

Mountaineer

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

Two Girls in the Mountains

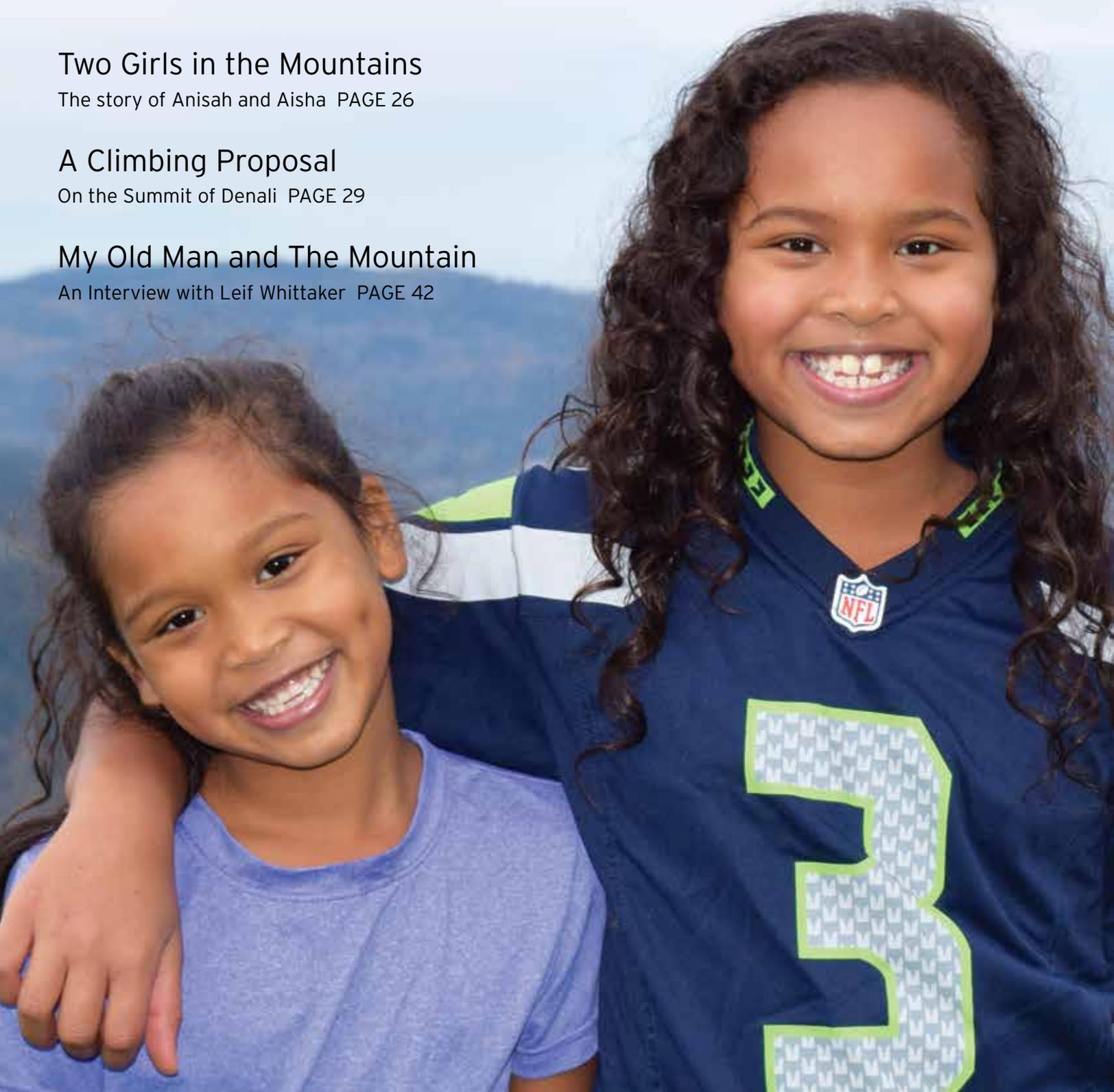
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A Climbing Proposal

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My Old Man and The Mountain

An Interview with Leif Whittaker PAGE 42



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The Mountaineers enriches lives and communities by helping people explore, conserve, learn about and enjoy the lands and waters of the Pacific Northwest and beyond.



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Discover The Mountaineers

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

on the cover: Aisha and Anisah Ali at Poo Poo Point. *story on page 26*
photographer: Suzanne Gerber

Generations of Wilderness Enthusiasts



Geoff Lawrence and grandson, Dell

As I was traveling north from Tacoma to a Board of Directors meeting at the Seattle Program Center in late October, I took a short detour to visit my daughter and my three-day-old grandson. Though this is not my first grandchild, it is my first grandson, and since my nearly two-year-old granddaughter lives in Vermont, I'm hoping I to get more frequent face time with him. As I held my days-old grandchild I couldn't help but reminisce back 33 years when I cradled my tiny daughter in the crook of my arm, thinking about all the aspirations and dreams I had for her. As Mountaineers business was on my mind, I recalled some of my favorite memories of introducing her to the out-of-doors that included hiking in the Appalachians, going on family backpacking trips in the Sierra, trekking to mountain

huts in Austria, paddling in northern Minnesota and southern Ontario, and more recently, taking annual father-daughter backpacking trips in the Cascade and Olympic mountains. She developed an early love for our wild places and has become an ardent conservationist and wilderness steward, which is no accident. Once an individual has been introduced to the wonders of our wild places, there is a natural tendency to want to share it with others. My daughter has already researched the best baby backpacks and groups to engage for outdoor activities with children and I feel confident that my grandson will be an early and frequent outdoor activity participant and will also develop a love for outdoor recreation.

The visit with my grandson created a perfect reflection point for me to reaffirm the value of The Mountaineers and appreciate the importance of what we do. We've increased membership from 9,500 to nearly 12,000 in four years, introducing thousands in our community to our wild places. In the six years since we launched Mountaineers youth programs, we've delivered over 20,000 youth experiences, and we now offer youth activities in five locations, including teen programs, summer camp and Mountain Workshops for underserved youth. We continue to grow adult programs and we're working hard to expand our efforts to introduce and train more outdoor recreationists and wilderness stewards. This is vitally important work, particularly in a world where life can be frenetic and myriads of things often crowd out experiential interaction with nature. Exposing new people and new generations to the outdoors is at the core of our mission and critical to protecting and sustaining these wild places for the future.

After a brief stay with my daughter and my grandson, I proceeded to a board meeting to review and discuss The Mountaineers FY2017 budget. At the end of the evening we were proud to pass a budget focused on facilitating and supporting the efforts of our 2,000+ volunteers and expanding youth programs, both of which the board regards as vital to our ability to deliver our mission to a larger, more diverse population.

I'm proud of the work of The Mountaineers and of the passion of our board, staff and volunteers to make it happen. I can think of no greater joy than to watch my grandson grow, and to play a part in making him one of his generation's wilderness enthusiasts and advocates.

Geoff Lawrence
Mountaineers Board President



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

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Mountaineer Fall Magazine Correction:

In the article on Bill Buxton and his love for books, we misprinted a web link. Bill has a treasure trove of mountaineering archives online that's worth checking out. Try this link: billbuxton.com/climbing.html

A Short and Sweet Holiday Note

It's finally here – the season of snow. Whether you like to snowshoe, ski, or snuggle up in front of the fire with a hot beverage, this time of year has something for everyone.

You may notice this issue has come a little early (or a little late, as we adjust to the new schedule). We shifted our quarterly schedule to align better with both the seasons, and The Mountaineers' courses. The winter issue, from now on, will come out in December, with the following spring issue in March, as opposed to January and April. This gives us time to whet your appetite with articles on upcoming courses in time to sign up for them.

In this issue, we have an article on climbing Denali, featuring Evan Moses, an Everett Mountaineer whose summit was also a love story.

Our cover feature gives us more insight into the life of Anisah and Aisha – the 6 and 9-year old girls we met in the fall issue when we read about Ras and Gavin's historical completion of Mount Rainier's Infinity Loop.

We also have a special article on snowshoeing in Methow Valley, written by Tom Cushing. If you enjoy it, you can sign up for one of his Winter Trails Day snowshoes this January.

And if you or your kids missed our inaugural Northwest Youth Leadership Summit, you can read the fun report, written conversation-style by two of its organizers.

Speaking of conversation, when you read Craig Romano's Trial Talk, about listening to music on the trail, let me know what you think?

There are many more articles in this issue worthy of noting, but as you can see, it was so packed, I had to give up half my editor's note! I hope you and yours have a wonderful holiday season. Thank you for reading this magazine and supporting The Mountaineers.

Happy adventuring,

Suzanne Gerber, Publications Manager

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Can you identify the location in the foreground?

Send your answer to Suzanne: suzanneg@mountaineers.org. If you guess correctly, you'll receive a \$15 gift certificate* good for Mountaineers purchases, and we'll publish your name in next issue's column with the answer.

In case of a tie, one winner will be chosen at random.

Adventurer? Please send in your trip photographs for possible publication as a mystery location!

The winner of last issue's *Summit Savvy* was Nancy Lloyd, who correctly identified Boston Peak.

*Not redeemable for cash. Mountaineers employees or persons shown in the photograph are not eligible.

Last issue's summit savvy: Boston Peak

Boston Peak is one of the 25 highest peaks in the state. For years many have felt it was a non-aesthetic climb because of the 'rotten' rock. With the increase of individuals working on the Bulger list, it has recently seen an increase in climbing. Sitting in the North Cascades National Park, it allows views of the Quien Sabe Glacier, Boston Glacier and if you also include a summit of Sahale Peak, you can enjoy the wonderful sights of the Sahale Glacier, Sahale Arm and the Ptarmigan Traverse.

Activity Type: scrambling, climbing

Seasons: summer and Fall

Length: 11 miles

Elevation Gain: 5,700 feet from Boston Basin Trailhead to Boston summit, short drop and back up to Sahale Peak

High Point: 8,894 feet

Trip report by Curt Baxstrom from August 19, 2016: A combination Boston Peak/Sahale Peak climb can be made up the Quien Sabe or Sahale Glaciers, or a loop trip to include both. Our choice was to do the loop and to approach via Boston Basin Trailhead and onto the Quien Sabe Glacier, reaching the Boston-Sahale col and a climb of Boston. Next we followed with a ridge run back to the col and climb of Sahale and then descended via Sahale Arm to Cascade Pass trailhead. Early season provides more snow on route on the col and atop Sahale Peak.

On this trip we climbed the East face of Boston and found some excellent rock, contrary to some trip reports. If you start finding rotten rock, you are most likely off route. Three single rappels off of the South face get you back to the Boston glacier and



Boston Peak. Photo by Curt Baxstrom

return access to the Boston-Sahale col where you can run the ridge to Sahale. Earlier in the season we've nearly walked off the snow and onto the summit of Sahale from either side. This day though we rappelled off of the south face of Sahale and descended the Sahale glacier and Sahale Arm to Cascade Pass and out to our vehicle. An overnight variation could include camping at one of several bivy sites in the beautiful Boston Basin. A wonderful trip with some of the most fantastic scenery in the state. Johannesburg, Eldorado, Torment, Forbidden, Sharkfin Tower, Buckner and the Ptarmigan Traverse leave one with many future considerations.

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*Explore!
Within and Without!*



Harper (left) and Reese (right). Photo by Christy Pelland

Names Reese and Harper Pelland
Hometown Graham, WA
Member Since December 2015
Occupation Mastering elementary school
Favorite Activities Climbing, running in the yard, jumping on the trampoline, playing with their dogs, and playing dress up with their mom (she has lots of costumes).

For this 10-Essential Questions Feature, we wanted to do something a little different. We interviewed two energetic sisters who joined our Tacoma Branch last year after their mom, Christy Pelland, helped arrange the first ever Wild Skills event. You heard from Christy in our last issue where she talked about the impact of Wild Skills. A partnership between SheJumps and The Mountaineers, this free day camp for girls was inspired by Christy's love for her daughters and her passion for creating meaningful outdoor experiences for them. We thought it was only fitting that you get to meet the wild inspiration: 10 year-old Reese, and 6-and-a-half year-old Harper.

If you've ever hung out with two kids under 10, you know it can be hard to get them to sit down for an "interview." The girls were good sports about it, and played along as we asked them our 10 Essential questions. Their answers are brief, but impactful, and show the importance of teaching love for wild places early to protect the future of outdoor recreation.

How did you get involved with The Mountaineers?

[Harper]: I got involved because my mom does it and she tells me all about it and she really likes it.

[Reese]: Same here! (Reese shouted from the other side of the room, distracted temporarily by a candy bowl).

What motivates you to get outside?

[Both]: Rock climbing!

What's your favorite Mountaineers memory?

[Reese]: Mine was meeting Sasha! (Reese proudly displayed an autographed poster of Sasha Digiulian, who presented in 2015

as part of The Mountaineers BeWild Speaker Series).

[Harper]: My favorite memory was rock climbing for the very first time!

[Reese]: Oh, and summer camp! Guys, I still have my certificate too. Look! I climbed outside. (Reese once again reached to her beloved shelf of Mountaineers stuff and grabbed a photo certificate marking her completion of summer camp).

Who/what inspires you?

[Harper]: My momma!

[Reese]: These two people - my mom and dad. (Reese said, as she grabbed a family photo from the shelf).

What does adventure mean to you?

[Harper]: My whole life!

[Reese]: Adventure means a lot to me.

[Harper]: I said that - it's my whole life!

[Reese]: It's anything that's wild and crazy.

Lightning round

Smile or game face? [Both]: Smiling game face!

Sunrise or sunset? [Harper]: sunrise. [Reese]: sunset

Happy place? [Reese]: My room - because my dog sleeps in it.

Post-adventure meal of choice? [Harper]: Lots of protein and a little bit of candy. [Reese]: Snickers bars. That's what I do.

If you could be a rock star at any outdoor activity overnight, what would it be? [Both]: Ski Patroller!

Which Way to Go in Snow

Winter Decision-Making

By Peter Clitherow, Mountaineers Safety Committee,
Climb, Snowshoe and Scramble Leader

My friend Roger Rosenblatt and I had arranged to meet early one Saturday morning in April some years ago to go skiing in the Snoqualmie pass backcountry. Neither of us were especially good skiers, so our normal trips involved going up a logging road, and then branching off to find a lake or view rewarding ridge line. This particular Saturday had followed a typical early spring week with scattered snow in the mountains, and dreary clouds in the city. However as we looked at the weather and avalanche forecasts, things didn't look so promising. Early morning showers developing into increasing rain in the afternoon and avalanche hazard becoming high. Reluctantly, we both realized that our plans were not going to work out at all, but we substituted a nice hike to a close in lake in the North Bend area, below the snow line.

That evening, we heard on the news, a group of snowshoers at Snoqualmie Pass area had been caught in an avalanche high on Red Mountain earlier in the day. One person was killed, and several others buried either partially or fully; their group perhaps had their heart set on snowshoeing somewhere (the

news wasn't clear on that point). We felt sad for that situation, but relieved that we could go to the pass on another trip in safer conditions.

Well-prepared winter enthusiasts understand the potential risks of travel in avalanche terrain and will have undertaken some formal training. However, there is a paradox – several studies have shown that merely taking the courses really doesn't alter the odds of being an avalanche casualty – in fact around half the victims have had such training.

How could this be? In short, human factors. Poor decision-

making can arise from the interaction of one or more factors such as summit fever, the expert halo, risk creep and risk homeostasis. It's worth exploring these in more detail, so they can be recognized at the time, or ideally, ahead of time.

Summit Fever

We all recognize this: it happens in other circumstances besides winter travel. A number of Everest climbers have succumbed to poor decisions, driven in part by the emotional and financial investment they've made in preparing for Everest: they really, really wanted to get to the summit. So they let those emotions overrule a rational turn-around choice.

Closer to home, in March of 2016, a party of out-of-state mountaineers set out for the summit of Rainier despite a very poor weather forecast, in part because this was their only window of opportunity to climb the mountain while they were here. This decision cost one of the climbers his life.

In the scope of winter adventures, the last ski run of the day frequently brings out a desire to try an untracked bowl, usually later in the afternoon under warming conditions. For climbers who are a little less at risk from avalanches, since they prefer consolidated snow to climb on, sometimes it's only a little further to the summit and 'hopefully this cornice will hold.'

Expert Halo and Acceptance

Participants who consider themselves less experienced might not speak up about a concern when following along. Groups do help in many situations, and it is safer in general to travel in a group rather than alone in the winter backcountry. However, in groups with an official leader (often the most experienced backcountry traveler), new participants might feel their concerns are not worth mentioning, or defer to the greater experience of the leader. Leaders are not infallible, and sometimes they might not even have noticed a dicey situation. In larger groups without a formal leader, experienced participants might not raise the alarm for fear of being thought a wimp, or spoiling the party.

Risk Creep

This is the insidious tendency for our minds to internalize the message that, nothing happened on the last trip we did, let's up the ante a little. We see this everyday on the highway, as speeds creep gradually higher and higher and riskier behaviors proliferate. A climb leader on a winter trip might think, 'I did this trip in similar conditions last year without incident, so nothing to worry about.' In reality though, with some decisions we roll the dice and even the best avalanche predictions cannot be all-knowing for every slope aspect and condition.

Risk Homeostasis *(A fancy term for the way folk adjust their behavior based on the perceived risk.)*

Back in the early 90s, air-bags were introduced en-mass in new cars. At the time, the auto insurance industry gave discounts to drivers whose cars had air-bags because of the protection against bodily injury they afforded and hence the lower claims that were paid out by the insurers. Over the course of the next decade however, insurers noticed an interesting thing: drivers of air-bag equipped cars were involved in more accidents than their prevalence in the auto fleet would suggest. Drivers were driving more aggressively because they believed the air-bags would protect them. The same potential for increased risk taking exists in the outdoors: a skier might choose a steeper chute in the belief that if an avalanche happens, an avalung or other technology will come to the rescue. Of course, safety equipment may indeed save your life – think of climbing helmets and rockfall; but if it causes you or your group to alter your decision-making, it should raise flags.

Antidotes

How to guard against all these psychological factors? Training, practice and perhaps courage. Training is of course vital, since if you don't recognize hazardous conditions, you're much less likely to make appropriate decisions.

Practice means getting out there and gaining experience, either in a controlled field trip situation, or with more experienced leaders. Courage will be needed to raise concerns before or during a trip, and the fortitude to cancel a trip, substitute another destination, or perhaps go hiking below the snow line rather than risk an incident attempting a favorite destination. One additional item that should be considered: the brief/debrief talk. Before a trip gets underway, a leader could talk about the expected conditions and hazards. After the trip is completed, reviewing what was actually found will probably help determine if there was risk-creep, summit fever or other questionable decision making.

Avalanche Classes

Professional training may not save you from an avalanche, but knowing how to evaluate the risks and what steps to take are invaluable in helping to navigate avalanche terrain. The Mountaineers offers the AIARE Level 1 - Decision Making in Avalanche Terrain courses. They're open to all and highly recommended. AIARE classes are particularly useful since they focus on decision making in realistic group-based settings that apply to situations well outside avalanche safety. ▲▲

M The Mountaineers

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This Land is Our Land

National Forests and Public Policy

by Katherine Hollis, Mountaineers Director of Conservation



Mountaineers Climbing instructor, Ronnie Parker demonstrates ice climbing techniques on Mount Baker's Coleman Glacier. Permits are not currently needed for this kind of activity in the Mount Baker-Snoqualmie National Forest, but the NFS is working to change this and we will likely need permits for classes like this in the future. Photo by Emma Agosta

My first experience in working within the US Forest Service's outfitter and guide permitting system was as an instructor at Outward Bound. As an instructor, our permits often felt like limitations to how I could facilitate our courses. One year it was fine for us to have more than one group in a Wilderness area at the same time; the next year, we'd be told we could only have one group at a time; and the next, we were told we could have two groups in the Wilderness, as long as only one camped overnight, the other passing through. What was frustrating weren't the restrictions – we all wanted to protect the amazing resources we were using – but the lack of consistency. I wanted my students to be able to experience designated Wilderness, and the changes to how our permits were interpreted were barriers to how the organization could get students outside. I simply wanted to introduce my students to “untrammelled” areas, and the “outstanding opportunities for solitude” of these areas that were “affected primarily by the forces of nature” as outlined by the Wilderness Act.

At the time, I never would have known I'd be drawing from those experiences for my professional work on facilitated access to national public lands.

Our public lands are a piece of what's fundamental to our country: natural and wild places that are everyone's. As Mountaineers, these public lands are where our community is built. They're

where we explore, learn, and ultimately, what we must conserve for current and future generations. However, there are a host of barriers that do not make these lands truly for everyone. From cultural, racial and economic barriers, to bureaucratic ones, we must find ways to partner with our land managers to get more people outside to experience these landscapes. Focusing on one specific bureaucratic barrier, how the outfitter and guide permitting system hinders facilitated access to our public land is one way we are making our public lands more reflective of our nation's 'public.'

This process started for The Mountaineers around six years ago, when we worked to figure out how to come under permit for our course-related work on National Forests. We found out it was a complicated process – one that differs even between districts of the same Forest. And we learned we weren't the only organization struggling to figure out this complex process. From companies and organizations that hold permits, to those that don't, as well as for land managers, it's a system that everyone struggles with.

So we set out to change this. Working with partners here in Washington State and nationally, we're seeing the Forest Service commit to shifting towards 'yes' for recreation through consistent permitting that works for everyone.

The Outdoor Access Working Group

Two years ago, The Mountaineers helped form the Outdoor Access Working Group, a mix of nonprofit outdoor and education organizations, outfitters and guides and the outdoor industry, to come together with a unified voice on this issue. Doing so, we have been able to make significant strides in how Federal land management agencies are approaching facilitated access for outdoor recreation. The Outdoor Access Working Group has been able to bring a united voice to advocate for permitting processes that incorporate the needs of these groups and by partnering directly with land management agencies.

Last May, the Forest Service announced historic intention to streamline outfitter and guide permitting, shifting from heavy regulations for outfitter and guide perming to an inclusionary model that helps organizations, like The Mountaineers, get people outside. The agency outlined their intent adjust the way Forest Service staff apply the policy so the process of issuing permits can be completed more quickly and efficiently. The Chief's letter also describes certain situations where outdoor activities have such minimal effects that they can be authorized without requiring permits at all, further simplifying the process for getting people out on public lands.

This new guidance is a big step forward in our efforts to increase opportunities for facilitated recreational access on public lands and waters. In their words, The US Forest Service is "shifting away from regulating occupancy use and towards a future of enhancing visitor services through outdoor recreation providers." USFS also praised group trips for creating opportunities for new visitors, youth, under-served communities, minority visitors, and others to experience the great outdoors on our public lands.

This commitment by the Forest Service to shift towards 'yes' is a big deal for everyone who values the outdoor experience. Here's why:

Creating Stewards For Our Wild Places

People fight to protect what they know and love. For those new to the outdoors, organizations like The Mountaineers are a bridge to our wild places. Facilitated access helps shepherd newcomers into the vast beauty of our public lands and teach them low-impact recreation skills. For many, this is the first step in becoming a steward of the backcountry and a conservation champion. Rachel Vermeal, membership director with our partners at the Colorado Mountain Club, is thrilled to hear of the Forest Service's focus, "It's more about moving to a 'yes-first' approach to see how we can work to get the public into public lands and creating systems that actually involve less work on both sides... Our want for (the) public is to make sure they have the education and access to skill-building opportunities to allow them to enjoy this awesome outdoor playground ... and do it safely." Having the Forest Service streamline permitting means that we can ultimately create more responsible stewards of our public lands.

Diversifying The Outdoor Experience

Easier permitting empowers nonprofits across the nation to introduce diverse youth and other under-represented groups to outdoor experiences. In the past, these organizations faced regulatory challenges when trying to plan trips. Last March, Secretary of the Interior Sally Jewell issued an order addressing the problem, stating "By streamlining the permitting process,

we can knock down barriers that stand in the way of welcoming young people to enjoy, explore and experience nature." The Forest Service's plans echo Secretary Jewell's – a big step towards opening up our public lands to all Americans.

Defining Forest Service's Commitment To Recreation

As part of its mandate, the Forest Service balances all types of land use, including mining, timber, and grazing, among many others. That makes the prioritization of recreational access all the more impressive. The streamlining process calls for improving the management of current 23,000 recreation special-use permits, retraining staff to issue nominal effect waivers, and investing \$6 million in an online permitting system. And they're doing all this despite having a budget strained by funding cuts and fighting wild fires. Their commitment is a good sign for everyone hoping to preserve our wild playgrounds for generations to come.

Supporting The Growing Recreation Economy

Outdoor experiences on public lands generate over 13 billion dollars in revenue a year and support approximately 205,000 jobs nationally. With streamlined permitting, the Forest Service hopes to become allies to the outfitters, guides, lodges, and educational organizations that make the recreation economy tick. In the words of Tinelle Bustam, the assistant director of recreation for the Forest Service, "We have a strange tendency of gearing toward 'no' rather than gearing toward 'yes.' We want to pivot from no and pivot toward yes." Saying yes more means more revenue to local recreational economies.

So, after two years collaborative work, often through what seem like countless meetings, phone conferences, and a multitude of trips, these steps from the Forest Service are groundbreaking. These are conversations that were not happening at a national level two years ago. We look forward to continued partnership with fellow organizations and our land managers to put these ideas into actions. ▲▲



Mountaineers Ice Climbing students and instructors at camp in Mount Baker-Snoqualmie National Forest. Photo by Emma Agosta



A Seattle Urban Park Ranger Bringing Diversity to the Outdoors

by Glenn Nelson, founder of The Trail Posse

Charles Beall in a “build your own park” activity this summer at the Wing Luke Museum’s JamFest. Photo courtesy of National Park Service

White, male and “midcareer,” Seattle’s Charles Beall in a lot of ways is the face of the National Park Service that turned 100 on August 25, 2016.

He also may be the best hope the agency has for changing that face to match the diversity that is rapidly transforming this country. And the reasons essentially start out the same: Because he is white, male and “midcareer.”

Charles, 43, fits the bill for change partially because he must. The workforce at his agency is 83 percent white, and the federal hiring system is so Byzantine and tilted toward veterans, a dramatic change in racial composition will not come soon. Nonwhites made up 37 percent of the nation’s population, but were only 22 percent of national park visitors, according to the agency’s 2011 survey. Such disparity cemented a common belief that the system lacks relevance to communities of color. In fact, the No. 1 reason nonwhites give in surveys for not visiting national parks is that they don’t know much or anything about them.

So the initial push for diversity in the national parks will not likely come from people of color or other outsiders; it must come from the agency’s own overwhelming whiteness. And it will be for self-preservation reasons. The U.S. will be a majority nonwhite within three decades and if that new majority does not have a relationship with the park service or the outdoors, its will to support either could be nonexistent.

A change agent, Charles is superintendent of Seattle’s National Park units, which include Klondike Gold Rush in Pioneer Square, the national-park-affiliated Wing Luke Museum of the Asian Pacific American Experience up the street in the Chinatown-International District, and the Bainbridge Island Japanese American Exclusion Memorial, which reflects as a cautionary

tale the imprisonment of people of Japanese descent during World War II. Draw a line through those three and east to Lake Washington, and south of that line lays the state’s most diverse communities – and opportunity for Charles’ national park units to engage more people of color.

Charles’ little piece of the big park service may have only the assets, personnel and budget of a small business, but he also has small-business nimbleness and gumption. Those can help him outmaneuver the inertia that can grip bigger units such as Mount Rainier National Park or North Cascades, where he once worked. Among the 59 large national-park units along with Olympic, they can get too bogged down in day-to-day worries about infrastructure, visitor management, and even climate change impacts, to have the focus and time for big-picture missions such as diversity and inclusiveness.

“I feel I’ve got more empowerment to move the agenda as I think I understand it,” Charles says. “It’s pretty clear that (the national parks) are about preparing for the next century of service, and I feel like I can help move us in that direction, sitting here in Seattle.”

By the time the National Park Service was founded 100 years ago, this country was 50 percent urbanized and folks like Teddy Roosevelt and John Muir had discussed the need for untamed public lands as respite from urban stressors. More than 80 percent of the U.S. now lives in urbanized areas and the stressors have compounded. That necessitates shifting the diversity battlegrounds to urban centers like Seattle, which has eight national-park units within a four-hour drive (Seattle, Mount Rainier, North Cascades, Olympic, Ebey’s Landing on Whidbey Island, San Juan Island, Fort Vancouver, and Lewis and Clark, near Astoria, Oregon).

With its Urban Agenda in 2015, the park service became more intentional about bolstering connections and collaboration between urban centers and its parks with mountains, forests and seascapes. Among its models are Golden Gate National Recreation Area, in and near San Francisco, perennially one of the two most-visited units in the system, and Santa Monica Mountains National Recreation Area, which has successfully tapped into the majority Latino population in neighboring Los Angeles. The staff at Lowell National Historical Park in Massachusetts catalyzed its own transformation to reflect the dramatic shift in its surrounding community, which now has the second-largest Cambodian population in the country as well as significant African-American and Latino populations.

Charles is not just well-positioned to help diversify the national parks; he has developed a commitment to diversity that has roots at the very beginning of his career at the agency. He earned his permanent position with the park service through a now-defunct program aimed at hiring African Americans and Latinos. Though not intended, the program could be used to hire whites, as it was with Charles. He has progressed enough to see the irony and the transgression.

Born in Corvallis, Ore., Charles has a career mantra about doing “meaningful work in interesting places.” But he’ll also admit having bought into the mission of developing the next generation of stewards for the National Park Service.

During his 10 years at North Cascades, Charles struggled against a culture that resisted visitation because it might spoil a site often referred as the “wildest place in the lower 48 states.” During a subsequent, career-development fellowship in Washington, D.C., he worked on the launch of two national monuments: Honouliuli, telling the story of Japanese during World War II in Hawaii, and Pullman, in Chicago, preserving the history of a company town that was significant to the African-American labor movement. Along with his work on the Every Kid in a Park program, each project was among essential building blocks in the Obama administration’s efforts to improve access and commitment to public lands.

In Seattle, Charles has a lot of latitude in his new post, and synergy lurks around every corner. He wants to stop forcing resources into growing visitation for a Klondike Gold Rush exhibit whose relevancy has waned. It is housed in Pioneer Square at the historic Cadillac Hotel, which sits at a critical nexus in the flow from the diverse communities of South King County, through the International District, and onto a Seattle waterfront undergoing significant change, where business and community groups aim for a return of the diversity that marked its shores for centuries. Maybe Charles will use the site as a staging area for a mobile visitors center, the likes of which have successfully taken “parks to the people” in places like Golden Gate and Santa Monica.

Within Charles’ target area sit three institutions with national renown for catalyzing expertise: the Wing Luke, for community engagement; Seward Park Audubon Center, for programming for diverse youth, and IslandWood, for its urban environmental education program with Antioch University. If he had hires to make, Charles could not target diverse, young candidates – federal hiring practices don’t allow that – but those organizations could. One of the promising trends in urban national parks is the

funding of park personnel by third parties that are unshackled by federal hiring rules, allowing them to hire with ethnicity or other demographics in mind. Charles can also piggyback on private organizations’ events and programs, adding the National Park Service’s expertise and raising its profile.

Charles has a prime example of such collaboration in his own midst – the Japanese American Exclusion Memorial, built, maintained and supported by several community groups on Bainbridge Island. It gains its imprimatur as a satellite of the park service’s Minidoka National Historic Site in Idaho. The park service owns none of the Bainbridge property, but Charles kicks in \$14,000 a year for a seasonal ranger.

In the end, maybe those community organizations could inspire a model for Charles’ space in the Cadillac Hotel that is more culturally relevant and allow it to serve as a portal to the larger park units, such as Mount Rainier, North Cascades and Olympic, which seem unfathomable to many people of color who stare at their peaks from concrete vistas.

Stranger things have happened.

Last April, National Park Service director Jonathan B. Jarvis was in the Seattle area at the end of National Parks Week. He’d spent much of his parks career here, still has family around, and was available on a day dedicated to promoting parks and outdoor activities as part of a healthy life. Charles was charged with organizing a fitting event.

Thinking quickly, Charles called Seattle Parks and Recreation. An event was set at Jefferson Park in Seattle’s Beacon Hill neighborhood. Ten years ago, the park service might have insisted on holding the event at, say, Mount Rainier, but the D.C. office was happy with a city venue.

“It was huge,” Charles says. “I don’t know if it was conscious or part of a culture shift.”

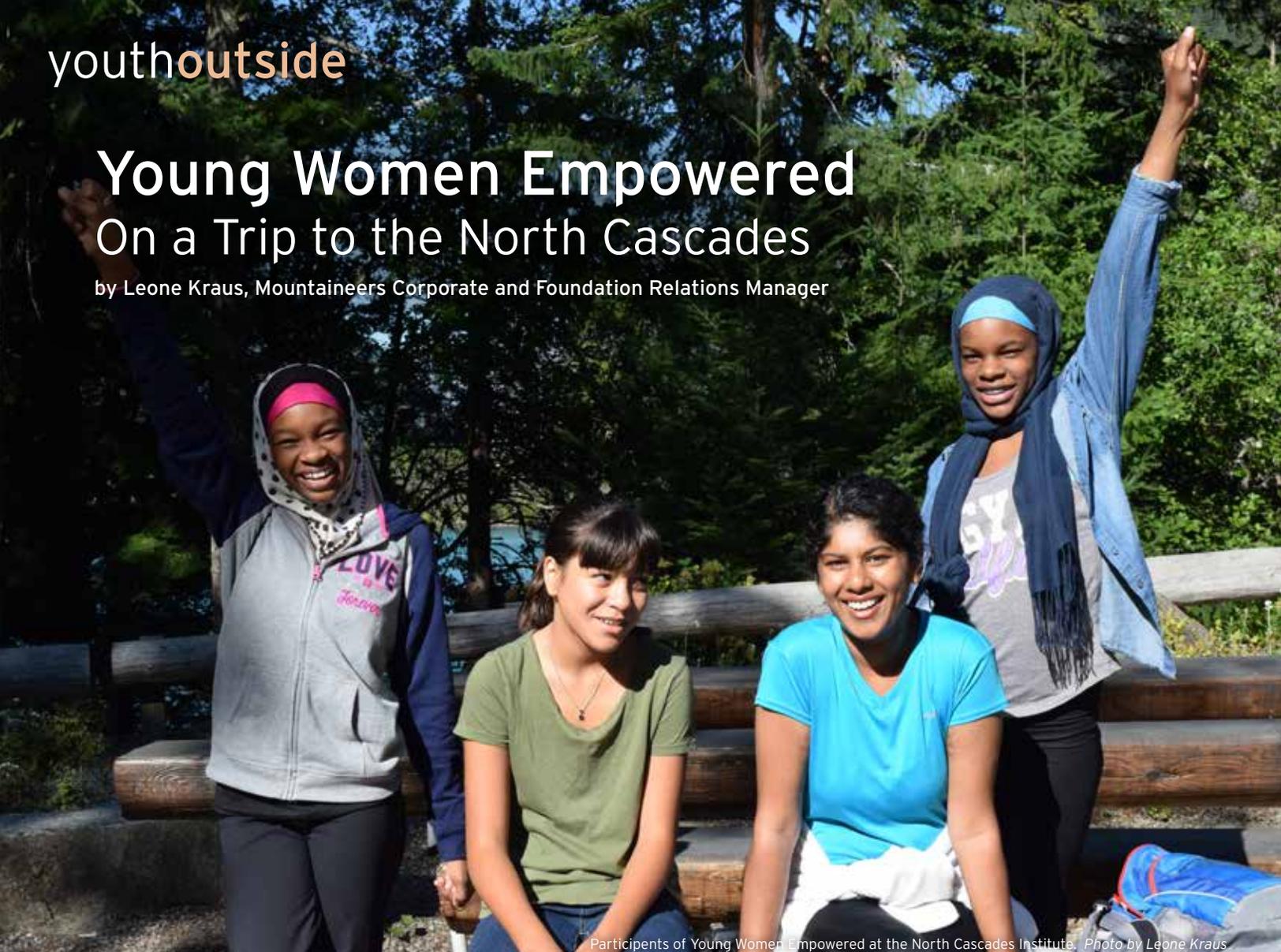
Change is coming to the National Park Service slowly – day by day, brick by brick, a hundred years late, maybe. But it’s coming because it must. ▲▲



Charles Beall (right) with Glenn Nelson at Washington Pass.
Photo courtesy of National Park Service

Young Women Empowered On a Trip to the North Cascades

by Leone Kraus, Mountaineers Corporate and Foundation Relations Manager



Participants of Young Women Empowered at the North Cascades Institute. Photo by Leone Kraus

It was around 9pm on a Wednesday night, June 8th when I received word that The Mountaineers was a recipient of an Explore Fund grant from The North Face. This grant provides us the financial support to take Mountain Workshop youth to North Cascades National Park as part of their 2016/2017 program. This grant was one of the first grants I applied for since joining The Mountaineers earlier in the year, making the win all the more special.

During the grant writing process, I learned the ins-and-outs of our Mountain Workshops youth program, including that this program is our largest youth program and was designed specifically to serve underserved and minority youth. The findings from The Nature Conservancy's 2011 study, "Connecting America's Youth to Nature" had been well-documented in previous grant applications. Eighty percent said it was uncomfortable to be outdoors due to things like bugs and heat, 62 percent said they didn't have transportation to natural areas, and 61 percent said there weren't natural areas near their homes. For our application to the Explore Fund, I wanted to dig a little deeper into research specific to minority and underserved youth to shape our story.

Environmental-Based Education and EIC Models

In 1995, as the achievement gap became more prominent, it became clear that little research existed to measure the effect

that environmental education had on a student's success. This resulted in sixteen State Departments of Education and the Pew Charitable Trust uniting to form the State Education Environmental Roundtable (SEER) to promote Environment-Based Education (EBE). EBE is the framework SEER developed to "focus on standards-based educational results by using the environment and related issues as a context for instruction."

EBE's three major goals (www.seer.org):

- Help students achieve success with academic content standards
- Develop a student's understanding of interactions between natural and human social systems
- Prepare students to be active members of a civil society with the skills they need to identify and resolve environmental issues.

In 1998, SEER published 'Closing the Achievement Gap: Using the Environment as an Integrating Context (EIC) for Learning' and now focuses its efforts on working with schools to implement the EIC model. The EIC model "uses a school's surroundings and community as a framework within which students can construct their own learning, guided by teachers and administrators using proven educational practices."

Since implementing the EIC model, SEER has found that overall:

- Students show an increase in knowledge and understanding of science concepts
- Demonstrate a better ability to apply science to real-world situations
- Show a greater enthusiasm and interest in learning science

Additional studies focused specifically on Black and Hispanic youth and found that those who participated in EIC performed better on standardized tests, were more engaged in school, had stronger critical thinking skills, increased volunteer participation, and increase in achievement motivation.

When I shared this research with our Education Director, Becca Polglase, she exclaimed, “this is Mountain Workshops!” While difficult to specifically measure our Mountain Workshops program, this research shows that this program is structured to transform the lives of underserved and minority youth.

My Experience with Y-WE

Over the summer, I had the opportunity to serve as a mentor on one of the trips to North Cascades Institute (NCI) with youth from Young Women Empowered (Y-WE), one of our newest Mountain Workshops partners and the group we are using to pilot taking youth to national parks. Y-WE provides mentorship and empowerment programs for teen women in the greater Seattle area. Over 70% of the youth are immigrants to the United States and 80% of the youth and 50% of the adults are women of color.

“I wanted to let you all know that I’ve already confirmed there are no Poke Stops at NCI,” I said while nine youth unloaded their

bags from vehicles in the parking lot at NCI.

“Huh?” one of them said while others looked at me with curious eyes. It was clear then that none of them were into Pokemon Go. I realized then, the weekend was going to be a success. (Side note: the prior weekend I had been at a Seattle park with my family and a majority of people in the park had their eyes glued to their cellphone in search of digital creatures.)

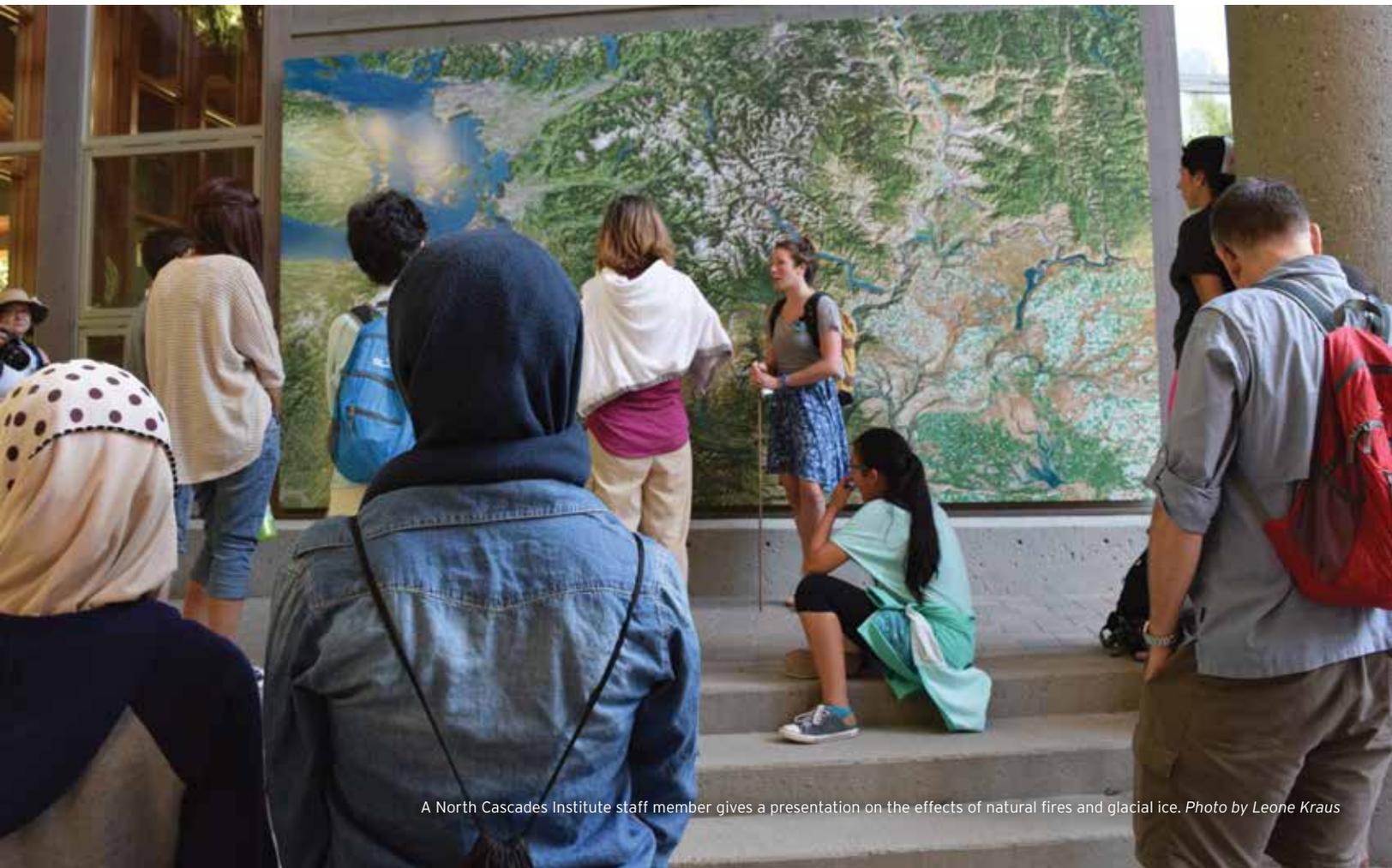
After helping to assist youth to their rooms, I connected with Margaux Gottlieb, our youth program coordinator and my staff support for the weekend, and Anna McCracken, Y-WE’s Nature Connections Program Coordinator. We discussed the weekend agenda loosely, which included a meet-and-greet with all youth, staff, and volunteers, trust building exercises, and an agenda of outdoor activities – including a hike up to Diablo Lake Overlook. NCI staff also gave a presentation of the effects of natural fires and glacial ice. I spent a majority of my weekend with Y-WE youth observing the program, getting to know the young women and helping Margaux and Anna when needed. My participation in the trip was to observe this pilot program and report back to The North Face about youth engagement.

On the second day, I was given the role of leading the fast-group up to the Diablo Lake Lookout. I, along with two Y-WE youth volunteers and four youth, set out together.

“Have we walked a mile yet?” one asked, while we made our way up the trail. I checked my watch – we had barely walked ten minutes, it was impossible to have walked a mile.

“No, not yet. We’re close though,” I said.

A few minutes later, “We must have walked over a mile by now.



A North Cascades Institute staff member gives a presentation on the effects of natural fires and glacial ice. Photo by Leone Kraus

I'm sweaty and there's all these bugs," the same youth said again, "Let's take a break for some water." One of the Y-WE youth volunteers, who knows how to encourage these youth, began the "you can do this!" speech.

I chimed in with, "For me, the best thing to do when hiking is not to worry about how far you get but rather how long you've hiked. Let's try hiking for 45 minutes and not worry about how far we get." After minimal resistance, the youth agreed we could hike for 45 minutes and not stop. We were back on track to get to Diablo Lake Lookout.

While walking, I thought about the research I had read about why urban youth don't get outside; bugs, not having proper clothing, not having access to natural areas to experience the outdoors in. I was humbled. I take my ability to get outside for granted. I have a car, proper gear, clothing and an interest in the outdoors because it has been such an inspiring and grounding part of my life. Being outdoors and being active makes me happy, keeps me calm when I'm stressed, and allows me to feel good about my overall health. But my experience with the Y-WE youth showed me that there are many who don't have access to these areas. And when you're living in Seattle and can see Mount Rainier, the Olympics, and the Cascades from your home or school, if you don't have the opportunity to visit these places, they become a backdrop rather than a destination to explore.

We didn't make it to the Diablo Lake Lookout but we did make it up about halfway to another lookout. "We made it to a lookout!" I exclaimed. "Isn't it awesome?!" We all stopped to take in the view.

"Can we keep going?" one youth asked, while others resisted the idea. One of the Y-WE volunteers stepped in, "If we all don't want to continue going, we have to turn back." We decided to head back down. But before we left, I was able to snap a picture of the group and asked if we could sit in silence for three minutes to listen to the sounds of nature. We did.

Inspiring Finishes

On our way back down, we ran into Margaux and Anna who were leading the second group. Cheers and high-fives were shared. I heard one of the youth in my group say to the other, "you should keep going, the view is awesome." A smile crept across my face. Although we didn't make it all the way to Diablo Lookout as I had hoped, I was still thrilled. This hike wasn't about how far we could get but rather the experience that could be shared.

After the hike, we all planned to meet on the beach to celebrate our hike that day. While we were sitting on the sand, one of the youth jumped up, "Ew, a bug!" she screamed.

"Calm down, it's okay. It's just an ant. That ant is probably meandering around with no interest in running into you. It's probably looking up at you like, 'Oh my gosh, what's that?!!!!'. You're like a million times bigger than that ant, remember that." Another youth who had overheard the exchange turned back toward me and said, "you're very motivating!" I smiled back as my heart filled with joy from a successful trip with Y-WE to the North Cascades Institute.

While in the short term, these youth may feel like this was just a trip to the outdoors, in the years to come, they'll reflect back at this time and be inspired to hit the trails again. Parents and guardians of these youth also notice the impact the weekend had on the girls. One guardian wrote to Y-WE; "The first thing I noticed about our granddaughter when she returned from Y-WE was how relaxed she looked; confident and happy. A 4-mile round trip hike was easily managed, she reported, and the food was great! She had not stayed overnight with anyone outside the family for at least two years, and we're glad this went so well."

Through our work at The Mountaineers, I hope this type of outreach can be continued into the future. These are the youth who will be the future leaders of our country, and hopefully also strong stewards of our environment. ▲▲



The entire Y-WE crew at the North Cascades Institute. Photo by Leone Kraus



Volunteers Meet their Match Workplace Giving for The Mountaineers

by Leone Kraus, Mountaineers Corporate and Foundation Relations Manager

John Wick, left, with fellow volunteer during the renovation of The Mountaineers Seattle Program Center in 2008. *Photo courtesy of The Mountaineers*

If you've spent any time at the Seattle Program Center, you've probably come across John Wick in the basement, building test friction slabs or adjusting plumbing to install a washing machine, or behind the climbing wall removing bee hives, or attending an event. A mechanical engineer by trade and long-time employee of Boeing, John has shared his professional skills along with his love of the outdoors with The Mountaineers and the greater outdoor community.

The outdoors was not foreign for John, who grew up in a family that fished and hunted, but he wanted to learn to climb. John took the Basic Climbing course in 1968, when he was 15 years old. After climbing with friends, he realized he wanted to learn more and signed-up for Basic and then Intermediate and began volunteering for The Mountaineers, which is a requirement for Intermediate graduation. This was in 1974. Since then, John has taught and led field trips for climbing and sea kayaking, and contributed in countless ways in support of The Mountaineers.

As an employee of Boeing, John is able to make a \$500 donation and submit a request for a dollar for dollar match by Boeing to qualify for Peak Society – a gift club for members who give \$1,000 in unrestricted funding every year. He also volunteers hours for corporate giving support from Boeing. Last year, Boeing donated \$35.9 million dollars through corporate giving, including matching donations, and foundation support to Washington State based non-profits. Boeing matches donations dollar-for-dollar and \$10 an hour for every 1-hour volunteered to The Mountaineers for active employees. For retired employees of Boeing, they offer half the amount, which is pretty incredible.

When asked why giving to The Mountaineers in dollars and volunteers hours is so important, he says: "I see time as an

investment. Just like dollars. I carefully choose how I can contribute in ways that will have value greater than the act." He adds, "It gives me personal satisfaction. And it's my way of keeping the Mountaineers going. I take pride in what we've created – physical and organizational – and leave people to take it forward as they will."

We're grateful for all the members and donors who submit their membership dues, financial contributions, and volunteer hours for matches to their eligible employers. The unrestricted support financial support we receive through corporate giving programs allows us to build capacity and to deliver on our mission. ▲

The opportunities to double your impact are tremendous.

Depending on your companies matching gift program, you may be eligible to submit your tax-deductible annual membership dues (sorry, course and activity fees and tickets are not eligible), individual donations, hours volunteered and automatic payroll deductions to your employer for a corporate match. We encourage you to ask your human resources department about your company's matching gift program.

Visit www.mountaineers.org/employer-giving for more info.

Thank you to the following companies: Aetna Foundation, Alaska Airlines, Apple, AT&T, Bank of America Charitable Gift Fund, Bill & Melinda Gates Foundation, The Boeing Company Gift Match Program, Carillon Point, CDK Global, Expedia Gives Matching Gift Program, Google, Microsoft, Oracle, Outerwall, Primus International, Russell Investments, Starbucks Coffee Company, Symetra, White Pages, Inc. Through donor and corporate matching, more than \$89,000 was raised to support getting people outside with us in 2015.



A Conversation Among Leaders

The Inaugural Northwest Youth Leadership Summit

by Andriana Fletcher and Josh Gannis

A NWYLS participant climbs the south wall at The Mountaineers Seattle Program Center. Photo by Michael Telstad

The Mountaineers partnered with North Cascades Institute, North Cascades National Park and Mount-Baker Snoqualmie National Forest to host the inaugural Northwest Youth Leadership Summit on October 22nd, 2016. More than 30 organizations were represented and nearly 120 students from around the Pacific Northwest attended. Plus there was a surprise visit from the Secretary of the Interior! In a conversation with two of its organizers, we learn more about this amazing event.

Andriana Fletcher: I worked for North Cascades Institute - NCI for short - and lived in North Cascades National Park for three years before I came to The Mountaineers. NCI has an amazing youth program so I always got roped into helping with the Youth Leadership Conference (aka the YLC), usually taking students out on big canoe that seats 18 people on Diablo Lake, located in North Cascades National Park. The YLC served 60-70 students, most of which participated in NCI's summer adventures programs. It was a three-day event and a great chance for the students to reunite with their friends. In 2015, I got the opportunity to represent The Mountaineers at the YLC, had a great time, and a couple weeks later, got a phone call.

NCI wanted to host the YLC "down valley." They were having challenges with securing attendance from students since most students lived in the Seattle area and didn't have a way to drive four hours to the North Cascades. They knew I managed events for The Mountaineers and wanted to create a new youth conference with us as their partner. I said "yes," and then immediately got our Youth Education Manager involved.

Josh Gannis: I was somewhat "voluntold" to help with the

summit, but happily took on the task. I previously worked at The Golden Gate National Parks Conservancy in San Francisco and partnered with the National Park Service, among others, to help plan and implement a similar youth conference for youth in the Bay Area. I immediately recognized the impact an event like this would have on PNW youth. It would help create a community of like-minded youth engaged in environmental and outdoor education programs. Not to mention the great opportunity it presented The Mountaineers in helping to establish our voice and place as a rising leader in youth focused outdoor education.

AF: So starting in January 2016, Josh and I formed a team with NCI, the North Cascades National Park Service, and Mount-Baker Snoqualmie National Forest. Between January and October, we would meet in person or over the phone. There was a lot to plan when you're starting from scratch. And we ate lots of delicious Chinese food while meeting.

JG: I did the food ordering for the meetings, for the record.

AF: We came up with the name "Northwest Youth Leadership Summit." A logo was created by The Mountaineers talented Development Associate, Ada Love - as well as t-shirts - to make it official. Our goal was to empower diverse young leaders of the Pacific Northwest.

JG: Our goal was to have 150 students, and 18 breakout sessions with two being led by our Mountaineers Adventure Club students. There would be a Student Success Panel, Opportunity Fair, and an amazing burrito bar and ice cream social. And also for the record, I pushed hard for the burrito bar and it was well worth it.

AF: It was.

JG: We found so much value in the partnership with NCI, the National Forest Service and, the National Park Service. I really feel it helped our organization, especially the youth programs department, to be part of something bigger. At times, it's hard for organizations to see past their own mission and impact on the work they're engaging in. When we pause and actually begin to see the forest through the trees, we realize there are many amazing organizations doing similar work or better yet, work that serves to act as a means to multiply your own organizations impact. You start to notice that you're part of a greater effort and that you aren't working alone. It's a beautiful example of collective impact and how we can do so much more together than as individuals, especially when it comes to serving our youth.

AF: For me, the partnership was bringing everyone I adored working with together to create something phenomenal. We brought all of our specialties to the table and worked as a team. It was great to see former and current co-workers come together to share tips or experiences. I think we learned so much and will continue learning as we co-host this event.

JG: We should mention we had 120 youth attend the Summit. Ages 14-22. We even camped the night before in Goodman Auditorium because we hosted students who came from Astoria, Oregon. It was a long 48 hours, but well worth it.

AF: The event was free and turnout was great. Some students couldn't attend because of local school events. Even Chip Jenkins, the deputy regional director for NPS's Pacific Region, had to apologize for his kids' Homecoming engagements.

JG: One of the coolest parts of the event was when the Secretary of the Interior, Sally Jewell, stopped by to give an impromptu keynote during lunch.



NWYLS team building activity. Photo by Michael Telstad

AF: Yeah, that was stressful to rearrange the rest of the day, but we did it. Tell them about the student emcees!

JG: Oh yeah, the emcee's were nervous for sure. One of the emcees was a high school senior and the other a freshman at UW. We spent a ton of time working with them to prep for the event but not for a surprise visit. The Secretary's visit was a curveball. We had to quickly write them an introduction blurb and run them through it in under five minutes. They still goofed on pronouncing her name, but the Secretary took it in stride and



Secretary of the Interior, Sally Jewell, poses with a NWYLS participant for a selfie. Photo by Michael Telstad



NWYLS woodsy the Owl selfie. Photo by Michael Telstad

had fun with it. She gave a pretty inspirational talk about the importance of youth and the future of our public lands and led an amazing Q&A with the students that brought her and many present to tears, in a good way. To say it was impactful would be a gross understatement.

AF: That was the best part of the entire day. What was also really impactful was the Student Panel. There were five students who were involved with the Forest Service, Washington Trails Association, NCI, Student Conservation Association, and NOLS. Listening to them talk about their experiences as young leaders and how these programs helped them shape their life goals made me feel like I wanted to be just like them when I grow up. They were great!

JG: The Opportunity Fair was also great. We had 34 booths for the students to visit. They learned about jobs or internships, volunteer/stewardship opportunities and educational programs.

AF: They also took selfies with Woodsy the Owl from the Forest Service. He was a hoot!

JG: Ouch. No time for puns, Fletcher!

AF: Sorry. It was low hanging fruit. Overall, the Summit was one of my proudest accomplishments to host at The Mountaineers. I'm constantly amazed at how our program and other programs impact our youth. It was truly impactful to see all these young leaders in one room wanting to learn and make a difference in their communities.

JG: Definitely! It really was inspiring... It's hard not to use that word when dealing with what we witnessed at the Summit. It was one of the coolest things that I've been involved with during my time with The Mountaineers. It really spoke to our mission to "enrich the community by helping people (in this case youth) explore, conserve, learn about and enjoy the lands and waters of the Pacific Northwest and beyond." This was the inaugural Summit, I can't wait to see what happens next year. I just hope we get a little vacation first.

AF: We've already started planning parts of the Summit when we tried to do a debrief. That's how excited our team is about 2017! We'll keep you posted on what's in store for the Northwest Youth Leadership Summit. ▲▲

Andriana Fletcher is the Facilities Rental and Events Manger and Josh Gannis is the Youth Education Manager for The Mountaineers.



NWYLS crew. Photo by Michael Telstad



A Mountaineers snowshoe group in front to the Hough Homestead cabin, Winter Trails Day, 2015. Photo by Susan Myers

Snowshoeing in the Methow

by Tom Cushing, Mountaineers snowshoe leader

I became a big-M Mountaineer somewhat late in life.

My daughter Fiona and I joined the club when she was only fifteen and I was fifty-seven. We took the Alpine Scrambling Course with the Seattle Branch in 2003 and bracketed the class – she was the youngest and I was the oldest. It came easily to us. I had been doing self-taught solo trips in the mountains for nearly thirty years and involved her from infancy.

We returned the following year as instructors for both Scrambling and Navigation and participated in numerous scrambling trips together before she went off to college.

My first exposure to snowshoes was on winter scrambles. I was a long-time Alpine and more recent Nordic skier so the transition to another set of strange things on my oversized feet came easily to me. My mentor Johnny Jeans, who was Chair of the Seattle Scramble Committee when Fiona and I joined, pulled me into the Snowshoe Committee. Already a Scramble Leader by then, I began instructing and leading snowshoe trips as well.

In the fall of 2014, Chris Ensor sent out a call that he was looking for volunteers to lead snowshoe trips for something called “Winter Trails Day.” I discovered Winter Trails is a national program that offers children and adults new to snow sports the chance to try snowshoeing and cross country skiing. Chris was the lead person in the Seattle Mountaineers to sponsor a weekend-long event. It would include cross-country skiing and snowshoeing, but Chris was organizing complementary

activities as well. And it was to be held in one of my favorite towns: Winthrop, Washington.

Charming Winthrop

Winthrop has a special charm that I’ve never found anywhere else. Picture a town in the Old West, complete with covered, boarded sidewalks, and false storefronts on places named Partners Market, Duck Brand Hotel & Cantina, and Three Fingered Jack’s Saloon. You might even see Kit McLean Cramer, a local wrangler, driving her horse team through town.

Someone told me recently that, while passing through Winthrop, she was surprised to discover there were TWO “fake” towns in Washington. While that may apply to Leavenworth, which was the solution contrived by local merchants beset by economic hardship, Winthrop is legitimate. Originally settled by farmers, ranchers, miners and loggers, Winthrop evolved naturally into the town you see today. The mines and logging have faded, with recreation and tourism taking their place, but there are still plenty of farmers and ranchers, with horses a-plenty.

Kit McLean Cramer is a fourth-generation local, and has been a wrangler since her teens when she led pack trips into the mountains. She also managed the trail ride concession at Sun Mountain Lodge until recently and is still active in the horse business. Winter Trails Day would provide a good excuse to visit her and her husband Hank, a folksinger friend of mine.



Pastured horses in Winthrop. Photo by Tom Cushing

Winthrop sits in the middle of the Methow (MET-how) Valley between Mazama and Twisp, and is the primary eastern destination on the scenic North Cascades Highway/US-20. As a result, there's a lot of through-traffic during the summer. However, the road closes in the winter due to snow avalanches thundering down onto the roadway. This made for bleak times for area merchants who had to make the majority of their profit during the summer, or else.

The History of Methow Valley Trails

In 1977, a handful of valley residents envisioned and inspired cooperation among private landowners and various agencies to form the Methow Valley Family Sports Club. This grew to become the Methow Valley Trails (MVT) of today. The 501(c)(3) nonprofit MVT is now the nation's largest cross-country ski area, maintaining and grooming more than one hundred-twenty miles of cross-country ski trails in the winter months. The trails have become a central attraction and contributed to both the near-term and long-run economic stability of the valley.

Few of the MVT trails in the valley are open to snowshoes though, so when I decided to lead a snowshoe trip for Winter Trails Day, I had to find locations that were (1) available, and (2) easy enough for beginners to manage with some coaching. US-20 closes in the winter about 14 miles west of Mazama, leaving many miles of avalanche-free roadway available for recreation. A check with my mapping program revealed two potential destinations westward of the closure. Cedar Falls was too distant and steep for beginners, but the closed USFS Klipchuck Campground would be perfect.

First Year Snowshoeing Winter Trails

It's a four-and-a-half hour journey from Puget Sound to Winthrop, half of it on snow-covered roads, so we were uncertain what the 2015 Winter Trails turnout would be. As it turned out, we didn't need to worry. Both my snowshoe trips filled up, as did Chris' cross-country listings.

It was the first Mountaineers trip for five of my snowshoers. For two, it was the first time they'd put on snowshoes. We did introductions and a gear check to make sure everyone was dressed properly and carried extra clothing. Next was fitting those with new or rented snowshoes.

Initially getting into snowshoes can be one of the most frustrating aspects of the sport. Some models display an octopus-like tangle of binding straps that can confuse engineers. More modern versions resemble downhill ski bindings and are easier to use. Once the snowshoes were securely on everyone's feet, and after a little instruction on how to walk in them, we were ready to explore the trails.



A Winter Trails Day group snowshoes along FS-300 between US-20 and the Klipchuck campground, Jan 10, 2015. Photo by Susan Myers



Looking north across the Methow Valley from the Kraule Trail at Sun Mountain Resort. Photo by Tom Cushing

We started out slowly to allow the newbies to adjust and fine-tune fitting their bindings. We also adjusted our pace to make sure everyone was comfortable and no one was overexerting themselves. With people new to snowshoeing, it is especially important to take a break and remind them why they're there – to look around and enjoy their environment.

A Weekend Adventure

The Forest Service road we took was mostly untracked, so on Saturday, we practiced some cross-country snowshoe travel. We learned to “build a road” by traveling single file, with the lead person breaking trail, the next stepping where the first didn't, the next smoothing it out, and so on. Those in the back have it made. Before the lead person tires, she rotates to the back, and the former number two takes over the lead. And so it goes.

Along the way, I demonstrated the basics of map and compass navigation. I wanted to show the group it's not magic and to point out that, with study and practice, you gain the capability go anywhere that your technical capability allows – a true freedom of the hills.

We stopped for lunch at the campground, then turned around for the three-plus-mile trip back to the cars. Along the way, we made plans for the evening. Since the Seahawks had a playoff game that night, I suggested dinner at Three Fingers Jack's with its multiple big screens. Nine of us gathered there to enjoy camaraderie and to cheer the Hawks on to victory.

Sunday, we drove up to Sun Mountain Lodge to start the next day's adventure. Sun Mountain is a resort on a hill, with cross-country ski and snowshoeing trails that are also maintained by MVT. After parking, we filed into the activities shop to buy our Methow Trails day passes (\$5), then headed westward to find Horse Trail.

Horse Trail becomes the View Ridge Trail after about 0.6 miles, and it lives up to its name. To the south lies Patterson Lake snuggled between hills, to the west rise craggy peaks of the North Cascades. View Ridge descends to the pioneer Hough Homestead, where one gains an appreciation of what life was like in that place more than a hundred years ago.

The return section of the loop ascends the north side of the ridge with sweeping views of the upper Methow Valley from the Kraule Trail. The total loop is only 2.5 miles around, so we were back in time for lunch in the Wolf Creek Bar & Grill and still allowed plenty of time for the 4.5-hour return to Pugetopolis.

In 2016, I repeated the same two trips for Winter Trails Weekend, and another leader provided a third snowshoe trip. Each year gets a little better as I listen to the advice of my snowshoe groups and make adjustments for the following year. I'm looking forward to the 2017 edition and I hope to see you there! ▲▲



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A Year in the Lives of North American Owls

Excerpt and photograph by Paul Bannick



In Owl: A Year in the Lives of North American Owls (Braided River 2016), award-winning photographer Paul Bannick uses his intimate, yet dramatic, images to track owls throughout the course of one year and in four distinct habitats. The following piece is excerpted from the section, "Surviving the Winter."

Northern Pygmy-Owls must enlarge their territories in the winter when prey becomes less abundant. Small mammals are harder to find, reptiles and amphibians are in hibernation, and many small birds have migrated. And so these owls often move downslope to places along waterways or near bird feeders, where there is a greater concentration of passerines and rodents.

One December, a friend living in the eastern foothills of the Washington Cascades told me of a Northern Pygmy-Owl that periodically visited his backyard feeder to take California Quail attracted by the seed. A few weeks later my friend called to tell me, "The owl is back and it's got another quail!"

When I arrived, the Pygmy-Owl was not there, but my friend showed me where it had cached what was left of the two quail. On a follow-up trip, I set up my camera and waited for a couple of hours in the snow, focusing on the most recent kill. Finally, the owl returned and began eating.

That evening brought a couple of additional feet of powder snow, which covered the remains of both quail. The next day, I watched in the blowing snow and freezing temperatures, but saw no sign of the owl – or any other birds, for that matter. I began to worry about the owl and its ability to survive the unusually harsh storm.

Usually I am opposed to interfering with nature, but worrying



about the owl's ability to survive, I uncovered the most recently cached quail and placed it on top of the snow. Without warning, the owl dropped from a tree and into the now partially filled depression. After looking around, it began digging with its face and feet, the front of its head covered with a mask of white. When it had dug to the depth where the prey had been, it spread its search a little bit wider before jumping to the edge of its excavation. It then shook off the snow vigorously, completely ignoring the partially submerged quail carcass in front of it, and flew off. So much for doubting the owl's ability to survive the snow. After a few minutes, the owl flew to the site of the older quail, dug in exactly the right spot and to the proper depth, and began eating. I sneaked over to the fresher quail and nudged it

back into the hole, covering it with snow. To my surprise, after struggling to get meat off the older quail, the owl flew back to the fresher site, dug into the snow, found its original target where it belonged, and began eating.

That encounter reinforced two ideas about Northern Pygmy-Owls: that they move downslope during winter snow and find areas with unusual prey abundance, and that owls have exceptional spatial memories. I had seen Northern Pygmy-Owls and Northern Hawk Owls cache food on many occasions, but I had not imagined the degree to which they memorize the exact locations, even when visual cues are hidden—a life-saving skill for birds that depend on fluctuating food supplies.



Two Girls in the Mountains

by Suzanne Gerber, Mountaineers Publications Manager

Anisah (left) and Aisha (right) on their way up to Camp Muir with their father, Hakim Ali. Photo courtesy of Gavin Woody

With a whirlwind of energy, Aisha and Anisah enter The Mountaineers Seattle Program Center, along with their father, Hakim Ali. The program center is a giant playground for them, starting with the basalt columns outside. I'm always proud to share with guests that people actually climb them - but the little Mountaineers, Aisha and Anisah weren't surprised.

I tried to get them to burn off some energy before the interview by giving them a tour of the program center. First, I showed them the indoor climbing wall, then the friction slabs we're building, then the office itself and introduced them around. It wasn't working - they seemed to have a limitless pool of energy. What more could you expect from two who can climb to 10,000 feet and regularly hike 4,000-foot peaks? So I took them upstairs for the interview.

The first question I asked was an easy one, to which they gave a not-so-easy or rather, impressive, answer. I asked what their favorite hike was. In unison, "Mailbox peak!" The old (steep) trail.

Aisha, age 8 has been up Mailbox 16 times and Anisah, age 6 has been up seven times. They hike with their father, Hakim, every weekend. It's become a weekly tradition. Their mom, Donna Chen, hikes too, but doesn't climb. She's terrified of heights. Though you could say that Donna's the one who started all this. She's the one who introduced Hakim to hiking in the Pacific Northwest. Two and a half months into dating, she took him to hike Mailbox peak, with a 4,000-foot gain in just over 2.5 miles.

That was nearly ten years ago. At the time, Hakim explained, "I was 75lbs heavier and had to turn around halfway." He waited

for Donna, at the car while she went to the top and came back down. His knees were killing him.

"It was a turning point," he said. "I wasn't going to get embarrassed like that again."

Hakim grew up in Tanzania, at the base of Mount Kilimanjaro. He moved to Kenya at the age of 15 and to the United States in 2001. Most of his family have moved away from Kenya and Tanzania. "The middle class is shrinking," he explained to me. "Small businesses are bought out by large ones and the lack of opportunities locally send people abroad." Hakim first moved to San Francisco and now works for Terex, in Redmond. Donna, his wife, is from Nanning in Southern China.

Donna may have introduced Hakim to hiking, but he quickly took up the passion - which they've passed along to their two kids, Anisah and Aisha. He goes on a hike three or four times before he brings the girls along, so that he knows what the terrain and timing will be like. They bring along sandwiches, trail mix, fruit, and plenty of water. Turkey wraps are a favorite.

The girls each carry their own backpack - though I know from hiking along with them to Poo Poo point that their bags are often handed off to Hakim, as the girls run ahead. "Walk, don't run!" Hakim will shout from behind. Anisah, the 6-year-old yells back, mid-jog, "I am walking!"

It's more than just the physical challenges that push this family. They love to explore and all vacations are road trips - along Highway 101 or to National Parks - with local Mount Rainier and the Wonderland Trail being a favorite.

A trip to Camp Muir

This past summer, on a hike to Camp Muir in Mount Rainier National Park, Hakim and the girls ran into Mountaineers member, Gavin Woody, and his buddy Ras Vaughan, who were completing the Infinity Loop. This 120-mile run encircles Mt. Rainier and summits it twice. Their completion of it was an historical accomplishment, featured in the Fall issue of *Mountaineer* magazine. The most inspiring part of their journey? Meeting Hakim and his two young girls, Aisha and Anisah, around 8,700 feet. It's not every day you see a 6 and 8-year old so joyfully trudging up this mountain.

The hike to Camp Muir was the girls' first hike up the Muir snowfield. Hakim had been taking them on hikes on lower trails of Rainier for five years before venturing past Pebble Creek and up the snowfield. The girls didn't quite understand the scope of Ras and Gavin's quest until they got home and Hakim pulled out a map to show them complete route. They were excited and impressed. Aisha said, "Can I go with them next time?"

Aisha is hoping to summit Rainier in 2018. She will be 10. She'll go with her father, of course, and if successful, they will use it as inspiration for an international trip to one of the Seven Summits.

Their big goal takes them back to Hakim's roots in Tanzania. Yes, you guessed it: Kilimanjaro. Despite having grown up there, Hakim never summited it. Getting to the top with his daughter will be the perfect way to bring together his and family and passion. But this all depends on training. Hakim is planning to summit Rainier twice next season before he takes his daughter up there the following.



Anisah and Aisha at Camp Muir. Photo by Hakim Ali

Anisah will still be a little young to join in on these larger Mountaineering adventures. They're careful not to push her too hard, as she was born with a pulmonary heart defect. She had four surgeries as a young child and has never let that stop her. Hakim got the go-ahead from her doctor before their recent summer trip up to Camp Muir. They didn't need to worry: Anisah did great. Both girls did. When your favorite hike is Mailbox, Camp Muir is just another 700 snowy feet up. ▲▲



Anisah (left) and Aisha (right) at Chirico trail head on a weekend hike. Photo by Suzanne Gerber

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A Climbing Proposal

On the Summit of Denali

by Suzanne Gerber, Mountaineers Publications Manager



Evan on the summit of Denali, June 2, 2016 with a note that reads, "Will you marry me Tara?" Photo courtesy of Evan Moses

2017 marks the 100th anniversary of Denali National Park. The park is named after its 20,310-foot mountain standing as its centerpiece as the tallest peak in North America. The park itself was established on February 26, 1917, and, for political reasons, named after the country's 25th president, William McKinley. However, climbers and locals continued calling the mountain by its original name, Denali (meaning 'the high one'). After nearly 100 years of controversy, the park and peak were renamed in 2015 by a Secretarial Order, issued by Secretary of the Interior Sally Jewel and endorsed by President Obama, to its rightful name of Denali.

Around 1,000 climbers attempt to summit Denali each year, with a success rate averaging 50%. Many Mountaineers members have been to the summit, including Charles Crenshaw in 1964, the first African-American to climb Denali. We offer a Denali Expedition Planning Seminar course and most recently, in June of 2016, Evan Moses of the Everett branch summited the peak with a private party of four.

Some journeys begin with a single step – and some with years of planning and research, months of training, and weeks of food and logistics preparation. Evan's 2016 summit of Denali falls in the latter category, but then so do most successful expeditions.

For Evan, this journey was sparked by another expedition six years earlier. In 2010, Evan joined a Mountaineers Global Adventure to trek the Dhaulagiri circuit in Nepal, led by Craig Miller. This 21-day trek encircled Dhaulagiri, the seventh highest

summit in the world at 26,795 feet. It included the French Col, a 17,700-foot (5,400m) pass and overnights at several base camps. While sitting at the Dhaulagiri base camp and looking up at the snow-covered peak towering overhead, Evan pondered other expeditions he might go on in the future. He was considering one of the many peaks in the Himalayas when Craig recommended Denali.

Planning

In 2011, Evan took the Denali Expedition Planning Seminar, led by Jeff Bowman (who summited Denali in 2003) at The Mountaineers Seattle Program Center. It's a course that goes over all the logistics for tackling this peak. Denali is the third tallest of the famous "Seven Summits" – an ambitious list for seasoned and professional climbers that is made up of the tallest peak on every continent from Mount Everest for Asia to Mount Kilimanjaro for Africa.

The Denali Expedition Planning Seminar included three evening lectures and one full-day clinic. It went over equipment, planning and logistics, preventing and dealing with altitude sickness, effective team dynamics, route planning, and crevasse rescue with a sled - which was practiced over the north wall of The Mountaineers Seattle Program Center. The mountaineering sled (also called a pulk) was packed with sleeping bags and coats to simulate bulk, but not heavily weighted. The point was to experience rope handling over a simulated crevasse.

This wasn't Evan's first exposure to technical gear and training. [story continues >>](#)





"He who would learn to fly one day must first learn to walk and run and climb and dance; one cannot fly into flying."

Friedrich Nietzsche
Philosopher, poet, and scholar, 1844-1900



Evan stands in front of a sea of wands, marking the caches of climbers at 14,000'. Photo courtesy of Evan Moses

A long-time Mountaineers member, Evan graduated the Basic Climbing Course in 2006 (Everett branch) and enrolled in the Intermediate Climbing Course a few years later. He's also taken navigation, first aid, avalanche, ski, scrambling, snow camping, sport climbing, ice climbing, self rescue courses – and even a yoga for climbers course. He volunteers as a Mountaineers ski, scramble, snowshoe and hike leader.

Rent or Buy

One of the first questions an expedition climber asks themselves is whether to rent or buy gear - or just rent some and buy the rest? The gear can be the most expensive part of the expedition – and some of it is needed very little, depending on one's goals. Evan decided to buy all his gear, including the pulk (a mountaineering sled), so that he was able to train with it in advance. This decision also increases the cost of checked bags. Reaching the 50lb maximum per bag limit is easy to do when your luggage includes ice axes, tents, snowshoes, stoves and pounds of food.

As an avid backcountry skier, Evan was considering skiing down Denali, which would have added a few more pieces of gear to the mix. But that would mean putting together a team of fellow skiers and the group that came together opted to snowshoe. They ended up with about 550bs of luggage – divided into four bags. And not all of it was waiting for them when they arrived in Anchorage. The delayed luggage made it on the next flight, but with the anticipation of their expedition and a pre-scheduled ground taxi waiting, the trip started off with some stress.

Team Salish

Evan was originally hoping to climb Denali in 2013, but due to life circumstances and expenses, the trip was put on hold. An official climbing team finally came together in early March of 2016. It consisted of Anthony White, the youngest, a 21-year old student at Washington State University; Endo The Timber, a Chinese-born Canadian police officer; Jim Freeburg, a government insurance advisor; and Evan, who works as an IT analyst. They named themselves Team Salish.

A fifth team member, Louis Coglas, was also planning to join, but had to pull out just three days prior to the trip. This could have caused a major setback because Louis was providing important shared gear, including a two-person North Face tent – but he



Jim, Anthony and Evan pose at 14,000-feet. Photo by Evan Moses

generously let the team pick up the gear and use it without him to avoid a last-minute scramble.

Training

The physical training for Evan involved weekend climbs, backpacks and weighted hikes. He wasn't able to take off work because he had to save vacation time for the expedition itself. He pushed himself hard, and ended up pulling a muscle in his back, so physical therapy two times a week became part of the training as well.

Jim and Evan also spent several weekends hiking with each other – and Endo, Anthony and Jim had all climbed together previously. But as a team, the first time all four of them climbed together was Denali. They didn't have a chance to do a dry-run on Baker or Rainier. This meant that they had limited experience bonding as a group to work out dynamics and roles.

The Climb

The team flew to Anchorage, Alaska where they waited for a smaller plane along with other climbing groups through Talkeetna Air Taxi. They had the choice of staying in a bunkhouse, a Mongolian-style yurt, or informal carport sheds while sorting gear and getting ready. Every team got flags and wands that they used to identify their gear and mark where they buried their caches. This was where Evan's team members rented their sleds.

It was a hurry-up-and-wait kind of environment as the smaller planes flew on the whim of good weather windows and could start as early as 6am. Evan and the rest of Team Salish chose to stay in a Mongolian-style yurt while they waited. They caught a

flight at 2pm on the third day. This also gave them time to wait things out in the wet Alaskan weather and go to house parties with the local aircrew who play beach volleyball in 50-degree rainy weather. The air taxi took them over to the Kahiltna Glacier Airport - a makeshift landing area on solid ice/snow. This is also the first base camp for Denali, at 7,200 feet.

Team Salish camped at four more base camps –7,800, 11,000, 14,000 and 17,000 feet. Traveling expedition-style, they also left caches at 9,000, 13,000 and 16,000 feet. They climbed ahead and buried caches in the snow, marked with "Team Salish" wands, and acclimatized by spending nights at the base camps just below each cache.

A surprising amount needs to be done at each camp – from boiling water, cleaning, and cooking, to organizing supplies/ making sure nothing is left behind or gets lost in the snow. This is the place where the limited time for team building became noticeable. Styles of camping and roles were not established and didn't always mesh well – but aside from a lost carabineer and a stove catching fire, Team Salish was a well-organized group. Witnessing a Japanese team of two lose their tent to the wind put things in perspective as to what a bad day could look like.

On the other side of the scale was a professionally organized Korean climbing team of nine who had their own base camp manager who stayed at the 14,000-foot base camp with a radio and extra gear. Meeting them was one of the highlights of the trip for Evan. They were helpful and generous – fully embracing the spirit of mountaineering. They shared food, kimchi, tea, and hot coconut milk with Evan's team.

[story continues >>](#)



From left to right: Jim, Endo and Anthony play cards in the Mongolian-style yurt as Team Salish waits for their air taxi to base camp. Photo by Evan Moses

The Summit Proposal

The true highlight of the trip was summiting. Evan reached the top on June 2. He was there just long enough to get a quick snapshot holding up a sign with a marriage proposal written on it for his then girlfriend, Tara Boucher (now fiancée). He and his team didn't make it up as one - there were complications involving taking care of Anthony, who at about 18,000 feet came down quickly with moderate altitude mountain sickness. Jim, the team's leader, decided to descend with him back to advance base camp at 17,000-feet, while Endo and Evan continued to the summit. Jim later summited with the Korean team.

Afterwards, Team Salish descended back to the 14,000-foot base camp. They truly lucked out with weather. Some teams have to wait days or even weeks at high base camp for a chance to summit, and weather can change drastically and unexpectedly at that altitude. Many climbers were unsuccessful during the time period of Evan's expedition due to weather at 17,000 feet and above. Other parties experienced severe setbacks including snow-blindness cases, altitude sickness, and even a fatal accident that required helicopter support.

When everyone got back to the 14,000-foot base camp, they were invited over to the tent of the Korean team for a barbecue. The two teams had been silently cheering one another on as they tackled the same mountain and it was a joy to celebrate together over cans of beer, kimchi, delicious steaks, and hot hand warmers.

From start to finish, Team Salish's expedition lasted 16 days (Evan and Endo summited on the 11th day). They had prepared to spend up to three and half weeks on the mountain and so they had plenty of food to spare - which they left with other teams who were on their way up.

The team returned to civilization, and Jim and Evan stayed in Alaska for a bonus week, while Endo and Anthony flew back to



Tara and Evan exploring Alaska post-climb. Photo courtesy of Evan Moses

Seattle. Endo traveled to Pakistan just a week and half later to climb another 8,000 meter peak on his own after the Denali warm-up.

Jim and Evan acted as Alaskan tourists and ate large pancake breakfasts while they waited for their girlfriends to fly up to join them. From there, each couple went on their own adventures of icebergs, glaciers, flight tours, and seaside villages.

As they visited the touristy-side of Anchorage and the Denali National Park, Tara proudly shared with fellow tourists that her boyfriend had just come down from the peak of that mountain they were all admiring.

Evan waited three months to present the photo of his note at the summit to Tara. He wanted the proposal to be perfect. He surprised her with a three-day weekend cruise around the San Juan Islands, and they made the engagement official on September 4 2016. ▲▲



Team Salish pose with the Korean climbing team at 14,000 feet. Photo courtesy of Evan Moses



Books Stand the Test of Time In the Age of Smartphones

by Leone Kraus, Mountaineers Corporate and Foundation Relations Manager

Mountaineers employees enjoy reading by the south climbing wall at the Seattle Program Center. Photo by Ada Love

In 2007, I was working for The Washington Post and Slate magazine in New York City. My role was to support the sales team in developing media plans and executing digital media campaigns across our publishing platforms: The Washington Post, Slate, Newsweek and Budget Travel. I worked for The Washington Post for about six years, during which time I watched the decline of print newspaper subscriptions as the ascendancy of online media, tablets and smartphones took hold. I experienced first-hand how digital devices altered the world of print publishing.

Nearly a decade later, I now live in Seattle and work for The Mountaineers. When I first applied for my role at The Mountaineers, it wasn't entirely clear from the job description that I'd be back in publishing. It wasn't until my second interview, which included Helen Cherullo, publisher of Mountaineers Books, that I understood the breadth of the role I was taking on. Not only was I going to be working for a nonprofit, but I was going to be working for a nonprofit publisher. I was excited for the challenge of communicating to our readers and members why philanthropic support is critical to Mountaineers Books' mission – which is to publish books that prioritize meaningful, quality content, while educating about mountaineering history, human-powered recreation, conservation and sustainable practice.

History and Mission Make for a Distinct Publisher

Mountaineers Books sprang to life in 1960 with the initial publication of *Mountaineering: The Freedom of the Hills*, which was written entirely by Mountaineers volunteers. Similar to the volunteer-led programs and courses offered under our programs

division, for its first 18 years of existence, the publishing division was also volunteer-led. The Mountaineers Books catalog from this time had nearly 60 books listed and sold nationally, with authors and photographers paid royalties for their efforts.

By 1978, the success from *Freedom* and other titles, including the *100 Hikes* series which launched in 1966 and the first *Cascade Alpine Guide* in 1973, allowed the organization to bring on professional paid publishing staff to lead the division. For nearly 30 years, then, Mountaineers Books thrived, publishing hundreds of books to inspire people to explore, recreate and conserve the great outdoors.

Today, the eighth edition of *Freedom of the Hills* is available in various languages in 15 countries, with a forthcoming new ninth edition in the final stages of editing. Mountaineers Books publishes roughly 35 new titles each year and has launched two imprints; Skipstone and Braided River allow us to focus in on sustainable living and conservation, respectively. A full-time staff of 20 publishing professionals spans across acquisitions, editorial, design, production, sales, marketing, publicity, and distribution – something that may have felt unimaginable back in 1960.

Mountaineers Books stands out from other outdoor publishers because of our ability to publish titles that support our organization's mission of enriching lives by inspiring people to get outdoors. While other outdoor publishers make decisions based solely on economics – “will this book make money?” – we ask questions like, “Will this book be a catalyst and provide a

strong lifelong bond to nature? With this book, will our readers learn skills and go places that leave them challenged and more rooted to our community?"

Are Print Books Still Relevant?

While at The Washington Post and Slate, I worked on the digital team, requiring me to be aware of trends in online journalism, including video, podcasts, click-rates of various advertisements to determine effectiveness and how much time a user spent on a screen. (Yes, you can measure this.) Working in print publishing is new to me but the role of working with editorial, production, and sales is not, so I had a good leg up in this new role.

As a leading independent publisher of outdoor content, we closely follow trends in how people consume content and how stories can move people to take action. In the past decade, digital devices have significantly altered the publishing space. In fact, I remember vividly the first time I held a first-gen iPhone, which was in the back of a taxi in New York City. At the time, I had no idea how quickly these innovations would alter the publishing world.

The end of the book had arrived – or so it seemed when reading online media outlets over the last ten years. And yet, a 2016 Pew Research study found that 73% of Americans have read a book in the past year and 65% of them chose to read a print book over a digital one. Related studies found that when people read printed materials, they are more likely to grasp and retain the information better than those who read the same content on digital devices.

Ann Mangen, a professional researcher who specializes in looking at how various technological devices affect one's ability to comprehend what he or she is reading, found in a 2013 study that comprehension of reading differed from those who read online and those who read in print. An article published by the International Journal of Educational Research, titled "Reading Linear Texts on Paper Versus Computer Screen: Effects on Reading Comprehension," lays out the detail of this study. In short, Mangen took a group of 72 10th graders who were given a 1,500 word narrative – about three pages. Youth were split into two groups; one group read the text in print and the other group read the same text in an online PDF. When done, students took a test consisting of multiple choice and short answer questions. The study found that those who read the text in print performed better than those who read the same text online.

Several factors affect the difference in performance; when people read print books their minds are able to create mental maps of where they are in the text through spatial reasoning, where as those who read online simply scroll and aren't able to easily generate a frame of reference for where they are in the text. Other studies have found that when people read text online, they are distracted by the scroll or often click away from the content to look up something else, diverting them from the piece that they were previously reading. (Have you looked at your phone yet while reading this print edition of Mountaineer?)

Learning Proves to Be Fun (and Fuels our Economy)

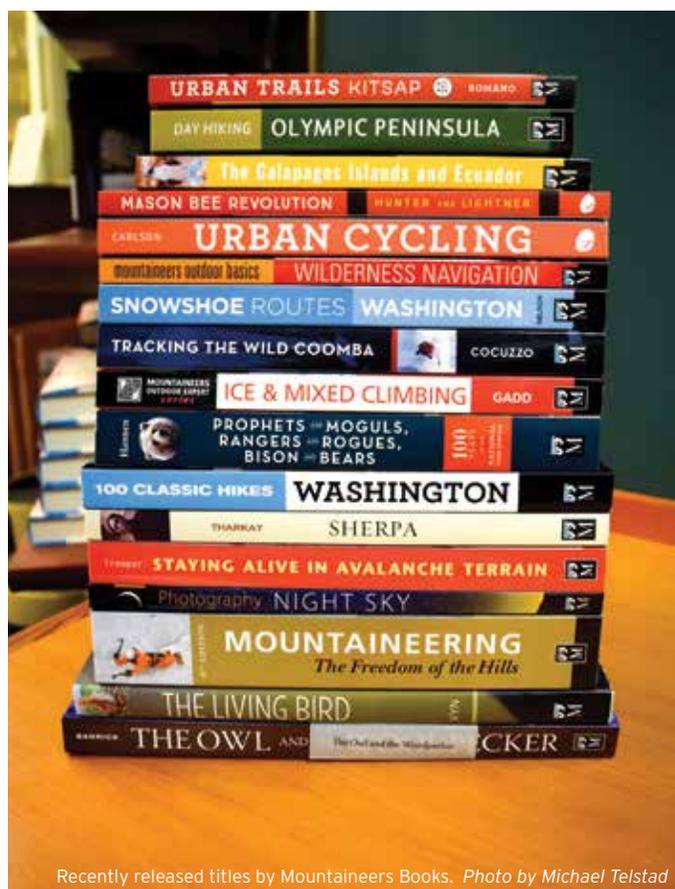
People love to learn. Another 2016 study from Pew Research found that 74% of adults identify as personal learners; individuals who participate in one activity per year to learn

something that interests them. Of these, 58% said they read a publication like a book or magazine to acquire new skills. Couple this data with the significant growth in the outdoor recreation economy: according to a 2016 report from the Outdoor Industry Association, more than 140 million Americans have made outdoor recreation a priority in their lives, putting \$646 billion dollars into the economy through the purchase of gear, outdoor books, equipment, park staff and other related expenses like campground fees and souvenirs.

Of the 700 books in the Mountaineers Books catalog, more than 325 focus specifically on where-to and how-to instruction across various outdoor activities like hiking, climbing, kayaking, gardening and cycling. Our guidebooks feed the information desires of these personal learners and inspire them to get outside. When you consider the reading data referenced above, it seems clear that more people are turning to our print books to learn how to engage in new outdoor activities safely and responsibly than any other format, although many of our titles are also available as an ebook. Further, our where-to and how-to books are designed to be informative and visually engaging – giving people the information they need in a clear, attractive way. Given that outdoor recreation is only growing, the Mountaineers Books library of titles is more relevant than ever before.

Innovation and a Mission-Driven Focus

In 2011, The Mountaineers became a 501(c)(3) nonprofit organization, in the process making Mountaineers Books a nonprofit publisher. A year into my role here, I have come to realize many in the Mountaineers community are unaware of the strength this brings to our publishing division. Our revenue model is now similar to that of PBS or NPR, which rely on



Recently released titles by Mountaineers Books. Photo by Michael Telstad



Tess boulders near the South Climbing wall, inspired by books. Photo by Ada Love

advertising support, membership dues as well as philanthropic support to fulfill their respective missions. Book sales make up roughly 85% of Mountaineers Books' operating budget, and as a nonprofit publisher, we augment our sales by applying for grants and attracting corporate and private support from those invested in our mission.

Through philanthropic support, Mountaineers Books was able to adapt more quickly to the changing publishing landscape, and now it is allowing us to innovate within it. In 2003 we published *Seasons of Life and Land*, a photographic documentation of the biodiversity and indigenous cultures of the Arctic National Wildlife Refuge by photographer Subhankar Banerjee and foreword by former president, Jimmy Carter. Before becoming a nonprofit publisher, Mountaineers Books saw what was possible through philanthropic support, which funded fieldwork, partnerships with other grassroots organizations, public events, and museum exhibits – all of which leveraged the *Seasons* book in an authentic effort to achieve tangible conservation goals.

Mountaineers Books also turned to philanthropic support to supplement what couldn't be achieved through book sales alone. Other publishers have largely abandoned the mountaineering history subject area, seeing it as "too niche," except for a handful of mainstream titles. We consider publishing mountaineering literature that is core to our mission and serves the climbing and mountaineering community. (Side note: we highlighted Mountaineers Books donor Bill Buxton in the Fall 2016 issue of *Mountaineer*, whose generous donation allowed us to translate and publish *Sherpa: The Memoir of Ang Tharkay* in our Legends and Lore Series of mountaineering classics.)

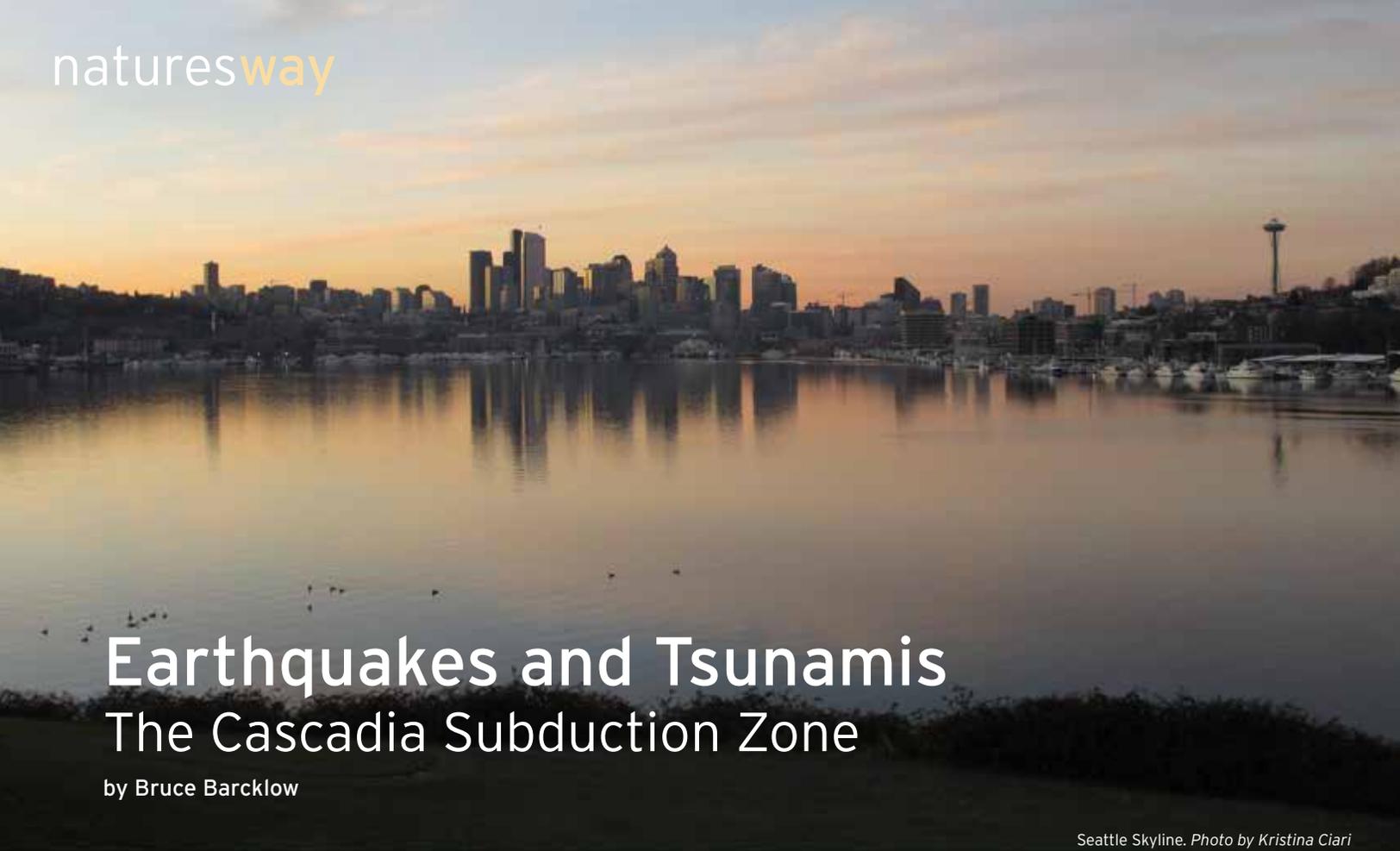
Even with the advent and success of our ebook editions – which do appeal to some readers and ensure a title's long-term relevancy – print books remain the fundamental revenue stream

for Mountaineers Books by all significant measures. Of the 700 titles in the catalog, roughly 300 are also available as an ebook – but ebooks only comprise about 6% of our total revenue. More impactful for the digital age and outdoor education is eLearning: the entire organization invested in eLearning last year as a way to deliver instruction to students via the flexibility of an online platform, with Mountaineers Books leading the effort.

Inspiring Adventures

Mountaineers Books titles inspire adventures. Our guidebooks get used, marked up, and annotated by aspiring climbers. Our conservation photography titles have reached the hands of presidents and helped to preserve public lands and establish national parks. There is nothing quite like Mountaineers Books within any other outdoor organization, with its mission-driven focus, creativity, programs and impact. Through philanthropic support, Mountaineers Books will be able to continue to publish and promote books and authors that speak to the heart of the mission of The Mountaineers – inspiring even more people to get outdoors and to care for our natural lands.

While at Slate, I wondered when I would be able to work for a mission-driven organization, which is what led me to my next role working for Blue State Digital, a digital communications firm that specialized in fundraising for nonprofits and political candidates. As it turned out, The Mountaineers was already a part of my life back in Brooklyn. For years, a mountaineering book that my wife owned, called *Freedom of the Hills* sat on our bookshelf. I groaned about packing it each time we lugged this thick book from one abode to another in Brooklyn, and then across the country to Seattle. But I'm glad we kept it – not only for the content, but because it was a sign for what was to come in my life. ▲▲



Earthquakes and Tsunamis

The Cascadia Subduction Zone

by Bruce Barcklow

Seattle Skyline. Photo by Kristina Ciari

On February 28, 2001, a friend was being prepped for varicose vein surgery at the Seattle VA Hospital. He was given a mild sedative and began experiencing what he thought was vertigo when his surgeon announced that the procedure was cancelled and he needed to get dressed and leave the hospital immediately. An earthquake later known as the Nisqually, of a magnitude 6.8-7.0 had struck. My friend was disappointed at the postponement of his operation at the time, but it could have been worse.

Much worse.

We know now that the Cascadia subduction zone extending from northern California to Vancouver Island has had earthquakes of the magnitude of 9.0, roughly 900 times the force of the Nisqually on a fairly regular basis, averaging about 500 years apart, with some occurring within 240 years of another. Forty-five years ago, this was unimaginable. There was no evidence of the kind of displacement or prior destruction that was so apparent around the San Andreas Fault in California. Then enter Brian Atwater of the U.S. Geological Survey.

Brian locates a forest of very old dead trees, a “ghost forest” on the Copalis River in Pacific County, Washington. Salt water killed them, but Brian speculated that rather than being a gradual flooding, the forest was suddenly plunged into ocean waters by a precipitous plummeting of land mass that was lowered by an earthquake. Tree ring cores indicated that the entire forest had died simultaneously, supporting his thesis. Native American oral traditions had once described a tsunami decimating coastal villages hundreds of years ago. Amazingly, historical Japanese records of tsunamis placed one that had been of unknown origin at precisely the demise of the ghost forest that

dendrochronology pointed to. The date was January 26, 1700 and Brian was confidently able to report that the heretofore “orphan” tsunami was likely generated by a 9.0 earthquake on the Washington coast.

Another geologist, Chris Goldfinger from Oregon State University has since taken core samples of the ocean floor from submarine canyons that feed into the ocean trench of the Juan deFuca plate. His study of the sediment, called turbidites, that is washed off the North American continental plate edge after tsunamis confirms their frequency and magnitude. There has been more than one 9.0 quake in the Cascadia subduction zone. Perhaps lucky for us but unfortunate for others, the highest frequency seems to occur in the part of the zone from southern Oregon to northern California.

These findings were highlighted by *The New Yorker* writer, Kathryn Schulz, in an article you might remember from July 2015, entitled “The Really Big One.” It’s generated much discussion and perhaps even some preparation. In her research, Ms. Schulz quoted a FEMA official as saying that “everything west of Interstate 5 will be toast.”

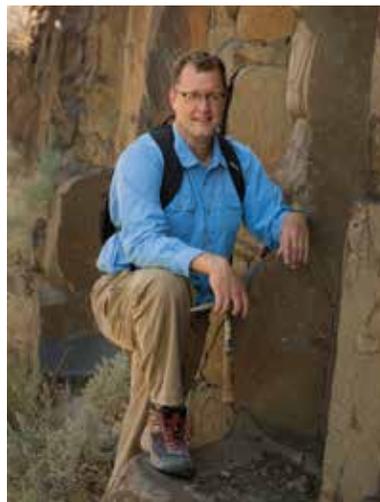
What could this really mean? What are the odds? Are we truly “overdue” and by how much? Is this going to affect real estate values? Should our friends in Ballard consider selling and relocating to the Sammamish Plateau, and will it make a difference? How much does earthquake insurance cost and will I still be able to afford to dine out regularly at my favorite Indian restaurant? Why did I move here from New Jersey?!

Nick Zentner, the popular lecturer from Central Washington University and recipient of “Most Inspirational Faculty Award”

might have something to say. For one thing, Seattle is probably immune from the effects of a tsunami. The same cannot be said of communities in California, Oregon and Washington that are located within three miles of the coast. It might be less reassuring for us in Seattle to know that, in addition to the subduction zone earthquake potential offshore, there are also shallow crustal faults and one is directly underneath downtown. They are caused by the clockwise rotation of our slice of the North American plate.

With all the data and debates and new information, this much can be said for certain: it never hurts to be prepared.

If you are not already acquainted with Nick, check out his engaging and animated presentations of the geology of Washington state on Youtube: www.youtube.com/user/hugefloods/videos. ▲▲



Meet **Nick Zentner**, senior lecturer in geology at Central Washington University on Wednesday, January 11, at The Mountaineers Seattle Program Center in Magnuson Park.

Learn more about potential Seattle earthquakes and tsunamis as part of our 2017 Naturalist Lecture series.

2017 Naturalists Lecture Series Seattle Program Center, 7pm

Jan. 11, 2017 (Wed) - Nick Zentner, senior lecturer in geology at Central Washington University, will review the tracks of previous great earthquakes in the Pacific Northwest to separate fact from fiction regarding tsunami and ground-shaking potential.

Feb. 9, 2017 (Thurs) Nick Bond, state climatologist and UW research scientist and associate professor will talk about the weather and explain what is going on in the age of global warming.

March 9, 2017 (Thurs) Janneke Hille Ris Lambers, UW biology professor, will tell us about Meadowatch.



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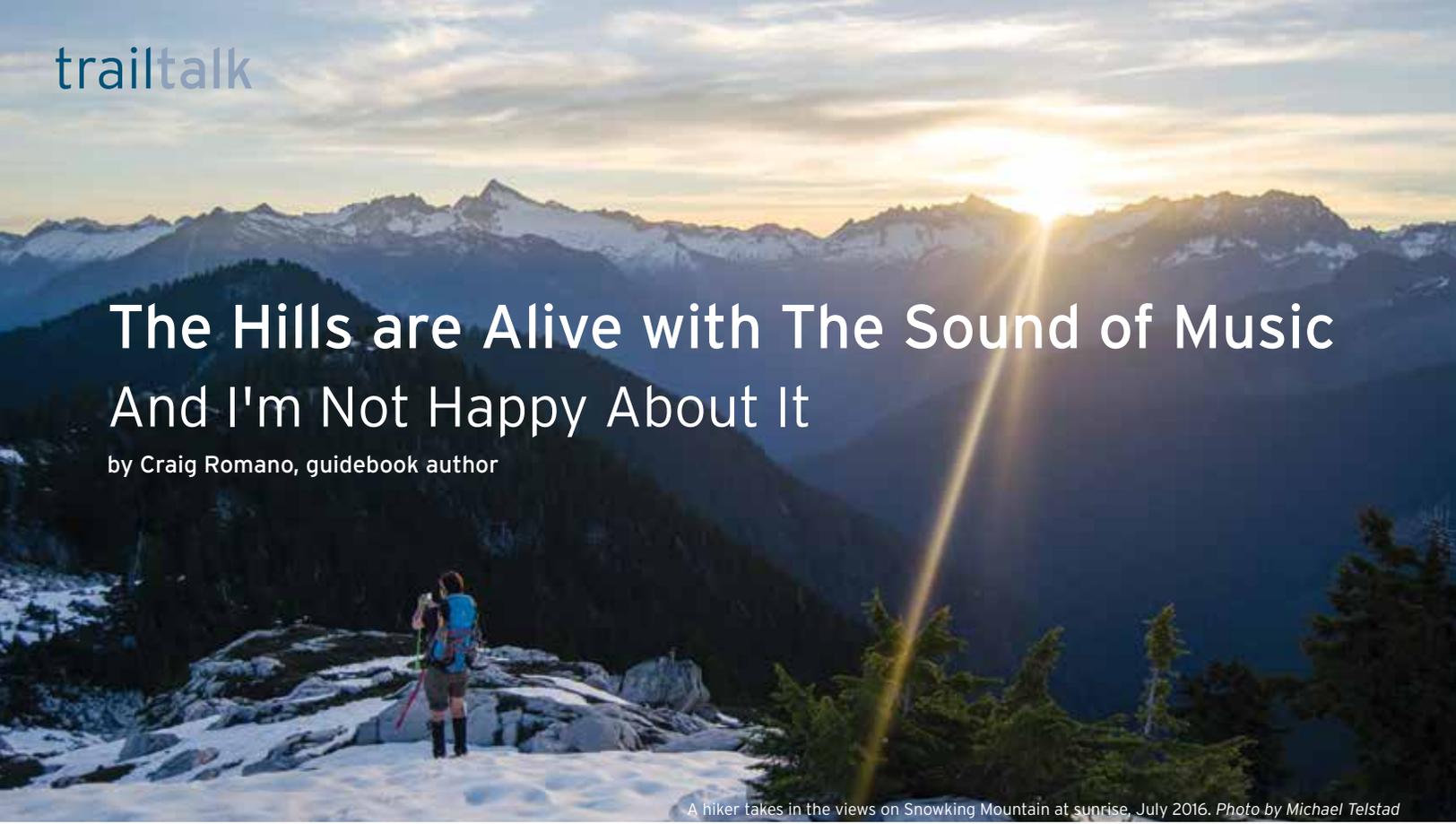
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The Hills are Alive with The Sound of Music And I'm Not Happy About It

by Craig Romano, guidebook author



A hiker takes in the views on Snowking Mountain at sunrise, July 2016. Photo by Michael Telstad

There's nothing like that rush of exhilaration you feel upon cresting a high ridge bursting with wildflowers and surrounded by snow-capped craggy peaks. You stand upon your heavenly perch and gaze out with utter astonishment on how breathtakingly beautiful the natural world is; from the glistening glaciers before you to the fluttering butterflies among a carpet of brilliant blossoms below you. With senses completely overloaded, who among us hasn't felt the urge to twirl amid the lupines and pull a Julie Andrews?

Yes, the hills are indeed alive with the sound of music these days, but I'm not talking about melodious bird songs, wispy winds, and soothing water music. Nope, I'm talking about jarring hip hop, profane rap, head-thumping electronic dance music and the ever-present "Millennial Whoop." It's enough to make a modern day Julie Andrews want to leave the Austrian Alps for someplace more soothing – like a downtown Vienna boulevard.

I can't quite recall the first time I recoiled upon being deep in the backcountry and heard blaring over chattering chickadees, loud music coming out of a hiker's backpack. Was it an anomaly? Surely it must be some urbanite lost on his way to some rural warehouse rave?

Nope. I would soon, sadly, see, it was only the beginning. Something I once thought would never be an issue – loud music in the backcountry. Thanks to new technology and its proliferation and a generation that embraces it without limitations, my meditations in the mountains were now under assault. *Another case of smart phones and not so smart users.*

On one recent hike, a young MC Clueless mountaineer strutted up the Lake Twentytwo trail, blasting noise pollution to the delight of his two, not-too-concerned for others, tagalongs.

On another, to Tolmie Peak in Mount Rainier National Park, I

was in utter disbelief when Mr. and Ms. Selfie blasted electronic noise across the meadows that made the marmots contemplate hibernating early. Two hours later, my ears were violated again. Something being passed as music was coming from the pack of a self-centered, 'I'm too cool to be out here with all of you hikers,' trail runner. After this second serenity-violating occurrence in one of the most sacred places in Washington, in one day, I was incensed.

WTF, to use the vernacular of this generation, is going on? This is a national park – a shrine for so many of us. Blaring music across these sacred grounds is tantamount to yakking on your phone in a cathedral, temple or mosque. It is disrespectful to the sacredness of the place and a direct assault on the sanctity that we acolytes seek when coming to our outdoor sanctuaries.

Don't get me wrong, I think it's great that a new generation of Americans are discovering the outdoors. But judging from some of the behavior I've been witnessing lately, it appears that a good number of young, neophyte hikers are clueless at best, and downright selfish at worst. And sorry Millennials if you think I'm being a grouchy judgmental Baby Boomer. But every act of music blaring in the backcountry I've had the displeasure to witness have all come from your generation.

And I know not every Millennial – the largest generation America has ever seen – is a clueless, boorish backcountry traveler. Many, if not most, are true outdoors stewards and sensitive to others and the natural world. And I am sure there are some Gen Xers and Boomers blasting their Steppenwolf, Foghat and Nirvana somewhere in the backcountry. But, I haven't heard it yet.

And it's not that I don't like music. To quote one of my favorite 1970s soul groups, the O'Jays: "I love music, any kind of music." But not when I'm sleeping, meeting the pope, greeting the president, attending a lecture or presentation, sitting in a

business meeting, and hiking in the great outdoors. There is a time and a place for everything.

I've seen people justify their musical behavior in hiking forums online. Spouting that everyone should just do their own thing – hike their own hike – mind their own business. Really? They never heard of the notion, "your rights end where mine begin?" I have a right to enjoy the backcountry without it being diminished by their "right" to blast noise all over the place.

We live in a crowded hurried noisy world. Most people head to the backcountry to temporarily escape it. They are hoping to commune with nature, make a spiritual connection to the planet; cherish the natural beauty around them and perhaps even discover something about themselves. Katy Perry, Justin Bieber and Jay Z won't get us there. They are a pox on our beautiful backcountry that has so many of its own beautiful natural songs that need to be heard. When I'm in the backcountry, I want to hear a swift moving river – not Taylor Swift. A bounding deer – not Beyoncé.

Technology has crept into every aspect of our lives so much that it allows us to bring electronic noise and chaos into the backcountry. How about a little technology self-restraint – or compromise? Wear earbuds and we'll all get along just fine. It only becomes an issue when you forcibly make me listen to your music when I'm outside to hear birdsong, wind song and my favorite song of all – the sound of silence, and I don't mean the Simon and Garfunkel anthem.

I truly am a believer in hike your hike. But that doesn't give someone the right to impose their hike on someone else's. Loud music by its very nature imposes on others. As a society we have rules of order and etiquette. It's how millions of us reasonably get along without killing each other. We have traffic rules, and pedestrian rules, and etiquette rules dealing with waiting in line, going to a performance, and meeting the boss for dinner. Sure we can flaunt these rules if we want to and live anyway we damn-well please. But generally that doesn't work out so well. The same thing in the backcountry.

There might not be any laws against blasting music, but we do have a set of principles called Leave No Trace (LNT) that all of us who respect nature and recreate in nature responsibly

subscribe to. And the seventh LNT rule is: Be considerate of others. That translates to me and most rational people as turn your music off – or at least wear headphones when heading into the backcountry. And you know what else that means? You'll probably get a friendly nod or cheerful hello on the trail instead of a stare of discontent, an ill-wished muttering, or worse.

Turn the phone off and you just might discover some new music you can groove to out there too. Because the hills are indeed alive with the sound of music. With songs they have sung for a thousand years. And none of those songs came from a Bluetooth speaker. ▲▲

Craig Romano is an outdoors writer, photographer and author and co-author of 17 books. His Columbia Highlands Exploring Washington's Last Frontier was a 2010 Washington Reads book for its contribution to the state's cultural heritage. He lives with his wife, son and cat in Skagit County.



Photo by Craig Romano

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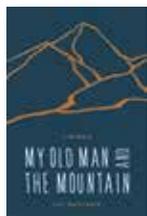
Photo: Hugh Rose



A view from Mount Everest. Photo by Leif Whittaker

My Old Man and the Mountain

An interview with Leif Whittaker by Emily White



"Where is the tent? I thought it was right behind me but...it's gone. In fact, Camp 4's gone entirely, engulfed in the blizzard. A rush of fear and adrenaline runs through me like I used to get, when I was a kid and terrified of the dark, stepping outside our house at night. I could die here, just a few steps from the tent, and nobody'd be the wiser. FAMOUS CLIMBER'S SON DISAPPEARS WHILE URINATING or JIM WHITTAKER'S SON FEARED DEAD ON WORLD'S HIGHEST PEAK. The news stories will identify me as the son of Jim Whittaker, but they'll fail to mention me by name. No more than a paragraph will be devoted to explaining the circumstances of my death, but the story will go on for another five pages with quotes from Dad and a description of his legendary ascent. A cloud of frozen dust stings my eyes. The beam of light coming from my headlamp runs into the storm's white flecks of static. I don't know which way to go."

—My Old Man and the Mountain

Mountaineers Books recently released *My Old Man and the Mountain: A Memoir by Leif Whittaker*, the youngest son of Dianne Roberts and Jim Whittaker, who in 1963 became the first American to summit Everest. *My Old Man* is a coming-of-age story about "growing up Whittaker" in one of the world's most beloved and famous adventure families. From the slopes of Mount Rainier to the Himalaya, Leif's tale is a wry and insightful look at family bonds, dreaming big, and the universal challenge of carving out one's own path in the world.

We sat down with Leif to talk about creative inspiration in both adventure and writing.

When did you first consider writing *My Old Man and the Mountain*, and what has the creative process been like from start to finish?

I first dreamed of writing books when I was twelve years old, stuck on my family's sailboat in the middle of the Pacific Ocean. Writing was an antidote to boredom, but as I grew up, it became a true passion. When I followed in my father's footsteps to the summit of Mount Everest, the story was too good *not* to write about. Still, I needed five years to shape it into a book. I would have done it much faster if I wasn't paralyzed by the fear that someone might read it. Months of obsessive writing were followed by weeks without a single glance at the story. When I did look at it again, I inevitably hated it, and I convinced myself that a complete overhaul was required. After dozens of these cycles, I realized I needed to let go. Nevertheless, without a deadline from the publisher, I would probably still be tinkering.

Do you have a writing routine when you're out in the mountains, or do you wait until you're back home?

Climbers are always trying to shave ounces of pack weight, but even when I cut my toothbrush in half, I make room for a pencil and notebook. It's a way to trick myself into feeling obligated to write. I think, "Since I carried it, I should use it." I don't have any hard and fast routines when I'm in the mountains or at home, but I prefer to write first thing in the morning, before I'm occupied with daily responsibilities like eating, exercising, washing, and interacting with other humans. Of course, the problem with writing in the morning is that, if you get into a good groove, you might miss breakfast, lunch, and dinner, and suddenly find yourself injured, dirty, and alone. Not that that has ever happened to *me*. It hasn't. I swear.

What are some of the ideas and inspiration that you hope readers take away from your story?

I just hope they enjoy the read! This story isn't meant to be didactic. I certainly learned a great deal from my experiences on Mount Everest, and perhaps some readers will find that those lessons apply to their own lives, but I would hate for people to

think I have it all figured out. In fact, I suspect one sign of a healthy intelligence is a certain amount of self-doubt, but I could be wrong. As far as inspiration, if my book inspires people to go outside and interact with the natural world, I would consider it a huge success. Wilderness doesn't have to be scary and intimidating. It can be therapeutic and transformative too.

Are there any books that had a big impact on you as you were growing up, either related to adventure or otherwise?

The Hitchhiker's Guide to the Galaxy by Douglas Adams was one of my favorite "adventure" books when I was growing up. To this day, when I'm in a dangerous or stressful situation, I try to remember where my towel is. That thought never fails to calm my nerves. I also loved an old book of short stories that my dad gave me called *The Haunters of the Silences* by Charles G. D. Roberts. Many of the stories were written from the perspective of animals who were being fished or hunted, or simply surviving through their incredibly treacherous life cycles. I think it planted in me a seed of empathy and reverence for wild creatures and places.

If you were banished to a Pacific Northwest fire tower lookout next summer and could only take three books with you, what would you bring?

Cloud Atlas by David Mitchell because it contains dozens of genres, from historical fiction to sci-fi, and the writing is mindboggling. *The Good Rain* by Timothy Egan because it is my favorite book about the Pacific Northwest. *The Lord of the Rings: The Complete Collection* by J. R. R. Tolkien because... entertainment.

Your author events calendar is filling up through 2017 around the country. Is it challenging to go from writer to public speaker, especially when sharing such a personal story?

Yes, it's exhausting! I'm often more physically sore and fatigued after a speaking engagement than I am after climbing a mountain. Talking about my own weaknesses, doubts, and fears certainly doesn't make it any easier. My writing voice is much different than my speaking voice, which, I hope, provides people with a deeper understanding of the same story. Ultimately, it's worth it when someone from the audience comes up to me afterward and says I inspired them to go outside. People have emailed me months later to tell me they reached the summit of Mount Rainier or Mount Baker for the first time, and that the experience changed their life. A note like that passes the inspiration right back to me.

Do you think you'd ever consider writing another book in the future?

Consider it? I will absolutely write more books. My mother and I have a running joke that we are going to coauthor a mother-son memoir about our four-year sailing voyage on the Pacific Ocean. Working title: *My Old Mom and the Sea*. We've talked about it so much by now that we may have to do it. I'm keeping my other book ideas secret, but I will say that none of them require me to climb Mount Everest again. Thank heavens!

As we continue to map our world's wild places and claim first ascents, it's getting harder for new generations to feel like they are true, original explorers. When one can't be the first or the fastest, why do you think we should continue to pursue adventure?

I like to joke with my dad that he had it easy because, in his

heyday as a mountaineer, so many peaks had yet to be climbed. Today, climbers continue to push the boundaries of human endeavor, but of course, most of us don't have nearly enough talent, daring, or desire to ascend a cutting-edge route like The Shark's Fin on Meru Peak. However, I think adventure remains an important aspect of a life well lived. For me, it isn't about reaching the summit, proving something to others, or thrill seeking. I try to remind myself that it's healthy to get outside my comfort zone, to take a few risks every so often, because that's how we learn and grow as people. Whether you reach the summit or not, mountains have a way of teaching you about yourself. Part of the mountain stays with you, and you leave part of yourself behind. ▲▲

More about Leif Whittaker:

Born in Port Townsend, Washington, among the glaciated spires of the Olympic Mountains, Leif reached his first major summit when he was 15 years old. He has since climbed many of the world's tallest mountains, including Aconcagua, Mount Vinson, and Mount Everest twice.

Mountaineering is not his only passion. His love of skiing, rock climbing, sailing, kayaking, rafting, hiking, photography, and food has led him to many remote corners of the globe. He is a talented writer and photographer whose work has appeared in various media worldwide, including *Powder*, *Backcountry* and *The Ski Journal*.

As a Climbing Ranger for the United States Forest Service on Mount Baker, Leif spends his summers protecting a pristine wilderness and keeping visitors safe on the glacier. He currently resides in Bellingham, Washington.

See Leif and Jim Whittaker present on January 24th at The Mountaineers Seattle Program Center as part of our BeWild Speaker series. Learn more: www.mountaineers.org/bewild





Nine Reasons to Love Cross Country Skiing

by Carry Porter, Mountaineers Board Secretary, and climb, scramble, ski, and photography leader

A cross country skier in Methow Valley. Photo by Carry Porter

Anyone who has been around me for a nanosecond in winter knows I love cross country skiing. A lot. Maybe even more than climbing, kayaking, downhill skiing, and biking combined. (Gasp!)

Explaining my euphoria for cross country skiing to people who've never done it, though, is not easy. Compared to downhill or backcountry skiing, it's not a glamorous sport. We don't spend weekends hurtling down slopes, taking powder face shots, and laughing in the face of danger. The only time most people think about cross country skiing is every four years, during the Winter Games, when it's easy to shudder at the sight of an activity so taxing that it makes Olympic athletes collapse in a heap. We see the skiers spent, panting at the finish line, and think, "That is the most exhausting, brutal sport there ever was!"

If the effort required to cross country ski is all you know about the sport, I'm here to set the record straight on why it is so exciting, beautiful, fun – and just plain awesome.

1. A Great Workout or An Easy Adventure

Olympic competition notwithstanding, one of the best aspects of cross country skiing is the choice we get when we head out for the day; you can make it a serious workout or a walk in the park. Regardless of how strenuous you make it, you're still strengthening nearly every muscle in your body, including your glutes, core, back, chest, shoulders, arms and legs, while enjoying the scenery.

2. Fancy Gear Not Necessary

You will need to layer up meaning you'll need a base layer, a mid layer (wool shirt, a sweater or fleece jacket) and some kind of jacket. Add gloves, a hat and a bottom layer that's breathable, as well as thick socks and a pair of sunglasses – and you're set. Once you get going, you'll heat up fast. While you can certainly

invest in technical gear, this is a winter activity where you can really get away with being pretty minimalist.

3. Easy To Learn, Hard To Master

I've skied with young and old, people who are out of shape, people with bad knees, people with bad backs, and everyone who doesn't fit into the perfect cross country ski body mold. If you can walk, you can learn the basics of cross country skiing, I promise. The sport is pretty complex though, so no matter how long you've been skiing there is always something more to learn that can improve your efficiency, speed and enjoyment.

4. Cross Country Skiers Are Sexy

Okay, so I think scramblers wearing shorts, long johns, and gaiters are sexy too, but just try and find a cross country skier who isn't good looking. You can't, because they don't exist. Sure our heads are covered with a hat, our eyes by sunglasses, and we are wearing ski clothes instead of showing off our abs. But that's okay, there's a lot to be said about the sexiness of people who use their lungs and muscles to power themselves around the winter landscape. Cross-country skiing puts a beautiful, rosy glow on people's cheeks. And that is undeniably sexy.

5. Low Risk Of Injury

I've noticed that some of the most talented skiers on the trails are older: 50, 60s, even 70s. I suspect some of the appeal of the sport to these people is its relatively low risk for injury. Cross country skiing is low impact, low speed and, therefore, safer than many of its winter sport counterparts. It's truly a sport that you can do for a lifetime.

6. A Variety to Choose From

You can choose from two different techniques, skating or classic. In skating (my favorite), you use a lateral pushing-off mo-

tion, like hockey. In classic, your skis move forward and back in parallel lines, often in tracks on groomed trails. You also have the option of skiing on groomed trails or going for a backcountry ski on fresh snow. Then there is biathlon if you are inclined to test your shooting skills while your chest is heaving from physical exhaustion. Talk about a mind-body sport!

7. It's Like A Moving Meditation

Speaking of mind-body, we're all told we need to be more "present" in our everyday lives. When I'm skiing, it's easy to focus on my rhythm - the steady state of my breath and the sound of my skis gliding on the snow. This singular focus allows me to let the stress of my daily responsibilities go and be purely in the moment.

8. Kids and Dogs are Welcome

Any sport that not only allows - but encourages - the company of canine and kid is immediately awesome in my book. Many people allow their dogs to run with them while they cross-country ski much like they would do on a hike in the summertime. And most kids will welcome the opportunity to get out and play in the snow any day of the week.

9. Rhythm Of The Day

Finally, one of my favorite things about cross country skiing is the relaxed pace of the day. When I go to the Methow Valley with friends, our ski days almost always start with sleeping in. (Who needs to get up early when there's no first-chair or unskied powder stash to chase?) Next, we eat a big breakfast. (Honestly, there is no such thing as "too big" when you are about to burn 600+ calories an hour.) And because it's still a little cold outside, we might pause before putting our ski clothes on for a little stretching.

By then it's time to go for a couple hours of skiing. We slip into our ski boots, which feel like insulated slippers, and set out. We glide past a landscape that changes quickly. The mountains dead ahead of us get bigger in no time. That river we're heading towards quickly becomes a guide that we follow closely. Everything covered in white is a little more beautiful.

After a few hours, we reach a cabin, tucked in the trees. Smoke rises from the chimney. It's lunch time! We mop up massive bowls of soup with crusty baguette slices, devour a baked treat (or two), lick our fingers, and finish off the meal with a cup of espresso.



A cross country skier tests his shooting skills in a biathlon in Methow Valley. Photo by Carry Porter

Those that have had enough exercise for the day, head back to the cabin to read, knit, catch up on email, and relax. The rest of us head out for a few more hours of adventure.

When it starts to get dark (and cold!) in late afternoon, we join our friends for some well-earned après ski snacks and a glass of wine. Soon we're hungry again, so we bump elbows in the kitchen to make a big, messy feast. Dinner and laughter cap off the evening, and before you know it, we're closing our eyes, dreaming of another beautiful day in the snow.

How couldn't I love this sport the most? ▲▲



Meany Lodge
www.meanylodge.org

Snowshoe trek and lunch every Saturday at 8:30am

snowshoes and lunch provided for \$15

questions? email: sports_director@meanylodge.org

The Family of First Ascents

The Fierys Climb Their Way Through Mountaineering History

by Mary Hsue, Mountaineers Director of Development with an excerpt by Lowell Skoog



Joan Firey descends from McMillan Cirque, completing the Elephant Butte High Route and Bowling Alley Traverse in the North Cascades in 1974. She was among the women climbers who left their mark around the world and was a member of the all-woman expedition that successfully climbed Annapurna in 1978. Photo by Dave Knudson, courtesy of the Firey family

As staff liaison to the Everett branch, I have the opportunity to attend their branch banquet to witness the pride of accomplishment, honor exceptional volunteers, and to be inspired by their, always entertaining, featured speaker. This year, Lowell Skoog, a distinguished climber, skier, writer, photographer and Mountaineers historian, gave a presentation on the past and future of Northwest mountaineering.

To learn more about Joe and Joan Firey, Mountaineers that Lowell referenced in his stories, I pulled out *The Mountaineers: A History* and searched the web. Not surprisingly, I came across the most comprehensive article of the Fireys on Lowell's online *Northwest Mountaineering Journal*. While the entire piece was fascinating, I was drawn to the mountaineering goals they pursued with their eldest daughter, Carla. Below is an excerpt from Lowell's, *The Indefatigable Fireys: Exploratory Mountaineers of the Cascades and Coast Mountains*:

Mountaineering is largely a sport for the young and unattached. College and the early years of a career, before family responsibilities grow, are the most active and adventurous times in a typical climber's life. Marriage doesn't change things much, but the arrival of children does. Many fathers (and a few mothers) are able to climb intensively with the support of a stay-at-home spouse. But married couples with young children rarely continue adventurous climbing together. To pursue exploratory mountaineering from

youth through child-rearing until retirement – and to do it as a couple – is almost unheard of. In the North Cascades and British Columbia Coast Mountains, no one has managed this feat quite like Joe and Joan Firey.

Early Years

Born in October 1918, Joe Firey started life in Roundup, Montana. His family moved to Seattle around the time of the stock market crash in 1929. Joe graduated from Roosevelt High School in 1936 and earned a mechanical engineering degree from the University of Washington in 1940.

Joe was in the Boy Scouts for a short time where he met friends who were interested in hiking and climbing. They had no instruction. "We learned the hard way, or the blundering way," recalled Joe, "how to do things and also how not to do things."

Students didn't have cars during the Great Depression so getting to the Cascades to climb was difficult. But by taking street cars and ferries, they could get from their homes in Seattle to the east side of the Olympic Mountains.

In college, Joe's friend Ray Longtin was able to borrow his father's car, so they climbed in the Cascades more often, especially peaks around Snoqualmie Pass and as far east as the Teanaway River. They also climbed most of the Cascade volcanoes and then the North Cascades in the years that followed. After moving to San Francisco to take a job, Joe joined the Sierra Club

and climbed several of the classic, moderate Yosemite climbs of the 1940s such as the Cathedral Rocks, Washington Column, and Royal Arches. With snow and ice climbing experience gained in the Northwest and rock climbing skills honed in the Sierras, Joe developed into a solid, all-round mountaineer.

Joe met Joan Wilshire through the Sierra Club and they married in 1950. Born in August 1928, Joan was a physical therapist and budding artist. She thoroughly shared Joe's enthusiasm for mountains and climbing. Joe and Joan eventually had three children. In the latter part of 1954, the family moved to Seattle, where Joe took a job as a professor of mechanical engineering at the University of Washington, retiring in 1981.

Joe and Joan joined The Mountaineers after moving to Seattle and they immediately began doing weekend climbing trips in the Cascades. The Firey name made its debut in Cascade history in 1955, with a first ascent of Columbia Peak's North Ridge. In the early 1960s, the Fireys began their long association with the Picket Range, widely regarded as the most spectacular and rugged region in the Cascade Range.

Climbing and Family

Joe and Joan introduced their children to the mountains early. In the summer of 1952, when their daughter Carla was just a couple months old, the family traveled from California for a camping trip near Cascade Pass. Joe wanted Joan to see the North Cascades, so they hiked with baby Carla to the Sahale Glacier one day and to a viewpoint high on Magic Mountain another day.

Family pictures show Joe feeding Carla with a baby bottle among the glaciers and moraines of the North Cascades. As the kids grew older, their parents took them skiing in the winter and did a family trip to the beach or mountains each summer.

When the kids became teenagers, Joe and Joan tried to get them interested in mountaineering, both for its own sake and as a way to keep them out of trouble. The effort yielded mixed results.

Carla, who became the most enthusiastic climber of her siblings, recalled the 1969 McAllister Creek traverse: "I don't know why I went, because it made us a group of five instead of four. I think I was sort of an add-on," she said.

"No, I think we were hoping to get you out," Joe remembered fondly.

North Cascade high routes

When Carla was 13 years old, Joan took her on a day climb of Pinnacle Peak in the Tatoosh Range. A year later, Joe took her up The Tooth near Snoqualmie Pass. After that, her parents said she needed to take The Mountaineers climbing course. Joe and Joan continued doing ambitious trips that were beyond Carla's ability at the time. Carla completed the Basic and Intermediate climbing courses when she was 15 and 16. In the summer of 1969, following her junior year in high school, Carla was invited on her first big trip.

The plan was to traverse from Colonial Peak to Eldorado Peak. This cross-country route had never been traveled before and it offered the prospect of first ascents in the Austera Towers NE of Eldorado. In two days of good weather, Joe, Joan and Carla, with

Dave Knudson and Frank deSaussure, traveled to the head of Neve Glacier and climbed Snowfield Peak and The Needle. Fog and rain caught them for several days and white-out navigation was required to descend into the "McAllister Hole," the deep cirque beneath the icefalls of McAllister Glacier.

"We were so cold we had to build a fire at lunch just to get warm enough to be comfortable," recalled Carla. They scrambled up a frightfully steep and unstable moraine to the divide near Austera Peak, first climbed by Joe, Joan, John and Irene Meulemans, and Tony Hovey, four years earlier. Good weather returned just in time to tackle the Austera Towers. "I think we climbed every single one of them practically, didn't we?" asked Carla. "Yeah, we bombed that whole ridge," laughed Joe. Remarkably, their original plan was to continue to Park Creek Pass via Moraine Lake and the Forbidden and Boston Glaciers. But time lost due to bad weather nixed that part of the trip. From their camp next to Klawatti Peak, they retrieved a food cache at the base of Eldorado Peak, which Joe recalled was "a welcome restoration of our ability to continue eating." Eventually they descended to the Cascade River and caught a ride back to their cars at Colonial Creek campground.

The following summer Joan, Carla, Dave Knudson and Peter Renz completed the Goodell Creek horseshoe, another pioneering traverse.

Although extremely strenuous, these wilderness traverses offered everything that the Fireys enjoyed in mountaineering. Carla recalled, "There is no question that Joe, in particular, also Joan, and the people who went with them liked to go to places where other people hadn't been, or if they had been there at least there wouldn't be any of them around at the time. It wasn't like climbing in Yosemite or the Bugaboos or even Waddington more recently where a lot of people go there, or even Everest. That's not the kind of climbing... they were interested in what I always call 'exploratory'... and in many cases it was, but a lot of times they were places where they had good maps."

Joe recalled simply: "It was the idea that you could get up in the alpine, you know, and traverse along and bag peaks and camp, and bag peaks and camp... It makes a nice trip."

The Firey name probably appears in more North Cascades summit registers than any other name, save Fred Beckey's. Seeking out high routes in the Cascades and Canada's Coast Range, Joe and his wife Joan, along with daughter Carla, amassed numerous first ascents. ▲▲



Joe and Carla Firey on the summit of East Tiltle's Tower in 1969. Photo courtesy of the Firey family.



Courtenay demonstrates the partner variation of reactive balance with her daughter, Brooke. Photo by Doug Schurman

Reactive Balance

By Courtenay Schurman, MS, CSCS, PN2

SET UP: ONE PERSON OPTION

To do this exercise alone, all you need is a weighted object (medicine ball, gallon jug, dictionary, baby, weight plate, or dumbbell). Stand on one leg and focus on getting centered over the three points of balance in your foot: big toe, pinky toe, and heel. Keep your abdominals tight in order to maintain a neutral spine, with weight slightly shifted over one leg and glutes tight.

PERFORMANCE

First, aim for simply balancing on one leg for 30 seconds without any movement. Once that feels solid, hold a 5-10 pound weight in both hands and gently move it around side to side or in a figure eight in front of you, staying centered over your foot. Finally, imagine several people standing ten feet in front of you and dynamically push the weight forward as though you are going to release it. Now pull the weight back quickly and pass slightly left, then right.

Try dynamic pushes for 30 seconds, then repeat on the other leg. Rest a minute, then repeat for a total of three rounds. Add this to a dynamic warm up to get your glutes engaged, or perform at the end of a workout before you stretch.

PARTNER VARIATION

If you prefer to work out with a friend or partner, you can use a medicine ball and play a one-legged game of catch. Even harder, have one person stand on two legs and try to challenge the other with a towel, rope, or resistance band, as shown. The person on one leg should keep band close to the body, held in both hands. The pulling partner should "sneak up" on the working partner, sometimes letting up on resistance (for backward reactivity) and sometimes pulling sideways, forward, diagonally. The key to making the glutes work is UNPREDICTABILITY. The goal is NOT to pull the person off balance but to set the glutes on fire.

For more how-to exercises and nutrition tips for the outdoor athlete, visit Courtenay Schurman's website at www.bodyresults.com or send her a question at court@bodyresults.com.

Discovering Maroccino Magic in Milano

by Patti Polinsky, Mountaineers Global Adventures leader

A fancy coffee from a coffee house in Italy. Photo by Cheryl Talbert

Our Mountaineers group was on our way to a week of blissful skiing in the Italian Alps, but had a bonus day to see the sights of Milan before traveling to our resort. Armed with a city map, we stood on the steps to the government building, our befuddled countenances screaming 'tourist' to any of the hundreds of busy locals bustling along the sidewalks on their daily business.

"Do we go to the church or to the museum?"

"I don't know! What do YOU want to do???"

As so often happens during international travel, the kindness of a stranger was our salvation. A dignified gray-haired gentleman stopped and politely asked if he could help us find what we were looking for on the map. Explaining that we had landed the night before and had only one day to see all of Milan, he responded in perfect English with an offer to take us to the most important sites. It turned out he was a retired professional who came to that location every day to help tourists enjoy the best of his home city.

To our great surprise, we Seattle-ites (who fancy ourselves to be the ultimate coffee connoisseurs) found the most memorable part of our day with our personal guide in Milan to be the little coffee houses, often in a tiny nook with room for only about 10 people. And our addiction proved to be not just ANY coffee, but the Italian specialty often called Maroccino - an espresso with foamed milk and cacao in a little glass cup, often presented with a generous dollop of sugar. (Fun Fact: The name of the drink actually comes from its color which resembles Moroccan leather, years ago widely used in Italian hat making!) Some places would add a small dollop of chocolate at the bottom, some festooned their offerings with chocolate sprinkles, but even those with just "plain" cacao were glorious in their rich simplicity. Soon (amped on caffeine), the buildings and museums began to blur and our focus became where we'd find the next coffee shop and oh-so-lovely four-sip cup of sweet coffee-cacao deliciousness. Of these special surprises - a helpful stranger, a special and intensely memorable new taste, in the milieu of a grand international city - are unforgettable travel experiences made.

Explore the World with The Mountaineers Global Adventures

Nordic Ski Glacier National Park and Schweitzer Resort

February 19 - 25, 2017

Intermediate Nordic Skiers will enjoy the variety and beauty offered by the groomed trails outside our door at both the Isaak Walton Lodge (West Glacier, MT) and Schweitzer Resort (ID) as well as the ungroomed trails inside of Glacier National Park. The trip is designed to take advantage of overnight train travel roundtrip, but the train costs are not included so that participants may choose to drive. **Price:** \$675 Deposit Amount and due date: \$500 upon registering; balance due Jan 2, 2017. **Leader:** Cindy Hoover, cyn@zipcon.com

Backpack New Zealand's Best "Great Walks" and Tramping Trails

February 19 - March 8, 2017

Our 18-day main itinerary will explore the striking alpine ridges, peaks and waterfalls of the Milford, Kepler and Routeburn "Great Walks", the waterfalls and green cliffs of the awesome Milford Sound, and the massive glaciers and towering peaks of Aoraki/Mount Cook National Park, walking 6-13 strenuous miles per day between backcountry huts with light packs (tents and stoves not required). An optional 6-day pre-trip excursion Feb 13-19 offers backpacking along sparkling remote white-sand beaches between secluded camps on the

Abel Tasman Coast Track, carrying our own tents, stoves and other overnight gear. **Price:** \$3000 for main itinerary, \$650 for Abel Tasman. **Leader:** Cheryl Talbert, cascadehiker@earthlink.net.

Ski/winter walk in Austria

March 3 - 19, 2017

Slideshow preview: Sun. Oct. 9, 6:30 pm, Seattle Program Center Enjoy a potpourri of experiences on this tour including touring Munich, Innsbruck and Bavarian villages, skiing and winter walking in Austrian Alps ski resorts of Sölden, Hochgurgl, Ischgl, Wirl, and the Swiss resort of Samnau with elevations up to 10,500 ft. **Price:** \$3,100 **Leader:** Patti Polinsky, MeanySports@me.com, 206 525 7464.

Trek Portugal's Rota Vicentina

April 15-May 2, 2017

Explore historic Lisbon and Sintra, trek 12 days village-to-village, 8-12 sometimes rugged miles per day, with a knowledgeable local guide along the spectacular, unspoiled southwest coast of Portugal on the Rota Vicentina, and bask on the beaches of Lagos on the Algarve. Enjoy great rural culture, food and wine; sleep in a bed every night; carry only a daypack. **Price:** \$3,500. \$1500 deposit required to register. **Leader:** Cheryl Talbert, cascadehiker@earthlink.net.

www.mountaineers.org

Click on the Explore tab, then search "Global Adventures."



Ready for Adventure?

The Go Guide offers a **sampling** of the thousands of Mountaineers trips, outings and events each year. Please go online to www.mountaineers.org to gain a fully-detailed view of all up-to-the-minute listings. Many of our activities - especially day hikes and urban adventures - are open to the general public who sign up as guests, as an introduction to Mountaineers activities.

If you are looking for camaraderie with a particular branch of The Mountaineers, branches are named at the end of each listing. **SIGN UP** for the trip or event of your choice online, and remember that you may register for an event or course in any branch, regardless of the one you belong to.

note: Events and trips require registration unless otherwise noted. You will also need a current waiver on file with The Mountaineers to participate. Following are guides and keys to interpreting the trip listings.

Mountaineers Ten Essential System

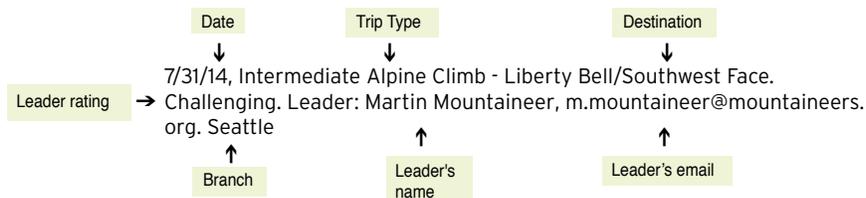
required on all Mountaineers trips:

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

List of potential abbreviations:

CG—Campground	E, W, N, S—East . . .
USGS—US Geological Survey	GT—Green Trails
Hwy—Highway	I—Interstate
ITC—Issaquah Trail Cntr	Jct—Junction
MRNP—Mt. Rainier	NP—National Park
NWFP—NW Forest Pass (fee)	mi—miles
FS—Forest Service	P&R—Park and Ride
Rd—Road	RS—Ranger Station
RT—Round Trip	SP—State Park
SR—State Route	TH—Trailhead

ACTIVITY LISTING KEY



COURSE LISTING KEY



How to use the Go Guide:

We use the same category names online, so if you find an activity or course you would like to sign up for, just go to our website and click on the *Explore* (for activities) or *Learn* (for courses) tab. You can then filter your search by category (for example, *Day Hiking*).

If you don't see what you're looking for, don't hesitate to call Member Services! We're here to help: 206-521-6001 or email: info@mountaineers.org.

Quarterly Update

It's been a year since we switched to a quarterly/seasonal publication - with winter, spring, summer and fall issues. We started January 2016, with each issue covering three months. Based on feedback from course leaders, we are adjusting the schedule to better accommodate course dates starting with this issue, in time to advertise spring courses.

If you have any suggestions, questions or feedback, please send an email to Suzanne Gerber, publications manager, at suzanneg@mountaineers.org.

activities

Below is a sampling of The Mountaineers activities. To see the full listing, go to www.mountaineers.org.

climbing

3/10/17-3/12/17, Intermediate Alpine Climb - Mount Rainier/Gibraltar Ledges (Challenging) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

3/25/17-3/26/17, Intermediate Alpine Climb - Mount Hood/Sandy Glacier Headwall (Challenging) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

day hiking

12/2/16, Day Hike - Clark Lake Park, Kent (Easy) Leader: Christopher Ensor, ctrails@comcast.net. Foothills

exploring nature

12/3/16, Day Hike - Vashon & Maury Islands Circumnavigation (For Beginners (Getting Started Series)) Leader: Stewart Hougen, sehougen@comcast.net. Seattle

12/17/16, Day Hike - Twin Falls (Ollalie State Park) (For Beginners (Getting Started Series)) Leader: Gordie Swartzman, g.swartzman@gmail.com. Seattle

1/14/17, Day Hike - Nisqually National Wildlife Refuge (Easy) Leader: Stewart Hougen, sehougen@comcast.net. Seattle

Exploring Nature 1/21/17-1/21/17, Day Hike - Seahurst Park to Lincoln Park (Easy) Leader: Gordie Swartzman, g.swartzman@gmail.com. Seattle

scrambling

12/17/16, Winter Scramble - Pratt Mountain (winter) (Moderate) Leader: John Bell, jbellclimber@yahoo.com. Seattle

12/17/16, Winter Scramble - Red Mountain (Salmon La Sac) (Moderate) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

1/2/17, Alpine Scramble - Mount Margaret/Gold Creek (winter) (Moderate) Leader: John Gilbert, johngilbertwentclimbing@hotmail.com. Seattle

1/14/17, Winter Scramble - Guye Peak (winter) (Moderate) Leader: John Bell, jbellclimber@yahoo.com. Seattle

1/21/17, Winter Scramble - Kendall Peak (winter) (Moderate) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

1/28/17-1/29/17, Winter Scramble - Surprise Mountain (winter) (Moderate) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

2/11/17, Winter Scramble - Arrowhead Mountain (winter) (Moderate) Leader: John Bell, jbellclimber@yahoo.com. Seattle

2/11/17-2/12/17, Winter Scramble - Mutton

Mountain (winter) (Moderate) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

2/18/17, Winter Scramble - Silver Peak (winter) (Challenging) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

2/25/17-2/26/17, Winter Scramble - Union Peak & Jove Peak (winter) (Moderate) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

3/4/17, Winter Scramble - Granite Mountain (winter) (Challenging) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

3/11/17-3/12/17, Winter Scramble - Wright Mountain (winter) (Moderate) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

3/25/17-3/26/17, Winter Scramble - Sourdough Mountain (winter) (Challenging) Leader: Craig Schwartz, craig.mountaineers@gmail.com. Seattle

sea kayaking

12/10/16, Sea Kayak - Squaxin Island Circumnavigation (Moderate) Leader: Lisa Johnson, lajbkayak@yahoo.com. Olympia

12/17/16-12/17/16, Sea Kayak - Blake Island (Easy) Leader: Beth Owen, bluekayak123@yahoo.com. Tacoma

12/17/16, Sea Kayak - Tacoma Narrows (Moderate) Leader: Lisa Johnson, lajbkayak@yahoo.com. Olympia

Skiing/Snowboarding 12/17/16-12/17/16, Backcountry Ski/Snowboard - Pinnacle Peak & The Castle (winter) (Moderate) Leader: Fred Bumstead, frederichb@yahoo.com. Seattle

navigation

Skiing/Snowboarding 12/17/16-12/17/16, Cross-country Ski - John Wayne Pioneer Trail (winter) (Easy) Leader: Christopher Ensor, ctrails@comcast.net. Seattle

ski/snowboarding

1/7/17, Cross-country Ski - Methow Valley Winter Trails (Moderate) Leader: Christopher Ensor, ctrails@comcast.net. Seattle

1/8/17, Cross-country Ski - Methow Valley Winter Trails (Moderate) Leader: Christopher Ensor, ctrails@comcast.net. Seattle

2/6/17, Cross-country Ski - Keechelus Lake & John Wayne Trail (For Beginners (Getting Started Series)) Leader: Tom Eckhout, techhout@msn.com. Olympia

snowshoeing

12/23/16, Beginner Snowshoe - Grace Lakes (For Beginners (Getting Started Series)) Leader: Su'J'n Chon, mountaineersu@gmail.com. Seattle

12/26/16, Basic Snowshoe - Commonwealth Basin (Easy) Leader: Erik Swanson, snowshoe.erik@gmail.com. Seattle

12/27/16, Basic Snowshoe - Mazama Ridge (Mount Rainier) (Moderate) Leader: Su'J'n Chon, mountaineersu@gmail.com. Seattle

1/14/17, Intermediate Snowshoe - Nason Ridge Peak #1 (Moderate) Leader: Erik Swanson, snowshoe.erik@gmail.com. Seattle

stewardship

1/28/17, Stewardship - High Hut (For Beginners (Getting Started Series)) Leader: David Bradley, david.bradley.mountaineers@gmail.com. Seattle

12/3/16, Stewardship - Cheasty Greenspace (For Beginners (Getting Started Series)) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

12/17/16, Stewardship - Cheasty Greenspace (For Beginners (Getting Started Series)) Leader: Joel DeJong, joeldejong@me.com. The Mountaineers

urban adventures

12-3-16 to 2-25-17, Each Sat - Green Lake Walk Meet 11 AM at Urban Bakery, 7850 E Green Lake Dr N. No registration. Bob Feldman, (206) 528-1467, bobzf@yahoo.com. Seattle

12-2-16 to 2-24-17, Each Fri - Eastside Indoor Tennis Intermediate Doubles (M) Meet at Robinswood Tennis Center at 7:15pm. Activity Fee: \$10.00. Fay Weaver, (206) 930-7762, seattlefay@hotmail.com. Seattle

Evening Outdoor Inline Skate Wednesdays 7pm. Skate the Alki Beach paved trail with beautiful views of downtown across Elliott Bay. Meet on the sidewalk just north of Salty's Restaurant. Leader: Mark Olsoe, 206-937-7454, markolsoe@comcast.net.

12-9-16, 1-13 & 2-10-17, Fri - Games Night and Snacks. 7pm at the Phinney Neighborhood Center, #3. Bring a snack or beverage (with cups) to share & a game if you want. No sign up. Eldon Ball, eldonball@juno.com. 206-366-8405.

12-16-16, & 2-17-17, Fri - Sing-a-Long Limit 30. Meet at Karen's home at 7pm. Singles, couples, partners: all welcome to join for a pot luck and sing-a-long at Karen's home in Shoreline. BYOB and a pot luck item to share. Song books are provided. Feel free to bring an instrument if you play one. Fragrance free please. Sign up with Karen Schaper, (206) 206-595-1443, kaschaper7@hotmail.com.



courses

Below is a sampling of courses offered. See www.mountaineers.org for complete and up-to-date listings.

avalanche safety

12/7/16-1/8/17, AIARE 1 Avalanche Course - Everett - 2016/2017 - AIARE Level 1 avalanche safety course, open to all. Members: \$275, Non-members: \$325. Contact: Loren Mcwethy, loren.mcwethy@gmail.com. Everett

1/17/17-2/12/17, AIARE Level 1 Avalanche Course - Foothills - 2017 (Snowshoe) - This foundational course is designed for snowshoers and focuses on safety awareness, trip planning, and decision making in avalanche terrain. Members: \$300, Non-members: \$350. Contact: Barbara Folmer, barbara.folmer@gmail.com. Foothills

1/17/17-1/29/17, AIARE Level 1 Avalanche Course - Foothills - 2017 - This foundational course is designed for skiers and snowboarders and focuses on safety awareness, trip planning, and decision making in avalanche terrain. Members: \$300, Non-members: \$350. Contact: Chuck Mac Laren, avy@foothillswinter.org. Foothills

1/30/17-2/12/17, AIARE 1 Avalanche Course - Seattle - 2017. Members: \$300, Non-members: \$325. Contact: Loren Mcwethy, loren.mcwethy@gmail.com. Seattle

climbing

12/4/16-10/23/17, Basic Alpine Climbing Course - Seattle - 2017. Members: \$650, Non-members: \$800. Contact: Jim Nelson, [jim@promountainssports.com](http://promountainssports.com). Seattle

1/1/17-12/31/17, Intermediate Alpine Climbing Course Extension - Seattle - 2017 - For a year extension in Seattle Intermediate Alpine Climbing. Read below for extension requirements. - This covers 2017. Members: \$100. Contact: Rob Busack, rob.busack@gmail.com. Seattle

1/1/17-1/1/22, Intermediate Climbing Course - Olympia - 2017 - Intermediate Climbing Course - Olympia. Members: \$200. Contact: Richard Irwin, rirwin@mybivey.com. Olympia

1/1/17-12/31/22, Intermediate Climbing - Tacoma - 2017. Members: \$399, Non-members: \$599. Contact: Joe Petersen, jspeter@gmail.com. Tacoma

1/1/17-10/1/17, Basic Mountaineering Course - Bellingham - 2017. Members: \$625, Non-members: \$800. Contact: Minda Paul, mindapaul@hotmail.com. Bellingham

1/4/17-12/31/22, Intermediate Climbing Course - Kitsap - 2017. Members: \$300, Non-members: \$400. Contact: John Mackey, john@pttaxcpa.com. Kitsap

1/17/17-2/28/17, Introduction to Leading Bolted Routes - Seattle - 2017. Members: \$125, Non-members: \$200. Contact: Helen Arntson, xylonia@gmail.com. Seattle

1/18/17-10/31/18, Basic Climbing Course - Kitsap - 2017. Members: \$400, Non-members:

\$500. Contact: Ralph Wessels, ralphwessels@comcast.net. Kitsap

1/21/17-10/29/17, Aid & Big Wall Climbing Seminar - Seattle. Members: \$350, Non-members: \$450. Contact: Stephen McKim, stephen2337@msn.com. Seattle

1/25/17-10/15/17, Basic Climbing Course - Everett - 2017. Members: \$550, Non-members: \$700. Contact: Nick Mayo, nicholas.e.mayo@gmail.com. Everett

2/1/17-10/31/17, Glacier Travel Course - Seattle - 2017 - Basic Glacier Travel Course 2017 will teach skills that will allow graduates to be part of a glacier rope team. Members: \$350, Non-members: \$500. Contact: Manisha Powar, manishap@live.com. Seattle

2/5/17-10/21/17, Basic Climbing Course Second Year - Tacoma. Tacoma Members: \$75, Non-members: \$100. Contact: Nick Wilson, npwilson@live.com. Tacoma

2/8/17-10/21/17, Basic Climbing Course - Tacoma - 2017. Members: \$475, Non-members: \$575. Contact: Jill Uthoff, jilluthoff@gmail.com. Tacoma

2/14/17-12/31/17, Basic Climbing Course - Olympia - 2017. Members: \$350, Non-members: \$500. Contact: Dawn Thomas, pitadawn@yahoo.com. Olympia

3/1/17-6/10/17, Intermediate Leading On Rock - Everett - 2017 - The leading on rock portion of the Everett Intermediate Climbing class. Members: \$400, Non-members: \$500. Contact: Lawrence Stewart, [lrstew@stanfordalumni.org](http://stanfordalumni.org). Everett

3/23/17-4/30/17, Introduction to Leading Bolted Routes - Seattle - 2017. Members: \$125, Non-members: \$200. Contact: Helen Arntson, xylonia@gmail.com. Seattle

3/23/17-4/30/17, Introduction to Leading Bolted Routes - Seattle - 2017 - Introduction to Leading Bolted Routes - Seattle Members: \$125, Non-members: \$200. Contact: Derek Peterson, derekpetey@gmail.com. Seattle

4/1/17-7/31/17, Beyond Basic Rock - Olympia - 2017. Members: \$90, Non-members: \$180. Contact: Doug Souliere, doug@gcprint.com. Olympia

4/18/17-5/14/17, Introduction to Alpine Rock - Seattle - 2017. Members: \$200, Non-members: \$250. Contact: Jacob Wolniewicz, jacob@wolniewicz.com. Seattle

day hiking

1/28/17-2/4/17, Wilderness Skills - Olympia Branch: Jan 28 & Feb 4, 2017 - Open to everyone, Wilderness Skills provides skills and practice for hiking and backpacking in the Northwest. It is also the foundation required for Alpine Scrambling, Basic Climbing and Backpacking courses with the Olympia Branch. Members: \$30, Non-members: \$60. Contact: Chris Sullivan,

christopherjonsullivan@gmail.com. Olympia
3/11/17-10/7/17, Conditioning Hiking Series - Seattle - 2017. Members: \$125, Non-members: \$125. Contact: James Souza, james.souza60@gmail.com. Seattle

exploring nature

12/7/16-12/10/16, Lichen Workshop - Seattle. Members: \$5, Non-members: \$10. Contact: Stewart Hougen, sehougen@comcast.net. Seattle

1/11/17-1/11/17, Naturalist Lecture Series - 2017: Great Earthquakes in the Pacific Northwest - A series of talks and seminars presented by the Naturalists committee. Members: \$0, Non-members: \$5. Contact: Rose O'Donnell, ra.odonnell@icloud.com. Seattle

2/9/17-2/9/17, Naturalist Lecture Series - 2017: Climatologist's View of Global Warming - A series of talks and seminars presented by the Naturalists committee. Members: \$0, Non-members: \$5. Contact: Rose O'Donnell, ra.odonnell@icloud.com. Seattle

3/9/17-3/9/17, Naturalist Lecture Series - 2017: Citizen Science at Mt. Rainier - A series of talks and seminars presented by the Naturalists committee. Members: \$0, Non-members: \$5. Contact: Rose O'Donnell, ra.odonnell@icloud.com. Seattle

4/12/17-9/19/17, Introduction to the Natural World Course - Seattle - 2017 - An introductory course for the outdoors person interested in learning more about the natural world they are exploring. Members: \$105, Non-members: \$160. Contact: Gordie Swartzman, g.swartzman@gmail.com. Seattle

first aid

12/9/16-12/18/16, Wilderness First Responder (WFR) - Fall - 2016. Members: \$575, Non-members: \$600. Contact: Andriana Fletcher, andrianaf@mountaineers.org. Seattle

1/1/17-11/17/17, Wilderness First Aid (WFA) Course - Seattle - 2017. Members: \$185, Non-members: \$235. Contact: Mary Panza, makinanoise@hotmail.com. Seattle

3/3/17-3/5/17, Wilderness First Responder Recertification (WFC) - Spring 2017. Members: \$300, Non-members: \$325. Contact: Mary Panza, makinanoise@hotmail.com. Seattle

3/15/17-4/2/17, MOFA - Olympia - 2017 - Spring Mountaineering Oriented First Aid - Olympia. Members: \$150, Non-members: \$300. Contact: Bob Keranen, keranen@hcc.net. Olympia

navigation

12/1/16-12/31/17, Wilderness Navigation Course - Seattle - 2017. Members: \$70, Non-members: \$90. Contact: Brian Starlin, brian.starlin@comcast.net. Seattle

1/23/17-9/13/17, Introduction to Map & Compass - Seattle - 2017. Members: \$20, Non-members: \$30. Contact: Brian Carpenter, fleasgach@gmail.com. Seattle

Navigation; 3/13/17-3/25/17, Wilderness Navigation - Tacoma - March 2017. Members: \$67, Non-members: \$67. Contact: Susan Rowe, susier56@aol.com. Tacoma

4/13/17-4/22/17, Wilderness Navigation - Tacoma - April 2017. Members: \$67, Non-members: \$67. Contact: Kevin DeFields, kdefields@comcast.net. Tacoma

4/17/17-10/17/17, Smart Phone & Dedicated GPS - Seattle - 2017. Members: \$20, Non-members: \$30. Contact: Brian Starlin, brian.starlin@comcast.net. Seattle

4/18/17-4/23/17, Basic Navigation Course - Olympia - 2017. Members: \$50, Non-members: \$60. Contact: Mike Kretzler, mkretzler@comcast.net. Olympia

outdoor leadership

12/10/16, Outdoor Leadership Seminar - 2016. Members: \$50, Non-members: \$125. Contact: John Mackey, john@pttaxcpa.com. Kitsap

sailing

4/3/17-6/30/17, Basic Crewing/Sailing Course - Tacoma - 2017. Members: \$120, Non-members: \$175. Contact: Mark Cole, boatnboot@q.com. Tacoma

scrambling

1/19/17-10/31/18, Alpine Scrambling Course - Kitsap - 2017. Members: \$150, Non-members: \$250. Contact: Phil Chebuhar, phil.cheb@gmail.com. Kitsap

2/7/17-6/11/17, Alpine Scrambling Course - Olympia - 2017. Members: \$175, Non-members: \$225. Contact: Tom Eckhout, teckhout@msn.com. Olympia

2/13/17-11/1/17, Alpine Scrambling Course - Seattle - 2017. Members: \$290, Non-members: \$395. Contact: John Gilbert, johngilbertwentclimbing@hotmail.com. Seattle

3/15/17-11/1/17, Alpine Scrambling Course - Tacoma - 2017. Members: \$220, Non-members: \$320. Contact: Allan Maas, amaas@parametrix.com. Tacoma

ski/snowboarding

12/1/16-12/12/16, Multiweek Telemark and Randonee Ski Lessons - Foothills - 2017. Members: \$0, Non-members: \$0. Contact: Andrew Graustein, rockclimbhigh@yahoo.com. Foothills

1/4/17-2/4/17, Nordic (Cross-country) Ski Course - Everett - 2017 - Learn to travel safely and efficiently on cross-country skis both on and off track. The course covers equipment, conditioning, preparation, diagonal stride, uphill techniques, and downhill speed control, We do not cover racing or skating. Members: \$95, Non-members: \$125. Contact: Rachel

Sadri, rachelsadri@gmail.com. Everett

1/4/17-2/8/17, Multiweek Telemark and Randonee Ski Lessons - Foothills - 2017 - Six week Telemark/Randonee Ski Lessons 2017. Contact: Greg Woodman, gw_sea@yahoo.com. Foothills

1/7/17-1/29/17, Nordic Ski Instructor Clinic - Everett - 2017 - Refresh your touring skills while learning the student progression for Nordic skiing. Completion of this clinic qualifies you to register as an instructor for the Everett Branch Nordic Ski Course. Members: \$0, Non-members: \$0. Contact: Rachel Sadri, rachelsadri@gmail.com. Everett

1/7/17-3/5/17, Downhill Ski/Snowboard Lesson Series A - 2017 - Downhill Ski Lesson Series for all ages and all abilities Members: \$85, Non-members: \$100. Contact: Ardie Doorenbos, doorenbos@u.washington.edu. Outdoor Centers

1/8/17-3/5/17, Sunday Downhill Ski or Snowboard Series C - 2017 - Sunday only Snowboard or Downhill ski series Members: \$60, Non-members: \$70. Contact: Patti Polinsky, meanysports@me.com. Outdoor Centers

1/9/17-1/22/17, Basic Nordic Skiing - Olympia - 2017 - This series of four lectures will include an orientation to backcountry travel, avalanche awareness and safety, route selection, cold weather ailments, clothing, and equipment. Members: \$40, Non-members: \$50. Contact: Allison Osterberg, anatolia540@hotmail.com. Olympia

1/14/17-2/26/17, Downhill Ski/Snowboard Lesson Series B - 2017 - Downhill Ski or Snowboard Lesson Series for all ages and all abilities Members: \$85, Non-members: \$100. Contact: Ardie Doorenbos, doorenbos@u.washington.edu. Outdoor Centers

1/15/17-3/26/17, Sunday Downhill Ski or Snowboard Series D - 2017 - Sunday only Snowboard or Downhill ski series Members: \$60, Non-members: \$70. Contact: Patti Polinsky, meanysports@me.com. Outdoor Centers

2/4/17-2/5/17, Lift Assisted Backcountry Skiing - Weekend - Meany Lodge - 2017 - Take the tow at Meany then head for the hills! Members: \$60, Non-members: \$70. Contact: Ardie Doorenbos, doorenbos@u.washington.edu. Outdoor Centers

snowshoeing

12/8/16-1/7/17, Basic Snowshoe Instructor Clinic - Seattle - 2016 - Snowshoeing is one of the primary entry points into the Mountaineers, and we always need new volunteer instructors to help teach winter travel and safety skills to our students, numbering over 100 each year. Contact: David Bradley, david.bradley.mountaineers@gmail.com. Seattle

12/8/16-12/17/16, Basic Snowshoeing - Tacoma Dec. 2016 - Basic Snowshoeing -Tacoma 2017 Members: \$75, Non-members: \$85. Contact: Bill Carver, fishtherivers4fun@yahoo.com. Tacoma

12/8/16-2/25/17, Winter Travels - Tacoma 2017

- Winter Travels - Tacoma 2017 Members: \$185, Non-members: \$220. Contact: Bill Carver, fishtherivers4fun@yahoo.com. Tacoma

1/3/17-1/21/17, Basic Snowshoeing Course - Seattle - 2017. Members: \$65, Non-members: \$85. Contact: Andy Cahn, andycahn@gmail.com. Seattle

1/4/17-1/29/17, Basic Snowshoeing - Foothills - 2017 - Learn how to get out into the winter wonderland safely on snowshoes with this introductory snowshoe course. Members: \$65, Non-members: \$85. Contact: Steve Lebrun, stevelebrun@comcast.net. Foothills

1/9/17-1/22/17, Basic Snowshoeing - Olympia - 2017 - This series of four lectures will include an orientation to backcountry travel, avalanche awareness and safety, route selection, cold weather ailments, clothing, and equipment. Even if you already know how to ski or snowshoe, the training in avalanche terrain recognition and avalanche avoidance, is well worth taking the class and improving your safety in the backcountry. Students may take the Snowshoeing course or the Nordic ski course separately, or both together. If taking both courses, both field trips are required. A \$20.00 discount can be applied if you pay for both courses at the same time. Use a one time discount code of CO17SHOESKI20 when registering. Members: \$40, Non-members: \$50. Contact: Bob Keranen, keranen@hcc.net. Olympia

1/10/17-1/21/17, Basic Snowshoeing - Tacoma Jan. 2017 - Basic Snowshoeing - Tacoma 2017 Members: \$75, Non-members: \$85. Contact: Bill Carver, fishtherivers4fun@yahoo.com. Tacoma

1/24/17-2/11/17, Backcountry Snowshoeing - Tacoma 2017 - Backcountry Snowshoeing -Tacoma 2017 Members: \$80, Non-members: \$95. Contact: Bill Carver, fishtherivers4fun@yahoo.com. Tacoma

1/25/17-4/30/18, Backcountry Snowshoeing Skills Course - Seattle - 2017 - Backcountry Snowshoeing Skills Course - Seattle Members: \$70, Non-members: \$0. Contact: Jimmy Jet Klansnic, snow-jet@outlook.com. Seattle

2/9/17-2/19/17, Winter Camping Course - Seattle - 2017 - Snowshoe / Winter Camping Course - Seattle Members: \$60. Contact: Tim Lawson, timlawsonwild@msn.com. Seattle

2/15/17-2/25/17, Winter Camping - Tacoma 2017 - Winter Camping - Tacoma 2017 Members: \$65, Non-members: \$75. Contact: Bill Carver, fishtherivers4fun@yahoo.com. Tacoma

For up-to-date and current listings, go to www.mountaineers.org



Stevens Lodge. Photo by Jeremy Lange.

Baker Lodge

www.mountaineers.org/about/locations-reservations/baker-lodge

The Mountaineers Mt. Baker Lodge is nestled in the spectacular beauty of the North Cascades and just a short walk from the upper access to eight ski lifts of the Mt. Baker Ski Area (www.mtbaker.us). Within a short distance from the lodge there are a number of snowshoe routes and cross-country ski trails (www.nooksacknordicskiclub.org/overview.php). Visit the Baker Lodge website (www.mountaineers.org/about/locations-reservations/baker-lodge) for our current schedule, rates and other information about the lodge and call Bill Woodcock, 206-457-5452 or Dale Kisker, 206-365-9508 if you have any questions.

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

SCHEDULE: Baker Lodge is open a few weekends in December and all weekends Jan - Mar provided there is adequate snow and sign-up. See the Baker Lodge website for rates and click on "Upcoming Events" for our current schedule of openings. At times we have Mountaineer class groups, school and scout groups that rent the entire lodge exclusively for members of their groups. On these weekends registration isn't open to the public.

REGISTRATION: Register online through Brown Paper Tickets (www.brownpapertickets.com/profile/10559) or call the club (206) 521-6001. When registering through Brown Paper Tickets you must register for each night you will be staying at the

lodge. For most weekend events, reservations close at noon on Thursday before the weekend. Cancellations must be made by the reservation closing date/time to obtain a refund.

BAKER LODGE'S COMMITTEE NEEDS YOUR HELP

If we want to maintain the option of continuing to operate as a volunteer-led enterprise we need new members to supplement and enhance the current Baker Lodge committee members' capabilities and, over time, to replace some members, as well as bring in new ideas. About fifteen dedicated volunteers make up the current Committee, but a number of long-time members have expressed an interest in reducing their involvement in the day-to-day operations over the next year; they would be glad to help new members get up to speed.

This provides the perfect opportunity for a smooth transition from the current guard to a new cadre of volunteer leadership. Our most urgent need at this time is to increase the number of volunteers who are willing to host events. Hosting involves planning a menu, supervising meal preparation, opening & closing the lodge and operating the mechanical systems while the lodge is open. If operations at Baker Lodge are to continue as they have since the 1950's, we must increase the number of volunteer hosts or the club will pursue other business models. Questions? call Dale Kisker, 206-365-9508 or e-mail dkisker@comcast.net.

Driving directions: Drive N. on I-5 to Bellingham, take Exit 255, the Mt. Baker Highway, and go E. on SR-542 about 54.6 mi. to the ski area. At the Firs Chalet, turn right onto the one-way loop road that leads 0.3 mi. to the lodge parking lot on the right side of the road. Park in the lot, not on the road, and walk the trail (driveway) on your right to the lodge. Once you're in the lodge look at the parking sign on the bulletin board to make sure you're parked correctly. The lodge is in the trees and difficult to see from the road. Driving time is approximately 1+ hours from Bellingham and 3 hours from Seattle.

Kitsap Forest Theater & Cabin

www.ForestTheater.com

PLAYERS - KITSAP FOREST THEATER

Theater Inspired by a Magical Place - Escape to the Kitsap Forest Theater! Join us for a grand adventure as you stroll down the forested trail to our unique and breathtaking theater. Our 2017 season brings "The Wizard of Oz" (spring) and "Tarzan" (summer) to life on our unique stage. These uplifting and family-friendly musicals will appeal to young and old alike - treat yourself to a "day away" in the forest and enjoy theater inspired by a magical place. Generations of theatergoers have enjoyed the scenic drive or ferry ride to the theater, and often come early to picnic under the firs before the trail to the theater opens at 1:00 pm. See our web site for all the details: www.ForestTheater.com

TICKETS AVAILABLE ONLINE

Give the gift of outdoor adventure for the whole family this holiday season! Save on our two-show package. "Wizard of Oz" (May 28, 29, June 3, 4, 10, 11, 17, 18) and "Tarzan" (July 29, 30, Aug 5, 6, 12, 13, 19, 20). www.foresttheater.com/tickets.

AUDITIONS FOR 2017 SEASON

The Mountaineers Players are excited to announce auditions for our 2017 season. Audition for "Wizard of Oz" and/or "Tarzan". Season auditions will be held Sat, Feb. 25 (10 - 4) and Mon eve, Feb. 27 (7 - 9). Dust off your voice and see why there are a dedicated group of Mountaineers who enjoy performing in the great out-of-doors. Weeknight rehearsals are held at Seattle Center, weekend rehearsals and performances are held at our unique outdoor Forest Theater. All ages, including kids, are needed. Great activity for parents/children together. To sign up and get more info, visit www.foresttheater.com/auditions.

HELP WANTED

Do you like to cook? The Mountaineers Players are looking for cooks to prepare meals for an appreciative cast and crew during Kitsap weekend rehearsals and performances. We also need help with set building, costume sewing, prop collecting, ushering and parking for shows, and carpentry work on the property. Please contact us at players@Foresttheater.com or call 206-542-7815 to join a fun and supportive community and help us produce the best outdoor theater in the area.

KITSAP FOREST ADVENTURE CAMP

Watch for sign-ups for our two weeks of Adventure Day Camps for grades K-4 in January. Camps fill up fast, so don't delay in signing up. We offer transportation from Seattle.

Do you like mentoring kids in the out of doors? We are looking for staff (paid and volunteer) to work with kids grades K-4 for two weeks of outdoor day camp in July. Includes riding the ferry from Seattle. See our web site for job descriptions and applications.

RENT THE KITSAP FOREST THEATER, KITSAP CABIN AND/OR THE KITSAP YURT

Are you looking for a unique venue for your event or celebration - weddings, birthdays, corporate events, concerts, workshops, or retreats? The Kitsap Forest Theater, Kitsap Cabin and the Kitsap Yurt are perfect "getaways" for you and your family, friends, business or group. Get away from the city and stress and enjoy our peaceful and magical venue.

During our show season (spring and summer) we have limited weekend availability, but the fall is a great time to visit this unique and special place. During the week we have more availability. Please contact us for details and pricing: 206-542-7815

Meany Lodge

www.meanylodge.org

MEANY HOLIDAY WEEK

Want to come and enjoy Meany without the crowds (well at least Meany sized ones)?

Want to try to new acrobatics and new moves and maybe not be shown up but one of the Meany kids?

Want quiet time (when everyone goes to play in the snow)?

If you answers yes to any of the above questions, then you need to come up during Holiday Week. Meany is open Dec 27th through Jan 1st. Make your reservation now:

www.brownpapertickets.com/event/2696653

MEANY WINTER WEEKENDS

(Discounts given for Mountaineers members)

Fri - Sat: www.brownpapertickets.com/event/2698767

Sat - Sun: www.brownpapertickets.com/event/2699349

Day Use: www.brownpapertickets.com/event/2704954

MEANY WINTER SPORTS

Meany does have its own Winter Sports School. We offer a wide range of classes, (downhill, snowboard, XC).

Not sure what it is you want to do? Just email Patti at:

sports_director@meanylodg.org

She can set something up to meet your expectations.

Stevens Lodge

www.mountaineers.org/about/locations-reservations/stevens-lodge

The Mountaineers has a fantastic facility at Stevens Pass. We are located adjacent to the ski area at the summit of Stevens Pass, putting you within hiking distance to all of the trails at the summit, the Pacific Crest Trail and the excellent Stevens Pass Bike Park.

From April to mid November, the lodge is available for group bookings of 30 or more people. Meals can be provided or your group can provide their own cooking and food. Depending on snow accumulation and the Stevens Pass Resort, from mid November to late March the lodge is open to all, every weekend, during the ski/snowboard season from 6pm Friday to roughly 2pm Sunday. To book a stay at the lodge for the weekend, reservations can be found on the Lodge's home page. Each weekend breakfast is provided on Saturday and Sunday, and dinner on Saturday. The lodge has two dorms with 20 bunks in each dorm. There are two shared bathrooms, each with a shower. The main living area has a large dining room and a lounge area with a fireplace. The dining area can also double as a classroom for those wanting a learning environment.

You can follow us on Instagram @stevenslodge_mountaineers, Facebook and Twitter @StevensLodge for the most updated details about lodging, events, and how to purchase swag.

Welcome to the 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.

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 can join any branch of your choosing. For current activities and links to branch websites, visit www.mountaineers.org.

BELLINGHAM

Vice Chair: Minda Paul,
mindapaul@hotmail.com

Website: www.bellinghammountaineers.com

The Bellingham Branch was founded in 1983 with 50 members. You will find it tucked alongside the craggy expanse of the North Cascades. It features a vital, close-knit community, courses in first aid, basic and intermediate mountaineering.

It is also home to one of the most popular Mountaineers getaway destinations, Mt. Baker Lodge. 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 and snowshoe tours.

BRANCH MEETINGS: Public meetings are held on the 2nd Tuesday of each month and Branch Committee Meetings are on the 4th Tuesday of each month. See the website for time and locations.

VOLUNTEER OPPORTUNITIES: We would love to have additional hike and snowshoe leaders along with backcountry ski and youth program coordinators. We are also currently looking for a branch treasurer and a branch chair-elect. Email Minda for details.

EVERETT

Chair: Matt Vadnal,
matthewvadnal@aol.com

Website: everettmountaineers.org

The Everett Branch was "officially" founded in 1911 when the Mountaineer charter was amended to provide for branches. It has recorded many "firsts" during its storied history including the first ascent of Whitehorse Mountain in 1913, the first climbing course in 1954, and the award of the first Intermediate Climbing Course certificate in 1979. Since Everett is a smaller branch, the companionship of fellow Mountaineers is valued as much as outdoor experiences.

Everett's programs include alpine scrambling, basic and intermediate climbing, back-country and Nordic (cross-country) skiing, hiking, sea kayaking, singles and snow-shoeing. The

Branch's avalanche, navigation and wilderness first aid courses provide instruction in critical outdoor skills.

The Lookout and Trail Maintenance Committee restored and now maintains the Mount Pilchuck Lookout. Each year, thousands of people climb to the lookout to enjoy a spectacular 360 degree view of the Cascades, the Puget Sound and the Olympics.

BRANCH-WIDE EVENTS: Everett members gather together from time-to-time for some fellowship, food, and fun. Those events include a Salmon Bake in October, a Gear Grab & Pot Luck in March, a Family Picnic in August, and an Annual Awards banquet in November.

OPEN HOUSES: The general public as well as Branch members and their guests are invited to attend our monthly open houses on the first Wednesday of most months (no open houses in July, August or December). Some open houses

are devoted to introducing our courses. They include Winter Course Night (November), Spring Course Night (February) and Introduction to Hiking (April). Others feature guest speakers. Beginning in January 2017, the open houses will be held at a NEW LOCATION, the Snohomish County Public Utility District (PUD) Building, 2320 California Street, Everett 98206-1107. You can also explore our website, to learn more about our activities, courses and events.

VOLUNTEER OPPORTUNITIES: The Everett Branch has unlimited volunteer opportunities for those who want to lead climbs, hikes, scrambles, ski tours, kayak paddles and trail maintenance activities. Our course graduates are often invited to return to serve as assistant instructors. Volunteers are also needed to serve on activity and branch committees. Please join us.

KITSAP

Chair: Jeff Schreppe,
avdfan@aol.com

Website: Kitsap Branch on www.mountaineers.org

Founded on March 6, 2003 the Kitsap branch counts in its backyard the trails, waters, and mountains of both the Kitsap and Olympic peninsulas.

Over slightly more than a decade, this branch has developed very strong climbing, hiking, and sea kayaking programs and in the past year

its conservation/education program has also grown significantly. Other Kitsap Branch courses and activities include snowshoe/winter travel, navigation, first aid, wilderness basics, hiking & backpacking basics, and trail running. The branch is currently exploring the possibility of starting a naturalist committee.

Our activity committees sponsor four or more stewardship efforts each year and recurring events include our fall Salmon Safaris. The branch hosts an Annual General Membership meeting every October. A major goal of the branch is to add more family activities in 2017.

BRANCH MEETINGS: Most branch meetings

and courses are held at the historic Kitsap Cabin at 3153 Seabeck Highway, which is located on the Kitsap Forest Theater/Rhododendron Reserve property between Silverdale and Bremerton. However, some meetings may be held at other locations throughout Kitsap, Jefferson, or Clallam Counties, depending upon the activity or the audience to be reached.

Branch council meetings are held quarterly on the third Thursday of the designated month at 5:45pm. To find the day and location of the council meetings please check the Kitsap Branch event calendar of The Mountaineers website.

SEATTLE

Chair: Peter Hendrickson,
p.hendrickson43@gmail.com

Website: www.mountaineers.org/about/branches-committees/seattle-branch

The largest of our branches, Seattle gives lovers of the outdoors an opportunity to try out hiking, backpacking, scrambling, climbing, skiing, snowshoeing, wilderness navigation, first aid, family activities, folk dances, leadership training, naturalist study, photography, singles events,

Retired Rovers activities, Under the Hill Rovers activities, sea kayaking, and sailing.

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

FOLK DANCING: Every Tuesday from 7:30 to 9:30pm (unless it is a parks or national holiday). Location: Peter Kirk Community Center (also

known as Kirkland Community Senior Center) 352 Kirkland Avenue, Kirkland, WA. For more information, check the online calendar of events for the Seattle Branch (not to be confused with the Seattle Program Center).

INTRO TO MAP AND COMPASS: Learn the basics of how to keep from getting lost in the wilderness. See website to register.

PHOTOGRAPHY: Each 3rd Wednesday of the month, the Seattle Photography Committee holds a potluck and photo presentation.

FOOTHILLS

Chair: Steve LeBrun,
stevelebrun@comcast.net

Websites: foothillsmountaineers.org,
FoothillsWinter.org

The newest Mountaineers branch, founded 11 years ago, the Foothills branch encompasses the eastside communities along the I-90 and I-405 corridors. The "little branch that could" sponsors activities and classes that focus on backcountry skiing, hiking, backpacking, first aid, navigation, and snowshoeing. Our signature programs include a comprehensive Backpacking Building Blocks (B3) backpacking course, and our Foothills Winter Program which offers Ski & Snowboard Mountaineering, Multi-Week Ski Lessons, Avalanche Awareness, AIARE Avalanche Certification and Glacier Travel, Crevasse Rescue, winter camping, sports

conditioning, and leadership training courses. Foothills leaders offered 143 different hiking, backpack and snowshoe activities in 2015 as well over a dozen different courses.

Visit the Foothills Branch web page often for information on upcoming activities, film and speaker events, trips, classes and courses.

Are there activities you would like to Foothills to do or do more of? More hikes or backpack or ski trips of a certain kind? Additional training in outdoor skills? Certain special events or speaker topics? Let us know, and we'll try to make it happen. Email branch chair Steve with your comments or ideas. Do you want to stay better informed about Foothills plans and activities? Then consider a Foothills branch affiliation by accessing "Your Account" on the club website.

MEMBERSHIP MEETINGS: Branch Membership meetings as well as Branch Council meetings (open to all members) are held from time to time

at Issaquah, Mercer Island or Bellevue locations. See the branch website and calendar for specific events and meeting dates. Membership meeting are social in nature, and typically include a guest speaker, outdoor-themed film, or a slideshow presentation of backpacking and global adventure trips taken by members.

VOLUNTEERING: Are you looking to develop or utilize your knowledge and skills while making new friends and working with like-minded outdoor enthusiasts? The Foothills branch welcomes new activity and trip leaders, course content developers and instructors, writers, and event planners. The branch offers the training and mentoring support to help those interested become confident hike and backpack trip leaders. We also appreciate volunteer support with administrative tasks such as bookkeeping, publicity, website blogging, scheduling - the sometimes mundane work vital to the success of the branch.

TACOMA

Chair: Jim Paxinos,
jim.paxinos@tacomamountaineers.org

Website: www.tacomamountaineers.org

The second largest of all seven branches, Tacoma maintains not only its own program center in the Old Town neighborhood of Tacoma, but a property close to Mt. Rainier,

the Irish Cabin on the Carbon River. Tacoma Branch offers an extensive list of activities and courses, including backpacking, hiking, conservation, scrambling, climbing, first aid, snowshoeing, skiing, sea kayaking, sailing, wilderness navigation, avalanche awareness, photography and youth programs.

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

MEET THE TACOMA MOUNTAINEERS: Tacoma Branch holds a free meeting on the third Thursday of every month (except June-August and December) to introduce prospective and new members to the branch. The meeting starts at 7pm 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 the 22 activities).

OLYMPIA

Chair: Brian List, balancingdogs@gmail.com

Website: www.olympiamountaineers.org

Meet the Mountaineers at the Potluck and Adventure Speaker series on **first Wednesdays** from September through May, excluding November, at the **Friends Meeting Hall** at 3201 Boston Harbor Rd. NE. The potluck meal begins at 6 p.m. Bring a dish to share and your own plate and flatware. The adventure presentation begins at 7 p.m. Contact Carolyn Burreson at cbburreson@q.com.

JANUARY 4 ADVENTURE PRESENTATION: Susan Marie Conrad- Kayaking the inside Passage

Please join us for an evening with local author and paddler Susan Conrad as she shares stories and images from her solo sea kayak journey up the western seaboard. She'll talk about the magic and mayhem of paddling to Alaska—and writing a book! Come listen to this story of the sea and the soul. Susan will also read from

her recently published memoir "INSIDE: One Woman's Journey Through the Inside Passage." Hardcover copies will be available. Get yours autographed at the event!

FEBRUARY 1 ADVENTURE PRESENTATION: Michael Walther-Hiking American's longest Mountain trails

Homegrown Olympia Mountaineer Michael Walther traded his college years for the chance to hike America's longest mountain trails. Join him for a romp along the Pacific Crest, Appalachian, and Continental Divide trails, a total of 7500 miles. See some of our most celebrated national parks, towering mountain ranges, lush forests, and friendliest towns through the eyes of a young thru hiker. Along the way you'll meet fellow hikers and generous Trail Angels, camp in a restroom, get a very unfortunate tick bite, and find a mysterious burlap bundle in the desert. What's more, you may discover a long walk in your future!

MARCH 1 ADVENTURE PRESENTATION: Tami Asars- Washington's Crest Trail

The Pacific Crest Trail in Washington State is a

vision! Why not work some really great section hikes along the PCT into the summer vacation schedule? Join Tami Asars, author of the new book, *Hiking the Pacific Crest Trail*, Washington, as she guides us through Washington State's PCT, section by section, from the lowlands of the Columbia River to the quiet Pasayten Wilderness and beyond!

BRANCH LIBRARY: Contact Maxine at 360-786-6512 (8am to 8pm) or maxdunk@comcast.net if you'd like to come by to browse, check out or return materials, or request items for pickup at the monthly potluck. GearX on 4th Avenue has a drop box. The catalog is listed on the branch website. Bear resistant containers are also available.

BE SURE YOU GET THE EMAIL BLASTS! Each month we send out an email with just Olympia-related events. Make sure you get it by logging into your Mountaineers account profile at mountaineers.org, designate Olympia as your branch, opt in to "Branch Communications" in preferences, and be sure to save.



MIYAR Adventures & Outfitters

New Mountaineers Benefits: Fjallraven, Gaia Gps, & Miyar Adventures

Make the most of your Mountaineers Membership by taking advantage of these great offers:

- 1-year free subscription to Gaia GPS Pro
- 15-20% off gear at the new Miyar Adventures and Outfitters in Redmond
- 20% off Fjallraven products in downtown Seattle
- 15% off at Mountain Hardware

And many more!

Don't miss out on your membership benefits - see the full listing online:

mountaineers.org/membership/benefits

businessdirectory

We thank the following Mountaineers business owners for their support:

FINANCIAL SERVICES

Mearl Bergeson (Joined 2011)
Merrill Lynch Wealth Management
www.fa.ml.com/mearl_bergeson
mearl_bergeson@ml.com
206-464-5632

MAPS

Coburn Family (Joined 2008)
Green Trails Maps
www.GreenTrailsMaps.com
alan@greentrailsmaps.com
206-546-6277

REAL ESTATE

Leah D. Schulz (Joined 2006)
The Force Realty
www.RealEstateByLeah.com
leah@leahdschulz.com
206-523-1288

Cisca Wery (Joined 2003)
Windermere Real Estate Company
www.LakeWA.com
cisca@windermere.com
206-715-7187



"My professional business listing in *Mountaineer* magazine resulted in over \$15,000 in commissions in 2016. My affiliation with The Mountaineers provided an immediate connection with the client. My listing in the business directory shows that I support this organization both personally and professionally. I highly recommend it!"

-Leah Schulz,
The Force Realty

Want to become a Mountaineers Business Member?

To find out more about increasing your small business' visibility with The Mountaineers membership and to become a supporting business member of this group, contact our Publications Manager, Suzanne Gerber suzanneg@mountaineers.org or 206-521-6013.

Business Members receive the following:

- Business Member Directory listing on the Mountaineers website, including link to business member's website and in the magazine

- A 25% discount on advertising in *Mountaineer* magazine
- Business Member Directory included in new-member packets distributed to all new members
- Opportunity to publicly showcase support of Mountaineers organization

And remember: since The Mountaineers is a mission-based and volunteer-driven 501(c)(3) non-profit, your membership dues are tax-deductible.

Mentorship

by Steve Scher

Hakim ties his daughter, Anisah's shoe on a hike to Poo Poo Point. Photo by Suzanne Gerber

I've never had a mentor. Not the kind that you think of when you think of a traditional mentorship. Sure, lots of folks have lent a hand over the years, but I never had an arm around the shoulder, "Let me help you out," period in my life.

But maybe mentorship doesn't have to come all in one batch. Maybe it can be little bits of help here and there. I've had many a moment when someone has lent a hand, or extended enough a rope – you know the kind – just to get me to the next point.

Speaking of ropes, I do remember the time in college that my friends Mike and Chuck took me for my first rock climbing trip at Skinner's Butte in Eugene, Oregon.

"Nothing to it," Mike kept shouting down to me as I hugged rock, my fingers gripping the ledges, my arms and legs jelly. "You're not going to fall," Chuck shouted up from the ground. "We've got you. We've got the rope. Just move."

But I wasn't able to move. It might have only been ten minutes, but felt like a half hour, before I could quell my quaking panic and get my fingers and feet to climb up. Come to think of it, when I was finally at the top, unable to stand, forehead pressed to the dirt, Mike did put his hand on my back and say, "Want to go again?"

Back in the seventies, the notion of professional mentoring wasn't as established as it is today. The University of Oregon Journalism department didn't have much of an internship program to speak of. After graduating, we were tossed out like old newspapers.

A few students, the favored few, were taken under the wing by professors, interested in either their talent or their looks; my youthful rose-colored glasses admittedly coated in sour grapes.

Looking back, I realize I had not learned the simple art of seeking help and asking for advice.

I tumbled through a decade's worth of jobs, learning craft haphazardly. I remember petulantly walking off one job when the sous chef scooped up a handful of the chopped onions I had been tossing into the Marinara sauce and told me that "these are terrible, they're all different sizes." I was a good bag of onions already into the task and I shouted back that, "what the hell does it matter if they're different sizes, they are all going to cook down in the sauce."

I was a little tightly wound, you could say. It never occurred to me, until years later, that perhaps he was trying to make a point about the way foods cook and the way work is best approached with some skill and diligence.

I did learn radio from my fellow workers, peers teaching peers the little tricks of the craft of broadcasting. My colleagues taught me how to hold a microphone or speak with authority. I could even learn from bosses who angrily red-penciled my copy.

I thought it was trial and error that got me through.

It was only much later, as I watched novitiates stumbling about the workplace, that I realized a little bit of attentiveness, a little bit of recognition for the effort made could be a big help. And the training took on a different meaning. Simply offering to listen eased the tremors and guided the learning.

Mentors don't necessarily toss an arm around your shoulders and ask, "how can I help you?" Rather a mentor tosses a lifeline onto the roiling seas. Mentoring is born of sharing stories about failures, about successes. It is born of caring and of humor. It's the friend who says, "want to try again?" ▲▲



The
Mountaineers
EXPLORE • LEARN • CONSERVE

BEWILD

Stories of Passion & Adventure

This winter, The Mountaineers will bring the outdoors in with our fourth annual **BeWild Speaker and Film Series.**

Be inspired through stories of passion and adventure. Join us as we encourage our community to get outside, connect with nature, and care for the wild places where we play. Explore the outdoors differently.

Learn more:
www.mountaineers.org/bewild
206-521-6001

2017 Lineup

January 24: Jim & Leif Whittaker
My Old Man and The Mountain

February 14: To Be Announced
Trust us, this will be an amazing Valentine's Day date.

March 21: To Be Announced
This will be an awesome second date.

Shows start at 7pm