

Mountaineer

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



Annual
Report
2014 PAGE 3

Climbing
the Sea
sailing PAGE 23

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Mar/Apr 2015 » Volume 109 » Number 2

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



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

Mountaineer uses:



Discover The Mountaineers

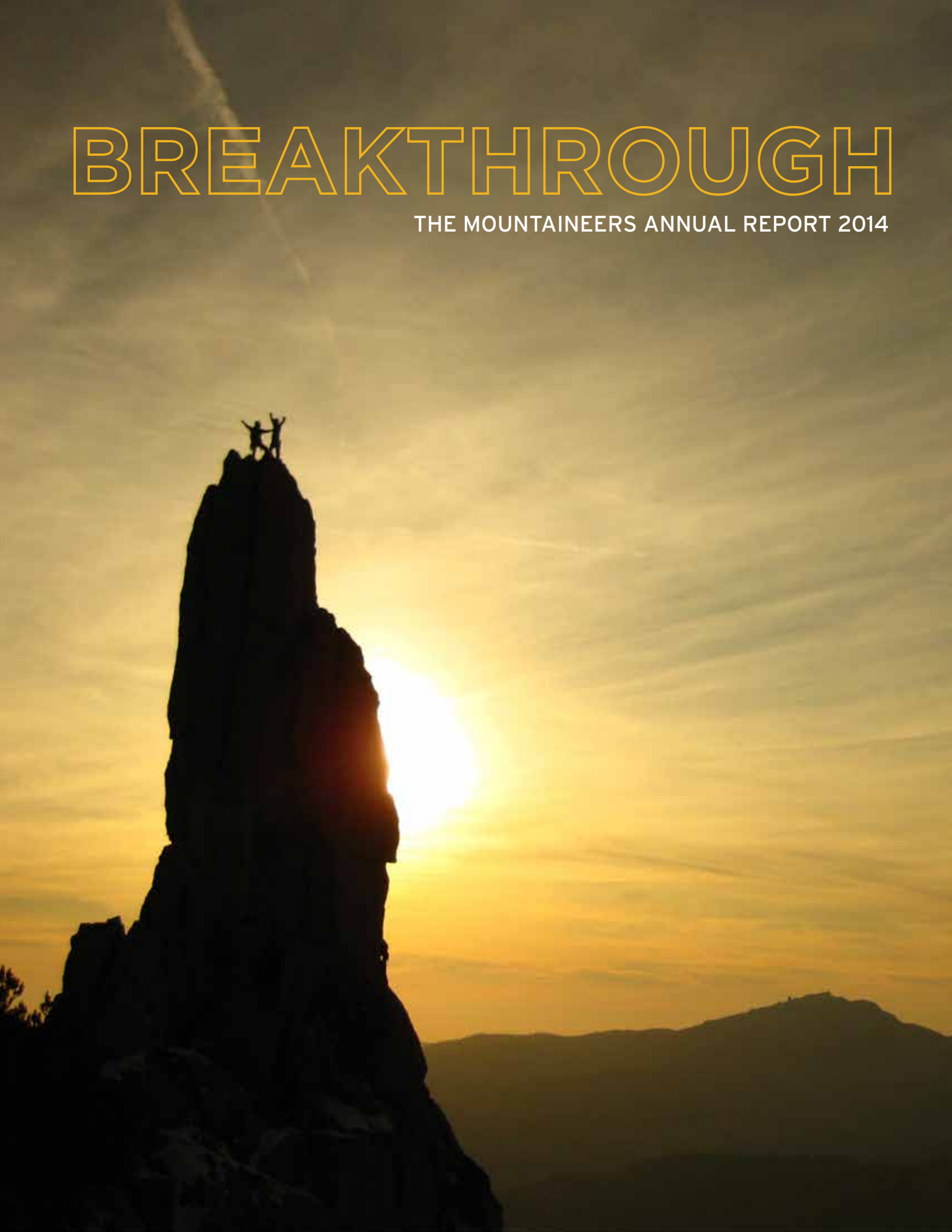
If you are thinking of joining — or have joined and aren't sure where to start — why not set a date to Meet The Mountaineers? Check the Branching Out section of the magazine for times and locations of informational meetings at each of our seven branches.

on the cover: Lori Stamper learning to sail. Sailing story on page 23.

photographer: Alan Vogt

BREAKTHROUGH

THE MOUNTAINEERS ANNUAL REPORT 2014



FROM THE BOARD PRESIDENT



Without individuals who appreciate the natural world and actively champion its preservation, we wouldn't have the nearly 110 million acres of wilderness areas that we enjoy today. More than four million acres are located in Washington state alone – right in our own backyard.

For more than a century, wilderness conservation has been a primary driver of The Mountaineers. Our members care deeply about protecting the outdoors and sharing it with others. Today we are passing that conservation ethic along to younger and more diverse groups, encouraging them to take a key role in the preservation and stewardship of our public lands and waters.

We could not succeed in this important work without the dedication and enthusiasm of our volunteers, more than 1,900 of them. These individuals are integral to the impact we are making in connecting youth and children with the outdoors and in promoting sustainable recreation practices and conservation. Our volunteers help us leverage donor contributions, making every dollar stretch farther and do more.

At The Mountaineers, we rely on your participation as a member to sustain our vision and on your financial contributions to help us develop and grow our programs. Our future impact depends on your continued support. For those of you who have given your time and money, we thank you for your partnership and for inspiring us with your generosity.

For those who have not yet taken the next step to become a financial donor and champion of The Mountaineers, we hope reading this annual report will lead to your own breakthrough moment!

Dan Lauren
President, Board of Directors
The Mountaineers

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Annual Report photographers: Kym Ahrens, Stephen Gnam, Daniel Hale, Mike Warren, Ida Vincent

FROM THE EXECUTIVE DIRECTOR

Recently I was at Index Town Wall, a well-known climbing area northeast of Seattle, watching an experienced climber work a problem on a 5.11 route. At a critical point, he started having trouble and his climbing partner began to coach him from the ground. "Remember, you've trained for this," his partner encouraged. "Focus and use your power." The climber was clearly close to his limit, but determined. He took a deep breath and executed a series of moves that got him up and over the overhang. What a breakthrough!

A breakthrough is defined as an act of overcoming an obstacle or achieving an unexpected advance that permits further progress. It is an "aha!" moment, bringing about transformation, clarity and insight.


Last year has been a year of breakthroughs for The Mountaineers. Our membership grew substantially, and we saw a 20-point increase in member satisfaction. Our volunteer roles have grown as well – now 1,950 strong – and their contributions are equal to about 55 full-time employees. More than 250 top leaders attended our first volunteer leadership summit, launching a new initiative.

Our youth programs surpassed 5,500 opportunities to get kids outside, far exceeding our original goal of 3,500. And our conservation work connected our community with the landscapes in which they play, creating more advocates, educating more responsible recreationists, and inspiring more than 5,000 stewardship hours.

A new technology platform now connects our community with digital tools, allowing our volunteers to manage and share activity and course information, post trip reports and much more. We've seen traffic to our site increase by about 60 percent and new visitors are up 70 percent.

Each of these achievements is substantial, and would not have been possible without you – our members, volunteers and donors. It hasn't been easy. True breakthroughs never are. Pushing beyond the limits, breaking new and undiscovered ground takes discipline, planning and risk.

This year, we hope you will feel like the climber I watched at Index, tired and spent, but also proud and astonished at what we've been able to achieve together.

A woman wearing a blue Arcteryx jacket and a blue helmet is smiling and standing on a rocky trail. The background shows a misty mountain landscape.

Martinique Grigg

Martinique Grigg
Executive Director
The Mountaineers

VOLUNTEERS



MOTIVATED TO GIVE BACK

After a precarious ascent of Mt. Shuksan taught him he had a lot to learn about mountaineering, Patrick joined The Mountaineers in 1993. He got more than he bargained for, namely, new skills and some lifelong friends. "I owe a great debt to the volunteers who taught me to be a safer, more technically proficient climber and back-country skier," said Patrick, who continues to volunteer with The Mountaineers today. "I feel an obligation to repay that debt by teaching others what I have learned."



CREATING A CONTINUUM OF EXCELLENCE

Volunteers are the lifeblood of The Mountaineers. More than 1,900 strong, our volunteers love to share their knowledge and passion for the outdoors with others. We benefit from their extraordinary talents while helping them grow on a personal level and develop as recreation experts. In return, our volunteers give back in amazing ways. In 2014, we estimated our volunteers' hourly contribution was the equivalent of 55 full-time employees.

PROFESSIONAL AND ENTHUSIASTIC

Every Mountaineers volunteer brings a high degree of skill and expertise to the organization. Volunteer leaders and instructors put their experience to work training the next generation of outdoor enthusiasts. We support our leaders, helping them remain motivated while staying up-to-date with best practices to enhance their skills. Their participation impacts every aspect of the organization, from the quality of our programming to the passion and authority of our voice in conservation advocacy.

ENHANCING OUR COMMUNITY PRESENCE

Each branch is the voice and face of The Mountaineers in our communities, allowing us to reach more people in a more personal way. Our seven branches and four lodges deliver on The Mountaineers mission by tailoring programs to meet the needs of each community and engage at a local level.

In 2014, we offered an average of six outdoor adventures a day. This level of engagement across the state would be impossible without the support and enthusiasm of our volunteers.

BREAK THROUGH moment

Our first **Fostering Leadership Conference**, held in September, brought together 250 volunteers to learn how to be better leaders in the outdoors.

Volunteers heard from experts in the field about innovation in course design, risk management, promoting diversity in outdoor recreation, and making decisions in the wilderness.

All of us were inspired by stories from world-renowned climbers who shared their passion for the outdoors. We acknowledged our volunteers for the superb work they do, promoted cross-branch discussion, and provided a venue for volunteers to share best practices, successes and challenges.



1,950 volunteers extend our reach

YOUTH & EDUCATION



HELPING UNDERSERVED YOUTH

We met Shona, a spirited 9-year-old, through a program we offer for formerly homeless kids at Brettler Family Place. As the other kids were learning climbing skills and exploring the wonders of Magnuson Park, Shona disrupted class and refused to participate. But after watching others enjoy outdoor activities, she decided to try rock-climbing. Within a year, she had become an adept climber, approaching each challenge with excitement and asking to help teach climbing skills to the newer kids. Shona's behavior and attitude shifted through her connection with the outdoors.



INSPIRING KIDS TO GET OUTDOORS

There is no age limit where the outdoors is concerned. We work with children as young as age four, helping them discover – and be comfortable in – the outdoors. Since we began our youth programs in 2011, we've offered more than \$50,000 in scholarships to help build leadership, outdoor and self-awareness skills for youth of all demographics, especially underserved kids, and we've introduced more than 6,700 young people to the outdoors. Mountaineers youth come away from our programs with a better appreciation of nature and a grounding in life skills, such as resilience and self-confidence.

PARTNERSHIPS TRIPLE OUR REACH

Partnerships stretch our resources, creating more opportunities to get kids outdoors. Last year, we increased our partners to 43 – up 50 percent over the previous year. Currently, we are building new relationships with Outdoor Adventure Center in Index, Everett YMCA and UW Tacoma.

In 2014, volunteer support and funding from Rotary Club of the International District allowed Bailey Gatzert Elementary School students to attend six all-day Mountain Workshop sessions. Students from the UW's Carlson Center volunteered weekly at The Mountaineers to teach youth from Brettler Family Place, a housing development in Magnuson Park for formerly homeless families. And Sail Sand Point provided water-based activities, such as paddle boarding, that integrated Mountain Workshops for Muslim girls from Al-Noor Academy.

VOLUNTEERS AS ROLE MODELS

In 2014, more than 75 youth-program volunteers logged some 3,900 hours, providing about 5,500 opportunities to get kids outside. We encourage volunteers to work with the same kids, time and again. It's a win-win situation. The adults connect emotionally with the kids, and the youngsters become more trusting of the adults, creating a more successful learning environment.

BREAK THROUGH moment

Eleven new partners joined us for two or more Mountain Workshops last year, helping youngsters gain more confidence in the outdoors.

Two long-term partners – Brettler Family Place and Hope Place Shelter – ended the summer with a **weeklong day camp** for 49 kids. After progressive programming throughout the year, both groups participated in an intensive camp experience and two field trips to wilderness areas, where they put the skills they learned to use.

Gradually building up to camp allowed the youth to develop familiarity and comfort with the outdoors before putting their skills to the test.



3,180 little hands outside

CONSERVATION



MOBILIZING A NEW GENERATION OF PROTECTORS

As a Washington state native, Erin admired the Cascade Mountains from afar. But it was not until she scrambled to the top of Vesper Peak as a Mountaineers student that she truly connected with the Pacific Northwest landscape. Erin walked away from her basic climbing class with not only outdoor skills that would help her safely explore distant peaks, but also an appreciation and desire to protect these places so that future generations can enjoy them for years to come.



PROTECTING THE PLACES WE TREASURE

As Washington's leading voice for protecting the outdoor experience in the Pacific Northwest, we provide powerful, often life-changing, experiences through our courses, trips, events and publications. Our reputation as a conservation organization has been built on a century-old legacy of stewardship and advocacy, and this work continues unabated today. In 2014, volunteers contributed nearly 5,000 hours of conservation work, helping protect public lands for future generations.

AN INFORMED PERSPECTIVE

We focus our conservation efforts in three spheres: education, stewardship and advocacy. These areas create different access points through which we can engage the greatest number of members. Because our courses and trips depend on the health and welfare of the outdoors, we carefully integrate a stewardship ethic into all our activities. In 2014, 550 students and volunteers received training in Leave No Trace ethics through our Backcountry Impact Skills classes. We maintain a conservation-focused blog on our website and have more than 20,000 subscribers to *Conservation Currents*, an e-newsletter.

AN INFLUENTIAL VOICE FOR THE FUTURE

We are committed to inspiring and engaging younger and more diverse audiences. It is this next generation of conservationists who will play a critical role in the future health of our region. Our work with Washington D.C.-based Outdoor Alliance gives us a regional and national presence on land and water protection, management and funding issues. This collaboration allows us to leverage Outdoor Alliance's wealth of contacts, lobbying expertise and research tools while helping us create more awareness for our regional issues on the national level. With Outdoor Alliance support, we launched Outdoor Alliance Washington to harness the collective voice of our partners throughout the state. Together we were able to influence state and federal policy on protective land designations and wilderness management.

BREAK THROUGH moment

With The Wilderness Society and REI, we co-sponsored Explore Washington's Wilderness, Washington state's premier event marking the 50th anniversary of the Wilderness Act.

Speakers included internationally renowned mountaineer Jim Whittaker, local environmental advocate Martha Kongsgaard, and diversity advocate Juan Martinez who explored issues facing Washington's outdoors and discussed ways to become more involved in protecting our wild lands. More than 250 people attended this sold-out event.



5,000 hours of conservation work

PUBLICATIONS



PUTTING WILD TALENT TO WORK FOR WILD PLACES

"If anything can persuade people to save this place, it will be his images." When an award-winning National Geographic author tells you this, it's a good idea to listen. That author, Douglas Chadwick, introduced us to the exquisite photography of Stephen Gnam and in 2014, Braided River published *Crown of the Continent: The Wildest Rockies*, which includes thoughtful essays by Chadwick. The Missoulian promptly dubbed the book "a new jewel for the crown" and it was a finalist at the 2014 Banff Mountain Book and Film Festival.



LEADING READERS TO THE GREAT OUTDOORS

Mountaineers Books, along with its Skipstone and Braided River imprints, publishes award-winning recreation, sustainable lifestyle and conservation advocacy books. In 2014, we added 31 new titles to a catalog of 700 titles in print and earned more than \$3 million in book sales. Our books covered new terrain (*Paddling the Columbia*), brought out leading female alpinist voices (*Tilting at Mountains; Mountains in My Heart*) and encouraged sustainable living (*Real Gardens Grow Natives*). We also inspired audiences outside the pages of the book, with more than 300 author events.

PRESERVING MOUNTAINEERING MILESTONES

Before 1978, climbing Mount Everest without supplemental oxygen was thought to be impossible. Then on May 8 of that year, Reinhold Messner and Peter Habeler reached the world's highest peak in a breakthrough ascent that redefined the physical limits of the human body. Last year, Mountaineers Books published Reinhold Messner's *My Life at the Limit* as part of the Legends and Lore series. As the first English-language edition, this story is now available to readers across North America.

INSPIRING NEW STEWARDS

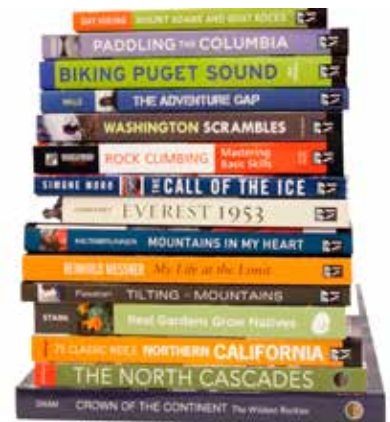
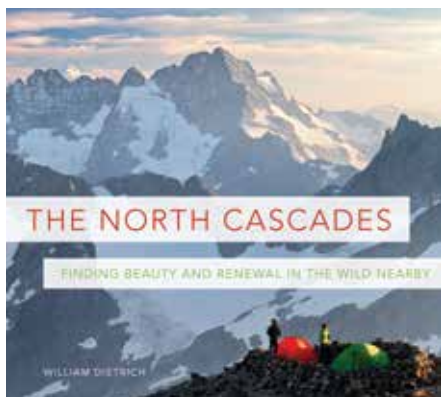
Fifty years ago, Mountaineers Books issued *The North Cascades*, a publication instrumental in establishing North Cascades National Park. In 2014, Braided River published a new book with the same title, featuring compelling stories by Pulitzer-winning author William Dietrich, Christian Martin and Craig Romano as well as vivid imagery by more than 20 photographers. The new book invites readers to step up and serve as stewards of this majestic mountain environment for the next 50 years.

BREAK THROUGH moment

The Adventure Gap: Changing the Face of the Outdoors by James Edward Mills contributed to the dialogue on diversity in outdoor recreation.

The book uses the 2013 climb of Alaska's Denali by the first all African-American team of climbers explore how minority populations view their place in wild environments and share the stories of those who have achieved significant accomplishments in outdoor adventures.

The expedition's goal, and now the book's, is to inspire minority communities to look outdoors for experiences to enrich their lives, and to encourage all of us to value and protect the natural world around us.



350,000+ books sold around the world

COMMUNITY



SHARED PASSION FOR THE OUTDOORS

After graduating from the basic course and climbing with The Mountaineers for a year, Liz has found both a place to learn and a community. "For me, the community of like-minded, enthusiastic and talented climbers is the best thing about The Mountaineers," she said. "With climbing there's always something new to learn - thanks to countless volunteers and my fellow SIGlets, I've grown as a climber and a person and I've gained some incredible, inspiring and fun friends. The Mountaineers is part of what makes Seattle my adopted home and I intend to be a lifelong member."



EXPANDING MEMBERSHIP TO RECORD HIGHS

In 2014, our membership reached 10,450 members – a 15-year high – thanks to new member sign-ups and improved retention rates. To support this growth, we've added staff, redesigned our website and expanded our use of social media. Last year, we hosted 1,350 events, including the new BeWild Speaker & Film Series, and the continuation of popular events like the Banff Film Festival. Overall, events at our program and outdoor centers attracted more than 60,000 outdoor enthusiasts.

HAPPIER, MORE ENGAGED MEMBERS

We conducted a survey last year, and more than 2,000 members took the time to participate. Their comments showed that our organization is highly valued. We saw a dramatic uptick in member satisfaction. In fact, members have a 20-point increase in member happiness over 2011. Survey results also validated the priorities we've outlined in our new strategic plan: establish better technology, create better volunteer support and deliver more frequent member communications.

BUILDING A VIBRANT COMMUNITY

We launched a new website in May 2014, and have seen a 60-percent increase in unique site visitors. Although there is still room for improvement, the new design makes it easier to learn about the organization, get involved and volunteer. The website has helped us grow our online community by leaps and bounds, and we have placed additional emphasis on opportunities available through social media. We have 9,000 followers on four social channels, with 31-percent growth in Facebook followers and 71-percent growth on Twitter in the last year. Social media outlets have proven to be a good testing ground for ideas that matter to our members, and they serve as an entry point to build a deeper relationship with our community.

BREAK THROUGH moment

Our membership hit a 15-year high this year – 10,450 strong.

A guest membership program started several years ago allows individuals to “test drive” the organization for up to two years and participate in two activities, helping us convert guest members to full membership.

In the past year, we've had more than 3,000 guests participate in our programs. Through more creative initiatives and more thoughtful campaigns that personally interact with our members, we plan to grow our membership to 12,000 by 2017.



7 active branches and 4 lodges

FINANCIAL

Condensed Statement of Financial Position

Assets	2013-2014	2012-2013
Current Assets	\$5,013,905	\$5,051,575
Long-term Investments	\$2,127,796	\$1,927,792
Fixed Assets (less accumulated depreciation)	\$5,759,213	\$5,835,049
Author advances	\$160,960	\$148,657
Total Assets	\$13,061,874	\$12,963,073

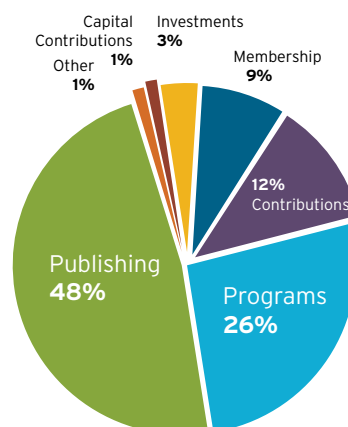
Liabilities & Net Assets

Liabilities

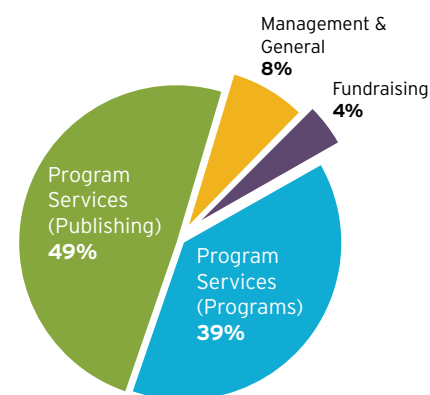
Current Liabilities	\$692,324	\$592,481
Long-term Liabilities	-	-
Total Liabilities	\$692,324	\$592,481

Net Assets

Unrestricted	\$12,211,857	\$12,221,701
Temporarily Restricted	\$157,693	\$148,891
Total Net Assets	\$12,369,550	\$12,370,592
Total Liabilities & Net Assets	\$13,061,874	\$12,963,073



SUPPORT AND REVENUE
2013-14



EXPENSES
2013-14

Condensed Statement of Activities

Revenues		2013-14		2012-13
Publishing	49%	\$3,009,696	45%	\$3,008,084
Programs	26%	\$1,640,215	21%	\$1,414,009
Contributions	11%	\$705,960	18%	\$1,169,223*
Membership	9%	\$555,148	8%	\$549,493
Investments	3%	\$201,157	3%	\$216,470
Capital Contributions	1%	\$47,346	2%	\$141,968
Other	1%	\$33,615	2%	\$164,174
Total	100%	\$6,193,137	100%	\$6,663,421*

Expenses

Program Services (Programs)	38%	\$2,352,636	34%	\$1,917,073
Program Services (Publishing)	49%	\$3,085,868	53%	\$3,026,558
Fundraising	4%	\$230,711	4%	\$248,607
Management & General	8%	\$524,964	8%	\$476,853
Total	100%	\$6,194,179	100%	\$5,669,091

* Includes \$500,000 bequest

The audit of the consolidated Mountaineers entity, including Mountaineers Books is available on request.

BREAKTHROUGH GIVING

PEAK SOCIETY

Generous contributions from early supporters like board member Rich Draves have been central to the success of providing meaningful outdoor experiences that connect people with the natural world. "I see The Mountaineers as an important part of the Pacific Northwest," explained Rich, "as well as an important part of my life. I wanted to support the community where I live and I am fortunate enough to be able to help."

As chair of the Peak Society, Rich is pleased to see so many people step forward and support programs launched within the past four years. "Considering how much time people already give, it's remarkable so many give so generously" he said. "Unrestricted dollars are the lifeblood of any nonprofit organization. Certain programs may have traction, but so much more is needed to ensure their success and impact."



PEAK SOCIETY PRIVATE CONTRIBUTIONS OCTOBER 1, 2013 – SEPTEMBER 30, 2014

Peak Society is a donor recognition club for members who make an unrestricted annual gift of \$1,000 or more. We salute the Peak Society members who are listed below.

Eric Aagaard	Peter Hendrickson & Nancy Temkin	Thomas Reveley
Anonymous (4)	Petra Hilleberg	Mike Riley*
Michael Arriaga	Peter and Liz Heinz	Craig & Shelley Rixon
Perry & Christine Atkins	Christine Hoffman	Chris & Kathy Robertson
Scott & Mary Kay Aussenhus	David & Christina Holmes	Jordan Roderick
Mearl Bergeson*	Brian Johnson	George & Dion Russell
Lisa Berntsen & Royce Poetter	Steve Johnson & Bev Dahlin	Vik & Jessica Sahney
David Bradley	Dennis Kiellerich	Leah Schulz & Meredith Conley
Harlan Brown	David Kimbro	Todd & Karen Schultz
Tina Bullitt*	Paul King	David Shema & Virginia Tripp*
Anita Cech	Martha Kongsgaard & Peter Goldman	Ken Seamon & Jane Biddle
Phil Chebuhar	Takeo Kuraishi	Colleen Sexton
Chris & Radka Chapin	Dan & Nadine Lauren*	Susan Shih & Mark Eiselt
Rajib Choudhury	Michael Lawrence	Rob & Jennifer Stephenson*
Dave Claar*	Steve LeBrun	Kara & Jeff Stone
Adam & Laura Clark	Ed Leckert*	Steve Swenson & Ann Dalton*
Tom Davis	Peter Leonard & Beth Fishman	Kate Thayer
Andy & Ann Devereaux*	Gretchen Lentz*	Jeff and Beth Vanlaningham
Jim Dobrick*	Vineeth Madhusudanan & Manisha Powar	Tom Varga & Christine Martin*
Rich & Martha Draves*	David & Hope Maltz	Vilma Vojta
Evy Dudey & Mark Glidden*	Aidan & Mamie Marcuss	Doug & Maggie Walker*
Glenn & Bertha Eades	Heidi Mathisen & Klaus Brauer	Mona West*
Mickey & Jeanne Eisenberg*	David & Julie McCallum	John & Debbie Wick
Lee Fromson & Twala Coggins*	Steve & Colleen McClure*	Martina & Mike Kozar
Don & Natalia Goodman*	Craig McKibben & Sarah Merner	Tab Wilkins*
John Goodman	Patrick Mullaney	Gavin & Sara Woody*
The Greutert Family	John Ohlson*	Ann Wyckoff
Kaatri & Doug Grigg	Wilma Peterson	Kelvin Xia*
Martinique & Eliot Grigg*	Patti Polinsky*	Steve & Teresa Yi
Chloe Harford & Henry Rebbeck	Deling Ren & Yinan Zhao	Gene Yore & Doris DeVries*
Jonathan Hawkins & Ann Mecklenburg*	Gerry & Barbara Retzlaff	

* denotes charter member

DONORS

PRIVATE CONTRIBUTIONS OCTOBER 1, 2013 – SEPTEMBER 30, 2014

The Mountaineers relies on private contributions to pilot new initiatives and expand mission-critical programs to provide youth outdoor experiences, grow a tradition of volunteer-led education, improve facilities, and publish books to create a community of engaged outdoor citizens. We are grateful to the individuals, corporations, foundations and organizations below who provided contributions and in-kind gifts between October 1, 2013 and September 30, 2014.

\$25,000+

Lee Fromson and Twala Coggins
Microsoft Matching Gifts Program
The REI Foundation
Thomas H. Tarantino

\$10,000 - \$24,999

Boeing Company Matching Gifts Program
The Devereaux Foundation
Richard and Martha Draves
Peter Hendrickson and Nancy Temkin
Thomas and Kathryn Hornbein
Paul King
Treeline Foundation
The Mountaineers Foundation
Seamon Family Foundation

\$5,000 - \$9,999

The Estate of George B. Duncan
Brian Fielder
Chris Richburg
Tulalip Tribes Charitable Fund
David Shema and Virginia Tripp
Vilma Vojta
Doug and Maggie Walker
Tab Wilkins
Gavin and Sara Woody
Ann P. Wyckoff
Includes one anonymous benefactor

\$2,500 - \$4,999

Avner Aharoni
Pat Boyle and Tracy Fuentes
Google Matching Gifts Program
Objekts LLC
The McLaughlin Family
Anne and Steve Fox
Don and Natalia Goodman
Martinique and Eliot Grigg
Linda Harkness
William Hecker
Christine Hoffman
James Kotlik
David and Hope Maltz
Steven and Colleen McClure
Dan Nord and Amanda Franklin
John Ohlson
Deling Ren and Yinan Zhao
Wilburforce Foundation
Chuck and Joan Welter
Includes two anonymous benefactors

\$1,000 - \$2,499

Eric Aagaard
Thomas Allen
Michael Arriaga
Carl R. Battreal
Mearl Bergeson
Lisa Berntsen and Royce Poetter
Harlan Brown
Tina Bullitt
Chris and Radka Chapin
Rajib Choudhury
Dave Claar
Adam and Laura Clark
Dean and Shelley Conti
Scott Davidson
Tom Davis
Jim Dobrick
Kevin and Amy Durdle
Glenn and Bertha Eades
Mickey and Jeanne Eisenberg
Gregg Gagliardi
Raphael Giangliulo
The Greuter Family
Kaatri and Doug Grigg
Jonathan Hawkins and Ann Mecklenburg
Peter and Liz Heinz
Sarah McFarlane and Jonathan Heller
Petra Hilleberg
David and Christina Holmes
Outdoor Youth Connections

Brian Johnson
Steve Johnson
Dan and Nadine Lauren
Geoff and Peg Lawrence
Edmund Leckert
Gretchen Lentz
Peter Leonard
Richard and Leslie Levenson
Alexander Macdonald and Juliette Oldfield
in honor of Elizabeth Marzolf and
Rhodri Thomas
Aidan and Mamie Marcuss
Troy and Trish Mason
Heidi Mathisen and Klaus Brauer
The Lookout Foundation
Patti Polinsky
Thomas Reveley
Mike Riley
Jordan and Joyce Roderick
Vik and Jessica Sahney
Betsy and Todd Schultz
Greg Smith
Marcia and Andy Smith
Nigel and Sarah Steere
Robert and Jennifer Stephenson
Kara and Jeff Stone
Marcia Stone
Steve Swenson and Ann Dalton
Tom Varga and Christine Martin
Norman Vigus and Carol Scott
Cebe Wallace
John and Deb Wick
Martina and Mike Kozar
Rotary Club of Seattle-International District
Kelvin Xia
Gene Yore and Doris DeVries
Includes one anonymous benefactor

\$500 - \$999

Barrett Amos
Scott Baker
Michael Bialos
Liang Chen
Jim Collins
Jody Delbridge
Evelyn Dudey and Mark Glidden
Abram Elwell
David Enfield
Jo Evans and Art Freeman
Andrew Falender
Chad Gartland
Jim Gaweel and Mindy Roberts
Paul Gould
Roman Hangartner
Doug Hutchinson
Leigh Johnson
Elizabeth Johnson in memory of Bev Dahlin
Andrea Keating
Eugene Keltgen
Dennis Kiilerich
George Klein
Takeo Kuraishi
Steve LeBrun
Emilio Marasco and Linda Harkness
Arul Menezes and Lucy Vanderwende
Patrick Mullaney
The Estate of Helen M. Strom
Michael Olsen
Karen Pease
Mercedes Perez
Loran and Debra Petersen
Wilma Peterson
Barbara and Gerald Retzlaff
Kathleen and Christopher Robinson
R4 Construction
Ben Severson
Greg Smith
Judy Sterry
BJ and Helen Thayer
Sherrie Trecker
Fran Troje

David Walton
Janine Whan Tong in loving memory of
Ed Praitis
Richard Wilkens
Wesley Witt
Brian and Amy Young
Colleen Sexton
Includes one anonymous benefactor

\$250 - \$499

Helen Baker St. John
Teresa Bell
Richard Berner
Shawn and Theresa Bertagnole
Allan Boyce
Darin Brekke
Scott Chamberlin
Fred Chapman and Eleanor Schneider
Helen and Arnie Cherullo
Mary Childs and Jamie Walker
Women Climbers Northwest in memory
of Franklin Bradshaw
Frank and Debbie Crawford
Colt de Wolf
Keith Doorenbos
Jim Fahey
Jim and Nadine Feltus
Teresa Fewel
Votiv Films, LLC
John and Ginny Gannon
Tal and Carol Godding in memory of
Franklin Bradshaw
Michael Gutmann
The Harrick Family
Dianne Hoff
Kevin Hornback and Julie Myer
Mary Hsue
Roger Johnson and Pamela Boyles
Idona Kellogg
Bill Kilpatrick
Chris Lalonde
Greg Lewis
Wayne Lieb
Mary Lou Lyman in memory of Erik Palm
Honor and Lynn in memory of
Max Hollenbeck
Thomas and Leslie Martin
Susan McNabb and Jefferson Foote
Alessandra Pollock
Dan Price in honor of Andre Chevalier
Ray Puddicombe
Susan and Roger Pypser
Josh Randow
Sheila Reynolds and Andy Zavada
Justin and Hillary Ryan
James Samuel
Julia and Greg Schechter
Zachary Schellhardt
David and Cynthia Schraer
Andrew Sell
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REACHING NEW HEIGHTS

Today's Mountaineers apply a modern-day conservation ethic by upgrading existing facilities to support the instruction and practice of outdoor recreation skills in a safe, cost-effective and environmentally-friendly alternative to fragile alpine peaks and meadows.

In 2014, donor support of over \$30,000 funded an outdoor climbing wall at the Tacoma Program Center, a much-needed addition used to teach adult alpine and rock-climbing courses and to support a variety of new youth programs. At Meany Lodge, donors contributed another \$30,000 to upgrade and improve the rope-tow and to purchase a snow machine for transport and rope-tow repair.

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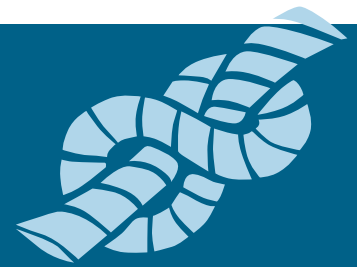
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THE MOUNTAINEERS achievements

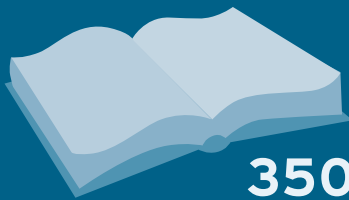


3,200

knots learned



750 boots contributing to **5,000** hours of conservation work



350,000+ books sold around the world



3,180 little hands outside

20 point increase in member happiness



1,350 events for **60,500** people



an average of **6** outdoor adventures offered every day



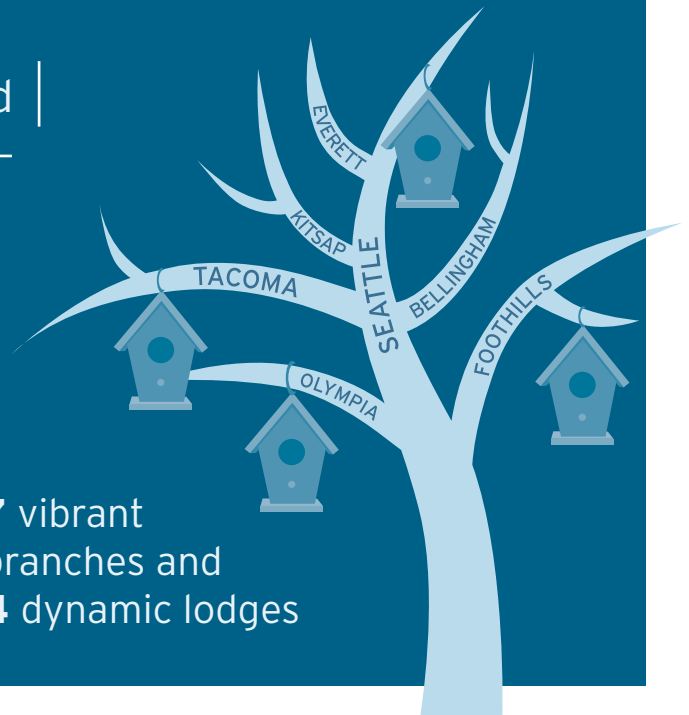
1,200 smiles shared

1,950 volunteers



that's enough to reach from the bottom to the top of Mt. Rainier on one rope team!

7 vibrant branches and **4** dynamic lodges





Can you identify the location in the foreground?

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

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

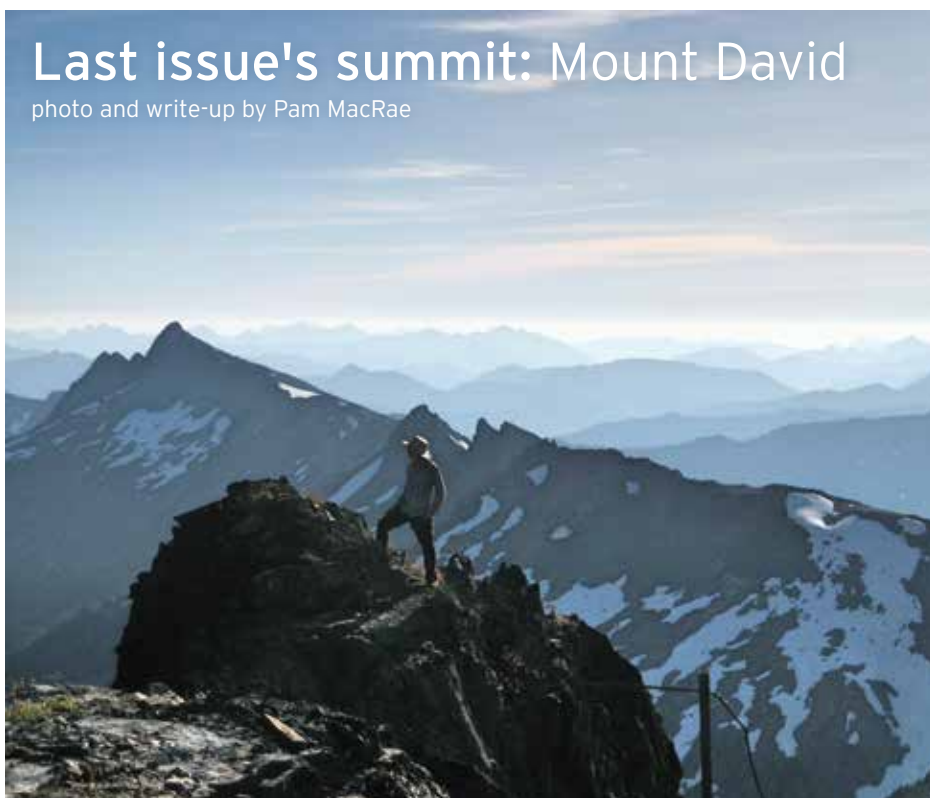
In case of a tie, one winner will be chosen at random. Each month we'll publish a new mystery landmark and identification of the previous one.

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

The winner of last issue's *Summit Savvy* was Tom Ormond. He was the only one who correctly identified Mount David.

Last issue's summit: Mount David

photo and write-up by Pam MacRae



The Mount David trail climbs 5800 feet in seven miles to the site of a former lookout. Starting at the White River trailhead in the Wenatchee River Ranger District, the trail follows the river for a bit before switchbacking up and up through the forest. The trail eventually arrives to a ridge where the views start. In early August 2014, there was still some snow to cross before getting to the top of the peak. And though there's a trail to the top, it has the definite feel of a scramble in places, with poor tread and significant exposure. Bring plenty of water; there's none along the trail. The views from the top are as stunning as any lookout site, with Glacier Peak looming large.

Activity Type: Day Hiking

Seasons: August-October.

Distance (round trip): 14 miles

Elevation Gain: 5,200 feet

High Point: 7,420 ft

Climbing the Sea

by Michael Roessler



Michael Roessler at the helm. Photo by Wendy Vogt.

The bow rose and fell. At times the water hit against the fiberglass hull to make a low thud noise then frothed and hissed like soda bubbles as it dispersed in white foam around us. The sun shone behind us as we sailed out of Port Madison toward Shilshole. It was another one of those days on the Sound when one could see both the Olympics to the West and the Cascades to the East. Clouds ringed the summer snow on the peaks of Mount Rainier and Mount Baker.

“Swing wide around Point Monroe, there’s a sand bar there, then prepare to come about,” said our captain. He deliberately pronounced Monroe with all the emphasis on the first syllable, like Magua calling Colonel Munro in *Last of the Mohicans*.

The crew of Mountaineers reacted instantly by taking up stations at the port and starboard winches, lines in hand and a winch handle at the ready. We paused, not to think, but to absorb with all our senses - like a top rope belayer just before taking up a climber’s weight. We could anticipate needs and dispatch them according to our training. We were a team.

“Helm’s a-lee!” I yelled and turned the boat’s wheel.

We released the working line and monitored the jib’s travel around the mast. I could hear the rapid, high pitched, metallic clicking of the winch gears spinning as my crew mate drew in the line. She reversed directions on the winch handle with perfect timing to

shape the jib sail and to make taut the line. I adjusted the wheel to bring us up wind slightly to maximize our forward speed.


Another crew mate watching from the starboard winch signaled for my attention. “There’s a large patch of seaweed and leaves off the bow,” he said. I had to squat low to peer under the jib to see the water directly in front of the bow. I threw the wheel to starboard just in time to clear a patch of unknown debris.

“That’s what we want” our captain said, looking right at me, “We want you to make decisions, to use what we have taught you. This is why you take the sailing class!” He put his hand up in the air and smacked it against mine.

Six weeks earlier, I had entered the Mountaineers sailing class with no previous experience. At the beginning, the sailing vocabulary had seemed like a foreign language to me. The course introduced me to sailing by starting in the classroom. We practiced tacking a boat as a team by using a working model with sails, lines, and winches - each of us learned every station under the tutelage of an experienced skipper. We could make mistakes safely as we learned and drilled.

We practiced at the dock, and grew in our awareness of what might be expected and required out on the water. Once the actual

continued on page 26 >>



Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

- Mark Twain



Sailing back to Shilshole Bay Marina with Mount Rainier in the background. Photo by Christy Jobe.

sailing began, we realized that we had a number of skippers available to choose from, each of whom donated their time and their boats to our learning. Some were skilled in reading the wind and the sails, others in nautical navigation, and yet others were patient and gracious teachers. Together, they formed a significant asset to our learning.

For me, personally, being a Mountaineer means a search for new and challenging outdoor experiences. It means a constant effort to learn new skills. Mountaineers share a visceral, almost physical, appreciation of our world that leads us into the outdoors. Now, I wanted to learn to extend this passion out onto the water - to open a door not just for myself, but also for my family.

The Mountaineers sailing course offered the opportunity to learn new sailing skills, practice them with a group of Mountaineers and experienced sailors, then apply them myself on my family's boat as an increasingly competent skipper. Like the mountains during my youth, the sea switched suddenly from a border to a path for adventure, expression, and enjoyment. Befitting my role as a Mountaineer and a father, my own growth and acquired skills meant I could share and teach others to develop themselves.

Several of the skippers offered help beyond the course schedule. "If you need something, call us," they said. Most of them made suggestions for sailing destinations, secret crabbing hotspots, and island getaways.

"You're one of us, now," they said.

For some reason I felt something that made me shake from the inside. I think you call it gratitude.

Our captain smiled at all of us. He said, "Think you can sail exactly downwind?" He didn't wait for an answer. He jumped forward and grabbed the sail. "We're going to sail wing on wing," he said.

We turned downwind and glided - a gentle way to sail. We opened food and began to eat as the setting sun shone through the peaks of the Cascades.

We were now a part of the wind. The wheel needed only slight attention to maintain course. My crew mates, some now friends, made a plate and passed it over the wheel to me.

Someone asked, "So what are you planning to do with your new sailing skills?"

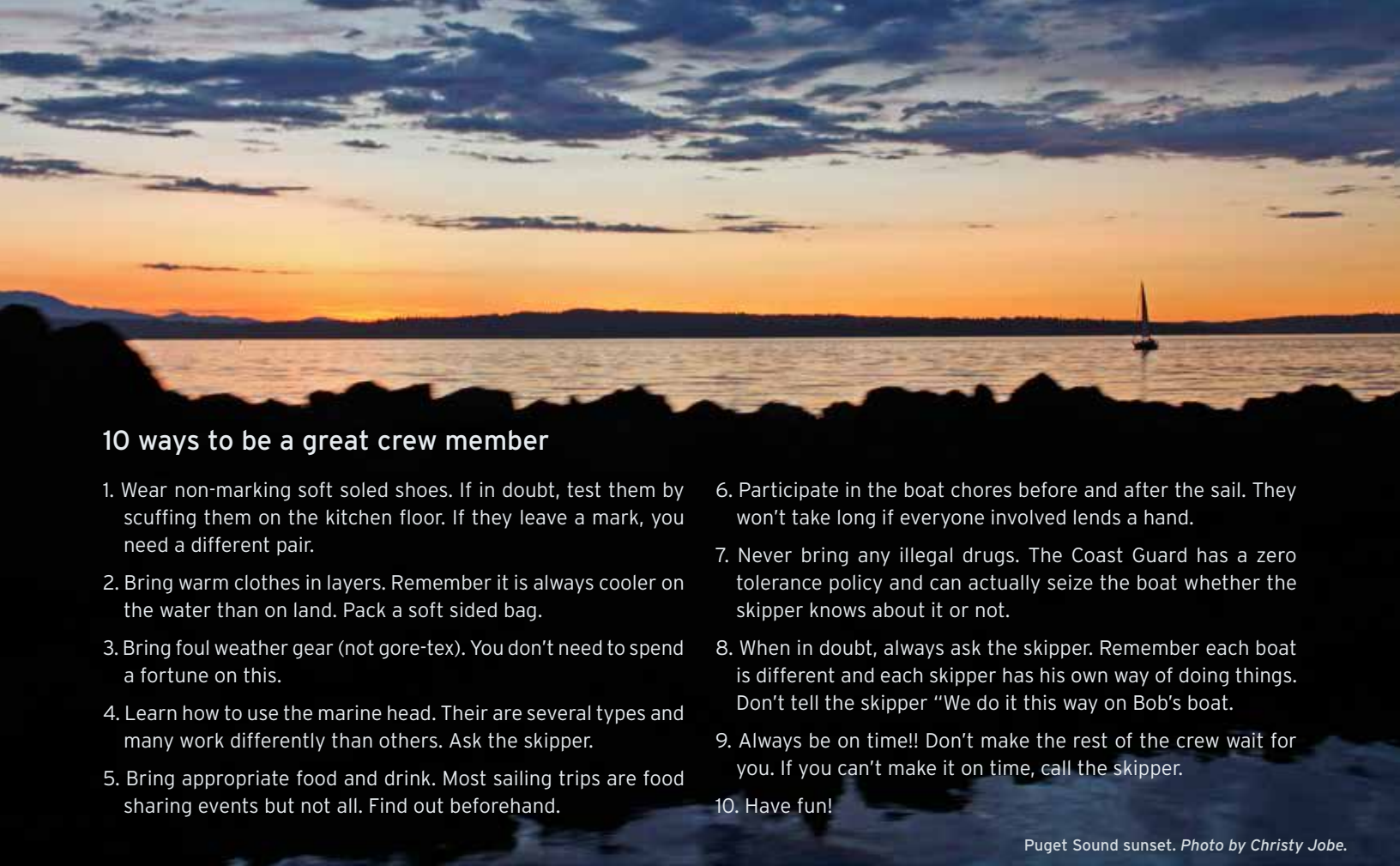
Without hesitation, "I'm thinking about sailing my family up the Inside Passage," I said with a smile.

Michael Roessler is a graduate of The Mountaineers Basic Sailing course, offered every spring. The course includes four lectures, an "on the dock" session and two "on the water" sails. Once graduated, you qualify for free Mountaineers sail activities. Classes start this year on March 30 in Seattle and April 6 in Tacoma. Go online to www.mountaineers.org and click on the "learn" tab to sign up.

For more information about the Seattle sailing group, visit mtnsailing.wordpress.com.



Sea lions watching sailboats at Shilshole Bay Marina. Photo by Christy Jobe.



10 ways to be a great crew member

1. Wear non-marking soft soled shoes. If in doubt, test them by scuffing them on the kitchen floor. If they leave a mark, you need a different pair.
2. Bring warm clothes in layers. Remember it is always cooler on the water than on land. Pack a soft sided bag.
3. Bring foul weather gear (not gore-tex). You don't need to spend a fortune on this.
4. Learn how to use the marine head. There are several types and many work differently than others. Ask the skipper.
5. Bring appropriate food and drink. Most sailing trips are food sharing events but not all. Find out beforehand.
6. Participate in the boat chores before and after the sail. They won't take long if everyone involved lends a hand.
7. Never bring any illegal drugs. The Coast Guard has a zero tolerance policy and can actually seize the boat whether the skipper knows about it or not.
8. When in doubt, always ask the skipper. Remember each boat is different and each skipper has his own way of doing things. Don't tell the skipper "We do it this way on Bob's boat."
9. Always be on time!! Don't make the rest of the crew wait for you. If you can't make it on time, call the skipper.
10. Have fun!




Puget Sound sunset. Photo by Christy Jobe.

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 EXPECT THE UNEXPECTED
 Dinner, reception and auction
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Sea Kayaking a sport for everyone

Haven't you seen someone inflate their wet suit before? Photo of Chris by Kim Ahrens

by Chris Williams, The Mountaineers Leadership Development Manager

Water has always been a big part of my life. I got certified as a SCUBA diver in the 9th grade, was a swimmer through high school, have whitewater rafted on three continents, and got an advanced diving certification during my honeymoon. But it wasn't until joining The Mountaineers and taking the sea kayaking course that I truly gained a respect for the water. Before that, I engaged in sea kayaking like I did most outdoor sports – irresponsibly and without a care in the world. My adventures on kayaks before involved a tremendous amount of blind, dumb, luck. On one “boys trip” up to Orcas Island, a friend began having intense sea sickness, complicated by some poorly managed diabetes. I did what any bad friend in that situation does: I muscled our huge double back to the launching point while making fun of my vomiting friend (you know, to keep the mood light). What became a funny story could have been just a few unlucky mishaps away from being our last.

Since then, I've learned how to safely manage myself and my kayak on the open waters. And in doing so, I've found a way to experience Washington waters from a perspective like none other. My wife has also fallen in love with the sport and it's become one of our most rewarding common activities to share with each other. We've seen beaches and horizons that landlubbers just can't get to, birds stabbing fish (yes, *stab*, not “grab” or “bite”), and seals approaching us to investigate the intrusion into their world. When I enrolled in the Basic Sea Kayaking course last year I didn't expect natural wonders to become normal expectations for the many trips I would go on in the following months.

Learning how to sea kayak is something I truly recommend for everyone – even those of you who strictly define yourselves as “climbers,” (and as soon as there's room in your courses I'll be

joining your ranks). But if you're not convinced by my reflections above, consider the following:

- I've never heard of anyone having to spend \$50,000 to \$100,000 to kayak the most beautiful destinations in the kayaking world.
- Ever had a whale look you in the eye on a mountain?
- Sometimes your feet just hurt too damn much to trek for miles. Kayaking lets you experience intense beauty while you restore that part of your body and exercise the rest.
- With global warming on the way, travel by boat will become more and more of a necessity. *Didn't you see Waterworld!?!?! Yeah, me neither, but I heard it was about our planet being covered completely by water and had that 'Dances with Wolves' guy in it.*
- Water is always your best friend in a zombie apocalypse. They can't swim and you can still fish. (I've never seen zombie fish in the genre. If you think that's possible, you're just being difficult. Stop arguing.) Now I admit, climbers can go up a wall to escape walkers, but they're eventually going to run out of food and get cold. I'll be relaxing on a zombie-free island hosting a fish fry. I win.

Still proclaiming your undying love for some other activity? Well why not enjoy both? Life isn't so short that you can't enjoy more than one type of beauty. Get out there and see what I'm talking about. It's an investment of time you won't regret.

The Mountaineers Basic Sea Kayaking Course is offered in Seattle, Tacoma, Everett, Olympia, and Kitsap. Sign-up is open now and classes start in March and April.

Go online to www.mountaineers.org and click on the “learn” tab to locate courses and sign up.

memberhighlight

ten essential questions



Name Masako Nair
Hometown Sendai, Japan
Member Since 2001
Occupation Account Manager
Favorite Activities Hiking, Snowshoeing, Mountain biking

Masako by Crater Lake. Photo by Tim Nair

How did you get involved with The Mountaineers?

My ex-boyfriend gave me a copy of his Mountaineers magazine as a farewell gift. It turned out to be the coolest gift I ever received from him. I joined the Mountaineers the next day and started signing up for hikes to turn a new page of my life. The Mountaineers' hikes not only gave me physical conditioning that I craved at the time, but also an ultimate sense of freedom and enjoyment outside my existing world. After a year, I met my current husband (Tim Nair) on a Mountaineers' hike. Fourteen years later, we still hike together every weekend and continue to enjoy the great outdoor life in the Northwest.

What motivates you to volunteer with us?

Teaching is the best form of learning. I lead/co-lead hikes and occasionally volunteer to be a navigation instructor to maintain my current skill levels. But more to the point, volunteering always makes me feel that I am a part of the Mountaineers' mission, eloquently demonstrated by the influential people I have met through this great organization. The benefit I have received from the Mountaineers is enormous and hopefully I am giving back a small portion of it in my own way.

Favorite Mountaineers memory?

I don't even know where to start. Tim and I have made a new group of life-long friends through the Mountaineers. Due to extreme fatigue and hunger, our friendship occasionally deteriorates during trips, but every painful endeavor has transformed to entertaining stories that we still laugh about. I remember a 30-mile day hike from Sunrise to Paradise with a key change strategy. By the end, I was so exhausted, even the blood-thirsty mosquitos didn't bother me! Other people's equally swollen faces gave me comfort, sympathy and laughter.

Who/What inspires you?

Among the many inspirational leaders I've been influenced by, Dave Larson, Johnny Jeans, and Bill Fortney are at the top. Dave Larson permitted me to join his trip after considering the short length and the level of the hike even though I was wearing blue jeans and a cotton t-shirt. Without his understanding for the novices, his flexibility, kindness, and gentle manner of instructions, I may never have gone hiking again. Johnny Jeans, through his charming personality and art of persuasion, encouraged me to take a scramble course. Bill Fortney patiently taught me protocol, courtesy to others and the true enjoyment of being outdoors.

What does adventure mean to you?

Pushing my physical/mental horizons and realizing I became able to do something that I couldn't do yesterday, no matter how small it may be. I used to dread to go to the bathroom in the bush, much less spending several days outside!

Lightning round!

Sunrise or sunset? Waking up before sunrise in a tent and sensing the gradual change of lighting in the sky.

Superpower? Communicating with the mountain deities.

Smile or game face? Smile makes me forget everything unimportant.

Post-adventure meal of choice? Teriyaki chicken and Kimchi at Mondo in Marblemount after a death-march backpacking trip in the North Cascades

If you could be a rock star at any outdoor activity overnight, what would it be? A hiking guide and an owner of a first class hot spring resort in Japan with organic meals and daily yoga sessions + deep tissue massage

A group of seven backpackers are hiking up a dirt trail on a mountain. They are wearing large backpacks and using trekking poles. The trail is surrounded by green grass and wildflowers. In the background, there are more mountains and a large, snow-capped peak under a clear blue sky.

National Trails Day

celebrating the trails we love

by Victoria Sellers

Backpackers enjoying one of Washington State's many beautiful trails. Photo by Tim Nair.

I've been a member of The Mountaineers since 2002, when I joined to meet other outdoor enthusiasts and learn about hikes in the area. Since, then I've explored many of our local trails year-round.

But it's always about this time of the year when I yearn for warmer temperatures. Last year was no different, so I decided to do something about it and made a plan to go east in where there would be a high probability of blue skies and dry weather. I perused The Mountaineers website for activities and found a variety of activities in Winthrop for National Trails Day (NTD) in June. The Methow Valley is one of the most beautiful areas in Washington state, so I decided this would be a perfect

opportunity to explore the area and build my hiking portfolio.

National Trails Day is a celebration of America's magnificent Trail System, occurring annually on the first Saturday in June. Designed to promote and celebrate the importance of trails in the United States, NTD features a series of outdoor activities where individuals, clubs and organizations from around the country host events to share their love of trails with friends, family and their communities.

I wasn't sure what to expect that weekend, but I'm really happy I attended. I'm a slow hiker - always the last to the top and last back to the trailhead. It bothered me for decades, but that weekend I finally realized trailblazing is not a race. It's about

being out there – enjoying the fresh air and warm sun on my face, and exploring different landscapes with the new friends I meet along the way.

My favorite activity last year was a Saturday evening presentation where I learned about the best hikes and views in the area. In fact, I can't wait to use this information to explore these areas when I participate in NTD activities hosted by The Mountaineers in Mazama on June 5 - 7.

With a goal of connecting people with the natural landscape The Mountaineers will offer a wide array of activities that introduce people to the Methow Valley's trails and waters as well as highlight special landscapes and threatened locales.

I'm interested to see how the plants and animals of the area are coming back from the devastating fires and floods last summer, as well as what I can do to help in the recovery. I invite you to join me to explore a new area with your hiking buddies, give back to trails by participating in a number of trail stewardship projects, and learn about Mazama's surrounding landscape.

I think my favorite activity this year will be hiking Driveway Butte Trail. It's a challenging hike that tops out to what guidebook author, Craig Romano calls "an eagle's perspective of the West Fork Methow River, Early Winters Creek, Rattlesnake Creek, Robinson Creek, and Lost River valleys." *I can't wait!* And I look forward to seeing you at the trailhead.



Show love to the trails that give so much to you. Invite your friends to join you in Mazama for National Trails Day.

National Trails Day activities are scheduled June 5-7 in the Methow. Plan ahead and reserve a room or camp ground early. Lodging options include the Mazama Country Inn, Mazama Ranch House, Freestone Inn, and Sun Mountain Lodge. Budget offerings include the North Cascades Mountain Hostel (14 miles east of Mazama, in Winthrop). Please be sure to let them know you are with The Mountaineers for any discount options. Non-members and guests are welcome to participate in any of The Mountaineers hikes and activities.

Day hike offerings include an 8-mile hike to a lookout on the Driveway Butte Trail, a short 3.5 mile hike along the crashing rapids of Cedar Creek to waterfalls, a 6-mile loop along the Spokane Gulch trail, and finally a 7-mile river run loop along Jack's Trail.

The Methow Conservancy will host a presentation on Saturday evening, covering the 2014 fires and floods in the valley, ecological effects, floral and fauna. Learning how we can help with recovery through stewardship. On Sunday, North Cascades Basecamp will offer a free birding hike.

For updates and information, go online to:
www.mountaineers.org/NationalTrailsDay2015.

Backpackers enjoying another one of Washington State's many beautiful trails. Photo by Tim Nair.



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www.meanylodge.org

**Gateway to Adventure:
Meany Lodge Fundraiser**

6pm, Saturday, May 2, 2015
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Come enjoy a fun night of craft beer, wine & food pairing with your friends.

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www.meanylodge.org/auction



Male and female Western Bluebirds. Photo by Kathleen Foley

Western Bluebirds a reintroduction

By Mia Spangenberg

Prairie savannas dotted with Garry oak trees – the only native oak species in Washington, Oregon, and British Columbia – used to be common throughout the Puget trough, including the San Juan Islands. As human development and Douglas fir have encroached, this unique ecosystem has shrunk to less than five percent of its historic range in this area, and birds like the Western Bluebird, that need open spaces, have disappeared along with it.

Western bluebirds, like American robins, belong to the thrush family. They are smaller than their cousins, at about 5.5 inches long, but the male can easily be distinguished with his deep blue head, wings, and tail, and rufous chest. Western bluebirds are insectivores, but when they head south for the winter, they alter their diet to take advantage of berry crops available in their wintering areas. These birds are secondary cavity-nesters, meaning they rely on woodpeckers or other species to excavate nesting cavities.

In the San Juan Islands, the Western bluebird was still relatively common in the 1920s, but they had been extirpated by the 1960s. According to Kathleen Foley, stewardship manager at the San

Juan Preservation Trust, there are almost no pure grasslands left on the islands at all – sheep grazed out the native grasses when the Europeans arrived in the mid-1800s, and dead trees, important for cavity-nesters like Western bluebirds, were all but removed. Invasive species like Scotch broom have also invaded many open areas.

Western bluebirds, have, however, learned to adapt to farmland and fallow fields, and they respond well to artificial nest cavities, like nest boxes. Their adaptability to man-made nest structures has in fact helped their population to rebound around the Fort Lewis area, just south of Tacoma. On the heels of this success, the San Juan Islands Western Bluebird Reintroduction project has taken a stab at reestablishing a home base for these emblematic birds, missing from the islands for almost 50 years. “It’s an opportunity to increase biological diversity with a charismatic bird that is easy to work with, and to draw attention to the disappearing prairie-oak system,” explains Foley.

Still, this project is the first known reintroduction of a migratory songbird in the U.S. “We were gambling in the early years because we didn’t know if the birds would return or not, but they did,” says Foley.

Over a span of five years, from 2007 to 2011, Foley and the other coordinating partners of the project, the American Bird Conservancy and Ecostudies Insititute, translocated five to six breeding pairs of Western bluebirds from Fort Lewis every year. They staked out appropriate habitat for the birds, away from



Western Bluebird eggs starting to hatch. Photo by Kathleen Foley

urban areas and their feathered competitors, European starlings and English house sparrows. Local residents became key hosts for the birds; almost all releases and nest box placements were conducted on private land. They drilled the entrance holes of the nest boxes to a specific diameter to keep out the larger starlings, and also put up extenders to prevent raccoons from reaching up to get at the nestlings. Cats are another major predator, and residents were encouraged to keep their cats indoors at least for the duration of the nesting season. Once the birds had become accustomed to their surroundings, after about two to three weeks, they were released to begin nesting in their new home.

By 2011, the population had crept up to 38 birds, even after losses to cats and nest takeovers by house sparrows. But by 2013, the population had dropped significantly to about 14 birds, apparently due to several cold, wet springs that resulted in nest mortality. Last year, the team undertook an emergency translocation of three pairs of bluebirds from the Fort Lewis prairie and from the Willamette Valley in Oregon to see if that would help stabilize the population. This year they will monitor the birds and hope for the best; further translocation efforts are subject to funding levels.

While the population is small, Foley points out that the San Juan Islands and Vancouver Island constitute the northern edge of the Western bluebird's historic range, and so these birds probably weren't there in very large numbers to begin with. Instead, she counts the fact that the birds are re-creating their historic flight path as one of the great successes of the project. "We have one documented case of a San Juan Island bird breeding on Vancouver Island, and a Fort Lewis bird also migrated to San Juan Island to successfully breed," says Foley.

In years to come, Foley would like to see a healthy bluebird population stewarded by volunteers in the community, and a biologically diverse and rich place for people to visit. "Oak-prairie habitat is very rare, and contains many species we can't find elsewhere, like the Camas lily, Henderson's shooting star, and the Chocolate lily. We want to be sure that the Western bluebird remains part of this natural heritage."

Meet Kathleen Foley and listen to her talk about the reintroduction of Western Bluebirds to the San Juan Islands at The Mountaineers Seattle Program Center on Thursday, March 12 at 7pm.

M The Mountaineers

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retrorewind



Portrait of Fred Beckey climbing. Photo by Megan Bond

A Living Legend: Fred Beckey

An excerpt from *Mountaineers: A History* by Jim Kjeldsen with a forward by Mary Hsue, Director of Development

Fred Beckey, a living legend among Northwest Mountaineers, is a climber, environmentalist, historian, and author. He has achieved enduring recognition as the most imaginative, persistent, and thorough explorer and mountain investigator of the Cascade Range Wilderness. He was noted as "one of America's most colorful and eccentric mountaineers," and is unofficially recognized as the all-time world-record holder for the number of first ascents credited to one man. Beckey is featured prominently in Mountaineers: A History, published by Mountaineers Books - my favorite book from which to excerpt for this column. -Mary

Mountaineer climbers in the 1930s were well aware of their unparalleled good fortune. Only the highest Northwest peaks had been climbed, and all a young climber had to do to score a first ascent was head for the nearest blank spot on the map. Many of the mountains hadn't even been surveyed, and the climbers often went without benefit of a map. Often they explored the area first and returned later, relying on their own notes to reach the summit.

In 1939, Lloyd Anderson, with Clinton Kelley and Jim Crooks, made the first ascent of Sinister Peak, near Dome Peak. Anderson, with Kelley and fifteen year-old Fred Beckey, were the first climbers to the summit of Mount Despair.

In 1942, brothers Helmy and Fred Beckey shocked the climbing world by making the second ascent of Mount Waddington in the British Columbia Coast Range. They did this by simply hiking in and climbing the peak as if it were a nearby Cascades summit, despite earlier attempts by experienced teams in the years since the peak was first climbed in 1936. Fred Beckey, who would go on to establish one of the world's most impressive records of first ascents, was nineteen at the time. His younger brother had just turned seventeen.

Fred Beckey would later recount: "Illness forced Erik (Larsen) to return to civilization the second day, but Helmy and I continued over the meager trail beside the raging Franklin River under 60- and 70-pound packs."

Beginning with this startling assault on Mount Waddington at such a young age, Fred Beckey's climbing exploits would become the stuff of legend. His unblinking focus on the summit became something of a Beckey trademark.

His pace and commitment were unrivaled. Many mountaineers considered it an honor to climb with him, but a number could not find the energy or time to be involved in more than a few of his ascents.

Walt Varney described one of the early climbs in the 1943 annual, an ascent on Kangaroo Ridge in the Washington Pass area of the North Cascades:

"Mushroom Tower, 8,400 feet, could have no other name because it was just that. A stratum of soft rock has worn out, leaving the dome sitting on a thick column with an overhanging pitch all around. It appears unclimbable except in one spot. And this pitch, Fred and Helmy insist, is the toughest one they have ever climbed.

"From a platform as big as a table, a three-man shoulder stand had to be used to get Fred over the 12-foot overhang onto a 10-



Portrait of Fred Beckey. Photo by Stephen Spickard

foot slab that wasn't more than 70 degrees but had no holds or piton cracks. How Fred wormed up by traction of the palms of his hands at hip level, with legs more or less useless, is a mystery to him, too. Helmy and Walt had to climb up the fixed rope.

"On the table, we three tied ourselves so short that if Fred had slipped and missed the table, we could have held him, yet with nothing but 900 feet of air below, it would have been quite a thrill."

Descriptions of climbs in previous Mountaineer annuals had seldom noted the exact techniques climbers used, probably because no real technique was involved. But from this point on it became almost a matter of pride to list the techniques employed, especially in accounts by Fred Beckey.

After graduating from the University of Washington, Beckey pioneered a lifestyle that revolved around climbing, at times living out of the trunk of his car as he drove around the country in a quest for new climbs and new partners. Many climbers have followed Beckey's inspiration over the years, embracing this nomadic lifestyle for the sake of climbing. Aside from his climbs, Beckey's crowning achievement has been his three-volume Cascade Alpine Guide, now published by Mountaineers Books, which evolved out of his earlier book, the Climber's Guide to the Cascade and Olympic Mountains of Washington. The Cascade Alpine Guide remains indispensable for anyone climbing in the Cascades.

On April 11, 2015, Fred Beckey will be honored with *The Mountaineers Lifetime Achievement Award*. The presentation is part of The Mountaineers dinner and auction benefiting efforts to enable and inspire generations to get outside, connect with the natural world, and engage in its stewardship and protection. The evening will feature professional rock climber, Alex Honnold with special guests, Mike Gauthier and Colin Haley.

Go to www.mountaineers.org/breakthrough for more information or to purchase tickets.



Back-to-Backs for Overnight Trips

By Courtenay Schurman, MS, CSCS

Tomhoi Peak Trail tarn and Mount Shuksan. Photo by Tim Nair

When getting ready for a multi-day adventure, the best way to train is through “back-to-back” weekend outings. Carry a weighted pack, two days in a row, while training and your backpacking, climbing, scrambling or sea kayaking adventures will be that much more comfortable, so you can focus on the scenery rather than your muscles. By training this way, your body and mind won’t be as shocked when you’re on your multi-day trip. The initial fatigue and soreness will be lessened and if you develop any hot spots, chafing, or problem areas, you can handle them ahead of time.

Back-to-Back training options

You have a few options when training for a multi-day trip. First, figure out how much weight you will be carrying. Then, you can either pack 5-10 pounds more for training and not go as far, or you can pack a little less and challenge yourself with more distance than expected. A third option is to cover more elevation in a shorter distance (so it’s steeper) with the same weight you intend to use on your upcoming adventure.

This will prepare you for any kind of outdoor adventure you may have planned – from a backpack through the Enchantments, to a week on the Wonderland Trail – or even a climb up Mt. Rainier.

In poor weather, or if you can’t get to the mountains, you can do back-to-backs on local hills (the Pacific Northwest has tons) or even in the gym on uphill-climbing gym equipment. Other urban options are building stairs or high school stadiums – all in an effort to get as much elevation gain as possible. To mix it up, on the second day, carry a lighter pack for greater distance on varied terrain such as grass, dirt and gravel. There’s a lot of options for distance and terrain in city parks such as Seward, Discovery and Carkeek.

The best time to include such training is deep into your program, a month prior to your trip – after you have built solid strength endurance in your legs, core, and back muscles and tolerance for heavier pack weight. If you are targeting early July for a climb or backpack, do your first back-to-back in early June to test out your gear and recovery capacity, then mid-June for a final test no closer than two weeks before your trip. This will allow full recovery before you go. Your mind and muscles will thank you.

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.

Himalayan Trekking

by Craig Miller

Sunrise over the Himalayas. Photo by Suzanne Gerber

On one of the first of many trips I've led to Nepal, I hired Jamling Tenzing Norgay (whose father had accompanied Sir Edmund Hillary as a sherpa to reach the summit of Everest). He agreed to be our guide for an upcoming trek. Jamling was a sponsored athlete, so our tents and dining geodesic dome were all new Mountain Hardware gear.

Our group of 13 Mountaineers drove from Darjeeling to Sikkim to trek to Kanchenjunga (the third highest mountain in the world). Along the drive, one of our Suzuki Omni minivan engines suddenly caught on fire. Our driver stopped the van, and we jumped out. A woman holding a baby, who happened to be

standing nearby, offered us fresh oranges plucked off her fruit tree. When travelling, we may not speak the same language or be the same religion as those we meet, but people around the world find ways to express kindness through smiles, compassion and generosity. The drivers doused the engine fire, and we continued driving to the trek.

I developed a friendship with Jamling during this trip. He loved to make people laugh so we played jokes on one another. One time, he got ahead of me, found a horse's feedbag, labeled it "Craig," and placed it along the trail for me to find. The mountains may be serious, but mountaineers don't always have to be.

Explore the world with The Mountaineers Global Adventures – value, quality & friends

Ski Mountaineer British Columbia's Rogers Pass

March 28 - April 5, 2015 M3G

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

Climb Red Rocks, NV

April 13-17, 2015

Spend four nights and three days in sunny Red Rocks, Nevada. Climb three different multi-pitch routes with a Mountaineers climb leader. You will have a wonderful overview of this amazing park and enjoy long moderate routes. Motel accommodations are close to the park and include a hot tub, pool spacious rooms and

breakfast in the morning. Price also includes pick up and drop off at the Las Vegas airport, park fees, and all transportation while in Red Rocks. **Price:** \$530. **Leader:** Loni Uchytel, loniuchytel@msn.com

Trek Turkey's Lycian Way

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

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

Trek France's GR5 from Geneva to Chamonix

Aug 15-30, 2015

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

Summary: Trek France's Grand Randonnée 5 (GR5), the classic trail across the Alps, from Lake Geneva to Chamonix. This outing combines spectacular Alpine scenery, European culture, and strenuous hiking. You carry only a daypack and sleep in beds. **Price:** \$3,000. Application and deposit by February 1. **Leader:** Craig Miller, craigmiller@comcast.net

Trek Nepal's Upper Dolpo

Oct. 7 - Nov. 6, 2015

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

Summary: Traverse across remote spectacular Himalayan Mountains, through ancient Tibetan Buddhist culture, in

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

Rock Climb Greece

Oct. 30 - Nov. 10, 2015

Sport climb in Kalymnos, Greece on limestone/tufted walls. Amazing views of the blue Mediterranean Sea all day. Experience deep water soloing as a day adventure. All climbing walls are a short scooter ride away from our hotel. We will also have several days to sightsee in old Athens before returning home. **Price:** \$1,700. **Leader:** Loni Uchytel loniuchytel@msn.com

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



Ready for Adventure?

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

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

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

Mountaineers Ten Essential System

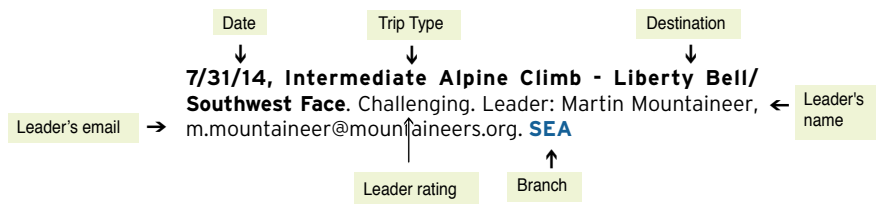
required on all Mountaineers trips:

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

List of potential abbreviations:

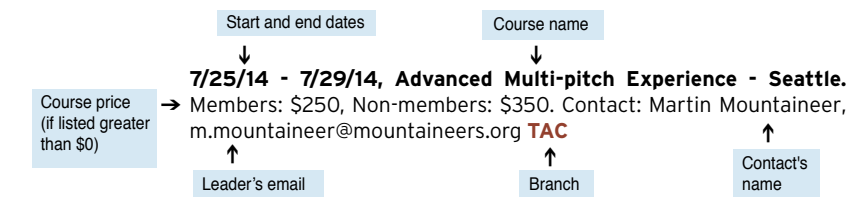
CG—Campground	E, W, N, S—East . . .
USGS—US Geological Survey	GT—Green Trails
Hwy—Highway	I—Interstate
ITC—Issaquah Trail Cntr	Jct—Junction
MRNP—Mt. Rainier	NP—National Park
NWFP—NW Forest Pass (fee)	mi—miles
FS—Forest Service	P&R—Park and Ride
Rd—Road	RS—Ranger Station
RT—Round Trip	SP—State Park
SR—State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

ACTIVITY LISTING KEY



Note: we've updated our privacy guidelines and are no longer listing the volunteer leaders' phone numbers or the meeting time and place in this printed, public format, unless requested.

COURSE LISTING KEY



How to read the Go Guide:

Most of our participants sign up for activities and courses online at www.mountaineers.org, so we have attempted to create a Go Guide that makes it easy to find those activities and courses on our website. We are using the same category names as online, so if you find an activity or course you would like to sign up for, just go to our website and click on the *Explore* or *Learn* tab. You can then filter your search by category (for example, *Day Hiking*).

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

We have been talking with volunteer leaders and committee chairs, along with members, to best understand how this Go Guide is used. Overwhelmingly, we are finding that most people use the website in order to find and sign up for activities - though the course section is found to be a useful listing. What do you think? How do you use the Go Guide? We are looking into changing activity section from listing the specific activities posted at the time that the magazine is created, as it is always outdated by the time the issue is printed.

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

activities

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

note: the activity section of the Go Guide could be changing looks. These listings are incomplete and out-of-date in print format. Contact Suzanne (suzanne@mountaineers.org) if you have ideas for showing off activities The Mountaineers offers!

climbing

3/7/15 - 3/8/15, Crag Rock Climb - Leavenworth - Seattle Climbing Committee. Leader: Adam Hollinger, adamcwr@gmail.com. **SEA**

3/7/15 - 3/7/15, Intermediate Alpine Climb - Mount Angeles/East Face (winter) - Moderate. Tacoma Climbing Subcommittee - Intermediate Climbing. Leader: Curtis Stock, cstock34@msn.com. **TAC**

3/14/15 - 3/15/15, Intermediate Alpine Climb - Mount Rainier/Disappointment Cleaver - Challenging. Seattle Climbing Committee. Leader: Mark Scheffer, mark_scheffer@yahoo.com. **SEA**

3/21/15 - 3/22/15, Crag Rock Climb - Leavenworth - Moderate. Seattle Climbing Committee. Leader: Rob Busack, rob.busack@gmail.com. **SEA**

3/28/15 - 3/29/15, Crag Rock Climb - Leavenworth - Seattle Climbing Committee. Leader: Ken Hahn, kenhahn2004@gmail.com. **SEA**

4/11/15 - 4/12/15, Crag Rock Climb - Leavenworth - Moderate. Seattle Climbing Committee. Leader: Marla Molskness, marla.molskness@gmail.com. **SEA**

4/22/15, Urban Adventure - Mountaineers Seattle Program Center - Seattle Climbing Committee. Leader: Peter Clitherow, peter.clitherow@gmail.com. **SEA**

4/25/15, Crag Rock Climb - Vantage (Frenchman Coulee) - Challenging. Seattle Climbing Committee. Leader: Brett Dyson, hhiking@hotmail.com. **SEA**

4/25/15, Alpine Scramble - Colonel Bob - Moderate. Olympia Climbing Committee. Leader: Mike McIntosh, free_2_climb@yahoo.com. **OLY**

day hiking

3/1/15, Day Hike - Green Mountain via Gold Creek Trail - Easy. Kitsap Hiking Committee. Leader: Christine Grenier, highroadhiker@wavecable.com. **KIT**

3/8/15, Day Hike - Rattlesnake Grand Traverse - Challenging. Foothills Hiking Committee. Leader: Federico Gomez Suarez, ifourier@hotmail.com. **FH**

3/11/15, Day Hike - Wilderness Peak - Moderate. Foothills Hiking Committee. Leader: Barbara Folmer, barbara.folmer@gmail.com. **FH**

3/22/15, Day Hike - Oyster Dome - Moderate. Seattle Singles Activities Committee. Leader: Bob Pankl, pankl@earthlink.net. **SEA**

3/26/15, Urban Adventure - Seward Park

- Easy. Seattle Retired Rovers Committee. Leader: Muriel Stoker, mustoker@hotmail.com. **SEA**

4/4/15, Day Hike - Rattlesnake Ledge - For Beginners (Getting Started Series). Seattle Hiking Committee. Leader: Susan Graham, mudonmyboots@yahoo.com. **SEA**

4/8/15, Day Hike - Rattlesnake Ledge - Moderate. Foothills Hiking Committee. Leader: Barbara Folmer, barbara.folmer@gmail.com. **FH**

4/21/15, Day Hike - West Tiger 3/Cable Line - Moderate. Seattle Hiking Committee. Leader: Craig S., craig.mountaineers@gmail.com. **SEA**

4/26/15, Day Hike - Yakima Skyline Ridge - Easy. Seattle Hiking Committee. Leader: Mark Scheffer, mark_scheffer@yahoo.com. **SEA**

4/30/15, Urban Adventure - Seward Park - Easy. Seattle Retired Rovers Committee. Leader: Muriel Stoker, mustoker@hotmail.com. **SEA**

dancing

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

3/28, 4/25 Scandinavian Dancing - Tacoma. No Registration Required. Sons of Norway Normanna Hall, 1106 S. 15th St., Tacoma. Dance lesson at 7pm. Dancing at 8pm. Cost \$10. Leader: Karen Goettling, 253-759-3731, karengoettling@gmail.com. **TAC**

scrambling

4/4/15, Alpine Scramble - Sam Hill (Leavenworth) - Everett Alpine Scrambling Committee. Leader: Dennis Miller, millerdq@gmail.com. **EVT**

3/10/15, Winter Scramble - Damnation Peak - Moderate. Everett Alpine Scrambling Committee. Leader: Andy Boos, alpineandyb@yahoo.com. **EVT**

3/21/15 - 3/22/15, Winter Scramble - Low Mountain (winter) - Moderate. Seattle Alpine Scrambling Subcommittee - Winter Scrambling. Leader: Craig S., craig.mountaineers@gmail.com. **SEA**

4/4/15 - 4/5/15, Alpine Scramble - Surprise Mountain (winter) - Moderate. Seattle Alpine Scrambling Subcommittee - Winter Scrambling. Leader: Craig S., craig.mountaineers@gmail.com. **SEA**

4/11/15 - 4/12/15, Alpine Scramble - Colchuck Peak - Challenging. Seattle Alpine Scrambling Committee. Leader: Craig S.,

craig.mountaineers@gmail.com. **SEA**

4/12/15, Alpine Scramble - Mount Ellinor/Route 1 - Moderate. Olympia Alpine Scrambling Committee. Leader: Gary Hudson, gary.hudson@comcast.net. **OLY**

4/25/15 - 4/26/15, Alpine Scramble - Mount Saint Helens/Worm Flows - Challenging. Seattle Alpine Scrambling Committee. Leader: Craig S., craig.mountaineers@gmail.com. **SEA**

sea kayaking

3/3/15, Sea Kayak - Peninsula High School Pool - Moderate. Tacoma Sea Kayaking Committee. Leader: Beth Owen, bluekayak123@yahoo.com. **TAC**

3/7/15, Sea Kayak - Point No Point to Hood Canal - Moderate. Kitsap Sea Kayaking Committee. Leader: Charlie Michel, michel99@btopenworld.com. **KIT**

3/17/15, Sea Kayak - Peninsula High School Pool - Moderate. Tacoma Sea Kayaking Committee. Leader: Beth Owen, bluekayak123@yahoo.com. **TAC**

4/18/15, Sea Kayak - Liberty Bay - Moderate. Kitsap Sea Kayaking Committee. Leader: Charlie Michel, michel99@btopenworld.com. **KIT**

4/25/15 - 4/26/15, Sea Kayak - Lake Ozette - Moderate. Seattle Sea Kayaking Committee. Leader: Don Rice, drice@olympen.com. **SEA**

ski & snowboard

3/4/15 - 3/8/15, Backcountry Ski/Snowboard - Burton Hut (Garibaldi Park/Sphinx Bay) - Challenging. Leader: Randy Oakley, randy.oakley@gmail.com. Foothills

3/21/15, Cross-country Ski - Stevens Pass Nordic Trails - Moderate. Leader: Christopher Ensor, ctrails@comcast.net. Seattle

snowshoeing

3/8/15, Basic Snowshoe - Excelsior Mountain - Challenging. Bellingham Skiing & Snowshoeing Committee. Leader: Minda Paul, mindapaul@hotmail.com. **BEL**

4/4/15, Basic Snowshoe - Baker Lodge - Easy. Leader: Rich Lawrence, richlawrence77@yahoo.com. **SEA**

4/4/15, Basic Snowshoe - Hurricane Ridge Meadows - Easy. Seattle Snowshoeing Committee. Leader: Brian Carpenter, fleasgach@gmail.com. **SEA**

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

urban adventure

3/4/15 - 4/29/15, Each Wed - 7pm. Evening Outdoor Inline Skate. - Singles Committee. Skate the Alki Beach paved trail with beautiful views of downtown across Elliott Bay. Meet on the sidewalk just north of Salty's Restaurant. Restaurant stop after. No sign up. Leader: Mark Olsoe, 206-937-7454, markolsoe@comcast.net. **SEA**

3/6/15 - 4/24/15, Each Fri - Eastside Tennis Intermediate Doubles Singles - Moderate. Singles Committee. Robinswood Tennis Center at 7:15 PM. Activity Fee: \$10.00. RSVP with Fay Weaver, (206) 930-7762, seattlefay@hotmail.com **SEA**

3/7/15 - 4/25/15, Each Sat - Green Lake Walk - Easy. Singles Committee. Meet 11 AM at Urban Bakery, 7850 E Green Lake Dr N. - No registration. Leader: Bob Feldman, (206) 528-1467, bobzf@yahoo.com **SEA**

3/13/15 & 4/10/15, Fri - Games Night and Snacks. 7pm. at the Phinney Neighborhood Center, 6532 Phinney Ave. N., #3. Bring a snack or beverage (with cups) to share & a game if you want. No sign up. Leader: Eldon Ball, eldonball@juno.com, 206-366-8405. **SEA**

3/17/15, Urban Adventure - Green Lake - Easy. Retired Rovers Committee. Leader: June Skidmore, juneskidmore@comcast.net. **SEA**

3/20/15, Urban Adventure - Gates Foundation Visitor Center - Easy. Retired Rovers Committee. Leader: Sue Hays, sehays@foxiinternet.com. **SEA**

4/17/15, Fri - Sing-a-Long. Meet at Karen's Home at 7pm. Singles, couples, partners: all are welcome to join us for a pot luck and sing along in Shoreline. BYOB and a pot luck item to share. Song books provided. Feel free to bring an instrument if you play. Fragrance free please. Sign up with Karen Schaper, (206) 368-7547, kaschaper7@hotmail.com. **SEA**

4/21/15, Urban Adventure - Green Lake - Easy. Retired Rovers Committee. Leader: June Skidmore, juneskidmore@comcast.net. **SEA**

2015 Naturalists Lecture Series Seattle Program Center, 7pm

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

courses

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

backpacking

3/18/15 - 9/30/15, Backpacking Building Blocks (B3) Course Members: \$80, Contact: Cheryl Talbert, cascadehiker@earthlink.net **FH**

4/1/15, Lightweight Hiking and Backpacking Seminar 6:30pm at the Issaquah Town Hall Eagle Room, 130 East Sunset Way, Issaquah. Two duplicate sessions are available on two different dates - please register for just one. Members: \$25, Contact: Lawrence Landauer, lawrenceglennlandauer@yahoo.com **FH**

4/8/15, Lightweight Hiking and Backpacking Seminar 6:30pm - Issaquah Town Hall Eagle Room, Members: \$25, Contact: Lawrence Landauer, lawrenceglennlandauer@yahoo.com **FH**

5/20/15, Lightweight Backpack Food Planning and Prep 6:30pm - Issaquah Town Hall, Eagle Room. Members: \$25, Contact: Cheryl Talbert, cascadehiker@earthlink.net **FH**

6/3/15, Lightweight Backpack Food Planning and Prep 6:30pm, at the Mountaineers Seattle Program Center, Members: \$25, Contact: Cheryl Talbert, cascadehiker@earthlink.net **FH**

climbing

3/1/15 - 9/30/15, Aid & Big Wall Climbing Seminar Members: \$350, Non-members: \$450. Contact: Takeo Kuraishi, takeo.kuraishi@gmail.com **SEA**

3/4/15, Climbing Lecture Series - 2015 - Over-50 Alpine Conditioning. Contact: Cara Cutler, cara.cutler@gmail.com **SEA**

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

3/21/15 - 6/27/15, Beyond Basic Rock Seminar, Trad & Sport techniques. Members: \$90, Non-members: \$200. Contact: Douglas Souliere, gc@gcprint.com **OLY**

3/31/15 - 10/30/15, Glacier Travel Course. Members: \$200, Non-members: \$200. Contact: Jim Pitts, jim@pitts.org **SEA**

4/2/15, Seattle Climbing Lecture Series - Nutrition For Alpine Climbing. Contact: Jennifer Yu, jennifer.yu.09@gmail.com **SEA**

4/9/15, Seattle Climbing Lecture Series - Food Dehydration. Contact: Carry Porter, carry@nwoutdoorrrl.com **SEA**

4/14/15, Seattle Climbing Lecture Series - Himalayan Dreams. Contact: Cara Cutler, cara.cutler@gmail.com **SEA**

4/22/15, Seattle Climbing Lecture Series - Mountain Weather. Contact: David Shema, david.shema@gmail.com **SEA**

4/30/15, Seattle Climbing Lecture Series - The Bulger List - Strategies and Lessons Learned Climbing Washington's 100 Highest Peaks. Contact: Jennifer Yu, jennifer.yu.09@gmail.com **SEA**

6/13/15 - 6/21/15, Intense Basic Alpine Climbing Course. This course compresses the Basic Climbing Course into 9 continuous and full days. Members: \$1050, Non-members: \$1250. Contact: John Ohlson, john-ohlson@comcast.net **SEA**

For complete and updated listings, go to www.mountaineers.org.

day hiking

3/6/15 - 10/10/15, Conditioning Hiking Series. Members: \$115. Contact: Arin Sharkey, theravencafe@hotmail.com **SEA**

3/27/15, Wild Edible Plants & Backcountry Medicine. Members: \$15, Non-members: \$20. Contact: Michael Waiss, mwaiss@net-venture.com **TAC**

4/21/15 - 5/2/15, Wilderness Skills - Olympia. Members: \$30, Non-members: \$60. Contact: Jim French, jimfrenchwa@comcast.net **OLY**

4/24/15, Safety in Cougar, Wolf & Bear Country. Contact: Michael Waiss, mwaiss@net-venture.com **TAC**

exploring nature

3/12/15, Naturalist Lecture Series - Reintroduction Of The Western Bluebird. Non-members: \$5. Contact: Lola Kemp, lolakoi@comcast.net **SEA**

4/15/15 - 9/23/15, Introduction to the Natural World Course. An introductory course for the outdoors person interested in learning more about the natural world they are exploring. Members: \$90, Non-members: \$120. Contact: Gordie Swartzman, g.swartzman@gmail.com **SEA**

first aid

4/1/15 - 11/1/15, Wilderness First Aid - Tacoma Program Center. Members: \$185, Non-members: \$225. Contact: Sharon Carlson, sharoncarlson04@comcast.net **TAC**

4/15/15, Trail Emergency Preparedness for Hikers and Backpackers - 6:30pm at an east side location to be announced. Gain basic skills and information to handle the most common first-aid situations encountered on trails. Contact: Barbara Folmer, barbara.folmer@gmail.com **FH**

4/27/15, Trail Emergency Preparedness for Hikers and Backpackers - 6:30pm at an east side location to be announced. Gain basic skills and information to handle the most common first-aid situations encountered on trails. Contact: Barbara Folmer, barbara.folmer@gmail.com **FH**

navigation

3/7/15 - 3/28/15, Basic Navigation Course - Everett. Learn to use a map, compass, and altimeter for trip planning and navigation in the back country. Members: \$50, Non-members: \$65. Contact: James Bigelow, jebigelow@comcast.net **EVT**

4/12/15, Staying Found: On-Trail Navigation Class (For B3 Students) Contact: David Coate, coateds@outlook.com **FH**

5/9/15, Staying Found: On-Trail Navigation Class (For B3 Students) Contact: David Coate, coateds@outlook.com **FH**

5/14/15 - 5/23/15, Basic Navigation Tacoma. Members: \$55, Non-members: \$55. Contact: Rick Finkle, rickfinkle01@gmail.com **TAC**

3/14/15, Basic Digital Photography Course - Tacoma. Learn the basics of digital photography. The seminar will combine lectures with taking pictures followed by critique by instructors. Members: \$10, Non-members: \$20. Contact: Don Thompson, donteleski@msn.com **TAC**

photography

4/18/15, Introduction to Close-up and Creative Photography - Seattle. Intro to Close-up and Creative Photography. Members: \$40, Non-members: \$50. Contact: Rick Good, r_good_jr@yahoo.com **SEA**

sailing

4/6/15 - 6/28/15, Basic Crewing/Sailing Course - Tacoma. Members: \$120, Non-members: \$155. Contact: Cindy Craig, canuck721@aol.com **TAC**

scrambling

3/24/15, Scrambling Instructor Orientation - Everett. Contact: Brian Booth, bbooth626@yahoo.com **EVT**

4/1/15 - 10/30/15, Alpine Scrambling Course - Tacoma. Members: \$205, Non-members: \$285. Contact: Margot Tsakonas, mvtsakonas19@comcast.net **TAC**

4/21/15, Scrambling Trip Leader Orientation - Everett. Contact: Brian Booth, bbooth626@yahoo.com **EVT**

5/29/15 - 5/31/15, Alpine Scrambling Intense Course - Seattle. Members: \$350, Non-members: \$450. Contact: Tab Wilkins, tabmountaineers@hotmail.com **SEA**

sea kayaking

3/14/15 - 3/21/15, Sea Kayaking: Incident Management/Risk Assessment - Olympia. All Sea Kayaking levels are welcome with screening. Contact: Will Greenough, kayakwill@yahoo.com **OLY**

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

4/2/15 - 4/23/15, Basic Sea Kayaking Course - Everett. Members: \$225. Contact: Bill Cody, coadybill@gmail.com **EVT**

4/2/15 - 8/31/15, Basic Sea Kayaking Course - Kitsap. Members: \$180. Contact: Charlie Michel, michel99@btopenworld.com **KIT**

4/22/15 - 10/31/15, Sea Kayaking Basic Course - Seattle. Members: \$225, Non-members: \$300. Contact: Barbara Stein, bstein@oz.net **SEA**

4/28/15 - 12/31/15, Basic Sea Kayaking Course - Olympia. Members: \$200. Contact: Will Greenough, kayakwill@yahoo.com **OLY**

5/2/15 - 5/9/15, Sea Kayak Navigation and Trip Planning - Tacoma. Members: \$40. Contact: Michael Everett, mikeedvm@aol.com **TAC**

snowshoeing

3/4/15 - 4/30/15, Winter Camping - Tacoma Members: \$65, Non-members: \$75. Contact: Charles Celmer, remlec@yahoo.com **TAC**

youth

3/1/15 - 5/31/15, Explorers - Spring - Tacoma. Year-round Outdoor Adventure for Youth ages 10-13. Members: \$85. Contact: Sarah Holt, sarah.hlt@gmail.com **TAC**

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



2015 Basic sea kayaking courses offered in Kitsap, Olympia, Tacoma, Seattle and Everett. Photo by Daniel Hale





Meany Lodge. Photo courtesy of The Mountaineers

Welcome to our Lodges and Outdoor Centers

Open year-round for members and guests

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

Baker Lodge

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

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

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

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

Schedule, Rates & Reservations: Baker Lodge is open all weekends from Thanksgiving through early April provided there is adequate snow and sign-up. See the Baker Lodge website for rates and click on "Upcoming Events" for our current schedule of openings. Groups may be listed on the schedule for specific weekends. However, unless it's listed as exclusive the lodge is open to non-group members and we welcome the public. Register online through Brown Paper Tickets (www.brownpapertickets.com/profile/10559) or call the club (206) 521-6001. When registering through Brown Paper

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

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

Get involved: Do you enjoy hosting people at parties, special events or in your home? Do you enjoy being a part of a team that puts meals together for others? If so, Baker Lodge may be your next opportunity. The Baker Lodge Committee is looking for energetic individuals/couples/families to assist with general operations throughout the year. You can become hosts for Baker Lodge with just two weekends of training. Specific duties range from opening and closing the lodge, assisting with and/or supervising meal preparations, and coordinating lodge activities--the possibilities

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

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

Theater Inspired by a Magical Place

Escape to the Kitsap Forest Theater and stroll down the forested trail to our unique, breathtaking stage. Create a treasured family tradition! Come join one of the oldest Mountaineers Activities either on stage, behind the scenes, or in the audience.

Announcing Season Auditions: Dust off your singing voice - auditions for Mary Poppins and Shrek will be: Feb. 21 (all day) and Feb. 23 (eve) in Seattle. We seek actors of all ages and most roles require singing and dancing. Please see www.foresttheater.com for all the details or call 206-542-7815 to sign up. Weeknight rehearsals are held in Seattle at the Seattle Center and weekend rehearsals are at the theater in Bremerton.

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

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

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

www.foresttheater.com
www.mountaineers.org

Meany Lodge

Meany Winter Season Pass
Cost: Adult \$475, Child \$325

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

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

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

gives you a chance to be challenged.

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

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

Snoqualmie Campus

Snoqualmie Campus is available to rent by volunteer leaders on Saturdays and Sundays for Mountaineers courses only.

Please contact The Mountaineers Program Center, info@mountaineers.org (preferred) or 206-521-6001, if you are interested in renting the property for your group.

Stevens Lodge

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

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

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

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

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

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

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

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

BELLINGHAM

Vice Chair: Minda Paul
mindapaul@hotmail.com

Website: www.bellinghammountaineers.com

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

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

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

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

EVERETT

Chair: Matt Vadnal,
matthewvadnal@aol.com

Website: everettmountaineers.org

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

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

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

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

FOOTHILLS

Chair: Steve LeBrun,
stevelebrun@comcast.net

Website: foothillsmountaineers.org

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

The Foothills branch also seeks to be a vital community presence in promoting safe and enjoyable recreation along with conservation advocacy. Among our community-based

efforts are special film events, speaker presentations, outdoor leadership training, and trail-maintenance work.

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

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

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

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

KITSAP

Chair: Jeff Schreppe,
branch@kitsapmountaineers.org

Website: kitsapmountaineers.org

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

Our activity committees sponsor four or more

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

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



OLYMPIA

Chair: Greg Lovelady, GregL12@comcast.net

Website: www.olympiamountaineers.org

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

MARCH 4 ADVENTURE PRESENTATION on kayaking in the Brooks Range of Alaska in 2014. Jim Wilson, Jim Witte, and Clint Loheed paddled two rivers of the Brooks Range in NE Alaska using inflatable kayaks for a total distance of 180 miles. The Kongakut River is on arctic side of the Brooks Range and drains to the Arctic Ocean through a tundra landscape. The Sheenjek River is on the south side of the range and drains to the Porcupine and Yukon Rivers, beginning in tundra and changing to spruce forest. The area lies within the Arctic National Wildlife Refuge and provides excellent hiking and wildlife viewing.

APRIL 1 ADVENTURE PRESENTATION by award-winning hiking guide book author Craig Romano. Craig will share with you some of his favorite trails and wild places within the San Juan and Gulf Islands, drawing from his new release, *Day Hiking: The San Juan and Gulf Islands* (The Mountaineers Books).

RADICAL REELS returns on March 6! The Banff Mountain Film Festival Radical Reels tour is coming to Olympia's Capitol Theater. Grab your tickets and hang on to your seats as we present the most outrageous films of the year featuring boarding, climbing, cycling, kayaking, mountaineering and more. Ticket information is on the branch website.

CONSERVATION COMMITTEE MEETS on March 7 at Nisqually National Wildlife Refuge Visitor Center at 9 a.m. Attend to learn about the refuge and discuss to conservation and stewardship projects for the year. After the meeting, join an interesting and enjoyable hike in the refuge. Contact Jim French at jimfrenchwa@comcast.net.

THE BRANCH OFFICERS meet the second Wednesday of the month at 6 p.m. at the Olympia Center, 222 Columbia St NW. The next meetings are March 11 and April 8. Members are encouraged to attend.

BRANCH LIBRARY: Contact Maxine at 360-786-6512 (8 a.m. to 8 p.m.) or maxdunk@comcast.net if you'd like to come by to browse, check out or return materials, or request items for pickup at the monthly potluck. The catalog is listed on the branch website.



SEATTLE

Chair: Timmy Williams, 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 website to register.

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

TACOMA

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

Website: www.tacomamountaineers.org

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

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

MEET THE TACOMA MOUNTAINEERS:

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

MOUNTAINEERS-WIDE Players-Kitsap Forest Theater

Theater Inspired by a Magical Place

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

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

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

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

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

AUTOMOTIVE

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

CONSTRUCTION

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

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

FINANCIAL SERVICES

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

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

LEGAL SERVICES

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

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

MAPS

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

MIND AND BODY

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

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

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

OUTDOOR RECREATION

Barbara & George Gronseth (Joined 2009)
Kayak Academy/Issaquah Paddle Sports
www.kayakacademy.com;
www.issaquahpaddlesports.com
info@kayakacademy.com, 206-527-1825

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

REAL ESTATE

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

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

TRAVEL

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

Want to become a Mountaineers Business Member?

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

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

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

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

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

Breakthrough

By Steve Scher

Sun breaking through the clouds. Photo by Tim Nair

I remember the first mountain I climbed. Well, climbed is an overstatement – trugged is better. Dragged myself up is even more accurate.

We had hiked into the Mount Adams Wilderness and camped on a ridge across a valley from the mountaintop. We spent the night around the campfire, staring up into the bright stars and the dark outline of the peak. It wasn't brooding or beckoning – it was just there – another part of this big planet, demanding it's own kind of fealty.

I remember very little of the climb. I remember the sun. I remember that I wish I'd packed more food. Mostly I remember the ache in my chest and the weight of my boots.

As a kid, growing up in the Midwest, we encountered all kinds of snow. There was the light fluffy stuff – the powder you could kick and slide through. There was the crusty snow you could try to walk across. It usually cracked at some point and you'd plunge through to your thighs. And there was the thick, slushy stuff. In that stuff, every walk turned into a slog. Every time you lifted up your leg, you'd be lifting up a stalagmite of heavy, wet snow, mixed with dirt. It clung to your boots. Then it would freeze. After awhile, you're carrying a growing block of ice with each step.

That's how I felt going up the side of Mount Adams. It felt like I was lifting up the whole mountain with every swing of my boot.

I never would have made it. The whole task just didn't seem very important to me by that point. What did I care if I made it up a stupid mountain? This wasn't worth it. I was hungry, my head hurt, I couldn't lift my legs above the snow to take my next step. I might've turned back. I might've given up.

But I was climbing up with my friend Tim, and he wouldn't have it. The whole point of the journey was to get to the top and so we would. We would make it. He joked, he cajoled, he berated, he laughed. He helped me to remember that I wanted to climb this

mountain. And that it was up to me whether I got there or not. And he just kept saying, "take another step. Take another step." All the way to the top.

I've never forgotten that climb. It shaped me. I use it's memory still. Take the next step, confront the pain, move through it.

The breakthrough comes in knowing; knowing yourself, knowing your path, knowing your abilities. That last is the tricky part. In knowing your abilities, can you know enough to challenge yourself, to push a little harder, to dig a little deeper, to find that additional ounce of energy. To stay committed to a journey that you've never taken before.

Finally, at the top of Mount Adams that long ago afternoon, we were in the fog. When we caught a glimpse of the sky, it was rolling with black cumulus clouds. There was no horizon, only a flat gray all around.

Then in an instant, the fog lifted, the clouds parted and one yellow shaft from the sun lit up the world. The brown and rumpled landscape of eastern Washington emerged in sharp relief, the world revealing itself anew. What a gift!

That's how a personal breakthrough feels as well. You feel up against impossible odds, the world closing in, there seems no way forward – through a problem, out of a situation, up the mountain, and then, in a flash, you have a breakthrough. The path is clear, the strength to follow it renewed.

What brought you to it? How did you achieve it? There are all kinds of words to use: perseverance, fortitude, strength, luck. But for this story, I like a Zen concept – the wind finds many ways up a mountain.

The clouds closed back in on us that day and we were again enveloped in fog. The world again shapeless. But we had made it. We had that glimpse.

One of life's lessons, offered up on the slopes of Mount Adam's.



The
Mountaineers
EXPLORE • LEARN • CONSERVE



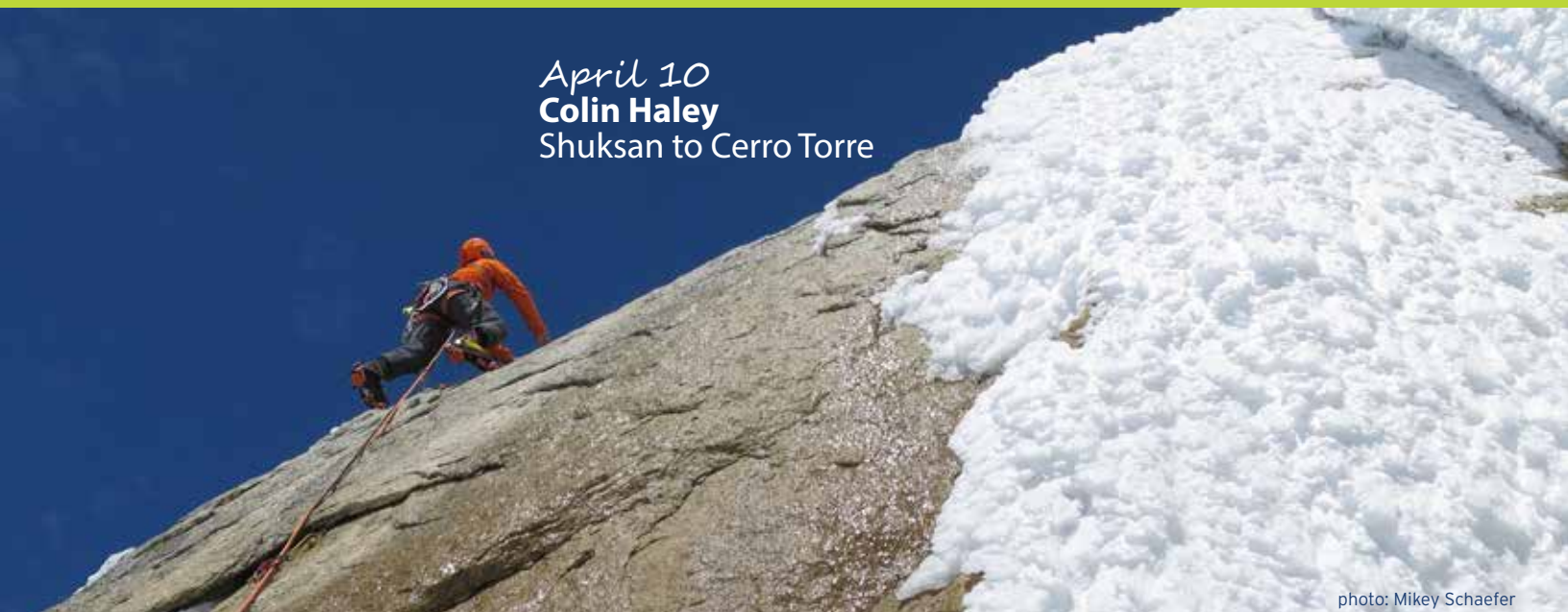
March 17
John Roskelley
Paddling the Columbia



**MOUNTAINEERS
BOOKS**

BEWILD

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April 10
Colin Haley
Shuksan to Cerro Torre

photo: Mikey Schaefer

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