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Mountaineer

EXPLORE • LEARN • CONSERVE

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to New Heights PAGE 12

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

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DISCOVER THE MOUNTAINEERS

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

on the cover: Ruman Ahmed Jama belays her friends at a Mountain Workshop in Camp Long this spring. Story on page 12.

photographer: Kym Ahrens, **www.facebook.com/KymAhrensPhotography**

Diversity in the Outdoors

Last month I had the pleasure of volunteering for an enthusiastic group from Hope Place Shelter who had arrived to participate in our Mountain Workshops Program. As I belayed one young girl on her first trip up the climbing wall her anxiety turned to confidence and exhilaration as she conquered her fear and reached the top. Her mother watched with her hands covering her mouth and then cheered with her daughter. She turned to me and asked for her turn on the wall saying "I'm not going to ask my daughter to do anything I wouldn't do myself." Mother and daughter switched places, and this time her daughter cheered when her mother made it to the top.

Hope Place is a shelter for formerly homeless mothers and their children. Groups that come from Hope Place are often 100% minority and include Hispanic, African-American and those of Asian descent. This statistic is startling considering that 78% of participants in outdoor activities are Caucasian. The shelter is one of 30 groups The Mountaineers works with to target diverse and disadvantaged youth and their parents to introduce them to the outdoors and make outdoor activities approachable, accessible and fun.

The barriers to participating in the outdoors are significant and include everything from cultural to transportation to the cost of participating. Mountain Workshops is designed to introduce participants to close-to-home opportunities that exist within Seattle and often within blocks of where they live, including Magnuson Park, Camp Long in West Seattle, Discovery Park or Seward Park. Since our youth programs began three years ago, we've offered over $50,000 in scholarships to get minority and underserved youth into our programs to learn outdoor, leadership and self-awareness skills. This isn't just the right thing to do; it's also part of a long-term strategy to maintain our relevance with a rapidly changing population. In the next three decades, demographics experts estimate, people of color will make up the majority of the U.S. population. If we want to continue to thrive and produce people who value the outdoors, we need to attract participants, members and staff that reflect the diversity of our nation. And while our youth programs have grown to serve a diverse population, we still have a ways to go in our adult programs and in our volunteer base to reflect this level of diversity.

In this issue you'll also learn more about our Mountain Workshops program and hear about the launch of a new Mountaineers Books title, Adventure Gap, featuring *Expedition Denali*, a NOLS sponsored expedition of the first African-American team to attempt to summit North America's highest mountain. Their goals are to draw attention to the persistent lack of diversity in the outdoors and to give rise to a new generation of wilderness advocates. Connecting with nature is essential to building personal investment in protecting our natural world. It's vital that diverse populations foster these connections, see role models like themselves in the outdoors and have the opportunity overcome barriers to getting outside. Our future depends on it.

Martinique Grigg

Martinique Grigg, Executive Director

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

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Comraderie in the Mountains

The last two months, more than ever, have shown me how important it is to get outside, into the mountains, and into nature. I was spending so much time indoors, and in front of a computer, I was starting to feel a little depressed. Then, at the BeWild, *Expedition Denali* presentation, I was inspired by the enthusiasm and photos that Rosemary and Tyrhee shared. So inspired, in fact, that I found myself going on a hike with them the following Sunday.

We chose a local, nearby favorite — Mailbox Peak. These two brought the mountain to life. They gave words of encouragement to everyone we passed, in both directions (this is one hike where going down can be just as painful as going up). It was no longer a mountain but a shared experience. I had on my mind the theme of diversity in the outdoors, and it made me realize — it's not so much about diversity as it is about unity. About coming together and enjoying the transformative power of nature, regardless of background, nationality or color.

You will read about Rosemary and Tyrhee's reflection on diversity in the outdoors in this issue. You will also see some beautiful and inspiring photos from *Expedition Denali* — the first all African-American team to attempt to climb the highest mountain in the U.S. Our *Retro Rewind* column takes you back to 1964, when Dr. Charles Crenchaw climbed Denali as the first African-American to do so. And he did it as a member of The Mountaineers.

We also have a feature on Mountain Workshops, a program created to provide access to the outdoors for those who would otherwise not have the resources. In this article, you can experience a day at Camp Long with Seattle's Interagency High School, where students climb outside of The Mountaineer's Program Center for their first time. It's run by both staff and dedicated volunteers, committed to sharing their love of the outdoors.

Speaking of volunteers, in *Faces Behind the Rescue*, I interviewed four Mountaineers who helped — along with their dogs — to find people and save lives during the Oso mudslide tragedy. They are all part of the Everett Mountain Rescue Unit, of which 60% are Mountaineer members, and that's no coincidence. The Mountaineers creates a culture of leadership, safety and giving back that makes our members ideal candidates for rescuers — and yes, heroes.

Those members who are not up to the task of jumping out of helicopters find ways to give back as well. Read the story of Jim Lea, the inventor of Therm-a-Rest and why he chose to leave a bequest to The Mountaineers in our column, *Impact Giving*.

Being a part of The Mountaineers is more than just finding teammates for a climb. It's about mentoring the next generation and showing them how beautiful it is out there. It's about Leave No Trace principals, stewardship, and finding ways to conserve the land itself, so that so that it will be available for future mountaineers. It's about love, appreciation and connection.

It's no wonder we have so many dedicated lifetime members.

Suzanne Gerber, Publications Manager

Rosemary, Tyrhee and me on Mailbox Peak. *May 18, 2014*

Can you identify the location in the foreground?

Send your answer to Suzanne Gerber by the first of June: **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 *I'm Where* was Dusty Diamond. He was the only one who correctly identified Arrowhead Mountain, but we did get a few guesses for nearby peaks.

Last issue's *I'm where?* Trip Report: Arrowhead Mountain

Another view of the same peak:

Arrowhead Mountain. *Photo courtesy of Rena Chinn*

by Rena Chinn, Alpine Scramble Leader

Arrowhead Mountain is a year-round scramble of 6 miles with 3,000 feet of gain.

Trip Report: (January 18, 2014) We parked on the north side of the road about 0.1 miles east of where the train tracks cross over the highway. There is a large electrical box hanging from the poles near the spot. We were able to squeeze 4 cars onto the shoulder because there was not much snow. In normal years, people may need to do some digging to get the cars off the highway. We followed railroad tracks past intersection with powerline and headed up to the ridge. We used snowshoes for the approach.

Activity Type: Scramble

Seasons: Year-round. Check weather and avalanche forecast in winter.

Distance (round trip): 7 mi

Elevation Gain: 3,300 ft

High Point: 6,030 ft

Land Manager: Okanogan-Wenatchee National Forests, Alpine Lakes Wilderness

Parking Permit Required: Northwest Forest Pass

contributorpage

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

Kym Ahrens is a volunteer staff photographer for the Mountaineers. She enjoys nature photography, particularly close-up portraits of plants and animals. Earlier this year, she was pleased to win the *Seattle Times* Reader's Lens photo of the week contest. In her day job, she works as a pediatrician and researcher serving foster youth in Seattle, Washington. Photography is one very important way that she stays mindful of the beauty around her and keeps her life in balance.

www.facebook.com/KymAhrensPhotography

Hudson Henry is a Portland based photographer, printmaker, teacher and storyteller. His passion for adventure, wild places, and creativity have taken him on photographic adventures from the Brooks Range to the jungle covered volcanoes of the Rwandan - Congolese border. Hudson's work has been showcased in many publications including the *New York Times* and *National Geographic*. When he is not off photographing or filming an adventure, Hudson loves to hand make large prints and teach creative workshops.

www.hudsonhenry.com

www.facebook.com/HudsonHenryPhotography

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.

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Jill Sanford is a Seattle writer who covers entertainment, adventure, outdoors, art and lifestyle pieces in the area. She is a regular contributor to *South Sound* and *425* magazines and decided to join the Mountaineers after writing a story on the organization and falling in love with it. She loves mountains, dogs and spending time on the water. If she's not writing, chances are she's out kayaking, running, doing yoga or reading a good book.

Jillcsanford.wordpress.com

member highlight

ten essential questions

Name	Leah Schulz
Hometown	Bremerton, WA
Member Since	2006
Occupation	Franchise owner, loan originator and broker for Force Realty
Favorite Activities	Hiking, rock and alpine climbing

Leah Schulz (center). *Photo by The Mountaineers Education Department*

How did you get involved with The Mountaineers?

I decided to make better choices in my life the year I experienced a major relationship change. I was becoming too one-dimensional — all about work. So, I called eight of my best friends from high school, and asked them to remind me what I liked. One of my friends reminded me when I got a gift certificate to a local climbing gym. She said, "You called me after going to the gym and never sounded so happy. You should check out rock climbing." So I went online to research how to rock climb and came across *mountaineers.org*. I spent two and a half hours on the website, figured out prerequisites to the Basic climbing course and registered for First Aid and Navigation. First aid was a big deal to me because I'm afraid of blood, so you can imagine how proud I was to receive recognition for Most Passionate Caregiver at the end of the course. I went on to take Basic.

What motivates you to volunteer with us?

I finished Basic with a profound sense of gratitude. I felt the need to give back because the experience reawakened my passion for life. When an organization does that, you want to give back. Now that I volunteer, I know I'm doing that for others. As a volunteer it's not uncommon to receive a note from a student that says, "Thank you so much. You changed my life." When you volunteer, you facilitate life-changing experiences.

Favorite Mountaineers memory?

Two memories are equally significant for me: Both took place during the summer following Basic. The first was on a Rainier summit attempt. Under foul weather conditions and in cold that — to this day — I have never experienced again, our team had to turn around. In spite of that, the challenging experience, dedicated volunteers, and team camaraderie renewed my love of life. The second is on a summit of Mt. Olympus. On that climb, it was so clear I could see the ocean and every peak to Canada when I stood on the summit. It was like a spiritual rebirth for me. These are two favorite memories because they are what inspire me to volunteer. I want people to have the opportunity to feel what I felt on those mountains.

Who/what inspires you?

I'm inspired by people that are willing to take huge risks to stand for what they believe in. My two biggest heroines are Col. Grethe Cammermeyer and Edie Windsor.

What does adventure mean to you?

Going someplace you've never been before, or doing something you've never done before.

Lightning round!

Sunrise or sunset? **Sunrise**

Superpower? **Telekinesis**

Smile or game face? **Game face**

Post-adventure meal of choice? **Egg salad sandwich**

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

A Bequest to Give Back

By Mary Hsue,
Director of Development

Donor Profile	Jim Lea
Hometown	Tacoma, WA
Member since	1949
Occupation	Retired mechanical engineer at Boeing. Co-inventor of the Therm-a-Rest mattress, and co-founder of Cascade Designs.
Favorite activitiy - now	Cruising his 32 foot sailboat in the Puget Sound.
'back in the day'	Hiking and climbing – avoiding exposure on alpine peaks.

Jim Lea, rappelling down Sahale Peak, 1958. *Photo courtesy of Jim Lea*

Longevity in The Mountaineers

In the three years I've been with The Mountaineers, I've discovered our members live long and rich lives. Case in point: the 275 invitations we mailed for our annual luncheon to recognize Mountaineers members who have maintained their membership for 50 years or more.

I suspect our members' longevity may be the result of decades of living an active lifestyle, following a healthy diet, enjoying adventures with fellow members, or simply ample exposure to fresh mountain air and clean water. Because, looking at the photo of Jim in 1958, rappelling on Sahale Peak wearing Converse hi-tops and not wearing a helmet or harness, it's safe to say that it isn't due to current practices of outfitting oneself for safety and with the latest high-tech climbing gear.

Not a lot of climbing gear was available when Jim first learned to climb with The Mountaineers in 1950. Like many 50-year members, he joined to take the Basic climbing course. "Mountaineers' courses were wonderful and outings and climbing trips were fun," said Jim, "I wish I had time to take more courses or spend time with The Mountaineers." But he was too busy building a business.

Getting outside at a young age

Growing up in the north end of Tacoma as the youngest of four children, Jim is about as homegrown as it gets. His parents took the family hiking and camping regularly, so he appreciates the benefits of being exposed to the outdoors at an early age. Jim said, "I remember going to Spring Beach on the southwest side of Vashon Island. We went there since I was two years old and almost every year growing up. You can say my parents inspired me to continue my outdoor activities."

Jim graduated from Stadium High School and got his engineering degree at the University of Puget Sound. Like many engineering graduates, Jim landed a job with Boeing. And like many Boeing engineers in 1971, he was part of the largest layoff in company history. After 30 years on the job and with lots of time on his hands, Jim used the time to invent things. For him it was an opportunity. He'd saved some money and, he said, "I had ideas about what I wanted to do. I wanted to manufacture something."

Outdoor adventurers worldwide benefited from Jim's use of time to invent. Jim merged his love of the outdoors with his engineering know-how and developed a big idea. If you've spent any time sleeping outdoors, you probably slept on the big idea Jim came up with.

"The Therm-a-Rest air mattress is my invention," Jim said. That's right, the Therm-a-Rest pad. The world's first self-inflating mattress used by outdoor adventurers all over the world. Jim went on to co-found Cascade Designs with his close friend, Neil Anderson and climbing buddy, John Burroughs.

Inspiration to make a commitment

Jim doesn't do much with The Mountaineers these days, but he says "I enjoy seeing my friends at the 50-year Member Luncheon. Mountaineers I've met and have come to know over the years are nice, good people with great values. A wonderful gang."

Jim reconnected with a few members of his "gang" at the 50-year Member Luncheon in May, where I had the opportunity to thank him for informing us that he chose to leave a bequest for The Mountaineers in his will.

When asked what inspired him to make such a commitment, he answered simply and definitively, "This is my way of giving back. The Mountaineers is a good group of people. I'd like to see the club perpetuate." He went on to say that, "I like the mission, values and culture, and Mountaineers courses are well-conducted by capable people. I appreciate that." Jim didn't volunteer as often as he wanted to because he spent so much time working, but he said, "I know that volunteering is what holds things together."

Jim is happy to hear about the success of The Mountaineers youth programs. He said, "I think it's wonderful when an organization takes advantage of its capabilities and gets young people involved. I support The Mountaineers efforts to get young people in the out of doors."

Family status elevation

I'm grateful for Jim's invention, but I'm also grateful to him for choosing to elevate The Mountaineers to family status by leaving a bequest in his will. I'm grateful to him for caring to further a mission, a culture, and what I believe The Mountaineers produces through challenging people and teaching them how to be safe in the outdoors: better people who value the outdoors and care to make the world a better place.

Share the love

If you want to share the love of the outdoors and conserve the lands and waters you care about, but cannot make a gift today, you can leave a legacy that reflects your individual values. Consider including The Mountaineers in your will or estate plan. It is easy to make a charitable bequest. Bequests allow you retain control of your assets during your lifetime. Like Jim, when you make a gift through your estate to The Mountaineers, and let us know about your gift, you become a member of the Summit Society — a special group of visionary supporters who have chosen to further The Mountaineers mission and make a lasting impact on the outdoor community and natural world.

For more information or to share your donor story, contact me at **maryh@mountaineers.org**.

50 Years of Adventure

By Mary Hsue, Director of Development

A loud blast of sound from a conch shell resounded across the room. Jordan Hanssen was calling everyone to hear his tale of adventure on the high seas. Over six-feet tall, with long blond hair secured in a ponytail, 30-year old Jordan has the look of a young Viking warrior. Within seconds, he gained the rapt attention of over 70 guests who had gathered on a beautiful Saturday afternoon to reconnect and celebrate their longtime membership in The Mountaineers.

May 17th marked the 16th gathering of the 50-year luncheon. Fifty years enjoying the outdoors. How amazing. I don't have the personal experience, but I have heard and read stories from attendees of the luncheon over the past three years — guests like Dee Molenaar, Ed Boulton, Dan Davis, Carsten Lien and Polly Dyer. Mountaineers who climbed during the Golden Age of Pacific Northwest mountaineering and fought for wilderness areas during the early days of the conservation movement. Their name recognition and stories of impact extend way beyond The Mountaineers history and community.

Lifetime Achievement Award

The Mountaineers' Lifetime Achievement award was presented to Helen Engle, who wasn't able to attend but is a long-time member of the Tacoma branch. A fourth-generation Washingtonian, Helen evolved is an environmental activist and nature-lover. While raising a large family, she co-founded the Tahoma Audubon Society in 1969 and helped pass the Shoreline Management Act in 1972. In 1980, she was elected to the National Audubon board, on which she served for 20 years. Helen's boundless energy and commitment to conservation inspired those around her. Dee Molenaar, past award-winner, accepted the award on her behalf.

Exceeding long-term goals

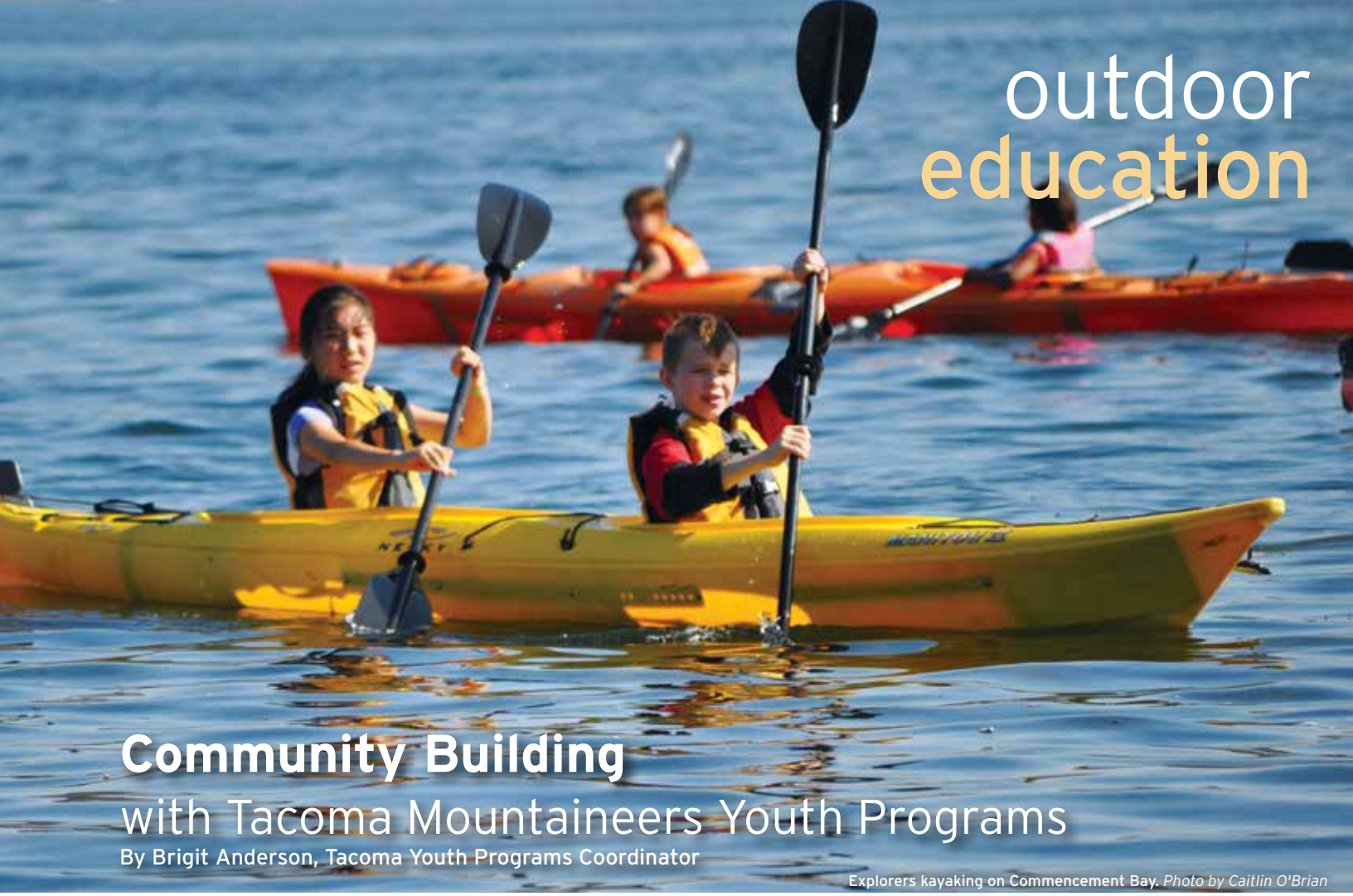
Over lunch, Executive Director, Martinique Grigg presented a report that showed how the organization is meeting and exceeding many long term goals. Youth education and conservation programs have become especially strong.

Martinique highlighted The Mountaineers' recent bequest that funded the creation of a leadership development program. She also showed the importance of improving gathering places for outdoor activities for youth and families with young children, pointing to recent paddling and hiking trips she took with her young son and daughter. The Mountaineers has been working to improve facilities like Meany Lodge to support family outdoor activities. We've been working to expand both the Seattle and Tacoma Program Centers with outdoor climbing walls and friction slabs structures to support youth programs.

Martinique reminded fifty-year members, "The success of The Mountaineers fundraising program drove the exceptional growth of youth programs and the major renovation of the Tacoma Program Center over the past few years."

The luncheon had an exciting tone of achievement and adventure. It was set by Jordan, who's rapt attention gained by the call of the conch was maintained throughout the afternoon. Jordan shared images and a video of his dramatic tale of survival: A trip across the Atlantic in a 3,200-nautical-mile row from Dakar, Senegal to Miami, Florida. He encountered unique sea life and a rare glimpse of a moonbow and his boat was flipped over twice by rogue waves. Learning of the exciting adventures of the next generation is the most encouraging thing long-time adventurers could hear, as they reminisce on stories of their own.

The 50-year luncheon is lovingly coordinated by Donna Price, a fifty-year member herself. In addition to sharing warm greetings and updates on the programs and progress of The Mountaineers over the past year, members come together to recognize lifetime contributions made by notable members. **Left to right: Gerry Price, Donna Price and Executive Director, Martinique Grigg.** *Photo by Mary Hsue*



outdoor education

Community Building
with Tacoma Mountaineers Youth Programs

By Brigit Anderson, Tacoma Youth Programs Coordinator

Explorers kayaking on Commencement Bay. *Photo by Caitlin O'Brian*

As Mountaineers, we see the outdoors as the ultimate community center. It's a venue for young and old, new and seasoned, professional and novice to convene around a common interest. The renovated program center in Tacoma is an indoor space that proves the outdoors is not the only place Mountaineers come together.

Inspired by a sense of community for all ages, The Mountaineers has introduced youth programs to Tacoma. Students are coming from as far south as Olympia and as far north as White Center to participate in Explorers, Mountain Workshops, Family Climb Nights and Junior Mountaineers Summer Camp through The Tacoma Mountaineers.

This spring, we partnered with Cascade Middle School in White Center to run an after school club. We taught students outdoor cooking, first aid and rock climbing skills. This was through the growing Mountain Workshops program which joins forces with other youth-serving organizations all year long.

Our summer camps have been expanding as well. In 2013, we ran one week of Junior Mountaineers Summer Camp through the Tacoma Program Center. This year, by popular demand, we are offering four weeks of camps with trips that take us all over northwest Washington — Mt. Rainier, the Olympic Peninsula, and North Bend — as well as to favorite spots in Tacoma. With the help of our Tacoma Program Center climbing wall, our students have not only learned to climb, but to belay one another safely.

Most recently, we've introduced the Explorers program to Tacoma. Explorers is a club for middle school students and their families. The Explorers club has taken us hiking in the Cascades, "spelunking" in Ape Caves and preparing for the summer outdoor climbing season with indoor climbing at the Program Center. Plans for the summer include climbing on outdoor crags in North Bend, hiking in Mt. Rainier National Park and kayaking on Commencement Bay.

Once a month, the Tacoma climbing wall is open to all members for our Family Climb Night. With the assistance of qualified belayers, families are invited to test out new routes on the indoor climbing wall. Skilled route setters at Tacoma's Edgeworks Climbing Gym have set up routes and worked with Mountaineers volunteers who are practicing the intricacies of route setting. Whether your family is stacked with skilled senders or beginner climbers, Family Climbing Night is an opportunity to bond.

The vibrancy and engagement of the Tacoma Mountaineers community continues to inspire and support local youth programs. Our new indoor wall has served as a wonderful resource for students of all ages. With help from skilled and knowledgeable volunteers, our students practice belaying, rappelling and prusiking. We're looking forward to the installation of the outdoor climbing wall and the opportunities it will give us to engage youth and work with more partners throughout the South Sound.

If you have questions or are interested in getting involved with Tacoma Youth Programs, contact Brigit Anderson, at **brigita@mountaineers.org.**

Mountain Workshops
To New Heights
By Jill Sanford

Ruman Ahmed Jama and two Mountain Workshops teammates belaying at Camp Long. *Photo by Kym Ahrens*

"You guys got me, right?" A student shouts down to her classmates, who are belaying her 50 feet into the air at Camp Long's high ropes course. Her English is heavily accented, marking her Somalian roots, and the reply she gets from the ground comes from a native Spanish speaker, "Go, climb! You can make it!"

One by one, about 20 young people between the ages of 18 and 21 haul themselves up swinging timbers and ropes to stand high above us amid towering trees on a damp day in late spring. As each young adult reaches the top, I find myself cheering along with the ropes course leaders and the students' translators as they climb over tires and logs suspended in midair. My voice blends into the group's overall roar and a clamor of Khmer, Somalian, Spanish, Vietnamese and English encouragement fills the air.

After they are lowered back down to the ground, the students from Seattle's Interagency High School are ecstatic. This has been the hardest achievement yet over the several months they have been participating in The Mountaineer's Mountain Workshops program, which exposes youth to outdoor recreation and conservation principles. Despite speaking various levels of English and other languages, this inspiring group of young adults works together as a team. To help each other reach the top, they use skills newly learned from The Mountaineers. In addition to learning how to rock climb and belay, they have also been educated on outdoor safety and Leave No Trace practices.

Enjoying the wilderness is in some ways one of the most accessible American pastimes, yet there is an undeniable lack of diversity in many outdoor organizations. By focusing energy, volunteer hours and resources on providing outdoor experiences to underserved and diverse youth, however, Mountain Workshops are working to change this. Because The Mountaineers has stepped in, activities like climbing, hiking and snow sports are now relevant, accessible and interesting to kids like these from this Interagency High School Group.

"Many of these students are new to the United States," says Ryan Patek, a truancy officer at Interagency High School who monitors and encourages these students' attendance. His goal is to keep them in school and motivated to succeed. At their international high school, they develop the skills that are necessary to succeed in their new American lives. They are older than most high school students (all over 18), but because of language and culture barriers, needed a little extra time to finish up. Mountain Workshops complement and further enrich their education.

"This exposure gives the students new ideas for a career path after they are finished with their schooling," Ryan continues. He mentions confidence and self-reliance as traits that the students have demonstrated during their time with The Mountaineers. He also notes, "Teamwork and communication are just two skills I have seen the students improve upon in their experiences with the Mountaineers. Many of the activities are impossible to complete as an individual."

In addition to learning valuable life skills, the diverse group of young adults has the unmistakable energy of kids having fun in the outdoors. They laugh and jostle each other, and while some are more withdrawn than others, there are a few who aren't shy to strike up a conversation.

"I didn't ever think I would do something like this," says Ruman Ahmed Jama, a small girl with a huge personality (pictured on the cover). She is one of the first to reach the top, helmet covering her hijab and her harness strapped on over a long skirt as she climbed. Once she descended, she admits, "I was a little scared at first, but I was so happy when I got to the top."

Another young woman, Marielos Artiaga Guerrero (pictured to the right), more nervously approaches the ropes course. As she struggles to reach to the top, her translator switches from Spanish to English to let the rest of the group know, "I know her, she can do this. She is good." Sure enough, the shy and quiet Latina makes it all the way up.

And then there is the exuberant and youthful Osman Hassan, who has a huge grin on his face throughout the whole morning. "You should try it, it's so fun!" he exclaims after his climb. When I asked him if he had ever done something like this before, he continues to smile as he said, "You know the Pyramids? In Egypt? That was the biggest thing I have climbed." Washington State might not have pyramids, but his appetite for adventure just might make him a Mountaineer for life.

Ruman, Marielos and Osman are just three of the participents in this program who approach these seemingly impossible tasks with courage and perseverance. Meanwhile, they're learning the cerebral and abstract concepts that come with familiarizing oneself with a whole new language and culture. Mountain Workshops provide a safe space for them to conquer physical and tangible obstacles, in natural surroundings they would otherwise not have access to.

Navigating the course at Camp Long. *Photo by Kym Ahrens*

The pure joy that lights up the face of a teen who just accomplished something she never dreamed she would have the chance to do is pretty remarkable. **Marielos Artiaga Guerro tackles the ropes at Camp Long.** *Photo by Kym Ahrens*

How Mountain Workshops was born

The Mountain Workshops program grew out of a desire to provide just that: access to the outdoors for those who normally wouldn't have the resources. Starting in 2010, funding for the first Mountain Workshops session was spearheaded by Mountaineers climb leader, board member and donor, Leah Schulz. She saw how the resources this organization has could impact the lives of kids and young adults — propelling its conservation and stewardship principles into the future and across barriers of diversity.

"The Mountaineers had just hired an education manager who could help develop curriculum. We had volunteers who could teach outdoor skills. John Muir [Elementary School] had the motivation and the kids... so Mountain Workshops was born," recalls Schulz. These programs focus on youth who might not have had the opportunity to learn about the natural environment and then gives them the opportunity to flourish in that setting. She also notes, "I know what my outdoor experiences have done for me, personally and professionally. I'm more courageous, confident and resilient. It's important to pass that on to young people."

Most Mountaineers members can attest that when your emotional and physical boundaries are pushed, other problems and barriers seem easier to overcome. The Interagency High School students, and many other kids like them, have come and gone through the program — finding out what they are capable of and allowing the thrill of adventure to take them to new heights.

11 Fast Facts about the Crown of the Continent:

1. **The Crown is one of the most biologically intact ecosystems in North America** – and, for that matter, the world–encompassing 18 million acres, or about 28,000 square miles, of the Rocky Mountains where Montana, British Columbia, and Alberta converge.

2. **All of the Crown's original native species are still present**, which is true for only about a score of regions around the globe today. The Crown is home to about 65 species of mammals, 260 species of birds, and more than 1400 species of native plants. Of note, the bison in the Crown are no longer truly free-ranging, and the unique type of woodland caribou known as mountain caribou have become extremely rare.

3. **From the summit of Triple Divide Peak,** rising to 8,020 feet midway along the Crown, rainfall and snowmelt flow to the Pacific Ocean, Hudson Bay, and the Gulf of Mexico, through sixteen states and four Canadian provinces.

4. **The lowest elevation in the Crown**, at just 2,523 feet above sea level, is at the bottom of Montana's Flathead Lake, the largest body of freshwater in the western United States. It is 371 feet deep.

5. **Sixty percent of the Crown is public land,** including Waterton-Glacier International Peace Park, the Bob Marshall Wilderness Complex, and numerous state and provincial parks and forest reserves.

6. **The Crown has always been important to native North Americans** and continues to be so today, as they participate in shaping a conservation vision for the Crown. Seven tribes and first nations occupy their historic territory in the Crown. Their reserves include the Blackfeet Indian Reservation and the Flathead Reservation of the Confederated Salish and Kootenai Tribes in Montana; the Piikani Reserve and the Blood or Kainai Reserve in Alberta, and the Ktunaxa Reserves in British Columbia.

7. **The Crown contains the first designated tribal wilderness** in the United States: the Confederated Salish and Kootenai Tribes designated 92,000 acres of tribal lands in the Mission Mountains, establishing the Mission Mountains Tribal Wilderness in 1982.

8. **One of the oldest and best-preserved buffalo jumps** in the world, Head-Smashed-In Buffalo Jump, is located near the town of Fort Macleod, Alberta. It was used continuously for 6000 years, and in 1981 it was designated as a UNESCO World Heritage Site.

9. **Waterton-Glacier International Peace Park**, the first such transboundary park in the world, straddles the US-Canada border. It was formally recognized as a UNESCO World Heritage Site in 1995, making it the second UNESCO World Heritage Site in southwestern Alberta.

10. **Of the rivers within the Crown,** British Columbia's Elk River is home to native fish species including west-slope cutthroat trout, bull trout, and mountain whitefish; this river is considered one of the finest fly-fishing destinations in the world. The transboundary Flathead River is remarkable for its aquatic diversity, native fish, and high diversity of carnivore species.

11. **The largest population of grizzly bears** in the Lower 48 and one of the densest populations in the interior of Canada is found in the Crown. The region also hosts other North American predators, including wolverines, mountain lions, gray wolves, black bears, bobcats, Canadian lynxes, fishers, and martens.

For more, visit www.wildestrockies.org.

MOUNTAINEERS BOOKS
SKIPSTONE BRAIDED RIVER

"At the onset of this project I wanted to take people into the far reaches of the Crown, up into the mountains, down under the clear waters, deep into its forests. I also wanted to share the views you could see on foot, the views you see with a little sweat and persistence. None of the images in this book were shot from airplanes, and all the wildlife photographed is wild."

—photographer Steven Gnam

Where can you explore the headwaters of the North American continent, the densest population of grizzly bears and wolverines in the lower 48, and the home of one of the finest fly-fishing destinations in the world?

Join us for a special evening with debut Montana photographer Steven Gnam and acclaimed wildlife biologist and *National Geographic* contributor, Douglas Chadwick as they share stories from 'the Wildest Rockies': July 24th at The Mountaineers Seattle Program Center, 7 pm, as part of the **BeWild** speaker series.

For ticket information visit **www.mountaineers.org/productions/bewild** or call Jill Eikenhorst: 206-223-6303, ext. 132

Photo credit: Steven Gnam. From ***Crown of the Continent: The Wildest Rockies***, published by Mountaineers Books/Braided River in May 2014, with essays by Douglas Chadwick, Michael Jamison, Karsten Heuer, and Dylan Boyle. Book partners include Wilburforce Foundation, Campion Foundation, Patagonia, Montana Office of Tourism, Crown of the Continent Conservation Initiative, Crown of the Continent Geotourism Council, National Parks Conservation Association, Trust for Public Land, Vital Ground, Wildsight, and Yellowstone to Yukon Conservation Initiative.

Mount Si

Love it or hate it, we need it

by Craig Romano, Guidebook author

We live in a polarized society.

No, I am not talking about whether you consider yourself a liberal or conservative. I'm talking about whether you've hiked Mount Si or not. Mention Si to your fellow Mountaineers and hikers and you're sure to get an earful. While Si ranks as one of the most hiked mountains in the state — some estimates are up to 100,000 hikers a year — it's not necessarily the most loved. Folks either love it or hate it. Si's not like other popular hiking destinations. Nobody hates Mount Rainier, Mount Constitution, or Mount Ellinor!

So, what's up with Si? When I first moved to Washington in the summer of 1989, I certainly was in no hurry to hike it. Why would I be when there were so many better, less-crowded, and more beautiful places to hike that weren't much farther away than North Bend's iconic mountain? I'd drive by Si and look up at that blocky mass shrouded in second growth and surrounded by clearcuts and think, "What can be the appeal? And what can be the attraction with all of those people up there? Nope, not interested. I'm off to the Teanaway or deep into the Alpine Lakes Wilderness instead!"

Alas, summer faded to fall and fall transitioned to winter and I found most of my preferable hiking haunts now inaccessible. On a beautiful Tuesday in December (we get them occasionally) I found myself in the Mount Si parking lot! There were about a dozen cars in it. "I can handle that," I thought — and off I went. Yes, the forest was scrappy. Yes, the climb was steep and challenging. And when I got to the summit block, the view wasn't bad at all. In fact, it was pretty cool. The clear cut peaks to the south were nothing to write home about — but Mount Rainier rising above them, the Olympics forming a snowy wall in the west, and the green (it was much greener in 1989) Snoqualmie Valley below yielding to the skyscrapers of Seattle was indeed a sight to behold. And it was December, and I was standing on a 4,000 foot mountain that was snow-free. Can't do that in my home state of New Hampshire! Can't stand on snow-free mountains in December in most parts of the country, actually.

Next, I scrambled up the Haystack. It had my 28-year old heart pounding. Nice little challenge and I had the whole summit to myself. I took some photos and headed back down as sunset was on its way. I had to admit, Si wasn't half bad. But I probably wouldn't be heading up it again anytime soon. There were far too many other mountains I'd rather be hiking.

As time marched on, I witnessed an explosion of people taking to Si. I read the trip reports — then just noted the trip reports — then ignored them outright. Just how many reports do we need on this mountain? What can Mount Si Hiker number 52,000 for the year possibly tell us that we don't know already? Some of the reports bemoaned the mountain's elevation gain. Some reports were by braggarts proclaiming their record times up it with full packs. Other reports were from reckless youths, macho group leaders — you name it. People had strong opinions about this mountain in their reports, too. Some ranted that they didn't get a wilderness experience! Seriously? A mountain in a county of two million people located 30 miles from the downtown of a major US city with paved road access just a couple of miles from an interstate highway and you were expecting to be alone?!

No, Mount Si is what it is. But, just what exactly is it? It was time for a return trip so that I could truly answer that question. So this spring after a nearly 25-year hiatus, I left my home in Skagit County (not Seattle, so I actually had to travel a distance to get here this time) to hike Mount Si once again. Preparing myself to be bombarded with people and behavior that I am not usually accustomed to on the trail, I made a pact with myself to just go with it. Yes, I heard the bad reports about all the loose dogs, loose frat boys, and yahoos on the loose. I expected to encounter scads of Mountain Dew cans and bags of doggie doo littering the trail.

I got to the mammoth parking lot and took a deep breath, and prepared myself for a type of hike that I haven't experienced since hiking New Hampshire's Mount Monadnock and California's Yosemite Valley. It was a beautiful Tuesday in April and there were already over 50 vehicles in the parking lot. I counted them — and then as I began up the nicely built trail (much better than the one I hiked in 1989), I decided to do some more counting and observing — and see for myself just how many people do hike this mountain on any given day. And what are they really like?

I grabbed my notebook and pen and started up the path. I decided that in addition to actually counting every person I encountered on the trail, I was going to greet them all (yes, and that turned out to be more tiring than the elevation gain) and see how they reacted. Were they hurried and unfriendly or nice? Would they say hi back to me, chat, or give me that famous city greeting, eyes averted to the side like you don't exist. I would also take note of whether they were prepared. Did they at least have a small pack, water, some provisions? Or were they hiking

Looking west over North Bend to Tiger Mountain. *Photo by Craig Romano*

in skimpy running shorts, armed with only an empty Dasani bottle? I also took notes on their dogs. Were they leashed, under control, or chasing young children up trees? And did folks leave their dog's droppings along the trail? How about trash?

The Si Survey

I started my hike at 11:45am. I made a diversion on the Talus Loop Trail, and spent 2.5 hours on the summit, including a hike along the Teneriffe Connector. I returned to my vehicle just before 6pm. Here's what I have to report: On the way up, I encountered 44 people, of whom I deemed 37 friendly, returning greetings and eye contact. I encountered four dogs on leash and four dogs off leash and all of them were well-behaved and in control. Only saw two poop bags along the trail (two too many — but I was expecting much more) and very little trash.

On my way down, I encountered 87 folks, three leashed dogs and two unleashed dogs, and all of the dogs were well-behaved. Mind you, I missed counting people when I was on the 1.3 mile Talus Loop, in which I only encountered two hikers. And while on the Teneriffe Connector, I encountered no one — which leads to my first conclusion — you can still be alone on this popular mountain.

But here's what else I've come to conclude. The folks hiking Mount Si come from all walks of life. There was a broad spectrum of ethnic, socio-economic and generational diversity on that mountain that day. Earlier in the day, it was mainly boomers. Later in the day, primarily young adults. But I also encountered families. I encountered newbies that were over-packed and newbies with no packs at all, folks running and folks plodding, folks plugged in and tuned out and folks tuned into the surroundings. There was a shared experience on the moutain, a sense a sense of accomplishment shared by all who made it to the top.

Si is a social mountain like much of the Appalachian Trail. If you can accept that, you can enjoy Si. We need Mount Si for several reasons. It's a gateway mountain for many folks, introducing them to the wonders of hiking. It's a familiar friend for many, allowing a close-to-home big mountain hiking experience. It's a mountain that siphons folks away from other trails so that you and I can enjoy them without the crowds. It's good to have these popular peaks attracting people. All of those Si hikers are supporting our trails through pass purchases, bonding with the outdoors and hopefully getting involved by joining groups like The Mountaineers and Washington Trails Association (WTA).

And you know something? Si is not an easy hike, so to have so many folks attempt it in this day and age of rampant obesity and sedentary lifestyles is a good thing. We need Mount Si and its like to help us fight the ills of society — even if a few of those ills occasionally creep on to Si. But we can address them if they do. Mount Si could have ambassadors on it. Mountaineers, WTA members and other hikers could meet inexperienced folks and familiarize them with hiking, trails, healthy lifestyles, and leave no trace ethics. And perhaps, help these folks become hiking and trail ambassadors themselves and pay it forward.

So love it or hate it, Si is not a bad little mountain. And you know what else? The views are pretty darn good, no matter how many people you're sharing them with.

Looking over the Snoqualmie Valley. *Photo by Craig Romano*

LIFE'S TOO SHORT TO STAY INDOORS.

Alexander Barber

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Alex crossing the northwest glacier at 5900 m on Shishipangma (8013 m)

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Balance and Coordination:

One-leg deadlift

by Courtenay Schurman, MS, CSCS

Courtenay demonstrates the one-leg deadlift. *Photo by Doug Schurman*

One of the most important exercises in my own outdoor-conditioning strength program, and indeed in the program of many hundreds of mountaineers I've trained over the past fifteen years, is the one-legged deadlift. Whether you are 8 or 88, you need balance, coordination, and strength. To go faster uphill on foot, include the one-legged deadlift in your program. It will help your glutes, quadriceps, hamstrings, and balancing muscles around the feet, ankles, hips and knees.

Performance

Descent: Stand on one leg with the other foot held behind you, toes hovering above the floor in case you need help with balance. Hold a fairly heavy weight in each hand. Squat down as low as you can on one leg toward the floor, keeping weights parallel to the ground, abs tight, and back flat.

Ascent: Without rounding through the back, reach for your knees, shins, ankles, or the floor and return to an upright standing position. To target the quadriceps, increase the bend at the knee joint; to target the glutes and hamstrings, bend more at the hip joint.

Once you finish the desired number of repetitions on one leg, repeat for the same number of repetitions on the other. Start on the leg you feel will have the most difficulty and only do on the second leg as many repetitions as you did on the first leg.

Beginner Tips

If you find it hard to balance, try it without extra weight. Relax your feet if you are gripping tightly with your toes. You may want to do this exercise in shoes if you are barefoot — or barefoot if you are in shoes. Try a hard floor if you struggle on carpet.

If you cannot complete the exercise even with the back foot touching the floor behind you, balance on one leg with no movement until you can hold for a minute.

Advanced Variations

For increased difficulty, try:

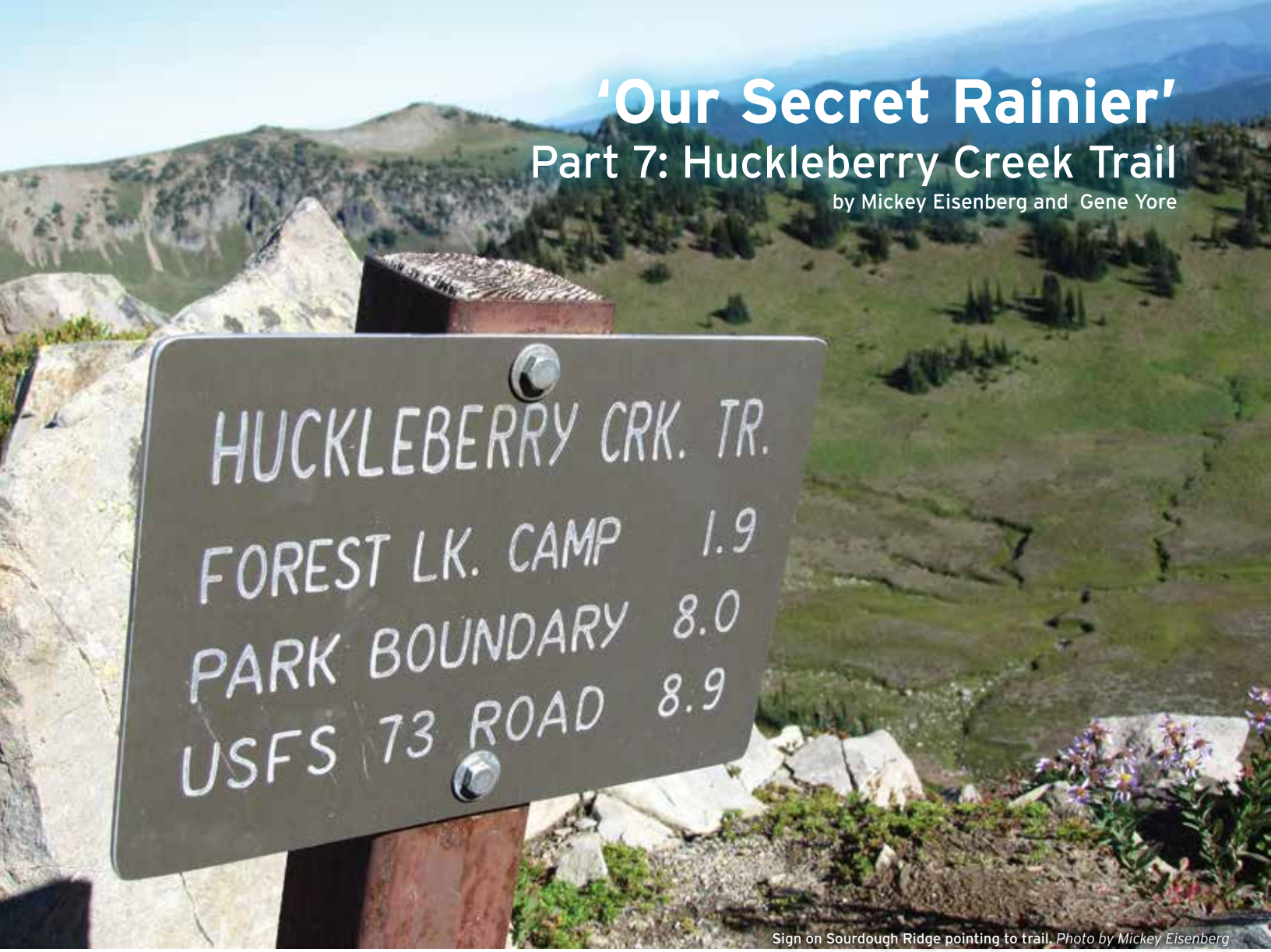
1. Stand on an elevated surface (up to 4" high) and try to touch the floor with dumbbells in both hands. This greatly increases the range of motion and challenge for the glutes.
2. As you ascend, propel yourself off the floor one-legged (hop with light or no weight) then land with control.
3. Perform with a heavy weight in one hand, do half the desired number of repetitions, then switch the weight to the other hand (same leg) and complete the set. Doing so challenges your balance and strengthens the core as you shift your center of gravity. Repeat on the other leg.
4. Pause at the bottom for several seconds so the muscles have to contract longer and harder at the deepest range of motion.
5. Hold one dumbbell in the same hand as the working leg and as you stand, press the weight overhead in a one-leg, one-dumbbell shoulder press.

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***.

'Our Secret Rainier'

Part 7: Huckleberry Creek Trail

by Mickey Eisenberg and Gene Yore



Sign on Sourdough Ridge pointing to trail. *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 sixth of a periodic installment from Gene and Mickey on these gems in the park.

Mount Rainier National Park has over 100 climbable peaks — not counting Mount Rainier itself — either within or immediately adjacent to the Park boundary. Most are scrambles, a few are climbs, and 15 peaks are reachable as hikes.

Giant Views and Giant Trees

One of the nice things about winter, other than skiing and snowshoeing, is to plan next summer's outings. This installment of *Our Secret Rainier* offers a lovely hike to anticipate. Huckleberry Creek Trail - a seldom-visited gem of a trail in the northern part of the Park has it all: Alpine vistas and open terrain in the upper portion and a forested lake, mountain streams, and massive- ancient trees in the lower portion. There are giant views of Rainier for the first portion of the trail and giant Douglas Firs and Western Hemlocks at the completion of the trail. This hike is aptly named for the gazillion huckleberry bushes along the trail. We promise solitude as few Park visitors venture forth on this trail.

Fresh Mountain Huckelberries. *Photo by Mickey Eisenberg*

Huckleberry Creek Trail

Skill level:	Moderate hike
Beauty:	7 on a scale of 10 *choose a clear day for this one*
Distance:	9 mile one-way traverse
Elevation gain:	400′ if you start at Sunrise 3800′ if you start at FS 73
Total time:	5 hours if you start at Sunrise 7 hours if you start at FS 73 *setting cars will require an extra 90 minutes*
Best season:	Mid-July until first snow or road to Sunrise closes
Maps:	USGS Sunrise, White River Green Trails Mt. Rainier East, Greenwater
Equipment:	Hiking gear

Interested in learning more?

Information about all 100 climbable peaks around Mount Rainier can be found in *Guide to 100 Peaks at Mount Rainier National Park*, published as an enhanced iBook for the iPad on iTunes and a PDF eBook by Mountaineers Books. All royalties are donated to The Mountaineers.

Route Description: Leaving from Sunrise, climb Sourdough Ridge (the ridge above the parking lot) and turn left toward Frozen Lake. Turn right (north) .4 miles along the ridge at the directional sign to the Huckleberry Creek Trail. Stay on trail until for 9 miles until it reaches FS 73. You will come to an abandoned patrol cabin 1 mile south of the FS 73 trailhead and you will cross the national park border .9 miles south of the FS 73 trailhead.

Directions to Trailhead: We suggest doing this hike as a one-way traverse of 9 miles starting at Sunrise and finishing at FS Road 73. For the one-way traverse cars must be set at Sunrise and along FS road 73. To set the FS 73 car leave SR 410 onto FS 73 and travel 5.9 miles to a cement bridge over Huckleberry Creek (approximate elevation 3000′). Parking is readily available east of the bridge. The TH is east of the bridge and marked with a sign (this is where you will be exiting the trail). Now travel in the second car to Sunrise. The road to Sunrise (elevation 6400′) generally opens after July 4th. During heavy snow years the trail out of Sunrise may be snow covered until mid to late July.) If you start the one-way traverse from Sunrise the trail has a gain of 400′ and a fall of 3800′. If you start from FS 73 there is a gain of 3800′ and a fall of 400′.

Notes: This trip, especially when starting from Sunrise, can easily be combined with an easy scramble to McNeeley Peak. This will add 1.5 miles and approximately several hundred feet of gain. If you have only one car we suggest starting at Sunrise. Prospector Creek (approximately 3.5 miles from Sunrise) is a good turn around point. Copious flowers will be abundant in the Sunrise area in mid July to September and there are many mushrooms along the trail in late summer (especially following a rainfall). And don't forget the copious huckleberries in late August.

Big tree near northern end of the trail. *Photo courtesy of Mickey Eisenberg*

Expedition Denali
Bridging the Gap

by Kristina Ciari, Marketing and Membership Manager with photos by Hudson Henry

We have come a long way from the early 1900's when The Mountaineers advised women to "carry heavy veils to shield their faces from sunburn when on snow" and men used greasepaint to protect their skin. Today, we all wear the same clothes and use the same gear, but you are still more likely to see a man climbing a mountain than a woman. However, the gender gap is decreasing, and the accomplishments of female climbers are now celebrated as proudly as those of their male counterparts.

One gaping hole still exists in the outdoor recreation landscape, though: the under-representation of African-American athletes in the outdoors. Outdoor participation rates among African-Americans, especially children, remains the lowest in the nation.

This gap exists for many reasons: a lack of role models, underfunded inner city programs, wilderness access difficulties, and the sheer expense of participation, to name a few. But the good news is that progress is being made. With help from groups like *Expedition Denali*, the first all African-American team to attempt a climb of America's highest peak, a new face is being given to diversity in the outdoors.

For this story I sat down with *Expedition Denali* team members Tyrhee Moore and Rosemary Saal to get their take on diversity in the outdoors, their ideas for possible solutions to the "diversity gap," and their suggestions for how we can ALL increase diversity in the outdoors.

Getting Started

The concept of Expedition Denali was created by the National Outdoor Leadership School (NOLS) to celebrate the 100th anniversary of Denali's first ascent by helping a new group of climbers make their mark. NOLS brought together a group of inspiring African-Americans to blaze a trail up the mountain while paving a way for young people of color to "get outside, get active, get healthy, become passionate about America's wild places, and chase their own Denali-sized dreams."

Tyrhee and Rosemary were the two youngest members of the expedition, and were invited to participate because of their dedication to and passion for the outdoors.

Tyrhee first found his outdoor inspiration in 7th grade with help from his history teacher (who happened to be white). This mentor loved being active outdoors and shared his passion and photos with Tyrhee. Inspired by what he saw, the summer after 7th grade Tyrhee joined a group on a trip from his home in Washington, D.C. to Jackson Hole, Wyoming. That summer in Wyoming would forever change his life. Tyrhee went on to graduate from two NOLS courses, including an Outdoor Educator Course in the Pacific Northwest. He's currently attending West Virginia University studying sports management.

Rosemary was born in Seattle, and has always loved getting outdoors. At an early age, she joined Passages Northwest (now

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Expedition Denali member, Billy Long climbs the West Buttress Headwall. *Photo by Hudson Henry.*

Expedition Denali Team. From left to ri

ght, top row first: Billy Long, Scott Briscoe, Tyrhee Moore, Steven Shobe, Steven Deberry, Ryan Mitchell, Erica Wynn, Rosemary Saal, and Adina Scott. *Photo by Hudson Henry.* ››

<< continued from page 23

GOLD – Girls Outdoor Leadership Development) to get involved in rock climbing, taking numerous courses. At 13, she moved to the East Coast and away from GOLD, but maintained her passion for wild places and returned to Seattle years later. Today she continues to volunteer with GOLD and is pursuing a degree in communications in Seattle.

Diversity in the Outdoors

Both Tyrhee and Rosemary are working hard to change people's perceptions about getting outside. The harsh reality is that mountaineering began as a white male sport and largely remains so today. "It's a matter of representation and stereotypes," Tyrhee said when I asked him about the phenomenon. "People just don't think about taking a group of African-American students outside. A lot of times it's not even brought up. They just say, 'Oh, let's just start a basketball team,' and don't think about something like a rock climbing group or a hiking club."

Rosemary expanded on this, saying, "Mountaineering is an activity lacking color and diversity, which can be really discouraging for a young boy or girl of color. It's so important to see someone who looks like you and who you identify with doing something that you want to do." Black people don't see others who get outside and therefore they don't get outside — ultimately this underrepresentation becomes a self-fulfilling prophecy. Not only that, but most African-Americans think of climbing as a "white sport." Both Tyree and Rosemary have been called "white" for their participation in mountaineering, something they find frustrating — but also motivating.

"I mean, I'm the furthest thing from white," Tyrhee said. "And I'm clearly doing it — I'm getting outside. It's not something that 'white people do'. It's something that EVERYBODY does. And even though you aren't doing it, you should do it. It almost makes me want to work harder to expose more people to doing what I love the most."

Rosemary, who is half-white and half-black, has a bit of a different take on it. She agrees it's wholly exasperating when people call her white for climbing, or make similar types of inferences, but ultimately she thinks it's a shame that different activities are associated with different colors of your skin. "A concerted effort needs to be made to make sure that we're spreading the love of the outdoors to everyone," she said.

Role Models

The natural world offers different things to different people, and communicating their excitement is what makes this dynamic team so successful. For Rosemary, nature equals empowerment. "Reaching the really remote Cascades on foot made me feel proud and confident and like I could do anything," Rosemary said. She feels the lessons gained outside continue to relate to her everyday life. "It's like this: you've got a hard test coming up and you just think, 'Yo I got this. I climbed that huge mountain! This is nothing.'"

For Tyrhee, being outside helps him build immediate, close, strong friendships. He also really cherishes the time away from technology. "It's grounding to have time to really reconnect with yourself," he says.

When we talked it was truly evident just how much personal satisfaction both Rosemary and Tyrhee glean from their time outside, and how honored they feel to have participated in such

Tyrhee at Airstrip Camp. *Photo by Hudson Henry.*

Rosemary at 14,000' Camp. *Photo by Hudson Henry*

an inspiring project. Tyree still answers emails and has long text conversations with some of the kids he's spoken to, answering questions about the best types of outdoor summer camps and where to find more opportunities to get outside. He feels honored to be included in these conversations.

The concept of being a role model when you're in your very early 20s can be daunting. These two impressive young people carry the torch well. While getting used to their new responsibilities, both Rosemary and Tyrhee talked about speaking in front of groups whose attitudes clearly changed over the course of the presentation. They find this instant transformation truly motivational.

Shaping the Future

While the struggle to bring more diversity to the outdoors is an uphill battle, the future is far from bleak. Rosemary and Tyrhee hope to see changes in the outdoors in their lifetime. Just like climbing a mountain, they're laying the groundwork now to see the fruits of their labor in the future. It won't be an immediate change, but the slow and steady approach is already delivering results.

Rosemary and Tyrhee have already seen an impact in their close community of friends. I joked that they were like the "gateway drug" to the outdoors and Rosemary was quick to agree. "Yes, we're the drug of naturally produced endorphins in the land of greenery!" she said.

Ultimately it's all about access and equality — opportunities should be equally available to everyone. The good news is we can ALL work to be a gateway to the outdoors. Like Tyrhee's white history teacher, all of us can spread our passion for the outdoors simply by sharing it with others regardless of race or our own preconceptions. We can open doors by encouraging excited exchanges about the things we love with everyone.

It remains especially important to create opportunities to introduce young people the outdoors. "I think the most important thing is just introducing it to kids," Tyrhee said. "Make rock climbing walls available at schools and create after school programs to get kids outside in the first place. How are you going to convince someone to go out and sleep in the woods for four days if they haven't spent a night outside in their entire life?"

For his part, Tyrhee is spending this summer working at the camp in Jackson Hole where he first discovered the outdoors, and someday he hopes to go back to Denali. Rosemary is still volunteering with GOLD to teach middle school girls climbing while passing on other skills that will serve them throughout their lives. They hope to continue to inspire people to get outside by emphasizing just how incredibly rewarding these experiences can be. "Showing people the transformative power of outdoor experiences is our ultimate goal," she said.

Towards the end of our interview I asked, "Do you feel you were more quickly bonded with your Expedition Denali teammates because you were all African-American?" They both thought about it for minute and then agreed, "No, we weren't." They felt their love for the outdoors bonded them much more quickly than the color of their skin. At the heart of it, they were united not by their common ancestral background, but by their true love and passion for the outdoors.

And ultimately, aren't we all?

Faces Behind the Rescue

The Mountaineers (and their dogs) who helped during the Oso mudslide

by Suzanne Gerber, Publications Manager

Keb, the rescue dog, surveys mudslide damage. *Photo courtesy of Suzanne Elshult*

On March 22nd, a natural disaster hit the state of Washington in the form of a massive mudslide. It covered a square mile and engulfed nearly 50 homes in Steelhead Haven, Oso. To me, it seemed like something out of a history book – before land surveillance and building regulations. But to the people of Oso, it was very real. Unlike historical tragedies, they had a major advantage: highly skilled and organized rescue teams.

I had the pleasure of interviewing four of our very own Mountaineer members who helped out during the Oso rescue: Suzanne Elshult and Chris Terpstra of the K9 Search and Rescue Team, and Dave Zulinke and Oyvind Henningsen of the Helicopter Rescue Team. These teams were among the first responders to the mudslide and — like many other specialty rescue teams — made up of entirely of volunteers. All four are members of the Everett Mountain Rescue Unit.

I asked why each of them became rescuers:

Suzanne, Bosse and Keb (search and rescue dogs)
Suzanne has been part of the K9 Search and Rescue Team for over thirteen years. It was an incident that happened more than two decades ago though that changed her life and eventually paved the way for a future in search and rescue missions: She witnessed the death of a close friend as he slipped off a granite rock atop a waterfall, near Yosemite Park. Suzanne describes it as happening in slow motion – an image forever etched in her memory. It left her with a fear of heights that hindered her outdoor and mountaineering adventures for years.

Then, in 2001, the much-publicized 9/11 rescues inspired her to overcome her fear of heights and help with mountain rescue — as her husband Scott was already doing. She adopted Bosse, her now retired yellow Lab rescue dog, and enrolled in Mountaineers scrambling and climbing courses. She was able to spend more time with her husband, save lives, work in the mountains, and conquer her fears.

As Suzanne reflects in her blog on her executive coaching site, "Looking back on it all, I now see, in sharp relief, how that tragic day came to importantly shape myself as a person. For many years it would severely limit me. But later it would allow me to feel the success of stepping into my fear, embracing it and using it to propel myself forward in many aspects of my life."

Suzanne also has a four-year-old Lab named Keb who started training at two months with Bosse's help. Keb is certified as both a human remains detection and airscent search dog, known for her "body slam" indications when she finds lost subjects. Keb also trains in avalanche and disaster rescue.

Chris and Ferdie (rescue dog)
Chris' introduction to mountain rescue came with his desire to

get a dog and his conviction that it should be an active, working dog. Both Chris and his wife are involved with K9 Search and Rescue. His current canine partner is Ferdie, a yellow Labrador retriever — like Bosse and Keb. Ferdie specializes in airscent and also trains in avalanche, disaster and human remains detection.

Chris' interest in the mountains started well before Ferdie. He got involved with a Boy Scout/Mountaineers group when he was 19. Chris is currently a Crisis Manager at Microsoft but he says Search and Rescue came first. His drive to help people and a flexible schedule keep him active on the team.

Dave

In 2004, Dave attended an EMRU (Everett Mountain Rescue Unit) meeting and was impressed with what he learned. He was already a climber so he started training with the Helicopter Rescue Team (HRT) right away. His first mission was on Mt. Dickerman with Scott, Suzanne's husband. EMRU is a pretty tight-knit group, which Dave really likes. "There's a lot of fostering self-improvement for the good of the unit," he says.

Oyvind

Oyvind got involved with EMRU in 2007, but was inspired years before, on Christmas Eve 1996. Skiing with his brother, Oyvind saw a mountain rescue group going up Snoqualmie Pass to help people caught in an avalanche. The rescue group's selflessness in giving up their holiday to help strangers stayed with him. Through the Mountaineers, Oyvind took Mountaineering Oriented First Aid (MOFA) and a backcountry ski course before finding his way to an EMRU meeting. He eventually served as chair of EMRU and now volunteers with HRT.

Everett Mountain Rescue Unit (EMRU)

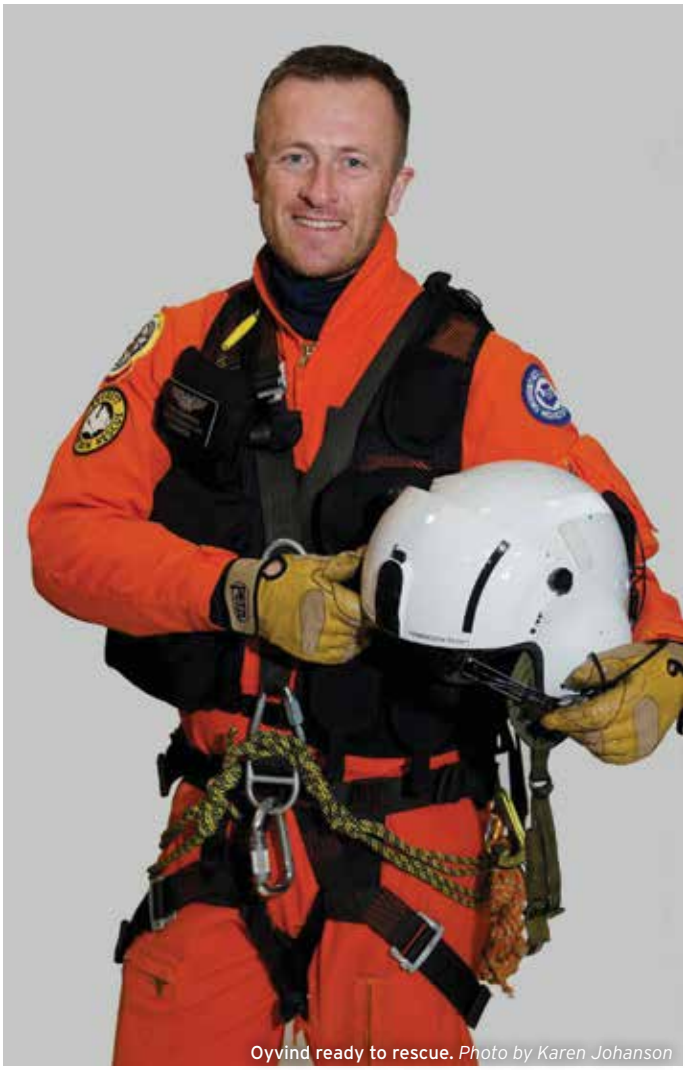
The Everett Mountain Rescue Unit started in 1954 with a small group of Mountaineers who organized a rescue mission on Mt. Stickney. Today, with more than 70 active members, EMRU works with the Snohomish County Sheriff's department on search and rescue operations. Many EMRU members also participate in Snohomish County Volunteer Search and Rescue specialty teams such as K9, HRT, 4x4, Horseback, and Swiftwater. I was surprised to learn that these rescues aren't all in the mountains. Suzanne estimates that 60% of K9 rescue calls now come from urban areas, a big shift from ten years ago when most were wilderness rescues. It doesn't matter to the rescuers, though. When the pager goes off, it means that someone needs help. Those that are available or on call immediately hop in the car and provide whatever support is needed.

The hero in you

So who becomes a rescuer? According to Suzanne, Chris, Oyvind and Dave, they're not so different from you and me. As a matter of fact, being a member of The Mountaineers is a great place to start. The Everett Mountain Rescue Unit often recruits from The Mountaineers and recommends that those who want to be part of a mountain rescue team take our Basic Alpine Climbing and Wilderness First Aid courses.

I commented that I probably wouldn't be the top choice for a rescue team because of my small stature. However, Suzanne says they look for all kinds of skills and backgrounds and pointed out that she's not much taller than me. A good team is a balanced one. The traits of a good rescuer include risk assessment skills, leadership, navigation, camaraderie, and a flexible schedule. Oyvind said good humor is another essential quality. Rescuers spend a lot of time working closely in high-stress situations - like a climbing team, but with an important difference. By the time a rescue team is called, something has already gone wrong. It takes a level head, good judgment and training to figure out the best ways to help.

If you think you might be a good candidate, don't worry; you won't have to come pre-trained. The individual SAR teams train together, sometimes as much as 15 hours a week. A good place to start is the Everett Mountain Rescue Unit meetings, held at 7pm the first Monday of each month in Taylor's Landing in Snohomish. They're open to anyone who wants to learn more.



Oyvind ready to rescue. *Photo by Karen Johanson*

If you (and your dog) would like to find out more about how to get involved in K9 Search and Rescue, send an email to **searchdogs@scvsar.org.** To donate, send a check to SCVSAR, Attn: K9 Team, 5506 Machias Rd., Snohomish, WA 98290. Or click on the Paypal link at **www.scvsar.org** and specify that you want your donation to go to the K9 team.

The Snohomish County Search and Rescue K9 unit is funded entirely by donations and the Helicopter Rescue Team (HRT) is cooperatively funded by donations and government funds. To learn more or make a donation to HRT, go to **helicopterrescue.org** and click on 'Get Involved.'

Back on the Map

a town's road to recovery

By Katherine Hollis, Conservation & Responsible Recreation Manager

Darrington coffee shop and bookstore. *Photo courtesy of Tom O'Keefe*

The mudslide that destroyed the small community of Steelhead Haven in Oso also blocked access to the town of Darrington. Before this disaster brought the area national attention, Darrington was known for two things: logging and access to amazing outdoor recreation opportunities. From climbing at places like Three O'Clock Rock, rafting on the Sauk River, setting out on an adventure to Glacier Peak or enjoying an afternoon with the family on the Old Sauk Trail, Darrington has been a gateway for Mountaineers as long as we have been getting folks outdoors.

I drove on the bypass around the slide area just a week before the slide-affected highway reopened and was floored by the scale of the slide. Reading and watching the news simply could not prepare me for size of the area and the amount of destruction. How do tiny communities recover from such an event? While much of that question must be answered by those who live there, the conservation and recreation community has come together to lend our support.

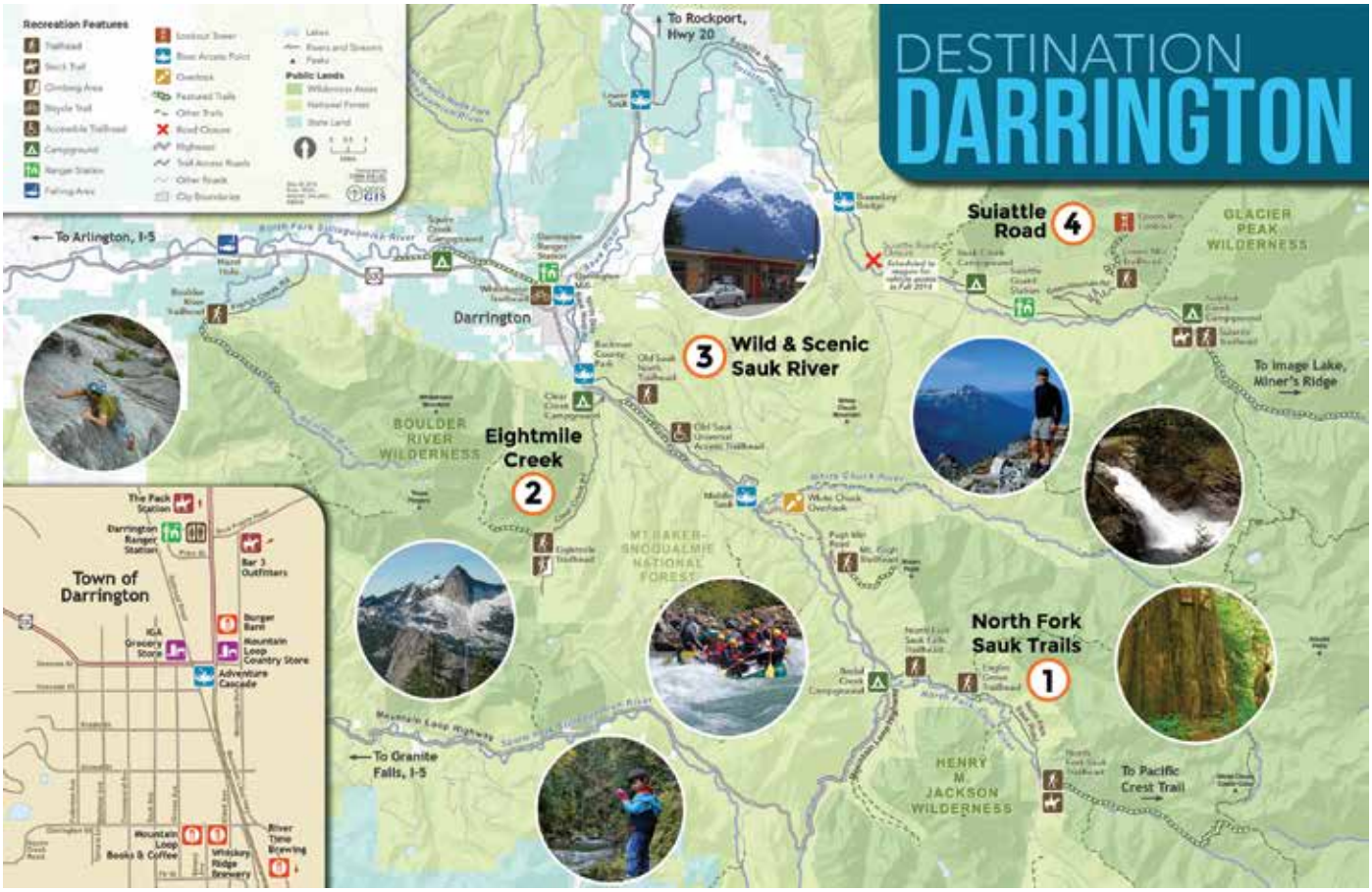
At a recent meeting with the Darrington community and Senator Patty Murray, The Mountaineers shared the importance of the area to our members. Many lookout towers in nearby forest lands are maintained by the Everett Branch's Lookout and Trail Maintenance crew. Longtime Mountaineer and Washington Climbers Coalition board member Matt Perkins has been climbing in the area for decades. "Rock climbers have been finding exciting challenges there, with granite domes in Clear Creek and Squire Creek and other opportunities throughout the Darrington area."

With traffic now flowing in both directions, Darrington is just a 90-minute drive from Seattle. It is surrounded by stunning public lands, with two scenic rivers: the Sauk and the Suiattle, and three wilderness areas: Henry M. Jackson, Boulder River, and Glacier Peak. The Mountaineers recognize that wilderness is both about protection of wild lands, as well as connecting people to these places and providing opportunities for the public to learn about natural history and cultural history. Supporting a recreational economy in Darrington both helps a community impacted by tragedy and lays the framework for future conservationists.

"The recreational economy — and the people who come visit that community in the summer — is incredibly important," Mountaineers Advisory Council member Tom O'Keefe said. "And we want to encourage people to remember there are great recreational opportunities there, and the community really depends on that summer traffic." Darrington Mayor Dan Rankin added, "We are truly grateful for the assistance from the conservation and recreation community and hope to see lots of visitors this summer — our welcome mat is out for everyone."

Two Breweries and a Coffee Shop

The Mountaineers are thrilled to continue to collaborate with eight other conservation and recreation organizations, as well as Outdoor Research and REI to put Darrington 'on the map' as the gateway to the North Cascades. We are involved in longer-term planning ideas from continuing to improve hiking trails to establishing mountain biking opportunities; we all believe in the long term potential of the Darrington area. With two breweries recently opened, and a lovely coffee shop, the town offers some of the basics that many outdoor recreationists enjoy. With the support of local businesses, our coalition has produced a colorful brochure map spotlighting recreational opportunities around Darrington. It includes places for fishing and camping to climbing, biking and rafting.



To download the Destination Darrington map, visit www.DestinationDarringtonMap.com or pick one up at the cash register on your next visit to REI or Outdoor Research or The Mountaineers Bookstore.

membershipmatters

did you know?

May 5 we launched our new

WEBSITE

Our new site is already performing really well with Search Engines, meaning its easier for people to find us, learn more, and join our community.

3 **major outdoor brands** have contacted us to learn more about our design process

We're *writing* blogs for all the important website updates.

Check our homepage or blog page to stay up to date.

User tips:

- Make your **profile public** to other members to arrange carpools
- **Include a phone number** to be notified of last minute activity changes
- Use the **magnifying glass** in the upper right-hand corner to search for anything and everything

The First African-American to climb Denali

an excerpt from *The Adventure Gap*, by James Edward Mills

"It had been so easy today for most of the climbers that it was hard for them to realize they were actually standing on the summit of Mt. McKinley, the highest point of North America," read the archive log. "Climbers found themselves searching through the clouds for something yet higher."

Crenchaw arrived on the summit at 1:30 p.m. accompanied by Frances and Al Randall. A photograph of the three climbers together taken by Charles DeHart illustrates the pages of the team's official report.

"We congratulated each other, wiped away a few tears and then went to work," Crenchaw wrote. Making the first high altitude radiotelephone transmission in history, Chuck DeHart placed a collect call to his landlady in Seattle before turning the device over to Randall who called Ome Daiber of the Seattle unit Mountain Rescue Council to report the successful summit. He also placed calls to the superintendent of McKinley National Park and pilot Cliff Hudson.

The team made it back to high camp by 5 p.m. Although they had hoped to make an attempt of Denali's somewhat shorter North Peak, the following morning, heavy snow began to fall and didn't let up for the next two days. Recalling the tragedies that had befallen past expeditions on their descent, the team decided to pack their gear and head for home. Pat Chamay was still in a weakened state and Crenchaw had a badly infected finger that was not responding well to antibiotics. As soon as the weather permitted on July 12, the entire party descended to the camp on Karstens Ridge.

"We proceeded with care, fully aware that Mt. Koven and Mt. Carpe had been named for climbers who had been swallowed by a crevasse in the Greater Icefall," wrote Norman Benton in his 2003 memoir of the climb. "We were not hankering to have a mountain named for any of us."

Over the next three days, as the team made their way down the mountain, the weather grew progressively warmer, but the going was slow through the Great Ice Fall and even slower through the Lower Ice Fall. Several recent avalanches had dislodged massive piles of ice and rock and dramatically changed the landscape from what it had been just two weeks earlier. Crenchaw described this portion of the route as being "like going through the gates of hell." The team finally made it back safely to McGonagall Pass. After being on the move for 22 hours on July 14, they were all relieved to be off the Muldrow Glacier.

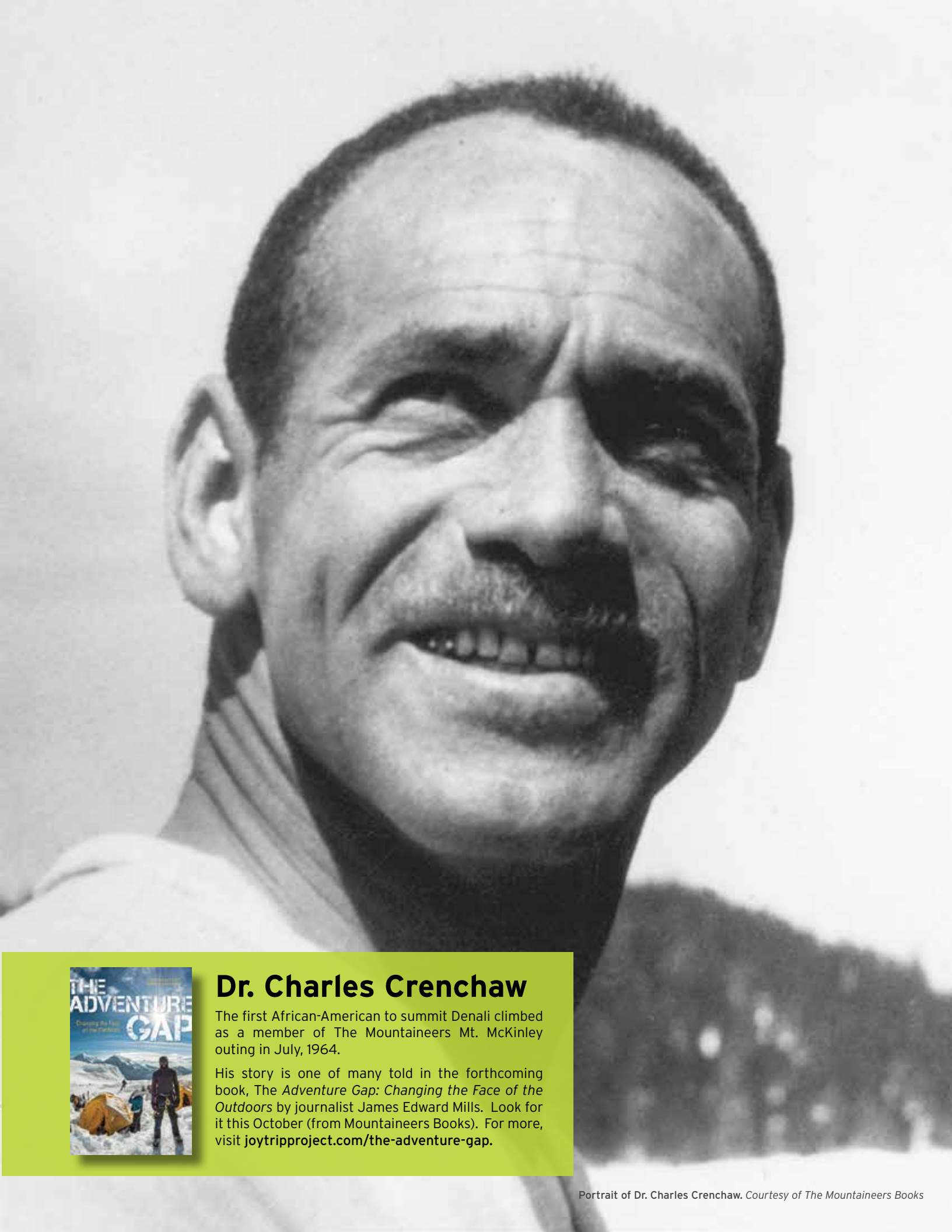
The team spent one final night by the McKinley River then began to cross early the next morning. A sudden surge of water swept seven members of the team off their feet, and Pat Chamay was carried downriver almost 25 yards before he was able to regain his balance and stand. Fortunately no one was seriously hurt and the only casualty was some lost equipment. Back out on the highway, they hitched rides back to the bus. When they reached the hotel, Crenchaw received medical attention for his finger. After hot baths and long overdue shaves for the men, the team gathered for a farewell dinner.

Crenchaw, Frances and Al Randall on top of Denali. *Photo by Charles DeHart*

"The Mountaineers' McKinley Outing had been a complete success," wrote Crenchaw, "because of careful planning and attention given to each minuscule detail, the close teamwork of the party and the exceptional leadership of Al Randall."

In all accounts of the expedition, Crenchaw was an equal and well-supported member of the team. The fact that he was black appeared to be wholly irrelevant. His race is mentioned only once at the end among the list of the team's accomplishments. "The First Negro to climb Mt. McKinley — Charles Crenchaw" is included with the same weight and bearing as "The largest number of women to reach the summit — 3 in one party" or " the largest number of husband-wife teams — 2." These details were recorded for posterity like baseball statistics, worthy of note but hardly a Jackie Robinson moment. Like so many achievements in climbing, the fact of its having occurred would be recognized and celebrated only by those to whom such things truly mattered. Crenchaw, like most climbers, upon his return probably took a day or two off from work before heading back to his job at Boeing with a few new water-cooler stories and snapshots.

Crenchaw went on to climb many more mountains over the course of his lifetime and served on the board of directors of the American Alpine Club for many years. He died after a long illness in 1998. Tragically, his accomplishments and legacy went completely unknown and uncelebrated by the next generation of African-American climbers, who might have followed in his footsteps and tackled McKinley themselves if they had only known. Now, in 2013, the members of *Expedition Denali* aimed to duplicate his feat with similar style, passion, and humility.



Dr. Charles Crenchaw

The first African-American to summit Denali climbed as a member of The Mountaineers Mt. McKinley outing in July, 1964.

His story is one of many told in the forthcoming book, The *Adventure Gap: Changing the Face of the Outdoors* by journalist James Edward Mills. Look for it this October (from Mountaineers Books). For more, visit **joytripproject.com/the-adventure-gap.**

Portrait of Dr. Charles Crenchaw. *Courtesy of The Mountaineers Books*

WE are explorers and adventure seekers
WE are hikers, climbers, paddlers, skiers
Most of all, WE are the protectors of crucial wildlife habitat throughout the Northwest
WE ARE VITAL GROUND
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globaladventures

Celebrations in Switzerland

By Patti Polinsky, Global Adventures trip leader

La Flaine, France. *Photo by Patti Polinsky*

Surprises on the Streets of Switzerland

We arrived in Chur for a walking tour of the oldest town in Switzerland. The whole place was alive with energy. Faces were painted while adults and children alike were dressed in costumes. Live bands played on street corners. Was this Halloween in February? We soon realized it was *Fasnacht*, the carnival day before Lent. There would be a parade and this was the colorful lineup. What fun it was to be a part of the celebration while we stopped at street stands to sample the local fare. What an unexpected event!

We stayed at a ski resort there, where they had telescopes which you could rotate 360 degrees. As you rotated the scope, each mountain was named and its elevation given. Nearby you could push a button and have your picture taken, then find the picture on a website when you returned to your hotel.

The resorts are huge compared to all American resorts. They are often 30 to 40 miles wide with varied terrain, acres of groomed and un-groomed slopes, and 60- 120 lifts on one ski pass and numerous mountains to skin-up.

Within the resort villages, small, family-run hotels are plentiful. They offer a family atmosphere in a warm, welcoming place to relax and share experiences — along with the most delectable, multicourse meals.

Ski or Walk through Austria and France

Coming up in March, we have a combined trip to Munich, Geneva, and Regensburg (UNESCO city). This trip includes a boat ride to a Mad King Ludwig II palace, lunch in Lucerne, and visits to the ski resorts of Sölden in Austria and Les Carroz in France. Here, lifts take you right up to where you can walk on glaciers. Hotels are small with the friendliest of families who want to make your time with them perfect. Skiers have the option of a ski-in, ski out hotel.
Learn more or sign up online: www.mountaineers.org

Current Global Adventures Trip Listings:

Trek or climb Nepal's Khumbu

Trek Oct. 8-28, 2014 or
Climb Oct. 8-Nov. 8, 2014

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

Climb Red Rocks, NV

Oct. 16-20, 2014

Join the Seattle Crag Chair for a Red Rocks outing near Las Vegas.

Spend three days climbing some of Red Rocks' classic moderate multi-pitch routes graded from 5.6 to 5.8. Climbers must be a crag course or intermediate graduate OR have comparable Trad climbing and leading skills. **Price:** $510. **Leader:** Loni Uchytil, loniuchytil@msn.com

Backpack the Patagonian Andes

Three linked outings: Feb. 8-19, 2015, Feb 20-27, 2015, and Feb 28-March 6, 2015

Backpack the spectacular Torres del Paine circuit, staying at camps and refugios. Visit stunning Perito Moreno glacier and backpack under the Fitz Roy massif in Los Glaciares National Park. Day hike to glaciers and coast of Tierra del Fuego and backpack the remote Sierra Valdivieso route across the Fuegian Andes above the Beagle Channel. **Price**: $2600 (Torres del Paine), $1500 (Fitz Roy), $1500 (Tierra del Fuego). 50% deposits due by Apr 15, 2014.
Leader: Cheryl Talbert, cascadehiker@earthlink.net

Backcountry Ski British Columbia's Ymir Lodge

February 14-21, 2015

Advanced backcountry skiers will love the Kootenay Range terrain, powder snow, and skiing, eh? New Ymir Lodge has private bedrooms, linen/duvets, indoor toilets, sauna, huge kitchen, dining room, living room, wood fireplace heat, and beautiful post and beam 10-foot ceilings on the main floor. We will self-guide and self-cater exclusively for The Mountaineers. Helicopter in and out. **Price:** $1,100; catering option. Register online *by September 1*. **Leader:** Craig Miller, craigfmiller@comcast.net

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

Ski or Winter Walk Austria and France

March 5-22, 2015

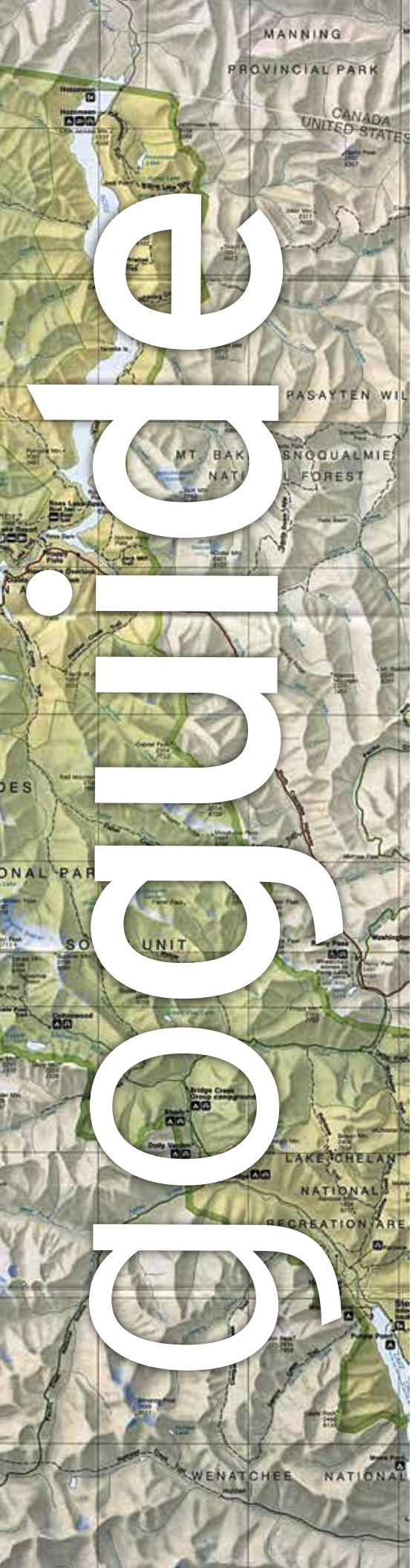
For a European potpourri of experiences, tour walled cities of Munich, Regensburg, a UNESCO World Heritage site and Geneva. Lunch in Lucerne. Ski/walk in Sölden, Austria (36 lifts, including glacier skiing) stay at a ski-in, ski-out pension. Ski/walk in Les Carroz, France for a second week (68 lifts, the Grand Massif links 6 resorts). **Price:** $3,060. **Leader:** Patti Polinsky, meanysports@mac.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:** $2800 (main), $1800 & $1100 (pre and post extensions).
Leader: Cheryl Talbert, cascadehiker@earthlink.net

Visit www.mountaineers.org for additional trips and details.



Go Guide

Special note about this issue's Go Guide:

The Mountaineers recently launched a new website. If you haven't seen it, check it out: **www.mountaineers.org.** We're really proud. This wasn't just any launch. We have an entirely new site. With it comes a list up updates, to-dos and fixes.

These updates affect all of our content, not just what's on the web. So this issue's Go Guide is in a slightly different format than usual. The main difference being that the activities and courses are not divided into those with prerequisites and those without. We do not have the sign-up dates listed yet either. Don't worry, these are things we have our developers working on and we appreciate your patience as we work through our list of fixes.

There are a few other differences that we hope will make it easier for you to find activities and courses online after seeing them here. 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 online and filter your search for that category (for example, Day Hiking). We're not listing activities by committee name, as that will make it more difficult to find online. We've also updated our privacy guidelines and will still be listing leader's email addresses but not phone numbers in this public format.

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

If you have any suggestions, questions or feedback, please let us know. We want the magazine to be as relevant and useful to you as possible. Send an email to Suzanne Gerber, our publications manager and let her know what you want to see in the Go Guide: **suzanneg@mountaineers.org**.

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—Tralhead

ACTIVITY LISTING KEY

Date ↓ Trip Type ↓ Destination ↓

7/31/14, Intermediate Alpine Climb - Liberty Bell/Southwest Face.

Meeting time and place (if listed) → Meet at 6:30am at Blue Lake Trailhead. Leader: Martin Mountaineer, m.mountaineer@mountaineers.org. **SEA**

↑ Leader's email ↑ Branch ↑ Leader's name

COURSE LISTING KEY

Start and end dates ↓ Course name ↓

7/25/14 - 7/29/14, Advanced Multi-pitch Experience - Seattle.

Course price (if listed greater than $0) → Members: $250, Non-members: $350. Contact: Martin Mountaineer, m.mountaineer@mountaineers.org **TAC**

↑ Leader's email ↑ Branch ↑ Contact's name

activities

Listings below include activities built online through June 1. See **www.mountaineers.org** for up-to-date listings.

backpacking

7/4/14 - 7/6/14, Third Beach. Meet at 12:00pm at Olympic National Park Wilderness Information Center, Port Angeles. Leader: Dick Hayek, richardhayek@aol.com. **TAC**

7/4/14 - 7/6/14, Twisp Pass Loop. Contact trip leader for meeting place and time. Leader: Maureen Corlas, simonson2@earthlink.net. **FH**

7/12/14 - 7/15/14, Northern Loop (Mount Rainier National Park). Meet at 9:00am at Mt Rainier NP Sunrise. Leader: Nicole Hansen, nicole.hansen@comcast.net. **FH**

7/19/14 - 7/20/14, Meadow Creek Trail to Fortune Ponds and Pear Lake. Meet at Monroe Park and Ride, 7am. Leader: Ken Willis, kjwillis325@yahoo.com. **FH**

7/25/14 - 7/28/14, Devils Dome-Jackita Ridge. Contact trip leader for meeting place and time. Leader: Tim Nair, tim.nair@comcast.net. **FH**

8/1/14 - 8/3/14, Northern Loop (Mount Rainier National Park). Meet at 9:00AM at Mt Rainier NP Sunrise. Leader: John Konopasek, johnkmountaineers@gmx.com. **TAC**

8/4/14 - 8/5/14, Summit Lake. Meet at 9:00am at parking lot at intersection of SR 410 and SR 165 in Buckley. Leader: Dick Hayek, richardhayek@aol.com. **SEA**

8/16/14 - 8/17/14, Backpack - Beusch Lake. Meet at 9:00am at Leech Lake trailhead near White Pass. Leader: Dick Hayek, richardhayek@aol.com. **SEA**

8/16/14 - 8/17/14, Stiletto Spur - Pacific Crest Trail Loop. Meet at 5:30am at Eastmont (aka El Capitan) Park & Ride. Everett Backpacking Committee. Leader: Bern Lamarca, mountain_babe@comcast.net. **EVT**

climbing

7/1/14, Basic Alpine Climb - The Tooth/South Face. Meet at Alpental Parking lot, N of I-90 at Snoqualmie Pass, 6:30am. Leader: Cebe Wallace, cebe.wallace@gmail.com. **SEA**

7/2/14 - 7/6/14, Crag Rock Climb - Squamish. Meet at 2:00 PM at Someplace N of Seattle. Leader: Jennifer Carter, jennecarter@gmail.com. **SEA**

7/3/14 - 7/4/14, SIG Snow & Glacier Climbing Skills Outing - Mount Shuksan/Sulphide Glacier. Meet at Sedro Woolley Ranger Station 7:30am. Leader: Tom Nims, tom.nims@gmail.com. **SEA**

7/4/14, Basic Alpine Climb - South Early Winter Spire/South Arete. Leader: Ken Hahn, kenhahn2004@gmail.com. **SEA**

7/5/14, Basic Alpine Climb - Kangaroo Temple/North Face. Leader: Ken Hahn, kenhahn2004@gmail.com. **SEA**

7/5/14 - 7/6/14, Glacier Climb - Mount Baker/Coleman Glacier. Meet at the 164th P&R at 8am Saturday. Leader: Harlan Brown, climbon5@gmail.com. **EVT**

7/5/14 - 7/9/14, Intermediate Alpine Climb - Grand Teton/Exum Ridge. Meet on 07/06/14 at 10:00am - Lupine Meadows Parking Lot. Grand Teton National Park. Leader: Jeff Panza, scramblebear@gmail.com. **SEA**

7/6/14, Basic Alpine Climb - Ingalls Peak/South Ridge. Leader: Tom Whitney, alobe75290@aol.com. **OLY**

7/6/14 - 7/8/14, Basic Alpine Climb - Primus Peak/Borealis Glacier. Leader: Paul Gehlsen, paul.r.gehlsen@boeing.com. **EVT**

7/12/14 - 7/13/14, Intermediate Alpine Climb - Mount Stuart/North Ridge. Leader: Steve Yi, steven.y.yi@gmail.com. **SEA**

7/12/14 - 7/13/14, Basic Alpine Climb - Mount Shuksan/Sulphide Glacier. Leader: Greg Ernst, gregory_ernst@yahoo.com. **SEA**

7/13/14, Basic Alpine Climb - Kangaroo Temple/North Face. Leader: Stephen McKim, stephen2337@msn.com. **SEA**

7/13/14 - 7/15/14, Basic Alpine Climb - Mount Rainier/Emmons Glacier. Meet at 8:00 AM at Ranger Station, Sunrise Park entrance. Leader: Jan Abendroth, jan.abendroth@gmail.com. **SEA**

7/14/14, Intermediate Alpine Climb - Liberty Bell/Southwest Face. Meet at 7am at Blue Lake TH. Registration opens June 27th. Leader: Jim Pitts, jim@pitts.org. **SEA**

7/17/14, Intermediate Alpine Climb - Liberty Bell/Southwest Face. Meet at Blue Lake Trailhead at 6:30am. Leader: Jerome Velosky, climb@velosky.net. **SEA**

7/18/14 - 7/20/14, Basic Alpine Climb - Mount Baker/Boulder Glacier. Meet at 9am at USFS Ranger Station, Sedro-Woolley. Leader: Cebe Wallace, cebe.wallace@gmail.com. **SEA**

7/19/14, Basic Alpine Climb - South Early Winter Spire/South Arete. Meet at 6:30am at Blue Lake Trailhead. Leader: Jerome Velosky, climb@velosky.net. **SEA**

7/19/14, Glacier Climb - Mount Shuksan/Fisher Chimneys. Leader: Nicholas Mayo, nicholas.e.mayo@gmail.com. **EVT**

7/19/14 - 7/20/14, Intermediate Alpine Climb - Mount Buckner/North Face. Meet at 5:30am at Ash Way P&R. Leader: Stephen Bobick, sbobick2@gmail.com. **EVT**

7/19/14 - 7/20/14, Intermediate Alpine Climb - Mount Baker/North Ridge. Meet at 6am at 65th P&R. Leader: Edward Palushock, ed.palushock@yahoo.com. **SEA**

7/19/14 - 7/20/14, Basic Alpine Climb - Mount Adams/Mazama Glacier. Meet at TBD. Leader: Jeff Panza, scramblebear@gmail.com. **SEA**

7/19/14 - 7/21/14, Basic Alpine Climb - Glacier Peak/Disappointment Peak Cleaver. Leader: Paul Gehlsen, paul.r.gehlsen@boeing.com. **EVT**

7/19/14 - 7/20/14, Glacier Climb - Mount Adams/Mazama Glacier. Leader: Jeff Panza, scramblebear@gmail.com. **SEA**

7/19/14 - 7/20/14, Basic Alpine Climb - Mount Baker/Easton Glacier. Meet at Martin Way P&R. Leader: Brandon McAferty, brandomcaferty@yahoo.com. **OLY**

7/20/14 - 7/21/14, Basic Alpine Climb - Mount Shuksan/Fisher Chimneys. Meet at 5:00 AM at TH. Leader: Jennifer Carter, jennecarter@gmail.com. **SEA**

7/24/14, Glacier Climb - Mount Olympus/Traverse. Meet at Grays Harbor County Health Department parking lot (Simpson Avenue side) 2109 Sumner Avenue, Aberdeen WA 98520 at 7am. Leader: Mike McIntosh, free_2_climb@yahoo.com. **OLY**

7/24/14 - 7/26/14, Basic Alpine Climb - Glacier Peak/Disappointment Peak Cleaver. Meet at 6:am at TBD. Leader: Nicholas Mayo, nicholas.e.mayo@gmail.com. **EVT**

7/26/14, Basic Alpine Climb - Ingalls Peak/South Ridge. Meet at 6:00am at Ingalls Lake TH. Leader: Jim Pitts, jim@pitts.org. **SEA**

7/26/14, Intermediate Alpine Ice 1 Field Trip - Mount Baker/Coleman Glacier. Meet at TBD. Leader: Stan Hummel, shummel@nwlink.com. **SEA**

7/26/14 - 7/27/14, Basic Alpine Climb - Little Tahoma/East Shoulder. Meet at White River Ranger Station at 8am. Leader: Jerome Velosky, climb@velosky.net. **SEA**

7/26/14 - 7/27/14, Basic Alpine Climb - Ruth Mountain/Icy Peak Traverse. Meet at 5am at TBD. Leader: George Reynya, greynya@hotmail.com. **SEA**

7/26/14 - 8/3/14, Basic Alpine Climb - Mount Olympus/Traverse. Meet at 8am at TBD. Leader: Dave Morgan, go.climbing@gmail.com. **SEA**

7/27/14, Intermediate Alpine Climb - Mount Garfield - West Peak/South Face. Meet at 5am at TH. Leader: Jennifer Carter, jennecarter@gmail.com. **SEA**

7/27/14 - 7/29/14, Glacier Climb - Glacier Peak/Disappointment Peak Cleaver. Leader: Brett Dyson, hhiking@hotmail.com. **SEA**

7/28/14, Basic Alpine Climb - Ingalls Peak/South Ridge. Meet at to be announced. Leader: Troy Mason, troy@troyrmason.com. **TAC**

7/30/14 - 8/1/14, Glacier Climb - Mount Rainier/Disappointment Cleaver Route. Meet at Longmire 6:30AM. Leader: John Mackey, john@pttaxcpa.com. **KIT**

7/31/14, Intermediate Alpine Climb - Liberty Bell/Southwest Face. Meet at 6:30 AM at Blue Lake Trailhead. Leader: Mark Scheffer, mark_scheffer@yahoo.com. **SEA**

7/31/14 - 8/2/14, Basic Alpine Climb - Mount Rainier/Emmons Glacier. Meet at 6:00 AM at White River Campground parking lot. Leader: Cebe Wallace, cebe.wallace@gmail.com. **SEA**

7/31/14 - 8/3/14, Intermediate Alpine Climb - Mount Goode/Northeast Buttress. Meet at 5:30 AM at Ash Way P&R. Leader: Stephen Bobick, sbobick2@gmail.com. **EVT**

8/1/14 - 8/4/14, Basic Alpine Climb - Mount Spickard/South Ridge & Mount Redoubt/South Face. Leader: Scott Shafer, sashafer@gmail.com. **SEA**

8/2/14, Intermediate Alpine Climb - Eldorado Peak/Northeast Face. Leader: Kristian Kalsing, kristian@kalsing.com. **SEA**

8/2/14 - 8/3/14, Basic Alpine Climb - Ruth Mountain - Icy Peak/Traverse. Leader: Marcin Porwit, mkporwit@porwit.net. **EVT**

8/5/14 - 8/12/14, Intermediate Alpine Climb - Ptarmigan Traverse. Leader: Eileen Kutscha, eileen_kutscha@yahoo.com. **SEA**

8/5/14, Intermediate Alpine Climb - Prusik Peak/West Ridge. Leader: Bruce Frank, bruce@frankweb.net. **SEA**

8/5/14, Basic Alpine Climb - Mount Watson/North Face. Meet at 5:30am at TBD. Leader: Mark Scheffer, mark_scheffer@yahoo.com. **SEA**

8/8/14 - 8/10/14, Basic Alpine Climb - Mount Rainier/Emmons Glacier. Meet at 10am at White River. Leader: Fred Bumstead, frederichb@yahoo.com. **SEA**

8/9/14, Glacier Climb - Eldorado Peak/Inspiration Glacier. Meet at Eldorado parking on Cascade River Road at 7am. Leader: Fred Bumstead, frederichb@yahoo.com. **SEA**

8/9/14, Intermediate Alpine Ice 1 Field Trip - Mount Baker/Coleman Glacier. Leader: Steve Biem, earlyascent@gmail.com. **SEA**

8/9/14, Basic Alpine Climb - Chair Peak/Southeast Route. Leader: Bill Ashby, wsashby@earthlink.net. **SEA**

8/9/14 - 8/10/14, Tacoma Intermediate Ice I Fieldtrip/Observation Rock. Meet at Mowich Lake at 7am. Leader: Bill Wood, wwood999@gmail.com. **TAC**

8/10/14, Basic Alpine Climb - South Early Winter Spire/South Arete. Meet at 7:00 AM at Blue Lake TH - Registration opens July 14th. Leader: Jim Pitts, jim@pitts.org. **SEA**

8/9/14 - 8/10/14, Basic Alpine Climb - Mount Shuksan/Sulphide Glacier. Leader: Stephen McKim, stephen2337@msn.com. **SEA**

8/9/14 - 8/10/14, Basic Alpine Climb - Mount Shuksan/Sulphide Glacier. Leader: Stephen McKim, stephen2337@msn.com. **SEA**

8/11/14 - 8/12/14, Intermediate Alpine Climb - Mount Baker/North Ridge. Meet at 7:00am at Heliotrope TH. Leader: Steve Biem, earlyascent@gmail.com. **SEA**

8/11/14, Intermediate Alpine Climb - South Early Winter Spire/West Face/Southwest Rib. Meet at 6:00am at Blue Lake TH. Leader: Jim Pitts, jim@pitts.org. **SEA**

8/13/14, Basic Alpine Climb - The Tooth/South Face. 3 pitch traditional rock climb via the South face of The Tooth. Leader: Mike McIntosh, free_2_climb@yahoo.com. **OLY**

8/14/14, Intermediate Alpine Climb - Liberty Bell/Southwest Face. Leader: Brian Johnston, mrbsjohnston@earthlink.net. **TAC**

8/15/14, Intermediate Alpine Climb - Le Petit Cheval/Spontaneity Arete. Leader: Brian Johnston, mrbsjohnston@earthlink.net. **TAC**

8/15/14, Basic Alpine Climb - The Tooth/South Face. Meet at 7am at Alpental. Leader: Greg Ernst, gregory_ernst@yahoo.com. **SEA**

8/16/14, Basic Alpine Climb - Markhor Peak/Needle Traverse. Meet at 8:30am at Zopkios Rest Area. Leader: Matthew Mussallem, bizmattmuss@yahoo.com. **SEA**

8/15/14 - 8/16/14, Glacier Climb - Sahale Peak/Quien Sabe Glacier. Leader: Nicholas Mayo, nicholas.e.mayo@gmail.com. **EVT**

8/16/14 - 8/17/14, Basic Alpine Climb - Slippery Slab Tower/Northeast Face. Leader: Ken Hahn, kenhahn2004@gmail.com. **SEA**

8/23/14, Intermediate Alpine Climb - Cutthroat Peak/Southeast Buttress. Leader: Stephen McKim, stephen2337@msn.com. **SEA**

8/23/14, Intermediate Alpine Ice 1 Field Trip - Coleman Glacier - Mount Baker/Coleman Glacier. Leader: Anita Cech, anitacech@gmail.com. **SEA**

8/24/14, Basic Alpine Climb - Guye Peak/West Face. Meet at 5:30am at MWPR. Leader: Bob Keranen, keranen@hcc.net. **OLY**

8/24/14, Mt Baker Ice Practice and Play - Mount Baker/Coleman Glacier. Leader: Anita Cech, anitacech@gmail.com. **SEA**

8/26/14, Basic Alpine Climb - South Early Winter Spire/South Arete. Meet at 6:30 AM at Blue Lake Trailhead. Leader: Mark Scheffer, mark_scheffer@yahoo.com. **SEA**

8/30/14, Basic Alpine Climb - Kangaroo Temple/North Face. Meet at 7:00am at TBD. Leader: Steve Biem, earlyascent@gmail.com. **SEA**

8/30/14 - 9/1/14, Aid Climb - Squamish. Meet at Stawamus Chief Provincial Park. Leader: Takeo Kuraishi, takeo.kuraishi@gmail.com. **SEA**

8/31/14, Basic Alpine Climb - South Early Winter Spire/South Arete. Leader: Steve Biem, earlyascent@gmail.com. **SEA**

dancing

7/1/14 - 8/26/14, 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, jjmtnjoys@yahoo.com **SEA**

day hiking

7/11/14, Day Hike - Beckler Peak. Meet at Monroe Park & Ride, 8am. Leader: Ken Willis, kjwillis325@yahoo.com. Everett

7/12/14, Day Hike - Blanca Lake. Meet at Monroe Park & Ride, 7am. Leader: Ken Willis, kjwillis325@yahoo.com. **EVT**

7/12/14, Day Hike - Colchuck Lake. The place, time and car pooling will be covered by e-mail to the registered hikes the week before the hikers. Leader: Mike Baker, baker1mich@frontier.com. **TAC**

7/15/14, Day Hike - Green Lake. Meet at 10:30am at Green Lake Community Center, 7201 E. Green Lake Drive. Retired Rovers Committee. Leader: June Skidmore, juneskidmore@comcast.net. **SEA**

7/16/14, Day Hike - Day Island & Titlow Park. Meet at Titlow Park in Tacoma at 10am. Address: 8425 6th Avenue. Seattle Midweek Hiking Committee. Capacity: 25 Leader: Louise Mihay, louisemihay@comcast.net. **SEA**

7/17/14, Day Hike - Littler Kachess (Peak 4884). Meet at 8:30am at Preston P&R. Midweek Hiking Committee. Leader: Chris Ensor, ctrails@comcast.net. This hike will be co-led by Ralph Owen. **SEA**

7/19/14 - 7/20/14, Day Hike - Green Mountain/High Lakes Ramble. Meet at 5:00 AM at Ash Way P&R - southwest section. Leader: Bern Lamarca, mountain_babe@comcast.net. **EVT**

7/19/14, Day Hike - Berkeley Park - Rainier. Meet at South Renton / Grady Way Park & Ride, 6:30am. Seattle Naturalists Committee. Leader: Brian Carpenter, fleasgach@gmail.com. **SEA**

7/22/14, Day Hike - Eunice Lake and Tolmie Peak Lookout - Rainier. Meet at 9am at gravel parking lot at the intersection of SR 410 and SR 165 in Buckley. Midweek Hiking Committee. Leader: Dick Hayek, richardhayek@aol.com. **SEA**

7/25/14, Day Hike - Crystal Lakes - Rainier. The place, time and car pooling will be covered by e-mail to the registered hikers the week before the hike. Leader: Mike Baker, baker1mich@frontier.com. **TAC**

7/27/14, Day Hike - Mount Zion. Meet at 10 am, Poulsbo Church of the Nazarene, 22097 Viking Way NW, Poulsbo, WA. Leader: Jeffrey McKay, jjmckay@comaxis.com. **KIT**

7/27/14, Day Hike - Summerland. Meet at 9:30am at trail head in MRNP. Singles Activities Committee. Leader: Bob Pankl, pankl@earthlink.net. **SEA**

7/31/14, Day Hike - Seward Park. Meet at 10am at the Audubon/Environmental Center near entrance to Seward Park. Seattle Retired Rovers Committee. Leader: Muriel Stoker, murstoker@hotmail.com. **SEA**

8/3/14, Day Hike - Sourdough Gap. Meet at South Renton P&R (205 S 7th St), at 7:30 am.Leader: Chris Ensor, ctrails@comcast.net. **SEA**

8/13/14, Day Hike - Fir Island. Meet at 10:30am, Conway Skagit Barn, Exit 221 off I-5. Midweek Hiking Committee. Leader: Kathy Biever, eskay39@comcast.net. **SEA**

8/14/14, Day Hike - Bowman Bay. Meet at 9am, Islands Inn, 3401 Commercial Avenue, Anacortes. Midweek Hiking Committee. Leader: Julie Miller, julandmil@comcast.net. **SEA**

8/15/14, Day Hike - Tinkham Peak via Hikers Route. Meet at 8:30am at Preston Park & Ride (Exit 22 on I-90). Midweek Hiking Committee. Leader: Chris Ensor, ctrails@comcast.net. This hike will be co-led by Peggy Owen. **SEA**

8/21/14, Day Hike - Hidden Lake (MRNP). Meet at 9am at Enumclaw Ranger Station. Midweek Hiking Committee. Leader: Dick Hayek, richardhayek@aol.com. **SEA**

8/22/14, Day Hike - Skyline Divide. Meet at Everett Station, southwest corner, 6am. Leader: Ken Willis, kjwillis325@yahoo.com. **EVT**

8/23/14, Day Hike - Marmot Pass/ Buckhorn Mountain. Meet at 6am at Olympic NF HQ Black Lake. Leader: Nancy Lloyd, nanlloy@gmail.com. **OLY**

8/24/14, Day Hike - Mount McCausland and Lake Valhalla. Meet at 9:30am at trail head. Leader: Bob Pankl, pankl@earthlink.net. **SEA**

8/28/14, Day Hike - Spray Park. Meet at 8am at a location to be determined in either Buckley or Sumner. Leader: John Krawczyk, chickentravel1@yahoo.com. **KIT**

8/31/14, Day Hike - Hannegan Peak. Meet at 8am at Mt. Baker Lodge. Leader: Brian Carpenter, fleasgach@gmail.com. **SEA**

photography

7/4/14, Photography - Urban Adventure - Fisherman's Terminal. Meet at 5am at Fisherman's Terminal, north side of the parking lot. Leader: Anita Elder, anita@anitaelder.com. **SEA**

7/16/14, Photography - Potluck. Meet at 6pm at Seattle Program Center. Leader: Anne Smart, smartmccord@msn.com. **SEA**

8/20/14, Photography - Potluck. Meet at 6pm at Seattle Program Center. Leader: Anne Smart, smartmccord@msn.com. **SEA**

scrambling

7/13/14, Alpine Scramble - Eagle Peak. Meet at 6:30am at MWPR. Leader: Tom Eckhout, tom@tomshomerepair.net. **OLY**

7/20/14, Alpine Scramble - Mount Tebo. Meet at 5:45am at Martin Way P&R, Olympia, WA, I-5, Exit 109. Leader: Todd Mooney, finesandk@msn.com. **OLY**

8/9/14, Alpine Scramble - Second Mother Mountain. Meet at 7:00 AM at Park and Ride in Bonney Lake. Leader: Royce Poetter, royce.poetter@hp.com. **TAC**

8/9/14 - 8/10/14, Alpine Scramble - Del Campo Peak & Gothic Peak. Meet at 6:00 AM at TBA. Seattle Alpine Scrambling Committee. Leader: Dennis Piontek, dpiontek2@hotmail.com. **SEA**

8/16/14, Alpine Scramble - Echo Rock & Observation Rock. Meet at 5am at Martin Way P&R. You MUST contact me for permission to register: Nancy Lloyd, nanlloy@gmail.com. **OLY**

8/23/14, Alpine Scramble - Sperry Peak. Meet at Meet at trailhead off Sunrise Mine Road at 8am. Leader: Harlan Brown, climbon5@gmail.com. **EVT**

8/23/14 - 8/24/14, Alpine Scramble - Hadley Peak. Meet at TBD. Leader: Tab Wilkins, tabmountaineers@hotmail.com. **SEA**

sea kayaking

7/6/14, Sea Kayak - Pickering Passage. Meet at 9:00am at Lattimer Landing. Leader: Henry Romer, hromer@aol.com. **OLY**

7/12/14, Sea Kayak - Quartermaster Harbor. Meet at Meet at Burton Acres Park (Jensen Point Boathouse) on Burton Peninsula, Vashon Island, at 09:30am. Tacoma Sea Kayaking Committee. Leader: Tom Harrigan, tjharrigan@gmail.com. **TAC**

7/18/14 - 7/27/14, Sea Kayak - Cape Sutil. Leader: Lisa Johnson, lajbkayak@yahoo.com. **OLY**

8/6/14, Wet Wednesday - Lake Washington. Meet at Concrete beach at 6:00 PM. Seattle Paddle Sports Subcommittee - Sea Kayaking. Leader: Felicia Wibowo, feliciawibowo@hotmail.com. **SEA**

8/16/14, Sea Kayak - Mats Mats Bay to Port Ludlow. Meet at 9:00 AM at Mats Mats (park). Leader: Ken Olson, kenolson1@comcast.net. **SEA**

8/23/14 - 8/24/14, Intermediate Incident Management/ rescues/ towing/currents Meet at 8:00 AM at Bowman Bay. Leader: Michael Everett, mikeedvm@aol.com. **TAC**

urban adventure

8/26/14, Urban Adventure - Alki Beach. Meet at 10:45am at West Seattle water taxi terminal. Water taxi leaves Seattle Pier 50 at 10:30am. Retired Rovers Committee. Leader: Sue Hays, sehays@foxinternet.com. **SEA**

8/30/14, Sea Kayak - Burrows & Allan Islands. Meet at Meet 8:00 AM at Washington Park Boat Launch. Leader: Doug Palm, doug.palm@comcast.net. **EVT**

7/8/14, Urban Adventure - Magnuson Park. Meet at 11:30am at the picnic area at east end of NE 65th St., south end of the park and right down by Lake Washington. Once you enter Magnuson Park at 65th, just keep driving straight down to the water. Retired Rovers. Leader: Storm Yanicks, syanicks@earthlink.net. **SEA**

7/18/14, Urban Adventure - Bainbridge Island Waterfront Trail. Meet at the Seattle ferry terminal at Coleman Dock in downtown Seattle for the 10:40 ferry departure to Bainbridge. Retired Rovers. Leader: Marianne Hanson, mhansonart@hotmail.com. **SEA**

8/4/14, Urban Adventure - Jefferson Park (Beacon Hill). Meet at Meet at 10 am at the Jefferson Community Center, 3801 Beacon Ave. South. Retired Rovers. Leader: Muriel Stoker, murstoker@hotmail.com. **SEA**

youth

7/7/14 - 7/11/14, Seattle Transportation - Kitsap Forest Adventure Camp. Meet at 8:00 AM at Seattle Ferry Dock. . Leader: Gala Lindvall, galabaskets@comcast.net. **KIT**

7/14/14 - 7/18/14, Seattle Transportation - Kitsap Forest Adventure Camp - Seattle Ferry Dock. Drop your child off at the Seattle ferry dock where they will be chaperoned onto the Seattle/Bremerton ferry and transported to the camp in the morning and returned in the afternoon. Morning ferry leaves Seattle at 8:30am Afternoon ferry arrives Seattle at 4pm. The Mountaineers Players Committee. Leader: Gala Lindvall, galabaskets@comcast.net. **KIT**

7/19/14, South Sound Mountaineers Adventure Club - North Bend. Meet at 9am at the Tacoma Program Center. Tacoma Family Activities Committee Committee. Leader: Brigit Anderson, brigita@mountaineers.org. **TAC**

7/20/14 - 7/23/14, Explorers Summer Trip! - Cougar Rock Campground. Meet at The Mountaineers on July 20 at 8 am. Seattle Youth Outreach Committee. Leader: Caitlin O'Brien, caitlino@mountaineers.org. **SEA**

8/1/14 - 8/10/14, Mountaineers Adventure Club Backpack Trip - Wonderland Trail. Meet at The Mountaineers at 8 am. Seattle Youth Outreach Committee. Leader: David Walton, dwalton20916@gmail.com. **SEA**

8/12/14 - 8/19/14, Adventure Club: Summer Trip - Mazama - Klipchuck Campground. Meet on the morning of August 12 at the Seattle Mountaineers Program Center (exact time and details will be available on the trip sheet). Seattle Youth Outreach Committee. Leader: Caitlin O'Brien, caitlino@mountaineers.org. **SEA**

8/12/14 - 8/19/14, Adventure Club: North Cascades Summer Trip - Mazama - Klipchuck Campground. Meet at 7am at The Mountaineers. Seattle Youth Outreach Committee. Leader: Caitlin O'Brien, caitlino@mountaineers.org. **SEA**

8/24/14, Tacoma Explorers - Fossil Rock Climb. Meet at 9am at the Tacoma Program Center. Tacoma Family Activities Committee Leader: Brigit Anderson, brigita@mountaineers.org. **TAC**

8/30/14 - 9/1/14, South Sound MAC - San Juan Weekend. Meet at 7:30 AM at Tacoma Program Center. Tacoma Family Activities Committee Committee. Leader: Brigit Anderson, brigita@mountaineers.org. **TAC**

Go to **www.mountaineers.org** for all trip and course listings.

courses

Listings below include courses built online through June 1. See **www.mountaineers.org** for up-to-date listings.

climbing

7/25/14 - 7/29/14, Advanced Multi-pitch Experience - Seattle. Members: $250, Non-members: $350. Contact: Loni Uchytil, loniuchytil@msn.com **SEA**

9/1/14 - 10/31/14, Sport Climbing Course - Everett. Contact: Patrick Gray, patrickg99@gmail.com **EVT**

day hiking

7/17/14, Beginning Hiking Seminar - Seattle. Contact: Steve Payne, stevepayne@mindspring.com **SEA**

7/31/14, New Hike/Backpack Leader Seminar - Eastside. Contact: Cheryl Talbert, cascadehiker@earthlink.net **FH**

9/11/14, New Hike Leaders Seminar - Seattle. Contact: Susan Graham, mudonmyboots@yahoo.com **SEA**

navigation

7/17/14, Introduction to Map & Compass - Seattle. Members: $10, Non-members: $15. Contact: Jo Brown, jo63.brown@yahoo.com **SEA**

9/17/14, Introduction to Map & Compass - Seattle. Members: $10, Non-members: $15. Contact: Greg Testa, gtesta48@hotmail.com **SEA**

sea kayaking

8/6/14, Sea Kayak Clinic/Seminar - Seattle. Contact: Felicia Wibowo, feliciawibowo@hotmail.com **SEA**

8/23/14 - 8/24/14, Sea Kayaking Intermediate incident management, rescues, towing, currents. - Tacoma. Members: $50, Non-members: N/A. Contact: Michael Everett, mikeedvm@aol.com **TAC**

7/7/14 - 7/11/14, Junior Mountaineers Camp - Seattle. Members: $305, Non-members: $355. Contact: Becca Polglase, beccap@mountaineers.org **SEA**

7/21/14 - 7/25/14, Junior Mountaineers Camp - Seattle. Members: $295, Non-members: $345. Contact: Becca Polglase, beccap@mountaineers.org **SEA**

youth

7/14/14 - 7/18/14, Seattle Transportation - Kitsap Forest Adventure Camp Week 2. Seattle transportation from the Seattle ferry dock to Kitsap Forest Adventure Camp and back again. Members: $85, Non-members: $85. Contact: Gala Lindvall, galabaskets@comcast.net

7/14/14 - 7/18/14, Kitsap Forest Adventure Camp - Week 2. Members: $240, Non-members: $290. Contact: Gala Lindvall, galabaskets@comcast.net

7/28/14 - 8/1/14, Junior Mountaineers Camp - Tacoma. Members: $245, Non-members: $260. Contact: Brigit Anderson, brigita@mountaineers.org **TAC**

8/4/14 - 8/8/14, Junior Mountaineers Camp - Seattle. Members: $360, Non-members: $410. Contact: Becca Polglase, beccap@mountaineers.org **SEA**

8/4/14 - 8/8/14, Junior Mountaineers Camp - Tacoma. Members: $245, Non-members: $260. Contact: Brigit Anderson, brigita@mountaineers.org **TAC**

8/11/14 - 8/15/14, Junior Mountaineers Camp - Tacoma. Members: $245, Non-members: $260. Contact: Brigit Anderson, brigita@mountaineers.org **TAC**

9/1/14 - 8/30/15, Mountaineers Adventure Club. The Adventure Club is a year-round outdoor adventure program for youth of ages 14-20. Members: $850, Non-members: $980. Contact: Caitlin O'Brien, caitlino@mountaineers.org

This is just a sampling.
Go to **www.mountaineers.org**
for all trip and course listings.

businessdirectory

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

ARCHITECTURE

Grace Kim (Joined 2001)
Schemata Workshop
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Cisca Wery (Joined 2003)
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206-568-0710

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

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 Mountaineers Magazine
- Business Member Directory included in new-member packets distributed to all new members
- Opportunity to publicly showcase support of Mountaineers organization

Kitsap, on the way to the "Big Tree." *Photo by Suzanne Gerber*

Welcome to our Lodges and Outdoor Centers

The Mountaineers Outdoor Properties are open year-round for members and guests. Reservations for all lodges are made through Brown Paper Tickets (except for Kitsap Forest Theater) which accepts payment by credit card. You can find the reservation link by going to the website at **www.mountaineers.org** and clicking on locations and reservations under the about tab. Sales tax will be added to lodge prices. Please register by noon of the Thursday prior to the weekend so the cooks can be fully prepared.

Cancellations: All cancellations must be made through BPT before noon of the Thursday prior to the weekend of the reservation. They will be refunded minus a small service fee. Many of the lodges and properties can be rented for group events, Mountaineers classes, mid-week activities or other special events; just contact the property directly.

Baker Lodge

Summer at Mt. Baker Lodge offers wonderful hiking on a great variety of trails. Numerous trails are within walking distance or a short drive from the Lodge. Many are suitable for children. Artist Point is just 3 miles away at the end of a paved road, with panoramic views of Mt. Baker, Mt. Shuksan, and the North Cascades. Snow play opportunities usually are abundant through the summer. See the Baker Lodge web page on the club's website for 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, 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 five years or younger should call the host prior to registering.

Schedule, Rates & Reservations: The lodge will be open **all weekends in August and September** starting with a 7-day opening from Aug 1 to Aug. 8. Groups may be listed on the schedule for specific weekends. However, unless otherwise indicated the lodge is open to non-group members and the public, with reservations on a first-call basis to the clubhouse (206) 521-6001 or online registration through Brown Paper Tickets. When registering through Brown Paper Tickets (www.brownpapertickets.com/profile/10559) 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. Not only does the area offer many options for outdoor activities, but also it 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 driveway on your right to the lodge. The lodge is in the trees and difficult to see from the road. Driving time is approximately 1+ hours from Bellingham and 3 hours from Seattle.

Kitsap 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.

For info on our summer shows, visit our Branching Out section (p. 45). This July-August, we will be showing *Annie*. Tickets are available at www.ForestTheater.com/tickets. There is no fee for purchasing tickets on-line. Tickets also available through The Mountaineers.

We are looking for volunteers and donors to help with property upkeep and improvements - please contact us to volunteer your time and/or donate money. Email players@foresttheater.com or call 206-542-7815.

www.foresttheater.com
www.mountaineers.org

Meany Lodge

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

Family Adventure Weekend - July 25-27
The Meany committee has decided to combine our two summer events into one. You can now choose from going on a hike or taking a bike trip or just lounging and doing nothing. All offered at our Family Adventure weekend, held the weekend of July 25-27. Activities for all ages, fun and good food for all. Visit www.Meanylodge.org for details.

Work Parties - As Meany wakes up, the Fossils start the work party season with their monthly mid-week event. These 3 day event are where the "heavy lifting" is done to keep Meany going.

This year Meany is being reserved for part of June and July by a private party, so the first mid-week work parties won't happen until August 19-21, with the weekend ones starting Sept 6-7. This means we have to accomplish a lot of stuff is a shorter time frame. If you can give a hand during any of these events, please do so. Don't worry, there is something for everone. Even if you think you don't have skills, you will be surprised as to what you can do to help.

For more information on weekday parties, contact Ray, nelson.rp@frontier.com. For information on weekend work parties, contact Chuck, chair@meanylodge.org.

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

Volunteers Needed – We're looking to fill committee positions such as tow operator, Meany host, first aid point, ski/snowboard instructors, CAT driver, mechanic and webmaster. Please email Emilio at webmaster@meanylodge.org if interested. Perks: any weekend you work is free for you.

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.

We hope to see you at the cabin!

branchingout

Welcome to our seven branches of The Mountaineers

Propelled by dedicated and skilled volunteers, all branches offer a number of courses and seminars. Many courses, such as climbing, scrambling, kayaking, backcountry skiing and others, require a set of learned skills to enjoy safely and follow a common curriculum from branch to branch. See course events in the "Go Guide" section of this magazine. Although our program curricula are coordinated to meet Mountaineers-wide standards and policies, each branch offers a slightly different flavor or character to its offerings. Though you may want to join the branch nearest to your home, you may join any branch of your choosing.

Note that once you are a member you may participate in trips or courses in any branch. One way to gain a taste test of a particular branch is to attend a new/prospective members' meeting. General dates of these meetings are noted under each branch heading. For all current activities and links to branch websites, visit **www.mountaineers.org**.

BELLINGHAM

Vice Chair: Minda Paul
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.

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

FOOTHILLS

Chair: Steve LeBrun,
stevelebrun@comcast.net

Website: foothillsmountaineers.org

The newest 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 meetings are held the last Tuesday of every other month in the Eagle Room at the Issaquah City Hall (130 East Sunset Way). The evening starts at 6:30 p.m. with time for socializing. Each meeting also always includes an outdoor-themed documentary film or presentation by a special guest speaker. August 26th and October 28th. See our branch website for particular meeting details.

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 Schrepple,
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: Mike McIntosh, free_2_climb@yahoo.com

Website: www.olympiamountaineers.org

The Olympia branch has been offering a full range of Mountaineers programs and training to the South Sound for over 50 years.

ADVENTURE PRESENTATIONS: The adventure presentations and potluck are on vacation for the summer. The new season will start September 3 with Pat O'Connor's kayak paddle from Olympia to Skagway, Alaska.

SERVICE AWARD: Provide your nominations for the branch service award to Mike Kretzler at mkretzler@comcast.net. Be sure to include a description of why the person should receive the award.

PINS AND PATCHES: Time to pull your paperwork together to be able to receive your pin or patch at the banquet. The branch website has the requirements. Send your completed paperwork (please don't use links) by September 15 to Kerry Lowry, kerryndon@comcast.net, 360-456-2694.

EVENTS: The branch will hold its summer picnic at Burfoot Park on the evening of July 17. Come join your friends or to meet new friends, share a meal, and help to honor volunteers. And mark your calendar for October 25 for the annual branch banquet, to be held at St Martins again this year. Watch the branch website for details.

OFFICERS COMMITTEE ELECTIONS: Voting this summer will elect Officers Committee positions of Chair Elect, Secretary, and Director.

THE BRANCH OFFICERS meet every second Wednesday of the month at 6 p.m. at the Olympia Center, 222 Columbia St NW. The next meetings are July 9 and August 13. Members are encouraged to attend.

BRANCH LIBRARY: The branch library is located at Maxine Dunkelman's, 5418 Lemon Rd. NE. Contact Maxine at 360-352-5027 (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 and searchable on the branch website.

SEATTLE

Chair: Timmy Williams, mtnrtimmy@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 wesbite 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

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).**

Summer 2014: *Annie* (July 26-27, Aug 2-3, 9-10, 16-17; 2pm). Recently celebrating its 25th anniversary on Broadway, little orphan Annie has warmed the hearts of millions. Join us for this musical which speaks to the American ideals of home, compassion and perseverance. Annie is the perfect family-friendly musical, containing such memorable songs as *It's a Hard Knock Life, Easy Street* and *Tomorrow*.

Tickets are available at www.ForestTheater.com/tickets. There is no fee for purchasing tickets on-line. Tickets also available through The Mountaineers.

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.

Kitsap Forest Adventure Camp: Please see the Kitsap Cabin section for information about our exciting day camp for kids from both sides of Puget Sound.

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

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

Betty Lou Benson
1923 – 2014
by Janet Thomasseau

Betty Lou Benson died peacefully at age 90 on February 12, 2014 after a short illness. She was born August 20, 1923 in Denver, CO and graduated from the University of Denver in Education.

She moved to Tacoma, WA in 1949 to teach elementary school. Shortly after, she joined The Mountaineers, where she met her husband, Norman. He had recently moved from Starbuck, Minnesota to Seattle to work for Boeing. They shared a love of the outdoors and joined as singles to meet new people. They enjoyed skiing and work parties at the Snoqualmie Lodge, hiking, and folk dancing together. They made many lifelong friends from their early days in the club and were both 50-year members.

Betty and Norman married in 1951 and made their home in West Seattle where Betty was a homemaker, involved in church, school PTA, Camp Fire, and Boy Scouts. Early on, they purchased a cabin on Vashon Island, which is still enjoyed by the family today. Betty was a door-to-door Avon Lady in her Admiral district neighborhood and worked part time at the Louise North dress shop in the West Seattle Junction. Later, she was active in the West Seattle Garden Club, Federated Women's Club, and her Kappa Delta Sorority Alumnae group.

Betty leaves behind her children Janet Thomasseau and Gary Benson, and grandchildren Allison Thomasseau and Matthew Benson.

Douglas Damm
1939 – 2014
by Jennifer Best

Douglas Vernon Damm was born and raised in Seattle, WA. As a child, he loved baseball, astronomy and science fiction. Doug learned to ski at age 13 and took his first backcountry overnight a year later. At age 16, Doug joined The Mountaineers.

Doug was truly a life-long mountaineer, complete with a 4-digit REI number. A year after he graduated high school, Doug went on a trip to Switzerland to attempt to climb Matterhorn. When he returned to Seattle, he joined his father and began his 48-year-long career at Washington Natural Gas (now Puget Sound Energy).

In 1964, Doug met Geri, the woman who would soon be his wife. They were volunteering at a Mountaineers work party at Meany Lodge in Stampede Pass. The two were married December of 1966 at Hope Lutheran Church and had two daughters — Jennifer Ann and Brianna Marie. Doug shared his passions for the mountains with his family and in 2004, summited Mount Rainier with his younger daughter, Brianna.

Doug's passions also extended to his faith and he served on the Board of Elders at City Calvary Chapel where he was active with Mens Ministry. He traveled the world, to countries such as Israel, Italy, Switzerland, Turkey, Russia and Burma on behalf of missions.

Doug passed away peacefully on May 2, 2014, surrounded by immediate family. With his childhood passion for science, Doug left his body to medicine to benefit training physicians.

Dick Searing
1919 – 2014
by Dennis Searing

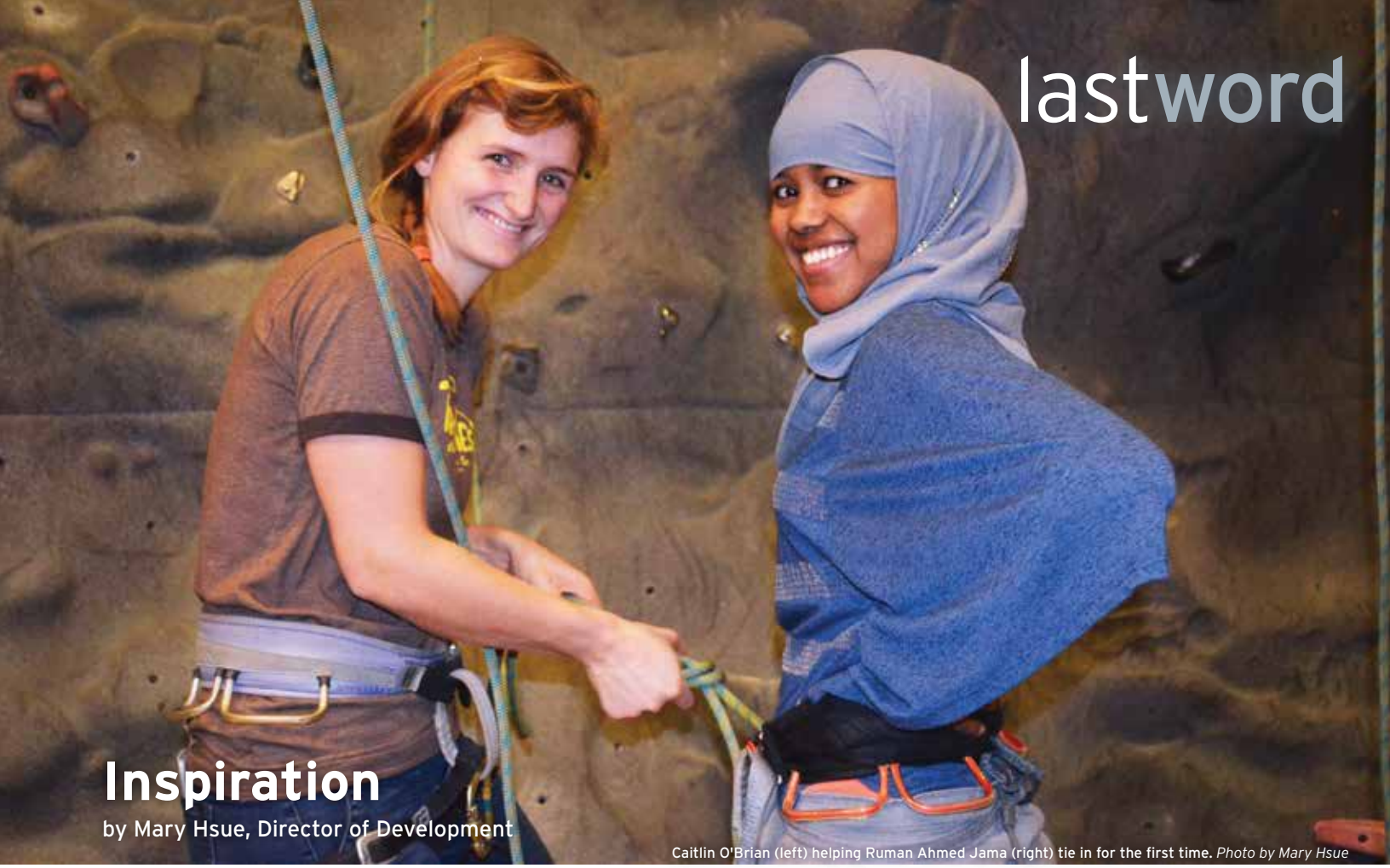
Richard Frank Searing passed away peacefully on April 1, 2014 at the age of 95. He was born on February 22, 1919 in Seattle to Frank and Juanita Searing.

Dick was raised in Laurelhurst and attended Roosevelt High School. He served in the Air Force during WWII and married Evelyn Youree from Union City, Tennessee in Tallahassee, Florida in December 1945. Together they raised 3 sons; Mark, David, and Dennis on Bainbridge Island. He made a career of photo-lithography at Western Engraving and the Seattle Times.

His passions included travel, hiking, climbing and cross country skiing. He and Evelyn enjoyed cruising together in the US and Europe. He led many trips as an active member of The Mountaineers.

He is preceded in death by wife Evelyn and son Mark.

He is survived and will be dearly missed by his sister Virginia Stave, sons David and Dennis and their spouses, his three grandsons and their spouses.



Inspiration

by Mary Hsue, Director of Development

Caitlin O'Brian (left) helping Ruman Ahmed Jama (right) tie in for the first time. *Photo by Mary Hsue*

I've always been inspired by the following statement: "You are who you are in the outdoors — without facade; your true self." I don't remember where I read it, who wrote it, or exactly how it was phrased. But I do remember the statement capturing the essence of what I've discovered to be true.

I think of the outdoors as a great equalizer. If you've had the opportunity to get out there and take part in an activity, like climb, hike, paddle or ski, then you know what it's like to be the newbie. At some point, you were taught or mentored by someone more knowledgeable and skilled than you. And you know that what matters is how skilled they are at the activity, how well they teach you, or how safe and secure they make you feel when you're out there. In other words, color, gender, status, profession or zip code makes no difference.

Leah Schulz discovered this at 12, going off to camp for the first time — thanks to financial assistance provided by her school. It was her first big outdoor adventure and a chance to play in the lake, go on hikes and sit by the camp fire. She was no longer the child of a single parent who could see the Olympics from her back yard, but couldn't get there because her mom couldn't afford a car.

Charles Crenchaw likely discovered this as member of a Mountaineers party that summited Denali in 1964. As James Mills, the author of *The Adventure Gap* remarks in his book, "The fact that he was black appeared to be wholly irrelevant."

And although, as a white male, Jim Lea would have been considered a member of the privileged class, he shared with me that he never joined a yacht club all these years because, "they care about different things." Back when he was out there climbing, hiking and sailing, what mattered to him was the quality of the people and of the experience, or as he says "having fun out there with good people."

When I volunteer for Mountain Workshops, I see what the program can do for a young child. I'll never forget Interagency High School students' visit to the program center in January to climb the indoor wall for the first time. Most of our Mountain Workshops partnerships over the past few years have been with schools and community agencies serving youth under 14, so I was curious to see if fear and uncertainty could turn into courage and pride just as easily in a young adult.

Ruman, pictured above, was one of the first female students to tie in. She was scared and uncertain but managed to get to the top of the route with some coaching, encouragement and a good belay. She showed herself and her classmates what could be done. Her friends followed suit, then Ruman went on to try other routes with a newfound sense of determination and confidence.

At the end of the session, we asked the group of girls what they learned about climbing that day. They answered with a resounding, "That girls can be just as good, if not better, than the boys!" Being a petite, Asian climber, I can relate.

"You are who you are in the outdoors. Your true self." This discovery matters because what you learn in the outdoors can translate to life. Interagency High School students – male and female – who leave Mountain Workshops more confident after having faced a scary challenge. They will use that confidence and resilience to tackle challenges they face in school, within their families, and in their communities.

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Crown of the Continent grizzly bear. *Photo by Steven Gnam*