

Mountaineer

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



**exciting and
unpredictable**
mixed climbing

mentoring
women
in **the lead**

reviving
a historical race
that hasn't been run
in over 70 years

listening
to **animals**
we can't hear

how to **take**
great action shots
like the one on this cover

tableofcontents

Jan/Feb 2014 » Volume 108 » Number 1

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



- 14 **Mountaineers to the Rescue**
The Pierce County Red Cross honors six Mountaineers
- 18 **Beauty of Unpredictability**
An interview with mixed-climber Roger Strong
- 22 **Women in the Lead**
An all-female climbing mentor group led by Stef Schiller
- 23 **Have Camera Will Capture**
Mike Warren discusses his outdoor photography tricks
- 6 **DONOR HIGHLIGHT**
Bill Hecker with a vision of world-class climbing
- 7 **IMPACT GIVING**
The plan to add friction slabs
- 8 **OUTDOOR EDUCATION**
Sisters of Adventure by Carolyn and Isabelle Stratford
- 10 **CONSERVATION CURRENTS**
The importance and conservation of bees
- 12 **NATURE'S WAY**
Experts on sound, from underwater to extinction
- 16 **MEMBER HIGHLIGHT**
Nina Crampton and her 10 essential answers
- 28 **RETRO REWIND**
The Patrol Race is back after over 70 years



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

Mountaineer uses . . .



DISCOVER THE MOUNTAINEERS

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

on the cover: Mikhail Lenitsyn, skiing Paradise, Rainier - October 2013
photographer: Mike Warren

Taking It to the Next Level



Last month I was invited to talk about The Mountaineers at the Bellevue Rotary breakfast. While considering various topics, I thought about what The Mountaineers is like today compared with who we were two years ago when I became board president and found myself writing my first tying in letter.

My wife Sara and I were expecting our first child back then. So it was no surprise when I felt compelled to open the letter with a personal story about my first significant outdoor experience. I was a 12 year old Boy Scout on a 50-mile backpack that ended on the summit of Mt. Whitney. It was the hardest thing I had ever done.

In the letter, I mentioned that the experience planted the seed of conservation in my young

mind. Ample time on the trail gave me a chance to connect with nature and truly gain an appreciation for the natural world, but that's not all it did. The experience also provided the most satisfying sense of accomplishment I could have imagined at that age. As an observer of the goals I set and challenges I pursue - in the outdoors and in life - Sara would suggest that the feeling is something I've been working to achieve ever since.

Being a Mountaineers member and outdoor enthusiast, you understand what I'm talking about. Your outdoor experiences, like mine, were likely transformative - inspiring personal growth and a connection to the natural world. This is really what we've been working to inspire with our youth programs.

So back to the Rotary talk. My theme was one of reinvention - not by way of changing The Mountaineers so much that we appeared to be entirely new, but by presenting us in a different way. Bold, courageous, innovative, passionate, driven. What we have always been, simply by virtue of what we do in the outdoors.

The financial strength of The Mountaineers and the success of our new youth and conservation programs were a large part of the story. As were our volunteers and the tradition of volunteerism that has persisted over our 100-year history.

This bold re-invention is one that the greater outdoor community did not expect to see. But I believe that it's one that Mountaineers members hoped to see. If 2013 was a year of re-establishing our "brand" within the outdoor community, then 2014 will be about taking it to the next level.

Although getting here has been a lot of work, it's been a great ride too. It's also been my honor to serve as board president during this exciting evolution in The Mountaineers organization. Now I'll have more time to get out into the backcountry.

I hope to see you out there!

Gavin Woody, Board President



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

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Darcy Kiefel

Suzanne joined the staff of The Mountaineers as the Publications Manager in September 2013.

questions, comments, suggestions:
suzanneg@mountaineers.org

Mountaineer November/December corrections:

p. 5 - I'm Where September/October summit photo taken by Norm Buckley.

p. 9 - Correct spelling: Weyerhaeuser.

p. 37 - Peruvian Andes correct photo credit: Urbano Huayna, Apus Peru

History and Sustainability

Now that I've been working here for three months, I feel I am finally getting a grasp of what this amazing organization is all about. I'm understanding it's heart and soul; what makes it run, and meeting the many volunteers, staff and members who keep it going.

I am constantly impressed with the amount of history we share – and how much that history is still alive. We've started a new section in the magazine, based on just that, called "Retro Rewind." In this article, we go over the details of the Patrol Race: a unique ski race we are reviving this year at Meany Lodge.

In this issue, you will find a story by two of our youngest writers. As sisters, 14-year old Isabelle and 16-year old Carolyn talk about taking part in our youth outdoor adventure club.

Speaking of notable Mountaineer members, read about six of our climbers who were recently honored by The Pierce County Red Cross for their brave rescue on Ingalls Peak.

We have a highlighted member and a highlighted donor – both of whom have put in countless volunteer hours. We have a story about women mentor climbers who are paving the way for more female leadership in the climbing world. Yes, they are also dedicated volunteers.

Our feature on Roger Strong talks about his unusual introduction to climbing - on a fishing boat. And our feature on Mike Warren shows what it takes to capture good action shots in the outdoors. With a camera that is.

If you've got food on your mind, and are worried about how the plight of the bees is going to affect your supply of trailmix, we have a story for you. Our Conservation Currents ends on a positive note when we talk about NW

bees and a discovery by a member of our very own naturalist committee.

And for an update on the next installation to make our climbing facility the most comprehensive in the world, read about how to help the success of our friction slabs project.

While you're reading all these great articles, I'm excited to share how the magazine has become even more sustainable. Last issue, we introduced the first ever, all color *Mountaineer* magazine. We changed the paper from 10% to 30% recycled, and made it all one kind of paper. This opened doors I didn't expect. You see, we've been printing out of state (across the country, in fact) for all these years due to the cost of production. Well, a different press can be used when the paper is consistent and a local, sustainable Seattle printer contacted me – not only matching but beating our previous costs.

I know, I've been told, "the trucks and trains would be running anyway." And it's true that one magazine printing locally might not impact the overall carbon footprint to make a difference in the world of sustainability. But it's a start – and it's saving our organization some money.

A local printer means one more thing for those of us living in Washington: You'll get your magazine sooner. Shipping across the country at periodical rates sometimes took over 2 weeks. It's possible we've cut that down to as few as 2 days.

With little edits here and there,

I continue to settle into my new magazine home. I hope to make it as comfortable a place to visit as possible. Please don't hesitate to contact me with articles, stories and images to share.

Suzanne Gerber, Publications Manager

I'm where?

Can you identify the summit in the foreground?

Send your answer to Suzanne by the first of February: 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 month's column.

In case of a tie, one winner will be chosen at random. Each month we'll publish a new mystery landmark and identification of the previous one.

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

Hiker/Climber? We'd love you to send in your summit photographs for possible publication as a mystery summit! (see email address above)



Dayhike Mike Baker and Curt Baxstrom were able to correctly identify Malachite Peak in the November/December *Mountaineer*. Dayhike Mike's name was chosen at random for the winner. The photo was taken by Don Swanson.

Statement of Ownership, Management and Circulation for the *Mountaineer* magazine, published by The Mountaineers (as required annually by the U.S. Postal Service)

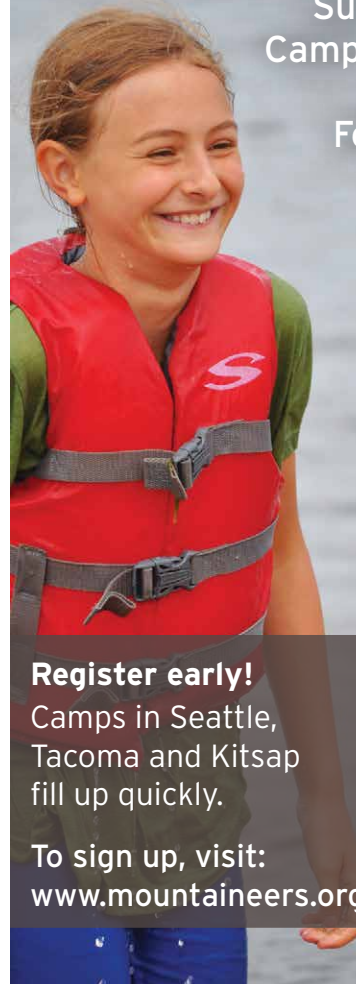
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PS Form 3526, September 2007 (Page 2)

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Registration for
Mountaineers
Summer Day
Camp (ages 6-12)
opens
February 15



Register early!
Camps in Seattle,
Tacoma and Kitsap
fill up quickly.

To sign up, visit:
www.mountaineers.org



donor high- light

Name Bill Hecker
Hometown Auburn, Washington
Member Since 2000, Tacoma Branch
Occupation Commercial Aviation Services
Manager, Boeing



Photo courtesy of Bill Hecker

A Vision of World Class Climbing Inspires Giving

By Mary Hsue

Like your typical Mountaineers member, Bill Hecker counts alpine climbing, skiing and rock climbing among his favorite outdoor activities. But thanks to his exposure to the natural world, he also includes gardening and bird watching.

Bill credits his son for getting him started. "It's really my son's fault. We had been hiking and backpacking for a couple of years when he decided that the forest trails were boring. I wanted him to be properly trained in backcountry travel." So Bill and his son, Jacob, who was 13 at the time, took the Scrambling course together in 2001. They went on to graduate the Basic Climbing course in 2003.

Bill was invited to join the Basic Climbing committee after graduating the Intermediate Climbing course in 2004, and volunteered primarily for climbing, leading over 100 field trips for Basic, Intermediate, Climbing and Crag courses over the years.

"My initial motivation for volunteering was to pay back. But after instructing and leading climbs, I found that it was my students who motivated me to continue volunteering. Good or bad, feedback from students is immediate."

Not surprisingly, it's mostly the good feedback that inspires Bill to continue volunteering – along with a sense of responsibility to his students. "Students look at you like a seven year-old looks at his father," he says. "You see respect, awe and trust in their eyes." They're also eager to absorb

all that Bill knows about the Cascades as he loves exploring that area so much that he has practically all of the Beckey Guides memorized!

His volunteering led him to giving – the point of this article. Bill decided to support the Tacoma Program Center renovation after attending an informational event for the project. But it was really a chance run-in with Jim Feltus and Geoff Lawrence, two members of the fundraising committee, who inspired him to make a significant gift. "Jim told me that I should support this project because it's part of me." He adds, "I also saw Marty Babare and others not only give, but volunteer to recycle wood from the clubhouse to use in the new building. All of my friends were doing something so I thought I should do something too. I guess I was waiting for someone to ask me to give – at a personal level." He joined the fundraising committee for the indoor climbing wall effort and made a second significant gift at a fundraising dinner. "It was a fun evening. I was emcee for the program and my girlfriend Joy was the head chef." To double his impact Bill requested matching gifts from his employer, Boeing.

Bill plans to continue to support fundraising efforts for the outdoor climbing wall – Tacoma Branch's next project. And he has high hopes for what his giving will accomplish. "I would like the Tacoma Mountaineers and The Mountaineers in general to become widely recognized as having world-class instructional venues and a world-class climbing program. Over the years many climbing programs have modeled their climbing program after ours. It's a great compliment and tribute to The Mountaineers."

Goal: Become the Most Comprehensive Climbing Instructional Facility in the World



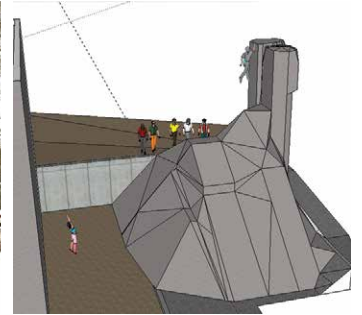
Outdoor Climbing Wall: 2008



Indoor Climbing Wall: 2008



Basalt Columns: 2011



Friction Slabs: 2014

Plan: Add Friction Slabs

The Mountaineers program centers in Seattle and Tacoma are unique urban-based facilities designed to support the instruction of hundreds of outdoor recreation courses and activities from alpine climbing, skiing, and kayaking to navigation, first aid, and photography.

Located in Magnuson Park, the Seattle program center offers one of the best venues for climbing instruction in the nation. The Friction Slabs committee, a group of Climbing and Scrambling committee members are working to establish the Seattle program center as THE best venue for climbing instruction in the world.

How? First, a bit of background. Since before the Seattle program center opened in 2008, Mountaineers leaders and volunteers envisioned the construction of a world-class, comprehensive facility fully equipped to support the instruction and practice of essential skills for the beginning to advanced alpine climber. This effort has attracted broad support over the years because it's an in-city, safer, cost-effective, and environmentally-friendly alternative to fragile alpine peaks, meadows, and crowded crags.

Generous donor and volunteer support since then enabled The Mountaineers to complete and furnish the program center with indoor and outdoor climbing walls, install actual basalt columns to teach advanced climbing techniques and construct a boulder to support adult beginning climbing and youth programs, like Mountain Workshops and summer day camps.

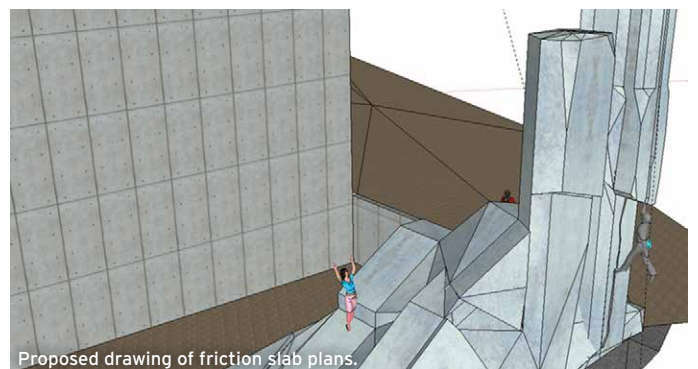
What we're missing are friction slabs – a common feature on many classic alpine scrambling and climbing routes. Picture it - located in the plaza, north of the program center, a 30-foot structure that could be used to support the instruction and practice of proper slab technique.

The Friction Slabs committee has done just that and spent the past few years planning the construction of friction slabs and towers made of sculpted, colored, and textured concrete and feature a variety of angles to serve both

beginners and experts. Committee members have gone so far as to construct sample slabs that can be adjusted to varying degrees and tested by scrambling and climbing volunteers. Located in the basement of the program center, the slabs look like real rock. Feel and test the surface with your hiking boots or climbing shoes and you'll swear they are actual granite.

This comes at a price – \$100,000 to be exact. And that's a deal, because in keeping with The Mountaineers member tradition of volunteering time and professional expertise for just about every project members can dream up, the Friction Slabs committee is comprised of construction professionals – engineers, project managers and site managers who do this by the day and have volunteered to lead the project by night.

With a project completion goal of fall 2014, the committee with the support of Mountaineers staff has launched a campaign to raise the funds by June 1st. Aggressive and bold, but it wouldn't be a Mountaineers if effort it were any other way.



Proposed drawing of friction slab plans.

We need your help. A series of informational sessions is scheduled in 2014 and active fundraising has begun.

Visit www.mountaineers.org/giving/fomc.cfm for more information and to make a tax-deductible contribution.

Interested in volunteering? Email john.wick@boeing.com



Mountaineers Adventure Club members at the top of The Apron, Squamish, BC. Photo by John Rijnhoff

Mountaineering Sisters of Adventure

By Carolyn and Isabelle Stratford

Ever since we were quite young, the out-of-doors has been an important companion in our games and studies. As we grew older, however, a dream to partake more seriously in the joys and dangers of the wilderness took firm root. When our family moved back to our native Pacific Northwest after living in the rural Midwest and East for a number of years, it began to look like the dream might just become a reality. Our father recommended that we see if the Mountaineers had any programs we might be interested in. We did some research, and discovered that indeed, they had a program: the Mountaineers Adventure Club (MAC). Our mother contacted Becca Polglase, Director of Education at the Mountaineers. She suggested that we come to the next meeting. Thus, one memorable Wednesday night near the beginning of January 2013, we arrived at the Mountaineers Program Center for the first time. Our rather extensive experience with being new told us that we might expect to feel at least a little left out and uncomfortable.

When we entered the Cascade Room, we were greeted by several very genuine and welcoming girls of our own age. So far, we were pleasantly surprised. We sat down at a corner of one of the tables, trying not to hide behind each other, yet hoping to be inconspicuous at the same time. As the meeting commenced, a look down the room showed what appeared to be an endless

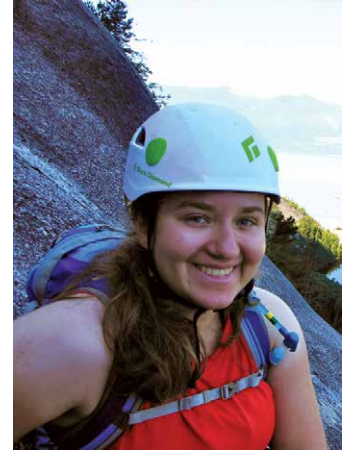
row of teenagers. They all seemed to be very good friends, and had that fresh, happy, peaceful look that comes from spending plenty of time in the mountains. We were pretty sure that it was a hopeless task to ever learn more than a few names (wrong), but were also sure that this was a group of very friendly people that we were interested in becoming a part of. So we signed up for our first trip.

Now we are honing in on our one-year anniversary of joining MAC. During that time, climbing, camping, and the mountains have become a permanent part of who we are. Our bedrooms are adorned with sleeping bags, backpacks, and water bottles. It is hard to believe that there was once a time when we were not a part of this group. When we joined, we had not the faintest clue of how to use an ice ax; we were unaware of how heavy a backpack is at the start of a 52-miler; and we didn't know how to put on a climbing harness. Now we have been on our first alpine climb (Unicorn Peak); we are fine with going a week without taking a shower; and we climb regularly at a local gym.

As a group, we learn the skills necessary to climb the mountains. In turn, the mountains teach us about ourselves. Through the challenge of pushing through the crux of a difficult climb; the misery of a cold, wet night in the snow; the fear of meeting exposure for the first time; and the exhilaration of surveying the world from a hard earned peak, we find strength, and weakness, that we might otherwise never have realized. We learn to trust ourselves in situations where one mistake could cost us our life. We gain confidence, finding the courage to speak up if something isn't right. We learn to know and respect our own limits, stretching and expanding them, without pushing too far.

Due to the nature of the group, we learn more than mountaineering skills on MAC. As members, we as a group run our own meetings, come up with trips we want to go on, research the details for each trip, and learn the skills needed for successful completion. We have learned - or rather, are learning - how to compact a long presentation into ten minutes; how to efficiently communicate infinity plus one details; how to rectify the situation when a piece of important information is accidentally left out of the last email; how to put a complex idea in simple terms; and how to properly write minutes from a meeting. This is just a sampling. Each time we get together there are more ideas, more skills, more jokes, more stories. We are assisted each step of the way by two exceptionally skilled adults, Becca Polglase and Madden Coghlan. All right, maybe more than two - none of us could do this without our incredible parents, and the wonderful instructors who willingly volunteer their time for us.

In the end, we're out there to have fun. As we work hard together, learn together, make mistakes together, and through it all, laugh together, we become a very close, ever growing group of friends. We look forward to meeting new people, reaching new summits, and growing in appreciation, respect, and love for the mountaineering tradition we are becoming a part of.



About the authors: Isabelle, 14 (left) and Carolyn, 16 (right), joined the Mountaineers Adventure Club in January 2012. In just a year, both have completed multipitch climbs, an alpine climb and a 5-day backpack, among many other activities. Both received their certification in Wilderness First Aid and help instruct newer members in alpine and rock skills. Carolyn is the 2013-14 Secretary.

Mountaineers Adventure Club

by Becca Polglase, Education Director



Mountaineers Adventure Club is a program that, in the past four years, has taken on a life of its own. It's a group of welcoming and dedicated young people who are motivated to get outside and learn the skills to do so safely and responsibly. New members receive patient instruction from 3rd and 4th year members as well as skilled adult mentors. Members in their 3rd and 4th

years have opportunities to learn advanced skills and hone their skills by teaching others. Everyone in the club participates in deciding where to go and what to do.

It's no secret that outdoor recreation supports a strong sense of community and the Mountaineers Adventure Club is no exception. New members are welcomed each September and January, instantly becoming a part of the family. More so than many working adults, our teen members are overbooked with homework, sports, music, academic clubs, jobs and family commitments. Yet everyone makes an effort to attend as many meetings and trips as possible. During busy times, they stay connected through email and Facebook.

And, like all Mountaineers programs, Mountaineers Adventure Club couldn't happen without dedicated involvement from skilled adult volunteer mentors. Volunteers from The Mountaineers climbing, hiking, skiing and first aid communities provide hundreds of hours of instruction and mentorship both at The Mountaineers program centers and out in the mountains, waters and crags of Washington.

Interested in joining or volunteering?

We have Mountaineers Adventure Clubs at our Seattle and Tacoma branches, and welcome new members in January and September. Contact MaddenC@mountaineers.org for information on the Seattle program, and BrigitA@mountaineers.org for information about the Tacoma program.



The Importance and Conservation of Bees

By Joan E. Miller

A queen bee and her worker bees. Photo by Emanuel Dimitri Volakis

Bees are everywhere: in paintings, on clothing, in jewelry, on food labels. Bees are entrenched in our psyches, but can they survive in our natural world?

Honey bees have been gaining a lot of attention worldwide as populations suffer from a host of problems, including diseases, pests and pesticides. The problem isn't just confined to large-scale agriculture either. Chemical-free and pollinator-friendly habitats can be ruined by one nearby flower that has been treated with insecticide.

A group of chemicals called neonicotinoids are commonly used in gardens and are toxic to bees. "More kinds of pesticides are

used more heavily in suburbs than in agriculture," Evan Sugden, University of Washington lecturer and beekeeper says. He knows firsthand. He keeps hives and has lost many honey bees to such chemicals. Insecticides can persist beyond one season in the garden.

Another threat to honey bees is climate change. Flowering plants and pollinators co-evolved, and the concern is that evolution will not be able to keep up with the pace of our warming climate. Evan says it's bound to affect bees' food sources, and in turn, their livelihood. But he does believe honey bees will not completely disappear.



A Washington state beekeeper inspecting his hive. Photo by Emanuel Dimitri Volakis

How does this affect me?

You go to the store to buy some almonds to take on your next outdoor adventure. When it comes time to reach for your snack, the bin is empty, with a note saying that sources are limited this year, but they will re-stock as soon as possible. You look around and see many other empty bins.

If bees were to disappear, this is a true possibility. They are essential in the production of many of our food sources.

"Almond growers absolutely have to have bees in the spring," says Evan. Beekeepers truck their bees from farm to farm each spring because there are no more wild bees to do the pollinating. Modern agriculture, through the use of pesticides, has eliminated wild bees. "There aren't enough hive bees to go around," Evan says, "yet almond growers are seemingly in denial and keep planting more and more trees - and then keep using pesticides."

This cycle of disconnect keeps scientists like Evan busy. His life work is studying bees, keeping them and teaching others how to keep them. He has worked with honey bees, bumblebees and other species and teaches a class about beekeeping at the University of Washington.

At home in Washington

Washington is home to about 580 species of bees, Evan says, with more diversity east and south of the Cascades. Nationwide, there are 2,000 - 3,000 species, with most living in the southwest. What the average person might not know about bees, Evan says, is that they can travel eight to ten miles for food, and are exceptional at finding their way. "Bees have a

brain that has evolved to be a navigating computer, and that's pretty amazing." They have one of the most sophisticated communications systems in the animal kingdom.

He speaks of the "bee dance": the excited state of communication that happens when bees return to the hive to tell others the precise whereabouts of a food source. The information being exchanged is much more detailed compared to, say, the way ants leave trails for each other. It sounds like something out of a Pixar movie, but this is the real-life behavior that fascinates people like Evan. These hard-working insects play a vital role on our planet wherever there are flowering plants, including the arctic.

Some good news

Recently, some local news rocked the bee world. A population of western bumblebees was discovered north of Seattle, sending ripples of hope through the bee community. Previously it had been believed that a fungus wiped out the western bumblebee in the 1990s. Bumblebees are much like honey bees in their social behavior, living in colonies with queens. They also produce honey - but do not have hives where they store it and live.

Evan was part of the group that confirmed the bumblebee's rediscovery, along with Will Peterman, a bee enthusiast and member of The Mountaineers Naturalist Group. Evan and others plan to do more research to determine whether this is a fungus-resistant population, or if the disease has changed to no longer kill the bees. "It's exciting and important because other bumblebee species are going extinct," he says. "Findings that come out of this might be relevant to honey bee problems." Wild populations are surviving around the world, despite many challenges. And bee breeders are starting to see the results of their efforts to produce stronger bees that can better endure the various diseases and parasites that threaten their survival.



A wild honey bee worker (Apis). Photo by Will Peterman

Evan Sugden, University of Washington lecturer and beekeeper will be coming to The Mountaineers Program Center in Seattle to present, "The Importance and Conservation of Bees," on February 13 at 7pm.

In every issue of Nature's Way, we try to feature modern naturalists, doing fascinating things – who you can hear in person at one of our lectures. This is a special issue, with two experts on sound. From underwater marine life to extinct crows, this article talks about the capture of sound like you haven't heard before. –Suzanne Gerber, Publications Manager

Recording in the Field The Music of Nature

By Joan E. Miller

To Martyn Stewart, there is no such thing as the sound of silence. He spends his life recording nature sounds and has amassed an archive so extensive, some of the animals he's recorded have since gone extinct.

Martyn is a sound recording expert and naturalist who has collected sounds for more than 45 years, largely for natural history documentaries and the BBC. His business, Naturesound, has supplied sounds for more than 150 films, radio and TV shows, and CDs. He also has worked on two Mountaineers Books offerings: *Arctic Wings* and *The Owl and the Woodpecker*.

Childhood fascinations

He started recording sounds when he was an 11 year-old living in Scotland. What first ignited his interest? "Fascination," he recalls. Visiting museums, he learned about natural history and creatures long extinct. "I didn't understand the word extinction," he says. "Then I realized it's gone forever. You can't buy it back."

Armed with his older brother's tape recorder and microphone, he started by recording hover flies. Money from his paper route paid for his tapes. He sent some recordings to the BBC and eventually sold some badger sounds to the network. He honed his professional skills working sound on soap operas, but Martyn knew the universe had bigger plans for his talents.

Now having recorded in 45 different countries, Martyn has vocalizations for over 3500 bird species (out of about 10,000 bird species worldwide) and countless mammals, insects, amphibians and marine creatures. When he's not in the field, Martyn works out of his home, where he has a surround-sound studio. The dawning of the digital age brought major changes, which he happily embraced. "What I used to have to take into the field was the size of a car. The cables were ridiculously long – the equipment was heavy. All that time spent splicing..." Now, with super-compact digital equipment, Martyn enjoys "no more mixing beds. You just use a mouse."

He continues to work with the BBC, following a schedule set by show producers. He travels throughout the Americas, Asia and Africa to record sounds for various productions. He has done underwater recordings; capturing sounds of most whale and dolphin species. He's also recorded 350 species of bats, out of 1,000 species worldwide.

Endangered Recordings

Some animals he's recorded are now endangered, or gone completely. The demise of the Hawaiian Crow in the wild particularly brings tears to his eyes. "Their vocalizations sound like Mick Jagger to me," he says sadly.

But the sounds of animals long gone are not the only precious thing Martyn safeguards. Among the 60,000 hours of nature sounds in his archives, one-third are drowned out by modern noise. "It's not just critters. It's soundscapes. Everywhere you have roads and traffic and planes."

A sense of urgency drives Martyn's current projects. Recently, he was in Costa Rica where sea turtles are still being killed, and he continues to be involved in efforts to end the cruel herding and slaughter of dolphins each year in Taiji, Japan. "Mother Nature is the most important thing to me now," he says. "Let's try to connect back to Mother Earth."

Classes in Seattle

Each year, Martyn offers a sound class in Seattle. "We go to the Montlake Fill and I give the students headphones and microphones, and they are able to focus on the sounds around them. They're astounded by what they hear."

Visit Martyn's sound sites to get a taste for yourself: www.naturesounds.org or www.soundofcritters.com



Martyn Stewart with his sound equipment. Photo by Noeleen Stewart

Sound expert Martyn Stewart will share his passion with The Mountaineers in his presentation, "The Music of Nature and the Fragile Planet," on January 9 at 7pm, at the Seattle Program Center.



An orca whale in Puget Sound. Photo by Doug Schurman

Monitoring the Marine Environment Through Ambient Sound

By Mia Spangenberg

We humans have limited hearing: in the range of about 20 hertz to 20 kilohertz. Much of the rest of the animal kingdom would consider us practically deaf. Marine mammals, on the other hand, especially cetaceans (whales, dolphins, and porpoises), can hear substantially wider and lower frequencies. They use these frequencies to communicate and search for food.

However, just because we can't *hear* noise, doesn't mean we're not creating it. Sounds of oil exploration, for example, occur at lower frequencies than our ears can pick up, and travels thousands of miles underwater from their source locations.

To gain a better understanding of how these noise frequencies affect marine life, University of Washington Senior Principal Oceanographer, Jeff Nystuen has developed what he calls Passive Aquatic Listeners, or PALs for short.

"We are generally aware of air pollution and even sound pollution on land," says Jeff. "But we are really disconnected from underwater sound pollution." Just how these sounds are

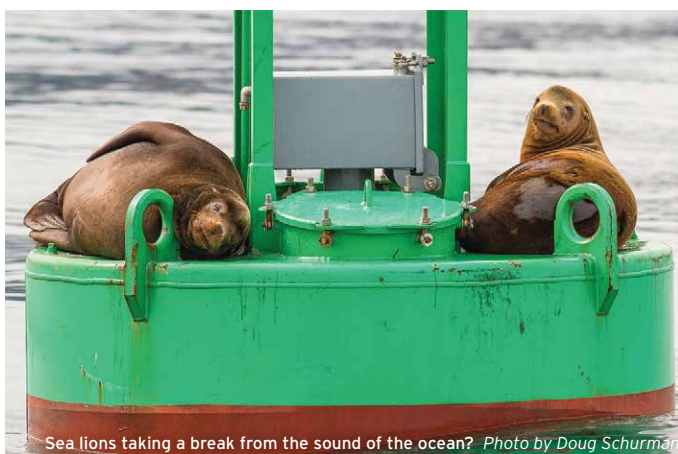
affecting the various sea life operating in the same frequency range is unknown.

PALs have now been deployed all over the world, at depths of 1,000 meters or more, capturing sound never heard before (by humans that is). Attached to ocean moorings in places like the Bering Sea, PALs can record the sounds of melting and freezing sea ice. They can be used to acoustically locate and count difficult to observe whales, including bowhead whales, the critically endangered Pacific Right Whale, and various ice seals, including bearded, ringed and walrus. Closer to home in the Pacific Northwest, Jeff has deployed his PALs off the coast of Cape Flattery and Westport to assist marine biologists listening for orcas.

With the help of PALs, various universities, including the University of Washington, Penn State University and the University of Rhode Island, along with government agencies NOAA, NASA and the Office of Naval Research (ONR), have advanced our understanding of underwater sounds over wide frequency ranges.

Studying sound gives us insight into the marine world in ways that simply cannot be measured otherwise. Jeff's work has helped to identify specific pods from endangered Puget Sound orca populations. It has also helped to determine where the orcas migrate in the winter when they leave the Puget Sound and Salish Sea. We might not be able to speak the language of these magnificent creatures, but perhaps we can start listening.

Jeffrey Nystuen, Senior Principal Oceanographer at the University of Washington, will be coming to The Mountaineers Program Center in Seattle to present, "Underwater Ambient Sound in the Ocean: Uses and Conservation Concerns," on January 30 at 7pm.



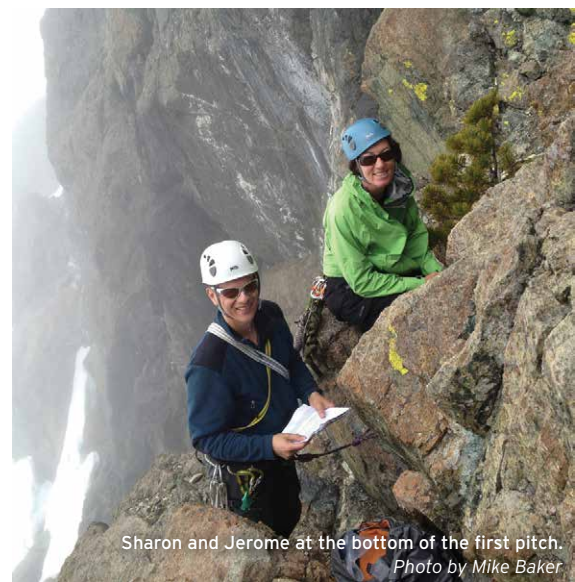
Sea lions taking a break from the sound of the ocean? Photo by Doug Schurman



Mike Baker and daughter at the Hero's award ceremony. Photo by Jessica Baker



Morning of the rescue: just below the start of the route. Photo by Mike Baker



Sharon and Jerome at the bottom of the first pitch. Photo by Mike Baker

Mountaineers to the Rescue

By Tess Wendel

The Pierce County Red Cross honored six Mountaineers during the 20th annual Heroes breakfast this October. Tacoma Mountaineers Michael Baker, Sharon Carlson, Kevin Hornbeck, Julie Myer, Jeff Vernon and Seattle's Jerome Velosky were given the Wilderness Rescue Award for assisting a badly injured climber on a climb of Ingall's Peak in June of 2012.

Mountaineer members from the rescue reflect on that day:

"On our descent we came across two climbers that we had met earlier in the day," says Julie. "They were going fast and light and hadn't brought along much in the way of warm gear. As a result, they made a wise decision to bail on the climb and had rappelled off the route. Unfortunately, while descending steep snow one of the climbers had fallen and, although he had self-arrested, he hadn't managed to stop completely before he struck a rock outcropping and fractured his pelvis."

Michael describes, "We did our best to bundle the injured climber inside a sleeping bag and bivy. We were able to rig up a chest harness and tied into that (along with his main harness), so that most of the force was directed away from his injury. We established an anchor by burying ice axes in the moat between the snow and cliff, tied together all of our ropes, and then used a

controlled lower to move the patient down the slope. We were moving as fast as we could, to get our patient down to the flat at Ingalls Lake – where the rescue helicopter would meet us."

"I feel the training from The Mountaineers played a huge role in handling the situation," says Jeff. "The courses we had all taken with The Mountaineers provided us with the knowledge, the experience, the leadership and the confidence to handle an emergency situation in the outdoors."

Jeff has since joined Tacoma Mountain Rescue.

DID YOU KNOW? Mountaineers played a key role in forming the mountain search and rescue teams we see today. In 1939, a small group of Mountaineers came together to form the Mountaineers Rescue Patrol which was made up of volunteers who could be called to action for cases where technical climbing skill was involved. This group was completely voluntary and unpaid, and its members were responsible for purchasing and providing the necessary rescue equipment. This group was the first of its kind and led to the founding of the nation's first Mountain Rescue Council in 1948.



BACKCOUNTRY
SKI & SNOWBOARD
ROUTES

WASHINGTON

January 2014 release: A detailed and all-new guide to 81 routes throughout Washington state

"Coming up with 81 worthy ski tours, descents, and traverses was not that hard a task; the challenge was to create a list that offers something for every ability level in a geographically diverse region. We were trying to produce excellent beginner ski tours, classic moderate routes, long and remote traverses, and also what we proudly call modern American ski mountaineering and extreme skiing challenges. Be assured that the skiable terrain in Washington State is so vast that we could write a second volume, and many of you could argue that your home area deserves its own book. That is probably true. The point of this book was to

showcase one selection of great routes that make ski touring special here. Along with the described routes you will find mention of side trips, adventure zones, and exploratory areas. Let your imagination run wild and have at it."

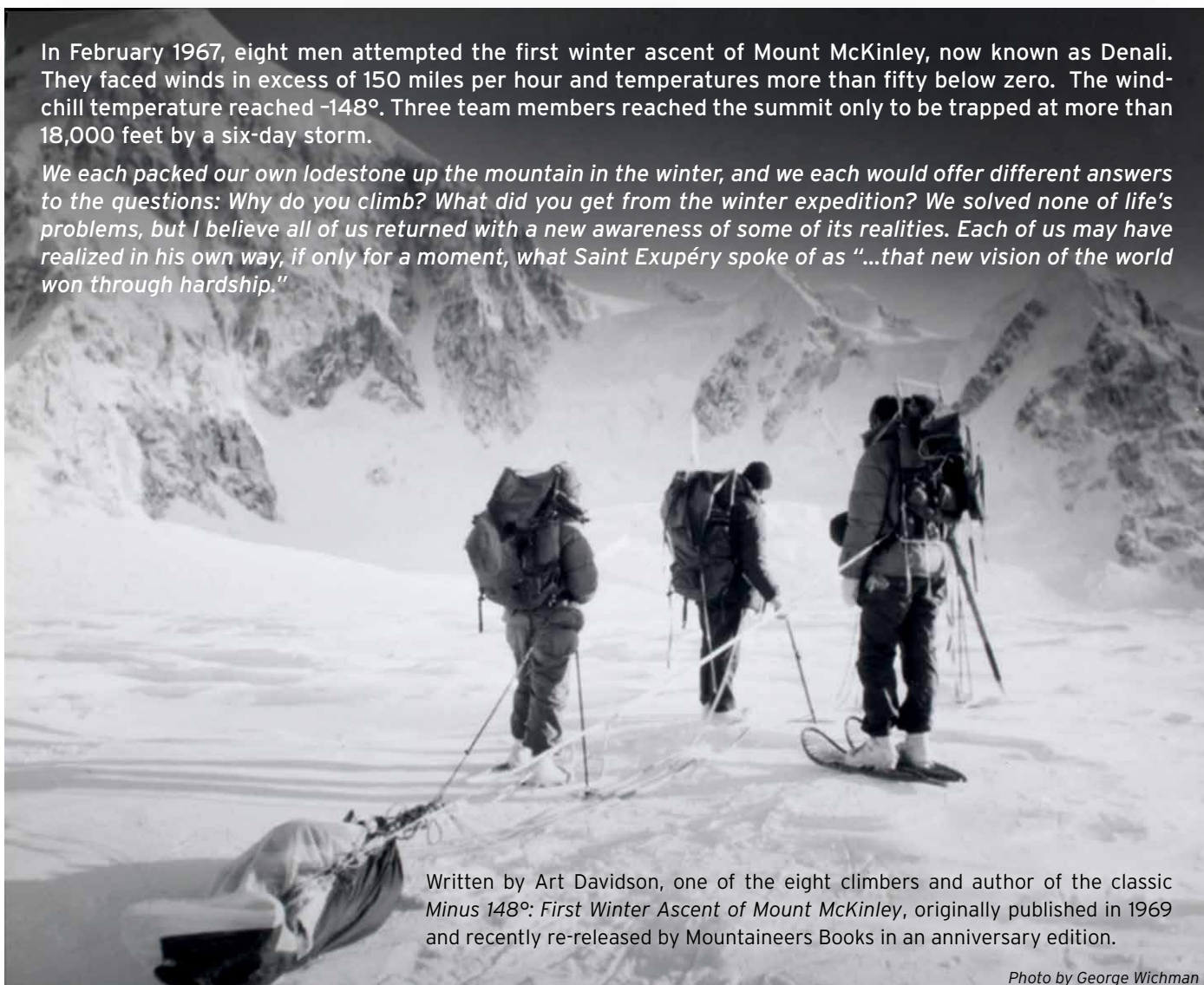
—Martin Volken, founder and owner of Pro Guiding Service and Pro Ski and Mountain Service

Martin Volken, Lowell Skoog, and the guides of Pro Guiding Service present:
*Backcountry Ski & Snowboard Routes
Washington Slideshow and Launch Party*

7:30 pm, Tuesday, February 11th at the Mountaineers Program Center

In February 1967, eight men attempted the first winter ascent of Mount McKinley, now known as Denali. They faced winds in excess of 150 miles per hour and temperatures more than fifty below zero. The wind-chill temperature reached -148° . Three team members reached the summit only to be trapped at more than 18,000 feet by a six-day storm.

We each packed our own lodestone up the mountain in the winter, and we each would offer different answers to the questions: Why do you climb? What did you get from the winter expedition? We solved none of life's problems, but I believe all of us returned with a new awareness of some of its realities. Each of us may have realized in his own way, if only for a moment, what Saint Exupéry spoke of as "...that new vision of the world won through hardship."



Written by Art Davidson, one of the eight climbers and author of the classic *Minus 148: First Winter Ascent of Mount McKinley*, originally published in 1969 and recently re-released by Mountaineers Books in an anniversary edition.

Photo by George Wichman

member high- light

ten essential
questions



Name Nina Crampton
Hometown Bournemouth, Dorset, UK
Member Since 2011
Occupation Art Teacher
Favorite Activities Scrambling, snowshoeing, backpacking, all things artsy, motorcycle riding, sailing and canoeing, drinking really good beer after a day in the mountains! Oh and teaching!

Diana Yuen

For each issue, we'll interview a member of our outdoor community to ask 10 Essential Questions. This month we spoke with Nina Crampton, a volunteer leader who enjoys teaching almost as much as a good beer after a long day in the mountains. For extra entertainment, read her interview with a British accent - she's from the UK! -Kristina Ciari, Membership Manager

How did you first get involved with The Mountaineers?

Having dinner with friends who I later learned were Mountaineers, various words came up that I did not recognize: 'glissading' and 'plunge stepping,' and what the heck was Alpine Scrambling? After some interrogation it was very clear that I would have to join the Mountaineers to do this fun stuff, especially after having spent many hours in the UK backpacking and actually Scrambling (though I was in blissful ignorance of this). In 2011, I took the Scramble class and loved it. Being a big mouth I then had to yap about it, so instructing became an obvious next step for me. Now I help to instruct Alpine Scrambling, Snowshoeing and Navigation (which I am particularly passionate about). I feel a tremendous sense of pride in paying it forward.

What motivates you to volunteer with us?

In my life, there is not much that can top watching the pleasure and sense of achievement in a student when they have perfected a skill, especially when they thought they would never 'get it'. To sense their fear and reduce it through a concrete, life-saving skill that is life saving, the eureka moment! Introducing and equipping people with knowledge and skill to enjoy and be safe in the mountains keeps me motivated. That and working with a pretty amazing bunch of people who give so much to this organization. *Brilliant!*

Favorite Mountaineers memory?

I have a few so this is a difficult one for me. The first time I roped up to climb Glacier Mountain was especially cool. The silence of

the early morning and just our little lights guiding our way was really amazing. I was nervous and excited and doing something I had not done before. It was great! I loved it! I'm hoping to do more of that again this year.

Who/What inspires you?

People inspire me to be the best teacher/instructor I can be with as much compassion and understanding as possible. It's always good to learn something new, to force yourself to be back in the position of learning, and to remember what it is like to not be able to do a particular skill. I love all of it really. Watching and listening to other instructors always teaches me something new.

What does adventure mean to you?

Adventure to me is doing anything new: exploring a new region, new mountains, new state, new country, new anything really. One of my favorite things to do is load my tent on the back of my motorcycle and set off. Sometimes I have no idea where I am headed, but I am very sure that it will be an adventure. Add a few scrambles, a swim, some great music onto that and it becomes a perfect adventure!

Lightning round!

Sunrise or sunset? Sunrise every time.

Superpower? Sparkle with color.

Smile or game face? Smile all the way.

Post-adventure meal of choice?

The food is irrelevant-the IPA is all that matters.

If you could be a rockstar at any outdoor activity overnight, what would it be?

I would love to ski.

membershipmatters

Your Membership with The Mountaineers gives you an instant connection to a community of outdoor lovers and future lifelong friends eager to join you on your next great adventure. With benefits ranging from access to classes, lectures, events, and social activities, to deals on travel, lodging, books, and publications, our members enjoy thousands of benefits throughout the year and throughout the region.

In addition to sweet discounts for you, your support also empowers The Mountaineers to conserve and steward our public lands to preserve the wild places we all enjoy. Plus, as a 501(c)(3), all of your donations and dues are tax-deductible as a non-profit contribution.

Gear Deals

40% Off

***Eddie Bauer** - ALL Eddie Bauer and First Ascent gear is 40% off - that's more than their employees get!

30% Off

Backcountry.com - 20-30% off selected items

20% Off

Edgeworks Climbing Gym in Tacoma - 20% off memberships, 50% off initiation fee, \$12 day passes

Magnuson Athletic Club - 50% off initiation fee and \$10 off monthly membership dues

Mountaineers Books, USGS and Green Trails Maps in The Mountaineers Bookstore and online at www.mountaineersbooks.org

Vital Climbing Gym in Bellingham - 20% off annual membership and 5-punch card for \$39

15% Off

Alltrec.com - 15% off full price gear + free shipping

Belay Shades - Save your neck at 15% off

Mountain Hardware - 15% off at Seattle store

Outfitter.com - \$10 toward gear rental + free shipping

10% Off

North Cascades Mountain Hostel providing accommodations and adventure opportunities in Winthrop, WA

Pro Mountain Sports

Non-Mountaineers Books titles

Remote Media International

Various discounts for course students

Basic Climbing Students are eligible for discounts on selected items from:

Feathered Friends | Second Ascent

ExOfficio | REI | Alltrec.com

Pro Mountain Sports | Marmot

Unparalleled Access

Adventure opportunities through our huge portfolio of classes, seminars, and activities

Special member prices for events & festivals including Banff Mountain Film Festival, and Radical Reels

Access to our mountain homes including Baker Lodge, Meany Lodge and Stevens Lodge

Discount travel both domestically and internationally

Access to our climbing walls at The Mountaineers Program Center and discounts on our event space rentals

Award-Winning Publications

Subscription to our bi-monthly *Mountaineer* magazine

Subscription to our monthly e-newsletters:

Conservation Currents, conservation news

Mountaineer Monthly, news & activity highlights

Stewardship Opportunities

Lectures and seminars with conservation leaders

Trail and fire lookout maintenance opportunities

Leave No Trace Trainer courses and clinics

Citizen advocacy training

Conservation on the Ground outings

Environmental education programs for families

Partners in Recreation

Appalachian Mtn Club | Colorado Mtn Club | The Mazamas Shared member rates and access to many of their perks & benefits including mountain lodges.

Eastside Subaru offers members access to **special pricing** on Subarus for the adventure on the way to the adventure.

Looking to **zip out** for the weekend? Mountaineers also have an **exclusive Zipcar membership** to get you on the road.

For questions about membership benefits please contact Member Services:

(206) 521-6001 or info@mountaineers.org

*Eddie Bauer has temporarily suspended processing applications for the 40% off pro deal until the new year. They are reviewing the program and looking to upgrade the technology to make processing memberships easier. They anticipate reinstating the discount for Mountaineers members in 2014.



Beauty of Unpredictability

By Kristina Ciari

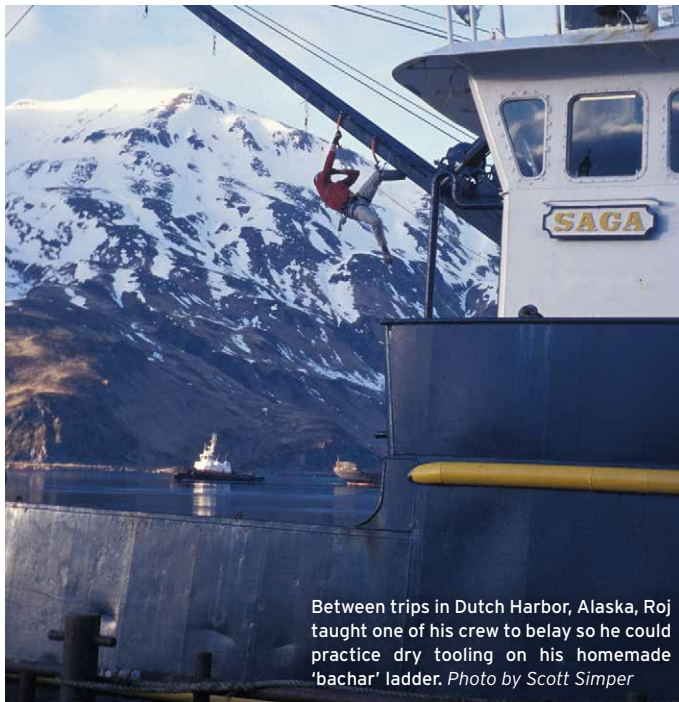
Sport climbing is predictable. In sport climbing you clip into pre-drilled bolts while climbing a rock face. Before starting up a route, you know just how long the climb is going to be, and just how many bolts you will clip as you go. In traditional (trad) climbing, you place your own protection to save you in the event of a fall. Trad climbing is less predictable, but short of a hold breaking off or the rock becoming polished over time, rock climbs remain more or less the same from year to year.

Then there's ice climbing. In the words of Roger Strong, leading activist in modern mixed climbing, backcountry skier, and most importantly, husband and father, ice climbing is: "Always changing. You can climb a classic ice route 100 different times and it will climb 100 different ways." To him, the appeal of ice IS its unpredictability. To me, a sport-climber whose only experience placing gear came last Christmas when I helped a friend decorate their apartment using Camalots, it all seems a little too . . . unpredictable.

An Uncommon Beginning

Roger, or Roj as he is known, began climbing at 17. He bought his first trad gear a year later after enduring a successful rookie season as an Alaskan crab fisherman. He went on to have a successful 20-year stint as Captain in the Bering Sea, and was even featured on the *Deadliest Catch, Season 1*. Roj credits fishing and climbing with saving him - for putting him back on

Roger attempting Musashi (M12) at The Cineplex in Alberta. With belay partner Will Gadd (who go the first ascent), Roj completed the climb after 8 tries over 3 days. At the time it was one of the hardest mixed climbs in the world. Photo by Kennan Harvey



Between trips in Dutch Harbor, Alaska, Roj taught one of his crew to belay so he could practice dry tooling on his homemade 'bacher' ladder. Photo by Scott Simper

the straight and narrow. As a crab-boat Captain in the Bearing Sea, he earned a living while enjoying 6-8 months a year to fully explore his outdoor potential and find his true happiness.

Roj quickly fell in love with mixed climbing, the "redheaded stepchild" of rock and ice climbing where the climber ascends routes comprised of both rock and ice using ice tools and crampons. Unlike strict ice climbing where ice screw placement is required, mixed climbs are often bolted and only occasionally require a screw or trad piece. This means the climber isn't at risk for pulling gear on a fall - making it safer than ice climbing.

At some points in the season, mixed climbing becomes the only way to get to the top of routes. Sometimes it's the only way to ever get to the top- the route just can't be climbed without the ice. And this is where Roj excels. "You get to use all of these neat rock climbing skills with four sharp points on your limbs," he says with a smile. "It's a completely different kind of puzzle."

Credited with establishing the first M11 route in Washington State (roughly equivalent to a 5.12+ rock rating), Roj has put up 13 new routes in the Snoqualmie area, ranging from an M6 - M11+, and has a number of finished and un-finished routes around Mt. Baker and Mt. Index. He's also climbed all over the world, his favorite all-around adventure mecca being Canmore, Alberta.

To break into the sport of mixed climbing, Roger advises getting in as much ice/winter/alpine climbing as possible. "Find a partner or guide with solid experience who can mentor you, then find some crags where you can easily put up a top rope to rehearse the movement. Get familiar with using tools and crampons on the rock," he says. When starting out it is important to leave your ego at home. "When you feel like you're ready to lead, start with bolted routes first and stick clip the 2nd or even 3rd bolt if you can," he says. "Falls happen more unexpectedly and it takes a lot of mileage to 'feel' the metal against the stone."

And Roj is itching to get back to the stone, specifically to his nemesis on Mt. Index's East Face. The hardest summit to climb in Washington according to Fred Beckey, Roger has put up

22 pitches on the middle summit of the East Face, but the last two-pitches continue to elude him. He's anxious to get back out there after a few unexpected years away.

The Unexpected Challenge

Two years ago Roger was in a major avalanche. Along with 4 ski-partners, he was swept down the face of Mt. Snoqualmie and hit a tree with such force that his tibias were ripped from his femurs. He spent months in and out of surgeries, then more months in a wheelchair as he relearned to use his new legs.

Of the avalanche and ensuing recovery, he now understands "just how close you can get to giving up." He credits the outdoor community with inspiring him to keep moving, "I was completely amazed and humbled by how the entire outdoor community rallied to help my family." He said. "Everyone was there to offer support as we needed it - I will never forget that."

I asked him if any unexpected positives came out of his accident. He thought a moment, smiled, and said, "building a relationship with my daughter." Now four, Maya was 22-months old at the time of the accident. Roger's wife Merridy works full time, and Roj spent a lot of time with Maya during his recovery just hanging out and reading books. "Every day I look forward to coming home and having that kind of time with her." He says about Maya. "When I'm out, I think about her a lot."



Roger lives in Seattle with his two favorite girls, wife Merridy and daughter Maya. When he isn't adventuring with his family, Roger works for Waypoint Outdoor delivering outdoor gear to the masses.

The Power of Unpredictable Adventure

So why continue climbing? Why keep skiing with so much at stake? Some would call him irresponsible for continuing such dangerous pursuits with so much at stake. But Roj feels alive when he's outside. Wouldn't it be MORE irresponsible to spend his remaining time miserable on the couch?

"No one was surprised as to why I was in that wheelchair," he said. "I was there because of choices I made. And choices I continue to make." Nowadays, Roj considers Maya in every outdoor decision. This is why he continues to enjoy outdoor adventures.

"Adventure to me means getting outside of your comfort zone." He says. "I don't believe that adventure has to have risk. Getting to the top just because it's a goal does not make it a success. Adventure is successful if you get outside of your comfort zone; when you discover something unexpected about yourself, that's adventure. It's unpredictable and it can happen just a few steps outside your door."

New Year New Training Program

by Mary Hsue

One of the perks of knowing elite alpinists is having the opportunity to meet their elite alpinist friends. Steve Swenson's accomplishments have been splashed across the pages of *Mountaineer* magazine over the past two years – most notably for a Piolet d'Or award for his first ascent of Saser Kangri II, the second highest previously unclimbed mountain in the world.

A few months ago, Swenson introduced me to Steve House, who was awarded a Piolet d'Or award for the first ascent of the central pillar of Nangat Parbat on the Rupal side. Both Swenson and House subscribe to the very minimal lightweight alpine style approach to climbing the world's largest peaks.

Described by Reinhold Messner as “the best high altitude climber in the world today,” Steve House is known for this style of climbing, which requires the climber to carry as little as possible and ascend in the least amount of time. This demands serious and specific training. Steve believes that “a lot of the success in the mountains comes down to having done the hard work and preparation.” Climbing is about process, not achievement.

House is an exceptional athlete and 100% committed to his craft. But he credits much of his success to the training he did with his coach Scott Johnston, coach of the US National Champions and World Cup Nordic Skiers. The two have partnered to write *Training for the New Alpinism: The Climber Athlete's Manual*. It's the first book to apply conventional sport climbing theory to the unique problems of training for alpine climbing.

Scheduled to be released in early 2014, the book is written for any climber at any level who is looking to maximize their performance in the alpine world. Chapters cover endurance and strength training, theory and methodology, application and planning, nutrition, altitude, mental fitness, and assessing goals and strengths.

House gave me a preview of the book: The chapters are augmented with inspiring essays and images by world-renowned climbers – including Ueli Steck, Will Gadd, and Colin Haley. It's loaded with information, graphs and amazing photos taken by House and his climbing partners (like this one).





Photo of Colin Haley from the book, *Training for the New Alpinism: The Climber Athlete's Manual* by Steve House and Scott Johnston. Photo by Mikey Schaefer.

Women in the Lead: A Climbing Mentorship

by Jenn Carter

Seven years ago, Stef Schiller was clinging to the side of a rock face. She was leading a section of Saber, one of Leavenworth's classic moderate multi-pitch routes. She was terrified.

As part of the Mountaineer's Alpine Intermediate Climbing Program having only ever led one pitch of 5.4, she was mentally and physically unprepared for "the sharp end." Topping out, Stef had two thoughts: "I had miraculously survived, and I was never going to do anything insane like that again."

Today Stef is one of the Mountaineer's most accomplished climbers. She is an Intermediate graduate, a climb leader, course leader, and currently heads up The Mountaineers Advanced Climbing Program. Stef has led major classics all over the U.S. including many of the 50 Classic Climbs of North America. She regularly masters 5.12 in the gym and has climbed challenging lines in Yosemite, Red Rocks, the Grand Titons and, of course, the Cascade Range.

It took many years and a dedicated mentor who believed in Stef to get her to lead again. It took a mentor who wouldn't let her stop, and who helped her to overcome her fear of leading. Stef credits her mentor Jessica Todd for much of the transformation that took place between now and that first lead on Saber.

Stef met Jessica at a Mountaineers 'Women of the Hills' event. It was through their joint effort to bring female climbing speakers to The Mountaineers (Steph Abegg in 2011 and Steph Davis the following year) that the two women became friends. "Jessica was the most advanced women climber I knew at the time."

When Jessica invited Stef to climb Outer Space (5.9, 6p) and encouraged her to lead the challenging finger crack, the two bonded a mentoring relationship. Through multiple climbs and many mountain experiences, Jessica helped Stef manage her anxiety and to overcome her fears. "She encouraged me to push my limits and provided opportunities that would have been hard to come by otherwise."

"Without her, I would have dropped out of the Intermediate class – and The Mountaineers," Stef said.

This year, Stef decided to give back by leading an all women Intermediate Mentor Group. This entails countless hours of mentoring and leading 14 or more women in skills practice, instruction, and experiences both in and out of the mountains.

For Stef, it's all about building connections and providing opportunities for women. In a male dominated sport, Stef maintains, it can be harder for women to make the connections that men seem to make more easily. Women need opportunities to be rope leaders, to have mentored leads, to do challenging ice and rock routes, and feel supported when pushing themselves to reach their climbing goals. Growing female climb leaders and fostering women to women connections, friendships and climbing partnerships is something Stef is passionate about.

The mentor group she says "is not against men." After all, her favorite climbing partner and biggest supporter is her husband, Jeff Hunt. The group is about "opportunities – including the opportunity to network with other women - so that we become more likely to succeed."

The next time you climb Saber (or any climb sponsored by The Mountaineers), look around for more women climbers and leaders. Thanks to Stef, we'll likely be seeing more female Intermediate Graduates and women Climb Leaders.

All Women's Intermediate Mentor group, 2013:



Top, left to right: Jenn Carter, Amanda Barbee, Ida Vincent, Stefanie Schiller, Rena Chinn, Bri O'Donnell, Elie Egan
Bottom, left to right: Sue Shih, Tess Wendel, Manisha Powar, Patty Cokus. Photo by Jeff Hunt



Caught in air. Photo by Mike Warren

Have Camera Will Capture

By Mike Warren

Who doesn't love the outdoors? The fresh air, the sunshine, the wildlife and people with their wild lives. Just being outside is invigorating. But what I really love is to *capture* the outdoors.

I got my first SLR camera in 1980, at the start of grad school. That camera, along with an assortment of film point and shoots, served me well until around 2005. At that time I purchased my first digital point and shoot, and was enthralled with the possibilities. I could take as many pictures as I wanted and not waste any film!

This digital excitement only lasted so long. I was unhappy with the quality of my images, particularly compared to what I was achieving in film. I continued to do what I would call "dabble" in digital climbing and skiing photography, until I took a ski photography clinic with Jason Hummel, a renowned professional outdoor photographer. Jason's work demonstrated to me that point and shoot cameras create point and shoot images, and to shoot the best images, I needed to buck up and carry a big camera in the mountains.

Jason taught me more than just measuring a person's photo by the size of their camera. He taught me about action photography: a very different beast than the voyeur-style of photography many of us are used to thinking of. Action photography requires interaction and communication with the world around you. Not just waiting for a lucky shot, but creating it. Telling the subject what to do and how to do it. It also involves patience and taking lots of shots that are later reviewed, and many discarded.

One of my first "big camera" events in the mountains was a Mt. Ruth, Icy Peak climb I led for photographers in 2010. Shooting with my Nikon D200, the images wowed me. From that day forward I shot only with my DSLR – currently a Nikon D800. But since a camera in the pack rarely takes pictures, I carry my DSLR in a Clik Elite front pack, and with practice, can have it out and shooting within 2-3 seconds.

I typically bring two lenses on outings. My primary "approach" or hiking lens is a Tokina 17-35mm wide angle zoom. But I usually switch to a Nikon 28-300mm zoom lens for the action shots. Of course, a 5 pound camera and another lens, extra battery, filters, and occasionally a tripod, can add up. Often my camera gear weighs more than my tent, sleeping bag and pad combined! But for the awesome images I am able to create, it's well worth it.

This past season alone my camera has made it up Mt. St. Helens, Colchuck, Mt. Rainier, Little Tahoma and Mt. Adams along with an assortment of ski tours, a traverse of the Bailey Range in the Olympics, and a backpack trip through Yosemite. Now I have these places, captured in little pixels on my computer and dots on my pages.

This is the reason I like photography. It's a way to bring the amazing outdoors inside with me – to remember and share places so beautiful, and experiences so epic, words will never do them justice.

Mike took the cover shot of the skier and also the centerfold on the next page. Check out his outdoor photography tips on p. 26.





Mikhail above the clouds on Mt. Adams. Photo by Mike Warren



Self-portrait in goggles. Photo by Mike Warren

Mike Warren's tips for outdoor photography:

Your choice of camera dictates your image result. Let your photography goals dictate your camera choice. Point and shoot cameras certainly have the capability of taking good pictures and are the most practical, but to put your images over the top, consider a camera with a large sensor. I made the commitment several years ago to carry a DSLR into the mountains, which means that my camera gear usually weighs as much as my tent, sleeping bag and pad combined. But smaller cameras are available, such as small DSLRs and mirrorless options, to take your outdoor photography to the next level.

Shoot from different angles. Get low, climb high, and shoot from unexpected angles to make the shot more interesting. Shift the subject out of the center of the frame to create an attention-grabbing photo.

Shoot wide angle for approaches, telephoto for action. On your approaches when you are going uphill, shoot with your widest angle lens, as your images will tell more of a story. On the descent, shoot with your telephoto lens to pull the viewer into the action.

Find a strong foreground element. A picture of Mt. Rainier is awesome, but by adding wildflowers or a stream to the foreground you will set your shot apart from the rest. Likewise, pictures of climbers with a crevasse in the foreground can be a game changer.

Use leading lines, reflections, & framing. Leading lines pull the viewer's eye toward the main subject of the picture. They can be created by downed trees, crevasses, skin tracks, trails, streams, anything! Double your effectiveness by reflecting your subject in the water, and frame your main subject in trees, or fog, or tent doors. Be creative.

Always have the camera ready. A camera in the backpack does not take any pictures. Many people carry point and shoot cameras in small pouches on their packs. I use a Clcik Elite front pack, and, with practice, can have the camera out and shooting within 2-3 seconds.

Use Lightroom. In today's digital world, the reality is you're only 80% of the way to an awesome image when you press the shutter button. Post-processing of images allows you to give better definition, add contrast, remove water spots, and crop to a better composition. This final 20% in post-processing will truly bring your photos to life. The most notable program is Photoshop, but unless you love large, expensive and complex computer programs, Lightroom (with a cost of \$149) is plenty for most photographers!

Mike Warren has been taking pictures for over 30 years, and has been shooting digital photos since 2005. Mike is also an avid climber and skier, has been a SIG leader since 1997, and a climb leader since 2001. See more of Mike's images at www.MountainGroovePhotography.com.

Mountaineers Business Members are a community within the community of The Mountaineers - all sharing the same interest and passion for the outdoors. The Business Membership gives business owners *who are already Mountaineers Members* the chance to showcase their services and support for our organization in front of our entire membership. We thank the following Mountaineers business owners for their support.

ARCHITECTURE

Grace Kim (Joined 2001)
Schemata Workshop
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AUTOMOTIVE

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lynnwoodautotruckservice@gmail.com
425-776-5888

FINANCIAL SERVICES

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

Leah Schulz (Joined 2006)
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www.leahdschulz.com
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206-523-1288

CONSTRUCTION

Louie Cogas (Joined 1987)
Louie Company - Roofing Specialist
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earthhumor@comcast.net
206-963-4521
WA Lic #: LOUIEC902C6

Matthew Eads (Joined 2007)
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www.terrainbuild.com
matt@terrainbuild.com
206-607-7761

LEGAL SERVICES

David, Nina and Alex Riley (Joined 2010)
Tomsen Riley LLP
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425-998-7497

MAPS

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

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

MIND AND BODY

Dhammadinna Davis (Joined 2013)
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Meditation Center®
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425-455-3300

Hope Maltz (Joined 2007)
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Feldenkrais Method®
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REAL ESTATE

Leah D. Schulz (Joined 2006)
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Cisca Wery (Joined 2003)
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cisca@windermere.com
206-715-7187

Bruce Wolverson (Joined 1992)
Frontier Appraisal Services
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TRAVEL

Ambrose Bittner (Joined 2009)
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Asia tours and treks
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ambrose@redlanternjourneys.com
206-568-0710

Christine Hanson (Joined 2013)
Scottish Lakes Backcountry Resort
www.scottishlakes.com
hicamp@scottishlakes.com
509-769-3044

Want to be a Mountaineers Business Member?

In recognition for their increased level of support, Business Members - in addition to all the benefits of being a Mountaineers member - receive:

- Business Member Directory listing on the Mountaineers website, including link to business member's website
- Business Member Directory listing in Mountaineers Magazine
- Business Member Directory included in new-member packets distributed to all new members
- Opportunity to publicly showcase support of Mountaineers organization

To find out more about increasing your small business' visibility with The Mountaineers membership and to become a supporting business member of this group, please contact our Membership & Marketing Manager, Kristina Ciari, kristinac@mountaineers.org or 206-521-6023.

As in all things Mountaineers, the idea for a Business Member category was started by a dedicated volunteer and board member, Leah Schulz, who saw this as a means to strengthen support for the organization and the benefits of Mountaineers membership. To find out more about opportunities to get more involved with this group, contact Leah: leah@leahdschulz.com or 206-523-1288.

And remember: As a mission-based and volunteer-driven 501(c)(3), your membership dues are tax-deductible as a non-profit contribution.

Start



Finish

The Patrol Race

Historic map of the 18-mile backcountry ski race from Snoqualmie Pass to Stampede Pass.

The Patrol Race

Blast from Snoqualmie Pass

By **Suzanne Gerber** with help from Lowell Skoog, Nigel Steere, and *The Mountaineers - A History* by Jim Kjeldsen

Long before ultra-marathons and obstacle runs, there was the Patrol Race. An 18-mile run from Snoqualmie Pass to Stampede Pass, this was the first backcountry endurance race of its kind.

It all started in the late 1920's, when adventurous Mountaineers Andy Anderson and Norval Grigg scouted a ski route between Snoqualmie Lodge and Meany Ski Hut (near Stampede Pass). In 1930, they staged the first race by this route, attracting strong and skilled ski enthusiasts until the last race in 1941.

In order to win the race, three-person teams would start at Snoqualmie Lodge and had to finish within a minute of each other at the Meany Ski Hut. Each person had to carry a minimum of ten pounds, but most carried more. Teams also carried the 1930's version of the ten essentials, like an axe and candles.

"The night preceding one of these grueling tests would be a scene of much activity, speculation and secret planning at the old lodge," Paul Sharrock wrote in the 1956 Mountaineer Annual. "Theories on everything from ski wax to fad diets were discussed with passionate partisanship. There were those who asserted that you raced on the dinner you ate the night before and, according to them, the less breakfast eaten, the better; those of the hearty breakfast school of thought brought their own lamb chops, steaks, or whatever they figured would best energize them for the long trek across."

The route started at Snoqualmie Lodge around 3,200 ft, reaching a high point of 4,500 ft on the northeast side of Tinkham Peak. It dropped down to Mirror Lake and Yakima Pass, going up again to Baldy Pass, around 4,200 ft. After that, it dropped down to end at Meany hut – which sits at 2,900 ft. The average time from start to finish for most was five to six hours. The record is held by Wolf Bauer's 1936 team at 4 hours, 37 minutes.

"Excitement always ran high at the finish line," writes Paul. "To watch the men at the end of an 18-mile race over the roughest kind of terrain, their legs all but numb from fatigue, try to run the steep "lane" at Meany and cross the finish line in some kind of an upright position, filled the audience with suspense, sympathy and admiration."

Despite all this enthusiasm by participants, the Patrol Race was discontinued due to waning public interest. By this time, there were easier ways for recreational skiers to enjoy the slopes.

But "easy" is falling out of fashion and K2 skier Nigel Steere saw the old map (pictured to the left) at Meany Lodge during one of his many visits. He decided to instigate a resurrection of the Patrol Race for those who are up for the challenge. This winter, for the first time in 73 years, you can participate in this historic race again. *Sign-ups are open - what are you waiting for?*

Think you have what it takes to win?

On Feb 8th 2014, the Patrol Race will be reborn to test the prowess of those in our time on this classic route between the two passes.

To participate on February 8th at Meany Lodge:

1. Grab two friends to create a 3-person team
2. Register your team online
3. Pack your backcountry travel gear (skis or splitboards)
4. Race

Sign up today: www.meanylodge.org/misc/patrol_race.html
Race open to all. No Entry fee. Only 12 teams can compete.



First Patrol Race Winners - 1930. Left to right: Otto Giese, Fred Ball, Andy Anderson. Original hangs on a wall in Meany Lodge.

outdoorcenters

Welcome to our lodges and outdoor centers

The Mountaineers Outdoor Properties are open year-round for members and guests. Reservations for all lodges are made through Brown Paper Tickets (except for Kitsap Forest Theater) which accepts payment by credit card. BPT links are listed with each lodge below. Sales tax will be added to lodge prices. We ask that people register by noon of the Thursday prior to the weekend so the cooks can be fully prepared! Cancellations: All cancellations, which must be made through BPT before noon of the Thursday prior to the weekend will be refunded minus a small service fee. Any of the lodges and properties can be rented for group events, Mountaineers classes, mid-week activities or other special events, just contact the property directly.

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.nooksacknordicclub.org/overview.php). Visit the Baker Lodge website at www.mountaineers.org/bakerlodge/ for details on the lodge and call Judy Sterry 206-366-2750 or Bill Woodcock, 206-725-7750 if you have additional questions.

Thanksgiving Weekend Nov. 29-Dec 1: Baker Lodge may be open contingent on favorable weather, adequate signup and the availability of hosts. Check the Baker website for current information.

Dec 26-Jan 5: Bring your family and join us for a wonderful week & a half of winter outdoor recreation. The first meal served will be dinner on Wednesday, Dec 26 and the last meal will be breakfast on Sunday, Jan 5. NOTE: on-line sign up will be divided into two events so if you are staying multiple days you may need to sign up for both events.

Reservations open mid to late November and will close Thursday, 11/20 at noon. Cancellations must be made by the reservation closing date/time to obtain a refund.

Schedule & Rates: Baker Lodge is open all weekends from Thanksgiving through early April provided there is adequate snow and sign-up. On the Baker Lodge website (mountaineers.org/bakerlodge/) click on "Calendar and Reservations" for our current schedule of openings and rates. Groups may be listed on the schedule for specific weekends. However, unless it's listed as exclusive the lodge is open to non-group members and we welcome the public of all ages and abilities. If you wish to bring young children (3 and under), please call the weekend host prior to registering to learn about accommodations, hazards, diapers, etc.

Reservations & Cancellation: To make a reservation click on "Calendar and Reservations" on the Baker Lodge website. Payments are made at time of reservation with credit card. 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.

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

Group Scheduling: All groups and especially Mountaineers led trips and activities are always welcome to bring group members, guests and friends to the lodge for any overnight or weekend. To ensure that there is room for your group and to avoid scheduling conflicts, please contact Judy Sterry (contact info above) for reservations before publicizing the date of your event. Non-scheduled openings may be arranged if hosts are available.

Get involved: Do you enjoy hosting people at parties, special events or in your home? Do you enjoy being a part of a team that puts meals together for others? If so, Baker Lodge may be your next opportunity. The Baker Lodge Committee is looking for energetic individuals/couples/families to assist with general operations throughout the year. You can become hosts for Baker Lodge with a couple of weekends of training. Specific duties range from opening and closing the lodge, assisting with and/or supervising meal preparations, and coordinating lodge activities--the possibilities are limited only by your imagination. We are interested in exploring new ideas for maximizing this „beautiful little gem of a lodge“ that sits in the shadow of Mt. Baker with a fantastic view of Mt. Shuksan. Couples or friends can team up with other couples or singles to serve as hosts. Families could come together and welcome other families for a family weekend, etc. Hosts stay for free!

Driving directions: N. on I-5 to Bellingham, take Exit 255, the Mt. Baker Highway, and go E. on SR-542 about 54 mi. to the ski area. At the Firs Lodge, turn right onto the one-way loop road that leads 0.3 mi. to our lodge on the right side of the road. We are about 1-1/2 hours from Bellingham and 3 hours from Seattle.

Kitsap Cabin

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

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

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, meetings, birthday celebrations, corporate events, concerts, workshops, reunions or retreats?

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

There are hikes available on the property (20 acres) and on the adjacent Rhododendron Preserve. „Big Tree“ is a popular destination and is one of the largest old growth firs on the Kitsap peninsula.

During our show season (spring and summer) we have limited weekend availability, but there are several available summer weekends, and the fall is a great time to visit this unique and special place.

During the week we have much more availability. Get away from the city and stress and enjoy our peaceful and magical venue. You can also make a reservation online: <http://www.foresttheater.com/rentals>

Please contact us for details and pricing:
206-542-7815

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

Kitsap Branch:
www.kitsapmountaineers.org

Mountaineers Foundation:
www.mountaineersfoundation.org

Meany Lodge

To keep everyone up to date as to what is happening at Meany, we send out informational emails roughly once or twice a month. We also send out emails geared to some of our specific events (i.e., Women's Weekend, Mushroom Weekend and other big events). So, if you are interested in anything Meany has to offer, visit our website at www.meanylodge.org and fill out the request information.

MEANY WINTER SPORTS SCHOOL

Downhill, Snowboarding, Classic Nordic, Ski-skate, Snow Shoe - Various schedules to fit your busy schedule.

New this year: Ski-Skating weekend. Join a level III coach for a great two days of skating on over 13 miles of prepared trails on hills and flats with coaching and lessons for all abilities. Jan 11-12 and Feb 1-2. **Detailed information:** www.meanylodge.org

Meany Winter Sports Season—Did you know that of all The Mountaineers Outdoor Centers, Meany Lodge is the only one with

its own winter sports facilities and school. We offer a wide variety of winter sports. Visit www.meanylodge.org/winter/ski_program.html to see our many options. And if you don't think you need lessons, come up and try our hill.

There is a saying at Meany: "If you can ski Meany, you can ski anywhere. And once you have skied Meany, you will never want to ski anywhere else!"

Come and give us a try. For the price of a full day pass at Snoqualmie, you get a weekend with meals, a place to sleep and as many and as much winter sports as you want.

Meany Winter Season Pass—So, you think you want to spend all your winter weekends playing in the snow—well, do we have a deal for you. The Meany Season Pass entitles you to come to Meany, get fed, have a place to sleep and play in the snow whenever Meany is open. Of course, you also get the Meany camaraderie, which is priceless. Visit www.brownpapertickets.com/event to purchase a pass.

Meany Rentals—Meany is available for private rentals and Mountaineers events. If you want a nice secluded cabin for a retreat or seminar, visit our website at www.meanylodge.org. Go to "Contacts" and send the chair an email telling him that you are interested; we will check the Meany calendar. You can also make a reservation online through Brown Paper Tickets: <http://www.brownpapertickets.com/producer/5822>

Snoqualmie Campus

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

Stevens Lodge

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

The lodge has three dorms with 12-24 bunks in each dorm. Bathrooms are shared and there is a shower in each restroom. The main living area has a large dining room and lounge area with a fireplace. Meals are included in your price of lodging: breakfasts on Saturday and Sunday and dinner on Saturday. Meals are prepared by volunteers and served family-style at a posted time. Please note any dietary restrictions when making your reservation.

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

It's easy to make a reservation to stay at Stevens Lodge during the season. Visit The Mountaineers website and click through to Stevens Lodge, then register under "Lodges and Centers." You can also make a reservation online through Brown Paper Tickets: <http://www.brownpapertickets.com/profile/248152>

We welcome individuals as well as group reservations for birthday parties, youth groups, etc. Please call Member Services at 206-521-6001 if you have any questions about visiting Stevens Lodge. We hope to see you at the cabin!



Skate Camp at Meany Lodge

A great place to learn:
enjoy flexible programs
1 or 2 hour lessons
crowd-free and quiet
fun for the whole family

Questions? Please email:
sports_director@meanylodge.org

Meany Lodge
www.meanylodge.org

Welcome to our seven branches of The Mountaineers

Propelled by dedicated and skilled volunteers, all branches offer a number of courses and seminars. Many courses, such as climbing, scrambling, kayaking, backcountry skiing and others, require a set of learned skills to enjoy safely and follow a common curriculum from branch to branch. Some, however, may have slight differences in the names of the courses they hold in common, such as Snowshoe Level 1 and Snowshoe Lite; Snowshoe or Backcountry Ski Course and Winter Travel; or Sailing Course and Crewing Course. Just look for the descriptions when visiting course information online or in this Mountaineer. See course events in the "Go Guide" section of this magazine. Although our program curricula are coordinated to meet Mountaineers-wide standards and policies, each branch offers a slightly different flavor or character to its offerings. Though you may want to join the branch nearest to your home, you may join any branch of your choosing. Note that once you are a member you may participate in trips or courses in any branch. One way to gain a taste test of a particular branch is to attend a new/prospective members' meeting. General dates of these meetings are noted under each branch heading. For all current activities and links to branch websites, visit www.mountaineers.org.

BELLINGHAM

Vice Chair: Minda Paul

Website: bellinghammountaineers.org

The Bellingham Branch, tucked alongside the craggy expanse of the North Cascades, features a vital, close-knit climbing program, as well as courses in first aid and alpine scrambling. It is also home to one of the most popular Mountaineers getaway destinations, Mt. Baker Lodge. The lodge facilitates many of the courses and seminars offered by the branch. From the lodge, Mountaineers and guests can also recreate to their heart's content year-round. In addition to the courses noted above, Bellingham also offers hiking trips, snowshoe tours and backcountry ski trips.

EVERETT

Chair: Matt Vadnal,
matthewvadnal@aol.com

Website: everettmountaineers.org

The Everett Branch of The Mountaineers was founded in 1910 by H.B. Linman, an Everett dentist. The new organization successfully sponsored over a dozen hikes that year. Its first outing was a hike to Lake Isabelle. Several hundred members of the public attended "stereopticon" presentations at the Everett High School auditorium. Dr. Linman, his wife, and seven other branch members reached the summit of Glacier Peak in August 1910 during The Mountaineers' annual outing. The branch was not "officially" founded until 1911 when The Mountaineers charter was amended to provide for branches. This anomaly allowed the branch to hold its centennial celebration in 2010 and 2011!

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

MEMBERSHIP MEETINGS: To learn more

about branch activities and meet some nice people who happen to be Mountaineers, attend the monthly meetings on the first Wednesday of most months and often feature a guest presentation. The meetings take summer off and resume in September. Members, guests and the general public are invited to join us at 7 p.m. in the Snohomish County East Administration Building, 3000 Rockefeller Ave., Rm F107 in downtown Everett.

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

FOOTHILLS

Chair: Steve LeBrun,
stevelebrun@comcast.net

Website: foothillsmountaineers.org

The newest of the Mountaineers branches, Foothills offers trips and classes that focus on hiking, backpacking and backcountry skiing. In 2013, the branch sponsored 51 backpack trips, 41 backcountry ski trips and 37 day hikes. Branch leaders offer a "Backpacking Building Blocks" (B3) course that provides experienced, new and "returning" backpackers with a comprehensive classroom and in-the-field program focused on the principles of light-weight backpacking. We also offer multi-week Randonee and Telemark Ski Lessons, as well as training in Avalanche Awareness.

The Foothills branch also seeks to be a community presence in promoting safe and enjoyable recreation, as well as conservation advocacy, through partnerships with eastside residents of "The 425" and along the I-520 and I-90 corridors. Among its community-based efforts are outdoor-themed film events, speaker presentations, and Introduction to Hiking seminars that are co-sponsored with the City of Bellevue. On **January 9th**, the branch will sponsor a fundraiser for the City OF Bellevue TRACKS youth outdoor program and the Snohomish County Helicopter Rescue Team, featuring

PCT record-setter -- and Washingtonian -- Heather Anderson, who earlier this year set a new record for the fasted self-supported trek of the Pacific Crest Trail, averaging an astonishing 44 miles a day for 60 days.

MEMBERSHIP MEETINGS: Branch meetings are typically held the 4th Tuesday of every other month in the Eagle Room at the Issaquah City Hall. The evening starts at 6:30 p.m. with time for socializing, meeting other branch members, and sharing stories from the slopes and trails. Following a brief meeting at about 7 p.m., each branch gathering will include an outdoor-themed presentation by a club member or special guest. The next branch meeting will be Tuesday January 28th, and will feature author Craig Romano and a slideshow hiking tour of Eastern Washington. Drawing from his newly released "Day Hiking Eastern Washington" Craig will introduce us to a diverse array of (often sunny!) trails east of the Okanogan and Columbia Rivers.

BRANCH ELECTIONS were held in November and Steve LeBrun was elected Branch Chair and Cheryl Talbert was elected as Board of Director's Member at Large. The branch thanks Fran Troje and Gerry Haugen for their pioneering prior service in these volunteer roles. Dick Lambe was also appointed Branch Safety Officer.

VOLUNTEERS: Volunteers don't just do our club's most important work...they make our club work. If you are interested in becoming a hiking or backpacking leader, please contact Cheryl Talbert at Cascadehiker@earthlink.net. The branch offers Ski, Hiking & Backpacking leadership and skills instruction. One of the goals of the Hiking & Backpacking Committees for 2013 is to expand the skill-development and skill-maintenance support available to hike and backpack leaders, by offering additional training in first aid, navigation, and leadership decision-making and group dynamics.

The Foothills Branch - *Your* Eastside Branch
To paraphrase singer Bob Marley: Several Branches, Many Committees - One Club, One Love

KITSAP

Chair: Mike Raymond,
branch@kitsapcabin.org.

Website: kitsapmountaineers.org

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

Kitsap offers courses and programs in climbing, alpine scrambling, hiking, snowshoeing tours, photography and sea kayaking. Its Salmon Safari for youths—streamside observations of spawning salmon in the Rhododendron Preserve—is only a short hike from Kitsap Cabin amidst some of the longest standing old-growth forest in Western Washington's lowlands.

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

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

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

CONSERVATION/EDUCATION

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

OLYMPIA

Chair: Mike McIntosh,
free_2_climb@yahoo.com

Website: www.olympiamountaineers.org

THE OLYMPIA BRANCH has been offering Mountaineers programs and training to the South Sound for 50 years, including hiking, skiing, sea kayaking, snowshoeing, backpacking, climbing, scrambling, navigation, outdoor leadership, and naturalist activities.

MEET THE OLYMPIA BRANCH AT OUR ADVENTURE PRESENTATIONS. The Olympia Branch holds an adventure presentation and potluck on the **first Wednesday** of each

month from September through May, excluding November, at the **Friends Meeting Hall at 3201 Boston Harbor Rd. NE**, just north of Priest Point Park. The next meetings are **January 8 (the second Wednesday)** and **February 5**. Socializing and the potluck meal begin at 6 p.m. (arrive early). Bring a dish to share and your own plate and flatware. The adventure presentation begins at 7pm. This is a great opportunity to meet fellow Mountaineers, share ideas, learn about others' escapades, and connect with a greater community of outdoor enthusiasts. Contact Carolyn Burreson at cburreson@q.com, if you have questions. You can also request library materials for pick up at the potluck (see Branch Library listing below).

JANUARY 8 ADVENTURE PRESENTATION AND POTLUCK: Adventures from Paradise on Mt Rainier to Paradise on Maui! The branch Conservation Committee will review the stewardship projects and natural world adventures members experienced in 2013. Of course there's trail maintenance, natural resources restoration, and projects to protect our parks, refuges, forests, rivers, and prairies. But there's more, too: history, cultural exchange, science, archeology, adventure, and camaraderie. You may just find something you'll want to be part of this coming year. Please join us and add your favorite cause to the 2014 list of service projects.

FEBRUARY 5 ADVENTURE PRESENTATION AND POTLUCK: Adventure on the Iditarod Trail through the Eyes of a Volunteer. For the past 12 years, Garry Myers has worked as a checkpoint volunteer during the Iditarod Trail Sled Dog Race. Come hear about the history of "The Last Great Race" and listen to the experiences of a volunteer working on the Bering Sea coast and the Yukon River. Winter storms, native Alaskans, determined mushers and resilient race dogs are all part of the story in words and pictures.

COURSES BEGIN! Courses for the year begin in January, starting with Winter Travel (which includes either or both snowshoeing and Nordic skiing) with sessions the evenings of Jan. 6, 7, 13, and 14 and field trips on Jan. 18 (Nordic) and 19 (snowshoe). Next up is Wilderness Skills, which is a prerequisite for Alpine Scrambling and Climbing, with an evening session on Jan. 21 and all-day sessions on Jan. 25 and Feb. 1. Alpine Scrambling and Basic Climbing start in February with combined sessions on Feb. 4 and 8. Scrambling continues with sessions on Mar. 4, 8, 11, Apr. 8, 12, 26, May 6, 10. Climbing has sessions on Feb. 25, Mar. 2, 11, 15, Apr. 8, 12, 13, 15, 21, May 3, 17, 18, Jun. 3, 7, 8, and 10. Intermediate Climbing starts on Jan. 30 and continues on Feb. 6, 9, Mar. 6, 8, 9, and several dates in June and July. **Check the branch website for contact and other details.**

While the Sea Kayaking course does not start

until April, signups begin on-line on January 1. If you're interested, sign up early, as this class fills up quickly.

And the new member initiation fee is waived for new members who join between Dec. 11 and Jan. 11. So join the Mountaineers between those dates to save money.

BRANCH AWARDS were made at the branch banquet on Oct. 26. Mike Kretzler received the 2013 Branch Service Award. Marilyn Miller received the 2013 Frank Maranville Memorial Stewardship Award and David Wilson was awarded the Conservation Crew Leader award for their support of the branch's Conservation program. The Climbing Committee awarded the Bruce Towhey Silver Crampon award to Mike McIntosh. The Hiking Committee recognized Anne Whitney for leading the most hikes and Dee Ann Kline for leading the second most hikes in 2013. Darlene Dickinson, Jim French, Nancy Lloyd, Todd Mooney, Vera Sutton, Dean Taylor, and Tom Whitney were also recognized for their hiking leadership.

Jennifer Ferguson and Scott Rice received the Olympia Lookout Patch while Emily Whitney (youngest to receive this patch) and Henry Romer received the Olympia Lookout Rocker. The Olympics 100 Mile Patch was awarded to Dan Lauren, Curtis Baxstrom, Lisa Berntsen, and Royce Poetter. The Six Peaks Pin, which requires a pre-eruption climb of Mt St Helens, was presented to Henry Romer. Dean Taylor earned both the Tacoma Irish Cabin - First 12 and the Tahoma Peaks - First Group awards.

THE OLYMPIA BRANCH BOARD meets every month at 6 p.m. on the second Wednesday of the month. The next meetings are **January 15 (the third Wednesday)** and **February 12**, and both will be held at the **Olympia Center** (222 Columbia St NW). Members are encouraged to attend.

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

(Seattle and Tacoma branch info along with The Mountaineers-Wide Players listed on next page)

branchingout

SEATTLE

Chair: Timmy Williams,
mtnrtimmy@clearwire.net.

Website: seattlemountaineers.org

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

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

FREE HIKING SEMINARS: Do you have the hiking or backpacking bug but you just need to know a little more about how to get started in the Pacific Northwest? The Seattle Branch offers a free Beginning Hiking Seminar most months at The Mountaineers Seattle Program Center. Though they are free, participants are urged to register online for the seminars to make sure there is enough seating.

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

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

swing, tango and more. No partner needed; come by yourself or bring a friend. Admission: \$6 Mountaineers, \$7 non-members. Age 30 and under free. See www.mountaineers.org/seattle/folkdance.

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

TACOMA

Chair: Scott Davidson,
scott.davidson@tacomamountaineers.org

Website: www.tacomamountaineers.org

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

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

MEET THE TACOMA MOUNTAINEERS: Tacoma Branch holds a free meeting on the third Friday of every month (except June-August and December) to introduce prospective and new members to the branch. The meeting starts at 7 p.m. with a presentation about The Mountaineers, followed by an interlude to talk with various activity reps (hiking, climbing, sea kayaking to name a few of 22 activities).

Mountaineers-Wide Players

Kitsap Forest Theater
Theater Inspired by a Magical Place

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

Announcing auditions for both shows:

We seek actors of all ages and most roles require singing and dancing. Auditions for **Honk!** and **Annie** will be: Feb. 26 in Bremerton and March 1, 3, 4 in Seattle. Callbacks for Honk! will be March 8 and for Annie will be March 11. Please see www.foresttheater.com for all the details or call 206-542-7815 to sign up. Weeknight rehearsals are held in Seattle at the Seattle Center and weekend rehearsals are usually at the theater in Bremerton.

Spring 2014: Honk! - May 25-26, 31- June 1, 7-8, 14-15. Based on Hans Christian Anderson's "The Ugly Duckling", Honk! tells the story of an odd looking baby duck, Ugly, and his quest to find his mother. Has many varied character parts and a surprisingly sophisticated music score. This delightfully quirky show needs all ages from young to old.

Summer 2014: Annie - July 26-27, Aug 2-3, 9-10, 16-17. Recently celebrating its 25th anniversary on Broadway, little orphan Annie has warmed the hearts of millions. Join us for this musical which speaks to the American ideals of home, compassion and perseverance. Annie requires a strong singing and dancing cast. Many featured youth/teen/adult ensemble roles.

The Kitsap Forest Theater, Kitsap Cabin and Yurt are available for rental. Please see the "Kitsap Cabin" section of the Go-Guide for further information about rentals or call 206-542-7815 for more information.



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for all ages*

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sports_director@meanylodge.org

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Trek Switzerland's Via Alpina

By Craig Miller

Switzerland's portion of the Via Alpina (formerly known as the Swiss Alpine Pass Route) is a trek that you won't forget. We'll combine spectacular Alpine scenery with European culture, delicious food, and challenging hiking (think California's John Muir Trail, with a different set of wildlife).

Our Mountaineers' outing will wind among glaciated 4,000-meter peaks, over 16 alpine passes, through numerous deep valleys and lush green meadows sprinkled with clean charming villages. Along the way, we'll visit enchanting Grindelwald and see the fabled north face of the Eiger. And you need only carry a daypack, because we'll be sleeping every night in a warm bed and eating a wide array of tasty, hearty food. The region is renowned for its local cheeses, pastries, and chocolate. At the beginning and end of our trip we will tour the historic, culturally rich cities of Zurich and Geneva.

'The World's Best Hike'

Backpacker Magazine recently rated this trail "The World's Best Hike." It combines culture, history and natural beauty unlike any other. There's a reason the Alps are the birthplace of international mountaineering and you can't experience that through photos.

Traverse Switzerland's Via Alpina route in three weeks with your fellow Mountaineers. Listen for yodeling, alpenhorns, church bells, and cow bells. Wander tidy car-free villages surrounded by the sound of many languages. Lose yourself among some of the highest waterfalls and most spectacular mountains in Europe. It will be an experience you will remember the rest of your life. The only downfall is that visiting the rustic German town Leavenworth just won't be the same. *Danke viel mals!*

XC ski Sun Valley, ID

Feb. 2-9, 2014

The price includes seven-night stay in rooms with two queen beds, pool, hot tub, breakfast voucher, ski trail passes for over 200 km of Nordic trails. **Price:** \$975 **Leader:** Shari Hogshead, skimntr@aol.com, 425-260-9316

Backcountry ski B.C.

Feb. 9-18, 2014

Intermediate to advanced backcountry skiers will be thrilled by Hilda Lodge's terrain, from alpine bowls to old-growth forests. The deluxe, new lodge has private bedrooms, bedding and towels, AC power, internet access, indoor plumbing, wood-fired hot tub, and sauna! We will self-guide and self-cater exclusively for The Mountaineers. Helicopter in and out. **Price:** \$1,600 by Oct. 1. **Leader:** Craig Miller, craigmiller@comcast.net

Ski B.C.'s finest

Feb. 15-22, 2014

Classic and skate skiing on exceptionally well-groomed trails at Silver Star and Sun Peaks. **Price:** \$775 if 12 participate;

\$890 if 10 participate (includes accommodation and ski trail passes). **Leader:** Cindy Hoover, cyn@zipcon.com, 206-783-4032

Backpack N. Zealand

Feb. 16-March 3, 2014

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

Ski or walk Austria and Switzerland

Feb 27-Mar 16, 2014

Walk or ski in Davos/Klosters, Switzerland and Serfaus, Austria, with elevations from 3,000-9,600 ft. Winterwanderwegs are over 100 km in each resort. There are unlimited powder slopes and wide, groomed slopes for skiers.

Dinners will be prepared by a five-star chef in a 200-year-old, charming, small hotel for this group of 12. **Price:** \$2,960. **Leader:** Patti Polinsky, Meanysports@me.com, 206-525-7464.

Hike England and Wales

June 17-July 7, 2014

Spend nearly 3 weeks hiking England's Lake District and Snowdonia National Park in north Wales with Shari and Paul. They've lived in the North of England and led over 35 Mountaineer Global Adventures. Enjoy day hikes to many of the highest peaks in England and Wales, pub meals, full English breakfasts, and excellent accommodations. **Price:** \$3,650 **Leader:** Shari Hogshead, SkiMntr@aol.com, 425-260-9316

Trek Switzerland's Via Alpina

Sept. 1-25, 2014

Slide show: Friday, January 17, at 7pm in The Mountaineers Seattle Program Center. **Summary:** Backpacker maga-

zine rated Switzerland's Via Alpina "The World's Best Hike." The Alpine Pass Route is the classic long hike across Switzerland. This outing combines very strenuous hiking, spectacular Alpine scenery, European culture, and delicious food. You carry only a daypack and sleep in beds. **Price:** \$4,000 **Leader:** Craig Miller, craigmiller@comcast.net

Trek or climb Nepal's Khumbu

Trek Oct. 8-28, 2014 or

Climb Oct. 8-Nov. 8, 2014

Slide Show: Friday, January 24, at 7pm in The Mountaineers Seattle Program Center.

Summary: We all trek to Kala Patar viewpoint and Mt. Everest base camp, sleeping in lodges. Climbers continue to Makalu, camping. Trek is strenuous; climb is very strenuous. You carry only a daypack. **Price:** Trek, \$3,000; or climb, \$4,000 **Leader:** Craig Miller, craigmiller@comcast.net

Visit mountaineers.org for additional details on Global Adventures



READY FOR ADVENTURE?

The Go Guide offers **just 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. A bulk of our trips open their arms to the general public as an introduction to Mountaineers activities. Listings with the words **"GETTING STARTED SERIES"** immediately following the destination are designed specifically to introduce the greater outdoors community to our community of Mountaineers, one that has enjoyed and preserved the great Northwest since 1906. Otherwise, the name of the committee that organizes and provides leaders for the trip or event immediately follows the destination.

If you are looking for camaraderie with a particular branch of The Mountaineers, check out the color-designated abbreviations at the end of each listing: **BEL** = Bellingham, **EVT** = Everett, **FH** = Foothills, **KIT** = Kitsap, **OLY** = Olympia, **SEA** = Seattle, **TAC** = Tacoma. **SIGN UP** for the trip or event of your choice, and remember that if you are a Mountaineers member, you may register for an event or course in any branch of your choice.

Events and trips marked **OPEN TO ALL** don't require that a course be taken before participating. But please keep in mind that they **REQUIRE REGISTRATION** unless otherwise noted. You will also need a current **WAIVER** on file with The Mountaineers to participate. Those marked **PREREQUISITES** mean a course or equivalent skills are required. Following are guides and keys to interpreting the trip listings.

TRIP RATINGS

Ratings are based on mileage, elevation gain and difficulty of terrain. They assume optimal conditions. Bad weather, getting off route or very soft snow, for example, can change the severity of a rating.

Climbs: BR=Basic Rock; B=Basic Alpine; BG=Basic Glacier; IR=Intermediate Rock; IM=Intermediate Mountaineering; II=Intermediate Ice; CRG=Crag Climbing; AID=Aid Climbing; WI=Water Ice

Hikes: E=Easy (up to 8 mi. RT, up to 1200' elevation gain). M=Moderate (up to 12 mi., 1200'-2500' gain). S=Strenuous (up to 14 mi., 2500'-3500' gain). VS=Very Strenuous (over 14 mi. and/or more than 3500' gain).

Scrambles: (non-technical, off-trail trips to a summit, often on snow and/or rock.) Difficulty (first digit) is rated from 1 (easiest) to 5 (toughest). The second digit is the technical difficulty, rated from 1 (least technical, least exposed) to 5 (most technical and most exposed).

Sea Kayak (approximate): SKI=wind under 6 knots, ripple. SKII=wind under 10 knots, up to 1' chop crossing up to 1 nm. SKIII=wind under 15 knots, up to 2' chop (whitecaps), crossing up to 2 nm. SKIV=wind up to 20 knots, 3-4' breaking waves, crossing up to 5 nm. SKV=wind up to 20 knots, 4' breaking waves and surf, crossing up to 5 nm. See respective branch websites for details on ratings and prerequisites.

Ski: N=Nordic; M=Mountain; I*=Instructional (beginner). I=Easy for N (4-6 mi. RT, 500' gain);

Intermediate for M (5-15 mi. RT, 1,500' plus gain). 2=Moderate for N (6-10 mi. RT, 1,000' plus gain); Advanced for M (6-20 mi. RT, 2,500' plus gain). 3=Intermediate/Harder for N (7-12 mi. RT, 1,500' plus gain); Expert for M (8-20 mi. RT, 2,500' plus gain). See respective branch websites for details on ratings and prerequisites.

Snowshoe: E = Easy (up to 500' elevation gain, up to 6 mi. RT). M = Moderate (500-2,000' elevation gain, up to 10 mi. RT). S= Strenuous (over 2,000' elevation gain, no distance limit).

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—P&R
Rd—Road	RS—Ranger Station
RT—Round Trip	SP—State Park
SR—State Route	TH—Trailhead

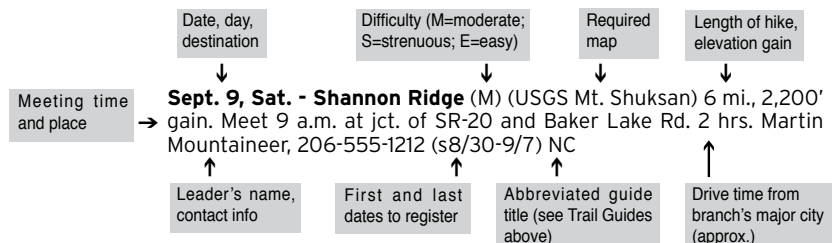
MOUNTAINEERS TEN ESSENTIAL SYSTEMS: REQUIRED ON ALL MOUNTAINEERS TRIPS

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

SEA KAYAK, SAILING ESSENTIALS

Please see respective branch websites for details.

TRIP LISTING KEY



activities open to all (via activities registration)

Listings below include those built online through December 9. See www.mountaineers.org for up-to-date listings

backpacking

1/21, Tue - Foothills Hiking & Backpacking Committee Meeting Backpacking. Meet at Bellevue Library room 3 at 6:30pm. Leader: Cheryl Talbert, (253) 229-4018, CASCADEHIKER@EARTHLINK.NET (s11/12-1/21) **FH**

climbing

1/3, Fri - Open Climb Night - Getting Started Climbing. Meet at Seattle Program Center at 6:00pm. No Registration Required, Leader: Glenn Eades, (425) 885-3842, geades@seanet.com **SEA**

1/27, Mon - Tacoma climbing movie night Climbing. Meet at Tacoma Program Ctr -Great Hall at 6:45pm. No Registration Required, Leader: Curtis Stahlecker, (253) 736-3735, curtis.stahlecker@tacomamountaineers.org **TAC**

dancing

1/7 - 2/25, Tue - Folkdance - Seattle Dance. No Registration Required, Leader: Johnny Jeans, (425) 746-2328, jjmntjoys@yahoo.com **SEA**

family activity

1/11, Sat - Winter Trails Day Family Activities. Meet at Snoqualmie Campus at 8:30 AM. Leader: Becca Polglase, (860) 307-3880, beccap@mountaineers.org (s11/22-1/5) **SEA**

hiking

1/4, Sat - Lime Kiln Trail Hiking. (E) Green Trails Granite Falls No. 109, USGS Granite Falls. 6 mi, 500'. Meet at Lake Stevens P&R at 9:00 AM. Leader: Kelly Cleman, (360) 563-0320, masterhiker@gmail.com (s12/23-1/1) **SEA**

1/7, Tue - Around South Tiger (and maybe to the summit) Midweek Hikes. (M) Green Trails Tiger Mtn No. 204S. 7.5 - 8 mi, 1000-1500'. Meet at Tibbetts Park & Ride at 8:30 AM. Leader: Kirt Lenard, (425) 894-7790, kirlen2000@yahoo.com (s12/23-1/5) **SEA**

1/9, Thu - An Evening with PCT Recordholder Heather Anderson Hiking. Meet at Highland Center, Bellevue at 7:00pm. Leader: Steve LeBrun, (206) 283-5708, stevelebrun@comcast.net (s12/3-1/8) **FH**

1/15, Wed - South Bainbridge Shore/ Fort Ward Park Midweek Hikes. (M) 7.5 miles mi, 500". Meet at Coleman Dock Ferry Terminal to take the 7:55 ferry at 7:30 AM. Leader: Douglas Whalley, (206) 523-5636, doug@whalley.net (s12/30-1/13) **SEA**

1/21, Tue - Foothills Hiking & Backpacking Committee Meeting Hiking. Meet at Bellevue Library room 3 at 6:30pm. Leader: Cheryl Talbert, (253) 229-4018, CASCADEHIKER@EARTHLINK.NET (s11/12-1/20) **FH**

2/4, Tue - West Tiger 3 Loop Midweek Hikes. (MS) Green Trails Tiger Mtn No. 204S. 7 mi, 2000'. Meet at Trailhead at 8:30 AM. Leader: Kirt Lenard, (425) 894-7790, kirlen2000@yahoo.com (s1/14-2/2) **SEA**

2/5, Wed - Annual Emmett Miller Memorial Seward Park to Dim Sum Midweek Hikes. (EM) 7 mi, 300'. Meet at Seward Park Bath House parking lot at 9:30 AM. Leader: Julie Miller, (206) 283-1406, miller.jz@comcast.net (s1/20-1/31) **SEA**

2/8, Sat - Big Four Ice Caves Hiking. (E) Green Trails Silverton No. 110. 3 mi, min'. Meet at Eastmont P&R at TBA. Sign up with Leader: Bern Lamarca, mountain_babe@comcast.net (s1/22-2/5) **EVT**

naturalists

1/20, Mon - Winter Wonderland: The World of Snow Naturalists. (EM) 3 mi, Meet at Grady Way Park & Ride at 7:30 am. Members: \$5, Non-members: \$5. Leader: Brian Carpenter, (206) 403-3004, fleasgach@gmail.com (s12/15-1/5) **SEA**

photography

1/15, Wed - Potluck and Image Presentation Photography. (E) Meet at Seattle Program Center at 6:30pm. No Registration Required, Leader: Herb Johnson, (206) 523-4544, wherbjohn@msn.com **SEA**

retired rovers

1/2, Thu - Burke Museum of Natural History and Culture Retired Rovers. 2-3 mi, 0'. Meet at museum main entrance at 10:00 AM. Sign up with Leader: Storm Yanicks, (206) 232-8096, syanicks@earthlink.net (s12/15-1/1) **SEA**

1/14, 2/11, Tue - Lunch Meeting and Magnuson Park Walk Retired Rovers. (E) Meet at The Mountaineers Program Center at 12:00pm. No Registration Required, Leader: Storm Yanicks, (206) 232-8096, syanicks@earthlink.net **SEA**

1/21, 2/18 Tue - Green Lake Walk Retired Rovers. (E) 3 mi, 0'. Meet on the path by Green Lake Community Center, 7201 E. Green Lake Dr. N. at 10:30 AM. No Registration Required, Leader: June Skidmore, (206) 524-7371, juneskidmore@comcast.net **SEA**

1/30, 2/27, Thu - Seward Park Retired Rovers. (E+) Meet at Audubon/ Environmental Center near entrance to Seward Park at 10:00 AM. No Registration Required, Leader: Muriel Stoker, (206) 723-5039, murstoker@hotmail.com **SEA**

2/5, Wed - UW Arboretum Retired Rovers. (E) 3 mi, 0'. Meet at Arboretum Visitor Center at 10:00 AM. No Registration Required, Leader: Muriel Stoker, (206) 723-5039, murstoker@hotmail.com **SEA**

2/14, Fri - Seattle Aquarium and Waterfront Retired Rovers. Meet at main entrance of Aquarium at 10:00 AM. Sign up with Leader: Storm Yanicks, (206) 232-8096, syanicks@earthlink.net (s1/15-2/13) **SEA**

singles/social

1/1, Wed - Little Si & Boulder Garden Trail Singles/Social. (M) Green Trails Mt Si NRCA No. 206S. 6 mi, 2000'. Leader: Lawrence Landauer, (0) -, lawrenceglennlandauer@yahoo.com (s12/23-12/31) **SEA**

2/23, Sun - Fragrance and Lost Lakes Singles/Social. (M) USGS Bellingham South, USGS Bow. 10 mi, 1500'. Meet at Trail head off SR 11 at 9:30 AM. Leader: Bob Pankl, (206) 729-0162, pankl@earthlink.net (s2/14-2/21) **SEA**



sea kayaking

1/6, Mon - Gig Harbor Pool Play Sea Kayaking. No Registration Required, Leader: Beth Owen, (253) 514-1865, bluekayak123@yahoo.com **TAC**

1/12, Sun - Tacoma Pool Play Sea Kayaking. No Registration Required, Leader: Beth Owen, (253) 514-1865, bluekayak123@yahoo.com **TAC**

1/20, Mon - Gig Harbor Pool Play Sea Kayaking. No Registration Required, Leader: Beth Owen, (253) 514-1865, bluekayak123@yahoo.com **TAC**

1/25, Sat - Pool Play - Kitsap Sea Kayaking. Meet at North Kitsap High Pool at 1:30 PM. No Registration Required, Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com **KIT**

1/26, Sun - Tacoma Pool Play Sea Kayaking. No Registration Required, Leader: Beth Owen, (253) 514-1865, bluekayak123@yahoo.com **TAC**

2/3, Mon - Gig Harbor Pool Play Sea Kayaking. No Registration Required, Leader: Beth Owen, (253) 514-1865, bluekayak123@yahoo.com **TAC**

2/8, Sat - Pool Play - Kitsap Sea Kayaking. Meet at North Kitsap High Pool at 1:30 PM. No Registration Required, Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com **KIT**

2/9, Sun - Tacoma Pool Play Sea Kayaking. No Registration Required, Leader: Beth Owen, (253) 514-1865, bluekayak123@yahoo.com **TAC**

2/17, Mon - Gig Harbor Pool Play Sea Kayaking. No Registration Required, Leader: Beth Owen, (253) 514-1865, bluekayak123@yahoo.com **TAC**

2/22, Sat - Pool Play - Kitsap Sea Kayaking. Meet at North Kitsap High Pool at 1:30 PM. No Registration Required, Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com **KIT**

2/23, Sun - Tacoma Pool Play Sea Kayaking. No Registration Required, Leader: Beth Owen, (253) 514-1865, bluekayak123@yahoo.com **TAC**

singles/social

1/3 - 2/28, Fri - Eastside Indoor Tennis Singles/Social. Meet at Robinswood Tennis Center at 7:15 PM. Activity Fee: \$10.00, Leader: Fay Weaver, (206) 930-7762, seattlefay@hotmail.com **SEA**

1/4 - 2/22, Sat - Green Lake Walk Singles/Social. Meet at Urban Bakery, 7850 E Green Lake Dr N at 11:00am. No Registration Required, Leader: Karen Munn, (206) 366-2736, kjmunn@mac.com **SEA**

snowshoeing

1/17, Fri - Source Lake Snowshoeing. (E) Green Trails Snoqualmie Pass No. 207, USGS Snoqualmie Pass. Meet at Snoqualmie Pass Travelers Rest at 7:00 PM. Leader: Gay Gibson, (206) 898-0599, gaygibson@hotmail.com (s1/1-1/15) **SEA**

youth outreach

2/15-2/17, Sat-Mon - Tacoma 4H Meany Lodge Youth Outreach. Leader: Brigit Anderson, (203) 470-0213, brigita@mountaineers.org (s11/15-2/14) **TAC**

This is just a sampling.
See mountaineers.org for all trip and course listings.

An Evening with PCT Recordholder

January 9, 2014 Heather Anderson, PCT trail runner, Highland Center, Bellevue - 7:00 pm

activities with prerequisites (or must be in course)

climbing

1/11-1/12, Sat-Sun - Whitman Crest 9323 via Muir Snowfield Climbing. (BG) Green Trails Mount Rainier Wonderland No. 269S, USGS Mt Rainier West. Meet at Longmire Lodge at 7:00am. Sign up with Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s12/16-1/9) **SEA**

1/24-1/26, Fri-Sun - Mt Rainier, Gibraltar Ledge Climbing. (IM) Green Trails Mt Rainier East No. 270, Green Trails Mt Rainier West No. 269, USGS Mt Rainier East, USGS Mt Rainier West. 0 mi, 14410'. Meet at TBD at 7:00am. Leader's Permission Required: Carl Duester, (253) 651-6868, cdenali@comcast.net (s12/1-1/4) **TAC**

1/26, Sun - Mt Hood, S Side (Palmer Glacier) Climbing. (BG) Green Trails Mount Hood Climbing No. 462S, USGS Mt Hood South. 0 mi, 5235'. Meet at Timberline Lodge at 4:00am. Sign up with Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s1/1-1/23) **SEA**

2/15, Sat - Chair Peak, NE Buttress (winter) Alpine Scrambling. (II) USGS Snoqualmie Pass. Leader's Permission Required: Stephen Bobick, (425) 653-5526, sbobick2@gmail.com (s8/15-2/8) **EVT**

2/15, Sat - Exploratory - Mt Harvey (BC), North Ramp Climbing. (IM) Meet at Hat Mt Trailhead (BC) at 7:00am. Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s1/15-2/13) **SEA**

hiking

1/4-1/5, Sat-Sun - Mazama Ridge - Reflection Lakes Loop Hiking. (M) USGS Mt Rainier East. 8 mi, 2000'. Meet at Longmire Museum at 9:00am. Leader's Permission Required: Dick Lambe, (206) 232-4965, dicklambe@hotmail.com (s11/25-1/1) **FH**

navigation

1/9, Thu - Committee Meeting - Seattle Navigation Navigation. Meet at Seattle Program Center at 7pm-8:30pm. Leader: Peter Hendrickson, (206) 658-5930, p.hendrickson43@gmail.com (s10/6-1/9) **SEA**

2/20, Thu - Committee Meeting - Seattle Navigation Navigation. Meet at Seattle Program Center at 7pm-8:30pm. Leader: Peter Hendrickson, (206) 658-5930, p.hendrickson43@gmail.com (s10/6-2/20) [SEA](#)

scrambling

1/4, Sat - Bryant (winter) Alpine Scrambling. (WS) USGS Snoqualmie Pass. 0 mi, 0'. Meet at Issaquah Transit Center at 7:00am. Leader: John Gilbert, (425) 442-6411, JohnGilbertWentClimbing@Hotmail.com (s12/24-1/2) [SEA](#)

1/11, Sat - Bettys Jugs (winter) Alpine Scrambling. USGS Illabot Peaks. 8 mi, 3800'. Leader: Jerome Velosky, (206) 779-3762, climb@velosky.net (s12/30-1/8) [SEA](#)

1/12, Sun - Norse Peak (winter) Alpine Scrambling. (S3T1) USGS Norse Peak. 8 mi, 2900'. Meet at South Renton Park and Ride (Grady Way) at 6:00am. Leader: Andy Cahn, (425) 391-4447, andycahn@gmail.com (s11/29-1/9) [SEA](#)

1/12, Sun - Norse Peak (winter) Alpine Scrambling. (S3T1) USGS Norse Peak. 8 mi, 2900'. Meet at South Renton Park and Ride (Grady Way) at 6:00am. Leader: Andy Cahn, (425) 391-4447, andycahn@gmail.com (s11/29-1/9) [SEA](#)

1/12, Sun - Norse Peak (winter) Alpine Scrambling. (S3T1) USGS Norse Peak. 8 mi, 2900'. Meet at South Renton Park and Ride (Grady Way) at 6:00am. Leader: Andy Cahn, (425) 391-4447, andycahn@gmail.com (s11/29-1/9) [SEA](#)

1/12, Sun - Norse Peak (winter) Alpine Scrambling. (S3T1) USGS Norse Peak. 8 mi, 2900'. Meet at South Renton Park and Ride (Grady Way) at 6:00am. Leader: Andy Cahn, (425) 391-4447, andycahn@gmail.com (s11/29-1/9) [SEA](#)

1/13, Mon - Committee meeting - Seattle Scrambling Alpine Scrambling. Meet at Seattle Program Center at 7pm. No Registration Required, Leader: Jerry Lockwood, (425) 290-6174, lockwood.jerry@gmail.com [SEA](#)

1/18, Sat - Mt Washington (winter) Alpine Scrambling. 8 mi, 3200'. Leader: Craig S., craig.mountaineers@gmail.com (s12/30-1/17) [SEA](#)

1/25-1/26, Sat-Sun - Mt Persis (winter) Alpine Scrambling. (WS) USGS Gold Bar, USGS Index. 0 mi, 0'. Leader: Craig S., craig.mountaineers@gmail.com [SEA](#)

2/1, Sat - Mt Kent (winter) Alpine Scrambling. (WS) USGS Bandera. 0 mi, 0'. Meet at McClellan Butte Trailhead at 7:00am. Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s1/1-1/30) [SEA](#)

2/8-2/9, Sat-Sun - Quartz Mtn. (winter) Alpine Scrambling. (WS) USGS Lake Phillipa. 6 mi, 3600'. Leader: Craig S., craig.mountaineers@gmail.com (s1/20-2/4) [SEA](#)

2/9, Sun - Chutla & Waypenayo (winter) Alpine Scrambling. (WS) USGS Mt Rainier West, USGS Wahpenayo Peak. 9 mi, 4200'. Meet at Longmire Lodge at 7:00am. Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s1/15-2/6) [SEA](#)

2/10, Mon - Committee meeting - Seattle Scrambling Alpine Scrambling. Meet at Seattle Program Center at 7pm. No Registration Required, Leader: Jerry Lockwood, (425) 290-6174, lockwood.jerry@gmail.com [SEA](#)

2/15-2/16, Sat-Sun - Green Mtn N Bend (winter) Alpine Scrambling. (WS) Leader: Craig S., craig.mountaineers@gmail.com (s1/27-2/11) [SEA](#)

sea kayaking

1/4, Sat - Port Madison / Miller Bay Sea Kayaking. (II-III) SeaTrails Seattle, Bainbridge Island, Bremerton and Liberty Bay WA202. 8 mi, Meet at TBD at 9:00am. Sign up with Leader: Vern Brown, (360) 626-3963, hoffern@gmail.com (s10/3-1/1) [KIT](#)

1/11, Sat - Deception Pass SK V Sea Kayaking. Sign up with Leader: Beth Owen, (253) 514-1865, bluekayak123@yahoo.com (s12/6-1/9) [TAC](#)

ski/snowboard

1/5, Sun - Little Lundin Skiing/Snowboarding. (M1) Green Trails Snoqualmie Pass No. 207. Meet at Issaquah P&R at 7:00am. Leader: Randy Oakley, (425) 736-6493, randyoa@microsoft.com (s12/5-1/2) [FH](#)

1/18, Sat - Paradise Glacier Skiing/Snowboarding. (M2G) Green Trails Mt Rainier East No. 270. 7 mi, 3400'. Meet at Longmire Museum at 8:30am. Leader: Dick Lambe, (206) 232-4965, dicklambe@hotmail.com (s1/6-1/16) [FH](#)

2/1-2/5, Sat-Wed - Duffy Lake Area/ Wendy Thompson Hut Skiing/Snowboarding. (M2) 8 mi, 1900'. Meet at TBA at 6:00am. Sign up with Leader: Randy Oakley, (425) 736-6493, randyoa@microsoft.com (s1/15-1/22) [FH](#)

snowshoeing

1/1, Wed - Mazama Ridge - Reflection Lakes Loop Snowshoeing. (M) USGS Mt Rainier East. 8 mi, 2000'. Meet at TBD at 9:00am. Leader: Louise Kornreich, (206) 200-1502, louise.kornreich@gmail.com (s12/1-12/30) [SEA](#)

1/11-1/12, Sat-Sun - Diamond Head Snowshoeing. (M) USGS Blewett. 8 mi, 2,650'. Leader: Lawrence Landauer, (0) -, lawrenceglennlandauer@yahoo.com (s12/2-1/9) [SEA](#)

1/18, Sat - Cow Heaven Snowshoeing. (S) USGS Marblemount. 0 mi, 0'. Meet at Ash Way P&R at 6:30am. Leader: Lawrence Landauer, (0) -, lawrenceglennlandauer@yahoo.com (s1/6-1/16) [SEA](#)

1/19, Sun - Kendall Peak Lakes Snowshoeing. (M) USGS Snoqualmie Pass. 6 mi, 2000'. Meet at Preston P&R I-90 Exit#22 at 8:30am. Leader: Bill Shecket, (206) 718-5539, bshecket@mindspring.com (s1/13-1/18) [SEA](#)

1/24-1/26, Fri-Sun - Snowshoe weekend at N Cascade Institute Snowshoeing. (E+) USGS Diablo Dam, USGS Plain. Meet at NCI Environmental Learning Center at 5:00 PM. Leader: Bill Shecket, (206) 718-5539, bshecket@mindspring.com (s12/15-12/23) [SEA](#)

1/25, Sat - Icicle Ridge Snowshoeing. (S) USGS Chiwaukum Mtns, USGS Leavenworth. 0 mi, 0'. Meet at Monroe at 7:00am. Leader: Lawrence Landauer, (0) -, lawrenceglennlandauer@yahoo.com (s1/13-1/23) [SEA](#)

2/1, Sat - Huntoon Point Snowshoeing. (M) Green Trails Mt Shuksan No. 14, USGS Shuksan Arm. 6.5 mi, 1400'. Meet at Ash Way P&R at 6:30am. Leader: Lawrence Landauer, (0) -, lawrenceglennlandauer@yahoo.com (s1/20-1/30) [SEA](#)

2/16, Sun - Mt Washington Snowshoeing. (S) USGS Chester Morse Lake. 12 mi, 3000'. Meet at Preston P&R I-90 Exit#22 at 8:30am. Leader: Bill Shecket, (206) 718-5539, bshecket@mindspring.com (s2/10-2/15) [SEA](#)

This is just a sampling.
See mountaineers.org for all trip and course listings.

courses open to all (via course registration)

backpacking

1/27, Mon - 2014 B3 Leaders

Orientation Backpacking. Meet at Issaquah City Hall, Eagle Room at 6:00 PM. Leader: Cheryl Talbert, (253) 229-4018, CASCADEHIKER@EARTHLINK.NET (s11/29-1/27) **FH**

climbing

1/1-10/31, Wed-Fri - Basic Climbing Course - 2nd Year Kitsap Climbing.

Leader: Michael Raymond, (360) 204-2111, mikeraymond55@gmail.com (s12/6-1/1) **KIT**

1/4, Sat - Basic Climbing Course - Kitsap Climbing. Meet at Kitsap Cabin at 8:00am. Members: \$300, Non-members: \$400. Leader: Michael Raymond, (360) 204-2111, mikeraymond55@gmail.com (s11/1-12/31) **KIT**

1/5, Sun - Kitsap Basic FT - Knots Climbing. Meet at Green Mountain TH at 8:00am. Leader: Michael Raymond, (360) 204-2111, mikeraymond55@gmail.com (s12/9-12/31) **KIT**

1/6, Mon - Avalanche Awareness-Tacoma, Tacoma Clubhouse Climbing. Meet at 2302 North 30th Street Tacoma WA 98403 at 7:00 PM. Leader: Stephen Showalter, (814) 244-4460, steve.showalter@tacomamountaineers.org (s11/14-1/6) **TAC**

1/9-2/6, Thu-Thu - Introduction to Leading Bolted Routes - Seattle Climbing. Meet at Seattle Program Center at 6:00 PM. Members: \$125, Non-members: \$205. Leader: Helen Arntson, (206) 240-4765, xylonia@gmail.com (s10/7-1/6) **SEA**

1/11, Sat - Intermediate Ropes and Anchors Field Trip (INSTRUCTORS) Climbing. Leader: Deling Ren, (425) 698-5753, cookiejar.seattle@gmail.com (s11/6-1/9) **SEA**

1/11, Sat - Intermediate Ropes and Anchors Field Trip Climbing. Leader: Deling Ren, (425) 698-5753, cookiejar.seattle@gmail.com (s12/15-1/9) **SEA**

1/12, Sun - Intermediate Ropes and Anchors Field Trip (INSTRUCTORS) Climbing. Leader: Deling Ren, (425) 698-5753, cookiejar.seattle@gmail.com (s11/6-1/9) **SEA**

1/12, Sun - Intermediate Ropes and Anchors Field Trip Climbing. Leader: Deling Ren, (425) 698-5753, cookiejar.seattle@gmail.com (s12/15-1/9) **SEA**

1/13-1/19, Mon-Sun - AIARE 1

Avalanche-Tacoma Climbing. USGS Snoqualmie Pass. Meet at Tacoma Clubhouse-upstairs classroom at 6:30 PM. Members: \$250, Non-members: \$315. Leader: Stephen Showalter, (814) 244-4460, steve.showalter@tacomamountaineers.org (s12/1-1/7) **TAC**

1/18, Sat - Instructor Review Climbing. Meet at Program Center at 7:00am. Leader: Adam Clark, (386) 871-5702, aclark20@gmail.com (s8/1-1/18) **EVT**

1/21-10/15, Tue-Wed - Basic Climbing Course - Everett Climbing. USGS Snoqualmie Pass. Meet at Lectures are held at the Everett Vertical World on Rucker at 7:00 PM. Members: \$495, Non-members: \$495. Leader: Nicholas Mayo, (206) 714-1405, nicholas.e.mayo@gmail.com (s9/3-1/22) **EVT**

1/21-12/31, Tue-Wed - Basic Climbing Course - Olympia Climbing. Members: \$250, Non-members: \$350. Leader: Bob Keranen, (360) 340-1882, keranen@hcc.net (s11/1-1/21) **OLY**

1/24-12/31, Fri-Wed - Alpine First Aid (AFA) Course - Seattle Climbing. Leader: Mary Panza, (206) 755-1254, makinanoise@hotmail.com (s10/15-11/1) **SEA**

1/25-1/26, Sat-Sun - AFA Wilderness First Aid (RMI) - (Fee) Climbing. Meet at Mountaineers Program Center at 7:45am. Members: \$175, Non-members: \$235. Leader: Mary Panza, (206) 755-1254, makinanoise@hotmail.com (s10/15-1/23) **SEA**

1/27-2/9, Mon-Sun - Avalanche Level 1 Seattle Climbing. (M) USGS Shuksan Arm. Meet at Goodman A, Seattle at 6:00 PM. Members: \$259, Non-members: \$329. Leader: Nick Lyle, (360) 331-1190, avynick@gmail.com (s11/13-1/27) **SEA**

1/28, Tue - Self-Rescue Practice Climbing. Meet at Program Center at 6:30 PM. Leader's Permission Required: Stefanie Schiller, (206) 552-6293, stefs67@gmail.com (s12/23-1/24) **SEA**

1/28, Tue - AFA Scenarios - Seattle (Responder) Climbing. Meet at Mountaineers Program Center at 6:30pm. Leader: Miles McDonough, milesmcdonough@gmail.com (s10/15-1/23) **SEA**

2/1-11/1, Sat-Sat - Basic Climbing Course Second Year - Tacoma Climbing. Members: \$50. Leader's Permission Required: Curtis Stahlecker, (253) 736-3735, curtis.stahlecker@tacomamountaineers.org (s11/3-1/18) **TAC**

2/10-2/16, Mon-Sun - AIARE 1 Avalanche-Tacoma Climbing. USGS Snoqualmie Pass. Meet at Tacoma

Clubhouse-upstairs classroom at 6:30 PM. Members: \$250, Non-members: \$315. Leader's Permission Required: Stephen Showalter, (814) 244-4460, steve.showalter@tacomamountaineers.org (s12/1-2/3) **TAC**

2/12-11/1, Wed-Sat - Basic Climbing Course - Tacoma Climbing. Members: \$475, Non-members: \$575. Leader: Curtis Stahlecker, (253) 736-3735, curtis.stahlecker@tacomamountaineers.org (s11/3-2/12) **TAC**

2/17, Mon - Expedition Planning - Aconcagua Climbing. Meet at Program Center at 6:30 PM. No Registration Required, Leader: Vikram Sahney, (206) 697-4098, vsahney@umich.edu **SEA**

2/18, Tue - Self-Rescue Practice Climbing. Meet at Program Center at 6:30 PM. Leader's Permission Required: Stefanie Schiller, (206) 552-6293, stefs67@gmail.com (s1/29-2/14) **SEA**

2/22-2/23, Sat-Sun - AFA Wilderness First Aid (RMI) - (Fee) Climbing. Meet at Mountaineers Program Center at 7:45am. Members: \$175, Non-members: \$235. Leader: Mary Panza, (206) 755-1254, makinanoise@hotmail.com (s10/15-2/20) **SEA**

2/25, Tue - AFA Scenarios - Seattle (Responder) Climbing. Meet at Mountaineers Program Center at 6:30 PM. Leader: Miles McDonough, milesmcdonough@gmail.com (s10/15-2/21) **SEA**

family activity

2/1-2/2, Sat-Sun - MAC - Wilderness First Aid - Youth Welcome Family Activities. Meet at Seattle Mountaineers, Magnuson Park at 7:00am. Members: \$150, Non-members: \$175. Leader: Becca Polglase, (860) 307-3880, beccap@mountaineers.org (s11/27-1/31) **SEA**

hiking

1/15, Wed - Wilderness Survival Skills Hiking. Meet at Tacoma Program Center, 2302 N 30th Street, Tacoma, WA 98403 at 6:30 PM. Leader: Michael Waiss, (253) 627-5696, mwaiss@net-venture.com (s11/15-1/15) **TAC**

1/21-9/30, Tue-Tue - Wilderness Skills - Olympia Hiking. Meet at Friends Meeting House at 6:30 PM. Members: \$25, Non-members: \$50. Leader: Jim French, (360) 754-6551, jimfrenchwa@comcast.net (s11/16-1/21) **OLY**

1/28, Tue - Day Hiking Eastern Washington - A Craig Romano Slideshow Hiking. Meet at Eagle Community Room, Issaquah City Hall at 6:30 PM. Leader: Steve LeBrun, (206) 283-5708, stevelebrun@comcast.net (s12/3-1/27) **FH**

2/3, Mon - New Hike Leaders Seminar Hiking. Seattle Program Center - Cascade at 7:00 PM. Leader: Susan Graham, (206) 696-2297, mudonmyboots@yahoo.com (s12/12-2/3) **SEA**

2/5, Wed - Natural Navigation, Map & Compass Hiking. Meet at Tacoma Program Center, 2302 N 30th Street, Tacoma, WA 98403 at 6:30 PM. Leader: Michael Waiss, (253) 627-5696, mwaiss@net-venture.com (s11/15-2/5) **TAC**

naturalists

1/4, Sat - Winter Water Birds Field Trip #3- Alki Beach Naturalists. (E) Meet at Alki Beach at 10:00am. Leader: Jeffrey Nystuen, (206) 524-8414, jeff.nystuen@gmail.com (s12/14-1/2) **SEA**

1/5, Sun - Skagit Valley Birding Naturalists. Meet at Ravenna Park & Ride at 7:30am. Leader: Vicki King, (206) 525-7099, vkbirder@gmail.com (s12/9-1/2) **SEA**

1/9, Thu - The Music of Nature and the Fragile Planet Naturalists. Meet at Program Center at 7:00 PM. No Registration Required, Leader: Vicki King, (206) 525-7099, vkbirder@gmail.com **SEA**

1/11, Sat - Winter Water Birds Field Trip #4- Port Townsend Naturalists. (E) Meet at Edmonds Ferry at 8:00am. Leader: Jeffrey Nystuen, (206) 524-8414, jeff.nystuen@gmail.com (s12/21-1/9) **SEA**

1/30, Thu - Underwater Ambient Sound in the Ocean by Jeffrey Nystuen Naturalists. Meet at Program Center at 7:00 PM. No Registration Required, Leader: Vicki King, (206) 525-7099, vkbirder@gmail.com **SEA**

2/2, Sun - Winter Water Birds Field Trip #5- Vashon Island Naturalists. (E) Meet at ferry someplace at 8:00am. Leader: Stewart Hougen, (206) 528-5899, sehougen@comcast.net (s12/28-1/31) **SEA**

2/6, Thu - Lichen Workshop Naturalists. Meet at Mountaineers Program Center at 7:00 PM. Members: \$10, Non-members: \$15. Leader: Cynthia Luksus, (206) 439-2136, detersluksus@comcast.net (s1/13-2/3) **SEA**

2/8, Sat - Mercer Slough Lichen Walk Naturalists. (E) 2-3 mi, 0'. Meet at Winters House Parking Lot at 9:30am. Leader: Cynthia Luksus, (206) 439-2136, detersluksus@comcast.net (s2/3-2/7) **SEA**

2/13, Thu - The Importance and Conservation of Bees by Evan Sugden Naturalists. Meet at Program Center at 7:00 PM. No Registration Required, Leader: Vicki King, (206) 525-7099, vkbirder@gmail.com **SEA**

3/20, Thu - Amazing Creatures of the Salish Sea Naturalists. Meet at Seattle Program Center at 7:00 PM. No Registration Required, Leader: Vicki King, (206) 525-7099, vkbirder@gmail.com **SEA**

4/10, Thu - Plant Communities and Associated Birds of WAs Shrub-steppe Naturalists. Meet at Program Center at 7:00 PM. No Registration Required, Leader: Vicki King, (206) 525-7099, vkbirder@gmail.com **SEA**

4/15-8/11, Tue-Mon - Introduction to the Natural World Course Naturalists. Meet at Seattle Program Center at 7:00 PM. Members: \$90, Non-members: \$120. Leader: Gordie Swartzman, (206) 526-5607, g.swartzman@gmail.com (s1/1-4/14) **SEA**

navigation

1/14, Tue - Introduction to Map & Compass - Getting Started Navigation. Meet at Seattle Program Center from 6:30pm-8:30pm. Members: \$10, Non-members: \$15. Leader: Greg Testa, (206) 910-1381, gtesta48@hotmail.com (s10/7-1/12) **SEA**

1/16, Thu - Instructor Training Navigation. USGS Baring, USGS Index. Meet at Seattle Program Center at 6:30pm-9pm. Leader: Mike Sweeney, (425) 417-3081, mmsween@frontier.com (s9/29-1/14) **SEA**

1/23, 2/10 - Basic Navigation Workshop - INSTRUCTORS Navigation. USGS Baring, USGS Index. Meet at Seattle Program Center at 6:45pm-9:30pm. Leader: Peter Hendrickson, (206) 658-5930, p.hendrickson43@gmail.com (s9/29-1/20) **SEA**

2/15, Sat; 2/16, Sun - Basic Navigation Field Trip - INSTRUCTORS Navigation. USGS Baring, USGS Index. 6 mi, 1800'. Meet at Near Heybrook Ridge TH (mile post #38) at 6:30am. Leader: Peter Hendrickson, (206) 658-5930, p.hendrickson43@gmail.com (s9/29-2/12) **SEA**

2/26, 3/5, Wed - Basic Navigation Workshop - INSTRUCTORS Navigation. USGS Baring, USGS Index. Meet at Seattle Program Center from 6:45pm-9:30pm. Leader: Peter Hendrickson, (206) 658-5930, p.hendrickson43@gmail.com (s9/29-2/23) **SEA**

3/15, Sat; 3/16, Sun - Basic Navigation Field Trip - INSTRUCTORS Navigation.

USGS Baring, USGS Index. 6 mi, 1800'. Meet at Near Heybrook Ridge TH (mile post #38) at 6:30am. Leader: Peter Hendrickson, (206) 658-5930, p.hendrickson43@gmail.com (s9/29-3/12) **SEA**

4/17, Thu - Introduction to Map & Compass - Getting Started Navigation. Meet at Seattle Program Center at 6:30pm-8:30pm. Members: \$10, Non-members: \$15. Leader: Greg Testa, (206) 910-1381, gtesta48@hotmail.com (s10/7-4/15) **SEA**

photography

1/25, Sat - I got a new camera for Christmas now what? Photography. (E) Meet at Seattle Program Center at 9:00am. Members: \$40, Non-members: \$50. Leader: Rick Good, (206) 542-5085, r_good_jr@yahoo.com (s11/1-1/22) **SEA**

3/1-3/8, Sat-Sat - Basic Photography Course - Seattle Photography. Meet at Seattle Program Center at 9:00am. Members: \$130, Non-members: \$140. Leader: Rick Good, (206) 542-5085, r_good_jr@yahoo.com (s11/15-2/21) **SEA**

scrambling

1/21-12/31, Tue-Wed - Alpine Scrambling Course - Olympia Alpine Scrambling. Members: \$150, Non-members: \$250. Leader: Tom Eckhout, (360) 556-9898, tom@tomshomerepair.net (s11/6-2/4) **OLY**

2/2-10/31, Sun-Fri - Alpine Scrambling Course - Seattle Alpine Scrambling. Members: \$250, Non-members: \$350. Leader: Andy Cahn, (425) 391-4447, andycahn@gmail.com (s10/15-2/11) **SEA**

2/20-5/30, Thu-Fri - Alpine Scrambling Course - Everett Alpine Scrambling. Meet at Everett Community College at 7:00 PM. Members: \$180, Non-members: \$215. Leader: Mike Mashock, (425) 335-5174, mjmash@comcast.net (s11/20-2/20) **EVT**

sea kayaking

1/4, Sat - Sea Kayak Roll Class Sea Kayaking. Meet TBD, 4:00 PM. Members: \$90, Non-members: \$125. Sign up with Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com (s10/1-12/23) **KIT**

1/5, 1/12, 1/19, Sun - Sea Kayak Roll Class Sea Kayaking. Meet at Bremerton YMCA Pool at 06:45am. Sign up with Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com (s10/1-12/23) **KIT**

3/27-4/17, Thu-Thu - Basic Sea Kayaking Course - Everett Sea Kayaking.

Members: \$225. Leader: Bill Coady, (425) 823-6514, coadybill@gmail.com (s11/25-3/8) **EVT**

4/5-8/31, Sat-Sun - Basic Sea Kayaking Course - Kitsap Sea Kayaking. Meet at TBD at 9:00am. Members: \$180. Leader's Permission Required: Vern Brown, (360) 626-3963, hohfern@gmail.com (s12/1-3/17) **KIT**

4/5-9/30, Sat-Tue - Basic Sea Kayaking Course - Tacoma Sea Kayaking. Members: \$199, Non-members: \$249. Leader's Permission Required: Esther Ladwig, (253) 627-0679, emladwig@yahoo.com (s12/1-4/5) **TAC**

4/22-5/11, Tue-Sun - Basic Sea Kayaking Course - Olympia Sea Kayaking. Members: \$185. Leader's Permission Required: Will Greenough, (360) 508-0456, kayakwill@yahoo.com (s1/1-4/21) **OLY**

ski/snowboard

Sun - Introduction to Cross Country Skiing - Seattle Skiing/Snowboarding. Meet at Crystal Springs Sno Park at 9:15am. Members: \$90, Non-members: \$105. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-12/31) **SEA**

1/5, Sun - Introduction to Cross Country Skiing - Seattle Skiing/Snowboarding. Meet at Crystal Springs Sno Park at 12:15 PM. Members: \$90, Non-members: \$105. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-12/31) **SEA**

1/5, Sun - Intermediate Cross Country Skiing - Seattle Skiing/Snowboarding. Meet at Crystal Springs Sno Park at 9:15am. Members: \$90, Non-members: \$105. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-12/31) **SEA**

1/5, Sun - Intermediate Cross Country Skiing - Seattle Skiing/Snowboarding. Meet at Crystal Springs Sno Park at 12:15am. Members: \$90, Non-members: \$105. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-12/31) **SEA**

1/5, Sun - Hills Hills Hills - Mastering Hills on XC Skis - Seattle Skiing/Snowboarding. Meet at Crystal Springs Sno Park at 12:15 PM. Members: \$90, Non-members: \$105. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-12/31) **SEA**

1/5, Sun - Introduction to Skate Skiing - Seattle Skiing/Snowboarding. Meet at Crystal Springs Sno Park at 9:15am. Members: \$90, Non-members: \$105. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-12/31) **SEA**

1/5, Sun - Intermediate Skate Skiing

- Seattle Skiing/Snowboarding. Meet at Crystal Springs Sno Park at 12:15 PM. Members: \$90, Non-members: \$105. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-12/31) **SEA**

1/6-12/31, Mon-Wed - Winter Travel: Nordic Skiing - Olympia Skiing/Snowboarding. Members: \$25, Non-members: \$35. Leader: Tom Eckhout, (360) 556-9898, tom@tomshomerepair.net (s11/5-1/7) **OLY**

1/6-12/31, Mon-Wed - Winter Travel: Nordic Ski & Snowshoe - Olympia Skiing/Snowboarding. Members: \$40, Non-members: \$50. Leader: Tom Eckhout, (360) 556-9898, tom@tomshomerepair.net (s11/5-1/7) **OLY**

1/6-12/31, Mon-Wed - Winter Travel: Snowshoeing - Olympia Skiing/Snowboarding. Members: \$25, Non-members: \$35. Leader: Tom Eckhout, (360) 556-9898, tom@tomshomerepair.net (s11/5-1/7) **OLY**

1/7-1/26, Tue-Sun - AIARE Level One Avalanche Course - Foothills Winter Skiing/Snowboarding. (M) Meet at Mercer Island Community Cnt. at 6:30 pm. Members: \$250, Non-members: \$300. Leader: Chuck Mac Laren, (206) 501-0929, avy@foothillswinter.org (s9/28-12/31) **FH**

1/8-2/12, Wed-Wed - Multiweek Telemark and Randonee Ski Lessons Skiing/Snowboarding. Meet at Mercer Island P&R and Issaquah P&R at 5:30 PM. Leader: Randy Oakley, (425) 736-6493, randyoa@microsoft.com (s10/30-12/13) **FH**

1/9-2/8, Thu-Sat - Nordic (Cross-Country) Ski Course - Everett Skiing/Snowboarding. Meet at Lectures at Everett PUD and Field trip at Monroe park and ride at 6:30 PM. Members: \$95, Non-members: \$115. Leader: Rachel Sadri, (206) 890-8881, rachelsadri@gmail.com (s10/3-1/8) **EVT**

1/22-3/1, Wed-Sat - Backcountry Ski & Snowboard - Everett Skiing/Snowboarding. (M11) Members: \$150, Non-members: \$175. Leader: Oyvind Henningsen, (425) 486-2857, telemarkski@comcast.net (s8/10-1/23) **EVT**

1/26, Sun - Introduction to Cross Country Skiing: One-Day Skiing/Snowboarding. Meet at Crystal Springs Sno Park at 9:15am. Members: \$60, Non-members: \$75. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-12/31) **SEA**

1/26, Sun - Cross Country Skiing Refresher: One-Day Skiing/Snowboarding. (N2) Meet at Crystal Springs Sno Park at 9:15am. Members: \$60, Non-members: \$70. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com

(s10/1-12/31) **SEA**

1/26, Sun - Introduction To Skate Skiing: One-Day Skiing/Snowboarding. Meet at Crystal Springs Sno Park at 9:15am. Members: \$60, Non-members: \$75. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-12/31) **SEA**

1/26, Sun - Hills Hills Hills: Mastering Hills on XC Skis: One-Day Skiing/Snowboarding. Meet at Crystal Springs Sno Park at 9:15am. Members: \$60, Non-members: \$70. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-12/31) **SEA**

1/26, Sun - Intermediate Cross Country Skiing: Half-Day Skiing/Snowboarding. Meet at Crystal Springs Sno Park at 12:15 PM. Members: \$40, Non-members: \$50. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-1/21) **SEA**

1/26, Sun - Intermediate Skate Skiing Clinic: Half-Day Skiing/Snowboarding. Meet at Crystal Springs Sno Park at 9:15am. Members: \$40, Non-members: \$50. Leader: Cindy Hoover, (206) 783-4032, cyn@zipcon.com (s10/1-1/21) **SEA**

2/6, Thu - Ski Leadership Training Lecture 1 Skiing/Snowboarding. Meet at tbd at 6:30 PM. Sign up with Leader: Edward Palushock, ed.palushock@yahoo.com (s9/17-1/30) **FH**

2/8, Sat - Ski Leadership Training Field Trip Skiing/Snowboarding. Meet at Tbd at 8:00am. Sign up with Leader: Edward Palushock, ed.palushock@yahoo.com (s9/17-1/30) **FH**

snowshoeing

1/1-1/26, Wed-Sun - Basic Snowshoeing Course - Seattle Snowshoeing. Members: \$65, Non-members: \$85. Leader: Larry Metzger, (206) 323-1716, snowdog.48@hotmail.com (s11/1-1/3) **SEA**

1/9-4/30, Thu-Wed - Basic Snowshoeing -Tacoma Snowshoeing. (E+) Meet at Tacoma Program Center at 6:00 PM. Members: \$65, Non-members: \$70. Leader: Charles Celmer, (253) 845-0146, remlec@yahoo.com (s11/1-1/9) **TAC**

This is just a sampling.
See mountaineers.org for all trip and course listings.

Naturalists Lecture Series - 2014 Seattle Program Center, 7pm

- January 9, 2014** Martyn Stewart, The Music of Nature and the Fragile Planet
- January 30, 2014** Jeffrey Nystuen, Underwater Ambient Sound in the Ocean: Uses and Conservation Concerns
- February 13, 2014** Evan Sugden, The Importance and Conservation of Bees
- March 20, 2014** Joseph Gaydos, Bears to Barnacles: Way Cool Creatures of the Salish Sea
- April 10, 2014** Andy Stepniewski, An Introduction to the Mosaic of Plant Communities in the Semi-Arid Columbia Basin and the Characteristic Birds Associated with them

courses with prerequisites (courses & seminars)

climbing

1/2-10/16, Thu-Thu - Intermediate Climbing Course - Tacoma Climbing. Meet at Tacoma Program Center at 7:00 PM. Members: \$375, Non-members: \$425. Leader's Permission Required: Tyler Farr, (253) 906-8585, tyler.farr@tacomamountaineers.org (s12/6-1/2) **TAC**

1/4-1/5, Sat-Sun - Kitsap Basic FT - Knots (Instructors) Climbing. Meet at Kitsap Cabin at 8:00am. Leader: Elaine Raymond, (360) 204-2122, elainer@psbc.org (s12/9-1/1) **KIT**

1/8, Wed - 2014 Intermediate Alpine Climbing Course Climbing. Meet at Kitsap Cabin at 7:00 PM. Members: \$300, Non-members: \$400. Leader's Permission Required: Michael Raymond, (360) 204-2111, mikeraymond55@gmail.com (s11/1-12/31) **KIT**

1/8-10/31, Wed-Fri - Basic Alpine Climbing Course - Seattle Climbing. Members: \$550, Non-members: \$650. Leader: Cebe Wallace, (206) 842-3409, cebe.wallace@gmail.com (s11/2-1/8) **SEA**

1/14, Tue - Intermediate Climb Teaching and Leadership Lecture - Seattle Climbing. Leader: Fred Luck, (425) 691-0978, f-luck@hotmail.com (s11/17-1/13) **SEA**

1/15, 1/16, 1/21, 1/22 - Basic Knots Field Trip - INSTRUCTORS (Clubhouse) Climbing. Meet at Mountaineers Program Center at 6:00 PM. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s12/9-1/15) **SEA**

1/15, 1/16, 1/21, 1/22 - Basic Knots Field Trip - Students (Clubhouse) Climbing. Meet at Mountaineers Program Center at 6:30 PM. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s12/9-1/14) **SEA**

1/25-1/26, Sat-Sun - Introduction to Winter/Mixed Climbing Climbing. (IM)

Members: \$50, Non-members: \$50. Sign up with Leader: Paul Gehlsen, (425) 488-9362, paul.r.gehlsen@boeing.com (s10/1-1/17) **EVT**

1/30-1/31, Thu-Sat - Intermediate Climbing Course - Olympia Climbing. Members: \$175. Sign up with Leader: Richard Irwin, (360) 580-8694, rirwin@mybivey.com (s12/14-1/31) **OLY**

2/15, 2/16, - Basic Belay Belay Escape & Rappel Field Trip - STUDENTS Climbing. Meet at Mountaineers Program Center at 7:30am. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s1/27-2/12) **SEA**

2/15, 2/16 - Belay Wt Drop Escape & Rappel Field Trip - INSTRUCTORS Climbing. Meet at Mountaineers Program Center at 7:00am. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s1/6-2/15) **SEA**

2/19, Wed - Intermediate Climb Rescue Methods Lecture - Seattle Climbing. Leader: Fred Luck, (425) 691-0978, f-luck@hotmail.com (s11/17-2/18) **SEA**

2/22, 2/23 - Basic Belay Belay Escape & Rappel Field Trip - STUDENTS Climbing. Meet at Mountaineers Program Center at 7:30am. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s1/27-2/19) **SEA**

2/22, 2/23 - Belay Wt Drop Escape & Rappel Field Trip - INSTRUCTORS Climbing. Meet at Mountaineers Program Center at 7:00am. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s1/6-2/21) **SEA**

2/27, Thu - Intermediate Climb Winter Mountaineering Lecture - Seattle Climbing. Leader: Fred Luck, (425) 691-0978, f-luck@hotmail.com (s11/17-2/26) **SEA**

3/1, Sat - Bellingham Basic Avalanche, Austin Pass Climbing. Sign up with Leader: Minda Paul, (360) 510-9419, mindapaul@hotmail.com (s12/31-3/1) **BEL**

3/10-10/1, Mon-Wed - Intermediate Climbing Course - Everett Leading on Rock Climbing. Meet at MPC at 10:00am. Leader's Permission Required: Seton Staples, (970) 404-2267, seton_s@hotmail.com (s3/5-3/31) **EVT**

3/22, 3/23, 3/29, 3/30 - Basic Rock Evaluation Field Trip - STUDENTS (Clubhouse) Climbing. Meet at Mountaineers Program Center at 7:30am. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s2/24-3/26) **SEA**

3/22, 3/23, 3/29, 3/30 - Basic Rock Evaluation Field Trip - INSTRUCTORS (Clubhouse) Climbing. Meet at Mountaineers Program Center at 7:00am. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s1/6-3/21) **SEA**

navigation

1/23, Thu - Basic Navigation Workshop - STUDENTS Navigation. USGS Baring, USGS Index. Meet at Seattle Program Center at 6:45pm, begins @ 7pm. Leader: Greg Testa, (206) 910-1381, gtesta48@hotmail.com (s10/6-1/19) **SEA**

2/10, Mon - Basic Navigation Workshop - STUDENTS Navigation. USGS Baring, USGS Index. Meet at Seattle Program Center at 6:45pm, begins @ 7pm. Leader: Jan Sweeney, (425) 417-3081, janpicks@yahoo.com (s10/6-2/6) **SEA**

2/13, Thu - Mentor Session for Basic Navigation Workshop Navigation. USGS Baring, USGS Index. Meet at TBD at TBD (in the evening). Sign up with Leader: Tim Lawson, (206) 914-7387, timlawsonwild@msn.com (s10/6-2/13) **SEA**

2/15, Sat - Basic Navigation Field Trip - STUDENTS Navigation. USGS Baring, USGS Index. 1800'. Meet near Heybrook Ridge TH (mile post #38) at See below. Leader: Mike Sweeney, (425) 417-3081, mmsween@frontier.com (s10/6-2/11) **SEA**





2/16, Sun - Basic Navigation Field Trip - STUDENTS Navigation. USGS Baring, USGS Index. 1800'. Meet at Near Heybrook Ridge TH (mile post #38) at See below. Leader: Peter Hendrickson, (206) 658-5930, p.hendrickson43@gmail.com (s10/6-2/11) **SEA**

2/26, Wed - Basic Navigation Workshop - STUDENTS Navigation. USGS Baring, USGS Index. Meet at Seattle Program Center at 6:45pm, begins @ 7pm. Leader: Wesley Rogers, (206) 789-0049, rog999@comcast.net (s10/6-2/22) **SEA**

3/5, Wed - Basic Navigation Workshop - STUDENTS Navigation. USGS Baring, USGS Index. Meet at Seattle Program Center at 6:45pm, begins @ 7pm. Leader: Greg Testa, (206) 910-1381, gtesta48@hotmail.com (s10/6-3/1) **SEA**

3/12, Wed - Mentor Session for Basic Navigation Workshop Navigation. USGS Baring, USGS Index. Meet at TBD at TBD (in the evening). Sign up with Leader: Tim Lawson, (206) 914-7387, timlawsonwild@msn.com (s10/6-3/12) **SEA**

3/15, Sat - Basic Navigation Field Trip - STUDENTS Navigation. USGS Baring, USGS Index. 1800'. Meet at Near Heybrook Ridge TH (mile post #38) at See below. Leader: Wesley Rogers, (206) 789-0049, rog999@comcast.net (s10/6-3/11) **SEA**

3/16, Sun - Basic Navigation Field Trip - STUDENTS Navigation. USGS Baring, USGS Index. 1800'. Meet at Near Heybrook Ridge TH (mile post #38) at See below. Leader: Greg Testa, (206) 910-1381, gtesta48@hotmail.com (s10/6-3/11) **SEA**

scrambling

2/3, Mon - Scramble Course Workshop #1 - Overview and Equipment Alpine Scrambling. Meet at Mountaineers Program Center at 7:00 PM. Leader: Andy Cahn, (425) 391-4447, andycahn@gmail.com (s10/15-2/3) **SEA**

2/11, Tue - Scramble Course Workshop #1 - Overview and Equipment Alpine Scrambling. Meet at Old Redmond Schoolhouse Community Center, 16600 NE 80th St, Redmond at 7:00 PM. Leader: Andy Cahn, (425) 391-4447, andycahn@gmail.com (s10/15-2/11) **SEA**

2/22, Sat - Alpine Scramble In-town FT (INSTRUCTORS) Alpine Scrambling. Meet at Camp Long at 7:30am. Leader: Mike Sweeney, (425) 417-3081, mmsween@frontier.com (s1/1-2/20) **SEA**

2/22, Sat - Alpine Scramble In-Town Field Trip - Students Alpine Scrambling. Meet at Camp Long at 7:45am. Leader: Mike Sweeney, (425) 417-3081, mmsween@frontier.com (s1/1-2/20) **SEA**

2/23, Sun - Alpine Scramble In-Town Field Trip - Students Alpine Scrambling. Meet at Camp Long at 7:45am. Leader: Fritz Klein, (206) 527-1836, frederick.w.klein@boeing.com (s1/1-2/20) **SEA**

2/23, Sun - Alpine Scramble In-town FT (INSTRUCTORS) Alpine Scrambling. Meet at Camp Long at 7:30am. Leader: Fritz Klein, (206) 527-1836, frederick.w.klein@boeing.com (s1/1-2/20) **SEA**

4/7, Mon - Scramble Course Workshop #2 - Snow Travel and Avalanche Alpine Scrambling. Meet at Mountaineers Program Center at 7:00 PM. Leader: Andy Cahn, (425) 391-4447, andycahn@gmail.com (s10/15-4/7) **SEA**

4/12, Sat - Everett Alpine Scrambling Rock Field Trip - INSTRUCTORS Alpine Scrambling. Green Trails Chiwaukum Mtns No. 177. 2 mi, 1600'. Meet at 8 Mile Campground - Icicle Creek at 7:30am. Leader: Rob Simonsen, (425) 501-2058, woodsgood1@gmail.com (s11/6-4/9) **EVT**

4/15, Tue - Scramble Course Workshop #2 - Snow Travel and Avalanche Alpine Scrambling. Meet at Old Redmond Schoolhouse Community Center, 16600 NE 80th, Redmond at 7:00 PM. Leader: Andy Cahn, (425) 391-4447, andycahn@gmail.com (s10/15-4/15) **SEA**

4/19, Sat - Snow Field Trip - Students (StevensPass) Alpine Scrambling. USGS Labrynth Mtn, USGS Stevens Pass. Meet at Stevens Pass at 8:00am. Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s3/31-4/15) **SEA**

4/19, Sat - Snow Field Trip- INSTRUCTORS (StevensPass) Alpine Scrambling. Meet at Stevens Pass at 7:30am. Leader: Nina Crampton, (206) 225-4545, Ninacrampton@aol.com (s1/6-4/18) **SEA**

4/20, Sun - Snow Field Trip - Students (StevensPass) Alpine Scrambling. USGS Labrynth Mtn, USGS Stevens Pass. Meet at Stevens Pass at 8:00am. Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s3/31-4/15) **SEA**

4/20, Sun - Snow Field Trip- INSTRUCTORS (StevensPass) Alpine Scrambling. Meet at Stevens Pass at 7:30am. Leader: Nina Crampton, (206) 225-4545, Ninacrampton@aol.com (s1/6-4/19) **SEA**

4/28, Mon - Scramble Course Workshop #3 - Rock, Weather, & Emergencies Alpine Scrambling. Meet at Mountaineers Program Center at 7:00 PM. Leader: Andy Cahn, (425) 391-4447, andycahn@gmail.com (s10/15-4/28) **SEA**

snowshoeing

1/2-1/18, Thu-Sat - Basic Snowshoeing Course - Everett Snowshoeing. Meet at PUD 2320 California St. Everett at 6:30 PM. Members: \$60, Non-members: \$80. Leader: Ronald Riter, (425) 388-0203, ronriter@gmail.com (s11/8-1/2) **EVT**

1/6, Mon - Basic Snowshoeing Lecture - Seattle (Eastside location) Snowshoeing. Meet at Mercer Island Community Center at 6:45 PM. Leader: Larry Metzger, (206) 323-1716, snowdog.48@hotmail.com (s11/1-1/4) **SEA**

1/9, Thu - Basic Snowshoeing Lecture - Seattle Snowshoeing. Meet at Mountaineers Seattle Program Center: 7700 Sand Point Way Northeast Seattle, WA 98115 at 7:00 PM. Leader: Larry Metzger, (206) 323-1716, snowdog.48@hotmail.com (s11/1-1/8) **SEA**

1/18, Sat - Basic Snowshoeing Field Trip - Students Snowshoeing. (E) Meet at Stevens Pass - Grace Lakes at 8:00am. Leader: Larry Metzger, (206) 323-1716, snowdog.48@hotmail.com (s11/1-1/15) **SEA**

1/18, Sat - Basic Snowshoeing Field Trip - Instructors Snowshoeing. Meet at Stevens Pass - Grace Lakes at 7:30am. Leader: Kirk Peterson, (425) 246-1412, strongcord@gmail.com (s11/4-1/17) **SEA**

1/19, Sun - Basic Snowshoeing Field Trip - Students Snowshoeing. (E) Meet at Stevens Pass - Grace Lakes at 8:00am. Leader: Larry Metzger, (206) 323-1716, snowdog.48@hotmail.com (s11/1-1/16) **SEA**

1/19, Sun - Basic Snowshoeing Field Trip - Instructors Snowshoeing. Meet at Stevens Pass - Grace Lakes at 7:30am. Leader: Jimmy Jet Klansnic, (206) 755-7046, Snow-jet@outlook.com (s11/4-1/17) **SEA**

1/25, Sat - Basic Snowshoeing Field Trip - Instructors Snowshoeing. Meet at Stevens Pass - Grace Lakes at 7:30am. Leader: David Skurnik, (425) 802-2929, dskurnik@gmail.com (s11/4-1/24) **SEA**

1/25, Sat - Basic Snowshoeing Field Trip - Students Snowshoeing. (E) Meet at Stevens Pass - Grace Lakes at 8:00am. Leader: Larry Metzger, (206) 323-1716, snowdog.48@hotmail.com (s11/1-1/22) **SEA**

1/29-4/30, Wed-Wed - Backcountry Snowshoe Skills Course - Seattle Snowshoeing. Meet at Mountaineers Seattle Program Center: 7700 Sand Point Way Northeast Seattle, WA 98115 at 7:00 PM. Members: \$65. Leader: Erik Swanson, (206) 683-6546, snowshoe.erik@gmail.com (s11/1-1/27) **SEA**

2/6-4/30, Thu-Wed - Backcountry Snowshoeing -Tacoma Snowshoeing. Meet at Tacoma Program Center at 6:00 PM. Members: \$65, Non-members: \$70. Leader: Charles Celmer, (253) 845-0146, remlec@yahoo.com (s11/1-2/6) **TAC**

2/8, Sat - Backcountry Snowshoe Skills Field Trip - Instructors Snowshoeing. Meet at Snoqualmie Campus at 7:30am. Leader: Erik Swanson, (206) 683-6546, snowshoe.erik@gmail.com (s11/1-2/6) **SEA**

2/12-2/23, Wed-Sun - Snowshoe / Winter Camping Course - Seattle Snowshoeing. Meet at Seattle Program Center at 7:00 PM. Members: \$60. Leader: Tim Lawson, (206) 914-7387, timlawsonwild@msn.com (s11/1-2/10) **SEA**

2/18, Tue - Intro to Avalanche Awareness Snowshoeing. Meet at Mountaineers Seattle Program Center: 7700 Sand Point Way Northeast Seattle, WA 98115 at 7:00 PM. Leader: Erik Swanson, (206) 683-6546, snowshoe.erik@gmail.com (s11/6-2/18) **SEA**

2/22-2/23, Sat-Sun - Instructors - Snowshoe/Winter Camping - Seattle Snowshoeing. Meet at Baker Lodge area at 7:30am. Leader: Erik Swanson, (206) 683-6546, snowshoe.erik@gmail.com (s11/1-2/20) **SEA**

3/13-4/30, Thu-Wed - Winter Camping Course - Tacoma Snowshoeing. Meet at Tacoma Program Center at 6:00 PM. Members: \$60, Non-members: \$70. Leader: Charles Celmer, (253) 845-0146, remlec@yahoo.com (s10/30-3/13) **TAC**

This is just a sampling. See mountaineers.org for all trip and course listings.



CLIMB FOR CLEAN AIR

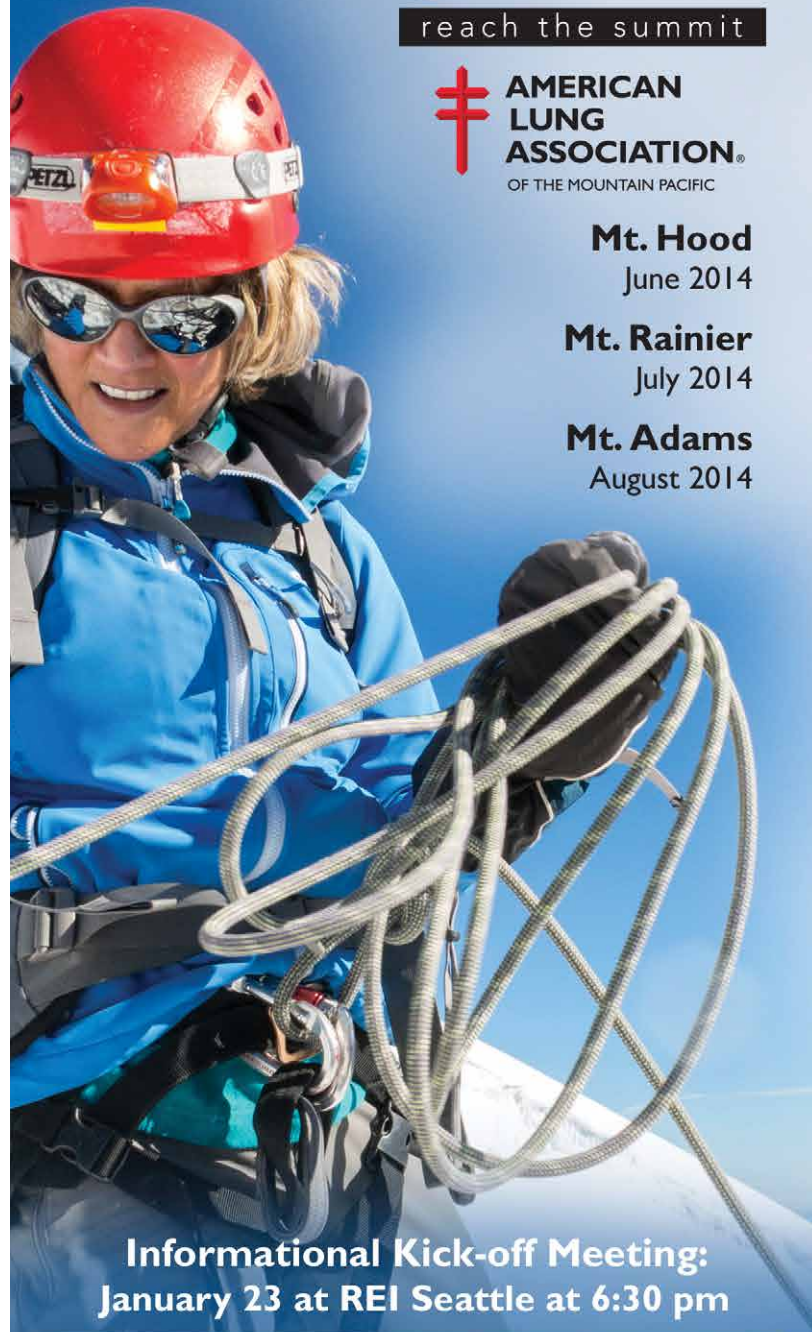
reach the summit



Mt. Hood
June 2014

Mt. Rainier
July 2014

Mt. Adams
August 2014



**Informational Kick-off Meeting:
January 23 at REI Seattle at 6:30 pm**



ClimbForCleanAir.com

For More Info Contact:

jdann@lungmpacific.org - 206.512.3281

Honorary Chairs Stacy Allison and Win Whittaker

Sponsored by:



Bev Dahlin 1945 – 2013

by Virginia Felton



Bev Jane Starry Dahlin was born on November 2, 1942 in Libby, Montana and passed away on October 13, 2013.

Bev joined The Mountaineers in 1982, and did so much in her first seven years as a member that she was awarded The Mountaineers' Distinguished Service Award in 1989.

She was instrumental in shaping the organization's conservation efforts as Conservation Division Chair from 1984 through 1989. She guided a restructuring of the division and expanded its reach. Under her leadership, the division influenced federal policy for National Forest lands in Washington State and increased cooperation with other conservation organizations.

All told, Bev devoted more than 30 years of her life to active volunteer service with The Mountaineers. Bev

was passionate about hiking, climbing, skiing and international travel. She met her husband-to-be Steve Johnson on a trip she organized in 1988 to the Arctic National Wildlife Refuge. They teamed up to lead hiking and scrambling trips throughout Europe for 21 years.

She visited all 50 states and most of Europe, from the West Fjords of Iceland to the Roman ruins of Carthage. She also roamed from the southern tip of New Zealand to the Arctic Ocean.

Bev served on the Board of Trustees, on the Mountaineers Foundation Board and on many committees. She also led hiking, backpacking and cross-country ski trips. Many still recall her gentle and inclusive leadership style.

Erik Gust Palm 1992 – 2013

by Suzanne Gerber



Erik Gust Palm was an Eagle Scout, Sergeant in the US Army, and enthusiastic outdoor lover. A graduate of M. Jackson High School in Mill Creek in 2010, he went on to become a Sergeant in the US Army and served in South Korea, Texas, and, most recently, in Joint Base Lewis-McChord. Erik also earned the rank of Eagle Scout and joined The Mountaineers earlier this year to continue his outdoor pursuits.

He truly cherished the wilderness and spent time outside whenever he could. A physical fitness buff who loved exer-

cising, Erik enjoyed running, trekking, fishing, kayaking, body surfing, snowshoeing and hiking. Erik was well traveled for his young age, and his favorite places to hike included the North Cascades and the French and Swiss Alps.

When he wasn't outdoors, he exercised his mind with his encyclopedic knowledge of history and television series.

Erik passed away unexpectedly in the night while on weekend leave October 19, 2013. He is survived by his sister, Brieanna, his mother, Debbie and his father, Doug.

Robert M. Youngs Sr.

1930 – 2013

by Kristina Ciari

Robert "Bob" Youngs passed away on November 21, 2013. He was 83.

A dedicated father, grandfather, and friend, Bob was a long-time member of The Mountaineers and a graduate

of the 1966 Basic Climbing Class. He served on the committee for the Snoqualmie Lodge before it burned down, and loved to share his passion for the mountains and getting outside.

Bob also volunteered for Boy Scout Troop 351, and one of his former scouts said, "Bob taught planning, hard work,

and leadership. He made all of these lessons fun and created many precious memories." Bob left a lasting impact on the many lives he touched over the years.

He is survived by his wife Rose, and their five children, six grandchildren, and three great-grandsons.

Thank you forever thing
The game was fun now I now
how to do ever thing for the
climbing it was scare and fun
now I know how to be brave
Love, Ikram



Martinique Grigg

From: Ikram
to: Mountaineers



Gratitude

by Mary Hsue, Director of Development

Whenever I hear lots of kids' voices during the day at the program center, I know Mountain Workshops is in session. I like to pop my head into Goodman C to see who's climbing and who's volunteering. Sometimes I join to belay climbers or take photos. Other times I simply chat with parents. I find that kids are always grateful for the belay and parents are always grateful for the opportunity for their kids to do something fun and challenging.

But to see real gratitude, all I have to do is tell them that the people who come out to help – belay, teach first aid and ten essentials, or map and compass – are volunteers who give a few hours of their day so that kids can have these experiences. You see it on their faces. They never say it but you can tell that they're thinking "Really? For me?" And I answer every time with "Yes. Just for you. And they're here because they love this and they want you to love it too."

Because of volunteers and donors like you, The Mountaineers has been providing Mountain Workshops for over two years. Thank you. And I say that with pure gratitude on behalf of the thousands who have benefitted from your gifts of time and financial contributions.



winter trails day

The 19th annual Winter Trails day sounds too good to be true, but it's not.

JOIN US JANUARY 11, 2014,

FOR A DAY OF FREE SNOWSHOEING

10am to 4pm at The Mountaineers Snoqualmie Campus

Join The Mountaineers for Winter Trails Day: a free day of snowshoeing at Snoqualmie Pass! Try out the latest snowshoes from REI, MSR, Tubbs and Atlas.

Short snowshoe tours will leave the main event area every 20 minutes with instructions on how to wear, walk in, and enjoy snowshoeing. Winter Trails Day is complete with hot cocoa and a snowman building contest, offering a fun and adventures day of snow play for the entire family! Register today via: www.snowlink.com.

For more details about the event, please visit: www.mountaineers.org.

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TUBBS
SNOWSHOES



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