

Mountaineer

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



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photographing the night sky PAGE 22

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an interview with Lynsey Dyer, PAGE 28

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



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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 for times and locations of informational meetings at each of our seven branches.

on the cover: John Porter on Copper Peak. Story on page 10.

photographer: John Porter

Community. Lifelong friendships. Involvement.



Dan Lauren on Mox Peak SE Spire

These are some of the words that describe my journey with The Mountaineers over the past 16 years. I am discovering, learning from, and subsequently giving back to a vibrant community of like-minded people, developing lifelong friendships with the people I “tie-in” with, and continuing to be involved in the community by mentoring climb leaders, serving on the board, and making financial contributions.

No other friendships rival those developed through a shared love of outdoor recreation. Climbing, paddling, backpacking – whatever it may be, the sheer number of hours you spend together, the challenges and risks you often face together, and the reality that you will only go out continually with someone you would trust with your life, creates kinship like no other.

It’s with great sadness that I say goodbye to one of those friends, Lisa Berntsen, who died from a sudden medical event while on a high altitude Himalayan trek (see details in *Off Belay* on page 44). Lisa was part of my community – a lifelong friend I met through The Mountaineers. She was one of a handful of people willing to join me on grand multi-day strenuous adventures in the Olympics. I was on a mission to climb the peaks required to achieve a five-peak pin The Mountaineers offers for major summits in the Olympics. And some of those peaks are just plain hard to get to! Lisa and I did several epic four and five-day trips. Summiting Diamond Mountain at sunset and arriving back at camp at 11pm, bicycling the Graves Creek road at midnight after a strenuous two-day trip to Muncaster, and a 17-hour day to climb Queets from Low Divide were some of the most memorable.

We shared not only the love of the outdoors, but life experiences. We both had teenagers when we started climbing together. On our climbs, we often wondered and discussed “Where had we gone wrong?” Swapping stories and understanding that we were not alone in our struggles helped both of us get through tough times as parents. We became excited to share the latest developments with each other. Just this year, we talked about how proud we were to count our kids as our closest friends. There are many lifelong friendships I would not have today without the community fostered by The Mountaineers.

Think of your experience with The Mountaineers, the friends you’ve made and the communities you’ve been involved with and treasure. We are a great collective of smaller communities of members bound by connections to branches, lodges or activities or even iconic landscapes, but certainly bound by shared values, traditions and a respect for the natural world. Whatever branch, activity or landscape you identify with, The Mountaineers is strong because of what you bring to the community – your knowledge of and relationship to an iconic landscape, love of a specific activity or personality of a region.

As a member, you also play an important role in enhancing our community by taking courses, leading adventures, mentoring leaders, giving time and making donations. The glue that’s kept us together for over 100 years is that we are more than the sum of our parts. Our shared interests, along with our great diversity provide the strength and sustainability needed for a long-lasting community.

Dan Lauren, 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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Snow and Celebrations

Living in Seattle, people sometimes ask me if I mind all the rain. I don't. Sure it makes the days a bit darker - but it's hard to mind the rain, when you know it means snow in the mountains.

With the start of the ski and snowshoe season, our Meany, Baker and Stevens lodges have warmed up their fires for the bustle of weekend activities that comes with the winter. It's been a number of years since I put on skis myself - but I was one of those lucky kids with a cool mom, who would call my sister and me in "sick" on fresh powder days during the week, to miss the weekend crowds. We didn't have Mountaineer lodges back in Pennsylvania, where we could ski crowd-free on the weekends.

Of course, I didn't realize how lucky I was to have such cool parents when I was little - we never do. But I know one kid who just entered this world, whose dad has a unique job of hiking and writing trail guidebooks. I have a feeling he'll figure out pretty soon how special his parents are. I'd like to wish a warm welcome to Giovanni Francis Romano - born on December 14th. I can't wait to see how soon he hits the trails with his parents, Heather and Craig.

In this issue, we have a great interview on Lynsey Dyer - a professional skier who advocates for women to get out into the mountains, and recently went on tour with her film, *Pretty Faces*.

We also have an interview with someone many of you may have climbed with: fellow member and Mountaineer, John Porter.

Our centerfold is by Andy Porter (no relation to John), a professional photographer whose

work has been featured in many of our recent issues. In his article, Andy gives us a few tips on how to take great photography of the night sky.

In his column, *Trail Talk*, guidebook author, outdoor enthusiast, and now, new father, Craig Romano talks about the fears and misconceptions of the idea of reintroducing grizzly bears into the North Cascades.

We also have a special editorial, called "Trail Talkback," written by two members of the North Cascades Conservation Council in response to Craig's article in the previous issue on overcrowded trails.

And if you missed our event held at REI, to celebrate the 50th anniversary of the Wilderness Act back in November, you can read a re-cap in *Conservation Currents*.

I'm always impressed with how much can still be accomplished in the world of conservation. With the pass of recent Washington Land bills, an additional 22,000 acres in the Alpine Lakes Wilderness will now be protected. Successful advocacy comes down to passionate people willing to do a lot of hard work to make a little progress at a time: something Mountaineers are very familiar with. So keep speaking up for the the beliefs you cherish - whether it's land conservation, the adventure gap or anything else. It makes all the difference.

Suzanne Gerber, Publications Manager

There's nothing like a warm lodge to come back to after a great day on the slopes.

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contributorpage

Thank you to the generous writers and photographers who donate their time, work and love to The Mountaineers.



Joan Miller is a Seattle writer, photographer and avid birder with a background in natural history. She has written about topics ranging from ice-age landscapes and deep-sea worms to cicadas and radon for the *Mountaineer*, *The Washington Post*, *Great Rivers*, *AAA Potomac*, *Audubon Naturalist*, and *Federal Times*, among others. She is passionate about conservation and the outdoors and knew she would move from the east coast to the Pacific Northwest once she discovered cooler summers, no humidity and incredible mountain and water views. In her day job, she helps fundraise for a wildlands organization. *Joan co-wrote the column, Nature's Way, with Mia. Her portion is on page 33 in this issue.*



Andy Porter is a photographer who began his love of the outdoors when, at the age of 16, he completed a month-long Outward Program in the Sawtooth Wilderness of Idaho. Since then, he has hitchhiked many miles, criss-crossing the US. He's trekked in the Andes, lived in the steppes of Siberia and now makes his home in the northwestern corner of Washington. You can see more of Andy's images on his website, and blog, which includes many of his stories of travel and adventure. *Andy contributed the article on night photography on pages 22-26..*

Andy's website: www.northwesternimages.com,
and blog: www.northwesternimages.wordpress.com



Craig Romano is an avid hiker, runner, paddler, and cyclist, and has written about these passions for over two dozen publications, including; *Seattle Met*, *Backpacker*, *Northwest Runner*, *AMC Outdoors*, *Northwest Travel*, and *Outdoors NW*. He is the content provider for *Hikeoftheweek.com*, and author of nine books and co-author of three others including the just released *Day Hiking the San Juans* and *Gulf Islands*; and is currently working on *Day Hiking Mount St Helens* (with Aaron Theisen and scheduled for release in 2015). He lives with his wife Heather, and two cats in Skagit County. *Craig contributed the column, Trail Talk on pages 18-19 in this issue.*

Craig's websites: craigromano.com, hikeoftheweek.com



Mia Spangenberg is a 10-year resident of Seattle. She enjoys hiking, backpacking, birding and botanizing. She hopes to instill the same sense of wonder for the natural world in her 10-month old daughter Vera and looks forward to many outdoor trips with her. *Mia co-wrote the column, Nature's Way, with Joan. Her portion is on page 32 in this issue.*



Can you identify the location 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 issue's column.

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

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.

Adventurer? Please send in your trip photographs for possible publication as a mystery location! (see email address above)

The winner of last issue's *Summit Savvy* was Fred Beavon. He was among 21 who correctly identified Mount Pugh.

Last issue's summit: Mount Pugh

photos courtesy of Mountaineers
trip leader: Andy Horch

A strenuous 11 mile hike to the top of a craggy peak off the Mountain Loop Highway. The final mile to summit is exposed and considered a scramble.

Mount Pugh Trip Report by Mountaineers leader Bruce Frank: (Oct 14, 2014) Snow-free conditions made the trip more a hike than a scramble. Fine weather and an early start encouraged a mellow pace. From the trail head it was three hours to Stujack Pass and another two hours to the summit. It took about four hours to return.

Activity Type: Scrambling

Seasons: Year-round. Ideal hiking conditions July - October. Winter skills may be needed November - June.

Distance (round trip): 11 miles

Elevation Gain: 5,300 feet

High Point: 7,201 ft



Andy atop Mount Pugh. Photo courtesy of Andy Horch



Hikers along the ridge approaching Mount Pugh. Photo by Andy Horch

memberhighlight

ten essential questions

Name Loni Uchytíl
Hometown Ferndale, WA
Member Since 2004
Occupation Dental Hygienist
Favorite Activities Rock Climbing, Skiing, Running



Loni Uchytíl. Photo courtesy of Loni Uchytíl

How did you get involved with The Mountaineers?

After I had been climbing for a few years, I meet several climbing friends involved in the climbing programs through The Mountaineers. Because of my enthusiasm, skill level and knowledge of the sport, they recruited me to help in the Crag course at the Seattle branch. Once I started helping, I meet such an amazing community of people that volunteering seemed the natural thing to do. The opportunity to share my passion with others and help grow climbing programs and myself in the process has been really rewarding!

What motivates you to volunteer with us?

I love the commitment that the Mountaineers has to the community, the environment and its members. We are always trying to grow, improve and lead by example. Volunteers have a voice here and there is such a commitment to excellence that it is inspiring to be a part of that process. As in all large organizations it is not always painless or easy but it is ALWAYS with respect and purpose.

Favorite Mountaineers memory?

I really don't have just one memory because with each new class I teach and new group of climbers that come through, I am always so excited and honored to be a part of their learning process. One of the coolest things about teaching is when I run into a former student/s on a climb or overhear them sharing a climbing story about a route they just did and hear the joy and

excitement in their voices, knowing that I am in part responsible for that moves and inspires me!

Who/What inspires you?

My fellow volunteers and friends inspire me. No course could run without the bounty of the hundreds of volunteer hours that they give freely. I am surrounded by so many really great people that make it possible for me to do what I love to do. I am so grateful to their generosity and support. My students also inspire me every year, with the effort they put in, the fun we have, and the passion they have for climbing!

What does adventure mean to you?

That is an easy one. Every day is an adventure. The chance to learn something new, experience something great, struggle with something hard, share yourself, help with something, laugh out loud, cry, climb something and just be.

Lightning round!

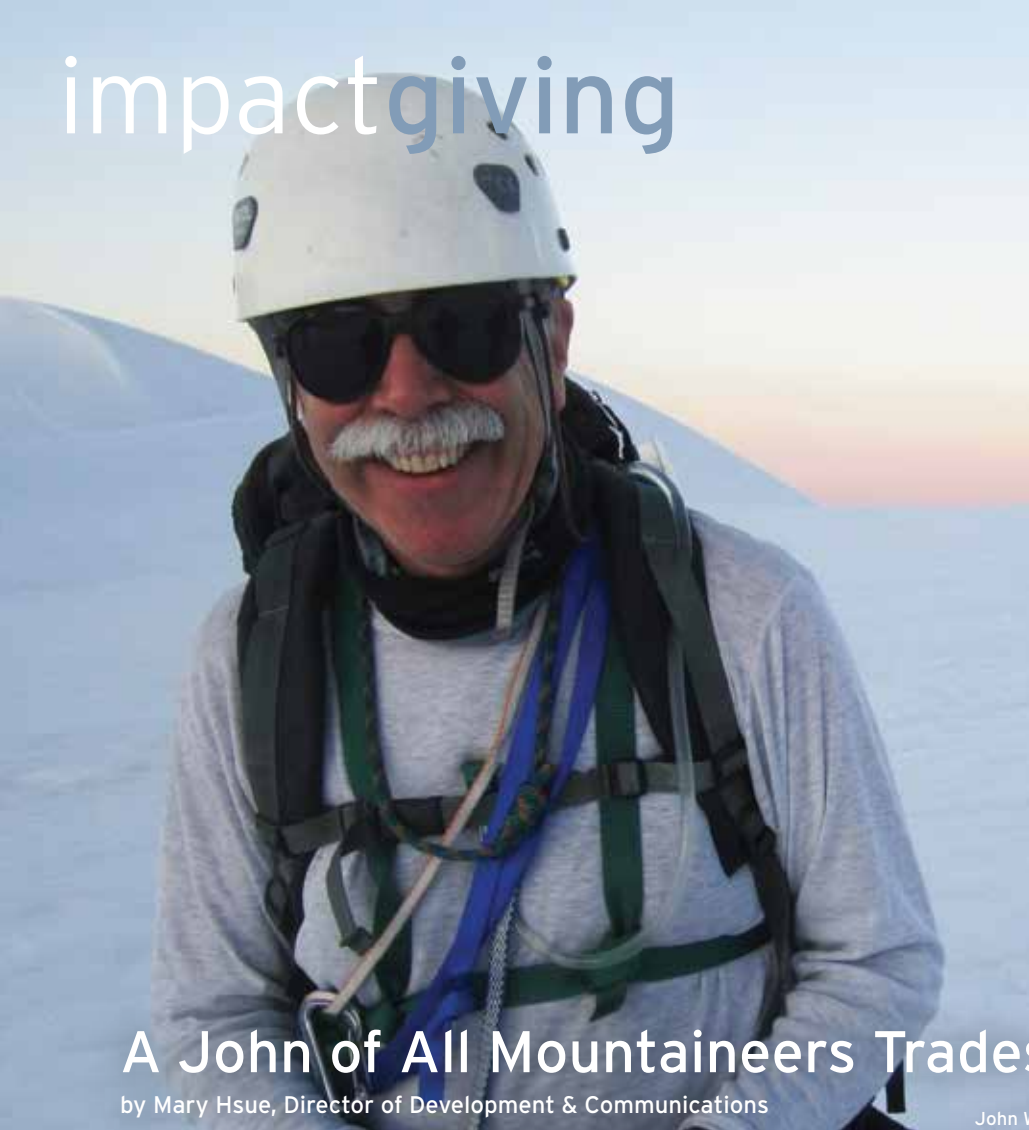
Sunrise or sunset? Sunrise - the start of something new.

Superpower? Climb like Alex Honnald.

Smile or game face? SMILE! I'm a Dental hygienist!! 😊

Post-adventure meal of choice? Burger, Fries, beer and a Triple chocolate Pazokie at BJ's in Red Rocks

If you could be a rock star at any outdoor activity overnight, what would it be? Rock climbing



Donor Profile John Wick
Hometown Seattle, WA - Ballard
High School grad
Member since 1968
Occupation Engineer, Boeing
Favorite activities Hiking, scrambling,
alpine climbing

A John of All Mountaineers Trades

by Mary Hsue, Director of Development & Communications

John Wick climbing Mt. Shuksan via Sulphide glacier. Photo by Deb Wick

I'm often filled with a sense of gratitude when I start the process of selecting, interviewing and featuring a donor for this column. It was the week of Thanksgiving when I wrote this piece, so that feeling of gratitude was amplified and got me thinking about things for which I am thankful. Of course, I'm grateful for the many donors who generously give to the Mountaineers, but I'm also grateful to have a wonderful family. My parents instilled in us a strong work ethic, the value of giving back, and the practices of being thankful, kind and mindful. We belonged to a church so folks modeled many of these qualities, but the concept of giving "time, talent and treasures" was taken to a whole new level when I started working at The Mountaineers.

Nowhere else have I seen this level of volunteerism and dedication to an organization, or experienced such a level of commitment to the personal success of others - mine included. It may be the nature of The Mountaineers tradition of volunteerism or an extension of the commitment that volunteer instructors and leaders make to their students. But it's certainly something that my colleagues and I have observed since day one of our employment here. We each have our own individual champions, but we all have one champion in common - John Wick, engineer, mountaineer, donor, Seattle-native and jack of all trades.

If you've spent any time at the Seattle Program Center, you've probably met or come across John in the basement building test friction slabs or adjusting plumbing to install a washing machine,

or behind the climbing wall removing bee hives, or even as an event guest, clearing an obstructed path so that other guests can safely get to their seats. A mechanical engineer by trade, John has shared his professional skills along with his love of the outdoors with The Mountaineers and the greater outdoor community.

John introduced himself to me on my first day at the office and he has been watching my back ever since. As a newbie, "you don't know what you don't know" and that's been okay with John Wick around.

From teen student to über-volunteer

The outdoors was not foreign for John, who grew up in a family that fished and hunted a lot. He says, "I joined the Scouts to go hiking and backpacking, but I wanted to do more - to climb." He heard that the way to do that was to join The Mountaineers. "I learned about The Mountaineers from scout masters who were members and climbers."

John took the Basic Climbing course in 1968, when he was almost 16 years old. "After Basic, I climbed on my own, with friends. I got to a spot where I realized I didn't know as much as I thought I knew, so I came back to The Mountaineers to take the Basic equivalency test - so that I could get into the Intermediate Climbing program." That first year in Intermediate was his first taste of volunteering.

Volunteering is a course requirement for Intermediate students.

"It wasn't onerous and there was camaraderie." John found it to be satisfying to interact with people and to teach. "I didn't have a set of role models as a kid, so when I saw Mountaineers lead using a variety of styles and skill sets to teach the right way, but differently, I was inspired try it out and volunteer more." Many climb leaders inspired John when he was a student in Basic and Intermediate courses, including Norm Winn, Max Hollenbeck, Paul Wiseman, and Clint Kelley, to name a few. "No one person served as a mentor to me. Many gave so much of their time and support to help me learn to be out there safely and with the right skills."

That was 1974. Since then John has taught and led field trips for climbing and sea kayaking, volunteered for Seattle Mountain Rescue before helicopter rescues and recoveries were more commonplace and rescues were gnarly. "Being in the field for SMR in the 90's was great - challenging, but fun because many SMR volunteers were Mountaineers members, like Jim Baker, Charlie Zwick, and Mike Maude."

John also served in a leadership position. "I served on the Board of Directors from 2003 to 2005, when we decided to move from the old Queen Anne location to Magnuson Park." This was a contentious decision. John explains, "I was on the committee that investigated prospective relocation sights. Some board members and members were against it, but the old building had poor infrastructure and parking." He goes on to add, "Our vision was always to have a world-class climbing center, where training could be done in town." Not only would the effort reduce the carbon footprint, John says "It would allow us to do more and more often."

Giving to support a vision for training excellence

This explains John's motivation for making his first donation and for his support of capital projects that followed. "The boulder in the South Plaza was seen as a needed piece to allow a kind of climbing education that was not easily available at the time." John not only donated to the Basalt Columns project, but also served as a member of the Basalt Columns planning committee. "This was a chance to be part of something unique - part of constructing a freestanding climbing structure that, according to my research, does not exist anywhere in the world."

He's pleased to serve on the committee and to make donations to the current effort to add friction slabs in the North Plaza. "The friction slabs will support both climbing and scrambling courses." Most climbers and scramblers learn friction climbing at the crag or on a mountain. This is an opportunity for students to learn these skills in-city and in a safe environment. "With friction slabs, students will round out their skills, gain a better foundation and know how to be safe and comfortable before heading into the hills."

And I learned that giving for the good of the climbing community as a whole was part of the overall vision. John explains, "You'll notice that we did not fence in the basalt columns, South Plaza climbing wall, boulder or boulder field. It was an intentional action to let the public in. We want the building features to be used so all people will be safer in the outdoors."

Giving to support a vision for the future

John supports capital projects, but he and his wife Debbie are members of Peak Society, The Mountaineers giving club for donors who give an annual unrestricted donation of \$1,000 or more. John and Debbie have been Peak Society members for each of the past three years. John thinks it's important to give to something he's passionate about today and to "the promise of what can be" in an innovative organization like The Mountaineers. "I appreciate the vision that leadership has. I want to support in executing that vision. Having been a board member, I know what that level of trust means to the leadership of an organization." It's very different now. At the time I was on the board, there was active distrust and disagreement, and dissension. I know how destructive that can be. I see how the board and staff leadership operate today - with a vision and hope for the future. I want to advance that vision."

I often want to ask volunteers, "Why do you do give so much?" so I asked John. He answered with, "I see time as an investment. Just like dollars. I carefully choose how I can contribute in ways that will have value greater than the act." He adds, "It gives me personal satisfaction. And it's my way of keeping the Mountaineers going. I take pride in what we've created - physical and organizational - and leave people to take it forward as they will."



 **The Mountaineers**

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A Climber's Best Friends

an interview with John Porter

by Suzanne Gerber, Publications Manager

John with Cody (left) and Cooper (right) - Headlee Pass. Photo by John Porter

John Porter is a hiker, scrambler and climber who joined The Mountaineers just a few years ago. He wanted to sharpen his technical skills and learn to climb. In the short amount of time that he's been climbing, he's summited more peaks than many do in a lifetime, venturing out every weekend without fail. When he can, he brings his two dogs, Cooper and Cody (a black and yellow lab). I interviewed him to discover what excites him about getting out into the mountains, and what keeps pushing him to go further.

How did you first get into the outdoors?

It started with Cooper - my black lab. He needed exercise so I was taking him to the park, but I wanted to do more. Labs in general are just so energetic. I was asking around, "What else can I do to wear off this energy?" One of my friends said, "Just take him on a hike." It had never even entered my mind. So Cooper and I went to Rattlesnake. I actually thought it was somewhat strenuous looking back. It's kind of funny. That was our first hike together - and then it just never stopped. It turned into kind of an obsession for me. I made a vow, or a goal, I should say - to hike once a week. That's why my blog is *onehikeaweek.com*. I've been doing that for four years now.

Is your black lab four years old?

Cooper will be seven. The yellow lab is Cody. He's five now. It took me 10 years to get my first dog because I've always live in an apartment.

How did you choose your dogs?

Cody, the younger one, chose me. I was going to get another black male. They had three black puppies and one yellow puppy. When I met them, he just kept jumping - he was the only one that wasn't lying there looking sedated. I knew I wanted an

active dog - so he was the one.

Did you grow up in Seattle?

I was born and raised in Taiwan. My dad was in the Air Force when he met my mom - a Taiwanese native.

Is your dad American?

Yes, he's African-American.

What made you move here?

Taiwan was not an easy place to grow up, being a mixed race. The culture there is very homogeneous and I stood out like a sore thumb, and the people can be very blunt. Somehow, I knew it would be better here. Having a citizenship helped, so I was able to come right over. My host mom also happened to be my High School art teacher, in Port Angeles. She hosted or fostered 11 kids in total. I was introduced to her through an organization in Taiwan. I was 15 at the time.

That takes a lot of motivation at a young age. No wonder you're such a driven climber. How did you transition from being a hiker to a scrambler, and now a climber?

I hiked for the first year, mainly on trails, and there were so many to choose from. Granite was my first "real" hike. So I would just exhaust all my options on the I-90 corridor even, and pretty soon I was running out hiking trails since I was going out every weekend. Then I started scrambling, and I did that for a good three years before I joined The Mountaineers. So the time I joined, I was ready to climb.

What made you decide to join The Mountaineers?

I joined The Mountaineers because I started working on Washington's top 100 peaks - the Bulger list. I simply needed

the technical skills to keep going. Friends introduced the first few on the list to me, then later I picked up a book and wanted to do them all.

How many of these do you bring your dogs on?

I tend to do a lot of hikes solo with the dogs. I find it's hard to coordinate with people sometimes since I'm very much a fair-weather-hiker. The Bulger list has everything from hikes to scrambles to climbs. The dogs come on scrambles and hikes up to class three. After putting off class four-plus peaks for a while that's when I realized I needed to join The Mountaineers. I thought, "OK, if I want to finish this list, I'm going to have to really learn climbing."

How did you first hear about The Mountaineers?

My first experience seeing the Mountaineers in action was when I was scrambling up the Ingalls South Peak – and I saw things moving on the south side of North Peak. All the sudden I realized, "those are people!"

Then next year I was here taking the Basic Climbing course, and ironically my first official rock climb was on Ingalls North Peak. That was in 2012. I went on every single climb my SIG [small instructional group] leader set up that year – I had a really good SIG experience.

Do you enjoy climbing in a group?

When I do climb with people, I cherish the teamwork. You just know that we're all there for one another. We're all out there together, and we have to rely on one another to achieve our goal.

What's the appeal of doing it solo?

Let's put it this way: I've only been to Mt. Si once when I first started hiking. While I'm not much of a crowd person, I do enjoy

the company of a few others from time to time. It's the solitude I seek, that's why I love doing scrambles very much. A lot of people don't like to bushwhack or route find, so often times that means having complete solitude at the top of a mountain.

What are some of your more recent trips?

This summer I went to the ragged ridge, directly north of Black Peak. There are four peaks on that ridge on the Bulger list. It was probably the longest high traverse I've ever done.

I did Copper and Fernow in one trip coming from the south, where I had to scramble along the ridge from Fernow to Copper, and then back to Fernow via the same approach. I bivvied alone for the first time, and I was more nervous about that than the climb itself. I tend to think about weird stuff when I'm alone in the backcountry, heard one too many ghost stories as a kid I guess, but it turned out to be fine. It was more that I wanted to get to these peaks and no one else was available, so I ended up overcoming my own fear.

Sherpa was another fun peak I climbed this year that has a lot of class four moves. In the end I went solo, since I couldn't find a partner, and brought a rope so I could rappel down.

What does the outdoors do for you?

It's an accomplishment to get out there and get up to the top. I'm really into views. It's the icing on the cake. I get to have my dessert all around. It's hard to explain to people – they see your pictures and they think "Wow!" But it's nothing compared to actually being there.

Essentially, the mountains remind me of how small we all are. It's like "What's with all the BS and politics?" When you're out there, you don't deal with any of that. I feel such a sense of freedom to go off the grid and know I can't make a call or text – except for my emergency beacon.



John with Cody and Cooper on Goat Mountain. Photo by John Porter



Our Secret Rainier

part 9: Tum Tum and Cowlitz Rocks

by Mickey Eisenberg and Gene Yore

Tum Tum in the winter. Photo by Mickey Eisenberg

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

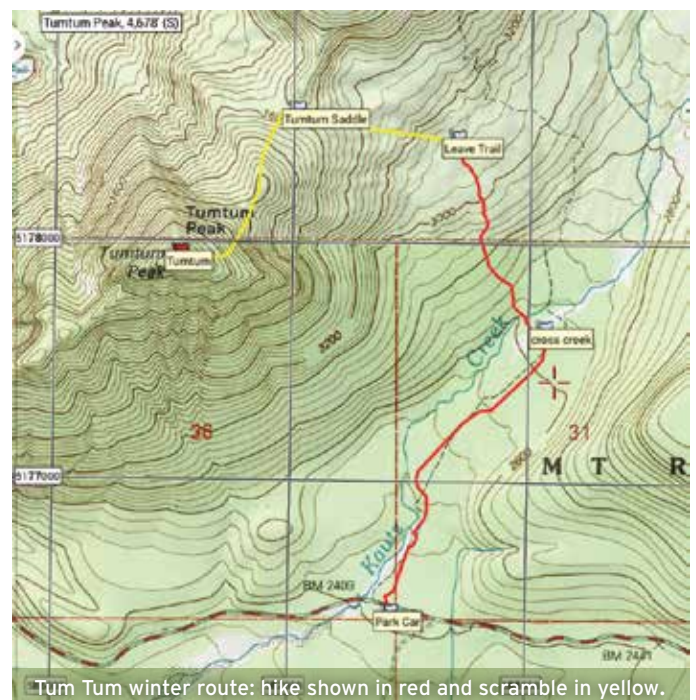
Mount Rainier National Park, though open year round, has a paucity of hiking and scramble options owing to limited trailhead access. This installment of *Our Secret Rainier* offers two winter scramble options. The scrambles we selected - Tum Tum, and Cowlitz Rocks - are climbable year-round (though should be avoided in high avalanche conditions). Both are listed in the Guide to 100 Peaks at Mount Rainier National Park.

Tum Tum (elevation 4678')

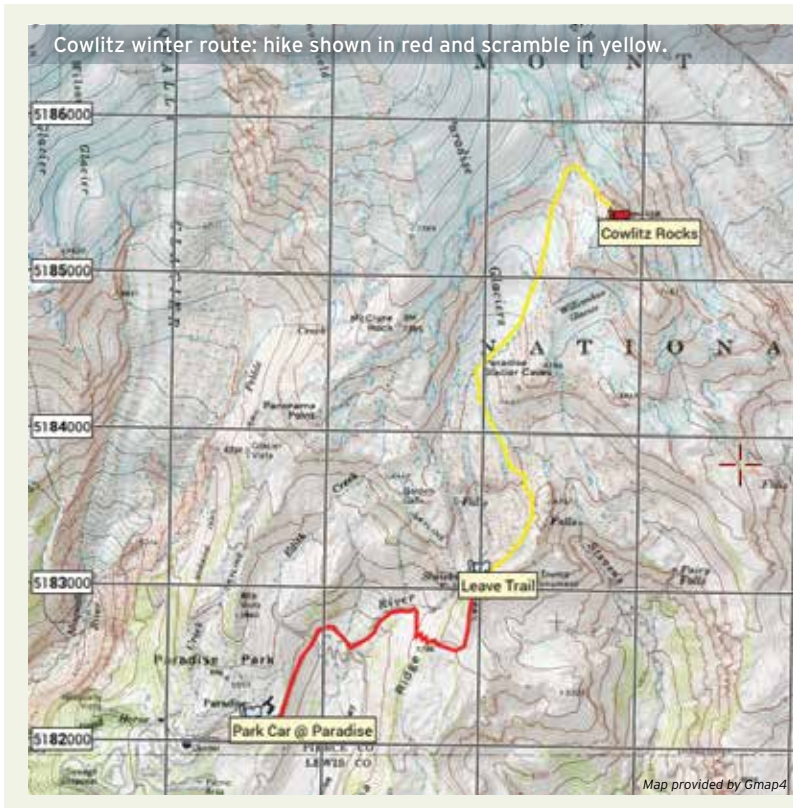
Directions to trailhead: Drive to the Nisqually entrance of Mt. Rainier. Kautz Creek TH is 3.4 miles past the entrance. Park in the parking lot. Good toilets are available at the TH.

Route description: Take the Kautz Creek trail to Kautz Creek and continue on the trail for approximately another 1/2 mile. At approximately 3080' (where the trail goes through a large cut log) leave the trail and head due west (compass bearing 270 degrees) toward a saddle at 3600'. If you can't find the cut log it is okay to leave at any point around 3080'. Once you leave the

trail there is a minor amount of traversing and there may be a few patches of devil's club. Stay on the compass bearing since the saddle is not very visible until you are on it. At the saddle (3600') head up the ridge (heading in a SW direction) to the summit. The entire way is wooded. There are only peak-a-boo views from the summit. Note that the dotted-line trail beyond Kautz Creek has since been relocated to the west (shown in red).



Tum Tum winter route: hike shown in red and scramble in yellow.



Tum Tum and Cowlitz

(see topo map on previous page for Tum Tum route)

Skill level:	Tum Tum: Easy to moderate Cowlitz Rocks: Moderate
Beauty:	Tum Tum: 2 out of 10 Cowlitz Rocks: 9 out of 10
Effort:	Tum Tum: 3 out of 10 Cowlitz Rocks: 5 out of 10
Distance (RT):	Tum Tum: 5 miles Cowlitz Rocks: 7 miles (winter)
Elevation gain:	2300' to Tum Tum 2100' to Cowlitz
Total time:	Tum Tum: 5 hours Cowlitz Rocks: 6 hours
Best season:	All year. Avoid during high avalanche risk.
Maps:	Tum Tum: Randle Cowlitz Rocks: Rainier East
Equipment:	Scramble gear, snowshoes, traction devices

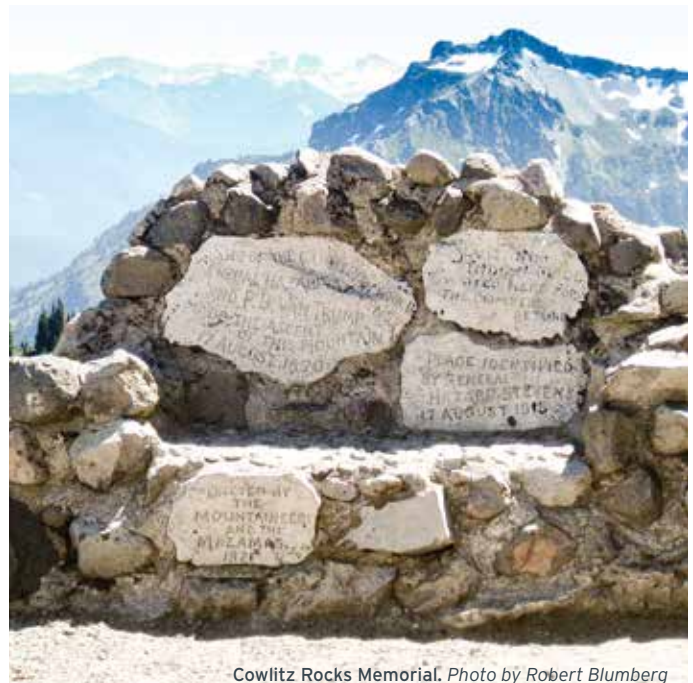
Cowlitz Rocks

Cowlitz Rocks is located near Paradise and is not to be confused with the Cowlitz Chimneys. Cowlitz Rocks is an easy scramble that goes to a seldom-visited part of the park. It has spectacular views of Little Tahoma and the Cowlitz Glacier. This is a four-season destination, as avalanche risk is usually small.

Directions to trailhead: During winter, drive from the Nisqually entrance to Paradise and park in the Paradise Visitor Center on the eastern side. (note: the road is often gated at Longmire and may not open until 10 am.) From the Paradise parking lot, walk or snowshoe the road for approximately 0.8 miles. Just after crossing the Paradise River Bridge, turn uphill in a northwesterly direction. In summer, you can drive past the Paradise Visitor Center and park in a lot just beyond the bridge over the Paradise River, on the right side of the road.

Route description: The trailhead is located by a red "Wrong Way" sign on the east side of the road. Hike the 4th Crossing Trail for 0.2 mile until you reach the Skyline Trail, where you turn right (the sign points to Paradise Glacier, 1 mile). Continue on the Skyline Trail until you reach the Stevens-Van Trump Monument. Fifty yards beyond the monument, follow the trail to Paradise Glacier (the sign states that the trail "ends 1.5 miles ahead"). Stay on this trail until it peters out, and then continue northerly with the Paradise Glacier on the left. Head up what appears to be a valley until you reach a col at 7200', northwest of Cowlitz Rocks. Take the ridge (staying to the right, just off the ridge), and head southeast until you reach the highest point of Cowlitz Rocks (7450'). This final ridge portion of the route goes over rock scree.

Caution: Good compass (or GPS skills) are needed as the trails will be obscured by snow. Caution is urged following a very heavy snowfall or if conditions make for high avalanche risk.



Cowlitz Rocks Memorial. Photo by Robert Blumberg

Want to learn more?

Mount Rainier National Park has over 100 climbable peaks (not counting Mount Rainier itself) either within or immediately adjacent to the Park boundary. While most are scrambles (and a few are climbs) there are 15 peaks that are reachable as hikes.

Guide to 100 Peaks at Mount Rainier National Park is available as an enhanced iBook for the iPad on iTunes and a PDF eBook by Mountaineers Books - all royalties are donated to The Mountaineers.

A Salmon Safari

by Karen Kirsch, Mountaineers Development Associate

Watching the salmon go by from a wooden bridge. Photo by Karen Kirsch

Walking down the steep switchbacks to the creek, I was startled by the sound of a herd of third graders yelling, "I see them! There they are!" I was being particularly careful to focus on the trail and keep a hold not only of my footing but my camera as well. I thought to myself what everyone else was thinking, "Boy, I didn't bring the right shoes for this trip." The ground was wet and everyone was excited to keep moving, which made navigating the exposed roots difficult and our trip down to Wildcat Creek slow going. I could feel the anxiousness rising when one boy stopped to tie his shoe. The whole line stopped. I took a breath and looked around at the dewy forest canopy covered in rich green moss. I was on a Salmon Safari.

There I was with 40 third graders from Bremerton, a biologist, a group of new work colleagues, and a handful of spawning, dying, salmon. I am the newest staff member to join The Mountaineers, but I am no stranger to learning about the Salmon Life Cycle. However, this was a chance I could not pass up to see the Kitsap Cabin, the Forest Theatre, and the Mountaineers Foundation Rhododendron Preserve. And so I left my computer behind for the day and journeyed to meet the youth our entire organization directly impacts.

I grew up going to the Issaquah Salmon Hatchery during Salmon Days, learned all about their life cycle in school, and so I thought I knew what salmon spawning was all about. But little did I know how beautiful it is to witness, and how peaceful, too. Many times I just think of their death in the water: the fungus, the decay, the ugliness of it all. However, I was surprised to find that it is quite beautiful. The salmon turn all sorts of unique colors, with spots and stripes. All are true to their own personalities it seems, and they are still quite strong to the end, whipping their tails about with such impressive force. There I was, full of wonder, just like the rest of the third graders bouncing around me.

We kept walking along the Big Tree trail, which the kids thought would never end, and our biologist friend, Rick Gillatt, spoke further about the death that occurs after the Salmon finish their journey. Rick is also the Kitsap Branch Conservation and Education Committee Chair and he leads the Salmon Safari program all through the month of November when the salmon are spawning. He spent so much time making sure the kids understood the salmon's substantial sacrifice. He described the rebirth from death: how that it wasn't too sad the salmon all die because they allow so much more to live. Evidence of that was shown when we continued another quarter of a mile down the trail and found the 800 year old Douglas fir named Big Tree where the creek used to roam. The salmon continue to provide life to this Rhododendron preserve hundreds of years after they have passed away. The canopy was richer here, and Big Tree was just too majestic in person to be able to describe. The voices of the students began to buzz, "Wow! This is so cool". Many of these students had never been so up-close-and-personal with nature before. This was a profound afternoon, indeed!

Like me, the students were beginning to see the connection between what they've learned in the classroom and reality. Their knowledge gave way to more questions and each answer resulted in a closer connection to the land. The excitement I had felt from the group on the way down transformed into an air of calm and reflection as we trekked back to the busses. The anxiousness from earlier had subsided, and I felt like I was beginning to actually see what was directly in front of us – life generously given.

If you would like to know more about the Salmon Safaris, or would like to get involved, contact our Youth Education Manager, Caitlin O'Brien, at caitlino@mountaineers.org.

Snow Prep: Triple-Rep Squats

By Courtenay Schurman, MS, CSCS

With winter here, and snow in the mountains, your land-based training for the should include strengthening exercises for the quadriceps, particularly if your plans call for snow fun like skiing, snowboarding, or snowshoeing. Most people use the squat or its many variations as a foundational lower body training exercise. If you can comfortably sit into a chair and get back out of it without any pain in your knees, this is an excellent movement for you to include in your workout program.

Triple-rep squats add a new dimension to the traditional squat by increasing the time your legs are under tension for each triple rep to enhance strength and endurance in all parts of your quadriceps. Each triple rep will involve squatting down fully, coming up 1/3 of the way, returning to the bottom position, coming up to 2/3 position, then once more returning to the bottom position before rising back to the fully upright start position.



Courtenay demonstrates the triple-rep squat. Photo by Doug Schurman

Triple-Rep Squats

Set up: Stand with feet shoulder width apart or slightly wider. Keep feet pointing straight forward. Contract your glutes (buttocks) to get your hips and lower back into neutral position. Stand tall with your head high, keeping your chin in neutral position (do not let chin drop down or jut forward.) Contract the abdominals and pull the rib cage down.

Resistance: Hold a barbell low across your shoulders in a squat rack, have a loaded pack on your back (home workout), or use dumbbells in each hand or one heavy dumbbell held in both hands.

Performance: On a deep inhale, lower into a squat by thrusting your hips back behind you, keeping chest lifted and eyes forward. Abdominals and glutes should remain tightly contracted throughout each repetition. Sit back and down between your legs and go as deep as your hip flexibility allows. Weight should be back in your heels rather than forward on the balls of your feet. A suitable target is thighs parallel to the floor. Rise 1/3 of the way, lower fully, rise 2/3 of the way, lower fully, and return to standing position. That's one repetition.

Recommendations: Completing 3-6 repetitions in this way will give you 9, 12, 15 or 18 squatting movements at various depths. Because of the increased time under tension, you may need to lower the load used as your typical squatting weight. This is an excellent variation for quadriceps strengthening if you do not have a spotter handy or wish to train at home with lighter weights. Complete twice a week, three or four sets per workout.

Considerations: Keep the abdominals and glutes engaged the entire time to support the back and maintain a neutral spine. Stop the set if you are unable to perform each repetition with excellent form.

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



Exploring Washington's Wilderness

by Katherine Hollis, Conservation and Responsible Recreation Manager

It was just a year ago in late December, when I accepted the position as Conservation and Responsible Recreation Manager for The Mountaineers. If someone told me then, that within my first year on the job I would be taking a lead in planning an event to mark the 50th anniversary of the Wilderness Act, I might have told them they were crazy! But, thanks to event co-hosts REI and the Wilderness Society, and a creative, passionate, involved steering committee, we made, we made it happen on November 15th at Explore Washington's Wilderness, a special event to celebrate the landmark conservation bill that created a way for Americans to protect their most pristine wildlands for future generations.

The event space at REI's flagship store was filled to capacity with people who came together to celebrate the anniversary and to learn about our region's wilderness areas and what can be done to protect these precious places. There were folks, most notably Polly Dyer, who attended because Wilderness and conservation have been integral parts of their lives for decades. And there were equally as many young people who came to be introduced to Wilderness.

I sat in awe of speakers who inspired us with stories of legendary achievement, passionate connection, and serendipitous opportunity - each inextricably linked to Washington's Wilderness areas and each making a call to action that must be taken to ensure Wilderness thrives for another 50 years.

A mountaineering legend

Jim Whittaker, the first American to stand on top of the world learned to climb with The Mountaineers at the age of 16. He spoke about his introduction to the outdoors as a boy growing up in West Seattle and the following decades he spent climbing first on Mt. Rainier and then on Mt. Everest, where in 1991 he led an International Peace Climb with American, Chinese and Soviet climbers. Before leaving the mountain, Whittaker's three-nation group burned, buried, or packed out nearly two tons of trash accumulated from previous expeditions. It was clear that his work and his life were unequivocally impacted by these places that over time he observed being "loved to death" by growing numbers of hikers and climbers.

Jim is an example of how The Mountaineers has affected tens of thousands of lives over the past half-century. Many of yesterday

and today's conservation advocates had their start like Jim, with meaningful outdoor experiences that inspired a connection and love of the natural world.

The next 50 years

While the Wilderness Act has accomplished so much over the past 50 years, there is more work that must be done today as we look forward to next 50 years. With an increasingly urban demographic (globally, 50% of the world's population lives in urban areas), and increasingly lower engagement in environmental issues, we must consider how we will create the broad-based involvement and support we need to usher the conservation movement into the future. We must ask how we will get younger and more diverse groups to care and learn that conservation is in their own self-interest.

These are just a few of the conversations that we hoped to inspire by hosting this event.

Recent research and demographic data suggests that today's generation is more racially diverse and urban based than ever before. These young people have priorities different from their parents' and grandparents' generations in terms of spending, ownership and how they engage on issues.

Juan Martinez, a National Geographic Emerging Explorer and North Face Ambassador for Outdoor Engagement, focuses his work on inspiring and nurturing grassroots action by the 15- to 29-year-old "Millennial" generation. A proud native of south central Los Angeles and former gang member, Juan shared a story of his introduction to the natural world through his high school Eco Club - as an alternative to detention.

His evolution to outspoken advocate began with his first experience with wilderness. He said, "You may be able to see the stars through a computer screen or book, but it's nothing like lying on the grass looking up at the millions of stars in the Milky Way." He went on to say, "The story of wilderness is an American story," part of a movement that "brings us all together because at the end of the day, if we're not connected with each other, we aren't connected with the natural world and we're not connected with ourselves."

Juan called all of us in the room his "family" - those of us who call ourselves conservation advocates because we "push the envelope, must extend a hand to someone who does not."



The Explore Washington's Wilderness 50 event at REI on November 15, 2014. Photo by Richard Lawrence

Poetic inspiration

Martha Kongsgaard calls herself an essayist. And I was struck by how she poetically inspired a motivation to act. A Pacific Northwest environmentalist who currently chairs the Puget Sound Partnership, Martha jokingly thanked us for positioning her in the program behind "one of the great American heroes, perhaps the penultimate American icon of conservation, exploration, and inspiration" and "in front of the incorpable Juan Martinez." No pressure.

She imagined that her purpose was to give us all hope. "Hope that you too, that we mere mortals, can scramble around in what William Dietrich calls the wild nearby, in our singular backyard, the staggering 3.4 million acres (and growing - that's where you all come in) almost all within eye shot of any spot in King County, and that we too can learn to love and take ownership of its destiny because it simply and profoundly doesn't get done without our brain trust, all of our voices, letters, phone calls, influence, passion and finally our love." She went on to say, "It won't happen without our continual going out and coming in and our insistence on the preservation of the wild - preservation that insures resilience in a rapidly warming and changing world; preservation that provides clean air and clean water and habitat robust enough to provide for wild, natural, sustainable systems for wildlife and wildflowers; preservation that safeguards this eternal beauty and banks our memories, cultures, and hopes for the future in perpetuity. And that's a long time. This doesn't happen on its own."

Conservation advocacy at The Mountaineers

Martha eloquently shared examples and reasons to advocate for Wilderness. So what does conservation advocacy look like for us at The Mountaineers? We work at the confluence of conservation and recreation, and hosting this event is part of how we answer this question: we are Washington's leading voice for protecting the outdoor experience in the Pacific Northwest and beyond. We undertake conservation advocacy work through bringing together partners and coalitions, advocating for the protection of our wild places, and working with land managers and lawmakers. We do all of this to protect the wild places that inspire us. We undertake advocacy work on behalf of our members, while also engaging them on relevant conservation issues.

We use four conservation priorities to identify advocacy issues

important to our organization:

- environmental literacy: inspiring, engaging, and informing our members and the recreating public
- protecting the wild backcountry: defending wild, intact landscapes
- responsible recreational access: protecting connections to wildlands and opportunities for exploration
- low-impact recreation: preventing and responding to impacts of backcountry recreation.

The event rounded out with an opportunity for the audience to engage with panelists representing North Cascades National Park and Olympic National Park. Event panelist, Washington Wild's Conservation Director Tom Uniack, shares, "After 50 years and more than four million acres of Wilderness, Washington has a lot to celebrate. Not the least of which is our quality of life. Seattle has the most Wilderness within a 100-mile radius of any major U.S city. Access to these incredible places is a major reason why so many of us choose to live work and play here."

One of my favorite stories from the afternoon is of two young women - newbie hikers - who heard about the event as REI customers and very much reflect Tom's comments. For them, hiking started as a step out of the gym and onto dirt trails. Then from trails close to Seattle, like Rattlesnake and Mt. Si, they came to the event to learn how to Explore Washington's Wilderness and to learn what's out there and where to go. They told me they left inspired to visit some of the places they learned about, but also to get involved, from participating in trail work to learning more about Wilderness campaigns. And that's exactly what we need from our next generation of conservationists in order to steward the next 50 years of Wilderness.

This is what November 15th was all about.

I'd like to give special thanks to REI and the Wilderness Society for co-hosting the event with us. And acknowledge our event partners, Braided River, United States Forest Service - Mt. Baker-Snoqualmie, Washington Wild, and Washington Trails Association, who contributed so much to event planning and implementation, and to our event sponsors including Green Trails Maps, North Cascades Conservation Council, Pew Charitable Trusts, and Snoqualmie Brewery and Taproom.



Grizzlies in the North Cascades

Unbearable to ponder or barely a concern

by Craig Romano, Guidebook author

Grizzly Bear. Photo by Steven Gnam

Like my first love, I'll never forget my first grizzly bear encounter. It was highly emotional and intense. Short-lived too, but forever etched into my mind. But unlike my first love, I wish to continue my relationship with grizzly bears into the future.

I've always been fascinated with and a little fearful of grizzlies, perhaps North America's most majestic, misunderstood, and maligned mammals. I grew up in New Hampshire, far from grizzly country. But, it's excellent black bear habitat. Throughout my youth and young adulthood I had countless encounters with black bears while hiking. Even while on a biking trip, there were numerous occasions when bears darted across the road in front of me. All of my black bear sightings were positive and I knew that bear attacks were rare as long as I wasn't stupid – and wasn't caught between mom and cubs.

On my second cross-North America bike trip, I was filled with excitement and anxiety, bicycling across the lonely roads of Alaska and the Yukon Territory. Taking advantage of long summer daylight and youthful exuberance, my cycling partner and I pedaled through the middle of the night in the land of the midnight sun. We were scared to death of seeing a grizzly – yet wished to see one. It never happened, and the bear whose scientific name includes "horribilis" continued to intrigue, fascinate and frighten me.

In the summer of 1986, I worked as a backcountry ranger in New Hampshire's White Mountain National Forest. One of my co-workers had just returned from spending a season as a

backcountry ranger in Montana's Glacier National Park, which boasts one of the largest grizzly populations in the United States. He had seen many grizzlies in his patrols. And while he loved the backcountry in the Northeast's highest mountains, they didn't give him the adrenaline rush he got in Montana, where at any time *Ursus arctos horribilis* may be up ahead on the trail. To him, just the mere presence of grizzlies in the backcountry meant true wilderness – and pure excitement.

Five years later, I got to spend two weeks hiking in Glacier. And after years of both anticipating and fearing a grizzly encounter, I got my wish. I was hiking to Swiftcurrent Pass with my two brothers. We stopped at an open ridge to look for birds in the forested edge of an alpine meadow just below us. My brother Jeff "pished" for warblers, but what wobbled out of the forest was the cutest little grizzly cub. After a few seconds of admiration, reality set in. Where there's a cub, a sow is not far behind. Sure enough, Momma soon came out of the forest cover. The cub continued to wobble – but now it was toward us!

That's when nature kicked in. As I stood there on that open ridge watching in utter amazement a little cub coming toward me, my heart rate without any physical prompting began palpitating at a rate that I have only known after engaging in amorous activity and running competitions. I was fascinated by this primeval instinct for fight or flight. But, there's no way I'd ever fight a grizzly. And flight? Ha! The slowest grizzly could still beat Carl Lewis. I wasn't going anywhere! Time froze. Mom snorted for her cub to turn

back. I prayed to God that he would head back, too. Thanks to Divine providence or cub obedience, the little guy returned to Mama and they hastily retreated back into the forest.

I had just experienced one my most intense backcountry moments, ever. Grizzly encounters do that to you. They make you feel alive. When you hike in grizzly country, all of your senses are heightened. You're aware of every scent, sound, and sight around you. You're completely within the moment and feel completely alive! I have had several other grizzly encounters since that hike in Glacier. I had a similar cub and momma situation, while trail running with my wife, in Alberta's Jasper National Park. While being surrounded by dall sheep on a high open ridge in the Yukon Territory's Kluane National Park, I got to watch a big grizzly lumber across a hanging valley. I observed grizzlies searching for salmon in a river on the Alaska-British Columbia border. And watched from a canoe in Alberta's Waterton Lakes National Park a grizzly sow tear up a meadow looking for grubs. All of these experiences are among my most precious wildlife sightings.

But I don't need to see a grizzly while hiking in grizzly country to experience such intensity and excitement. When I hike in Northeastern Washington's Salmo-Priest Wilderness, it just feels wilder than other parts of the state. Why? Grizzly bears. The Selkirk Mountains of Washington's northeastern corner harbors one of the last viable grizzly bear populations in the Lower 48. I have never seen one here. But I have seen their signs. And last summer, just before I spent a couple of days traversing Sullivan Ridge and scrambling up Gypsy Peak, Eastern Washington's highest summit, US Fish and wildlife biologists had just tagged a 430-pound grizzly in the Priest River valley below.

Looking over the rounded ridges and craggy peaks bearing fire scars from decades ago and now draped in huckleberries and mountain ash, I could sense the presence of grizzlies. Just knowing they are out there gave me an incredible feeling of wildness - a feeling that there are parts of this vast continent still resembling what it was like before Lewis and Clark, David Thompson, and convoys of wagon trains traversed it. These are hallowed grounds—a landscape retaining one of its wildest and rarest components—a landscape that looks and feels like it has dodged the crowded and hurried modern era. And it is a threatened landscape—a shrinking part of our natural heritage.

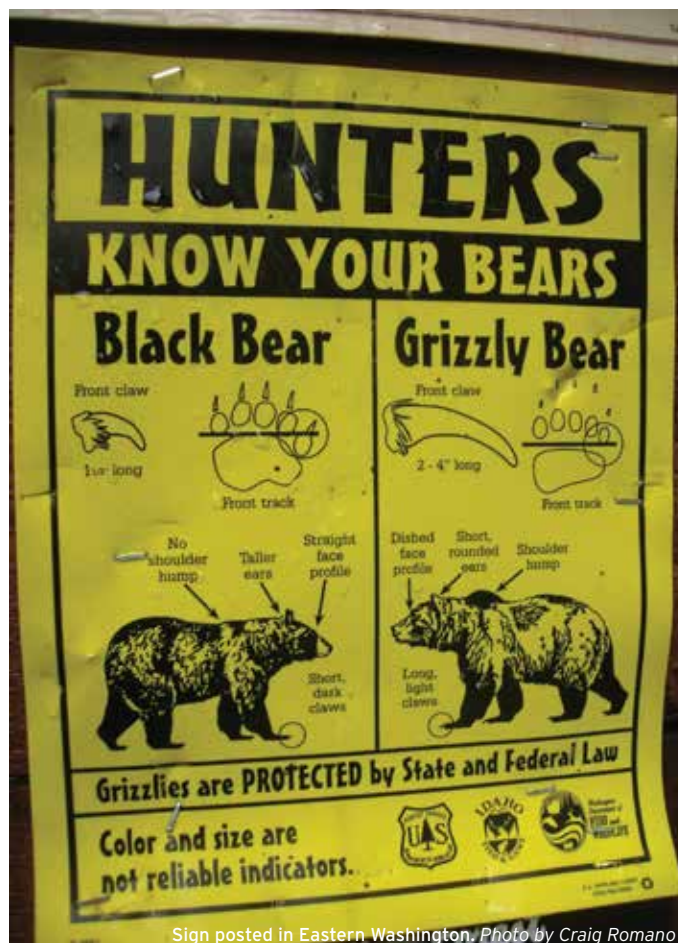
Maybe that's why I support reintroducing grizzlies to the greater North Cascades ecosystem. While this ecosystem consists of some of the largest tracts of undisturbed wildlife habitat remaining in the Lower 48, a few of its key components are struggling to survive. One of only five areas in the Continental US that still supports grizzly bears, the North Cascades population consists of only a handful of individuals. The National Park Service announced this summer a three-year process to assess impacts and a range of alternatives to determine whether grizzly bears should be restored here. The U.S. Forest Service and the Washington Department of Fish and Wildlife will be cooperating agencies in this study. Bellingham-based Conservation Northwest has been a lead supporter for decades for restoring grizzlies to the North Cascades, and they continue to support outreach programs educating the public about these beautiful creatures.

I know the thought of grizzlies in the North Cascades sends shivers down many a Northwest hiker's spine. And I know that many of my fellow hikers have no desire to hike in grizzly country

— even less so to encourage these bears to return to some of their favorite hiking grounds. But this fear is greatly overblown, fueled by pioneer tales, media sensationalism and some highly publicized past maulings. But the fact is that human encounters with grizzlies are rare. Human caused deaths from grizzly bears are extremely rare. Each year more people are mauled by black bears than grizzlies. More people die from snake bites and insect bites each year than from grizzlies over many years. Grizzly bears have been greatly maligned and misunderstood over the ages. They generally shy from human activity. They are an important component to a healthy North Cascades ecosystem. And whether they continue to be, hinges on our acceptance of them.

After a long absence, wolves, the call of the wild, are returning to the North Cascades. Hopefully the grizzly, the monarch of the mountains, will also find his way back home. But unlike the wolves, we may have to assist the bears. And unlike the wolves, the welcome mat has not been extended to them from most hikers.

I invite you to spend some time hiking in grizzly country. Experience for yourself what an ecosystem that supports grizzlies feels like. It feels like nothing else on the continent. With education, proper preparation and bear-aware hiking and camping techniques, you should have a safe and satisfying backcountry experience. The most dangerous thing about your trip to grizzly country, I assure you, is driving to the trailhead. Over 35,000 people died last year in automobile accidents, yet we don't shun the highways. Human deaths attributed to grizzly bears in 2013? Zero. Grizzlies killed by humans in 2013? Over 300 alone just in British Columbia. It would appear that grizzlies should be more afraid of us, than we of them.



Sign posted in Eastern Washington, Photo by Craig Romano

Creating Ideal Trails and protecting wildlife habitats

by Ed Henderson and Rick McGuire

Baring from Beckler Peak. Photo by Joseph Neal/U.S. Forest Service

In the last issue, in our column Trail Talk, we ran an article about the overcrowding of trails. In this issue, we are giving two members of the North Cascades Conservation Council (NCCC) a chance to respond. Like all of our articles, the opinions expressed in these columns are those of the authors, and do not necessarily represent views of The Mountaineer. With that, we are excited to encourage fellow members of the outdoor community to discuss and even debate their views (in a friendly fashion of course). After all, the wild nearby is not just something that we explore once in a while. It's a place in our hearts that we cherish, love and protect.
-Suzanne Gerber, Publications Manager

As longtime hikers and explorers who think a lot about trails in the Cascades, the article "Trails Loved to Death?" by Craig Romano in the November - December edition of The Mountaineer really got our attention.

Craig is right about trails being not just crowded, but often downright mobbed. As active members of the "overzealous environmental groups" he refers to, we thought that readers of The Mountaineer might be interested in learning what we and others are doing to help fix the problem.

Our interest in trail planning began, ironically, with efforts some years ago to define and protect "core security habitats," places undisturbed by any human intrusion, including trails. Some species of wildlife do much better in places where they are completely left alone. We quickly realized that if we wanted to preserve some trailless areas, the way to do it was to find as many good places as possible for new, minimally intrusive trails, and work to get them built. In many areas we investigated just about every peak, ridge, slope and flat spot. This helped us to form a whole-landscape perspective and see the places we thought might work for new trails.

Along with the question of "where" was the question of "what?" What kinds of trails were most needed? Plenty of trails in the

Cascades go to remote places, and it is not hard to find a place for a multi-day backpack. With ever-worsening traffic, and changes in lifestyles and hiking preferences, the need now is for places that make attractive destinations for day hikes.

We asked ourselves the not very hard question of what would make an "ideal" trail? Several existing examples jumped out, including Rattlesnake Ledge and Little Si. To get the most bang for the buck, a trail should gain maybe one to two thousand feet, a level of effort that does not demand great athleticism, but enough to give some exercise and a feeling of accomplishment. More elevation gain is fine but it's good to have an intermediate destination if a trail gains much more than two thousand feet. Every trail should offer a reward at the end, such as an interesting viewpoint. Any new trail should begin not from the end of a long, crumbling logging road, but from someplace that won't be in danger from every passing storm.

This concept of front-to-mid country trails seemed to find support. The next steps were to propose specific trails, and work to make them happen. On the Mt. Baker Snoqualmie National Forest, we can so far point to three new trail projects proposed by our groups:

Beckler Peak: This first trail we proposed is now open, climbing 2000 feet through old growth forest and meadows to expansive views of Glacier Peak and the Alpine Lakes country. An eastern extension to the lush green meadows of Alpine Baldy is planned.

Garfield Ledges: Planning and design is complete, and construction will soon be underway on this trail climbing about one thousand feet from near the Middle Fork campground to a very attractive south facing "balcony" view down the Middle Fork valley, perfectly positioned to catch the winter sun setting beyond Rattlesnake Lake far to the southwest.

Frog Mountain: Planning and design is now underway for this

trail at the head of the Beckler River north of Skykomish. It will climb from the road at Jack Pass up 2300 feet to a big, broad meadowy summit, with views of Glacier Peak and much of the Wild Sky Wilderness.

Our groups can claim only a small part of the credit for these trails, but we think we have found a formula that works - find the best possible places for new trails, line up support, and do whatever you can to make them happen. Our greatest successes have been in working with the Washington State Department of Natural Resources, planning many new trails and facilities on DNR managed lands in and near the Middle Fork Snoqualmie, along with lobbying Congress successfully for money to pave the Middle Fork road and to build a new National Forest campground. Perhaps a future article can look at the remarkable story of the Middle Fork valley in detail.

Regarding those "overzealous environmental groups," Craig may be referring to our successful efforts to minimize the destruction of old growth forest in the rebuilding of the Suiattle road, and to remove a dirt causeway and greatly improve salmon spawning at Downey Creek, a tributary of the Suiattle. The engineers wanted to punch through the road on the cheap, without regard for fish or forests. The North Cascades Conservation Council sued to make them do a better job. Yes, it took longer to do that than to just send in the bulldozers. Our intent was never to close the whole road, and had nothing to do with the Green Mountain lookout. We think it worked out pretty well.

We see ourselves as conservationists first, recreationists second, but we don't think there is any real divide between the two among people who love the Cascades. No matter how they describe themselves, people want to recreate in beautiful natural surroundings. Many of the places for doing that have become way

too crowded, and no one disputes the need for more trails. Our groups are making progress toward fixing the problem. We work the talk. The wheels always turn more slowly than one would like, but patience and persistence do pay off for those willing to do the work and stay the course.

About the authors

Ed Henderson lives in Seattle, is past president of the Mountaineers and currently spends a lot of time reviewing road and engineering projects as a volunteer board member of the North Cascades Conservation Council (NCCC).

Rick McGuire is an overzealous environmentalist with the Alpine Lakes Protection Society and NCCC, and veteran of campaigns to protect the Boulder River, Wild Sky and (just passed in December 2014,) Pratt River additions to the Alpine Lakes Wilderness, currently working on balancing conservation and recreational development in the Middle Fork Snoqualmie valley.



Alpine Baldy. Photo by Joseph Neal/U.S. Forest Service



membershipmatters

did you know?

We have big plans for 2015

Here's where we want to go this year and how you can help:

10,500 members ▶ introduce a friend to the outdoors with The Mountaineers to grow our coalition of outdoor enthusiasts.

1,000,000 strong ▶ all of these actions are growing our community and increasing our capacity to create responsible recreationists and protect the backcountry experience for generations to come.

165 courses ▶ expand your outdoor knowledge and take a course with us. You can choose from an average of 6 outdoor activities every day.

2,000 volunteers ▶ nourish your soul by giving back to the outdoors. Visit our Volunteer tab on the website to find upcoming opportunities.

Capturing Stars

photographing the wild sky

by Andy Porter, photographer



Mount Rainier from Crystal Mountain Resort. You can see the two steams of head lamps of the climbers heading for the summit. *Photo by Andy Porter.*

A lot of people I know don't bring cameras when they visit the wilderness. They say that photography could never do justice in capturing these vast, beautiful landscapes - and besides, they have their phones. Most of the time, I agree - but then there are photographers like Andy Porter, who bring home the kind of images you feel you could just step into. One adventure at a time, Andy finds a way of shooting photos that inspire and awe. Andy's work has been featured in many magazines and publications including the book, "The North Cascades - Finding Beauty and Renewal in the Wild Nearby." We're excited to feature him here, and learn about his photography adventures. -Suzanne Gerber, Publications Manager

Setting out to capture the sky

The Spider Meadows - Buck Creek Pass Loop, in the Glacier Peak Wilderness, is one of those trips that I had on the list of must-do for years. I love reading trail guides and imagining the terrain and views from the descriptions. No matter who I spoke to, this loop was described in hushed tones of awe and majesty. I scheduled the trip at the last part of August, during the New Moon. My goal, besides just having an awesome time, was to get an image of Glacier Peak, capped with the Milky Way. So far in the last two months, I'd been lucky enough to capture Milky Way shots of the other Big Three: Rainier, Adams and Baker. *Only one left to go!*

The hike through Spider Meadows was spectacular, the lush green

valley surrounded with gnashing teeth, the fantastic hike up to and through the narrow defile of Spider Gap, and then my favorite part: Upper Lyman Lake Basin! The stark landscape, rocks, ice and lake created a seductive hold on my imagination.

With the exception of one short rain storm the weather had been perfect. I kept hoping that our good luck would last. What better way to celebrate the 50th anniversary of the wilderness act then to get out and enjoy wildness first hand.

We made it to Buck Creek Pass after three days of hiking, getting our first grandstand views of Glacier Peak. Excitedly we made our way up and around Liberty Cap, looking for a spot to camp and soak in close-up views. I was more than a bit anxious to see whether the clouds would cooperate.

We set camp, ate, basked in a wonderful sunset and hit the hay, er, thermarest. I set my internal clock and as I drifted off to sleep I lay dreaming of starry skies. I awakened at the perfect moment: The strip of Milky Way was right above Glacier Peak. I was almost too excited to get up.

Tripod, camera, shutter release and exposure... all set.

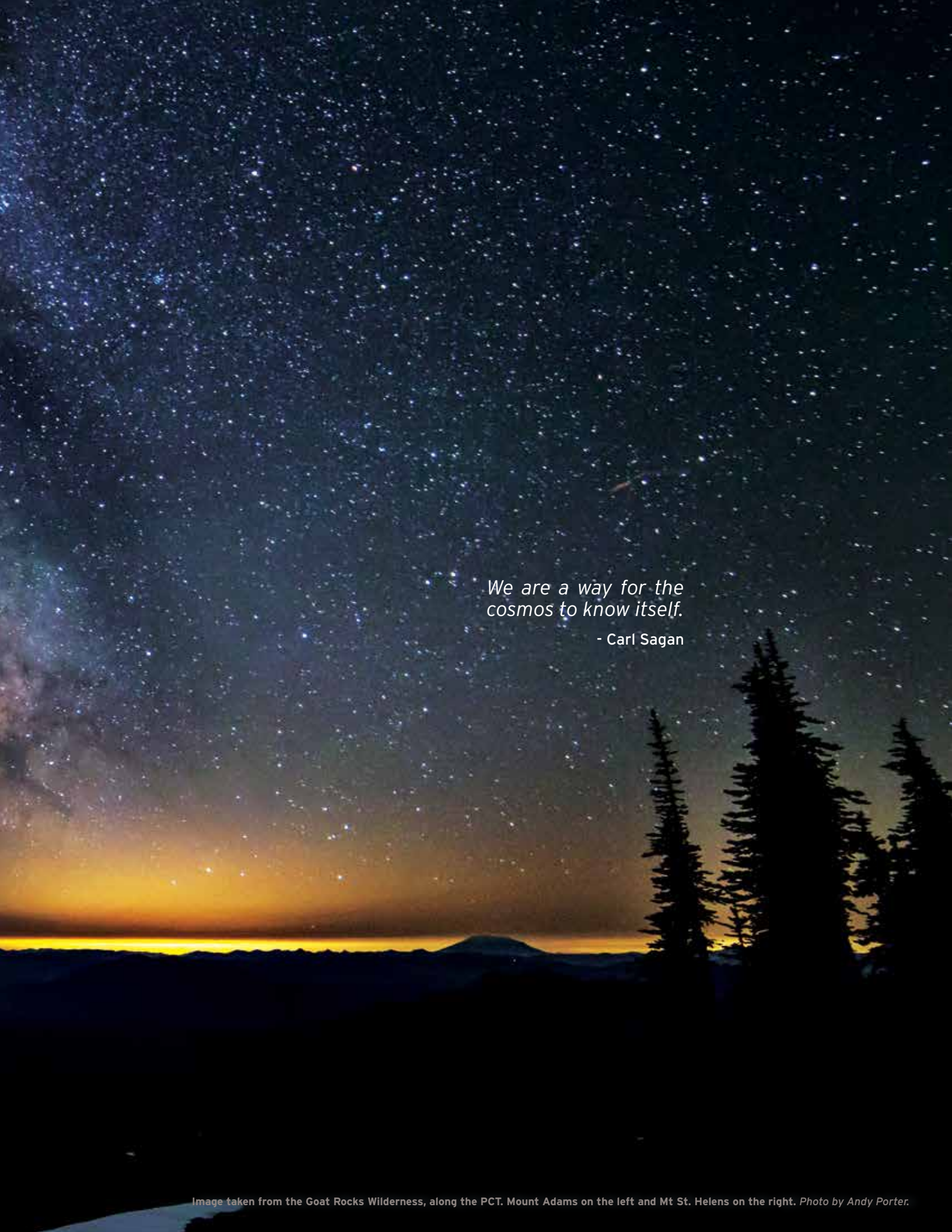
The awe of the moment made me catch my breath. There is something about images of stark, rugged mountains that cause my heart to skip a beat. The sheer size and scope of mountains is remarkable, their gigantic folds and ripples in the earth's crust

[continued on page 26 >>](#)



Glacier Peak and tent - November, 2014. Photo by Andy Porter.





*We are a way for the
cosmos to know itself.*

- Carl Sagan

look like waves frozen in time. And the space! Casting your view point out further and further stretching until you can see no more... there you are standing atop, both a speck of dust and master of the universe, all in one breath.

We managed to photograph Glacier and the stars - in all their majestic glory just as planned. Not every trip goes so smoothly though. The image below is from the Park Butte Lookout of the south slopes of Mount Baker. I had planned to stay the night at the lookout, but then my hiking partner showed up with only a day pack! So, instead we hiked up late in the day. The cooler temperatures were wonderful and the end of the day light magical. As soon as the darkness came the strip of the Milky Way appeared right above Mount Baker. I brought a special flash light to cast and even glow inside the lookout and, perched precariously on the rocks outside, captured this shot. We stayed at the lookout until 1am, giddy with the stars - and then reluctantly descended with head lamps and flashlights.

Capturing an indelible image of the mountains involves both luck and planning. Weather and light play such a big part in it. Adding elements of coolness to an already fantastic view is what makes the image perfect. Tents and people, sunsets and storm clouds all add a flavor, a feeling, and evoke such wonderful emotions.

Mountaineering and nighttime photography go together quite well. The biggest challenge in getting good shots is simply getting far enough away from the ambient light of "civilization." Once you've already lugged your stuff, not to mention yourself, all the way out to some fantastic spot to camp, why not take advantage of it by getting some shots of the Milky Way?

Nowadays, I find myself planning my backpacking trips around the moon cycle. There are many web sites where you can see the cycle of the moon for the coming year. The New Moon is when you want to head out. You can safely get great star images three or four days before and after the new moon. Then you just need to supplicate the gods for some clear skies.

Night photography how-to tips from Andy:

Equipment: DSLR Camera, Wide Angle lens (14mm to 24mm best), cable release, tripod

Basics: Set the camera on Manual Focus and the adjust the focus to Infinity. (Note: check your lens manual or web site to see exactly how to do this.) Make certain you have removed any filters from the lens. *One of my first efforts at nighttime photography was derailed because I didn't know that I needed to manually focus my lens (The camera finds it hard to autofocus in the dark).*

Exposure Settings: Set the camera on Manual, adjust your aperture to its most open setting (Lowest f/stop)

Shutter speed: Your shutter speed will be between 10 and 30 seconds. The shorter the focal length of your lens, the longer you can have the shutter open. There are charts on line where you see what your maximum shutter speed can be based on your camera and lens.

Start with an ISO setting of 800 and try a few shots, then take more images at 1600 and head up. Newer cameras allow you to shoot at higher ISO with less noise.





REINHOLD MESSNER

FEBRUARY 2, 2015 // TOWN HALL SEATTLE

INTERVIEWED BY JOHN ROSKELLEY

presented by



as a benefit for



**MOUNTAINEERS
BOOKS**

Town Hall - Eighth Ave & Seneca, Seattle

Event starts 7:30pm // Doors open 6:45 pm

TICKETS: \$30 General; \$75 VIP

Purchase via Stranger Tickets <http://bit.ly/RMinSEA>

{Current Mountaineers members: use promo code
ProudMember for \$5 off general admission!}

A benefit event supporting the **Legends and Lore** series of mountaineering histories and adventures published by Mountaineers Books



Pretty Faces

an interview with Lynsey Dyer

by Kristina Ciari

My parents met in Steamboat, CO, where my dad was a ski instructor. They moved to Whitefish, MT, and then I was born. A Montanan with a ski-instructor father, I like to joke I basically came out of the womb with ski boots on my feet.

I grew up on ski films. I spent my childhood going to Warren Miller movies at a time when Warren would travel and narrate the films in person. I looked forward to these events every year with great anticipation. One year I even won a pair of gloves. I had never won anything before in my life! They didn't fit, but they were mine. I was seven.

Warren Miller was one of the only ski-film makers around when I was young. Today the industry has many more contributors, but in some ways not much has changed in 30 years. While women always have appeared in ski moves, female features are the exception, not the norm. The majority of professional opportunities are given to men. That is, until Lynsey Dyer decided to challenge the quid pro quo with her new all-female film *Pretty Faces*. We hosted her Seattle premier in October, and before the show I sat down with Lynsey to talk about her film and her future ambitions to get more women outside.

Breaking Ground

Lynsey Dyer is a professional adventurer. Many of you know her as a professional skier, but she's also a photographer, artist, and now, feature filmmaker. She grew up racing in Sun Valley, Idaho, and won gold in Downhill at the Junior Olympics. In 2007 she founded SheJumps, a nonprofit organization devoted to increasing women's participation in the outdoors.

Then, she set out on an ambitious project to create an all-women's ski film. Filmed, produced, directed by, and starring a cast of 100% women, *Pretty Faces* is blazing a trail for the future of ski films. Here's why *Pretty Faces* is so revolutionary: last year women had a record amount of screen time, with features consisting of 13% of the screen time in all ski films, up from 9% the prior year. A huge percentage increase no doubt, but when roughly 43% of the consumer market for outdoor ski & snow products/services is female, it's easy to see the huge disconnect between how many women are represented and how many women are actually using the product.

But rather than focus on the disparity, Lynsey is looking to change the conversation. Where others see inequality, she sees opportunity. She wants to focus on female ambitions, and really show how much females can influence the future outdoor marketplace. Two years ago everyone told her there was no market for an all-female film, but with each consecutive sold-out show, and requests for more viewings overflowing her inbox, she's proven the naysayers wrong. She's changing the face of the industry. She's a groundbreaker.

At The Mountaineers, we love groundbreaking. We were founded in 1906 by 151 charter members, 77 of whom were women. More than half of our founders were female. In 1906! Can you imagine what that must have been like at the time? The scandal it must have caused! We then went on to pioneer outdoor exploration in the Pacific Northwest for women and men alike. Which is why we were thrilled to host *Pretty Faces*. It's not just a superb ski film, but Lynsey's goal – and the mission of her nonprofit SheJumps, to motivate more women to enjoy the outdoors – is something The Mountaineers are incredibly excited to support.

SheJumps

Lynsey co-founded SheJumps in 2007 to create a positive community for women. The mission of SheJumps is to increase participation of females in outdoor activities. Everything they do is designed to create opportunities to Jump In, Jump Up, and Jump Out.

SheJumps is building community to remove the "intimidation factor": to make a team out of an individual activity, to encourage more girls to push themselves, and ask dumb questions, and feel vulnerable. "When you're challenging yourself, sometimes you're going to look dumb, and we're all afraid of that," Lynsey said. "It's hard to be bad at something. We want to create an atmosphere where it's okay to fail and it's okay to mess up. We almost encourage it."

This statement resonates with me especially. I know many strong women who possess driving ambition to reach their highest potential, yet suffer a keen sense of "imposter syndrome": feeling like they're the weakest link in a group, that they don't quite measure up to the rest, and that they're somehow involved by chance instead of having earned the spot. With so many of us out there, it's really nice to finally have an avenue to start a conversation around female empowerment and recognition.

Only seven years old, SheJumps hosts Get the Girls Out events in 18 states, including Washington, engaging thousands of ladies who might have otherwise been too intimidated to Jump In. I attended the event last year at Crystal Mountain and enjoyed a day high-fiving and racing along other gals in tutus. SheJumps also supports youth initiatives, has outdoor education programs, and takes women to the next-level of ski-mountaineering in their Alpine Finishing School. Supporters can connect to other Jumpers at the SheJumps Clubhouse, an online portal to share



Lynsey at *Pretty Faces*. Photo photos courtesy of Molly Hawkins



Lynsey on her Pretty Faces film tour - The Mountaineers Seattle Program Center. Photo photos courtesy of Molly Hawkins

inspirational stories, plan adventures, and create opportunities to get involved and give back.

Today, most of Lynsey's best friends have come from SheJumps. That's just what happens when you bring like-minded people together. Even if you're cold and miserable and your boots are wet, the shared experiences bring people closer. That's what community is all about.

Pretty Faces

The ultimate sense of community comes at every stop on her film-tour. Lynsey has been completely blown away by the outpouring of support. "The crowds are amazing. I've never signed so many posters for little girls." She said. Lynsey didn't fully realize many women and girls were out there looking for something like this. "I always knew we had an audience of really good dads and coaches, but I had no idea the extent to which women would show up," she said.

I asked her why her ability to reach so many women came as such a surprise, and she quickly responded, "Because I honestly didn't know how to find them!" She went on to explain: "Traditionally, the viewership for ski films is 60-70% male. If you look at any statistics on ski magazines or websites, their viewership is men. I knew women were out there, and that they wanted to be represented, but *how* I would get to them, I didn't know. I'm still trying to figure out how we reach reach the little city girl who goes to the mall and has no exposure to action sports or the outdoor world. That's what keeps me up at night – how are we going to get to her to know she has other options?"

This is a question the outdoor community has been trying to answer for decades. Outdoor recreation is a luxury. Time and access are privileges not available to everyone. We don't have answers, but we're all doing our part to bring the outside closer and make it available to all – particularly with our youth education programs, such as Mountain Workshops.

Ultimately, Lynsey is trying to make outdoor recreation more attainable by inspiring others with Pretty Faces, and hopefully more feature-length films in the future. "We can make the outdoors "sexy" by selling peaks in these films and in photographs, and if that's what it takes to start a dialogue and introduce someone to the idea of spending time outside that's great," she said. "It's not about climbing Denali. It's about raising your heart rate every day and seeing what the environment really looks like. It's about how time outside can raise test scores and can improve relationships at home and lower the incidence of fighting in schools." The idea you don't have to scale the mountains to feel the benefits of the outdoors and the feeling she's doing all that she can to pave the way for future adventurers – female and male – that's what motivates Lynsey.

What's next for Lynsey? She would love to do another film, and she's looking for the resources to put it together. She's clearly proven there's a market for this type of thing – that women aren't a 'charity' but a viable business decision. She's also going to continue her work with SheJumps to empower our community of outdoor women, and continue to be a role model for young girls by sharing her own outdoor pursuits with others.

"You really are expanding someone's mind by being in power as a female." She said. "You're doing your greatest service in being your greatest self. It's hard when you don't have role models. Very few have seen what females really are capable of, and therefore they don't really know what to aspire to." Now we all have a new bar of aspiration. The seven-year-olds girls of today are lucky to have such great role models to help them be tomorrow's groundbreakers.

Support Lynsey's next film project:

Visit unicornpicnic.com to buy a copy of the film, pick up merchandise, or make a donation. Or you can support SheJumps at shejumps.org.

2015

John Roskelley

Padding the Columbia - March 17

Colin Haley

Skagit Alpinism and Beyond - April 10

Jennifer Wu

Night Sky Photography - May 19

BEWILD

Stories of Passion & Adventure



Climbers coming up Sahale - North Cascades National Park. Photo by Ida Vincent

Plate Tectonics and the North Cascades

By Mia Spangenberg

Travelling along the North Cascade Scenic Highway (State Highway 20) between Marblemount and Mazama, one can't help but be awed by the views of jagged peaks towering on every side. It is just as awe-inspiring to realize that the North Cascades began to be formed only about 90 million years ago, a blink of an eye in geologic time, through many collisions of fragments of the Earth's lithosphere, called plates. The region has additionally been fine-tuned by ice-sheet and valley glaciers over the past two plus million years.

Donn Charnley, Emeritus Professor of Geology at Shoreline Community College, has hiked, skied, and climbed extensively in the North Cascades and studied the history revealed in its rocks and structures. Evidence of this region's tumultuous history is subtly visible everywhere. Paddling up Ross Lake, the trained eye can see a thrust fault extending across the top half of Jack Mountain, the result of older rock pushed over younger rocks. Backpacking to the Snowy Lakes, one can admire the Golden Horn granite, one of many 'stitching' plutons, or masses of plutonic rock cooled from magma within the earth's crust. Charnley especially recommends the Diablo Point turn-off on Highway 20, just beyond the town of Diablo above Diablo Lake. There, you can see a display and read about the various igneous and metamorphic rocks that make up the North Cascades.

Donn credits the highway with providing greater access to this marvelous wilderness region, as well as fresh outcrops for geologists to study and advance their understanding of how the North Cascades came to be. He was often out in the field with the late University of Washington professor and pioneer geologist Dr. Peter Misch, who began to explore, interpret, and map the North Cascades in the early 1950's. Dr. Misch soon realized the Cascades were composed of a significant number of large, diverse crustal fragments, separated by large strike-slip and thrust faults, and intruded by many plutons. Dr. Misch was not

aware of the concept of plate tectonics during his first decades of study, which made it extremely difficult to understand how these 'pieces' were 'assembled'. He identified the north-south Straight Creek strike-slip fault in the western Cascades, which extends from I-90 into British Columbia. According to Charnley, this fault is our San Andreas, with over 55 miles of offset. Movement on this fault appears to have ceased about nine million years ago.

In the mid 1950's Donn became very interested in the revolutionary concept of continental drift proposed by Alfred Wegener in the 1910's. Geologists had accepted that there was vertical movement of the Earth's crust, as evidenced by marine fossils on the tops of mountains, especially Mt. Everest, but accepting lateral movement of portions of the earth's crust was another story. Wegener proposed that Africa and South America were once joined together, based on the 'fit' along the edge of each continent's continental rocks, and the fossils of many non-swimming animals, and large-seed plants, that had once been widespread across South America, Africa, India, and Antarctica.

Wegener's ideas faced staunch, often vigorous, opposition until developments in paleomagnetism, the study of a rock's magnetic minerals orientations, and accurate age-dating tools, provided a location and time references to determine past positions of the Earth's lithospheric plates. "It has been a very exciting time to be in geology. The reality of plate tectonics has provided us the ability to unravel geologic conundrums previously unanswerable."

Donn Charnley will speak about plate tectonics, one of the factors that caused our North Cascades to be uplifted and formed on January 15, at 7pm at The Mountaineers Seattle Program Center.

The Return of the Fisher

By Joan Miller

With their luxurious dark brown coats, fishers were irresistible to trappers in the 1800's and early 1900's. Their pelts brought a good price. By the late 20th century, none of these large members of the weasel family could be found in Washington State. Trapping and loss of their forest habitat led to their disappearance. In 1998, although fishers still could be found in neighboring states and other regions, Washington declared fishers endangered.

With surveys turning up zero fishers, state biologists began laying the foundation for a recovery plan. But it was 10 years before fishers were again walking on Washington soil.

Fishers are mesocarnivores, mid-sized animals that eat mostly meat but also fruits, fungi and plants, and help maintain balance in an ecosystem. They have short rounded ears, long bodies, short legs and long bushy tails. Males weigh 8-12 pounds and range from 35-47 inches from nose to tail, while females weigh 4-7 pounds and range from 30-37 inches long. Patti Hape, chief of the Wildlife Branch at Olympic National Park, says they can live up to 10 years. There is wide variation in fisher genetics throughout North America, and based on historic genetic material from Washington State, biologists determined that fishers from central British Columbia are the closest match to the animals that once roamed our forests, Patti explains.

In 2008, wildlife biologists began an ambitious project to bring fishers back. Over a three-year period, they relocated 90 fishers from Canada to the Olympic Peninsula. But despite their name, fishers do not frequent waterways nor do they eat fish. Happe says the release sites were carefully selected based on criteria that satisfied fishers' needs.

"We thought unforested ridges and rivers would be a barrier to their movements," says Patti. "But no. The males that were

released went far, but they came back in breeding season." Females also moved around some, but stuck closer to their home ranges. Females are more vulnerable, Happe adds, because they are smaller than males and rely on tree cavities for denning.

Biologists tracked the first relocated animals with radio collars and were amazed at the distances the fishers traveled. Though the collars have stopped working, tracking continues with cameras and hair snares. The genetic analysts, using material from the hair snares have been able to identify young of the original animals, so they know the population is finding success.

Fishers prefer forests with dense canopy cover. Their diet includes a variety of small mammals, including snowshoe hares, but they are known as the only predator of porcupines. A surprise to biologists at Olympic National Park was the discovery that fishers prey on mountain beavers.

The greatest threats to fishers, says Patti, are predators, especially bobcats and mountain lions, and roads. Fishers have been killed trying to cross roads.

The guarded success of fisher recovery on the Olympic Peninsula has encouraged biologists to expand the effort to the Cascades. Later this year, if all goes well, state and national park officials will begin releasing the first of 160 planned fishers in the Cascades. The first phase of the Cascade plan targets the southwestern Cascades, including Mount Rainier National Park. About half will go there, with the rest going to the northwestern Cascades, including North Cascades National Park.

Patti Happe, will tell the tale of our fishers, how they came to the park and outlook for their future, in a program at The Mountaineers Seattle Center, February 11, at 7pm.



A fisher peaking out through the heather. Photo by Dave Mason



Climber on a multi-pitch route at Red Rocks. Photo by Loni Uchytel

Nevada's Red Rock Canyon

"Red Rocks", near Las Vegas, is known as one of the finest rock climbing areas in the world, boasting stunning views, classic moderate (5.6-5.8) multi-pitch routes and dozens of sport cragging and bouldering areas. Climb three different amazing multi-pitch routes with Seattle's Crag Course Leader, Loni Uchytel, on a five-day Global Adventure trip in April of 2015.

XC Ski or Snowshoe Maine

Feb. 15-21, 2015

Spend winter break in Maine XC skiing, snowshoeing, ice-skating, dog-sledding, enjoying wood-fired saunas, log-cabins with wood stoves and rocking chairs. Travel with a day pack on groomed trails. You are likely to see moose, deer, red fox or signs of these animals left in the snow. Gear is shuttled. **Price:** \$855 **Leader:** Patti Polinsky, MeanySports@me.com or 206-525-7464

Climb Joshua Tree, CA

Feb. 20-25, 2015

Join us for five days of climbing in sunny California at the world class climbing destination Joshua Tree. This high desert climbing mecca is famous for its traditional style crack, slab and steep face climbing. We will climb routes ranging from 5.6 to 5.10, and participants have the option to either lead or top-roped. This is a great opportunity for intermediate climbing students to hone their crack climbing skills or to advance their abilities leading trad. **Price:** \$400 by January 15. **Leader:** Stefanie Schiller, stef67@gmail.com

Ski Mountaineer British Columbia's Rogers Pass

March 28 - April 5, 2015 M3G

Rogers Pass has the best accessible backcountry skiing in North America. We will traverse across a glacier with an overnight pack to Glacier Circle Cabin and back. The skiing and scenery are amazing. Very strong, expert backcountry skiers, with glacier travel training. **Price:** \$500. Register online by March 1. **Leader:** Craig Miller, craigmiller@comcast.net

Climb Red Rocks, NV

April 13-17, 2015

Spend four nights and three days in sunny Red Rocks, Nevada. Climb three different multi-pitch routes with a Mountaineers climb leader. You will have a wonderful overview of this amazing park and enjoy long moderate routes. Motel accommodations are close to the park and include a hot tub, pool spacious rooms and breakfast in the morning. Price also includes pick up and drop off at the Las Vegas airport, park fees, and all transportation while in Red Rocks. **Price:** \$530. **Leader:** Loni Uchytel, loniuchytel@msn.com

Trek Turkey's Lycian Way

April 23-May 8, 2015 (optional extensions April 17-23 and May 9-14, 2015)

Trek 115 miles of southwest Turkey's striking mountains and coast, among ancient tombs and ruins of Lycia. Stay in village homes, small hotels or supported camps and enjoy village food and hospitality, carrying only a daypack. Extensions include rock monasteries, fairy chimneys and a volcano trek in Cappadocia, and exploration of Istanbul and ancient Greek sites along the Aegean coast. **Price:** \$2,800 (main), \$1,800 & \$1,100 (pre and post extensions). **Leader:** Cheryl Talbert, cascadehiker@earthlink.net

Trek France's GR5 from Geneva to Chamonix

Aug 15-30, 2015

Slide Show: Friday January 16 at 7pm in The Mountaineers' Seattle Program Center.

Summary: Trek France's Grand Randonnée 5 (GR5), the classic trail across the Alps, from Lake

Geneva to Chamonix. This outing combines spectacular Alpine scenery, European culture, and strenuous hiking. You carry only a daypack and sleep in beds. **Price:** \$3,000. Application and deposit by February 1. **Leader:** Craig Miller, craigmiller@comcast.net

Trek Nepal's Upper Dolpo

Oct. 7 - Nov. 6, 2015

Slide Show: Friday January 23 at 7pm in The Mountaineers' Seattle Program Center.

Summary: Traverse across remote spectacular Himalayan Mountains, through ancient Tibetan Buddhist culture, in search of blue sheep and snow leopards. This is one of the world's great treks, in a restricted area, done by only a few lucky people. The trek is strenuous because of the altitude. Porters haul your overnight camping gear; you carry only a light daypack. **Price:** \$6,000. Application and deposit by March 1. **Leader:** Craig Miller, craigmiller@comcast.net

Go to www.mountaineers.org and click on the Explore tab, then search "Global Adventures" for additional trips and details.

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. Many of our activities - especially day hikes and urban adventures - are open to the general public who sign up as guests, as an introduction to Mountaineers activities.

If you are looking for camaraderie with a particular branch of The Mountaineers, 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 online, and remember that you may register for an event or course in any branch, regardless of the one you belong to.

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

Mountaineers Ten Essential System

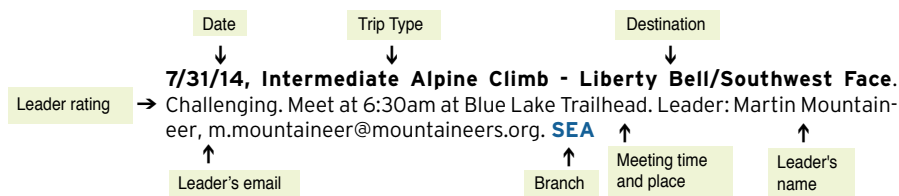
required on all Mountaineers trips:

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

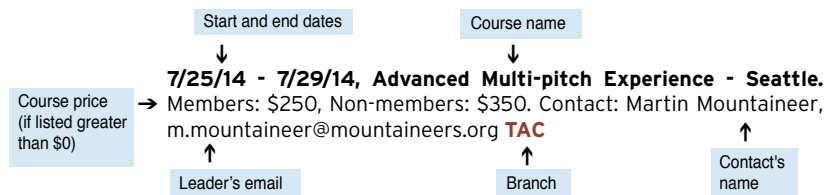
List of potential abbreviations:

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

ACTIVITY LISTING KEY



COURSE LISTING KEY



A note about the Go Guide:

There are a few differences in recent Go Guides that we hope will make it easier for you to find activities and courses online to sign up. We are using the same category names as online, so if you find an activity or course you would like to sign up for, just go to our website and click on the *Explore* or *Learn* tab. You can then filter your search by category (for example, *Day Hiking*). We've also updated our privacy guidelines and are no longer listing the volunteer leaders' phone numbers in this public format, unless requested.

How do you use the Go Guide and is it important to you?

We have been talking with volunteer leaders and committee chairs, along with members, to best understand how this Go Guide is used. Overwhelmingly, we are finding that most people use the website in order to find and sign up for activities - though the course section is found to be a useful listing. What do you think? How do you use the Go Guide? We are looking into getting rid of our activity section - possibly as soon as the next issue - and want to hear back, if you feel this would have an impact on you.

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



activities

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

note: the Go Guide section of the magazine may be going away. We acknowledge that these listings are often out-of-date and incomplete in print format. Contact Suzanne (suzanneg@mountaineers.org) if you have an opinion on the use of the Go Guide.

climbing

1/10/15, Intermediate Alpine Climb - Lane Peak/Zipper (winter) - Moderate. Everett Climbing Committee. Leader: Stephen Bobick, sbobick2@gmail.com. **EVT**

2/7/15, Basic Alpine Climb - The Castle/East Ridge (Tatoosh, winter) - For Beginners (Getting Started Series). Seattle Climbing Committee. Leader: Mark Scheffer, mark_scheffer@yahoo.com. **SEA**

2/28/15, Intermediate Alpine Climb - Mount Harvey/North Ramp (British Columbia) - Moderate. Seattle Climbing Committee. Leader: Mark Scheffer, mark_scheffer@yahoo.com. **SEA**

day hiking

1/1/15, Day Hike - Little Si & Boulder Garden Trail - Moderate. Foothills Hiking Committee. Leader: Lawrence Landauer, lawrenceglennlandauer@yahoo.com. **FH**

1/29/15, Urban Adventure - Seward Park - For Beginners (Getting Started Series). Seattle Retired Rovers Committee. Leader: Muriel Stoker, murstoker@hotmail.com. **SEA**

2/8/15, Day Hike - Dungeness Spit Lighthouse - Moderate. Seattle Singles Activities Committee. Leader: Bob Pankl, pankl@earthlink.net. **SEA**

2/18/15, Day Hike - West Tiger 3/Cable Line - Moderate. Seattle Hiking Committee. Leader: Craig S., craig.mountaineers@gmail.com. **SEA**

dancing

Every Tuesday - Folkdance - Kirkland. No Registration Required. Meet at Peter Kirk Community Center (downtown Kirkland) at 7:30pm. Cost: \$10, includes lesson. Leader: Johnny Jeans, jjmntjoys@yahoo.com. **SEA**

1/24, 2/28 Scandinavian Dancing - Tacoma. No Registration Required. Sons of Norway Normanna Hall, 1106 S. 15th St., Tacoma. Dance lesson at 7pm. Dancing at 8pm. Cost \$10. Leader: Karen Goettling, 253-759-3731, karengoettling@gmail.com. **TAC**

scrambling

1/10/15, Winter Scramble - Mount Kent (winter) - Moderate. Seattle Alpine Scrambling Committee. Leader: Mark Scheffer, mark_scheffer@yahoo.com. **SEA**

1/24/15, Winter Scramble - Guye Peak (winter) - Moderate. Seattle Alpine Scrambling Subcommittee - Winter Scrambling. Leader: John Bell, jbclimber@yahoo.com. **SEA**

1/24/15, Winter Scramble - Mount Ararat (winter) - Challenging. Seattle Alpine Scrambling Committee. Leader: Mark Scheffer, mark_scheffer@yahoo.com. **SEA**

Scrambling 2/14/15 - 2/15/15, Winter Scramble - Green Mountain (North Bend, winter) - Moderate. Seattle Alpine Scrambling Subcommittee - Winter Scrambling. Leader: Craig S., craig.mountaineers@gmail.com. **SEA**

Scrambling 2/21/15 - 2/22/15, Winter Scramble - Spark Plug Mountain (winter) - Moderate. Seattle Alpine Scrambling Subcommittee - Winter Scrambling. Leader: Craig S., craig.mountaineers@gmail.com. **SEA**

ski & snowboard

1/10/15, Cross-country Ski - Methow Valley Winter Trails System - Moderate. Seattle Skiing Committee. Leader: Chris Ensor, c trails@comcast.net. **SEA**

1/11/15, Backcountry Ski/Snowboard - Crystal Mountain Backcountry - Challenging. Foothills Backcountry Skiing Committee. Leader: Dick Lambe, dicklambe@hotmail.com. Foothills

1/24/15, Backcountry Ski/Snowboard - Kendall Second Knob - Moderate. Foothills Backcountry Skiing Committee. Leader: Randy Oakley, randy.oakley@gmail.com. **FH**

2/14/15 - 2/15/15, Cross-country Ski - Grand Park (Mount Rainier) - Moderate. Everett Nordic Skiing Committee. Leader: Ken Willis, kjwillis325@yahoo.com. **EVT**

Go to www.mountaineers.org for complete activity listings.

snowshoeing

1/3/15, Intermediate Snowshoe - Hex Mountain - Moderate. Seattle Snowshoeing Committee. Leader: John Bell, jbclimber@yahoo.com. **SEA**

1/11/15, Beginner Snowshoe - Methow Valley Winter Trails - Easy. Seattle Snowshoeing Committee. Leader: Tom Cushing, northwestrambler@gmail.com. **SEA**

Snowshoeing 2/14/15 - 2/14/15, Basic Snowshoe - Salmon la Sac - Easy. Seattle Snowshoeing Committee. Leader: Brian Carpenter, fleasgach@gmail.com. **SEA**

urban adventure

1/2 - 2/27/15 Fridays - Eastside Tennis - Meet at Robinswood Tennis Center at 7:15 PM. Activity Fee: \$10.00. RSVP with Fay Weaver, seattlefay@hotmail.com. **SEA**

1/3 - 2/28/15, Saturdays - Green Lake - For Beginners (Getting Started Series). Seattle Singles Activities Committee. Leader: Bob Feldman, bobzf@yahoo.com. **SEA**

1/7 - 2/25/15 - Wednesdays 7pm. Evening Outdoor Inline Skate Singles. Leader: Mark Olsoe, markolsoe@comcast.net. NO SIGN UP

1/9 & 2/13/15, Fri 7pm - Games Night and Snacks. Phinney Neighborhood Center. Leader: Eldon Ball, eldonball@juno.com. **SEA**

1/16/15, Urban Adventure - Pioneer Hall/Madison Park - Easy. Seattle Retired Rovers Committee. Leader: Barbara McHargue, notagoodemail@gmail.com. **SEA**

2/17/15, Green Lake - Easy. Seattle Retired Rovers Committee. Leader: June Skidmore, juneskidmore@comcast.net. **SEA**

2/25/15, Urban Adventure - Columbia Hall - Easy. Olympia Hiking Committee. Leader: Nancy Lloyd, nanlloy@gmail.com. **OLY**

2/20/15, Sing-a-Long and potluck, 7pm - Meet at Karen's home. Song books are provided. Feel free to bring an instrument if you play one. Fragrance free please. Sign up with Karen Schaper, 206-368-7547, kaschaper7@hotmail.com. **SEA**

2015 Naturalists Lecture Series Seattle Program Center, 7pm

Jan 15, 2015 (Thurs) - Donn Charnley, Plate tectonics and the formation of the North Cascades.

Feb 11, 2015 (Wed) - Patti Happe, The return of the fisher to the Olympic National Park: how a 10-year multi-agency project is returning this carnivore to its home ground

Mar 12, 2015 (Thurs) - Kathleen Foley, Gone for 40 years: Western Bluebirds return to the San Juan Islands. How bird lovers are helping reintroduce the once-common bluebird to the Garry oak ecosystem

courses

The list below includes courses posted online by December 1. See www.mountaineers.org for up-to-date listings.



A group of basic students and grads on a climb to Sahale - summer, 2014. Photo by Ida Vincent.

avalanche safety

1/5/15 - 1/11/15, AIARE 1 Avalanche Course. AIARE 1 Avalanche Course - Tacoma. Members: \$250, Non-members: \$300. Contact: Jim Gawel, jimedgawel@gmail.com **TAC**

1/6/15 - 1/18/15, AIARE Level 1 Avalanche Course. An AIARE certified level one avalanche course. Members: \$250, Non-members: \$300. Contact: Chuck Mac Laren, avy@foothillswinter.org **FH**

2/2/15 - 2/15/15, AIARE 1 Avalanche Course. AIARE 1 Avalanche Course - Tacoma. Members: \$250, Non-members: \$300. Contact: Jim Gawel, jimedgawel@gmail.com **TAC**

2/11/15 - 2/14/15, Avalanche Terrain Travel - The Mountaineers Tacoma Program Center. Avalanche Terrain Travel. Members: \$150, Non-members: \$200. Contact: Steve Showalter, steve.showalter@tacomamountaineers.org **TAC**

climbing

1/1/15 - 12/31/15, Intermediate Alpine Climbing Course Continuation - Seattle. For a year extension in Seattle Intermediate Climbing. Read below for extension requirements. Members: \$100. Contact: Fred Luck, f-luck@hotmail.com **SEA**

1/1/15 - 12/31/16, Basic Climbing Course - Olympia. Instruction in snow & Glacier travel as well as basic rock climbing skills. Members:

\$250, Non-members: \$375. Contact: Bob Keranen, keranen@hcc.net **OLY**

1/1/15 - 10/15/20, Intermediate Climbing Course - Bellingham. Members: \$250, Non-members: \$350. Contact: Minda Paul, mindapaul@hotmail.com **BEL**

1/1/15 - 12/31/19, Intermediate Climbing - Tacoma. Take your alpine climbing to the next level while learning to lead on rock and ice as well as improving your self rescue skills. Members: \$375, Non-members: \$425. Contact: Troy Mason, troy@troymason.com **TAC**

1/1/15 - 12/31/19, Intermediate Climbing - Tacoma. Take your alpine climbing to the next level while learning to lead on rock and ice as well as improving your self rescue skills. Members: \$375, Non-members: \$425. Contact: Jeffrey Wirtz, jrwirtz73@gmail.com **TAC**

1/7/15 - 10/30/15, Basic Alpine Climbing Course - Seattle. Members: \$550, Non-members: \$700. Contact: David Shema, david.shema@gmail.com **SEA**

1/7/15 - 9/30/15, Intermediate Climbing Course - Kitsap. Members: \$300, Non-members: \$400. Contact: John Mackey, john@pttaxcpa.com **KIT**

1/12/15 - 2/2/15, Introduction to Leading Bolted Routes - Seattle. Introduction to Leading Bolted Routes - Seattle. Members: \$125, Non-members: \$200. Contact: Rory Hollins, roryh@psbc.org **SEA**

1/20/15 - 10/15/15, Basic Climbing Course - Everett. Members: \$495, Non-members:

\$495. Contact: Adam Clark, aclark20@gmail.com **EVT**

1/21/15 - 5/31/15, Basic Climbing Course - Kitsap. Members: \$350, Non-members: \$450. Contact: Ralph Wessels, ralphdena@comcast.net **KIT**

1/29/15 - 1/29/15, Seattle Climbing Lecture Series - Yoga For Climbers. Seattle Climbing Lecture Series - Yoga for Climbers. Contact: Cara Cutler, cara.cutler@gmail.com **SEA**

1/29/15 - 12/31/19, Intermediate Climbing Course - Olympia. Members: \$175. Contact: Richard Irwin, rirwin@mybivey.com **OLY**

1/31/15 - 10/24/15, Basic Climbing Course Second Year - Tacoma. Members: \$63. Contact: Shawn O'Leary, oleary.sp@gmail.com **TAC**

2/5/15, Seattle Climbing Lecture Series - 2015 - Safe Travel at High Altitude. Contact: Jennifer Yu, jennifer.yu.09@gmail.com **SEA**

2/10/15, Seattle Climbing Lecture Series - 2015 - Ultralight Packing. Contact: Jennifer Yu, jenniferyu.09@gmail.com **SEA**

2/11/15 - 10/24/15, Basic Climbing Course - Tacoma. Members: \$475, Non-members: \$575. Contact: Shawn O'Leary, oleary.sp@gmail.com **TAC**

3/12/15, Seattle Climbing Lecture Series - 2015 - Managing and Preventing Overuse Injuries. Contact: Cara Cutler, cara.cutler@gmail.com **SEA**

3/21/15 - 6/27/15, Beyond Basic Rock - Olympia. Beyond Basic Rock Seminar, Trad



Methow Valley, WA | Jan 9-11

<http://bit.ly/mvwintertrails>

Winter Trails Day in Methow Valley

Friday, Jan 09 - Sunday, Jan 11, 2015

Picture yourself tromping through a winter wonderland with your friends, family and favorite Mountaineers trip leaders. The Mountaineers will be celebrating Winter Trails Day in the Methow Valley this January. And, instead of just one day, we will be there the whole weekend! The Mountaineers will be leading snowshoe and cross-country ski trips for members and the public of all ages and abilities.

& Sport techniques. Members: \$90, Non-members: \$200. Contact: Douglas Souliere, gc@gcprint.com **OLY**

3/31/15 - 12/30/15, Glacier Travel Course - Seattle. Glacier Travel Course. Members: \$200, Non-members: \$200. Contact: Eva Schoenleitner, ebellata@gmail.com **SEA**

day hiking

1/23/15, Wilderness Survival Skills - Tacoma. Contact: Michael Waiss, mwaiss@net-venture.com **TAC**

2/27/15, Natural Navigation, Map & Compass - Tacoma. Contact: Amy Mann, agmann@comcast.net **TAC**

3/6/15 - 10/10/15, Conditioning Hiking Series - Seattle. Conditioning Hiking Series - Seattle. Members: \$115, Non-members: \$115. Contact: Steve Payne, stevepayne@mindspring.com **SEA**

3/6/15 - 10/10/15, Conditioning Hiking Series - Seattle. Members: \$115, Non-members: \$115. Contact: Kelly Cleman, masterhiker@gmail.com **SEA**

exploring nature

3/27/15, Wild Edible Plants & Backcountry Herbal Medicine - Tacoma. Contact: Amy Mann, agmann@comcast.net **TAC**

1/15/15, Naturalist Lecture Series - GEOLOGY & PLATE TECTONICS. A series of talks and seminars presented by the Naturalists committee. Contact: Lola Kemp, lolak@seedip.com **SEA**

2/11/15, Naturalist Lecture Series - RETURN OF THE FISHER. A series of talks and seminars presented by the Naturalists committee. Contact: Lola Kemp, lolak@seedip.com **SEA**

3/12/15, Naturalist Lecture Series - REINTRODUCTION OF THE WESTERN BLUEBIRD. A series of talks and seminars presented by the Naturalists committee. Contact: Lola Kemp, lolak@seedip.com **SEA**

first aid

1/24/15 - 1/25/15, Wilderness First Aid

(Teen Course) - Seattle. This is a Wilderness First Aid for Teens Only. Members: \$160, Non-members: \$235. Contact: Caitlin O'Brien, cailtino@mountaineers.org **SEA**

navigation

2/12/15 - 12/31/15, Basic Navigation Course - Kitsap. Members: \$50, Non-members: \$60. Contact: Greg Thies, mtngreg@msn.com **KIT**

3/7/15, Basic Navigation Course - Everett. Learn to use a map, compass, and altimeter for trip planning and navigation in the back country. Members: \$40. Contact: James Bigelow, jebigelow@comcast.net **EVT**

photography

1/10/15, Getting to Know Your Camera - Seattle. Demystify your camera..make better photos. Members: \$40, Non-members: \$50. Contact: Rick Good, r_good_jr@yahoo.com **SEA**

scrambling

1/1/15 - 12/31/15, Alpine Scrambling Course - Olympia. Alpine Scrambling Course - Olympia. Members: \$150, Non-members: \$250. Contact: Tom Eckhout, teckhout@msn.com **OLY**

2/19/15 - 10/1/15, Alpine Scrambling Course - Everett. Members: \$225, Non-members: \$300. Contact: Joel Heidal, joel.heidal@live.com **EVT**

sea kayaking

1/15/20, Intermediate Sea Kayaking Course - Tacoma. Contact: Tom Harrigan, tjharrigan@gmail.com **TAC**

3/28/15 - 9/30/15, Basic Sea Kayaking Course - Tacoma. Members: \$199, Non-members: \$249. Contact: Martin Mayock, mfmayock@yahoo.com **SEA**

ski & snowboard

1/3/15 - 3/1/15, Drop-in Ski Lessons - Meany Lodge - Outdoor Centers. Take a one hour ski lesson with a class of your skiing ability

on Saturday afternoon or Sunday morning. Members: \$20, Non-members: \$25. Contact: Patti Polinsky, meanysports@me.com

1/3/15 - 2/28/15, Cross Country Ski Trek and Lunch - Meany lodge - Outdoor Centers. Ski from Crystal Springs Sno-Park to Meany Lodge for a hot lunch at the lodge. Members: \$15, Non-members: \$20. Contact: Patti Polinsky, meanysports@me.com

1/3/15 - 3/1/15, Downhill Ski Lesson -Series A- Meany Lodge Outdoor Centers. Downhill Ski Lessons: Series A. Members: \$85, Non-members: \$95. Contact: Patti Polinsky, meanysports@me.com

1/8/15 - 2/7/15, Nordic (Cross-country) Ski Course - Everett. Nordic (Cross-country) Ski Course - Everett. Members: \$95, Non-members: \$125. Contact: Rachel Sadri, rachelsadri@gmail.com **EVT**

1/10/15 - 1/11/15, Nordic Skiing- Classic - Outdoor Centers. Nordic Skiing- Classic. Members: \$60, Non-members: \$60. Contact: Patti Polinsky, meanysports@me.com

1/10/15 - 1/11/15, Intermediate Nordic Ski Course - Meany Lodge. Nordic skiers with some experience will learn techniques to ski with less expenditure of energy. Members: \$40, Non-members: \$50. Contact: Patti Polinsky, meanysports@me.com

1/10/15 - 1/31/15, Nordic Ski Instructor Clinic - Everett. Nordic ski instructor clinics. Contact: Rachel Sadri, rachelsadri@gmail.com **EVT**

1/11/15 - 2/1/15, Hills Hills Hills: Mastering Hills on Cross-country Skis - Seattle. A three-week course for XC skiers ready to improve their downhill skills. Members: \$95, Non-members: \$110. Contact: Cindy Hoover, cyn@zipcon.com **SEA**

1/11/15 - 2/1/15, Intermediate Cross-country Skiing - Seattle. A three-week course for XC skiers who've had prior instruction - morning classes. Members: \$95, Non-members: \$110. Contact: Cindy Hoover, cyn@zipcon.com **SEA**

1/11/15 - 2/1/15, Intermediate Cross-country Skiing - Seattle. This three-week course is for XC skiers with prior instruction - afternoon classes. Members: \$95, Non-members: \$110. Contact: Cindy Hoover, cyn@zipcon.com **SEA**

1/11/15 - 2/1/15, Introduction To Skate Skiing - Seattle. Introduction To Skate Skiing - a three-week course. Members: \$95, Non-members: \$110. Contact: Cindy Hoover, cyn@zipcon.com **SEA**

1/21/15 - 2/28/15, Backcountry Ski & Snowboard Course - Everett. Backcountry Ski & Snowboard Course. Members: \$150, Non-members: \$175. Contact: Oyvind Henningsen, telemarkski@comcast.net **EVT**

2/7/15 - 2/8/15, Lift Assisted Backcountry Ski Course - Meany Lodge - Outdoor Centers. Take the tow at Meany then head for the hills!. Members: \$60, Non-members: \$70. Contact: Patti Polinsky, meanysports@me.com

Skiing/Snowboarding 2/7/15 - 2/8/15, Cross Country Ski Camp - Outdoor Centers. Members: \$65, Non-members: \$75. Contact: Patti Polinsky, meanysports@me.com

2/7/15 - 2/8/15, Cross Country Skate Camp - Meany Lodge - Outdoor Centers. Learn how to skate ski. Members: \$70, Non-members: \$80. Contact: Patti Polinsky, meanysports@me.com

2/7/15, Cross-country Skiing Refresher - Seattle. A one-day clinic for XC skiers who would like to improve their fundamental techniques. Members: \$65, Non-members: \$75. Contact: Cindy Hoover, cyn@zipcon.com

2/7/15, Intermediate Skate Skiing Clinic (Half Day) - Seattle. Intermediate Skate Skiing Clinic: Half-Day. Members: \$40, Non-members: \$50. Contact: Cindy Hoover, cyn@zipcon.com **SEA**

2/7/15, Intermediate Cross-country Skiing - Half Day - Seattle. An afternoon clinic for XC skiers ready to improve their skills beyond the beginner level. Members: \$40, Non-members: \$50. Contact: Cindy Hoover, cyn@zipcon.com **SEA**

2/14/15 - 2/16/15, Methow Nordic Ski Clinic - Classic Skiing - Seattle. Three-day ski clinic and tour in the Methow Valley. Includes an evening ski-waxing clinic. Members: \$225, Non-members: \$250. Contact: Carry Porter, carry@nwoutdoorgrill.com **SEA**

2/28/15 - 3/1/15, Mt Baker Telemark/Randonee Ski Camp - Foothills. Mt Baker Telemark/Randonee Ski Camp. Members: \$175, Non-members: \$200. Contact: Shannon Marie, smarie123@aol.com **FH**

1/6/15 - 1/24/15, Basic Snowshoeing Course - Seattle. Members: \$65, Non-members: \$85. Contact: Larry Metzger, snowdog.48@hotmail.com **SEA**

1/8/15 - 1/25/15, Basic Snowshoeing Course - Foothills. Introduction to Snowshoeing. Members: \$60, Non-members: \$80. Contact: Steve LeBrun, stevelebrun@comcast.net **FH**

1/13/15 - 12/31/15, Basic Snowshoeing - Olympia. Learn snowshoe and basic winter travel techniques. Members: \$25, Non-members: \$35. Contact: Tom Eckhout, teckhout@msn.com **OLY**

2/5/15 - 4/30/15, Backcountry Snowshoeing Skills - Tacoma. Members: \$75, Non-members: \$85. Contact: Charles Celmer, remlec@yahoo.com **TAC**

2/11/15 - 2/22/15, Winter Camping Course - Seattle. Members: \$60, Non-members: \$0. Contact: Rich Lawrence, richlawrence77@yahoo.com **SEA**

youth

3/1/15 - 5/15/15, Explorers - Tacoma - 2015. Tacoma Explorers. Members: \$80, Non-members: \$150. Contact: Sarah Holt, sarah.hlt@gmail.com **TAC**

For the most up-to-date courses, go to www.mountaineers.org and click on the Learn tab.

snowshoeing



12 Reasons you'll be glad you learned to Telemark Ski

by Jim Heber

- 1) You found it's a lot easier than you thought and you don't need superhuman legs.
- 2) The turns feel great and have an inherent grace not achievable with Alpine gear.
- 3) Runs that bored you in alpine gear are more exciting, making your home hill challenging again.
- 4) Tele boots are way more comfortable than alpine boots, because they actually bend like shoes.
- 5) It gives you something fun to do while family members are out taking lessons.
- 6) It makes it enjoyable to ski with those who previously couldn't keep up with you.
- 7) You now bring both alpine and tele gear on ski trips to make skiing more interesting.
- 8) It's easy to move around in tele gear, so you can get to more places than you ever imagined.
- 9) It improves your alpine technique by giving you better balance.
- 10) Tele skiers have significantly lower injury rates than alpine skiers or snowboarders.
- 11) It was exciting to learn a new way of skiing.
- 12) The lessons given by The Mountaineers at the summit on Wednesday nights, starting January 7, for all levels are lots of fun.

Telemark skiers. Photo by Jim Heber



Lisa Berntsen

1965 – 2014

By Martinique Grigg and Royce Poetter

Lisa in Nepal. Photo courtesy of Royce Poetter.

With great sadness, we share the news of the passing of Lisa Berntsen – a loving mother, fantastic wife, admiring daughter, supportive sister, strategic leader, co-author, dedicated student and beloved mountaineer.

At the time of her death, Lisa Berntsen was on the ultimate adventure of her life, weaving together the things that held the most meaning to her: adventure, pushing limits, physical challenge, leading others, inspiring her husband and daughter – all in the realm of the exquisite natural beauty of the Himalaya. This dream trip provided the foundation for what mattered most: living a life of purpose, and finding ways to give to others in order to make a transformational difference in the world.

A sudden and unexpected medical event while on a Mountaineers Global Adventures trip to Everest Base Camp and beyond took her life. She died climbing Sherpani Col, 20,041 feet. Lisa was 49 years old.

Her roots are from the Kitsap Peninsula. She grew up on Fox Island where she spent her younger years, followed by studies at Pacific Lutheran University (BS degree) and the University of Washington (Master's degree) and started her PhD program studying shellfish genetics with the Battelle Research Lab in Sequim WA. Her dream of achieving a PhD was stalled when she entered the professional workforce.

In 1989, Lisa joined a small consulting company called FishPro, Inc. to help them develop a robust practice focused on wetlands science and natural resource management. She helped grow the Environmental Division of FishPro to a team of ten scientists.

In 1992, Lisa put her personal and professional talents into founding her own company called Applied Environmental Services, Inc. (AES). AES flourished over 10 years - growing to a quality boutique firm specializing in natural resources management and permitting. During that time, Lisa also helped established Applied Environmental Landscaping, Inc. and two additional companies: Ecological Adventures & Services, LLC and Woodridge Lot 6, LLC.

In 2003, at the peak of success, AES was sold to GeoEngineers, Inc. where Lisa maintained a professional role as Principal Scientist leading multidisciplinary teams on a wide variety of projects across the Pacific Northwest. While at GeoEngineers, Lisa served as the Energy Market Sector Leader, served on the Strategic Planning Steering Committee, and represented GeoEngineers on several Boards and other leadership assignments.

Her belief in creating a positive confluence between business and the environment led her to complete an MBA in Sustainability from Bainbridge Graduate Institute (2011).

In 2012 she received her Doctorate in Philosophy from Akamai University in Hawaii. Lisa also won the prestigious 40 Under 40 award from the City of Port Orchard, Washington.

Lisa (a Tacoma Mountaineer branch member) served on The Mountaineers Board of Directors as the Vice President of Publishing for Mountaineers Books. At the time of her death, she was on the Board of Directors and Treasurer of Braided River, an affiliated nonprofit organization to Mountaineers Books, focusing on innovative publications and programs to advance tangible conservation goals.

Lisa was an active participant and activity leader at The Mountaineers in the Tacoma branch. She led trips as a climb (intermediate and basic) and scramble leader and achieved several notable summits in Washington state and abroad, including Mt. Elbrus at 18,510 feet in Russia and Mt. Kilimanjaro at 19,340 feet in Tanzania.

We are all stunned by the loss of such a cherished and beloved member of our community. Lisa was a close friend and colleague to many of us and made deep and lasting contributions to The Mountaineers at every level of the organization.

She is survived by her husband Royce Poetter, daughter Alicia Stephens, parents Ron and JoAnn Berntsen, and brother Mark Berntsen.

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
www.schemataworkshop.com
grace@schemataworkshop.com
206-285-1589

AUTOMOTIVE

Lee Wilcox (Joined 1995)
Lynnwood Auto and Truck Service
www.lynnwoodautoandtruckservice.com
lynnwoodautotruckservice@gmail.com
425-776-5888

CONSTRUCTION

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

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

FINANCIAL SERVICES

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

Leah Schulz (Joined 2006)
Tri Star Finance
www.leahdschulz.com
leah@TriStarFinance.com
206-523-1288

LEGAL SERVICES

Justin Elder (Joined 2014)
Justin Elder Law Office PLLC
www.justinelderlaw.com
justin@justinelderlaw.com
206-818-2406

David, Nina and Alex Riley (Joined 2010)
Tomsen Riley LLP
www.tomsenllp.com
david@tomsenllp.com
425-998-7497

MAPS

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

MIND AND BODY

Dhammadinna Davis (Joined 2013)
Bodhiheart Sangha Buddhist
Meditation Center®
bodhiheart.wordpress.com
bodhi.community@gmail.com
206-383-4959

Christopher Hall (Joined 2011)
Chiropractic Sports Physician
www.drchrishall.com
chris@drchrishall.com
425-455-3300

Hope Maltz (Joined 2007)
Moving Into Comfort -
Feldenkrais Method®
www.MovingIntoComfort.com
hope@MovingIntoComfort.com
425-998-6683

OUTDOOR RECREATION

Jennifer Robinson (Joined 2014)
Deep Forest Challenge LLC®
www.deepforestchallenge.com
jenniferrobinson@deepforestchallenge.com
253-970-0807

REAL ESTATE

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

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

TRAVEL

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

Want to become a Mountaineers Business Member?

To find out more about increasing your small business' visibility with The Mountaineers membership and to become a supporting business member of this group, 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: since The Mountaineers is a mission-based and volunteer-driven 501(c)(3) non-profit, your membership dues are tax-deductible.

In recognition for their increased level of support, Business Members - in addition to all the regular benefits of Mountaineers membership - receive the following:

- Business Member Directory listing on the Mountaineers website, including link to business member's website
- Business Member Directory listing in the *Mountaineer* magazine
- A 25% discount on advertising in the *Mountaineer* magazine
- Business Member Directory included in new-member packets distributed to all new members
- Opportunity to publicly showcase support of Mountaineers organization



Welcome to our Lodges and Outdoor Centers

Baker Lodge, dressed up for the holidays. Photo by Richard Lawrence

Open year-round for members and guests

Please register by noon of the Thursday prior to the weekend you plan to visit, so the cooks can be fully prepared.

Baker Lodge

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

The lodge usually is open by 7 or 8 p.m. on Fridays. Call the hosts listed on the schedule if you have questions about the lodge or opening time. If you arrive after 10:30 p.m. be prepared with a flashlight or headlamp. Each

person should bring a sleeping bag, pillow, lunches (unless provided), personal gear, and a flashlight and/or headlamp. Unless otherwise indicated the lodge provides Saturday & Sunday breakfasts and Saturday dinner. Baker Lodge welcomes the public, all ages and abilities. Families with children 5 years or younger should call the host prior to registering to learn about accommodations, hazards, diapers, etc

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).

Schedule, Rates & Reservations: Baker Lodge is open all weekends from Thanksgiving through early April provided there is adequate snow and sign-up. See the Baker Lodge website for rates and click on "Upcoming Events" for our current schedule of openings. 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. Register online through Brown Paper Tickets (www.brownpapertickets.com/profile/10559) or call the club (206) 521-6001. When registering through Brown Paper

Tickets you must register for each night you will be staying at the lodge. For most weekend events, reservations close at noon on Thursday before the weekend. Cancellations must be made by the reservation closing date/time to obtain a refund.

Groups at Baker: The Mt. Baker Committee encourages groups, such as scouts, school/youth, or family and friends gatherings, to consider using the lodge whether or not they are members. The area offers many options for outdoor activities, and is especially appropriate for experiential classes in outdoor related skills and activities. Contact Arlene Woodcock (206-457-5452) (happyhen2000@gmail.com) for group reservations.

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 just two weekends of training. Specific duties range from opening and closing the lodge, assisting with and/or supervising meal preparations, and coordinating lodge activities--the possibilities

are limited only by your imagination. We are interested in exploring new ideas for maximizing this „beautiful little gem of a lodge“ that sits in the shadow of Mt. Baker with a fantastic view of Mt. Shuksan. Couples or friends can team up with other couples or singles to serve as hosts. Families could come together and welcome other families for a family weekend, etc. Hosts stay for free!

Driving directions: Drive N. on I-5 to Bellingham, take Exit 255, the Mt. Baker Highway, and go E. on SR-542 about 54.6 mi. to the ski area. At the Firs Chalet, turn right onto the one-way loop road that leads 0.3 mi. to the lodge parking lot on the right side of the road. Park in the lot and walk the trail (driveway) on your right to the lodge. The lodge is in the trees and difficult to see from the road. Driving time is approximately 1½ 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. Visit www.ForestTheater.com/rentals or call 206-542-7815 for more info.

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! Come join one of the oldest Mountaineers Activities either on stage, behind the scenes, or in the audience.

Announcing Season Auditions: Dust off your singing voice - auditions for Mary Poppins and Shrek will be: Feb. 21 (all day) and Feb. 23 (eve) in Seattle. We seek actors of all ages and most roles require singing and dancing. 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 at the theater in Bremerton.

Spring 2015: Mary Poppins - May 24-25, 30-31, June 6-7, 13-14. Based on the timeless books of P.L. Travers and complete with beloved songs from the Disney film, this magical stage musical tells the inspirational tale of the amazing flying nanny who's practically perfect in every way. Using a combination of magic and common sense, she must teach the family how to value each other again.

Summer 2015: Shrek - July 25-26, Aug 1-2, 8-9, 15-16. Based on the Oscar-winning DreamWorks Animation film, Shrek is a TONY Award-winning fairy tale adventure featuring all-new songs, a sidesplitting story and great dancing. Shrek brings all the beloved characters you know from the film to life on stage, and proves there's more to the story than meets the ears.

Help Wanted: The Mountaineers Players are looking for help with set building, costume sewing, prop collecting, cooking for cast and crew, etc. Please contact us at players@Foresttheater.com or call 206-542-7815 to join a fun and supportive community and help us produce the best outdoor theater in the area.

www.foresttheater.com
www.mountaineers.org

Meany Lodge

Meany Winter Season Pass: Cost: Adult \$475, Child \$325 (early bird discount ended Dec 1.)

If you just come to Meany for 5 winter weekends, you will start saving money. If you include any other times (ie holiday week), then you make out like a bandit. Our full day access to the slopes, means full day, as long as the tows are running you can use them.

Meany Winter Sports: Meany has its own Winter Sports School run by the wonderful Patti Polinsky. Not sure about what you want to do? Go check out the sports programs on the Meany web page and see what we offer. If you don't see a class, just email Patti at sports_director@meanylodge.org.

Meany Winter Weekends: Come and play in the snow! Meany will be open for 10 weekends starting Jan 2 2015. With our own hill, Meany

gives you a chance to be challenged.

The Meany ski hill offers a 450 ft vertical drop with some of the steepest slopes in the Cascades, steeper than International at Alpentel. The slope features 32 distinct downhill runs. Access to the advanced runs is via the longest, highest and fastest certified rope tow in the country. Novice and intermediate skiers/snowboarders enjoy four groomed runs via 2 less challenging rope tows.

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 to rent by volunteer leaders on Saturdays and Sundays for Mountaineers courses 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 one of 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: 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.

Cancellations for lodges and outdoor centers must be made before noon of the Thursday prior to the weekend of the reservation. They will be refunded minus a small service fee.

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. 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.

Once you're 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
mindapaul@hotmail.com

Website: www.bellinghammountaineers.com

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

It is also home to one of the most popular Mountaineers getaway destinations, Mt. Baker Lodge. From the lodge, Mountaineers and guests can also recreate to their heart's content year-round. In addition to the courses noted above, Bellingham also offers hiking trips and snowshoe tours.

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

VOLUNTEER OPPORTUNITIES: We would love to have additional hike and snowshoe leaders along with backcountry ski and youth program coordinators. We are also currently

looking for a branch treasurer and a branch chair-elect. Email Minda for details.

EVERETT

Chair: Matt Vadnal,
matthewvadnal@aol.com

Website: everettmountaineers.org

The Everett Branch 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.

The Everett Branch has unlimited volunteer opportunities for those who want to lead climbs, hikes, scrambles, ski tours, kayak trips and trail maintenance activities.

FOOTHILLS

Chair: Steve LeBrun,
stevelebrun@comcast.net

Website: foothillsmountaineers.org

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

The Foothills branch also seeks to be a vital community presence in promoting safe and enjoyable recreation along with conservation advocacy. Among our community-based efforts are special film events, speaker presentations, outdoor leadership training, and trail-maintenance work.

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

MEMBERSHIP MEETINGS: Branch Membership meetings as well as Branch Council meetings (open to all members) are held from time to time at Issaquah, Mercer Island or Bellevue locations. See the branch website and calendar for specific events and meeting dates. Membership meetings are social in nature, and typically include a guest speaker, outdoor-themed film, or a slideshow presentation of backpacking and global adventure trips taken by members. Club members who are affiliated with Foothills as their branch of choice will always receive advance-notice emails informing them of upcoming events and special activities.

VOLUNTEERING: Are you looking to develop or utilize your knowledge and skills while making new friends and working with like-minded outdoor enthusiasts? The Foothills branch is always in need of activity and trip leaders, course content developers and instructors, writers, and event planners. We also need people to help with administrative tasks such as bookkeeping, publicity, website blogging scheduling - the sometimes mundane tasks vital to the success of the branch. And if you have basic bookkeeping skills and an interest in learning how a large non-profit manages its finances and budget, we are also seeking a Branch Treasurer.

The Foothills Branch - your Eastside community of outdoor friends & recreationists.

KITSAP

Chair: Jeff Schreppe,
branch@kitsapmountaineers.org

Website: kitsapmountaineers.org

Founded on March 6, 2003 the Kitsap branch counts in its backyard the trails, waters, and mountains of both the Kitsap and Olympic peninsulas. Over slightly more than a decade this branch has developed very strong climbing, hiking, and sea kayaking programs and in the past year its conservation/education and photography programs have grown significantly. Other Kitsap Branch courses and activities include snowshoe/winter travel, navigation, avalanche awareness, first aid, wilderness basics, hiking & backpacking basics, and trail

running. The branch recently started an arts committee which primarily focuses on painting.

Our activity committees sponsor four or more stewardship efforts each year and recurring events include our spring and fall Salmon Safaris and our annual Photo and Art Show. The branch hosts an Annual General Membership meeting in the Silverdale Community Center every October. A major goal of the branch is to add more family activities in 2014.

Most branch meetings and courses are held at the historic Kitsap Cabin at 3153 Seabeck Highway, which is located on the Kitsap Forest Theater/Rhododendron Reserve property between Silverdale and Bremerton. However, some meetings may be held at other locations throughout Kitsap County depending upon the activity or the audience to be reached. Branch council meetings are held on the third Thursday of the each month at 5:30 pm. To find the location of the council meetings please check the calendar on the Kitsap Mountaineers website.



OLYMPIA

Chair: Greg Lovelady, GregL12@comcast.net

Website: www.olympiamountaineers.org

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

JANUARY 7 ADVENTURE PRESENTATION: The Alpine Pass Route crosses Switzerland from Sargans near to Liechtenstein to Montreux, bordering Lac Léman. The distance is about 350 km, takes 20 days, and crosses 14 alpine passes. Along the way, the route passes under the Eiger, Mönch, and Jungfrau and through idyllic towns. Kevin Head and his wife Julia Brayshaw will talk about their traverse of this route last summer and show slides of the route and the wildflowers along the way.

FEBRUARY 4 ADVENTURE PRESENTATION: "Dirk & Dixie Havlak: 9 Months Across America" Dirk & Dixie Havlak set off in a small RV on September 25, 2013, from Olympia, WA to see as many National Parks and other exciting natural areas of the US as possible. Nine months later, they have hiked, biked, and canoed from the Southwest all the way to the tip of Florida, up to Maine and across the Northern U.S. back to Washington. Come see what they discovered on their journey!

THE BRANCH OFFICERS meet the second Wednesday of the month at 6 p.m. at the Olympia Center, 222 Columbia St NW. The next meetings are September 10 and October 8.

Members are encouraged to attend.

BRANCH LIBRARY: Contact Maxine at 360-786-6512 (8 a.m. to 8 p.m.) 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. The catalog is listed on the branch website.



SEATTLE

Chair: Timmy Williams, mntnrtimmy@clearwire.net

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

The largest of our branches, Seattle gives lovers of the outdoors an opportunity to try out hiking, backpacking, scrambling, climbing, skiing, snowshoeing, wilderness navigation, first aid, family activities, folk dances, leadership training, naturalist study, photography, singles events, Retired Rovers activities, Under the Hill Rovers activities 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 seminars are free, participants are urged to register for them on line to make sure there is enough seating.

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

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 7pm with a presentation about The Mountaineers, followed by an interlude to talk with various activity reps (hiking, climbing, sea kayaking to name a few of the 22 activities).



MOUNTAINEERS-WIDE Players-Kitsap Forest Theater

See Outdoor Centers on page 43 for information on upcoming auditions for spring and summer shows.

Theater Inspired by a Magical Place Escape to the Kitsap Forest Theater! Join us for a grand adventure as you stroll down the forested trail to our unique and breathtaking theater. Treat yourself to a "day away" in the forest and enjoy theater inspired by a magical place. Generations of theater-goers have enjoyed the scenic drive or ferry ride to the theater, and often come early to picnic under the firs before the trail to the theater opens at 1:00pm. **Walk on the 11:10am Bremerton ferry and take our shuttle to the theater (reservations required - call 206-542-7815).**

Volunteer Opportunities: We need help with cooking for cast members, set building and painting, costume sewing and help during shows with selling tickets, ushering and parking. We also need help in caring for this unique property. Please contact us at players@foresttheater.com or call 206-542-7815 to join a fun and supportive community and help us produce the best outdoor theater in the area.

Rentals: Please see the Kitsap Cabin section for info on renting this Mountaineers property.

For current activities and links to branch websites, visit www.mountaineers.org.

lastword



Martha in the Dolomites. Photo courtesy of Martha Kongsgaard



Wildnearby

hope that our *wild nearby* stays wild for future generations

By Martha Kongsgaard

What is the collective meaning of this unusual part of our country – the north eastern shore of the Pacific? We are all People of the Salish Sea and the uplands that feed this second largest estuary of the United States, where we live. It's a place; an idea; an ideal; a future; the sum of its historic parts. It is our shared vernacular.

It's a chemical and biological system that churns on with or without our inputs or protections; it is the economic engine of the state, a source of communal pride. It's what attracts and keeps the right brain economy here and our left-brain sane. It is a rallying cry, and a spiritual hallowed ground, from the snowcaps to the white caps, from Pt. Townsend up and over to Forks, from the land locked town of Stehekin to the Sculpture Park in Seattle.

It is, as an environmental educator friend of mine would say, one of a few places that is so lovely, so temperate, so well 'watered,' so civil, so wealthy, so educated, and so new. It's remote: Gettysburg apparently gets more visitors in a busy weekend than the half-million acre North Cascade national park gets in a year. It's prodigiously wet: the Hoh rain forest on the Olympic peninsula banks yearly 12 - 14 feet of rain a year. And in terms of its future, its population is only going to grow... a lot. We actually are forecasted to receive an extra dose of folks we are already calling Water refugees.

It is the quantifiable - the stats on the pH, the dissolved oxygen, the length of the coastline, the yearly snowpack. And it's the ineffable - the value of sharing these waters with the totemic and endangered orca and Chinook; the value of softening a bulkhead for the sake of forage fish; the value of the sun rise on Mt. Baker.

But it is also in fact a dumping ground, the back ground, the place we take for granted, the back drop for short term thinking, the broken structure of the relationships, as conservation scientist, Gary Nabhan argues, that creates the problems. The Puget Sound is the receiving waters of all of the waters brought by gravity through the basin, from your house, our house - the soup that comes from simply waking up to a modern North American morning and going about our lives.

It's complex, it's complicated, and it's difficult in 2015 to figure out what the FIX is, what the IT is that will 'get it done'. There are lists, top 10s - do this, don't do that, vote for her, buy that product, don't buy stuff, stop immigration, get kids outside, get out of your car, fund transit, enforce regulations.

It's science, it's policy, it's the primacy of cheap energy, it's equity, and our obligation to the yet arrived; it's the underlying philosophies upon which we build our lives and which we therefore want to see reflected in our government (or maybe we just want to see the dismemberment of same). It's demographics, and pernicious incentives; it's treaty rights, it's property rights, it's facts that the citizenry don't buy while their values trump the best available science, and the answer is in fact *all of the above* as we solve our way toward what Jane Jacobsen called a durable prosperity, managing the ecosystem with people at the center.

My husband and I spent the month of September biking and reveling in the historic heart of western civilization in Italy with its lavish troves and layers of 2000+ years of human high culture - art, architecture, music, literature, engineering, and having just a month ago flown home with my head full of European patrimony, I must say that I was overcome with emotion as the plane began its descent over the Cascades, right on the crest, say just at the headwaters of the waters that feed the sound from the east.

And there poking out above the parting low clouds were a late season string of gems whose peaks I know well - El Dorado, Johannesburg, Glacier peak, Bonanza, Mt. Rainier, Mt. Baker, Mts. Fury, Despair, and Mt. Triumph - and then slowly down to a swing around with a view toward the majestic Olympic range, Mt. Constance, and the elegant and ponderous Mt. Olympus back lit from the setting sun, whose slopes were heavy with dark and damp conifers and a velvety undifferentiated understory, ("It's so green here," says the woman behind me on the plane).

Silver slips of wetlands and creeks flashed bright in the waning day, with the broad belly of the Sound stretching out toward the San Juans, turning implausibly pink as we landed and I thought, this is our patrimony, our heritage, our wild nearby – as William Dietrich calls it, "our universe in a mountain cradle."

This is who we are. This is who we will be. But make no mistake - this is how we will be remembered: how well we managed this sacred obligation, what we left behind.

We will have to do this with more than a sentimental lump in our throat. We all need to dig deep with a seriousness of purpose that matches the challenge. And be at it everlastingly with love.



The
Mountaineers
EXPLORE • LEARN • CONSERVE

*Check the weather and
avalanche forecast at*

www.nwac.us

before heading out.

**MAKE EVERY TRIP
A ROUND TRIP**

*Become a member
of the Northwest
Avalanche Center and
support the service.*



NWAC

Ad Space Courtesy of The Mountaineers
Photo © Scott Rinckenberger