

Mountaineer

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

FALL

Rock climbing,
hiking, photography

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Kid-friendly beach hikes, pg. 12

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Sept/Oct 2012 » Volume 106 » Number 5

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



the *Mountaineer* uses . . .



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DISCOVER THE MOUNTAINEERS

If you are thinking of joining—or have joined and aren't sure where to start—why not 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: Norm Buckley of the Everett Branch captured the feel and look of fall at Gem Lake, nestled at the foot of Wright Mountain in the Snoqualmie Pass region. His photographic eye earned him 70 percent of our readers' votes to win the best fall-category photo in our 2012 Mountaineers Photo Contest. Watch the January/February cover for the winning image in the instruction category.

Inspire, excite and challenge: what we do

As I write this letter the halls of The Mountaineers Program Center are ringing with the sounds of young summer campers as they gather their backpacks to go climbing. For many of them this is their first climb on real rock. They have spent the week on our outdoor climbing wall learning the basic skills required to climb safely, trying out their moves and building confidence in a safe and controlled environment before venturing into the field where unpredictable elements may test their newfound skills in unexpected ways.

I experienced the same feeling this July when I summited Mount Rainier with a group of Mountaineers. Being my very first attempt of Rainier, I was the least experienced of the group. I had trained for months with friends and teammates to develop my strength and endurance while honing skills learned from The Mountaineers Glacier Travel Course. Under expert Mountaineers volunteer instruction I gained the confidence and knowledge that would allow me to be a strong team member.

As we started up the Emmons Glacier at 1:30 a.m. on summit day, we passed a guided group that had decided to turn around. The warm weather had caused a snow bridge to melt out on the marked route. Thankfully, one of our team members, Chris Robertson, was an experienced route-finder. He led us safely through an unmarked ice field placing flags for us to follow on our return. We moved steadily towards the summit on Winthrop Glacier while watching a beautiful sunrise. At 9:30 a.m. we enjoyed the clear skies atop the mountain before making a quick descent and hiking back to our cars at White River Campground.

Being on the mountain taught me several things. First, the inherent risk of the outdoors and the importance of personal preparation and training—even beautiful weather can cause unexpected hazards, melting snow bridges and heat exhaustion, to name a few of the risks. However, learning how to be out there the right way the first time made all the difference. Every member of the team had benefited in some way from our Mountaineers training; each person was prepared, giving us the confidence to stay calm and make the best decisions in unanticipated situations. I also gained a deeper appreciation for how The Mountaineers courses, instructors and leaders are training participants to be out there safely and responsibly, and how that training creates competent, responsible wilderness travelers long after the course or trip ends.

While the trip was a journey of self discovery for me—I pushed myself beyond what I thought possible—I also realized that this is what we do, every day: provide opportunities to inspire, excite and challenge. And after my experience, how could I not be grateful and forever linked to the group and organization that helped me accomplish my goal?



Atop Rainier

Martinique Grigg

Martinique Grigg, Executive Director



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

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Fall: a perfect time to pay homage to our personal cairns

A government document on trail construction and maintenance once called them “reassurance markers.” Climber extraordinaire Will Gadd has called them “a lit up gas-station sign when my car has been running on empty.” We commonly know them as cairns.

In this *Mountaineer*, dedicated greatly to that which is optimum in fall, we take a little time to broach cairns. Though not necessarily seasonal, these “reassurance markers” or metaphorical road signs do wend their way onto The Mountaineers road map.

They tell us where we have been and where we are going. In Hebrew one might use the word “ebenezer”—a stone of help—to define a cairn. It is a foothold, a safe harbor to which we can always return, should we need to reconfigure a route gone astray.

This built-in cairn, reminding us of where we have been and what we have accomplished, is not too different than what The Mountaineers helps build in our young people new to the outdoors through our youth-outreach programs (see an expanded “Reaching Out” section starting on page 12 of this magazine). Perhaps it is not too different than what enabled Chris Robertson to adroitly lead our executive director and the rest of their team around a sunken snow bridge to the top of Rainier (see “Tying In” on the preceding page).

From these early footholds comes the confidence and passion to strive toward an objective or dream, whether it is a youth going

vertical for the first time, a climber honing his or her leading skills through one of our courses (see our course offerings on pages 13-18), or the naturalist and photographer training their eyes at ground level to catch the one fleeting moment that would otherwise escape them (see Anne Smart’s article on page 27).

No matter the outdoor activity, The Mountaineers gets you to a point that you can always go back to in order to regain your bearings and ultimately reach your goal or destination.

As autumn presages winter, when many cairns will slip into hibernation visually, this issue highlights all that is precious about points and destinations reached by paying tribute to the gift of fall. This is the season that lends a different hue to the outdoor landscape and perhaps a new appreciation for our confidence builders, or “reassurance markers,” on our own journeys to yet higher ground or undiscovered shores.

Let’s pay homage to our personal cairns as we close out our favorite blue-sky activities this fall with some final pitches toward new ground—all the while knowing your stones of help, built from your Mountaineers experience, will always be nearby like a counsel “of hikers, of family, of humanity,” to pull some verbiage from author David Williams’ book on cairns, also featured in this issue. Read on and enjoy.

Brad Stracener, Managing Editor

I’m Where?

Can you identify the summit in the foreground here? Send your answer (by October 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.
- Curt Baxstrom of the Tacoma Branch correctly identified Mt. Steel as the summit in the July/August *Mountaineer*. The photo was taken by Dan Lauren.

Congrats to our photo contest winners! *The Mountaineer* 2012 Photo Contest winners—voted on by you, our readers—were Norm Buckley whose image appears on this issue's cover, and Ian Lauder, whose photo will appear on our January/February issue. The two will also receive a \$50 Mountaineers gift coupon.



Craig Romano photo

Honored by book's reprint

Enjoyed your editorial ("Tying In," July/August *Mountaineer*) about the oldtimers at the 50-Year Members Luncheon, especially your comment, "Through our instruction, activities **and books** we get people outside knowledgeably, safely and responsibly."

Having a hand in authoring three books for The Mountaineers and receiving appreciative feedback from the public and The Mountaineers members, I can vouch for your above quote. I am feeling honored by Mountaineers Books in bringing back into print (February of 2011) an old book they've repeatedly published earlier and which I wrote, *Snoqualmie Pass: From Indian Trail to Interstate*.

As one of the "oldtimer" crowd, who's been around many years in The Mountaineers, led hikes for Retired Rovers, given slide

(Powerpoint) programs for the Foothills Branch about the pass's history, taught weekend college seminar classes for City University a few years, led a variety of groups in exploring the pass's history on field trips . . . just thought you might like to share the good news with members on the book's recent (re-release).

Yvonne Prater

Article rekindles memories

I wanted to tell you how much I enjoy reading the *Mountaineer*. I have to comment about the 50-year members. I, too, am a 50-year member. I took the basic climbing course in 1962 and our first climb was on Memorial Day, May 30, 1962. We climbed McLellan's Butte. When we got to the summit, the climb leader asked if anyone was celebrating a birthday. I raised my hand and said I was celebrating a birthday! The group then sang "Happy Birthday" to me. The climb leader passed out treats to all of us. Needless to say I was very much surprised and thrilled to be recognized on my day!

In the May/June issue there was an item about Dee Molenaar's induction into the American Alpine Club Hall of Mountaineering. It mentioned his climb on K2 when they were attempting to rescue Art Gilkey.

I knew Art Gilkey quite well. He was a friend of my roommate's when I was in school at Iowa State. His father was a professor there and I took classes from him. Art would frequently come over to tell about his climbs. When he was beginning his climbing career he would go to the "Wisconsin Dells" to find peaks to climb. Ames, Iowa was a long way from mountains. When I first met Art, I never thought that some day I, too, would climb a mountain.

Thanks for the pleasant memories of my climbing days.

Norman D. Miller

We welcome your letters

The Mountaineer invites you to share your thoughts, concerns and joys. Try to keep your letters to fewer than 300 words as a rule and please keep in mind that all letters are subject to editing for length. Mailed letters must be signed and include the author's name and address. Thank you!

Maximize your gift to The Mountaineers through employer matching-gifts programs

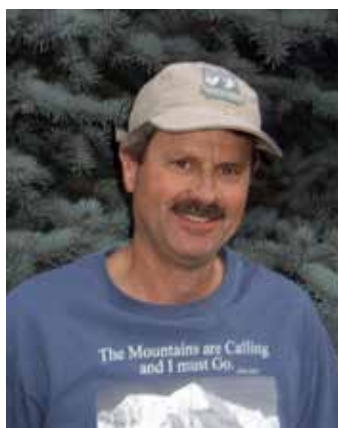
Many employers offer matching gift programs designed to encourage and support contributions to community-based charitable organizations made by their employees. As a 501(c)(3) non-profit organization, The Mountaineers qualifies to receive matching gifts.

Over the past year, private support from individual donors has enabled The Mountaineers to create Mountain Workshops that provide access to the outdoors for underserved youth, to support a tradition of volunteer-led education, and grow a community of engaged outdoor citizens. Matching gifts help to maximize the impact made by individual donors.

Some companies will also match volunteer hours. This year alone, Boeing has generously contributed nearly \$12,000 and Microsoft an astounding \$13,700 to The Mountaineers - most of these donations are from volunteer hours submitted by our volunteer instructors and activity

"It is nice to know that I can help students achieve their goals, enjoy the outdoors, and (give an extra) benefit back to The Mountaineers"

— Dan Lauren



leaders! However, with over 900 volunteers leading over 1,900 trips, courses, seminars, and lectures each year, the potential support from employer matching gifts for volunteer hours is enormous.

Dan Lauren, a member of The Mountaineers Board of Directors, a climb leader and chair of the Safety Committee, submitted 220 volunteer hours. In honor of Dan's volunteerism, his employer, Weyerhaeuser, donated \$2,500 on his behalf.

Meany Lodge has countless volunteers and proponents, and many have gone the extra mile by submitting corporate matching gift requests toward the Meany Development Fund. In 2012, Meany Lodge has received \$10,500 to preserve this historic facility. Of this amount, \$8,000 is due to volunteer-hour submissions!

To all volunteers considering submitting their volunteer hours, Dan offers the following advice: "Do some research on your company, keep track of your volunteer time, and fill out the form!"

To find out if your company has a gift matching program, contact your human resources department or check your company's website. If your gift of volunteerism or money is eligible for a company match, please reference The Mountaineers Tax ID number, 27-3009280, on the gift verification form. Please contact Chris Pyper, Development Associate at chrisp@mountaineers.org or 206-521-6006 with questions.

Qualify for Peak Society membership

Matching gifts qualify for our Peak Society! If your total donations, including those matched by your employer, equal \$1,000 over the course of one year, you will qualify to be a Peak Society member. Please send questions regarding Peak Society eligibility to Chris Pyper at chrisp@mountaineers.org.

Mountaineers Summer Camp Counselors 2012



Venturing Crew members Isabel,
Christoph, Katy, Nick, Noah

"Summer camp is great because it's a chance to take what I've learned from volunteers at The Mountaineers and pass it on to younger kids who hopefully will turn around and do the same when they get older. It's fun to watch the kids master skills that I learned not long ago."

Isabel, Venturing Crew member

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.

JOIN PEAK SOCIETY WITH A \$500 GIFT. Thanks to generous matching gifts from Peak Society co-chairs Rich Draves and Doug Walker, The Mountaineers invites 25 first-time members to make a \$500 gift to The Mountaineers General Fund before December 31st and become a member of the Peak Society.

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



The Mountaineers

Relief to come soon for Vantage climbing crowds; work on new bathroom begins

By Sarah Krueger

Public Lands Programs Manager

Born of ancient lava flows and sculpted by glacial floods of dizzying proportions, the basalt columns of Frenchman Coulee (and adjacent Echo Basin) have been a magnet for rock climbers of all skill levels for over 20 years. Known simply as “Vantage” to most, this Eastern Washington destination contains over 600 sport and traditional routes, ranging from 5.2 to 5.13, and is a standard destination for many of The Mountaineers climbing courses.

In spring and late fall, when Vantage offers some of the only dry rock in the region, cars and tents

crowd the small parking lots and climbers swarm the basalt walls. Hikers, hunters, curious naturalists and the notorious concert-goers from the nearby Gorge Amphitheater also frequent Frenchman Coulee. On a busy weekend, the place can become a veritable circus. A circus without a bathroom.

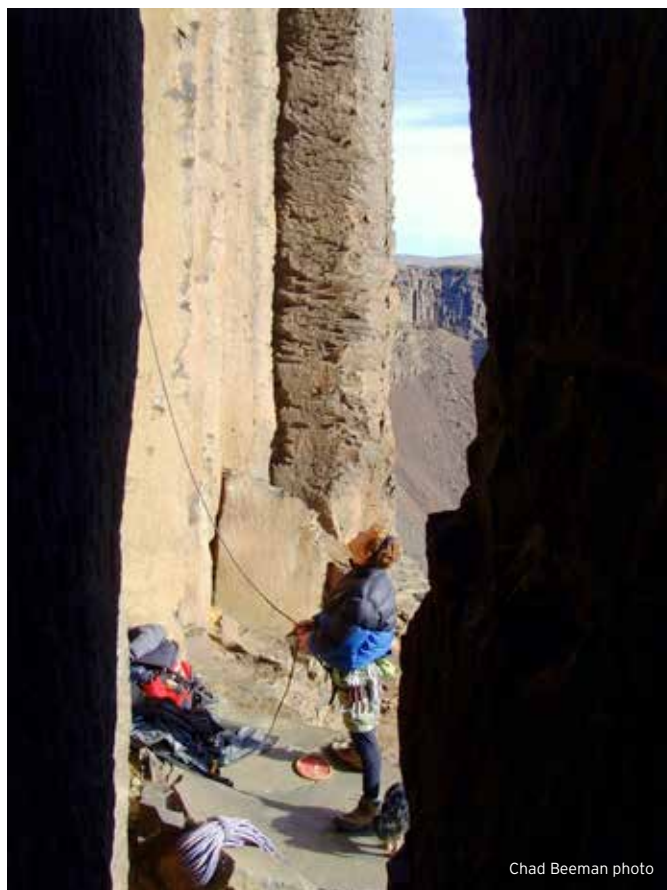
Despite heavy recreational use, the area has never had a permanent toilet. Where does one “go” when there is no place to “go?” Look under any given rock or follow the toilet paper trails for clues. Unfortunately, the shallow soils, arid environment and living, cryptobiotic soils of the shrub steppe desert make an entirely inappropriate toilet. Over the years, Washington Climbers Coalition, Access Fund and the now-defunct Frenchman Coulee Climbers Coalition have each funded portable toilets during the spring and fall climbing seasons. However the toilets proved to be chronically insufficient for busy weekends and subject to vandalism. The contractor charged with maintenance for the portable toilets refused to even service them for many years.

The days of overflowing or altogether missing porta-potties at Vantage may soon be over. In February 2012, representatives of the Washington Climbers

Coalition, the American Alpine Club and The Mountaineers met with Washington Department of Fish and Wildlife (WDFW) staff and reached an agreement that the agency would support the installation and ongoing maintenance of a permanent toilet if the climbing community would fund it.

The three organizations quickly got to work with logistics and fundraising. Funds donated by the former Frenchman Coulee Climbers Coalition went to hire Eastern Washington University archeologists to conduct the required cultural resource survey, which indicated that the project could proceed. Project

Continued on next page



Belayer at the Sunshine Wall

Chad Beeman photo



Cultural survey precedes ground breaking

manager and expert in remote waste management, Geoff Hill of Crescent Moon Consulting, was contracted to carry the project forward. Events at The Mountaineers Program Center, retailers and climbing gyms in Seattle and Tacoma brought in an initial \$10,000 in just the first month of fundraising, a major step towards the \$50,000 goal to fund the installation and maintenance plan by spring 2013.

Fans of the shrub steppe desert, the reliable sunshine and the incredible recreational opportunities at Vantage are invited to contribute to the campaign. For decades, Washington's climbing community has dreamed of having a permanent facility at Vantage. It's time to make that dream a reality. Visit www.washingtonclimberscoalition.org to make a donation dedicated to the completion of this important project. ▲▲

For more about this region, see pg. 45

Briefly . . .

National Public Lands Day: help build more access to Wild Sky Wilderness

The Wild Sky Wilderness is Washington's newest congressionally-designated wilderness area, just north of Highway 2 and flanking the North Fork Skykomish River in the Mt. Baker-Snoqualmie National Forest. Underserved by trail access, much of the wilderness is out of reach to all but the most adventurous off-trail traveler or scrambler.

Mountaineers can contribute to the effort to increase access to this area on September 29, National Public Lands Day. The Mountaineers is partnering with Volunteers for Outdoor Washington (VOW) to build a new trail from the Martin Creek trailhead of the Iron Goat Trail. The new trail will connect with the little-used Kelley Creek trail. Mountaineers will feel right at home during this challenging work party on steep slopes. VOW will provide a barbecue at the end of the day.

Wild Olympics Bill introduced

The grassroots effort to protect old-growth forests and pristine watersheds on the Olympic Peninsula received a major boost on June 21 when Rep. Norm Dicks and Sen. Patty Murray introduced to Congress the Wild Olympics Wilderness & Wild and Scenic Rivers Act. If passed it would protect more than 126,500 acres of Olympic National Forest as wilderness and 464 miles of 19

rivers and tributaries as Wild and Scenic Rivers. Its passage would designate the first new wilderness in the Olympic National Forest in nearly three decades and create protection for the first-ever Wild and Scenic rivers on the Olympic Peninsula.

It would also offer permanent protection to some outstanding backcountry destinations, including areas around Moonlight Dome, South Quinault Ridge, Rugged Ridge and Lost Creek, not to mention additions to existing wilderness areas—Buckhorn, The Brothers, Mt. Skokomish, Wonder Mountain and Colonel Bob. See www.mtnrs.blogspot.com for more.

'Bridging Communities with Trails'

"Bridging Communities with Trails" is the theme of the Washington State Trails Coalition's 12th Bi-Annual Washington State Trails Conference to be held October 26-28 in Vancouver, Washington.

The conference will examine how trails act as bridges: connecting the natural and human environments, joining urban and rural areas, and even connecting diverse ecological and social communities. Keynote speakers include Deputy Director of Communications & Community Assistance Mickey Fearn of the National Park Service, and expedition mountaineer Dave Hahn, who recently reached the summit of Mt. Everest for the 14th time—the most for a non-Sherpa climber. Details on registration and more can be found at www.w-s-t-c.org.

Venturing Crew 99 celebrates two years of adventure

By Becca Polglase
Education Manager

Put a group of teen adventurers in the driver's seat and you never know what they might achieve. Just look at The Mountaineers' second-year program, Venturing Crew 99. So far, the crew of 16—more than double the number in 2010, the program's initial year—has summited four technical peaks, climbed at four different crags, cross-country skied, snowshoed, car-camped, canoed, whitewater rafted and hiked all over Western Washington.

All of these accomplishments were engineered by the teen participants themselves, who designed the program based on their interests and coordinated volunteers who helped teach the skills they needed to do what they love. Further, from what they have learned from volunteer mentors, some crew members have become volunteer mentors themselves, imparting their newfound knowledge to others younger than they at Mountaineers summer camps and Mountain Workshops—during their summer breaks no less.

So how does Venturing all work? Venturing officers—elected semiannually or annually,

depending on the position—meet monthly to discuss important upcoming events, and set the vision for the coming months. Then, a monthly member meeting is held to review skills, plan for upcoming outings, and listen to members' ideas and interests. New members are taught basic skills by veteran members, including belaying, stove use, camping skills and basic climbing skills. Advanced skills, such as lead climbing, ice-ax arrest and travel on hard snow, are taught by adult Mountaineers volunteers.

The crew hosts a minimum of one outing a month that is coordinated by one or two youth trip leaders. The leaders choose the location, arrange for camping reservations, guide services and other necessary logistics, including transportation, adult chaperones and volunteers who can teach the required skills. Finally, trip leaders create a "Trip Sheet" which details the itinerary, cost per participant, packing list, and destination information. Trip leaders are mentored by adult advisors as well as Venturing officers. ▲▲



Nick and Noah on Prime Rib, Mazama

See pg. 18
for more
Venturing
news and our
newly formed
Explorers

Want to join Venturing?

If you are between 14 and 20 years of age, come check us out at OutdoorsFEST, September 8, and mark your calendars for the weekend of September 15-16, our fall kickoff in Leavenworth. Send an email to Education Manager Becca Polglase, beccap@mountaineers.org, for more information.

Mountain Workshops: getting Seattle area youth outdoors



Mountain Workshop siblings, Tatiana and Joseline, return for summer camp

By Becca Polglase
Education Manager

The route to a young person's zeal for the outdoors can cross a lot of territory. In fact, for The Mountaineers it intersects 25 organizations throughout Puget Sound to result in outdoor experiences for more than 3,000 youth over the past two years.

This summer, in Seattle alone, Mountaineers summer camps and Mountain Workshops have hosted more than 10 organizations and 300 youth via agencies like the Boys & Girls Club, Union Gospel Mission and the YMCA. Kids learn skills in climbing, using map and compass, first aid and outdoor cooking.

Since offering these programs, we're thrilled to report that we've deepened our impact as organizations return for a second, third and fourth Mountaineers experience, as do some of the same youth, furthering their outdoor pursuits.

Mark, a participant in our Hope Place Shelter Mountain Workshops, came back this summer with Union Gospel Mission. He enjoyed telling volunteer leaders about what he has climbed while trying some new climbs and building on his previous experiences.

Tatiana, another returnee from our Mountain Workshops, was able to attend summer camp thanks to our youth scholarship program, MAP (see page 18 for more). And this time she brought her little sister! From her Mountain Workshop experience, Tatiana was able to help her sister and other summer-camp peers learn about compasses and first aid.

We are now expanding our partnerships, thanks to our new Assistant Program Manager Caitlin O'Brien and a community



Renton Area Youth Services group at an Exit 38 rock climbing session

of local youth workers committed to providing meaningful experiences for young people.

Through a Department of Neighborhoods grant, Camp Long has become a strong partner, not only in providing a new ropes course to Seattle communities, but also by fostering connections between youth agencies. Brettler Place, a new housing development in Magnuson Park that helps families get back on their feet, has partnered with us to provide weekly experiences for youth in its community. The Orion Center in Seattle has begun a partnership with The Mountaineers in which youth have multiple outdoor experiences, including a service project at a local crag. Renton Area Youth Services, a Renton program serving youth at risk, recently visited Exit 38 for a climbing experience and plans to do more.

Skilled volunteers are a driving force behind Mountain Workshops. Youth learn to climb from real climbers and learn first aid from real first responders. These volunteers make the workshops exciting for kids, who not only spend the day with positive role models, but leave empowered with new skills they are proud to share with others.

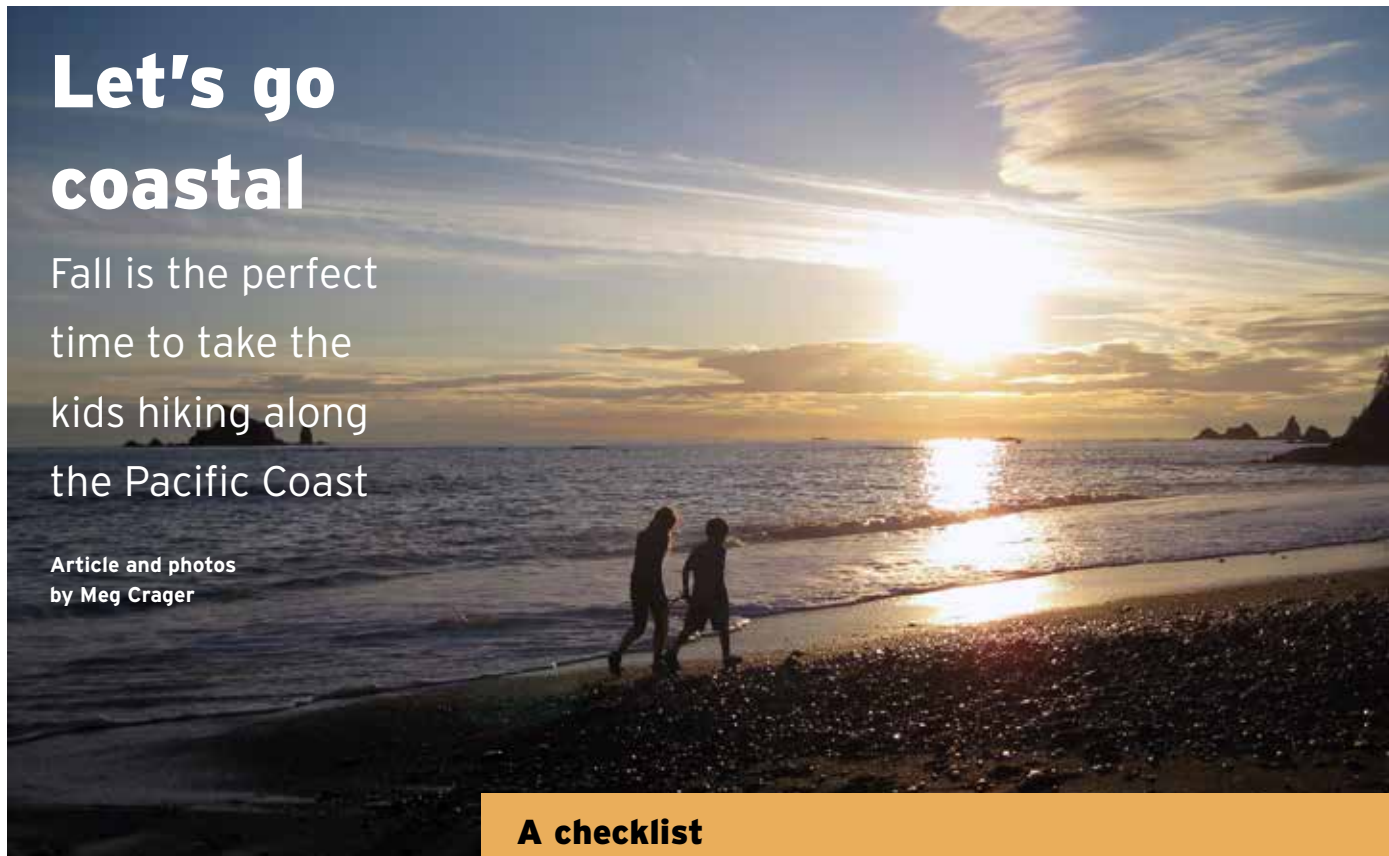
Joanna Tarr, a social worker at Brettler Place, said she couldn't figure out how Brettler kids knew so much about first aid when she presented a program there. She then realized it was from our Mountain Workshops.

THANK YOU, to all of our youth volunteers! Those who wish to join our volunteers should check our website, or contact Caitlin O'Brien, caitlino@mountaineers.org. ▲▲

Let's go coastal

Fall is the perfect time to take the kids hiking along the Pacific Coast

Article and photos by Meg Crager



The Washington Coast is a great fall destination for a child-friendly backpack or day hike. Spectacular scenery, easy terrain, peaceful campsites and a huge natural playground for children await.

My seven-year-old, Luke, is a veteran of several short backpack trips around Western Washington, and though he may mark a backpack trip on his wall

calendar months ahead, he often asks, "Mom, when are we going backpacking?" every day prior to the trip. His favorite coastal destination is Hole in the Wall, a short hike just north of La Push. This wilderness beach hike is the first leg of the 23-mile route from Rialto Beach to Cape Alava. We have been there in all four seasons, and it is always beautiful. However, in the fall, the coast is always less crowded than summer and the weather can be perfect for backpacking.

Most recently we went to Hole in the Wall with my son's eight-year-old friend, Delaney, and her mom. Based on the amount of food our kids ate on a previous backpack trip, we decided to violate all reasonable guidelines for food. We took

A checklist

- **Get a tide table** and plan your travel around low tide. High tides can be difficult and dangerous for children
- **Bring a bear canister** for not just bears, but raccoons and other marauders
- **Obtain a backcountry permit** If backpacking or staying overnight

Resources

- **Best Hikes with Kids in Western Washington and the Cascades**, The Mountaineers ©2006
- **Olympic National Park** Visitor Center, 3002 Mount Angeles Rd., Port Angeles, 360- 565-3130
- **Hoh Rain Forest Visitor Center**, Hoh Valley Rd, West End, 360-374-6925
- **Makah Tribal Council**, P. O. Box 115, Neah Bay, 360-645-2201

Continued on pg. 20

Learn how to get outdoors

The Mountaineers
Course Guide,
2012-13



Wes Cooper photo

The Pacific Northwest landscape is vast, from the ocean's crashing surf, to the maze of crags in the North Cascades, to the windy, arid coulees of our Central Columbia Basin. Each terrain type requires a knowledge of how to explore it confidently and safely, thus enjoyably. The Mountaineers offers close to 300 outdoor classrooms, ranging from beginning classes in our **Getting Started Series** to intermediate and advanced classes in climbing or backcountry skiing.

In this course guide are brief overviews of our primary offerings, from those requiring one evening or a day of your time to those that teach comprehensive skills over two to three months.

As you consider a course, try thinking a month or two down the road to allow enough time for planning, scheduling, conditioning and signing up; enrollment usually begins about two or three months before your first session. Some courses require field trips into the mountains or on waterways while some are conducted solely inside our outdoor program centers.

As a member of The Mountaineers you are welcome to participate in any Mountaineers activity or course regardless of your branch affiliation. As you thumb through our course offerings, note that branches and outdoor centers are identified as follows: BAKER = Baker Lodge; BEL = Bellingham; EVT = Everett; FH = Foothills; KIT = Kitsap; OLY = Olympia; SEA = Seattle; TAC = Tacoma. The months that the respective courses are offered follow the branch abbreviation. FH/DEC means that in the Foothills Branch the particular course begins in December.

It is always wise to refer to the website for the most up-to-date information. Be in touch with those who are listed as coordinators or instructors of the particular course(s) that interest you or you have enrolled in. They'll keep you posted on further details as you go, and will make sure you enjoy your adventure with The Mountaineers in a safe, fun and educational manner.

Alpine Scrambling

Alpine Scrambling—Many Northwest summits are accessible without all the technical gear and training that basic climbing courses offer. Scrambling takes the adventurous high off the beaten path to summits in the Cascades and Olympics—sometimes on moderately steep rock and snowfields. Instruction covers proper equipment and clothing, route-finding, avalanche awareness and avoidance, rock and snow travel, ice-ax arrest, glissade techniques and wilderness ethics. BEL/DEC; EVT/FEB; KIT/MAR; OLY/JAN; SEA/JAN; TAC/FEB

Alpine Scrambling Intense—Webcast lectures are capped with one long weekend in the field, split between Seattle and Leavenworth. This is designed for people who already have strong conditioning and enjoy an intense learning experience. SEA/APR

Advanced Scrambles Leadership—This course is for graduates of the Alpine Scrambling and Basic Climbing courses. The focus is on safety, leadership, trip planning and alpine rescue. Classes consist of

Continued on pg. 14

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

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

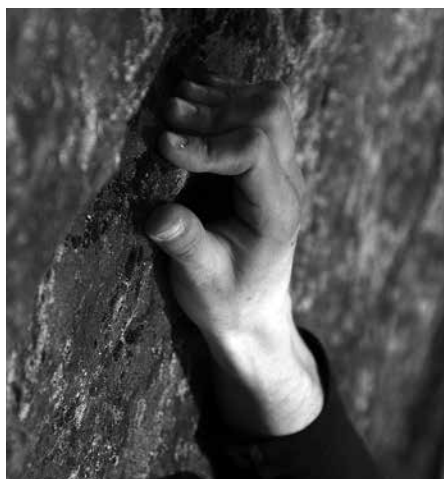
Avalanche Awareness

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

Climbing

Mountaineers courses cover the full gamut of climbing adventures. Enrollment for all basic and intermediate climbing courses ends by the first of each year for the Seattle Branch, the end of November for Bellingham and soon after New Year's for other branches. Sessions begin from January through February, depending upon the branch. **Note:** Registration for the Basic Alpine Course in Seattle will begin October 15 this year. Please see the website for details about all 2011 climbing programs.

Getting Started Series (GSS)—A collection of courses and outings designed for



Mike Warren photo

members and prospective members who have little or no experience with climbing. The GSS offers a range of opportunities, from learning to safely belay and climb, to more advanced rock and snow outings. There are no prerequisites to join any of the courses, other than a desire to try climbing and have fun with like-minded people. Each course is taught by experienced climbers and leaders. We focus on safety while having fun trying something new. Try one or several GSS offerings. Meet new people, learn and have fun. Classes are offered year-round. Course content varies from month to month, so check back often by browsing the web or calling The Mountaineers Program Center.

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

FEB; OLY/JAN; SEA/JAN; TAC/FEB

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

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

Leading on Bolted Routes Intro—Ready to take the sharp end? Come work on easy, single-pitch leads in a positive and relaxed instructional atmosphere. For grads of Basic Climbing Course or Sport Climbing, this entry-level leading course is for those comfy with climbing 5.9 sport routes on top-rope. SEA/SEPT

Trad and Crag Climbing—Learn to lead moderate outdoor rock routes (5.4-5.8) using traditional gear—no bolts. Differs from Sport Climbing as trad climbers place and remove their own protection as they climb

and descend. This course covers placing passive and active protection, building anchors, setting up rappels and hanging belays, swinging leads and crack-climbing techniques. Field trips to Tieton, Vantage and Leavenworth. SEA/MAR; TAC/APR, SEPT

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

Bouldering for Beginners—Learn how to scale boulders in two evening sessions on The Mountaineers Program Center's boulder and one weekend day afield. SEA/AUG

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

Introduction to Leading Water Ice—For those who have basic proficiency at following moderate alpine or water ice climbs, this course builds on your existing

experience to teach you the skills needed to safely lead water ice climbs. You will learn about leading techniques specific to water ice, risk management, dealing with the strenuous nature of steep ice, as well as practicing mock and actual leads. This course lays the foundation for more advanced water ice climbing as you continue to develop your skills informally with peers or participate in The Mountaineers' ice climbing outings. SEA/OCT

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

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

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

Miscellaneous—Other seminars and specialized courses are offered through-

out the year, many by Seattle and Everett Branches, including Aid & Big Wall Climbing that is usually held in spring with a cadre of qualified Mountaineers at sites such as Yosemite. Other special seminars and climbing trips include advanced rescue techniques, ice-ax arrest refresher, crevasse-rescue refresher, Play Days on rock and ice, and rock-climbing techniques for friction, crack, and face climbing. Check www.mountaineers.org and each branch's website for further information.

First Aid

First aid certification is required for graduation from courses in alpine scrambling, basic climbing and snowshoe beyond Snowshoe Lite. Refer to the course coordinators for the type of first aid course you need to graduate.

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

Advanced Alpine First Aid Course—For the professional rescuer; advanced, field oriented first aid. BEL/JAN, MAR

Wilderness First Aid Course—This is a 16 hour course designed to provide elementary skills in remote care. The course, open to all, adopts a hands-on, experiential format providing students with the skills and confidence for making remote medical care decisions. Wilderness First Aid fulfills all Tacoma/Seattle Mountaineers climbing/scrambling course first aid requirements and "MOFA refresher" requirements previously required under Mountain Oriented First Aid. It is also ideal for backpackers and all other

Continued on pg. 16

wilderness travelers. TAC/SEPT & OCT

MOFA (Mountaineering Oriented First Aid)—A 28-hour first aid course for wilderness travelers. Consists of lectures, demonstrations and practical experience, including Red Cross Adult CPR and Standard First Aid. Volunteers with simulated injuries act as victims for final exam. The class consists of either four full weekend days or a series of evening classes. KIT/APR; OLY/JAN, OCT

Folk Dancing

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

Hiking/Backpacking

Intro to Hiking and Backpacking

Workshop—Learn the ABC's of hiking in the Northwest with The Mountaineers. At this one-evening lecture hiking leaders discuss necessary clothing and equipment (including the Ten Essentials), conditioning, outdoor etiquette, safety and other topics. KIT/SEPT, MAY; SEA/ALLYR; TAC/MAR, APR, MAY, JUN

Leadership

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

Leave No Trace Training

From bear hangs to blue bags, learn about techniques to lighten your recreational

footprint and gain skills for teaching others the principles of low-impact recreation during The Mountaineers Leave No Trace Trainer Course. Course graduates earn the nationally-recognized title, Leave No Trace Trainer, and receive a certificate. APR, SEPT

Mushroom Identification

Learn not only which mushrooms are edible and where to find them, but how to make them delicious for the table. Meany Lodge hosts this fun, educational workshop open to all in cooperation with the Puget Sound Mycological Society. MEANY/OCT

Naturalists

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

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

Navigation

Basic Navigation—This course teaches the skills necessary to navigate through wilderness. You'll learn to relate features on a topographic map to your surroundings, use your compass to determine bearings to objects in the field, use a map and compass to determine your location and desired direction of travel. The course combines evening classes with weekend field trips. Basic Navigation certification is required for graduates of some courses, including Alpine Scrambling, Basic Climbing and some Snowshoe courses. EVT/MAR, APR; KIT/OCT; OLY/JUNE; SEA/NOV, FEB, MAR; TAC/MAR, APR, SEPT

Basic GPS—Learn to use a GPS unit. Identical units will be supplied during class so that all students work with the same device. Current Basic Navigation Course

certification is a prerequisite. Two evening classes and a field trip. TAC/JUNE

GPS for New Users—A one-evening course to familiarize you with your newly acquired GPS receiver. Open to all; no prerequisites. SEA/BIMONTHLY

Intro to Map & Compass—A one-evening workshop on using battery-free methods of navigating wilderness and not becoming lost. SEA/MAY-SEPT; TAC/TBD

Photography

Add an extra dimension to your outdoor adventures by bringing home great photographs! Learn to take landscapes, wildlife and action shots, and "the pictures that tell the story" with skills you'll gain in The Mountaineers' photography courses and seminars. Instruction via field trips and indoor workshops. Seattle offers a basic course and lecture series that begins in March; watch Foothills, Kitsap and Tacoma websites for evening workshop discussions.

Sailing

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

Sea Kayaking

Basic Sea Kayak—Learn the skills necessary to safely paddle around Puget Sound and other open waters. The course covers kayak handling techniques, wet exit and solo reentry, paddling/bracing skills and other necessary techniques. Graduation requires attendance at all lectures, all open-water sessions and two club-sponsored paddles. FH/MAY; KIT/MAR; OLY/APR; SEA/MAR; TAC/APR

Other Sea Kayak courses—Branches

may offer workshops or seminars on various sea kayak skills, including roll technique and enter/exit. For example, the Seattle Branch offers “Beyond the Basics” clinics led by certified instructors and skills assessments provided throughout the year. Besides rolling and enter/exit, the clinic includes essentials of touring and all the needed skills for coastal kayaking. Its “Rescue Rodeo” is an annual event, generally held in May. Check “Sea Kayak” at www.mountaineers.org for ongoing developments throughout the branches. **Getting Started Series** in Seattle also offers a couple introductions to kayaking on Lake Union in the summer.

Skiing

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

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

Telemark Ski—Learn the free-heel turn and how to safely telemark in the backcountry. Depending on branch, the courses

can be multiple weekends, one day or half-day. SEA/JAN; MEANY/JAN-FEB; TAC/JAN

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

Snowshoe

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

Snowshoe Winter Skills—For graduates of Snowshoe Lite. Takes snowshoeing to the next level, addressing the skills needed for safe travel and survival in the backcountry, including emergency shelters, ice-ax arrest, avalanche awareness, safe route-finding and incident response. One lecture and one field trip. EVT/JAN; SEA/FEB; TAC/JAN

Winter Camping—Open to snowshoe, alpine scramble, and climbing graduates. Learn how to make a comfortable camp in the snow, including digging and spending the night in a snow cave. One lecture, then one all-weekend field trip. SEA/FEB

Winter Travel—Snowshoers and Nordic skiers can take advantage of this course covering avalanche awareness and safety, the Ten Essentials, backcountry etiquette, cold-weather ailments, clothing and equipment, and building overnight shelters. Increase your safety in the backcountry. KIT/DEC-JAN; OLY/JAN

Wilderness Skills

Open to all—Mountaineers and the general public—this course teaches the basic skills necessary to safely and enjoyably venture into the forests and mountains, whether day hiking, backpacking or on more adventurous outings. (It is a prereq-

uisite course for Olympia alpine scrambling and basic climbing students.) OLY/JAN, MAY; other branches/pending.

Outdoor Center offerings

MEANY LODGE features an entire **winter sports program** (www.meanylodge.org/winter/ski_program.html) and family-fun lessons for all ages, 4+ to 90-somethings, and of all abilities, taught by certified instructors. Lessons (even drop-ins) in downhill, snowboard (age 7+), cross-country classic and skating, backcountry and telemark are offered January-February.

Trek and lunch: glide into Meany on snowshoes, cross-country or free-heel skis each Saturday on the way in to its winter sports programs.

Women's Adventure to Wellness Weekend: A Meany Lodge workshop and health spa for women held in early July. From cuisine to massage to exercise and nature's bounty, the Wellness Weekend instills the regimen of self-care.

Meany also offers a **Remote Medical First Aid Class** on Oct 6-7, and its **Mushroom Weekend** seminar/excursion Oct. 26-28.

MT. BAKER LODGE hosts its **Mt. Baker Ski Camp** in March at Heather Meadows for intermediate to advanced telemark, randonee and alpine skiers.

KITSAP CABIN is the hub for a Children's Theater Camp in August.

South Sound Environmental Issues Course is offered by the Tacoma Branch through the auspices of University of Puget Sound. It is one in a series of environmental lectures that focus on giving students a voice and impact on issues affecting the environmental health of the region. For more information, contact Katharine Appleyard, 253-879-3716 or kappleyard@pugetsound.edu. ▲▲

Venturing teens help crews maintain Mazama crag

The Fun Rock Crag is one of the most 'loved-to-death' crags at Mazama—due to its proximity to a parking lot and its abundance of moderate climbs. Because of its popularity, bulk heads, belay areas and trails were crying out for a different kind of love, the kind that comes from trail tools and lots of willing hands.

So, on June 24, Mountaineers Venturing Crew and other volunteers teamed up with the Washington Climbers Coalition (WCC) and American Alpine Club (AAC) to give Fun Rock a facelift as part of AAC's RockFest.

Mazama crags, as well as most other crags in the state, are maintained entirely by volunteers. Not only does a well-maintained climbing area make for a more enjoyable experience for climbers, but it reduces the erosion often produced by climbers' trails.

Mountaineers youth and adult volunteers felt honored to be a part of the project, a shining example of the Washington climbing



Venturing Crew works with American Alpine Club and Washington Climbers Coalition

community working together for the betterment of all.

After a morning of hauling, shoveling and hefting, Venturing Crew members were fortunate enough to spend the afternoon climbing with the likes of Steve Swenson and Eddie Espinosa from the American Alpine Club. All are looking forward to more projects and adventures with the AAC and WCC.

Explorers, ages 10-13, to meet monthly



The Mountaineers are excited to announce our new year-round program for future Mountaineers of ages 10-13. Based on the Venturing model, Explorers will be guided by the interests of the youth participants themselves. They will meet once a month and schedule an outing once a month.

Explorers will learn basic outdoor skills in camping, safe fire-building, knot tying and climbing. This is a great opportunity for kids to get outside year-round and gain basic knowledge to prepare them for Venturing when they turn 14.

For more information or to volunteer for Explorers, contact Caitlin O'Brien at caitlino@mountaineers.org

MAP: access for all

This summer, The Mountaineers provided financial assistance ranging from 25-95 percent of summer-camp tuition for 15 youth—totaling \$3,400. We also subsidized Mountain Workshops to six organizations totaling \$1,100.

This \$4,500 provided Mountaineers experiences for 200 youth who would not have been able to participate without the assistance, driven by generous donors who are passionate about getting kids outside—The Mountaineers Foundation, the REI Foundation and Eddie Bauer. This donor support for our Mountaineers Access Program (MAP), allows us to provide accessible, high-quality outdoor education and experiences to youth throughout the Puget Sound region. To lend your support, contact Mary Hsue at maryh@mountaineers.org.

A summer of fun for the next generation of Mountaineers

If you've spent any time this summer at The Mountaineers Program Center in Seattle's Magnuson Park, or at The Mountaineers Kitsap Cabin, you have surely encountered smiling faces and laughing children, all learning new things about the outdoors during six weeks of day camps that wrapped up on August 24 in both Seattle and Kitsap.

Youth, ages 5-15, got to spend at least a week learning about nature, climbing, kayaking, hiking, first aid and outdoor theater under the guidance of volunteer Mountaineers mentors. All told, we provided Mountaineers summer camp experiences to almost 200 youth.

Completing its fifth year of operation, the Kitsap Youth Theater Camp fostered friendships and confidence in youth through the performing arts, accented by the magical setting of our outdoor Forest Theater. New at Kitsap this year was our Forest Adventure Camp, where campers spent a week at the Kitsap property and Mountaineers Rhododendron Preserve to explore forest, field and stream. Based out of our brand-new yurt, kids got to find critters in the creek, visit one of the state's largest Douglas firs and learn about using a compass.

In Seattle, our Junior Mountaineers Camp had a fun-filled second year, offering three one-week sessions, two more than that offered in 2011. Campers, ages 6-13, climbed, hiked, kayaked, visited Camp Long, rafted the Skykomish and learned lots of important outdoor skills.

For leaders and volunteers, a favorite part about summer camp is seeing youth who were eager to participate in it because they had previously experienced other Mountaineers programs. The theater camp and Junior Mountaineers Day Camp returned smiling campers from previous years. The Kitsap Forest Adventure Camp saw kids who'd been to Junior Mountaineers Day Camp and wanted to experience another part of The Mountaineers. Our Junior Mountaineers Camp had five youth who were referred to us through Mountain Workshops.

And, perhaps most exciting, was the number of Venturing participants who volunteered up to three weeks of their time to help with Junior Mountaineers Camp. We can't wait to see what kind of fun next summer will bring! ▲▲



*Participants in
our Venturing
program
volunteer as
summer camp
counselors*



Galia Lindvall photo

*Kitsap Forest
Adventure Campers
explore Rhododendron
Preserve trails*



Junior Mountaineers help make Magnuson Park a better place

Plenty for kids and parents to do (continued from page 12)

fresh fruits and vegetables, ingredients for a veggie stir-fry, and of course, a container full of marshmallows. The kids packed their own backpacks and carried all of their gear.

We left Seattle early to arrive at Rialto Beach at low tide. On the way, we stopped at the Hurricane Ridge Visitor Center just outside of Port Angeles. While I filled out the form for our backcountry permit and rented a bear canister, the kids read up on the natural history of the peninsula, eyed the diorama that includes a life-like elk and played in the Discovery Room. Another hour of driving through light rain and mist brought us to the parking lot at Rialto Beach, where we were thrilled to find clear blue sky.

The kids filled their hip-belt pockets with treats while I filled the bear canister with food, then jammed it into the top of my pack, and we headed north up the beach. At low tide, the beach is wide and gently sloping. Enormous driftwood logs line the upper part of the beach, and jagged rocks shoot up from the ocean. We let the kids set the pace, stopping periodically to examine rocks and kelp, watch the seagulls and pelicans fishing, and to snack on treats.

At low tide, the beach is wide and gently sloping. Enormous driftwood logs line the upper part of the beach, and jagged rocks shoot up from the ocean.

In less than a mile, we reached Ellen Creek, the source of fresh water for those camping at Hole in the Wall. A tangle of logs can be used to cross the river, but we chose to take our shoes and socks off and wade across.

We found a spacious campsite well above the tideline, complete with a stone fire ring, a driftwood bench and a cooking table.

After dinner, Luke and Delaney sang, whittled sticks around the fire and roasted marshmallows. Then we sat quietly watching for wildlife. We were rewarded with a pair of bald eagles who were taking turns fishing from their rock perch directly in front of us, four deer prancing on the beach near Hole in the Wall, and a lone sea otter swimming near the shore. We stored our bear canister away from camp and fell asleep to the sound of the waves.

I woke up early to enjoy the sunrise. When the tide was low enough, we walked through the arched rock that is called Hole-in-the Wall and spent the morning exploring tidepools, harboring

Other kid-friendly beach hikes

THIRD BEACH: An easy hike through the forest to a secluded wilderness beach, with access to a waterfall, 3 mi. round trip.

SHI SHI BEACH: A dramatic and rugged beach on Makah land. A great destination for beachcombing. 5 mi. round trip.

SANDPOINT: A 3 mi. hike along a boardwalk through the forest takes you to a campsite and wide, sandy beaches. Walk an extra 1.5 mi. to see petroglyphs.

HOH RIVER RAIN FOREST: Enjoy old growth forest, ferns, moss, nurse logs, and a good chance of seeing elk in the fall and winter.

(See The Mountaineers guidebook, *Best Hikes with Kids in Western Washington and the Cascades*, for more on the above destinations.)

starfish, anemones, barnacles, mussels, sea urchins, hermit crabs, tubeworms and striking iridescent-blue seaweed.

We walked up the beach a bit, sat in the sun, snacked and enjoyed the view. On the way back, we took the steep trail over the headlands to a lovely view of the beach and forest below. In the afternoon, we went back to the river to get fresh water, and explored various ways to cross the river over the logs.

At dinner, Luke and Delaney told me that they loved backpacking and asked if we could spend a third night on the beach, but we had to get home. Next year the kids will be a year older and a year stronger, and we will make it around the headlands to the next campsite at Chilean Memorial. ▲▲

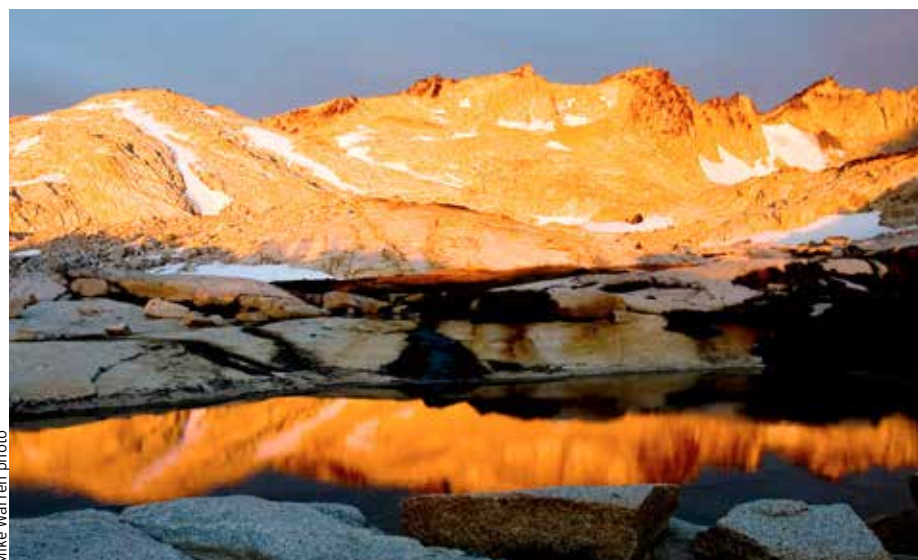
About the author

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



Three for fall in the Enchantments

The Enchantment Basin, lying between US-2 and I-90 in the Central Cascades, is one of the most beautiful and most trammed hiking zones in the Northwest. If you can't make it during the summer-horde period, you might hear fewer heels pounding the ground during the fall, which actually offers the most splendor as larches and other trees are giving up their chlorophyll intake for a show of color to the hiker's eye. Below are just three Enchantment hikes excerpted from *Day Hiking: Central Cascades*, by Craig Romano and published by Mountaineers Books.



Mike Warren photo

Overnights in the Enchantments are best planned a year ahead; the permit lottery usually starts in February

Colchuck Lake

Set in a granite bathtub beneath spiraling peaks dabbled with shimmering strings of glacial ice, Colchuck ranks as one of the most beautiful alpine lakes in all of Washington. And one of the most popular too! Can you resist the lure of Colchuck's sparkling cobalt waters? Or being mesmerized by her glacialscored surroundings that appear right out of the High Sierra? I didn't think so. But before joining the boot-beating brigade, be forewarned. The hike isn't easy. It involves a knee knocking ascent over some pretty steep and rocky terrain.

Rating: Difficult

Round trip: 8.4 mi.

Elevation gain: 2,200 ft.

High Point: 5,600 ft.

Map: Green Trails - Enchantments No. 209S

Trailhead: Parking lot off Eightmile Road (FR 7601); trail also spurs to Lake Stuart

Lake Caroline

Sweet Caroline, set high in a hidden basin between 7996-foot Eightmile Mountain and 8501-foot Cashmere Mountain, will no doubt have you singing (Neil Diamond or other) tunes from its peaceful shoreline. But you'll probably be muttering some not-so-sweet things as you toil up the steep and hot trail to reach it. There's a reason why Lake Caroline receives only a fraction of the visitors that the nearby alpine lakes do. Such is the price for solitude in the land of the Enchantments.

Rating: Difficult

Round trip: 11.5 mi.

Elevation gain: 3,100 ft.

High Point: 6,300 ft.

Map: Green Trails - Enchantments No. 209S

Trailhead: Start on the Eightmile Lake Trail off Eightmile Road (FR 7601)

Pear Lake

A beautiful lake perched on the Cascade crest in the heart of the Henry M. Jackson Wilderness, Pear is a succulently scenic delight. Served with a fine accompaniment of old-growth forests, wildflower meadows, and alpine views, Pear is indeed a sweet destination. Via the Top Lake Trail, however, some steep climbing is involved. But this shorter approach than Meadow Creek (Hike 27) has its advantages in the form of Top Lake, Fall Mountain, and few fellow hikers.

Rating: Difficult

Round trip: 12 mi.

Elevation gain: 2,600 ft.

High Point: 5,200 ft.

Map: Green Trails - Benchmark Mtn. No. 144

Trailhead: Four miles along FR 6701-500 (signed "Top Lake"); avoid all side roads

Notes about the Enchantments: Dogs are **not allowed** in the Enchantment Basin. **Permits** are required for overnight stays. Know and practice your **Leave No Trace** skills, particularly in this extremely popular area. If you intend on a multiple-day backpack, there are generally **two main approaches**: from Snow Lakes Trailhead off of I-90, or via Colchuck and Stuart lakes, then up and over Asgaard Pass (2,300 foot gain in a single mile). See *Day Hiking: Central Cascades*, for details.



THE
MOUNTAINEERS
BOOKS



Andrew Skurka photo

Hiking the Grand Canyon

The man who hikes for a living

Andrew Skurka reflects on what he's learned on the trail

By Brad Stracener
Managing Editor

There may be no one more relied upon than Andrew Skurka for advice on hiking long distances as efficiently as possible. It all makes sense when you look at his time on the trail. Andrew estimates that over the past 10 years, a solid three have been spent navigating his way through wilderness.

When not on the trail Andrew is either writing about the trail or presenting seminars about it, which brought him to The Mountaineers Program Center this past spring for a session on "Ultimate Hiking Gear and Skills."

But it wasn't always about hiking for the 31-year-old Massachusetts native. Upon enrolling at Duke University in 1999 he started preparing for a lucrative career on Wall Street. Time spent at a high-adventure summer camp and, ultimately, a backpack of the Appalachian Trail spurred him to toss his oxfords for a pair of hiking boots

full time. "At first I didn't look at this (ultra backpacking) as a profession, but that all changed after my Appalachian trip. And here I am doing a seminar every five days when I'm not running or hiking."

The Appalachian Trail not only changed his mind about where he wanted to take his career, but it greatly equipped him to teach others about ultra backpacking. "I'm challenge driven and let's face it, the Appalachian is basically a masochistic trail, given its rewards."

He said he learned all the "systematics" from that trip—"packing right, staying light but staying warm."

The knowledge furthered his incentive to challenge himself, so he began to travel huge distances over what is often formidable terrain—like his circling of Alaska in 176 days. As a result he has helped define light and fast backcountry travel, keeping his three-season pack limited to 8-10 pounds of

Continued on page 26

Skurka's 'Seven Steps to Lighten Up'

I spend most of my day walking, so I optimize my pack for on-trail ecstasy by keeping it light. However, I don't go "stupid light" by sacrificing too much functionality, durability, comfort, etc., for the sake of saving a few grams. Here are seven tips to lighten up:

1. Create a gear list. In a spreadsheet list the gear you may take on an upcoming trip, and weigh each item with a postal scale. Never guess the weight or trust the manufacturer's specs. The gear list allows you to compare options, identify excessively heavy items, and track your progress over successive trips.

2. Take less stuff. Research the conditions (e.g. temps, precip, remoteness, and natural hazards) you will encounter so that you do not justify items on the baseless "what if" and "just in case" scenarios or on unfounded personal insecurities. Be realistic about your true needs and wants; if want to take a luxury item, make sure that it has a high luxury-to-weight ratio. After a trip, identify items you did not use or need and consider leaving them at home next time.

3. Take lighter gear. Consider a tarp or tarptent instead of a double-wall tent. Make an ultralight alcohol stove from a cat food can. Take one high-loft insulated jacket instead of multiple fleece layers. And learn to use a map and compass so you can ditch your GPS. These decisions have a multiplier effect: a lighter load allows you to wear trail shoes instead of boots, to carry a lighter and smaller backpack, and to carry less food and water because you will cover distances between resupply points and water sources more quickly.

4. Use versatile gear and eliminate redundancies.

Pitch your shelter with your trekking poles. Wear your clothing at night and carry a lighter sleeping bag. Use a sleeping pad as a "virtual frame" in your frameless pack. Replace your raingear, shelter and pack cover with a poncho/tarp. And put soft-sided Platypus water bottles and extra clothing inside a stuff sack to make a pillow.

5. Increase the caloric density of your food. One ounce of fat contains 240 calories; one ounce of protein or carbohydrates, just 100. The most weight-efficient diet, then, would consist solely of butter or some other pure fat. Of course, that would be gross - instead, bulk up on chocolate, nuts, Fritos, peanut butter and similarly fatty foods. Aim for a caloric density of 125-150 calories/ounce.

6. Optimize your hydration. Learn how much water you need per hour under certain conditions (e.g. temperatures, elevation gain/loss, shade, etc.), and only take enough to reach your next water source.

7. Eliminate all extraneousness. Remove ice-ax loops, daisy chains, extra webbing and/or hydration sleeves from your pack. Ditto for shirt tags, guidebook margins, and pot handles. And chop toothbrushes, foam sleeping pads, and lexan utensils to make them lighter and more packable. This step is intentionally listed last - the weight savings are negligible compared to the steps above.



Gearing up seminar at Mountaineers Program Center

— Andrew Skurka

For more: <http://andrewskurka.com>

Q&A with author: cairns more than a hiker's friend

By Emily White

Mountaineers Books Publicist



David B. Williams on Mauna Kea, Hawaii's Big Island

Editor's note:

David B. Williams is author of *Cairns: Messengers in Stone*, to be released this fall by Mountaineers Books.

You write that

"Cairns are a sign of community—of

hikers, of family, of humanity." Is this true in cultures all over the world?

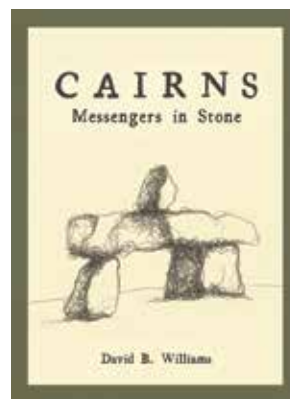
One of the pleasant surprises of my research was how pervasive cairns were around the world, not just as trail markers but as cultural monuments. Perhaps the best known are the *inuksuit* of the Inuit, which are used to indicate everything from good hunting grounds to safe river crossings to the best route home. There are also the *tsé ninájihi* (where stones are repeatedly placed) of the Navajo, Icelandic *beinakerlingar*, in which people left bawdy poetry, and *oboo* of Mongolia, where people sacrificed animals to the spirit within the cairn. In each case, the cairn . . . helps inspire and inform group members and their understanding of their place in the world.

Do you have a personal story of when you thought you were lost in the wilderness, only to stumble upon a cairn that helped you find the right direction?

I have been fortunate not to have been lost and needed a cairn, but when I lived in southern Utah I regularly had to rely on them for route-finding. One time three pals and I were hiking in the Needles District of Canyonlands National Park. It was getting toward sunset and we were trying to follow the trail back through a series of narrow slot canyons. We had spaced out on bringing headlamps, so as the light dropped we had to focus intently on finding the next cairn. I forget who was leading at the time, but that person stopped abruptly and the following trio ran into him, one after another, like in some stereotypical cartoon of buffoons.

I was intrigued by the fact that cairns can be problematic at national parks. What does this mean?

In many parks, there have been what one ranger calls an "epidemic of cairns." At Yosemite, for example, there are areas with hundreds of short stacks of rocks, as well as stacks in trees and stacks



An excerpt

For thousands of years, and across cultures and continents, we have piled up stones to mark our way. What does this action say about us? From a practical standpoint, it means that someone or some group has desired to move between

point A and point B. They may have been traveling for trade; to visit members of their family or community; to reach an agricultural area, hunting ground, or ceremonial spot; or, as we do in modern times, to seek out a specific location, such as a viewpoint.

Continued on page 44

towering more than six feet tall. These cairns are a safety issue and an esthetic concern. They also are an environmental problem, as removing rocks for cairns disturbs fragile habitat for plants and animals.

In the book, you range from the Northwest to Iceland to the Middle East and beyond. From all the various piles of rock you describe, do you have a favorite cairn?

I have two favorite areas of cairns. The first is in Iceland, in the broad, flat valley of Þingvellir. Around 930 AD, the early settlers of Iceland gathered to hold the Alþingi, the world's first parliament. More exciting to my little geologic mind, though, is that this is one of the few places on earth where the boundary between two tectonic plates is at the surface. The valley is formed by North America and Eurasia spreading away from each other. A cairned trail leads across the valley and by following it you can walk from North America to Europe.

The second area is on Hawaii's Big Island on the route up Mauna Loa. The trail is very Southwestern in that it is all on rock, in this case on basalt flows, some smooth as concrete, some ropy, and some so sharp they are known as *a'a*, in reference to how they feel underfoot. On the ascent I counted almost 200 cairns made of black and red boulders and ranging in size from just a few to dozens of rocks. Without them we never could have found our way. ▲▲



Red Rock Canyon National Conservation Area: 15 miles west of Las Vegas (in the background), is visited by more than a million persons per year

Red Rocks has it all for fall

Mountaineers
instructor tells
why it is one
of her favorite
destinations

All photos
by Loni Uchytel

Editor's note: We asked one of our own Mountaineers mavens of Red Rocks to provide a snapshot of what makes the Nevada slabs such a good destination in fall. And crag climber/instructor Loni Uchytel did not fail us. Following is what she had to say as she was preparing to leave for a weeklong trip to climb at Squamish in British Columbia.

Something for everyone: Red Rocks really has it all. It is the land of the moderate, multi-pitch routes with loads of wonderful 5.6-5.9 routes and lots of harder ones for those climbers that lead



Loni's friend, Kim, on a Red Rock route

harder. Lots of the anchors are bolted, which makes moving through a climb much quicker. And rappel stations are largely bolted and well maintained. Most approaches are about an hour or less on well-traveled trails. There is also bouldering.

Accommodating: Spring and fall temps are still in the high 70's and 80's—perfect climbing temps. And Red Rocks is very easy to get to. Flights are easy and relatively inexpensive. (On July 26 rates for one in October ranged from \$290 to \$310 round trip.) Lodging is close and inexpensive, especially if shared with a few people. I usually pay on average about \$20-25 per night and this includes breakfast. Rooms have fridges for lunch-food items.

Something for non-climbers: For climbers who want to bring spouses or significant others who are non-climbers, there are loads of activities they can enjoy. And Vegas, of course.

Where to eat/drink: Two of my favorites are right on Charleston Avenue in Las Vegas, about 10 minutes from the park: BJ's Brew Pub for burgers and beer, and Agave for authentic Mexican and great margaritas. We also have a tradition of getting at least one breakfast at Mimi's on Fort Apache Road in Summerlin. They have great homemade muffins. ▲▲

Skurka: the trail has shaped who he is (continued from page 22)

gear. "When the goal is to hike 4,700 miles in six months, I'm obviously not going to carry what I don't need," he noted. (See his "Seven Steps to Lighten Up" on pg. 23.)

He said he likes to hike a place "all at one time, learning its ecology, geology and biology, as well as its history and culture." You can do this best by hiking through an entire region, he noted.

By walking you can notice all the differences of geography and climate at the very point they begin to turn, he said, "noticing how much moisture there is in one zone of a region compared to another, for example."

He has also made some cultural observations during his ultra backpacks.

"Up north everyone is sedentary in the winter, but quite alive in the summer when it seems they never go to sleep. When I am around Seattle, I notice that everyone is always pumped and going all the time;

they are drinking lots of coffee and caffeine because it's mostly rainy and dark here."

But it is the "natural component" that Andrew appreciates the most on his journeys. He said his personal experiences in solitude on the trail have greatly shaped who he is, though he avoids proselytizing the esthetics or spiritual elements of solo adventure to his audiences.

'Sometimes I get my ass kicked out there'

"That's not part of my gig. I think people are pretty smart and can draw their own conclusions when I talk about things like hiking alongside the Porcupine caribou herd."

A lot of people would say Andrew has the dream job of dream jobs. He is quick to dispel that notion. "I wish it were true but sometimes I get my ass kicked out there

and get ripped open by some of these experiences. Ever want to see a grown man cry?"

One of those grown-man-crying moments came on his Alaska journey, according to a 2011 *National Geographic* article. Soft, rotten snow in the Alaska Range had just limited his day's distance to 12 miles, extremely un-Skurka like on an ultra backpack. He called his family from a pay phone and proceeded to break down about the delay.

He said he has looked at his trips like an endurance athlete would. But he now has learned to apply the mental and physical challenges to the esthetics of the journey, somewhat abating moments like those in Alaska.

"I have come to peace with it more," said one of the most traveled and fastest hikers on the planet. ▲▲

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Add to your essentials: the skill of observation

By Anne Smart

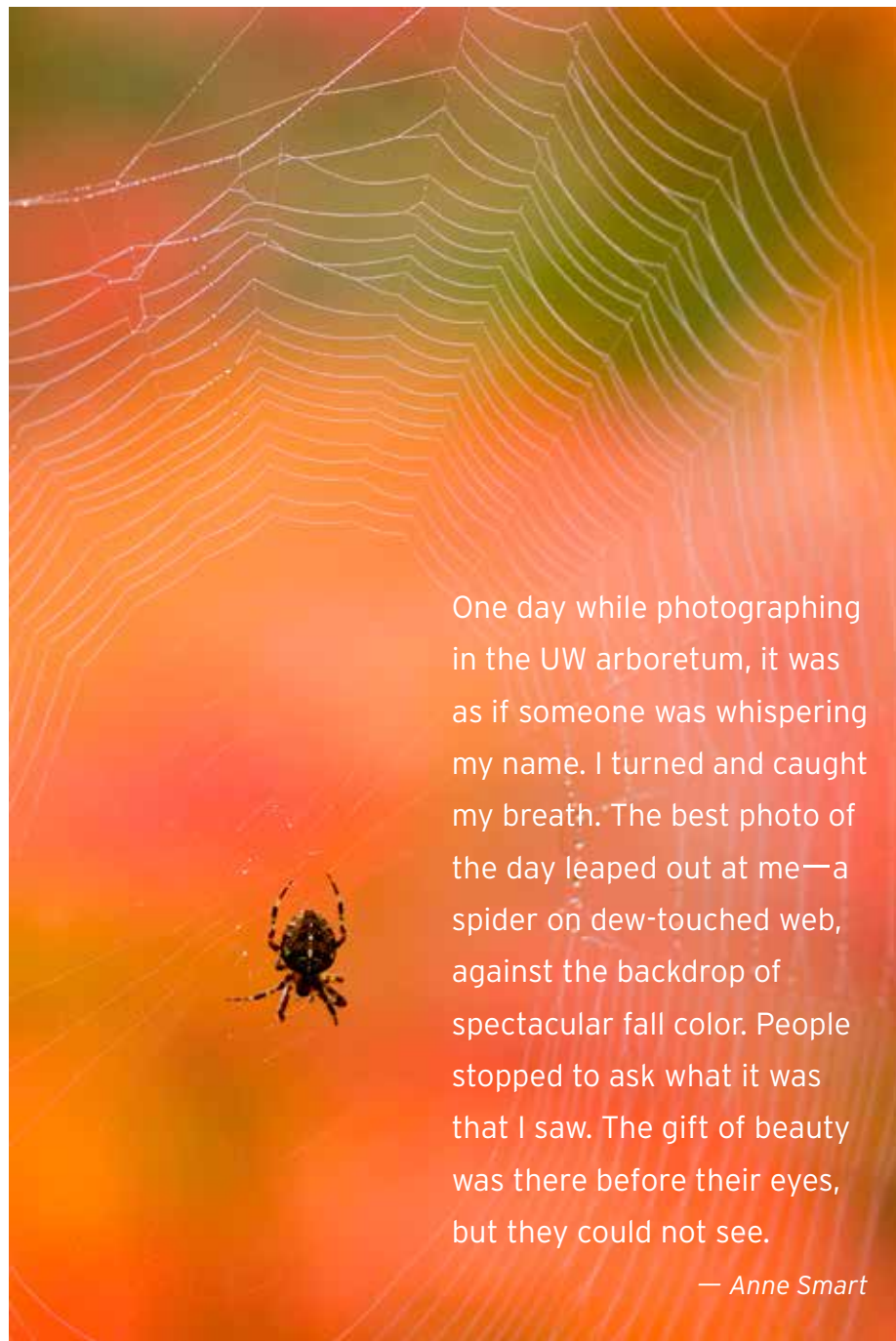
Wild . . . scenic . . . breathtaking

. . . beautiful: some of the adjectives we use to describe the places that Mountaineers explore. For us the adventure starts at the end of the pavement. We explore these places because we enjoy the physical activity, the beauty and the solitude.

Hopefully, when we return, we have an indelible memory of the beauty we have experienced. If we do not remember the beauty, does it mean that we have ignored it in the name of reaching the end of the trail? And that all we have seen is the back of the person in front of us?

If the answers to the above questions are yes, then perhaps it is time to add an “eleventh essential” to our list—one that requires no special equipment and is weightless in our pack—the art or skill of observation. The skill of observation involves deliberation and becoming more aware of our surroundings. Observation skills help us to create lasting memories, to identify and to conserve sensitive environments. They also enhance our own personal safety. We are able to see hazards and identify landmarks that reassure us on our way back to the pavement.

For avid hikers fearing the end of the trail will not be reached in the required amount of time, one suggestion is to make observation the goal of the hike. It



Anne Smart photo

One day while photographing in the UW arboretum, it was as if someone was whispering my name. I turned and caught my breath. The best photo of the day leaped out at me—a spider on dew-touched web, against the backdrop of spectacular fall color. People stopped to ask what it was that I saw. The gift of beauty was there before their eyes, but they could not see.

— Anne Smart

is important to be able to complete the journey safely and during daylight hours, but must we sacrifice the beauty around us to hiking time and the endorphin rush? Observation is simply a matter of using the time in a different way.

The art of observation begins at home.

It includes practicing patience, being deliberate and seeing what is around you. One way to learn how to observe is to take a walk with a young child. Young children see everything. They are curious and want to stop, touch and explore. Their sense

Continued on page 29

Zillertal's 'huts' make this Austria trek delightful



The Zillertal adventure: September 7-22, 2013

most extensive network of mountain huts in the world. Scattered throughout Austria, Switzerland, France, Italy and Germany, the Zillertal's huts can be linked on spectacular traverses or loops.

Because the mountain huts are so convenient, very few people backpack in Europe. These huts are essentially large inns/guesthouses where you meet other international hikers and

Would you like to hike with a day pack from hut to hut, sleep in bunks each night, have cooks serve you delicious cuisine and learn an international culture?

Willkommen!
The European Alps have the

climbers, hear foreign languages, share nutritious food family style, hear beautiful classical music composed in Europe, and sleep in dormitory bunk beds. The mountain huts are like hotels, with meals, blankets, flush toilets, hot showers and great camaraderie.

Other Mountaineers global adventures in Europe are based out of village hotels; we will trek to eight different mountain huts in sequence, combining spectacular alpine scenery, European culture and great hiking on a 50-mile loop that has it all: glaciated, 11,000-foot mountains, high alpine passes, deep valleys, waterfalls, gemsbok mountain antelopes, alpine roses and martagon lilies. No technical expertise is required, but expect long, strenuous days (despite a relatively short distance) and some alpine scrambling with fixed cables and ladders.

Delicious dinners will include salad, wiener schnitzel, gulash, sausage, sauerkraut, and apfelstrudel! And you need only 10 days of vacation for this Sept. 7-22, 2013, trip. Gemütlichkeit!

Price: \$3,000. After leader's approval, please deposit \$1,000 by Feb. 1. **Leader:** Craig Miller, craigmiller@comcast.net, 206-285-2399.

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.

Backcountry ski Oregon's Wallowas

Feb. 2-8, 2013

(For intermediate to advanced skiers.) Oregon's Wallowa Mountains are known as "Little Switzerland." Ringed by peaks almost 10,000 feet high, the ski terrain boasts abundant north-facing powder slopes, ensuring

fresh tracks well after a storm, plus non-technical summits. Camp Norway is located on the southeastern edge of the Eagle Cap Wilderness at 7,000 feet and hosts a 20-foot diameter, double-decker yurt. Downstairs is a complete kitchen and dining area. Upstairs is a sleeping loft with mattress pads, large sleeping bags, and fresh liners. The toilet is outside. After a great day of skiing, there is a wood-fired sauna to soothe your tired muscles.

We will self-guide and self-cater for five days of cold, dry, powder snow, belonging exclusively to ourselves. **Price:** \$600 includes snowmobile in, Norway Yurt, and guide the first day. Register online by Nov. 30. Limit 7. **Leader:** Craig Miller, craigmiller@comcast.net, 206-285-2399.

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

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 lots of powder snow.

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.

Trek Nepal's Mustang, the Forbidden Kingdom

Oct. 5-25, 2013

Nepal is a fascinating country with the world's highest mountains, an ancient culture and friendly people. Once an old Himalayan kingdom, the Mustang region was opened to foreigners in 1992. A restricted area, a special permit is required, however.

We will fly to Kathmandu, where we tour World Heritage sites. Then we fly to Pokhara and Jomsom to begin our trek. We will hike along the Kali Gandaki, which is the deepest river gorge in the world and runs between the world's tenth highest mountain, Annapurna at 26,545 ft., and Dhaulagiri, the seventh highest at 26,795 ft. We will visit the walled city of Lo Manthang, home of some of the largest Tibetan Buddhist monasteries in Nepal. This is a moderate hike with camping in tents; highest altitude is only 12,595 feet. Porters will haul your overnight gear, so you carry only a daypack. For a daily itinerary, visit mountaineers.org/activities/nepal_itin.html. **Price:** \$3,500. After leader's approval, deposit \$1,000 by March 1. **Leader:** Craig Miller, craigmiller@comcast.net, 206-285-2399.

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

Practice the art of observation (continued from page 27)

of wonder is a gift that lets them learn about the world that is their inheritance. See the world through their eyes. Wake up your curiosity and share their sense of wonder.

Perhaps there are no young children in your life. Not a problem. Just put on the cloak of childhood that you discarded when you grew older. (You will find that it still fits and is somewhere in the attic of your mind). Walk to a familiar place, like your backyard or a park. Tune out distractions. Look closely at all your surroundings as if you have never seen them before and as if you will never see them again. Then close your eyes and let your other senses see the landscape. Ask yourself what it is that you hear, smell and feel in this place? Then open your eyes and write down all that you have experienced.

Practice this new way of seeing everyday, wherever you go. Become a tourist in your own neighborhood. Slow down. Take a deep breath. See the familiar places with new eyes and see how many new things you see that may have been there all along. Make the choice to give up some things that you think need to be done. Letting go gives you freedom to observe details like the

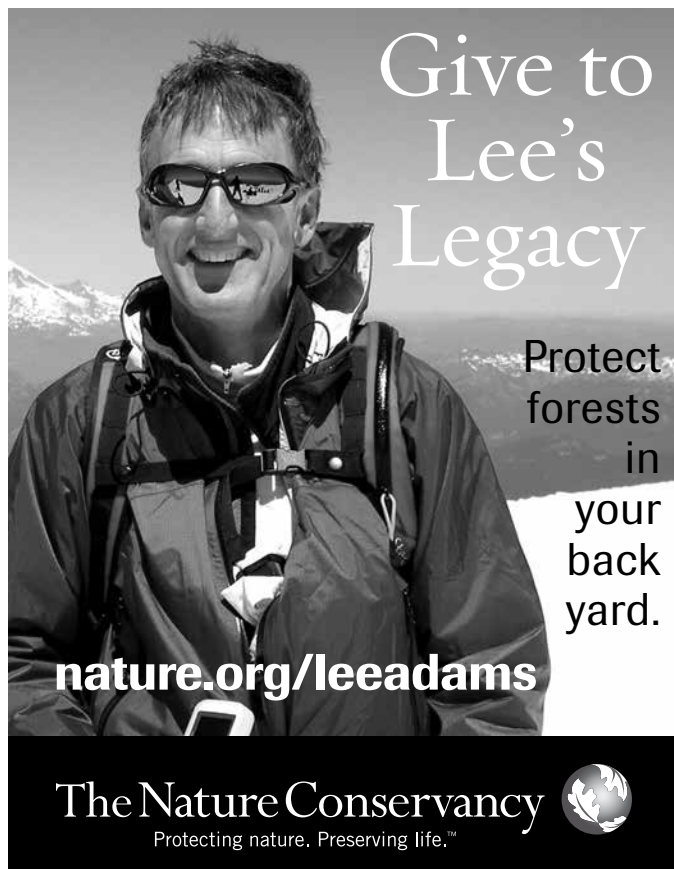
turning of leaves, the sounds of birds, or the changing quality of light—and will help lower your blood pressure in the process.

A part of observation is discovering new things about the natural world. In order to see you need to know what it is that you are seeing. Maybe you hear a bird song and start looking for the bird, only to find that it is really a squirrel. Enhance your observation skills by learning more about the environment and wildlife that you may encounter. The Naturalist and Photography Committees of The Mountaineers offer courses year-round, as do local colleges and nature organizations.

Now that you have practiced, test your new observation skills. Sign up for or lead an activity with a goal of slowing down, testing your new skills and returning safely to the starting point before dark. Stop several times along the path. Become a part of the landscape by quietly sitting, looking all around, not speaking, and letting nature and solitude come to you. Experience the place with your mind, your heart and your soul.

Find one thing of beauty. When you see that one thing of beauty, make the time to appreciate the gift, to say thank you and then to continue with your day. To paraphrase a Navajo prayer: In beauty may I walk; with beauty before me, behind me, above me and all around me may I walk.

For the brief moment in geological time that we are on this planet, each of us should treat the earth as if it is the person we love the most. Move deliberately, make time to observe, leave no trace and conserve the world around us. ▲▲



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About the author

In 1993 Anne took the Basic Photography Course taught by The Mountaineers Seattle Photography Committee. She joined "because the organization gave me an opportunity to experience the outdoors with others who enjoyed photography." Since that time, she has led photography field trips, taught photography seminars and served on the committee's board. She currently chairs the committee when not "chasing the light, photographing whatever catches my eye, and learning new skills in the digital darkroom."



Mountaineers to vote on four board positions by Oct. 17

Continuing the momentum from previous years, the Nominating Committee met several times to consider a robust list of candidates for the 2012 Mountaineers Board of Directors election which will be Wednesday, October 17.

In identifying governance needs for the next year, the committee came up with a slate of diverse candidates with strength and experience in education, volunteer programming, youth programming, fundraising, non-profit finances, technology, publishing, hospitality/real estate development or management and political expertise to ensure that top organizational priorities were met.

After evaluating current board strengths and the needs of the organization, the committee believes the four candidates listed below will best serve the board and organization (many of those not selected this year have been identified as future board candidates or advisory council members). This slate of candidates has been unanimously endorsed by the board. Per our bylaws, additional candidates can be nominated from the floor during our annual meeting at OutdoorsFEST, September 8. Candidates cannot self-nominate.

Watch www.mountaineers.org for more about the elections and how to vote

Chloe Harford

Background: Chloe is vice president of product management and strategy at Zillow, the leading real estate information marketplace in the country. Chloe has also worked at eLong.com in Beijing, at the Boston Consulting Group, Expedia in Europe, and at the Montserrat Volcano Observatory. Prior to getting hooked by technology, Chloe was a volunteer teacher in a remote school in the Nepal Himalayas, where she recently returned to launch a non-profit technology project. She holds an MA in Natural Sciences from Cambridge University, a PhD in Volcanology from Bristol University, an MBA from INSEAD, and is a Fellow of the Explorers Club.

Mountaineers activities: A member since 2005, Chloe is an avid explorer, skier, climber, windsurfer and kitesurfer. She started the ski and snowboard mountaineering class within weeks of coming to the U.S. and has since taken basic climbing, intermediate climbing and telemark courses with The Mountaineers. She has served on the Books Governance Committee since 2010 and has advised on technology issues for The Mountaineers.

Leah Schulz

Background: With 20 years of experience in the real estate industry in Washington state, Leah is a licensed mortgage broker and real estate agent. She is also a member of the Greater Seattle Business Association since 1992. Mountaineers

Mountaineers activities: A member since 2006, Leah is a graduate of the Basic Climbing Course and a student of the Intermediate Climbing Course. **Why she was nominated:** Leah is applying for climb leader with the Seattle Branch. She was instrumental in the launch and growth of our youth programs. Leah has a clear passion for The Mountaineers and would broaden the diversity of the board. She has extensive fundraising, nonprofit and youth program experience—all qualities that the committee seeks in candidates this year.

Personal statement: I have dedicated many years of my life to the Greater Seattle Business Association (GSBA), an organization that is the largest gay and lesbian business chamber in the country. I served as executive secretary for the 25-member GSBA Board of

Kara Stone

Background: Kara is general manager of the REI flagship store where she has managed a multi-million dollar business with hundreds of hourly employees. Kara also has extensive volunteer and youth programming experience, serving on the boards of YMCAs for over seven years.

Mountaineers activities: Joining The Mountaineers in 2012, Kara is a charter member of The Mountaineers Advisory Council and a current member of The Mountaineers Board of Directors.

Why she was nominated: Kara has offered to serve for another term. With her leadership, she will bring her passion for the outdoors and her professional expertise in managing large organizations and volunteer-run programs. Her passion for youth is crucial to our organization, and she would continue to be a welcome leader on our board.

Personal statement: For all of us that consider time outdoors essential to life, and have found assurance and stability in the unpredictable environs of the mountains, there has likely been an influential person or organization that has connected us to the outdoor lifestyle.

Tom Varga

Background: Tom is founding partner of CFO Selections, a Seattle-based professional services firm focused on financial management and on supporting Washington's children in need. He and his company were critical business partners during the recent controller transition at The Mountaineers. Tom is currently responsible for overall operations of the business including its expansion into other markets across the western United States. He holds an MBA from The University of Notre Dame and a BS in Finance and Accounting from John Carroll University.

Mountaineers activities: A member since 2002, Tom is active in The Mountaineers climbing program as a student and an instructor. He is currently enrolled in the Intermediate Climbing Course. He has climbed numerous peaks in Washington, Oregon and New Zealand, and has been to the summit of Mt. Rainier four times. He is a founding member of our Peak Society and actively supports several of the organization's strategic initiatives with his time and talent.

Why he was nominated: Tom has served The Mountaineers Board of Directors with distinction over

See the continuation of each candidate's profile on page 37

Robert 'Bob' Spring

Robert Walton Spring, who, like his twin brother Ira, gained fame as a mountaineering photographer in the Northwest, died July 3, 2012 at the age of 93.

Born in Jamestown, New York, and raised in Shelton, Washington, Bob was inspired by Boy Scout and family trips. The twins each received cameras in 1930 when Eastman Kodak sent a free Box Brownie and a roll of film to every 12-year-old in the country to mark Kodak's 50th anniversary. From then on, they combined their love of nature with early photography ventures.

During World War II, Ira was flown to the South Pacific to undertake aerial photography. Bob toured Africa, Sicily and Germany with an army field hospital X-ray department and moonlighted as the unofficial unit photographer when medical duties permitted. He set up makeshift darkrooms and documented army life, an occupied Europe and, as the war ended, a liberated Europe. Some of his photographs were gifted to the Holocaust Museum in Melbourne, Australia in the 1990's.

Post-war, Bob worked with Ira to add to their extensive outdoor photographs, many of which were published in *Life* magazine, *Saturday Evening Post*, *National Geographic* and many other publications, including the *Seattle Times*.

Alaska was his favorite subject, of which Bob and his wife, Norma, never tired. He photographed its people, wildlife and spectacular wilderness, and Norma wrote many books and countless articles about their beloved state to the north.

Members of the Society of American Travel Writers, the couple spoke and wrote compellingly about the power of international travel to create understanding and bonds between people, even when world governments were at odds. The 1970's saw Bob and Norma developing Alaska Airlines chartered flights to the USSR during the Cold War. Their work opened a back door to peace through international travel during these fearful, suspicion-filled years.

Bob is survived by his three children, Terry, Jacquie and Tracy, 10 grandchildren and six great-grandchildren. The family acknowledges the loving care provided to Bob by the outstanding staff at Highland Care Center in Bellingham and the supportive eldercare work of Leslie Shankman.

John Beaumier

John Beaumier, a Mountaineers member since 1989, died from drowning in a rip current off Cape Disappointment near Ilwaco on July 7, 2012. He was 55.

A graduate of The Mountaineers Basic Climbing Course in Seattle, John loved the deep forests, glaciers, the high alpine country and the glorious vistas of his climbs, scrambles and hikes, on which he was always willing to take family, friends and anyone else who expressed an enthusiasm for the mountains.

He climbed hundreds of peaks in the Cascades and Olympics—especially enjoying the Bailey Range traverse and the Lake Chelan-Sawtooth Wilderness, where he could be counted upon to lead the final assault on any peak while shouting out encouragement and triumph to everyone below him.

Full of good cheer and jokes, he was always willing to do more than his fair share of work while being sensitive to others' needs. On one of his climbs of Mt. Rainier he urged the rest of the climbing party to continue while he attended to an intermediate climbing student who had become hypothermic at 13,000 feet.

He was an enthusiastic cross-country skier and was eager to take up skating to keep up with his friends. He was also a skilled flutist, member of the Woodinville Community Band, and choir member and cantor at Holy Innocents Catholic Church in Duvall.

He grew up in Olympia and Portland, Oregon, and served in the Philippines in the Peace Corps, where he met his wife, Jeanette, whom he married in 1984.

Mountaineers mourn ranger's death

The Mountaineers community was saddened when, on June 21 2012, Mount Rainier National Park Climbing Ranger Nick Hall fell to his death on Emmons Glacier during the heroics of a life-saving mission. The 34-year-old grew up in Maine, "loved the outdoors and the satisfaction of selfless service," said National Park Service Director Jonathan B. Jarvis. It was his fourth year with the park.

Mearl Bergeson

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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:

POTLUCK BARBECUE: The branch holds a summer potluck barbecue at 7 p.m. on the second Tuesday of each month (May-September) 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.

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 and often feature a guest presentation. The next meetings are **Sept. 5** and **Oct. 3**; the presentations will be by Mountaineers member Tom O'Keefe, the Pacific Northwest stewardship director for American Whitewater, and Everett backpacker Roy Holman, respectively. 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.

ANNUAL SALMON BAKE: Sun., Oct. 7.
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. The next meeting will be **Tue., Sept. 25** and will 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.

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—stream-side observations of spawning salmon in the Rhododendron Preserve—is only a short hike from Kitsap Cabin amidst some of the longest standing old-growth forest in Western Washington's lowlands.

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

Learn more

The Kitsap Branch holds quarterly membership meetings at 7 p.m. at the Norm Dicks Government Center in downtown Bremerton (345 6th St.). Anyone interested in programs offered by The Mountaineers is encouraged to attend. We'll share slides of our activities followed by a feature presentation. Refreshments will be served. Watch the Kitsap Branch website for coming dates and times.

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

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

OLYMPIA

Chair: 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 are back! The Olympia Branch holds a potluck and special adventure presentation for prospective, new, and current members on the first Wednesday of each month from September through May, excluding November. It is held at the Olympia Center, 222 Columbia St. NW, in rooms 101-102. The next meetings are **Sept. 5** and **Oct. 3**. Socializing and the potluck meal begin at 6 p.m. The adventure presentation begins at 7 p.m. This is a great opportunity to meet fellow Mountaineers, share ideas, learn about others' escapades, and connect with a greater community of outdoor enthusiasts. Contact Carolyn Burrenson at cbburrenson@q.com, if you have questions.

Sept. 5 Potluck and Adventure Presentation: Susan Wertz and Guy Moyer

will talk about bagging peaks in Greece and outdoor adventures in Turkey. They'll describe their climb of the "other" Mt. Olympus, and Mt. Zeus and Mt. Kythnos in Greece. Experience hiking and kayaking the ancient Lycian Way along the incredible turquoise coast of Turkey. Adventures continue with canyoneering, river tubing, camel riding, and hiking the travertine cliffs in Pamukkale and the Red Valley in Cappadocia.

Oct. 3 Potluck and Adventure Presentation: Dixie and Dirk Havlak have volunteered with Olympic National Park doing marmot surveys for the past two years. They've surveyed in Seven Lakes Basin and in the Appleton Pass area. They will show slides of their activities - and the amazing Olympic Marmot - and talk about naturalist activity in the beautiful and wild Olympics.

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 ANNUAL BANQUET will be held on Nov. 17 at the Worthington Center at St. Martin's University. Watch the branch website for details on tickets and the program. AWARD, PIN, and PATCH applications are due by Sept. 15, if you want to receive your award at the annual banquet. Most of the awards are listed at the branch website. Please send your completed paperwork requesting the award to Kerry Lowry, 3600 Snug Harbor Dr. NE, Olympia, WA 98506. You can contact Kerry at kerryndon@comcast.net or 360-456-2694.

OLYMPIA ANNUAL SERVICE AWARD nominations are due Oct. 1. Submit the name of an Olympia Branch member you would like to see recognized for his or her long-term service to The Mountaineers, for leadership over branch activities, for a genuine spirit of service to the Mountaineers, for education provided to our outdoor community or services to our natural environment. Submit the name of your nominee and include a description of why the nominee should be recognized for long-term service, or get more details, by e-mailing Henry Romer at hromer@aol.com.

BRANCH ELECTIONS were held this summer for the positions of chair elect, secretary, and board representative. Thanks and congratulations to the successful candidates and new board members.

THE OLYMPIA BRANCH BOARD meets every month at 6 p.m. on the second Wednesday of the month. The next meetings are **Sept. 12** and **Oct. 10**. The September meeting is the quarterly members meeting and is held at the Olympia Center (see above) and the October meeting is at Alpine Experience in the Hyak Room. Members are encouraged to attend.

OLYMPIA BRANCH LIBRARY: Located at Maxine Dunkelman's house, 5418 Lemon Rd. NE. Contact Maxine at 360-352-5027 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 events with a bevy of books to check out.

SEATTLE

Chair: Timmy Williams, mtnrmtimmy@clearwire.net.

Website: seattlemountaineers.org.

The first and 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., Sept. 8, during OutdoorsFEST at The Mountaineers Program Center. Learn about all things Mountaineers during this tribute 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 **Sept. 20** and **Oct. 18** 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.

FOLK DANCING: Each Tuesday at The Brig in Magnuson Park, just southeast of The Mountaineers Program Center. What kind of music do we play? Traditional folk dances plus line dances, sets (squares or contras), mixers, waltz, polka, hambo, two-step variations and patterns along with

Continued on page 34

Tacoma celebrates opening of new program center



Grand opening: September 20

A grand opening ceremony will be held at the new Mountaineers Tacoma Program Center at 3 p.m. on Thursday, September 20. Celebrate the opening of the newly renovated building (2302 N. 30th St.) with local dignitaries, Tacoma Branch leaders and members of The Mountaineers staff.

Third Friday Open House: September 21

The Tacoma Branch will host its first Third Friday Open House and Speaker Series in the newly renovated Tacoma Program Center on September 21. Come see our great orientation show of the programs and courses offered by the Tacoma Mountaineers.

We welcome new members, prospective members, friends and family to see what we do: climbing, scrambling, sea kayaking, skiing, snowshoeing, hiking, social and family activities, first aid, sailing, navigation, avalanche training, and more.

This will be a chance to ask questions of activity committee representatives and find out more about the activities of interest to you. The program will start at 6:30 pm to allow members and guests to see the renovated Tacoma Program Center before the orientation program begins at 7 pm.

Annual Awards Banquet: October 20

The Tacoma Branch will host another first in the newly renovated Tacoma Program Center: its Annual Awards Banquet and Guest Speaker even on Saturday, October 20, 5-10 p.m.

Watch www.tacomamountaineers.org as more details about the event develop.

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 (newly renovated) program center and hub 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).

FOLKDANCING: On the fourth Saturday, September-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!

Thank you, all, for a successful season at the Kitsap Forest Theater. Check our Facebook page (Kitsap Forest Theater) for pictures from our spring show, "Fiddler on the Roof," and our summer show, "Footloose, the Musical." We also had a

very successful two weeks of Adventure Camp for young children. Pictures from these camps are available on our web site and on our Facebook page (Kitsap Forest Adventure Camp).

Join us next spring for our spring musical, "Narnia" (based on C.S. Lewis' *The Lion, the Witch and the Wardrobe*). Watch our website for audition dates (at the end of February) and plan to audition or be part of the "behind-the-scenes" contingent. It takes many volunteers to produce the quality of shows that Kitsap Forest Theater is known for. Watch our website for the announcement of next year's summer show.

And just because our shows are over doesn't mean that we stop working at the Kitsap property. There are work parties scheduled for the fall to work on theater roofs and to finish the yurt decking, not to mention other projects. Please volunteer your resources (time and money) to help us keep this incredible property flourishing. Contact 206-542-7815 to volunteer, donate or get further information.

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

outdoorcenters

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

Fall at Mt. Baker Lodge offers wonderful hiking on a great variety of trails. And it is prime time for blueberries! Numerous trails are within walking distance or a short drive from the lodge. Many are suitable for children. Artist Point is just three miles away at the end of a paved road, with panoramic views of Mt. Baker, Mt. Shuksan, and the North Cascades.

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. Visitors should bring a sleeping bag, pillow, lunch, personal gear, and a flashlight and/or headlamp. The lodge provides Saturday and 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: The lodge will be open Labor Day weekend, all weekends in September and the week of Sept. 7-13. Please click on "Calendar and Reservations" on our website's home page (www.bakerlodge.org) for our current schedule. Unless otherwise indicated in the schedule the lodge is open to all Mountaineers and the public, with reservations on a first-come 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 lodge committee encourages groups, such as Scouts, school/youth, or family-and-friend gatherings, to rent the lodge whether members or not. 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, and photography. Contact Judy Sterry (206-366-2750, js-terry60@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

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

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

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

Fall is a great time to visit this unique and special place. Please contact us for details and pricing: 206-542-7815.

Meany Lodge

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

Fall work parties: Fall work party season starts Sept. 8-9 and runs every other weekend until Nov. 3-4. These are the weekends that unretired Meany volunteers get things ready for winter. Whether it is one day or a couple of hours, we really do planned. Visit www.brownpapertickets.com/event/264388 to sign up for a work party.

Mushroom Weekend: In conjunction with the Puget Sound Mycological Society, the Annual Fall Mushroom Weekend will be held October 26-28. Learn what types of fungi can grow in the Pacific Northwest, how to find them, and how to cook them.

Price Friday-Sunday is \$140. Saturday-Sunday is \$100. Visit http://www.meanylodge.org/fall/mushroomwknd/12_mushroom.html for basic info and [\[papertickets.com/event/250315\]\(http://papertickets.com/event/250315\) to reserve.](http://www.brown-</p></div><div data-bbox=)

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

Winter sports program: See www.meanylodge.org/winter/ski_program.html to learn all about family-fun lessons for all ages, 4+ to 80-somethings, and of all abilities, taught by certified instructors. Lessons (even drop-ins) in downhill, snowboard (age 7+), cross-country classic and skating, backcountry and telemark are offered January-February.

Meany rentals: Meany is available for private rentals and Mountaineers events. Visit www.meanylodge.org, go to "contacts" and send the chair an email about your event and he will check the Meany calendar for openings.

Snoqualmie Campus

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

Stevens Lodge

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.

ACCOUNTING - TAX SERVICES

Vivienne E. Mitchell (Joined 1983)
Hersman, Serles, Almond PLLC
520 Kirkland Way, Ste. 300
Kirkland, WA 98033
www.cpahsa.com
VMitchell@cpahsa.com
425-602-9272

BANKING - LENDING

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

BODY WORK

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

CONTRACTOR - ROOFING

Louie Cogas (Joined 1987)
Louie Company - Roofing Specialist
3109 228th St. SW, Brier, WA
www.LouieCompany.com
earthhumor@comcast.net
206-963-4521
WA Lic #: LOUIEC902C6

FINANCIAL SERVICES

Mearl Bergeson (Joined 2011)
Merrill Lynch Wealth Management
1215 4th Ave., Ste. 2600
Seattle, WA 98161
www.fa.ml.com/mearl_bergeson
mearl_bergeson@ml.com
206-464-5632

REAL ESTATE - SALES

Leah D. Schulz (Joined 2006)
The Force Realty
12507 Bel-Red Rd. #103
Bellevue, WA 98005
www.RealEstateByLeah.com
leah@leahdschulz.com
206-523-1288

Cisca Wery (Joined 2003)
Windermere Real Estate Company
8401 35th Ave. NE
Seattle, WA 98115
www.LakeWA.com
cisca@windermere.com
206-715-7187

REAL ESTATE - APPRAISALS

Bruce Wolverton (Joined 1992)
Frontier Appraisal Services
Serving King, Snohomish,
Island & Pierce Counties
www.FrontierAppraisals.com
brucewol@comcast.net
425-344-2296

SOFTWARE - GIS - MAPPING

Tom Gaskins (Joined 2011)
LandPrint.com - 3-D terrain models
9302 157th Pl. NE
Redmond, WA 98052
www.LandPrint.com
tom@LandPrint.com
206-790-7640

TRAVEL SERVICES

Ambrose Bittner (Joined 2009)
Red Lantern Journeys - Asia tours & treks
1000 N. Northlake Way, Ste. H
Seattle, WA 98103
www.redlanternjourneys.com
ambrose@redlanternjourneys.com
206-568-0710

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

Want to be a Mountaineers Business Member?

Designed for the **small business owners** in our midst, this category of Mountaineers membership provides an opportunity for committed members to support The Mountaineers at an even higher level. In recognition of this increased support and in addition to all other member benefits, business members receive a Business Member Directory listing in this magazine and on our website, as well as invitations to special membership events, 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, see our **Member Benefits page:** www.mountaineers.org/membership/benefits.cfm. You can also find answers to frequently asked questions about the program online via The Mountaineers Support page: <http://help.mountaineers.org>. Or contact info@mountaineers.org; 206-521-6001.

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

Looking for new adventures with benefits?

The seasonal transition does not have to signal the end of your outdoor fun. Whatever path you choose to your next adventure, The Mountaineers can help you get there. Membership in The Mountaineers not only offers you valuable discounts on classes, gear and activities, but also welcomes you into a vibrant community that shares your love of the Northwest's wild places.

Need to brush up on your skills? Whether you aspire to new achievements in climbing, paddling or photography, the Course Guide (page 13) outlines many options, all of which Mountaineers enjoy with special member pricing.

Need a rustic getaway? Plan your visit to Baker Lodge, Meany Lodge or Stevens Lodge – all offer accommodations at member rates and access to great hiking, natural history, skiing and more in incredible mountain settings.

Need new gear, guidebooks or maps for the trail? Sign up

for your Eddie Bauer/First Ascent 40-percent-off pro deal, take advantage of 20 percent off Mountaineers Books and then rack up big savings by using your many generous member discounts!

For a **complete list of member benefits and how to access them**, log onto our website and check out our **Member Benefits** page, www.mountaineers.org/membership/benefits.cfm, or contact Member Services, info@mountaineers.org. As a mission-driven 501(c)(3) non-profit, all but \$10 of your dues are tax-deductible, and your annual dues provide The Mountaineers with vital support to continue our recreation, education and conservation efforts in the community.

Upcoming events

OutdoorsFEST 2012: Saturday, September 8, all day, at The Mountaineers Program Center. Meet The Mountaineers in a big way. (See the ad on the back cover of this magazine.)

Business Member Night: Wednesday, September 12, 6-8 p.m.

Board of directors nominees (continued from page 30)

Chloe Harford

Why she was nominated: Chloe brings a strong background in technology and executive-level management skills. Her business acumen in strategy, marketing and general management would be an asset, as well as her familiarity with Mountaineers Books.

Personal statement: I joined The Mountaineers within weeks of coming to the U.S. in 2005, opening up fantastic opportunities for me to learn new skills, explore the Pacific Northwest, make lasting friendships and become a part of a vibrant outdoor community. I have since enjoyed contributing on the committee for Mountaineers Books, our global ambassador. I grew up exploring the mountains and waters of the British Northwest, where I first discovered and became a fan of Mountaineers Books. I welcome the opportunity to serve on the board and ensure that The Mountaineers and the outdoors flourish for generations to come.

Leah Schulz

Directors—a huge responsibility that involved national travel, extensive fundraising, recruiting major donors, sponsors and event attendees. I am currently enrolled in the Intermediate Climbing Course and am scheduled to finish the curriculum this year.

I was excited to be involved with designing and implementing a three-part youth curriculum created by Mountaineers Education Manager Becca Polglase. One of my longtime clients is a teacher at John Muir Elementary, and I convinced her to let Becca and I try out our new youth program on her students. It's been a great success! I was also able to solicit a "mini-sponsorship" from another colleague on the Board at Pacific Medical Centers to supply our students with retired first aid supplies. I love the Mountaineers, and it has become a vital part of my life. I would be honored to be considered for a board position.

Kara Stone

For me it was my sister, Krista, who introduced me to the joys of skiing, backpacking, climbing and biking in the mountains. It was this foundational influence that also fueled my career choice to link millions of co-op members to the outdoors via my role as the REI Flagship General Manager. For over 100 years, through remarkable volunteer leaders, the very best in outdoor books, and the endless array of classes and programs, The Mountaineers has provided the vital influence for countless adults, children, and families to safely connect with the outdoors and even more importantly, to each other! REI and The Mountaineers have a long history of affiliation that dates back almost 75 years. I am proud to be a part of that strong history of partnership, fixated on getting people outside and protecting our wild places for future generations. I am excited to contribute to the continued health of The Mountaineers.

Tom Varga

the past two years. His financial expertise, as well as his focus on the efficient management of both for-profit and not-for-profit corporations, makes him an ideal fit. His skills as an entrepreneur and financial manager are critical to the board as we continue to evolve. He is a natural leader and has served on numerous board committees.

Personal Statement: Since first experiencing the Pacific Northwest in the mid '80's (I grew up in Ohio), I have been mesmerized by the sheer beauty and amazing diversity of this region. The foresight of those who worked to protect and preserve our wilderness areas has provided us today with the awesome gift that is the Northwest outdoors. I feel both obligated and privileged to pay that stewardship forward for future generations, and I am convinced that helping The Mountaineers is one of the best ways to accomplish this goal.



*For all up-to-date information
please see website*

*listings of trips and courses,
www.mountaineers.org*



 The Mountaineers

FoothillsWinter.org

Foothills Branch Winter Education and Outings

Basic and AIARE L-1 Avalanche - Ski and Snowboard Mountaineering - Mt. Baker Ski Camp - Trips and Outings
Glacier Travel and Crevasse Rescue - WFA Course and Activities at Meany Lodge
information and schedules FoothillsWinter.org

Cairns ‘bond people and place’ (excerpt continued from page 24)

Because we can't navigate the way many animals do, we have had to rely on our large brains to figure out how to move between two distant points. In Australia, the Aborigines created their well-known songlines, which embed the landscape in songs that allow for extensive navigation. The same sharing of directional details via song also occurs with the Inuit. In each case, the songs highlight landmarks essential for travel through a complicated landscape.

Few of us sing our way across a landscape, but we still use landmarks in our daily lives. For example, in my hometown of Seattle these include the Space Needle, Mount Rainier, and the Olympic Mountains. These landmarks are large, distinctive, and visible from many locations. And they each carry at least two meanings: The Space Needle is a reliable way for me to locate myself in the city; it is a directional aid. Mount Rainier and the Olympics, on the other hand, while providing some navigational capacity, are more landmarks for home. I feel a deep connection to Rainier. I love to see the mountain when I return from more extensive travels. It is comforting and a symbol that I am in the right place.

Cairns carry these dual senses too. We build a cairn to create a landmark that guides our travels and allows others to take the same route. Unlike my urban landmarks, of course, cairns are small-scale features, but they share the assets of having a distinctive shape—and one easy to recognize—and of being conspicuous, assuming the builders followed the wise advice of the gang at the Appalachian Mountain Club. A cairn, then, can be considered a tool, or what the Oxford English Dictionary defines as “a means of effecting something.” As a tool, a cairn is yet another

example of a defining human characteristic. Just as when I see Mount Rainier, cairns on a trail can be reassuring too. I suspect that many of us have felt that calming effect when hiking and we come across a cairn, confirming that we are on the trail and not lost. But cairns also represent something more. I would guess that few people take rocks from a cairn and bring them home as a souvenir. If anything, people add to the pile. Each time we add a rock or build a cairn, it is a way to leave a little part of ourselves in the landscape. The cairn becomes a tangible sign of the bond between people and place, an acknowledgement of a relationship that we value. Cairns are a sign of community—of hikers, of family, of humanity.

Not bad for a little pile of rocks.

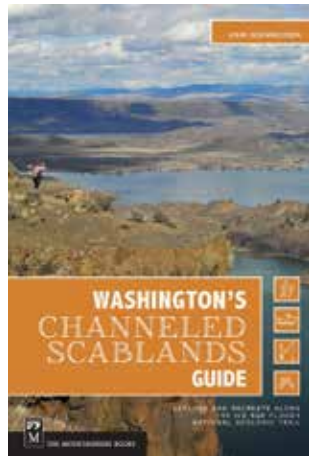
About David B. Williams



Marjorie Kittle photo

David B. Williams is a freelance natural history writer based in Seattle, his home town. He has worked as a program coordinator and field instructor for Canyonlands Field Institute in Moab, Utah, and currently teaches educational programs part-time at the Burke Museum of Natural History and Culture. He periodically leads building-stone tours for groups such as North Cascades Institute and Seattle Architectural Foundation.

Follow the trail of the Ice Age in our channeled 'scablands'



By Joan Miller

Thank the great Missoula floods of the last Ice Age for some of the most interesting lands to explore east of the Cascades. Geology buffs, hikers, photographers and anyone into nature should find a smorgasbord of jewels to explore in this geologically unique region of the world.

The Lake Missoula flood path covers 16,000 square miles in four states, but in Washington, this scabland terrain stretches over 2,000 square miles and is the subject of a recently released book by John Soennichsen, *Washington's Channeled Scablands Guide: Explore and Recreate Along the Ice Age Floods National Geologic Trail*, published by Mountaineers Books. Soennichsen will include material from "Channeled Scablands" at a Naturalists program on Thursday, October 18, at The Mountaineers Program Center.

During the last Ice Age, glacial Lake Missoula would periodically burst over ice dams created by the moving glaciers. Water rushed with incredible force from present day Montana into Washington, creating lakes, potholes and gorges, and leaving large, glacial, erratic rocks. Scientists theorize that some 40 ancient floods occurred, producing the scablands. What makes Washington's Channeled Scablands so special is that no other place in the world contains all the geologic features found in this singular region, according to Soennichsen.

Fall is a great time to explore the scablands and the Ice Age trail; the searing summer heat has gone and the rattlesnakes are retreating. You won't find much foliage color in this arid landscape, but fall foliage isn't your motivator here. The lure is the unique rock formations, buttes, canyons and waterfalls. Leave the crowds behind as you head for the vastness of the desert, just a few hours drive from Seattle.

Your greatest challenge could be choosing a destination.

Soennichsen covers five areas: Cheney-Palouse, Telford-Crab Creek Tract, Grand and Moses Coulees, Moses Lake-Quincy Basin, and Pasco-Lake Lewis Basins. Any place with "coulee" in the name—Grand, Moses, Frenchman—is a good start, but following are some to consider.

Steamboat Rock State Park: This may have it all: cliffs of basalt and granite, pine and aspen forests, native plants, birds and other wildlife, a creek, wetlands, fields and meadows. You can tackle any of three trails here: Steamboat Rock, Northrup Canyon Trail and Old Wagon Road Trail. A flood relic, Steamboat Rock, is a massive basalt butte that you can hike to and on. Northrup Canyon takes you through native pine and fir, red-twig dogwood and aspen. The gentler Old Wagon Road Trail rewards you with canyon vistas.

Drumheller Channels: For really dramatic evidence of ice-age floods, explore this National Natural Landmark north of

Naturalists lecture: Thursday, October 18, at The Mountaineers Program Center

Othello. Soennichsen calls it "the world's most eroded landscape. Geologists kill to come out here from all over the world." Drumheller offers an array of canyons, channels, buttes, erratics, caves and potholes.

Palouse Falls State Park: Walk up to the viewpoint and be stunned by an impossibly lovely waterfall in the midst of a desert, and an even more impressive canyon carved by the river below. This is a good picnic stop, with plenty of hiking options.

Snake River/Columbia Plateau Trail: Follow an old railroad route through basalt scablands and coulees, along sagebrush and side canyons. Highlights are plentiful river views and chances to see mule deer, coyotes and a variety of birds.

Scablands adventure opportunities are limited only by your time and energy. In addition to Soennichsen's guide, you can also use *Best Desert Hikes, Washington*, also published by Mountaineers Books, to plan your escape into scablands country. ▲▲

About the author



Joan Miller grew up on the East Coast but happily calls the Pacific Northwest home now. A member of The Mountaineers Naturalist Group, she admits she still can't identify all the firs. She can check off orcas and tufted puffins from her life list, but she has yet to find Wilson's warbler. She's a former journalist, photographer, and works in nonprofit fundraising.



Vision

Ian Lauder photo

The Mountaineers inspires a lifetime of exploration and love for the outdoors. We are every person who itches to get outside . . . who breathes easier at the top of a mountain or on the water, away from the hustle of everyday life . . . who pushes through exhaustion and fear to the summit . . . who takes a moment to appreciate wildflowers blooming in an alpine meadow or playful seals flashing alongside a kayak.

We want to protect the places that inspire, excite and challenge us, and leave them better than when we arrived, because we know that our way of life depends on others experiencing the same wonder and joy. We thrive on challenge and believe that self-discovery can happen everywhere, at the top of Mt. Rainier or on our program centers' climbing walls.

Ensuring this impact on our greater outdoor community is one of the major components of a new and boldly ambitious strategic plan, approved by The Mountaineers Board of Directors on August 2. While building on The Mountaineers' rich legacy and focusing on our highest priorities for the next five years, The Mountaineers Strategic Plan sets a bold new direction for the organization. It is one derived from surveys, focus groups and more than 20 sessions with hundreds of members, volunteers, staff, community members and advisors. Following are the plan's resulting seven areas of primary focus, all carrying equal weight and intended to guide us as we forge our identity as an organization of inspiration through education and exploration.

COMMUNITY - Expand the breadth and strength of The Mountaineers community by making the outdoors more relevant to more people.

OUTDOOR ADVENTURE AND INSTRUCTION - Develop and deliver meaningful outdoor adventures and educational experiences.

VOLUNTEERS - Strengthen our organization and volunteer infrastructure to increase our ability and capacity to deliver high-quality programs.

CONTENT - Leverage our best in class content (particularly Mountaineers Books content) to get more people outside.

GATHERING PLACES AND GATEWAYS - Provide gathering places and gateways for outdoor learning, adventure and exploration.

CONSERVATION & RESPONSIBLE RECREATION - Create responsible outdoor recreationists and advocates. Conserve the wild backcountry and promote responsible recreation on the region's public lands.

YOUTH AND FAMILY - Get kids outside. Be the onramp for today's youth to experience the outdoors and to create the next generation of outdoor enthusiasts.

We encourage you to read the entire strategic plan on our website and in the November/December issue of the *Mountaineer*. And finally, thanks to all who participated in the strategic planning process. We look forward to working with you to make this plan a reality in the coming years.

Gavin Woody
President, Board of Directors

Martinique Grigg
Executive Director



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**Mountaineers Annual Meeting
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