations, my dSLR sits in a dry bag that's located between my legs and under my spray skirt when not in use. I pop the skirt and unzip the bag to use the camera. The bag I prefer is from Sagebrush Dry (www.sagebrushdrygoods.com). Sagebrush Dry



Author's choice: Sagebrush Dry bag

bags have a tough urethane skin, all-welded seams and a reliable waterproof zipper—not a roll-up closure that will leak if submerged. Their large camera bag will house a 35mm camera body with 24-105mm f/4

zoom. I have a lot of confidence in them. The big risk is splash when the bag is opened, wet hands or even moisture from the lip of the zipper if the bag itself is wet. Wet hands are in fact my biggest problem. Be sure to keep a couple bandanas or cotton cloths handy to dry your hands or wipe off your dSLR. Once the cloth is wet, don't put it back in the camera bag. A desiccant pouch helps as well to keep out moisture. When the desiccant gets saturated, it can be rejuvenated in the field with some careful warming in the stove pot.

Happy shooting! ▲▲

About the author

Gary Luhm, a graduate of The Mountaineers Sea Kayaking Course, is a professional photographer specializing in sea kayaking. His photos and articles have appeared in *The New York Times*, *Sierra*, *Outside*, *National Wildlife*, *National Geographic Traveler*, *Sea Kayaker*, *Canoe and Kayak*, *Adventure Kayak*, *Seattle Metropolitan*, *Muscle & Fitness* and other publications. His images are featured in ads for Necky Kayaks, Werner Paddles, Kokatat and Seals Sprayskirts. He offers in-depth photo tips monthly on his website at www.garyluhm.net and specializes in sea kayaking, kayak surfing, birding, mountain scenics and tidepools.



Photo, kayak courses:

The Mountaineers offers photo courses in its Foothills, Kitsap, Seattle and Tacoma branches. Generally enrollment begins in winter. Mountaineer sea kayaking course enrollments usually begin in winter as well at our Olympia, Seattle and Tacoma branches. Check www.mountaineers.org and each branch website for more.



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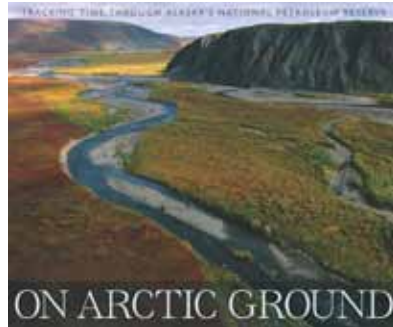
BRAIDED RIVER



SKIPSTONE

Putting books to work as conservation tools

When spending time in a national forest, a state park, or even the neighborhood park around the corner, it's easy to understand the importance of nature to our daily lives. But most of us will never travel to remote corners of the world, like the National Petroleum Reserve in Northwest Alaska, that are equally important to the health of our planet as a whole.



These places are revealed to us through the lenses of wildlife photographers and the pens of authors like Debbie S. Miller whose book, *On Arctic Ground: Tracking Time through the National Petroleum Reserve*, will be published this summer by Braided River, the conservation imprint of The Mountaineers Books.

Braided River is partnering with seven conservation organizations that will use *On Arctic Ground* as a communication tool in their work to protect the special wildlife areas within the National Petroleum Reserve. Each of the groups—Campion Foundation, Alaska Wilderness League, PEW Environment Group, Audubon Alaska, Ocean Conservancy, The Wilderness Society and the Sierra Club—will use the book for advocacy in unique ways.

Braided River is partnering with seven conservation organizations that will use *On Arctic Ground* as a communication tool in their work to protect the special wildlife areas within the National Petroleum Reserve.

For PEW Environment Group, this means giving a copy of *On Arctic Ground* to each of the journalists and writers at the Outdoor Writers Association of America's annual conference in Fairbanks, Alaska, this September. While many of these writers have traveled to Alaska before, most of them are unfamiliar with the rarely visited National Petroleum Reserve. PEW hopes to inspire these outdoor writers to spread the word about the importance of this vast wilderness area.

With the partnership of established conservation groups, books like *On Arctic Ground* are placed in the hands of journalists, politicians, activists and passionate individuals who take action to preserve these essential wild places.



USGS.gov

The 23.5-million-acre NPRA was created in 1923 as the "Naval Petroleum Reserve Number 4" at a time when the United States was converting its Navy to run on oil rather than coal. In 1976, it was renamed "National Petroleum Reserve in Alaska" and transferred from the Navy to the Department of the Interior

Stand-up paddling: it's easy to get started



Scott Burkhardt photo

Attend a demo event to test the board that is right for you

Here is what you'll need:

- Board** — at least 30 inches wide for stability
- Paddle** — See article for length
- Leash** — coiled to avoid dragging behind
- Lifevest** — Type 3 (kayaker) recommended
- Wet or dry suit** — If paddling in the cold

About the author

A Seattle native, Mountaineers Books author Rob Casey has been paddling sea and surf kayaks since the late 1990s and first tried stand-up paddling on vacation in Hawaii in 2007. He teaches all levels of paddling and offers stand-up paddling instructor certification through his business, Salmon Bay Paddle. Visit the website at www.salmonbaypaddle.com to learn more.

By Rob Casey

I love stand-up paddling (SUP) for its simplicity. You can paddle to all the places you can on a kayak, but with less gear, a shorter learning curve, and you have the freedom to sit, kneel or stand with ease. Wet exits are a lot easier than with a kayak and getting back on the board is a cinch, even in moving current or surf.

Balance is a big concern for many interested in SUP, so demo as many boards as possible prior to purchase. Beginners should start out on a board at least 30 inches wide to ensure proper stability. If you're taller than 6-4 or over 250 pounds, consider a width over 32 inches. If you're not sure which board design to get, an all-arounder board with the classic round-nose design of 10-12 feet long can be used for several types of paddling. Fins help with tracking and balance; whether it is a single- or three-fin board should not be of concern to beginners. Inflatables are a great option for those living in apartments or for travel.

Determine paddle length by holding your arm straight above your head then flatten your hand. Held vertically from the ground, the paddle grip should tuck under your palm.

Always wear your leash! Unless you're surfing, get a coiled leash which will not drag behind you. I recommend beginners get a Type 3 life-vest which kayakers usually wear. They provide warmth and pockets, as well as great flotation should you fall. CO₂ inflatable PFDs are minimalist looking but are difficult to deploy if you should fall and need buoyancy.

In the Pacific Northwest, there are several options for clothing. I wear a full, surfing, 4/3mm, neoprene wetsuit in the winter or while surfing. Drysuits work great as well. Since standup paddling is a full body exercise, many get warm quickly and choose to dress in layers, using a farmer john, paddling jacket or similar combination. In summer on warm lakes, many wear shorts and a t-shirt.

SUP gear can be found in many kayak and surf shops as well as online. Cost for boards varies from a few hundred dollars to several thousand, depending on what you're looking for.

People think SUP looks so easy they forego a lesson, but many eventually end up taking a lesson to learn basic strokes, water safety and advanced skills such as surfing, river running, racing or long-distance paddling. ▲▲

Can you identify the summit in the foreground here? Send your answer (by August 1) by post or e-mail: brads@mountaineers.org; I'm Where?, the *Mountaineer*, 7700 Sand Point Way N.E., Seattle, WA 98115. If you guess correctly, you'll receive a \$15 coupon good for Mountaineers purchases, and we'll publish your name in next month's column. In case of a tie, one winner will be chosen at random. Mountaineers employees or persons shown in the photograph are not eligible. Each month we'll publish a new mystery landmark and identification of the previous one.



- **Send your photographs** for possible publication as a mystery summit (include identification for our benefit). See e-mail and mailing address at left. If we use your photo, you will receive a \$15 Mountaineers coupon good for Mountaineers purchases.
- Six correctly identified Esmerelda as the summit in the May/June *Mountaineer*. And **Jim Baker** was drawn as the winner. The photo was taken by Mike Warren.

Best hikes with kids (continued from page 18)

and your speed. At 2-1/2 miles find the first of many attractive streamside campsites; here you can adjust your ambitions to the capabilities of your children. At 5 miles enter the first of the meadows, and at 6 miles reach unmanned Blue Creek Camp Guard Station, an old log cabin built in the 1920s—an ideal place for a base camp, elevation 6100 feet. Day trips abound. Hike 2 more miles to beautiful, blue Mad Lake on a fairly level trail through meadows and subalpine forest; swimming is good on a small beach at the inlet. Hike to Two Little Lakes at 2-1/2 miles; or loop through Whistling Pig Meadow, named for its colony of marmots.

Lime Kiln State Park

Day hike Year-round; easy for children

Maps: San Juan National Historical Park brochure; USGS Roche Harbor

Current conditions: Washington State Parks, 360-902- 8844; Washington State Ferry schedule, 800-84-FERRY

Distance: 1-1/2 miles; minimal elevation gain

Getting there: Leave I-5 at exit 230. Go west on Highway 20 for 15.6 miles into Anacortes. Continue on the Highway 20 Spur, then

go left on 12th Street at the stoplight. Arrive at the San Juan Ferry Terminal in 3 miles. Take a ferry to Friday Harbor on San Juan Island. Departing the ferry, follow Spring Street up through town, past the shopping center by the airport. The road becomes San Juan Valley Road. About 1.5 miles from the dock, turn left (south) onto Douglas Road, which eventually becomes Bailer Hill Road and then West Side Road. Lime Kiln State Park is about 9 miles from the ferry dock, on the left. The trail is at sea level.

Here in a state park on San Juan Island are opportunities to view passing whales and a 1919 lighthouse, along with a reconstructed beachside furnace where limestone used to be cooked down, then shipped all over the world. State Parks suggests using the bus system to reach the park rather than driving a car in heavy summer traffic onto the ferry. Reservations for camping on the island should be made well in advance. Children will love standing on the rock beside the lighthouse watching for the dorsal fins and spouts of passing orcas. The best time to see them is from June to September, although whales pass throughout the year. Sunset views here are spectacular. ▲▲

Thank you, COMMUNITY PARTNERS

The Mountaineers' community partners choose to generously support our mission by providing The Mountaineers with monetary and/or in-kind donations, member discounts or grants. Their support enables us to continue offering a breadth of valuable programs, activities and volunteer opportunities to our members and the public.

We are extremely grateful to the following businesses for offering discounts and special member promotions to The Mountaineers:

Eddie Bauer/First Ascent, Outdoor Research, Zipcar, Magnuson Athletic Club, Edgeworks Climbing Gym, Mountain Hardware, Backcountry.com, Living Spirit Yoga, Marmot Mountain Works, Second Ascent, Feathered Friends, REI, ExOfficio and Pro Mountain Sports

For a complete list of member benefits and how to access them, visit our website and check out our **Member Benefits** page: www.mountaineers.org/membership/benefits or contact Member Services.

Member Services— here to support you

With an organization as diverse as The Mountaineers offering so many ways to get outside, every member at some time needs a hand figuring out how to get involved. Your Member Services team is here to help with your questions, 9 a.m. to 5 p.m., Monday through Friday, by phone (206-521-6001) or email (info@mountaineers.org). There are also numerous resources 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).

You can help us serve you better by **updating your member profile online** with your current email, phone, address, volunteer interests, and other preferences. Can't remember your username or password? Just give us a call, and we can reset your account over the phone. **And remember:** as a mission-based and volunteer-driven, 501(c)(3) nonprofit, we rely on the philanthropic support of our members to continue our recreation, education and conservation efforts in the community, and **all but \$10 of your dues are tax-deductible.**

Save these dates!

- **Summer Bookstore Sale:** July 17-20. See the ad on page 45.
- **OutdoorsFEST 2012:** Saturday, September 8, at The Mountaineers Program Center. **Meet The Mountaineers** at this get-together. (See ad below.)
- **Business Member Night:** Wednesday, September 12 at The Mountaineers Program Center. See page 36 for our **Business Member Directory**.



The
Mountaineers



Saturday, Sept. 8
10am-5pm * **FREE admission**
The Mountaineers Program Center
Magnuson Park, Seattle

**SAVE THE
DATE!**

Gear Swap • Demos • Vendors
• Skills Clinics • Family Zone
• Climbing Wall • Book Sale
• Food • Raffle • FUN!

Watch the website for details:
www.mountaineers.org
Vendors: contact
info@mountaineers.org for info

Hike an Appalachian gem: the Presidential Traverse



Patti Polinsky photo

Along the Appalachian Trail

can look over the tops of the very growth-stunted evergreens to savor the views of the surrounding countryside. Nate Shedd, an Appalachian Mountain Club (AMC) naturalist, joins our group to disburse wisdom and inspiration about the area's natural wonders during rest stops along the trail. Nate has been a part of Mountaineers adventures in both New Hampshire and Maine for the

The Appalachian Trail stretches 2,169 miles from Springer Mountain to Katahdin in Maine. Some of the most dramatic and challenging sections of the entire trail are found in the White Mountains of New Hampshire along the Presidential Traverse.

The unique climatic zones are very narrow and very prominent. At 4,000 feet, most hikers

past three years. His technical knowledge of flora, birds, animals, ecosystems and history is astounding.

Amid high mountain bogs, beaver ponds, wetlands, rugged landscapes, roaring waterfalls and forests, it is common to hear the many birdsongs—among them the olive flycatcher's "quick... three beers" and the white-throated sparrow's "Old Sam Peabody. Peabody, Peabody."

The AMC has promoted outdoor recreation along the Appalachian through keen stewardship and creation of full-service huts. Mountaineers will appreciate these huts and lodges because they will not have to carry tents, cooking gear, sleeping bags or food, except for lunch.

The efforts of many contributing hands are seen along the trail: boardwalks over wetlands, log stairs up cliffs, and hand-placed rocks to provide steps up steep slopes. Where we are used to switchbacks in the Cascades, the old trails in the East were designed by the rule that the shortest distance between two points is a straight line. These straighter trails can be tedious to hike—over rocks, around rocks and up rocks—so distances are given in hours not miles. And then you add the stops to enjoy the views. (See leader and reservation details below.)

Hike three weeks in Italy's Dolomites

Aug. 23-Sept. 13, 2012

(Note: This trip is currently full but is taking a wait list in the event of a cancellation.) The Dolomites of northern Italy encompass some of the most beautiful hiking areas in the world. Green alpine meadows stretch between charming village-studded valleys, rifugios and craggy, awe-inspiring karst mountains provide visual feasts in every direction. **Price:** \$3,750. **Leader:** Shari Hogshead, skimntr@aol.com, 425-957-4548.

N. American outing: Wind River backpack

Sept. 2-Sept. 14, 2012

This is an opportunity to challenge yourself physically while experiencing "up close and personal" some of the most extraordinary and unspoiled high country in North America—the Wind River Range in the Bridger Wilderness of Wyoming. Stretching 100 miles along the

remote crest of the Continental Divide, this narrow chain of crags includes eight summits of over 13,500 feet, rising from the wide open valleys of the West. Below these rugged peaks are thousands of small lakes and streams nestled in boulder-strewn, alpine meadows. **Price:** \$735 per person (4); \$470 per person (8 or more). **Leader:** Cheryl Talbert, cascadehiker@earthlink.net, 253-229-4018.

Hike New Hampshire and Appalachian Trail

Sept. 22-29, 2012

See article above. **Price:** \$1,175. **Leader:** Patti Polinsky, MeanySports@me.com, 206-525-7464.

Cross-country skiing Italy's Dolomites

Jan. 24-Feb. 10, 2013

The Dolomites, in the northern part of Italy known as the South Tirol, are well known as a walking paradise in summer.

Europeans also know it as a winter wonderland, a place of sparkling snow under the warming Italian sun where you find hundreds of kilometers of ski tracks under towering rock walls, and where European cultural amenities and magnificent views make for an unforgettable experience. **Price:** \$2,450 with 12 participants, and \$2,550 for 8-10 participants. **Leaders:** Shari Hogshead and Paul Gauthier, skimntr@aol.com, 425-260-9316.

Hike New Zealand's 'Southern Alps'

Feb. 18-March 7, 2013

Where other trips just skim the surface of the backcountry, this 17-day trip (with optional, five-day, pre-trip extension) will take you deep into the South Island's famous Southern Alps. **Price:** \$3,200 (if at least 10 participants). **Leader:** Cheryl Talbert, cascadehiker@earthlink.net, 253-229-4018.

Ski Swiss & French Alps in 2013

Feb. 28-March 17, 2013

The adventure to the French and Swiss Alps will offer great on- and off-piste skiing at two of the largest ski areas in Europe with 100-200 lifts! There is XC skiing and winter walking on prepared trails. The beginning of spring offers bright sunshine and yet powder snow. storms. **Price:** \$3,450 based upon 12 participants at a rate of 1 Euro = \$1.35. **Leader:** Patti Polinsky, MeanySports@me.com, 206-525-7464. The group is limited to 14 people to assure a relaxing vacation for all

Go to
www.mountaineers.org
for all details on
Mountaineers global
adventures

No shortage of choices on the Salish Sea (continued from page 21)



Alan Vogt photo

Plan now to join 2013 sailing crew

Sailing courses are offered in two branches of The Mountaineers: Seattle and Tacoma. Enrollment traditionally opens around March. If you have the skills already, you may take an equivalency exam and get on sails now. Watch www.mountaineers.org for more information. The Seattle Branch has a sailing website: <http://mtnsailing.wordpress.com>.

course. In our recently reclaimed 'Salish Sea,' the gunkholing options are unparalleled and nearly infinite. We have the most esteemed diversity and beauty of ports-of-call for our choices of dalliance—Mystery Bay, Pirate Cove, Princess Louisa Inlet, Chatterbox Falls, Port Ludlow, Blake Island, Lake Washington's nooks and crannies, and Lake Union's houseboats and restaurants.

As we leave the dock I am offered that most universal of the allures of sailing: taking the helm. Feeling the wind on my face, I soon become one with the boat and determine which vector is best for setting the sails. I'm hearing the water swish and gurgle behind the boat as our speed climbs to 6 knots, even 7 knots, with the strengthening breeze. Mist and fog are descending lightly all around us, kissing my face as we fly through the water. The same endorphins I am experiencing are visible in the expressions of my crew mates, who are vigorously hoisting the sail and handling the lines.

'Sea dogs'—with their sweet-faced glances—pop up frequently from beneath

the water's surface to watch us as we glide silently past them. The Dahl's porpoises scallop the waves alongside us for several miles at a time. Snow-capped mountains glisten in the occasional shaft of sun that pierces the clouds above.

Simultaneously, in the lower hills, wispy clouds hang over the rocky shoreline as if suspended by magic. We are trimming the sails to perfection and watching the tell-tails dance their little jig, signaling to us how well the sails are trimmed. Tugs, freighters and other sailboats are silent in the distance. A gentle adrenaline is morphing through my brain.

All of this activity underscores the realization that when we are sailing we are proverbially "one with nature," blending into an Aquarian environment and its expanse. It is as lovely a feeling in the mist as it would have been on one of those hot, sun-soaked days we often long for here.

Everything is in its natural balance when one is sailing in the sea of nature's love—an ultimate moment of Zen. ▲▲

Mearl Bergeson

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About the author

Marie Capogna began boating from birth. Really—on mom's lap. And then, at age 14, taking the helm of a classic 1938 mahogany-hulled Chris Craft inboard on Lake Washington. Kayaking and canoeing were also passionate favorites. Then she discovered sailboats, and after roughly 10 years of learning by crewing for others, Marie partnered with her friend, Jerry, in the purchase of a Catalina 36 Mark II Tall Rig moored on Puget Sound.

Marie recently authored *Crew Clues*, required reading for skippers of any watercraft who need good crewmates, and for crew of any watercraft who want to be invited back by their favorite skippers. Email her at svseawings@hotmail.com to find out more about obtaining the book. She is now underway with a Mountaineers version of *Crew Clues*.

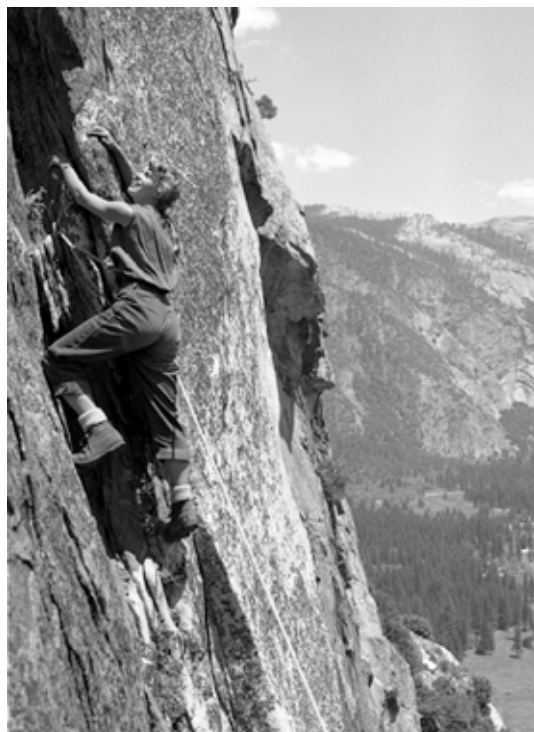


Nancy Miller

Accomplished climber and a 64-year member of The Mountaineers, Nancy Ann Miller died on May 30, 2012.

A former president of The Mountaineers Foundation, the Seattle native was the first woman to reach the summits of Forbidden Peak, Mt. Formidable and the North Peak of Mt. Index.

Born in Seattle and raised in the Hawthorne Hills neighborhood, she was the only child of Burge and Frieda Bickford who were early Mountaineers of note. From a young age, Nancy followed her parents on Mountaineers trips, including some of the annual Mountaineers outings such as Mount Garibaldi in 1945 and the Grand Tetons in 1947 as a young teen. She therefore became skilled in both climbing and skiing at an early age. She later climbed in Yosemite with the Stanford Alpine Club.



"Spring Trust for Trails" photo

Nancy Miller: climbing in Yosemite, 1955

Nancy and her husband, noted Mountaineers photographer and historian Tom Miller, both joined The Mountaineers in 1948. They were married in 1960. She and Tom helped edit the first edition of *Mountaineering: The Freedom of the Hills* (1960).

She served on the boards of The Mountaineers and League of Women Voters (including two years as president) and entered the UW law school at age 39, receiving her J.D. in 1976. Hired at Jones, Grey & Bayley (later Stoel Rives), she became a partner.

Nancy was member 231 of Recreational Equipment, Inc., which

her father helped found in 1938. She served on the REI board from 1978-85 and was its chair from 1981-83.

Retired from Stoel Rives in 1995, Nancy worked part-time for Shurgard Storage and the Washington State Bar Association. Fully retired, she continued to travel with her daughter and husband (who died in 2011). Friends, bridge, dessert, *The New York Times*, and the Jon Stewart/Stephen Colbert shows were among her abiding pleasures. Nancy is survived by son Brian and daughter Heather-Teresa Miller, both of Seattle. Memorials can be made to The Mountaineers.

Harvey H. Johnson

Harvey H. Johnson passed away peacefully at his home of 71 years on May 2, 2012 at the age of 96. A long time resident of Seattle, Harvey was born on August 1, 1915 in Medford, Oregon and grew up in Portland, Oregon. He graduated from the University of Oregon with a degree in Architecture. He had a structural engineering practice in Seattle for many years. He was a member of The Mountaineers since the early 50s, a member of the Skandia Folkdance Society and the Christian Science Church. Harvey loved the outdoors and was the happiest when he was in the mountains. He climbed many of the major peaks in the northwest and was an avid backpacker until his late 80s. Harvey is survived by his four children: Brian Johnson (Antje), Portland, Oregon; Jay Johnson, Seattle; Karen Allard, Castiac, California; Dr. Kermit Johnson, Fremont, California; and five grandchildren. A family service will be held for Harvey. The family suggests memorial donations to The Mountaineer Foundation, Seattle, Washington.

Harold Peter Simonson

The Tacoma Branch of The Mountaineers expresses condolences to branch member Eric Simonson and his family at the loss of Eric's father, Harold Peter Simonson, who died last year.

He summited Mt. St. Helens, Mt. Rainier twice, and hiked countless trails in Mt. Rainier National Park and the Cascades. He also enjoyed walking ocean beaches and Tacoma's Ruston Way waterfront.

Hal was the author of 11 books, numerous scholarly articles and reviews. He also wrote and edited several college textbooks. After retirement in 1991 he was ordained by Tacoma's First Congregational church and served two periods as interim minister.

He also was a volunteer Hospice chaplain and a Tacoma Night-watch minister. Hal enjoyed travel in America, Europe, and the Near East.

Many hands and hoofs to thank for Native Plant Garden

*The following article was excerpted from the **Washington Native Plant Society** journal, Douglasia, summer of 2012, and written by Mountaineer Jeanne Eisenberg of the Plant Society's Central Puget Sound Chapter.*

The Native Plant Garden in Magnuson Park is the result of a vision: the conversion of an ugly, neglected slope overgrown with Himalayan blackberries into a welcoming area covered with lowland Northwest native plants. The main goals were to provide a “classroom” for learning to identify native plants, supply examples of native plants suitable for home gardens and restore native habitat for wildlife.

Initial support and guidance was provided by Bonnie Miller and Tom Kelly of the Magnuson Environmental Stewardship Alliance (MESA).

The Mountaineers refurbished the old motor-pool building at the Northwest corner of Magnuson Park, completing the remodel in the spring of 2009. Native plants were installed on the immediate grounds around The Mountaineers Program Center. Adjacent to this developed garden was an acre of invasive plants, mostly the blackberries. The Naturalist Committee of The Mountaineers Seattle Branch requested permission from Seattle



Invaders feasting on invaders during the genesis of the Native Plant Garden, 2009

Parks to replace the invasives with native plants.

With permission granted, work began in April 2009. The first task—removing the Himalayan blackberries—was quickly accomplished by 65 goats from Rent-a-Ruminant and funding from Pemco. The removal of invasives coincided with The Mountaineers’ open house, celebrating the official opening of the new program center. Therefore, hundreds of people were able to view the Nubian goats at work.

**It is our hope that others
will create native habitats
as the buildings in this area
are restored or demolished**

From May to September, with over 800 hours by mostly Mountaineers volunteers, the entire area was sheet mulched. Kari Olson, the steward at Interlaken Park, provided invaluable expertise and assistance in the placing and securing of corrugated cardboard, burlap coffee bags and woodchips throughout the summer.

The flat area at the foot of the slope required almost 100 cubic yards of soil to create the demonstration garden, since a cement slab lay beneath the weed cover.

The soil was donated by Magnuson Park and placed in the spring of 2010.

With the help of a backhoe and considerable muscle power, berms and walkways were created according to the landscape design donated by the Light Table Cooperative. The Seattle Conservation Corps donated wood for the creation of terraces on each berm; soaker hoses were secured in place throughout.

Since the winter of 2009, over 700 plants have been installed at the site, representing over 100 species. A complete list of the species may be found at The Mountaineers Naturalists website: www.mountaineers.org/seattle/naturalists.

In November 2010 the Mountaineers Native Plant Garden was designated as a Green Seattle Partnership (GSP) site. This is the first area in the historically designated industrial zone in Magnuson Park to become a GSP site. It is our hope that others will create native habitats as the buildings in this area are restored or demolished.

After more than two years and 2,000 hours of volunteer effort, The Mountaineers Native Garden is moving into maintenance mode. It will be exciting to watch this area mature. ▲▲

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.

Learn more

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

SUMMER POTLUCK BARBECUE: July 10, Tue. - 7 p.m. at Whatcom Falls Park's small picnic shelter. Everyone who is anyone is welcome and encouraged to attend. Bring your family, friends, four legged pals and some good eats. The club is providing some wings and veggies done up on the grill.

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—now with over 850 members—to hold its centennial celebration in 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. **The next meeting is Aug. 1.** 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.

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

Covering communities on the Eastside, from Bellevue all the way to Ellensburg, the branch offers opportunities for safe and enjoyable outdoor recreation year-round.

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 usually 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. Watch the Foothills website (listed above) for the announcement of coming meetings.

TINKHAM/DISCOVERY TRAIL MAINTENANCE: For more information about future work parties or to be added to the work party e-mail alert list, send your contact information to Annik Wolfe, Trail Maintenance chair at annikw@gmail.com or call 206-368-2688.

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.

BECOME A HIKE LEADER! Kitsap Branch is looking to train new hike leaders hoping to offer some spring trips. Contact Dave Burton, davidbburton@msn.com for course description/schedule.

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.

KITSAP ADVENTURE CAMP: Registration closes July 6 for this July 9-13 cavalcade of culture, education and fun for youth in the outdoors, sponsored by The Mountaineers Players. See www.foresttheater.com for more.

OLYMPIA

Chair: Bob Keranen, keranen@hcc.net.
Website: www.olympiamountaineers.org. The fastest growing of the branches, 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

BRANCH POTLUCKS will resume in September and continue on the first Wednesday of each month through May (excluding November). They are held at the Olympia Center, 222 Columbia St. NW, in rooms 101-102. The potlucks include socializing, the meal and an adventure presentation. Contact Carolyn Bureson, cbbureson@q.com, if you have questions.

IF YOU WANT TO LEARN MORE about joining The Mountaineers or wish to send a membership brochure 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.

THE OLYMPIA BRANCH BOARD meets at 6 p.m. on the second Wednesday of each month. The next meetings are July 11 and August 8 at the branch library (Maxine Dunkelman's house) and the Alpine Experience Hyak Room, respectively. Members are encouraged to attend.

BRANCH ELECTIONS will be held this summer for the positions of vice chair, treasurer, and secretary. If you want more details, contact Bob Keranen.

OLYMPIA BRANCH LIBRARY: Located at Maxine Dunkelman's house, 5418 Lemon Rd. NE. Contact Maxine at 360-352-5027 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

The next **MEET THE MOUNTAINEERS** will be held Sat., September 8 during OutdoorsFEST at The Mountaineers Program Center. Learn about all things Mountaineers and take in this salute to the outdoors.

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 **July 19 and August 16** at The Mountaineers Program Center. Though they are free, it is requested that participants register online for these seminar to make sure there is enough seating available.

THE SIXTH EDITION OF THE ALPINE SCRAMBLING DINING GUIDE is now

posted in the Alpine Scrambling Leaders Document Archive on the Mountaineers website. Log on, go to Communities/My Communities, then Seattle: Alpine Scrambling: Leaders, and then to Document Archive and View Complete Document Archive. Next, click on Scramble Dining Guide V6 6-05-12.doc.

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

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 hosts its own program center and hub (soon to be renovated and expanded) in the quaint Tacoma neighborhood of Old Town near Puget Sound. Close to Mt. Rainier and to yet another Mountaineers property, Irish Cabin on the Carbon River, Tacoma Branch offers an extensive list of activities and courses in backpacking, hiking, conservation, scrambling, climbing, first aid, snowshoeing, skiing, sea kayaking, sailing, bicycling, singles events, wilderness navigation, avalanche awareness, folk dancing, photography and family activities.

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

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) Due to the Tacoma center remodel, meetings will be at Pierce County Library PAC, 3005 112th St. E., Tacoma (just south of Highway 512, about halfway between Interstate 5 and

Continued on page 34



Meany Lodge invites women from all branches to its annual Women's Adventure to Wellness Weekend, July 13-15. See www.meanylodge.org for more information.

Puyallup).

INTRODUCTION TO HIKING AND BACKPACKING: Wed., August 1, 7-8:30 p.m., Slavonian Hall, 2306 N. 30th St. No registration required. \$5 entry.

**STRATEGIES FOR LOW-IMPACT KAY-
AKING:** Wed., August 8, 6:30 pm at Gig Harbor Library. Join us for our Speaker/Social meeting featuring Sarah Krueger, Public Lands Programs Manager for The Mountaineers, and Sarah Gruen from the Backcountry Impact Series: "From Baja to British Columbia: Strategies for Low Impact Kayaking." No registration required.

**MT. BAKER LODGE HIKING WEEK-
END:** August 23-26. RSVP via www.mountaineers.org or 206-521-6001. Hikes from easy to strenuous.

EDGEWORKS CLIMBING GYM has announced an approximately 15 percent membership discount to all Mountaineers! For more details visit their website at <http://www.edgeworksclimbing.com>.

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

MOUNTAINEERS-WIDE PLAYERS:

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

Get your tickets now for Footloose, the Musical, our exciting summer show: Tickets are available 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.

Footloose, the Musical dates: July 28, 29, August 4, 5, 11, 12, 18, 19; 2 pm. Based on the 1984 hit movie, *Footloose*, The musical bursts onto the live stage with exhilarating results. When Ren and his mother move from Chicago to a small farming town, he isn't prepared for the rigorous local edicts, including a ban on dancing instituted by the local preacher. The heartfelt story that emerges is of a father longing for the son he lost and of a young man aching for the father who walked out on him. *Footloose*, The Musical celebrates the wisdom of listening to young people, guiding them with a warm heart and an open mind and is fun for all ages.

Director: Ken Michels; Music Director: Jeff Thirloway; Chorographer: Guy Caridi; Accompanist: Olivia Hickerson; Costumer: Barbara Klingberg.

Kitsap Yurt Open House: The Kitsap Forest Theater is the proud owner of a new 27' diameter yurt. Thanks to The Mountaineers and The Mountaineers Foundation for this acquisition. It took many, many volunteer hours to erect the yurt and to prepare the site before and after. We invite you to tour the yurt (and to tour displays of other Mountaineers activities) before or after the *Footloose*, the Musical performance this summer.

Kitsap Forest Adventure Camp: There is still room for your camper in our new Adventure Camp for K-3rd grade youth. Dates of the camp are July 9-13 (Enchanted Forest) and July 16-20 (Forest Explorers). Your child's creativity and imagination will bloom as they play, explore and create at the Kitsap Forest Theater. Exciting activities 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.

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 contact co-producers Gala Lindvall (206-542-4195, galabaskets@comcast.net) and/or Nancy Estill (206-595-8610, nestill@u.washington.edu). We would love to have your help! www.ForestTheater.com.

KITSAP FOREST THEATER

THEATER INSPIRED BY A MAGICAL PLACE

FOOTLOOSE

2:00 pm

Saturday & Sunday
July 28-29; Aug 4-5,
Aug 11-12, Aug 18-19



THE MUSICAL

Based on the hit *Footloose* bursts onto the live stage with exhilarating results and celebrates the wisdom of listening to young people and guiding them with a warm heart and an open mind. Invite your friends for a perfect summer outing – fun for all ages!

Kitsap Forest Theater is located 15 minutes from Bremerton ferry dock.
 Presented by The Mountaineers Players
 Tickets: The Mountaineers and online.
www.ForestTheater.com

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 coming! This is also the refund deadline.

Baker Lodge

Summer at Mt. Baker Lodge offers wonderful hiking on a great variety of trails. Numerous trails are within walking distance or a short drive from the lodge. Many are suitable for children. Artist Point is just 3 miles away at the end of a paved road, with panoramic views of Mt. Baker, Mt. Shuksan, and the North Cascades. Snow play opportunities usually are abundant through the summer.

Trails usually are completely snow-free by mid-August, giving even inexperienced hikers access to some of the most spectacular scenery in the Pacific Northwest. Early fall provides all the above plus fine blueberry picking, so bring your containers. However, this year the trails may not be entirely snow free by the middle of August. For a list of hikes and trail conditions visit the Mt. Baker-Snoqualmie National Forest web page. Click on Mt. Baker Highway (State Route 542) and scroll down the page for trailhead road and trail conditions. If you've visited the Lodge only in winter, or not at all, make your plans now for a special summer treat.

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

Schedule & rates: Please click on "Calendar and Reservations" on our website's home page (www.bakerlodge.org) for our current schedule. Several groups have signed up for specific weekends. Unless otherwise indicated in the schedule the lodge is open to all Mountaineers and the public, with reservations on a first-call basis to The Mountaineers Program Center, 206-521-6001 or through online registration. Payment at time of reservation can be made with credit card or check.

Groups at Baker: The Mt. Baker Committee encourages groups, such as Scouts, school/youth, or family and friends gatherings, to consider using the lodge whether or not they are members. Not only does

the area offer many options for outdoor activities, but it is especially appropriate for experiential classes in outdoor related skills and activities such as avalanche awareness, winter travel, survival skills, MOFA courses, photography, etc. Contact Judy Sterry (206-366-2750, jsterry60@me.com) for winter/spring or Jim Gipson (425-985-0616, gipwood@msn.com) for summer/fall reservations.

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 Chalet, turn right onto the one-way loop road that leads 0.3 mi. to our lodge on the right side of the road. We are about 1-1/2 hours from Bellingham and three hours from Seattle.

Kitsap Cabin

Kitsap Cabin, built mostly by Mountaineers women in 1918, is the social hub of the Kitsap Forest Theater and Kitsap property. 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, The Mountaineers Kitsap Branch and the Youth Theater Camp.

Kitsap Cabin is 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 and theater are available for private rentals. For rental information, please call 206-542-7815.

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

Meany Lodge

Informational emails: To keep everyone up to date as to what is happening at Meany we send out a general informational emails roughly once or twice a month. We also send out emails geared to some of

our specific events (i.e., Women's Weekend, Mushroom Weekend). So if you are interested in anything Meany has to offer, visit our website at www.meanylodge.org and fill out the request information. Check us out on Facebooks as well!

Meany hosts a series of events coming this summer and fall:

- **Women's Wellness Weekend** - www.meanylodge.org/summer/women_weekend/women_weekend.html. A weekend for women to empower and refresh themselves.

- **Family Hiking Weekend** - www.meanylodge.org/summer/hikeweekend/Announcement.html. A chance to see what Meany is like without snow and where picking/eating wild berries is the rave.

- **Mushroom Weekend** - www.meanylodge.org/fall/mushroomwknd/mushroom.html. A fantastic way to learn everything you want to know about picking mushrooms in the Pacific Northwest.

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

Visit www.stevenslodge.org to view current activities at the lodge or contact Angela or Greg, 425-258-4847, greg@stevenslodge.org. Bring a warm sleeping bag, toilet articles and a towel for the shower, suitable clothing, your gear and a flashlight. Some pillows are available, but bring your own if you desire and a padlock if you wish to secure your equipment.

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

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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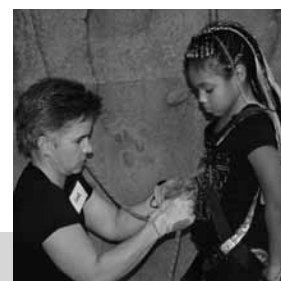
Want to be a Mountaineers Business Member?

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 in our magazine and on our website, as well as invitations to special membership events, such as the next **Business Member Night on Wednesday, September 12, 6-8 p.m. at The Mountaineers Program Center.**

For a **complete list** of membership benefits and how to access them, log in and see our **Member Benefits** page: www.mountaineers.org/membership/benefits.cfm.

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.

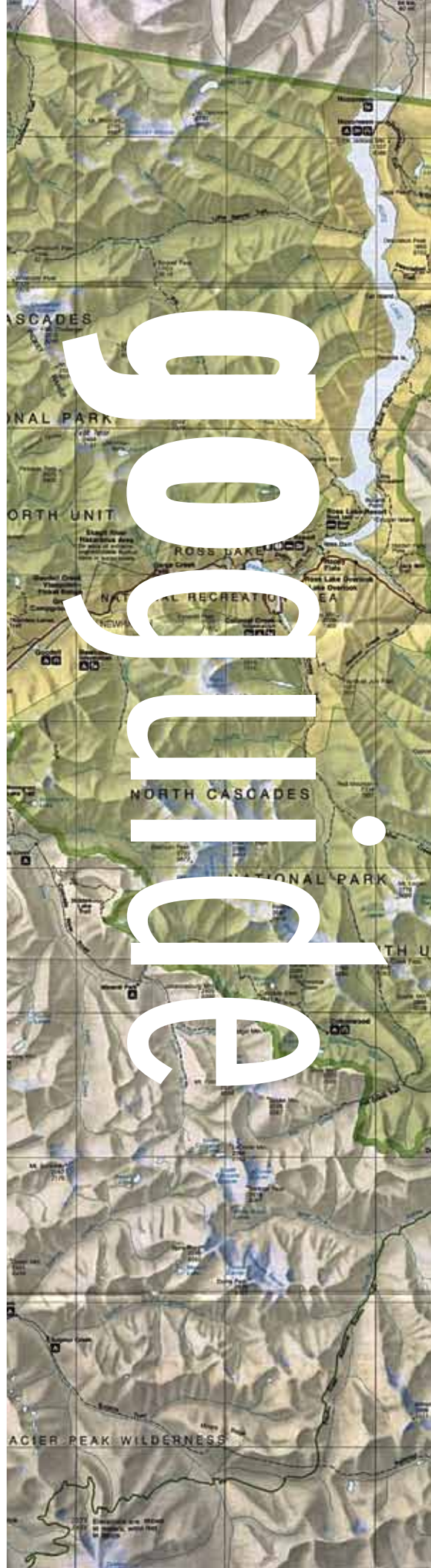
To learn more or request an application, contact Member Services, info@mountaineers.org, or 206-521-6001.



"The first Business Member night was super! Our rapport was immediate and meaningful. We share not only a common language as Mountaineers but a common commitment to the future of the outdoors and its community."

— Leah Schulz, Business Member
volunteer coordinator and valued
Mountaineers youth programs volunteer

Please visit
www.mountaineers.org
for all current trip and
course listings



DISCOUNTS FROM 25 TO 75%



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ADVENTURE

The Pacific Northwest has so many fantastic places to explore. Our friends and volunteer leaders at The Mountaineers share their favorite destinations and show us how to safely get there and back again. Because so many of these beautiful places are located not only high in our alpine, but in hidden coves and islands throughout the Salish Sea, The Mountaineers community shares its know-how with those wanting to learn how to get outside on the water as well.

Bill Ashby photo

Those who love adventure on both land and sea appreciate the diverse opportunities offered by The Mountaineers and what they bring in the way of surprise—those unexpected interactions with nature.

In the mountains, sightings of goats, bear, elk, hawk and osprey bring the same sense of heart-pounding awe as do orca spy-hopping or breaching a distance ahead, dolphins flashing alongside the kayak or sailing hull, salmon leaping to escape hungry seals, or the cry of bald eagles sweeping by at mast height overhead. The tie that binds land- and sea-based adventure is the immediacy of being surrounded by nature's raw beauty.

By virtue of the sometimes remote locations of these places and the unpredictable climate that surrounds them, physical, mental and emotional challenges are inherent in what we do. Whether in white-out conditions while summiting Hawkins or in low-visibility fog while navigating Deception Pass, we use the skills we have mastered; we carry the appropriate gear and understand when and how to use it; we train in advance to ensure sufficient re-

serves of physical stamina; and we keep a level head while maintaining a heightened sense of observation.

I am drawn to sharing these adventures with my friends in The Mountaineers, to experiencing the discipline in planning and preparation, the mastering of outdoor skills, the arduous effort to achieve an objective, and experiencing the open expanses of land and sea along the way.



All these places and adventures bring great joy

to our lives. It might be the sun rising over Mt. Shuksan while the rope team makes its way steadily up Boulder Glacier. Or it may be crossing the Strait of Juan De Fuca in a 20-knot westerly from the Pacific—the sails taught and the sheets thrumming; the froth of white water exploding over the bow pulpit and back to the cockpit. Or it might just be the force of pulling a paddle up tempo while racing a kayak through the surf at Crescent Beach.

As explorers and Mountaineers, we relish the freedom to seek adventure and all the surprising discoveries those explorations can bring. ▲▲

About the author

A climber, sailor, kayaker and adventure-driven Mountaineer, Bill Ashby is an operations executive for customer-centric, global-service companies. He serves not only on The Mountaineers Advisory Council, but also on the board of the Seattle Yacht Club. He has taken Mountaineers courses in climbing, sea kayaking, sailing, scrambling, navigation and first aid—all in just four years!

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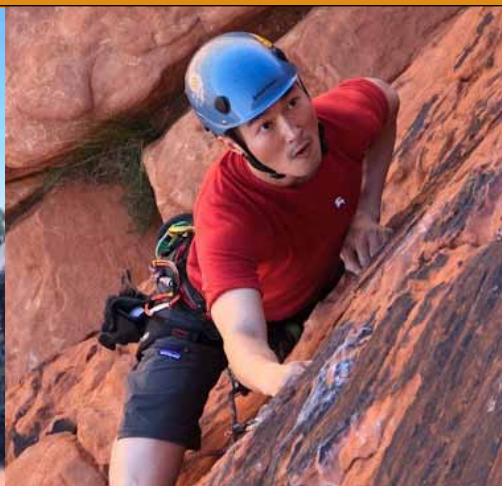
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