

Mountaineer

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

The Fall

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Born to Climb

the youngest Bulger PAGE 23



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May/June 2015 » Volume 109 » Number 3

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: Linsey Warren on Fortress Mountain with Buck Peak in the background. Story on page 21.

photographer: Dave Golias

Fierce Protectors of Nature



In every issue of *Mountaineer* magazine, we are excited to bring you stories about Mountaineers and members of the outdoor community. Fostering a passion for outdoor adventure and a love of the natural world is what The Mountaineers is all about. Our legacy is made of bold adventurers who wore the first skis on Rainier, claimed first ascents in the North Cascades, and climbed the 100 highest peaks in Washington.

But, I want to tell you a smaller story, about a Mountaineers program I participated in this spring. On my day off, I outfitted my four-year-old son Lincoln in boots and rain gear and we volunteered to help a Mountaineers Mountain Workshops session in Cheasty Greenspace. Cheasty is a 43-acre greenspace in the heart of Seattle by Rainier Vista. The group that day was from Aki Kurose,

a middle school in Rainier Valley, and one of the most diverse schools in all of Seattle. Our project was to plant trees and clean up the trail.

That day, my son and I worked with several of the kids from the school, but we bonded with a young girl named Melawa. As we worked side-by-side, we talked. We learned that Melawa lives less than a mile from Cheasty but had never been there. She didn't even know it existed.

She told us she loves The Mountaineers program because she likes to spend time outside, but doesn't have a backyard. We talked about how Cheasty was a public greenspace and this meant that it belonged to the community – to her and her family. We also talked about how we were taking care of this space and that it was the community's job to care for its greenspaces – to protect them, preserve them, and enjoy them.

I could see the light bulb go on in Melawa's head as she looked at me. "I could come here and play again with my family – this is our park!" As we left that day, two of her classmates were horsing around on the way out, and one accidentally stumbled into a newly planted tree. Melawa passionately convinced him to replant it, while the whole group waited. I was astounded to see how this young lady had transformed from not knowing this greenspace existed to being its fierce protector. **Melawa made a connection that day to a place in her own neighborhood. It's a breakthrough she will carry with her for many years to come.**

This story, on a small scale, illustrates what we do on a large scale – provide transformative outdoor **experiences that connect people to nature**, inspiring them to become fierce protectors. Whether planting trees, summiting Rainier, or paddling the Columbia River we provide these experiences every day to every type of adventurer.

And we've been providing these experiences for over a century. That's why conservation is also an important part of The Mountaineers history. Our reputation as a conservation organization has been built on a 100-year history of establishing national and state parks and designated wilderness areas. As outdoor recreationists, Mountaineers today continue to build on this tradition by taking responsibility for protecting the places we love to recreate. We also must continue to provide outdoor experiences to those who would not otherwise have the opportunity. This access to outdoor activities is critical to cultivating a new generation that values the outdoors.

Martinique Grigg

Martinique Grigg, Executive Director



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

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The *Mountaineer* (ISSN 0027-2620) is published bimonthly by The Mountaineers, 7700 Sand Point Way NE, Seattle, WA 98115. 206-521-6000; 206-523-6763 fax.

Postmaster: Send address changes to the *Mountaineer*, 7700 Sand Point Way NE, Seattle, WA 98115.

Opinions expressed in articles are those of the authors and do not necessarily represent the views of The Mountaineers.



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Breakthrough Celebrities and Connections

This April, The Mountaineers held an amazing event where we commemorated Fred Beckey – a living legend who charted and climbed more first ascents in his 70-year climbing career than anyone else. We presented him with The Mountaineers Lifetime Achievement Award. Our last big event commemorated Jim Whittaker, the first American to summit Mount Everest. Both are long-time Mountaineers members.

A full recap of this inspiring evening, BREAKTHROUGH will be featured in our next issue of the *Mountaineer*. It reminded everyone of what it means to be an outdoor enthusiast, conservationist and member of The Mountaineers community – something I hope to share with you, as you read this magazine.

In this issue, you will find a first-hand account of what it's like to be the youngest person to climb all 100 peaks on the Bulger list in Washington state, in the article, *Born to Climb*, by Linsey Warren (page 21).

You will also find an article titled *The Fall*, by Allison Moon (page 18) – climber and Mountaineer, who took a fall that could have killed her. Instead, it gave her a new outlook on life as a whole.

Appropriately, we're introducing a new column on the topic of safety – brought to you by The Mountaineers' safety committee, led by Mindy Roberts. In this issue, we talk about how to prevent trips, slips and falls.

For inspiration, read the transcript of *We are Mountaineers* (page 7), a video we presented at our recent fundraiser. You can also go online and watch the video itself: www.mountaineers.org/wearemountaineers.

And for even more inspiration, Juan Martinez tells his story of how he went from almost being an L.A. gang member, to being a National Geographic Explorer and leader in the world of conservation (page 10).

The *Mountaineer* wouldn't be complete without a member highlight. In this issue, you can learn about Craig Hauser (page 6) – one of this year's Basic Climbing students who's also a Biology student at Bellevue College and has a love for hunting mushrooms.

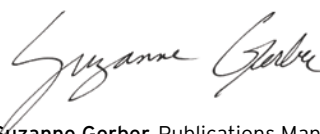
If all this reading makes you hungry, on page 8, you'll find a recipe for scrumptious chocolate matcha energy balls – courtesy of our very

own Mountaineers Development Associate, Karen Kirsch.

Finally, our *Last Word* column, written by Steve Scher, (on the last page of this issue) talks about connectivity. About how we forget sometimes, how truly connected we all are – until something, sometimes as simple as a phone call – reminds us.

The Mountaineers is a place for making connections. After all, every community needs a place to gather. For outdoor enthusiasts, specifically those who hike or climb in the Pacific Northwest, that place is The Mountaineers. Whether you're coming to events, signing up for classes, reading our books, sending your kids to one of our summer camps, teaching a course, or meeting a fellow Mountaineer at a trail head – this is a place to grow, learn and connect.

The beauty of these connections is not just what we are inspired to do as individuals, but what we achieve together. It's in the values we share, the goals we create – and in the land we protect.



Suzanne Gerber, Publications Manager



Jim Whittaker and me at the last Mountaineers' fundraiser.



Can you identify the location in the foreground?

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

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

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

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

The winner of last issue's *Summit Savvy* was Louise Suhr. She correctly identified Navaho Peak (see below).

Last issue's summit trip report: Navaho Peak

by Meera Lee Sethi, Mountaineers climber, hiker, scrambler

Navaho Peak Trip Report: The hike to the 7,223 ft Navaho Peak has it all – quiet forest switchbacks, a barren rock field speckled with serpentine, and a fun almost-scramble up from the Pass to the narrow summit, where 360-views include the “back side” of the Enchantments.

I did this trip as an overnighter on a Tuesday in early September – the night of a Supermoon! I didn't encounter another soul the entire time, except for the two ravens whose perch I stole to take this picture.

Activity Type: Scrambling

Seasons: Year-round

Distance (round trip): 14 miles

Elevation Gain: 4,123 feet

High Point: 7,223 feet

Permit: Northwest Forest Pass



Navaho Peak. Photo courtesy of Meera Lee Sethi

memberhighlight

ten essential questions



Craig at Van Trump Park, Mount Rainier National Park. Photo courtesy of Craig Hauser

Name Craig Hauser
Hometown North Bend, WA
Member Since April, 2014
Occupation Biology student and Transportation Coordinator for Bellevue College
Favorite Activities Backcountry Skiing, Mountain Biking, Climbing, Sea Kayaking, Trail Running, Fishing, Mushroom Hunting, and Permaculture Gardening

How did you get involved with The Mountaineers?

My dad took the basic and intermediate alpine climbing courses in the 80's. I probably owe my being born to The Mountaineers, for teaching him how to stay safe (and alive) out there. I'm just trying to return the favor for my future children.

Why is getting outside important to you?

If you are stuck inside for too long it often leads to caring too much about things that don't matter. Getting outside is a great way to put things back into perspective. It turns out that interoffice drama does not matter when you are cutting through trees or skirting around seemingly bottomless glaciers on your skis. It is also just awesome to get together with the people you love and trust most in life and spend time surrounded by natural beauty.

Favorite Mountaineers Memory?

Mushroom Weekend at Meany Lodge!

Who/What inspires you?

My mom and dad have been huge inspirations for me. The outdoors have been a big part of our family life, and as much as I wanted to eat junk food and play video games when I was young, I am so thankful that they dragged me out and exposed me to the things I love more than anything to do now. I have

looked up to Martin Volken and George Dunn for most of my life. Both are extremely humble for how much they have done for the outdoor community and if I can be half the man they are in the future, it would be a great accomplishment.

What does adventure mean to you?

Adventure is breaking out your headlamp when you weren't planning on it and as the red light begins flashing, realizing you left your spare batteries in the first aid kit you forgot to pack.

Lightning round!

Sunrise or sunset?

I don't discriminate.

Superpower?

The power to never have to use a blue bag.

Smile or game face?

My game face is a smile.

Post-adventure meal of choice?

I like eating a big, juicy beer after a long trip in the mountains.

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

Ski Mountaineering!

We are Mountaineers.

We are **pioneers** and **adventurers**.

Explorers of the *unexplored*.

We are **groundbreakers**.

Founded in 1906 by 151 visionaries, at a time when a trip into our uncharted Pacific Northwest mountain ranges meant riding on a luggage car, then picking an unnamed peak and finding our way to the top with only a compass and a keen eye.

Half of the first Mountaineers were women.

They were veiled and wore long petticoats but summited mountains all the same.

Mountaineers wore the **first boots on the top of the Olympics** and the **first skis on Mount Rainier**. We named peaks and explored waterways and built trails to uncover unique and challenging landscapes. We helped create the **North Cascades Wilderness Area** and pass the **National Wilderness Act**.

Early Mountaineers established safe travel methods in the mountains. The same methods our volunteers still teach today. **We wrote the book on Mountaineering. Literally.**

Our members founded REI, seeking better gear to take them further. **Jim Whittaker**, the first American on the summit of Mt. Everest, and **Fred Beckey**, the first dirtbag climber, are both Mountaineers. Your grandparents were Mountaineers. Your kids will be too.

Mountaineers are generations of adventurers.

Young and old, new and seasoned, eager learners and passionate teachers - the outdoors brings us together. The Pacific Northwest is our home.

We *aspire to inspire* with hundreds of monthly activities led by our coalition of volunteers. We hike and ski and climb and paddle. We sail and snowshoe and scramble. We capture and savor.

We conserve.

We go outside to inspire curiosity and self-discovery. To feel small. **To unlock our true potential** and *release the burdens of every day*.

We lose ourselves in the outdoors. We find ourselves there too.

We are the Pacific Northwest.

We are Mountaineers.

See the video of our Mountaineers legacy here:
www.mountaineers.org/wearemountaineers





Chocolate Matcha Energy Balls

by Karen Kirsch, Mountaineers Development Associate

Chocolate matcha energy balls. Photo by Karen Kirsch

INGREDIENTS:

- 1 cup pitted dates (make sure they are sticky)
- 1 cup raw almonds
- 1/2 cup cocoa powder
- 2 tablespoons matcha powder
- 1 heaping teaspoon cinnamon
- 1/2 teaspoon cardamom
- 2 tablespoons almond milk (cow's milk works too)
- 1 capful vanilla extract (about 1 teaspoon)

DIRECTIONS:

1. Combine the dates and almonds in a food processor until you can roll the dough into a sticky ball.
2. Add the cocoa powder, matcha powder, spices, milk, and extract to the dough and pulse the food processor until combined.
3. Once mixed, roll the dough into small 1" balls. Dust with matcha powder if desired.
4. Store in fridge or freezer, pack along with you in the hills, or enjoy for a pre-work out snack!

Nuts, trail mix, energy bars? They do the trick. But it doesn't take long for regular snacks like those to become boring and bland. So I went on the search for something full of flavor, but healthy and compact. And something that would sustain me too.

That's when I came across the powerful energy of matcha green tea powder and dates. You heard me right – dates are a great choice to get you going. They are rich in glucose and go straight to the liver for immediate energy. The body doesn't have to convert it to a different form of fuel to utilize it. Matcha is a natural energy booster. Combined, this is the superhero of hiking snacks to keep in your bag.

This treat not only keeps you going, but tastes great and keeps you full too. Chocolate, cinnamon, cardamom, and almonds finish off these balls with a powerful tasty punch. Matcha isn't the easiest to find, but you can usually locate it at a natural food grocery store, like PCC or Whole Foods. For a more economic choice, head over to Trader Joe's and get their matcha latte powder. It tastes great and gives you the same energy boost as the plain matcha powder.

You'll need a food processor or a very powerful blender to make these. But you can make them in 10 minutes – tops. Keep them in the fridge up to two weeks, or the freezer for longer.

Not only will you mix up your snacking routine on the trail, your body will thank you for the extra energy and delicious change of pace.

WHAT'S MISSING FROM THIS PICTURE?

(besides the top of the mountain.)

ANSWER: YOU

Get in the picture! Pick up *MAP 332S - Mount St Helens National Volcanic Monument*, brand new for 2015.

Waterproof, tear resistant, ultralight, solar powered, and just mapped by Green Trails boots on the ground crews in 2014. Available at Mountaineers Bookstore or the best outdoor stores.



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We love these places



An Unexpected Path to Conservationist

by Juan Martinez, National Geographic Explorer

Juan Martinez climbing in the Grand Teton National Park. Photo by Juan Martinez

I grew up blind to the American legacy of public lands – an inheritance for all people, regardless of background, language, or creed. I get shivers to think of what my life would be without the rush of climbing mountains in the North Cascades, diving into alpine lakes in the Grand Teton backcountry, or having Elysian Park as a family gathering place for our “Carne Asadas” our version of a family BBQ. I found my soul in the wild and the heart of my passion within my family in the city of Los Angeles.

Today, I’m a proud conservationist and National Geographic Explorer. But I wasn’t always. I presented my story in a TED talk a few years back, and I want to share to share it here with you:

I was raised in a poor neighborhood in south L.A. I struggled watching my parents pay rent at the end of the month. Sometimes they had to take food out of their mouth, so that my two younger sisters and I could eat.

The people I saw taking care of their family and taking care of business were the gang members. So I considered that as a career path – not because they were the ones that had the girls and the cars, but because they were the ones who took care of their families. And I loved my family.

But it wasn’t all bad. I grew up going to baseball games at Dodger Stadium, which sits right in the heart in Elysian Park – one of the biggest parks in L.A. And I remember going out on the weekends with my family and them taking me on trails and showing me all this amazing stuff that they knew.

I went to Dorsey High School. You might not know Dorsey that much but you might know Crenshaw high school. Crenshaw and Dorsey are rival high schools, but they’re more than rivals in the traditional sense of rival high schools, they’re the birthplace of the Bloods and the Crips.

So I was in 9th grade detention and they gave me an ultimatum. They said either you stay in detention or you go to this thing called “Eco Club.” And I said, “Whaa? *Eco Club*? Forget you.” But I took a chance and I went over to eco club and the first thing they said was “grab a bag of seeds and let’s go out.”

So I picked a bag of jalapeños. Because I wanted to grow something for my mom. All the sudden I started worrying about photosynthesis and the PH balance and the UV radiation! And all this different stuff that would make my jalapeños grow.

At the end of that semester, they gave me the opportunity to go

to the Teton Science School in Wyoming. Now, for a kid who's never been out of south central, to see mountains for the first time and to look up at the night sky and count... I couldn't even COUNT the stars. For the first time in my life, at the age of fifteen, I saw more stars than I could count. And I had to pinch myself and look at that shooting star and say to myself, "no, that's not the ghettoberg coming out to get me." Now, the ghettoberg for those of you who don't know – you won't find this in the Audubon book – it's a police helicopter.

I went back home and found mentors and friends and family and people who supported me in this. And in 2005 this guy name Richard Louv wrote a book called *No Child Left In the Woods*. In it, he coined a phrase called "Nature Deficit Disorder." Don't worry, you don't have to take drugs for it. It's an easy fix. All you have to do is get outside.

Because we have seven billion people in the world today. But if you were to put all of those seven billion people shoulder to shoulder with each other, they could all fit in the city of LA. So it's not necessarily that we're running out of space, it's how we're using that space up.

The average US teenager now spends somewhere between forty and sixty-five hours a week, connected to some kind of media device or some kind of technology. That's a full time job. I'm not saying that it's bad – I'm just saying "Get out. Have fun."

I want to give you some of my reasons for a new nature movement:

- The more high tech we become the more nature we need.
- If human beings are to enjoy nature, they will most likely have to do it in urban areas.
- Adults have Nature Deficit Disorder too.
- "Sustainability" is not sustainable: we need to produce human energy (health, intelligence, joy, creativity)
- Conservation is not enough. We need to create nature.

You can create your own reasons. But just imagine for a moment, a society where our lives are as immersed in nature as the average teen is in technology.

A couple years ago, I got to climb the Grand Teton. I went from being that kid from South Central, to realizing that somehow I was connected to those mountains. Somehow, my community in LA was connected to the mountains up there. And it all made sense. The world made sense to me. Science and math and history and English and all of the different things that were happening in this world made sense to me because of that. I went on to be the first one in my family to graduate from high school.

So that's my story, and I wanted to share it with you because if a kid from South Central, who was about to be a gang member, can grow up to be a National Geographic Explorer, then don't ever in your life doubt what you can do.

Focusing on the future

As our nation continues to grow, becoming more diverse but also increasingly urbanized, there are two big challenges we face. First is maintaining the cultural connections that make us who we are, and the second is making sure that we are spending enough time outside, in nature, getting exercise and experiencing the outdoors.

While these two challenges may not seem connected, as an

outdoor educator who works every day to get more young people of all backgrounds outside - it is essential that our nation's diversity be represented in our outdoor experiences. From the availability of quality outdoor spaces to improving outreach to diverse communities and ensuring our National Parks tell the story of all Americans, when youth see themselves reflected in their public parks and lands they are much more likely to visit them.

In late February, President Obama made monumental progress towards addressing these challenges by protecting sites that honor our nation's diversity and announcing that every fourth grader in America will have transportation to experience the great outdoors.

Ensuring access to America's great outdoors for all fourth-graders, called the *Every Kid in a Park* initiative, will start in the 2015-2016 school year and build a long-lasting connection between 4th graders and their national parks and public lands. This will in turn help foster a new generation of stewards that will work to protect America's natural and cultural resources for the future

Additionally, the President's action to protect the Pullman Historic District in Chicago, scenic Browns Canyon outside of Denver, and the historically significant Honouliuli internment site in Hawaii improves the representation of all Americans in our public lands. With the Antiquities Act, the President can protect these sites as national monuments, preserving them for future generations of Americans and making progress toward ensuring that our public lands and parks are a reflection of our nation.

While it's one of the most important aspects of preserving our nation's history, the theme of protecting places representing all walks of American life is often overlooked by policy- and decision-makers. According to a report from the Center for American Progress, less than 12 percent of the United States' national parks and monuments have a primary focus on women or minority communities, despite the nation's rapidly changing population dynamics. With each new national monument designation from the Obama administration, we've seen encouraging steps towards proper recognition of the past for Americans of all stripes.

The recent designation of the San Gabriel Mountains in Los Angeles, Organ Mountains-Desert Peaks outside Las Cruces, New Mexico and Chimney Rock in Southern Colorado show the range of treasured sites that Antiquities Act can protect, from large landscapes that include essential habitat for wildlife and outdoor recreation opportunities to safeguarding elements of our nation's past.

As a National Geographic explorer and proud native of south Los Angeles and a life-long conservationist, my connection to community, culture and the environment runs deep. The President's youth initiative and these national monuments serve the same purpose and enable people from all types of communities – city natives and rural residents alike – to have access to our nation's wonderful natural resources, to see the story of all cultures included in historic sites and safe, protected outdoor public lands with clean air and water for all. These are experiences all Americans deserve, a birthright, to have and enjoy, and we must support efforts to preserve our history and our lands for future generations.

The Path of a Guidebook (and its author)

by Craig Romano, Guidebook author



Craig taking notes on a trail. Photo courtesy of Craig Romano

“I want your job!”

A sentiment I’ve heard more than the sound of mosquitoes buzzing in my ears in my decade of writing guidebooks. I usually chuckle upon hearing it. But in my mind I’m thinking, “Sure you want my job – and I’d like your six figure salary, plush retirement plan, and Cadillac healthcare plan!”

The truth is I love my job. But it’s no walk in the park. I don’t just hike. I work – and I work hard, putting in more time behind the computer and on the road promoting my work than on the trail. I work hard to make my guidebooks the best out there.

So, before any of you out there get any crazy ideas about giving up your cushy office job to go play in the rain and snow (okay there are good weather days too) – let me offer you my little guide to writing guidebooks. ([next page](#))

Never for money

Writing is a passion, not a job. As a writer, I am both blessed and cursed. I am blessed that I have developed my craft and am able to communicate well on paper. I am blessed in that I have an inquisitive nature – a passion to learn – and a desire to share what I learn with others. I am cursed in that I must write – it is what I was meant to do. I will never be happy doing anything else. Trust me I tried. Know thyself. I tried suppressing the urge to write in the past – but it’s impossible to ignore a calling.

It’s more than hiking

Many of my would-be-job-usurpers – after declaring they want my job – point out they love to hike, and hike a lot.

Okay. I love to eat and eat a lot, but that doesn’t make me a chef! You have to know how to write, and in this age of texting, and

finger sliding across tiny screens, I dare say that people who know how to write well are becoming as rare as moderate politicians. Writing good guidebooks requires technical writing skills, creative writing skills, good interviewing skills – and it doesn't hurt to have a background in natural history, cultural history, and regional history as well.

The process of making a book

With the standards I laid out below in my *Little Guide to Writing Guidebooks*, I set out to create the best guidebook possible.

First, I assess the marketplace. While I absolutely love hiking Mount St Helens, for instance (the topic of my newest guidebook), is there a demand for a new book on it? What is currently out there? What can I do better than what is out there?

Once I determine there is indeed a marketplace for such a book, I then decide what to include in it. How large of a geographical area and how many trails will it include? I try to make my books as comprehensive as possible. I research the area thoroughly and then head out for the best part of my job – the on the trail research. Typically I spend most of May through October on the trail, and the rest of the year on the computer and promoting.

After I complete the manuscript, I do some fact checking, confirming with land agencies, conservation groups and trail organizations. Then I send the manuscript off to my editor for a very thorough and drawn-out editing process. The manuscript goes back forth between us. My project manager is involved too, giving it several reads. We go through all of the maps, making sure there are no discrepancies and they are consistent with the text. It is a laborious process and my least favorite aspect of my job – but it's one of the most important.

Once we've gone over and over the book, and made it the best possible, it's sent to the printers.

Receiving my first copy of the book is akin to seeing your child for the first time. The "pregnancy" (process) was long with its joys and frustrations and the "labor" (editing) was difficult. But once you see the shining cover of your brand new book, it's all worth it! And, like a new parent, you want to tell the whole world about your bundle of words. That's when the next stage begins.

The final stage

I fill my calendar with book talks and travel throughout the state and beyond sharing my excitement and enthusiasm for my book – and most importantly the topic of my book. I love getting people excited to hit the trail. That is the most rewarding part of my job. But even after I've done countless talks, interviews, and appearances, the work is not done.

My book needs to stay relevant – especially in this digital age. My publisher keeps the printings fairly low so that with each subsequent printing, I can make minor edits to reflect any changes that may occur on the trail. So I must constantly stay up to date with what is going on out there. When it's time to do a second edition – which I currently am doing with my *Day Hiking Olympic Peninsula* book – I begin the process all over again.

Yes I am re-hiking every trail again and hiking many others – new trails that'll be making it into this edition. I can't wait to share this information with you. And wouldn't you rather be reading my guidebooks than writing them?

Craig is the author of nine guidebooks and co-author of five others. He is currently working on *100 Classic Hikes in Washington* (scheduled for release in 2016).

Craig's Personal Guide to Writing Guidebooks

A good guidebook is: Accurate, Entertaining, Insightful, and Responsible

It does more than just list places to visit and present directions.

Accurate: I research trails before I hike them by studying maps, old books, websites, and by contacting land agencies. I hike every mile of every trail I write about—and then some. I hike the connecting trails. I take notes while I hike. I run GPS tracks. I photograph everything—especially signs and important navigational information. I compare my tracks and notes with trusted sources.

Entertaining: A good guidebook should be fun to read. It should read better than "walk here, turn here, stop at this view—now go home." I'm not writing an instructional manual. I'm writing about experiences.

When I write a description I want to get you excited about visiting that place. I want you to get a good sense of the area before you get there. I want to tell you a little about the land—what's it like—is it protected or threatened? Who came here before you? First Nations, Explorers, Pioneers? What kind of wildlife might you see? Plant life? And I want you to be able to enjoy my books back at the cabin while sipping a glass of your favorite wine—as well as while on the trail sipping your favorite glass of wine.

Insightful: I want you to see more than just the pretty views, lakes, and forests. I want you to think about the land. How did this area come to be? A volcano? Glacier? Fire? Flood? I want you to think about the impacts that others before us have had on the land. Was it exploited? Protected? Is it recovering? Is it threatened? I want you to think about your impact and relationship with the land. A good guidebook should instill a sense of stewardship, which leads me to my next tenet.

Responsible: Like my Mountaineers Books predecessors Manning, Spring, and Marshall, I want my guidebooks to also be calls to action. I want them to inform you on conservation battles that we have won, lost, and must pursue next. I want my readers to realize that all of these great parks, forests, and trails didn't come out of nowhere. There was—and still needs to be a lot of citizen action and involvement if we are to have a healthy environment to recreate in. We must also understand that balance is needed between recreation and preservation. Sometimes we need to limit our actions on our land and always thrive to walk softly upon it.

While I want to call to action so many pressing conservation needs—I also realize that folks (me included) don't want to be preached to. I try to soft sell and present controversial topics in a balanced way—often acknowledging relevancy in competing views.

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Mt. Olympus 2013. Michelle Miller photo

Summer Conditioning: Push ups and Superman

By Mercedes Pollmeier, MS, CSCS

You put in some time to train during the winter and spring to get ready for this amazing season that we have each year: summer. But what happens when it finally arrives? Do you continue to train? Ideally, yes.

The kind of training I'm talking about is strength training. You can strength train year round, while undulating the intensity of your other sport-specific workouts. Strength training shouldn't be the focus of your overall training, but should be peppered in to your schedule, to keep your nerves firing when you want them to.

Strength training done right results in increased neural connections to muscles, helping muscles to fire appropriately, when you want them to. But this only works if you strength train with good intention, and form. The outcome, you become even stronger, more powerful, and have overall better movement.

Outdoor athletes spend most of their time doing the activity of their choice, and find it difficult to make time for themselves to strength train. So I thought I would share some quick exercises that are simple, fun, and that can be done at home or at the park.

A-Frame Push up

Start in a plank on your hands. Walk your feet in towards your hands until your hamstrings get tight. Ideally, you want to keep your heels up and bend your knees slightly so that your hips are over your shoulders. If this is challenging, no matter, keep your legs at a comfortable spacing from your hands. You can stop there, and do this A Frame hold. If you are feeling confident, you can try the push up. Keeping your fingers spread out, abs really tight, and squeezing every other muscle in your body, start lowering your head down. You want to drive your elbows toward your legs (not jutting away from your body – no chicken wings!), and keep your head in line with your fingertips. Go as far down as you like and then push back up. Hold tension! This is where the most strength gains come from!

Works primarily the triceps, upper pectorals, lats, and then everything else including your core if you squeeze hard!

Superman to Hollow Body

Start on your belly. Arms forward and elbows locked out. When you are ready, you will bring your arms and legs off the ground. Don't arch your back too much, just enough to lift your chest up and thighs up. Squeeze your glutes! Keep holding. While you are maintaining tension, roll onto your back, into the hollow body position, which is essentially the opposite of superman, back on the ground, arms overhead, elbows locked out, and shoulders and legs off the ground. Hold for a few seconds. Then roll back onto your belly into superman. Make sure to change the direction you roll. Hold as much tension as you can!

Works rotational strength, obliques, abs, back, everything!

Programming: Do each exercise for 1-2 minutes to start. This will give you time to adjust your position if you need, to feel your tension and learn the movement. Giving yourself a time limit will ensure more intention in the movement, and you can have fun with it. Don't get stuck in reps and sets. If you do all three exercises, it will only take you 3-6 minutes. Boom! Strength training done! But, you are always welcome to try them again, and for longer time.



Mercedes demonstrates the a-frame push up.



Mercedes demonstrates the hollow body.

Photos courtesy of Mercedes Pollmeier

Mercedes Pollmeier is the Fitness Director at Vertical World Seattle. She is also a strength and conditioning coach, and owns her own online training business, Beta Athletics. you can check out more articles on www.girlbeta.com and see her training offerings at www.betaathletics.com.



Greenspaces and happy faces

by Karen Kirsch, Mountaineers Development Associate

An Aki Kurose Middle School student ready to steward. Photo by Karen Kirsch

We took a sharp turn onto Alaska Place and parked at a dead-end, in front of a house with a green awning covering the porch. “Green Seattle Partnership” lined the edge of the tent, shovels were laid out in a perfect pattern, and a huge pile of mulch sat next to the front door. Ten years ago, I would have been standing next to the entrance of one of the most notorious drop off point for stolen cars in all of Seattle. But after 7,500 hours of dedicated volunteer stewardship, I was actually standing next to the entrance of Cheasty Greenspace Mountain View – a ten-acre forest smack in the middle of Columbia City and Beacon Hill neighborhoods. Instead of homeless encampments and elicited behavior filling the woods, trails and native plants now do. This is all due to a hoard of dedicated neighbors, and today, the Aki Kurose Mountain Workshop Program.

The Mountaineers began these workshops as a way to get underserved kids outdoors, teach them outdoor activities, and invite them to the hills in order to experience nature up close and personal. Much like our workshop format, Cheasty is an urban greenspace that acts as a portal to the great outdoors. Mary DeJong, the Cheasty Mountain View forest steward, said about this experience, “The greenspace gives kids hyper local access to nature and allows them to get to know their own backyard.” When they are allowed to play in and maintain that backyard,

kids develop, “a mental muscle to understand how our behaviors affected the earth,” Mary continued.

As I learned more about Cheasty, a school bus carrying nine middle school students and their two teachers came driving up the narrow residential road. It parked, and the kids came bouncing out. Sarah Machacek, our Mountaineers leader for the day, quickly began yelling out hellos to familiar faces and getting the group into a circle around the shovels. This group of students has been participating in Mountain Workshops for over a year. They climb, hike, and learn outdoor skills like cooking, first aid, and navigation. Today was not a climbing or hiking day for the students. Today was a stewardship day, an opportunity to give back. In response to the disappointment of one youth, his teacher replied, “It’s okay. You take a little, you give a little. Today we are giving back a little.”

After a warm up, get-to-know-you, session, we got into a single-file-line, with our shovels and buckets in hand, and journeyed up to the greenspace. For the last seven years, volunteers like Mary have been clearing away the invasive ivy and blackberry, building trails, and picking up garbage. Cheasty Mountain View is 10 acres out of a total of 43. The planting of native species is the last step of restoration for this section. Then volunteers will transition into maintenance mode and full force restoration within the remaining 33 acres of Cheasty North.

Our kids dug holes, planted Oregon Grape, and surrounded the plants with donuts of mulch. In just one hour, the youth had planted 60 plants. Proud and beat, we ended our workshop with a reflection. Sarah asked, "What's one thing you though you did well?" Selina said digging. Ryden said learning how to put plants back into the earth. Darryl said carrying the buckets. Evelyn said teamwork – helping her friends.

Aki Kurose Middle School is not filled with kids who have it easy. 90% are on free and reduced lunch. And only a few minutes away from Cheasty Mountain View, none of the kids at our workshop had heard of the greenspace. After chatting with their teacher for a bit, I also learned that these particular students all have a learning disability. I asked her what she thought their Mountain Workshops had done for them, she explained, "It's completely motivating. They have really come together as a team, and it's amazing to see. A year ago I signed them up because I personally love to hike and I wanted to share it. These kids wouldn't have had this sort of opportunity otherwise." There were two truant kids in the group today, but they were present because they wanted to participate in the workshop.

Cheasty Greenspace represents a greater revolution happening within Seattle neighborhoods. Communities are coming together in order to reclaim their greenspaces. The woods and trails we worked on with our Aki students are beacons of hope that shine onto a future of equitable access to nature, for everyone. Instead of separating neighbors and isolating others, Cheasty is breaking down those kinds of barriers. Mary explained, "The woods are a leveling field, where people of all backgrounds and experiences come together to work for the common good."

Excited, tired, and hungry, it was time for our students to head back to school. We said goodbye, but before we did, Mary made sure the kids knew they could come back to check on their plants. "This is your place," she said, "you are welcome anytime." Hopping, running, dragging, the students loaded themselves back onto the bus. I turned to wave and heard, "When's the next trip?!"

note: student names in this article were changed for privacy



Melawa and Lincoln (Martinique's 4-year-old son). Photo by Martinique Grigg

If you would like to learn more about volunteering opportunities, please reach out to Sarah Machacek at sarahm@mountaineers.org. If you would like to know more about Cheasty Greenspace, volunteer for trail work, or reach out to help in other ways, please visit cheasty.org.



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On Sunday, North Cascades Basecamp will offer a free birding hike and there will be horseback riding trips.

For trip details, registration and lodging options check: <https://www.mountaineers.org/NationalTrailsDay2015>

The Fall

by Allison Moon



Allison, at the site of her fall. Photo by Alex Henry

Thursday, July 12, 2012.

It could have been the last day of my life. In fact, I'm still a little surprised it wasn't. There are certain events that occur in one's life, to which it's hard not to attribute supernatural meaning. It being the day before Friday the 13th, I've thought perhaps that Thursday was contaminated by the misfortune of its notorious neighbor. I've also caught myself half-believing in guardian angels, and, while contemplating other close calls, have wondered whether the Universe is out to kill me, and if so, why it hasn't succeeded.

The day began like any other Thursday. I got up, put in a full day at work, then drove to Exit 32 with my boyfriend, Patrick, to meet our friends for some after-work rock climbing. Patrick and I got a late start, and by the time we arrived at the wall, our friends had already been at it for several hours. Pat and I found an easy warm-up route and began climbing as our friends migrated to another nearby wall in search of new terrain.

Racing the sunset

To provide some context, Exit 32 is a popular weekday climbing destination located off of I-90 about 45 minutes outside of Seattle. It is situated on the north side of the highway beneath Mt. Si, on which you will find one of the most popular and most challenging day hikes in the Washington Cascades. The approach is about a two-mile hike along the Little Si trail (Mt. Si's runt sibling) and at about two miles you turn left off the trail and hike up a steep brushy hill to the base of the main wall. Then, to

reach the second wall, you hike further up the hill with the main wall to your left, following a steep, narrow trail with precipitous drop-offs to the right.

After warming up on a 5.9 at the main wall, we joined our friends at the upper wall and climbed until dark. That was not planned. In fact, there was a distinct lack of planning, or timing at least, on our expedition that day. As dusk fell I found myself "Batmanning" up a 5.10a trying to hurry to the top to clean the anchor before it was completely dark. I topped out, cleaned the anchor, and rapped down without incident. Back at the base of the wall, I packed up my gear and prepared to hike out. While packing, I realized I had left my headlamp at the base of the main wall about 100 yards away. A friend handed me another headlamp, but there was something wrong with the strap. I sensed that my friends were anxious to get moving, so rather than trying to fix or adjust the strap in the dark, I decided to just carry the lamp in my hand, and I began picking my way slowly down the steep narrow trail back to the main wall.

I don't remember much about what happened next. I remember that my friend Alex was behind me, and I remember scrambling down some rocks on a particularly steep part of the trail. With the headlamp in my hand I was not able to see well as I used both hands to climb down. I remember my feet hitting dirt. Then suddenly, and inexplicably, I was falling through space. My first reaction was disbelief. This couldn't be, because I didn't know how it had happened. And yet, there I was, falling. The hillside brush

swept past me, persistently breaking its promise to catch me or at least slow me down.

I wasn't exactly free falling. There were bumps along the way, and at one point, I thought I had stopped – but after a split second of momentary relief, the falling sensation resumed. I thought perhaps a tree would catch me in its branches and rescue me from the hard ground below. When that didn't happen, I decided, with surprising resignation, that I was going to die, or be paralyzed at best. Mostly, I wondered when it was going to stop.

Finally, after what seemed like a very long time, I hit the ground. I had no idea what condition I was in, physically, except that I knew wasn't dead... I wasn't dead! So I began calling out for help. As I lay there yelling to my friends, I looked up at the deep blue sky above me and the narrow black tree trunks reaching upward. Although my voice sounded panicked to my own ears, I began to feel calm as I realized that, not only was I alive, but that I wasn't even in much pain.

Disbelief and luck

When I was falling, I knew with simultaneous disbelief and certainty that I would die. Now, that resignation I had felt toward my fate was gradually replaced by a very deep sense of peace, as I lay there in the night looking up at the dark trees and listening to my friends crash through the brush, running to my rescue. By the time they arrived, I knew I was fine – more or less. One friend, Tristan, ordered me not to move as he slid his hands under my back and felt every vertebra of my spine. Another friend, a physician's assistant, observed Tristan, complimented his proficiency, then repeated everything he had done, either for good measure or just for fun, I'm not sure which. By then it was evident that I had survived the fall with no major injuries, and the group's aura shifted from panic to giddy relief.

...Except Patrick. I watched him as my friends poked and prodded, checking for broken bones and internal bleeding. He stood back a little from the group looking down at me with an expression I couldn't decipher. I smiled up at him, and when I was finally given permission to move, I slowly stood, faced him, and threw my arms around him. We held each other for a long time and I felt the heartbreak that was so strongly anticipated it arrived despite no longer being warranted.

We all hiked out in a chatty daze each taking turns estimating the distance I fell and sharing our amazement that I was walking away unscathed. About a week later, Alex sent me a message saying that he and another friend had returned to the place where I (apparently) stepped off the trail, and measured the distance I had fallen. He said it was 43 feet total with ledges spaced 5-10 feet apart. The last drop was 23 feet, and I had miraculously landed on flat ground between several large rocks.

This experience did not radically impact my life or change my world-view. At least, not immediately. My musings about Friday the 13th and guardian angels subsided as my mind came to terms with the fact that I had cheated death, and the black and purple bruise on my tail bone turned green, then yellow, then faded away. But there was something that stayed with me, though initially I couldn't identify it. Now, with the benefit of two years' hindsight, I know that what I took from this experience was recognizing the deep feeling of peace that follows when you relinquish control of your fate. Although it took a near-death experience to first see

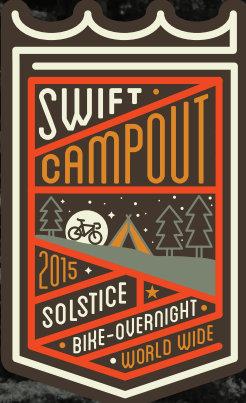
it, this experience has become a tool that I can apply in my life.

An open path

Currently, I am at a crossroads. While living in Seattle I practiced law – work I felt compelled to do by social pressure (after all, that's what a law degree is for isn't it?). This career path and piles of student debt left me with little satisfaction. Then, in October, I left Seattle to join Patrick in Salt Lake City where he is now working toward a Ph.D., – and in doing so, I created an opportunity to reinvent myself, my career, and my future.

The same fears that pushed me into law practice to begin with still exist. I still don't know how I will pay off my loans, or raise a family, or even pay my bills if I don't continue practicing law. But the fall, and what I learned from it, has given me the courage to stop trying to control my destiny, and to simply pursue the things I love – to step off of the trail and into the unknown.

Allison Moon is a native Northwesterner whose love of the outdoors began at an early age on backpacking trips in the Cascades with her dad. In 2008, she discovered rock climbing at a Seattle climbing gym and quickly started single-pitch sport climbing outdoors. Thanks to The Mountaineers, Allison has since expanded her climbing experience to the realms of multi-pitch, trad, and alpine climbing. Last fall, Allison relocated to Salt Lake City, Utah to follow her love (a wily rascal named Patrick) and has been busy seeking new backcountry adventures in the Wasatch Mountains and the red rock deserts of Utah. Allison is also an outdoor writer and journalist, and her work has been published on the *Rock and Ice* website.

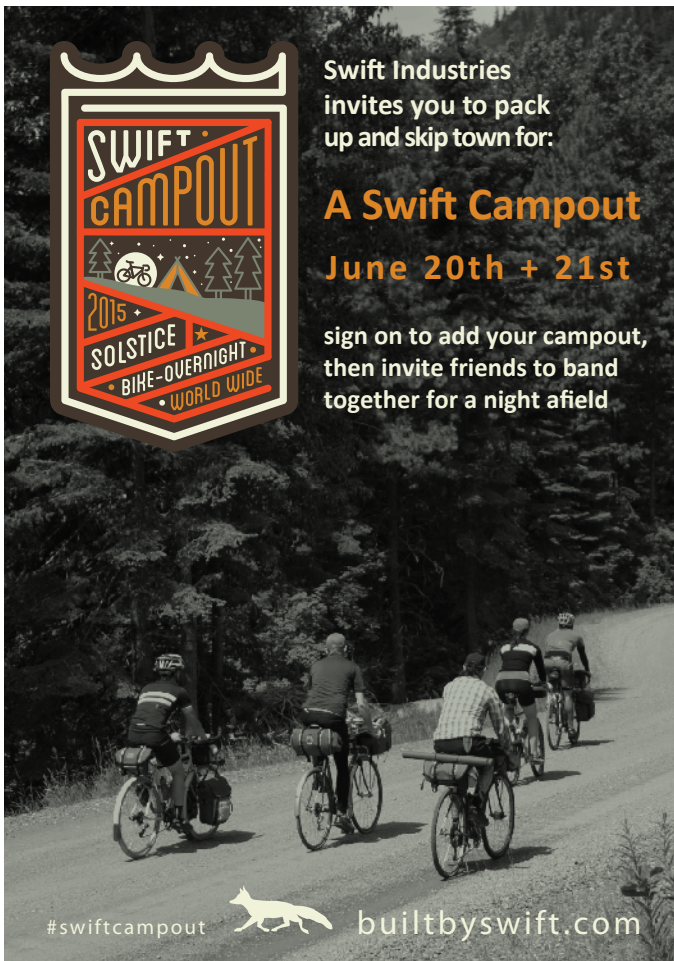



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Lonnie and his Soulo at 16,250 feet on Denali, January 2015

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Born to Climb

by Linsey Warren, the youngest Bulger

Linsey Warren and friends. Photo courtesy of Linsey Warren

At 27, Linsey is the youngest person to complete the Bulger List – Washington's one hundred highest peaks list, based on a set of rules made by the Bulger pursuers of the 1970's. (note: there is a variation called the Clean Prominence List, which uses different rules to determine what a peak is.) Here is the story, in her own words, of how she got there. -Suzanne Gerber, Publications Manager

Sometimes our passions find us young. Sometimes they don't find us at all - and sometimes, we're born for a specific purpose. For me, that purpose was adventure. Specifically, the kind that can be found trekking, kick-stepping and climbing up a mountain. And especially, the kind that are done with friends.

Mountains captured my heart at a young age. I was born in Washington and grew up the youngest of three. My older brother and father were active in the Boy Scouts and it wasn't long until I wanted to be as well - at least, I wanted to learn survival skills and go camping in the woods. My family always encouraged me to get outside, so when I was seven years old, my father took me on my first overnight igloo trip in Mount Rainier National Park. It set the tone for the rest of my life.

Not long after that, I was on a fifty-mile backpack trip where my dad imparted words of wisdom like "If you can't carry it, you can't have it." This sense of independence and adventure continued with me when my family relocated to Europe. This provided me the opportunity to get involved with some incredible outdoor youth programs. But when I was fifteen, my family relocated back to Washington, where I found there weren't any rigorous outdoor programs tailored to youth.

That was when a family friend suggested I look into The Mountaineers. At the time, The Mountaineers did not offer many youth activities, so I set my sights on the Basic Alpine Climbing

course. In order to take the course as a youth, you had to have an adult chaperone - unless, you were sixteen with parental consent. I got the feeling the 'unless' wasn't used very frequently. When I applied, I had to submit a resume of outdoor activities and interview with someone from the club before being admitted.

Looking back, it took a lot of trust and faith for me to join the adult class. Firstly, my parents let me go through the program by myself, surrounded by different adults - primarily men, every weekend. It was inspiring and transforming for me. The Mountaineers gave me the chance to experience the mountains with a sense of independence I never otherwise would have. And I'm forever grateful to my mentors, who took a chance and let a sixteen-year-old girl join their high intensity mentor group.

During my senior year of high school, I started the Intermediate climbing program. I finished it as a college student at the University of Puget Sound. While there, I joined the Tacoma Mountain Rescue Unit. What an eye-opening experience! I learned about the tragedies and rescues going on in my mountain-climbing neighborhood, first-hand. The rescue-techniques, people and stories stay with me on climbs today.

It wasn't until the summer after graduating that I found the 'Bulger List'. I was on a Mountaineers climb of Argonaut Peak when someone casually mentioned it.

When I first heard of the list, I thought I had done seven peaks. And in my head, seven was close to ten - which is one tenth of the way done. And if that one tenth wasn't too hard, how hard could the other nine tenths be? As it turned out, I had actually only done three, and it was going to be a lot harder than I expected. But I never doubted myself.

[continued on page 24 >>](#)





Linsey just under the summit of Mt. Fernow, with Maude and Seven Finger Jack in the background (Rainier in the distance). Photo by Luke Humphrey

<<continued from page 21

It just never occurred to me that I couldn't do it. It occurred to me that I might be injured or killed. But never that I couldn't do it. And even on days when I was tired, and cold, and wanted to give up, the part of me that knew I could do it persevered.

And I did persevere. But success wasn't found alone. Wonderful friends and partners made the journey with me. And made the journey memorable.

My friend and long-time climbing partner, Dave Golias recollects some of our shared adventures:

We went up there in June as soon as the road opened. It was one of those trips where everything seemed to go right. The weather was beautiful. There was still a fair amount of snow, so the bushwhacking wasn't too bad. The mountains were stunning. Before the trip, Linsey had been listening to the soundtrack of Les Miserables. Then, as we went up the mountain, she would spontaneously start signing one of the songs. The songs gave the trip a surreal feeling. We set up camp in a lovely basin, and got to the summit with time to relax and enjoy the sights. Then, we headed down to camp while the sun set over Glacier Peak.

One funny incident happened on our Kimtah and Cosho trip. After climbing Kimtah, we spent the night on this little ledge on the side of the mountain. In the middle of the night I hear "Dave, wake up. I think there might be bugs all over my bivvy. It might have been a dream though. Get your light and check." I was still half asleep. It took me a little while to remember where I was, and a some of fumbling around in the dark to find my light. A quick inspection revealed no bugs on Linsey's bivvy. When I informed her of the lack of bugs, I heard a very relieved sounding "oh good," and Linsey instantly fell back asleep.

Most of my climbing partners happen to be men, and I said jokingly one summer that I was "working my way through the guys." Climbing with one partner one weekend, then giving them a weekend off and heading out with the next friend on the list. It's grueling work, and when I invited someone on a trip, I tried not to sugarcoat it – and almost tried to make it sound worse than it might be, just so my partner was prepared. I threw around words like, 'no sleep', 'loose rock', 'hellacious bushwhack', 'minimal

water', 'heavy packs' etc. And if anyone agrees to venture out, after hearing those terms, I figure they're ready for whatever the mountains may bring us that day.

There's something compelling about climbing. It's exciting and challenging. A chance to push myself to levels I've never been before. It's that challenge that makes it addicting – to see how far I can make it in a day. To see how many peaks I can squeeze into a weekend, or to try a new variation on a route. It's about seeing how much I can do, and then trying to do better. It helps me grow physically and mentally as I learn to handle new obstacles that cross my path. The mountains are my teachers. And in a way, they are the best teachers, because there is no such thing as fair or unfair. No breaks or timeouts. You're wholly responsible for your own actions, and your own self.

It took me five years to climb the remaining 97 peaks. Overall, the 100 peaks took 62 trips, totaling 142 days backcountry, not including unsuccessful attempts. Climbing the Bulger peaks comes out to approximately 500,000 vertical feet of elevation gain, which is about equivalent to climbing Everest eleven times from sea to summit. The culmination of this journey was on Windy Peak, September 27th 2014, when, accompanied by my friends, husband and parents, I ascended to the top of my final summit.

It was hard to see it as an end. We popped a bottle of bubbly, signed the register and celebrated. And it felt wonderful. I felt all of the energy that had been driving me for years recognize the moment. But at the same time, since I have no intention of stopping climbing, it also didn't feel like an end.

Proportionally, little time from a trip is spent on a summit. The majority of the memories and experiences are had anywhere but the summit. So although the summit is a milestone and achievement, it is all the little everyday moments that define a trip, and make it memorable.

It's walking until you fall asleep, while eating salami and crackers. Or losing your sunglasses the first day of a six-day trip and wearing duct tape sunglasses. It's having people sing happy birthday on a mountain, while giving you a piece of a Payday with a tea light candle on it. It's these special moments with friends that turn an exhausting day into an unforgettable adventure. ▲▲



Linsey at the base of Seven Finger Jack just before Mt. Fernow. Entiat range. Photo by Luke Humphrey



Don't get tripped up

by Mindy Roberts, Mountaineers Safety Committee Chair

Scramblers descending a path. Photo by Mike Sweeney

You're done with the "hard part" of the trip. It's all downhill now. On a trail. You're tired. So is the rest of the team. Suddenly someone lets out a surprising loud "ouch!" He heard a pop. *And now, your car seems so far away.*

An unusual occurrence? Yes and no. About 100 incidents are reported each year, but we offer over 10,000 visitor days to outdoor destinations. And it turns out that slips, trips, and falls produce the most incidents experienced on Mountaineers outings. Fortunately, most of these incidents are minor, with a little rest and ice needed, rather than a visit to the doctor.

So how do we prevent slips, trips, and falls? Well, reading this article is a great step, and the reason the Safety Committee wrote this article. Leaders and participants report incidents, and the Safety Committee compiles the results and looks for patterns. We need your help to get the word out. Simply voicing this pattern when you're on trips could help.

The Mountaineers Safety Committee has tracked incidents since 2006. Leaders report incidents through activity reports. Participants report incidents the trip surveys. The Safety Committee includes representatives from every branch and program the Mountaineers offers - over 20 committee members review incident reports, fill in any missing details, then scrub the reports of names before publishing in the year-end report the following spring.

You can learn a lot about the challenges we face in the backcountry by looking at the patterns in the incidents over the years. The annual reports are accessible through the safety web site at www.mountaineers.org/about/safety. Read up on the annual recommendations as well, drawn from the insights of leaders and participants. And definitely check out the Safety Highlights Blog, featuring real trip reports.

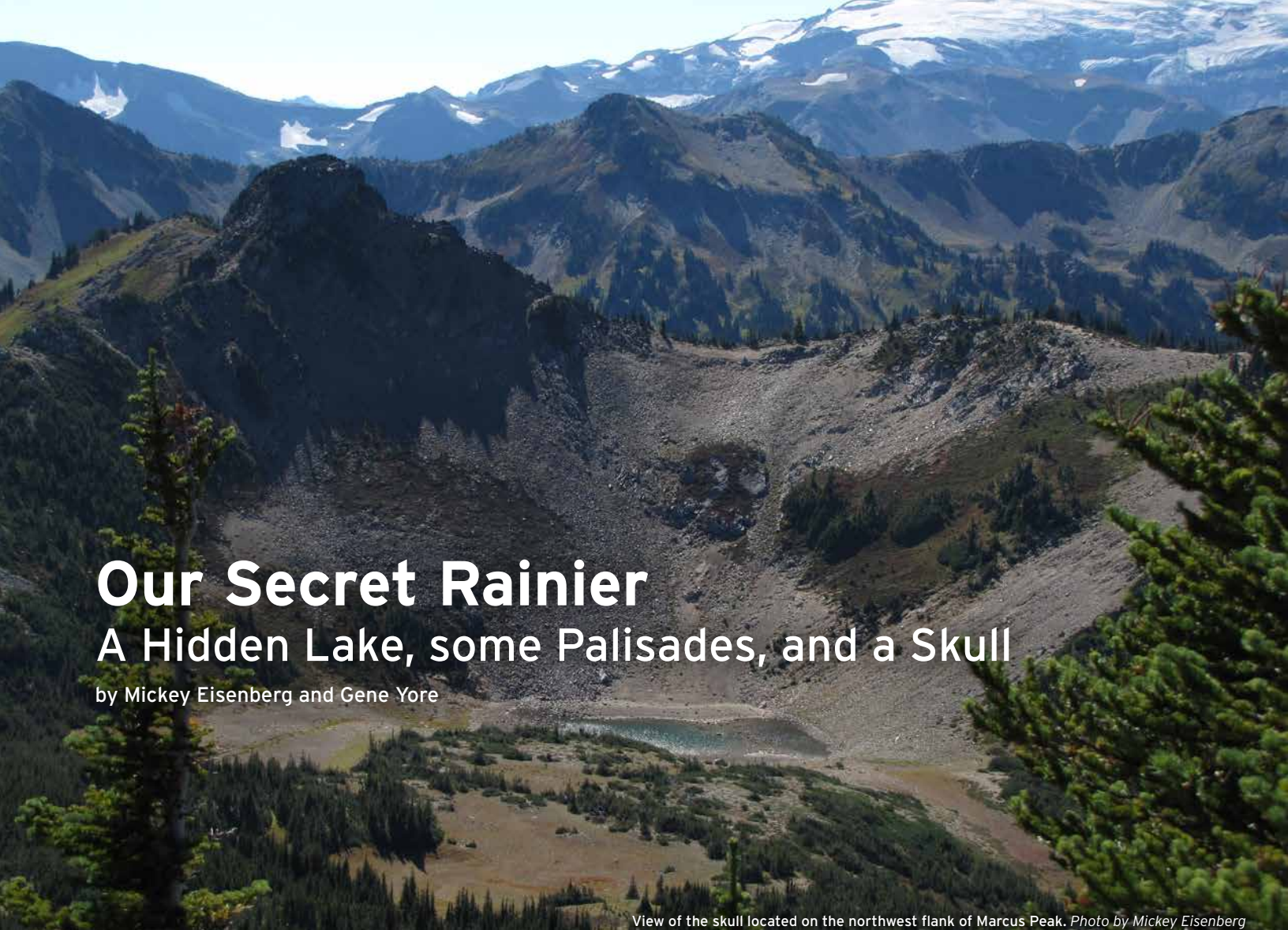
We often get asked whether or not a certain situation warrants an incident report by the leader or by participants in your trip surveys. Anything involving medical attention or a call to 911 should definitely be reported. My rule for everything else is that if you ask yourself the question, the answer is probably yes. No incident is too small, including the knee boo boo that warranted a pirate bandage or the trip leader who forgot the brownies and nearly started a riot. Let us sort them out.

On one of the first trips I led to Mt. Shuksan, I remember one of the climbers thanking me for getting us to the summit. I remember telling him that he got himself there, but more importantly, we were only halfway through the trip and I imagined most incidents happen downhill when we're tired and least expect it. We now have the data!

We also know that most incidents occur in the busy summer months, when more people enjoy the outdoors. Whether you are a leader or a participant, remind your team of this pattern of slips, trips, and falls - say it out loud. Safety is everyone's responsibility, and it's important that everyone speaks up.

We don't yet know what the low snow conditions of 2015 will mean in terms of the number and type of incidents outdoor enthusiasts face, since the last time we had this little snow was 2005, before incident reporting began. You can count on hard snow setting up very early and snow-covered talus fields featuring post-holing much earlier in the season this year. You can probably expect wildfire smoke in August as well.

Mindy Roberts chairs the Mountaineers Safety Committee and leads climbs for the Tacoma Branch. In future columns, the Safety Committee will share more about the situations we face and what you can do to improve safety. If you have any safety-related questions, contact safety@mountaineers.org.



Our Secret Rainier

A Hidden Lake, some Palisades, and a Skull

by Mickey Eisenberg and Gene Yore

View of the skull located on the northwest flank of Marcus Peak. Photo by Mickey Eisenberg

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

This installment of Our Secret Rainier is technically a scramble as it has a portion that is off trail. But it is a very easy scramble and most experienced hikers would be very comfortable on this route (so long as they had good route finding skills). The route goes by a lovely hidden lake and goes to the top of the Palisades where there are great views of The Big One. Along the way one finds the mysterious Skull of Marcus.

The trail to Palisades

Directions to trailhead: Drive SR 410 4.5 miles south of the Crystal Mountain ski area turnoff and turn right on Sunrise Park Road. Drive 13 miles to Sunrise Point. Park in the large parking lot (elevation 6100’). note: The road to Sunrise generally opens after July 4th but is estimated to open June 5th this year - weather dependant.

Palisades route description:

From the east end of the parking lot, take the Palisades Lake Trail. In approximately 0.3 mile take the right fork (heading north) in the trail toward Clover Lake/Upper Palisades Camp. Continue on the trail, and before reaching Dicks Lake you’ll come to a sign for Hidden Lake (approximately two miles from TH). Turn left on this trail and follow it past the lake. A sign marked “End of maintained trail - stay on stabilized path to Green Park Saddle” marks the boot path to the saddle between



Close-up of the skull. Photo by Mickey Eisenberg

(route description continued)

Marcus and the Palisades. Stay on this boot path until reaching the end (almost at the saddle 6440') and find a short path through short conifers heading west. In a short distance (40-50 yards) you'll come to an open meadow. Once in the meadow, head north toward Palisades. It is best to pass by the rocky scree fields and instead go up mostly dirt hummocks. This slope is gentle. At about 6650' change bearing to 40-60 degrees. In general, follow best terrain. Once near the summit it may be slightly easier to go beyond the summit and double back on the northwest ridge, as this avoids some thick vegetation.

The Skull of Marcus is easily seen on the final approach to the Palisades. It may be seen on the northwest flank of Marcus above an unnamed lake. It is actually a rocky formation (sorry, it is not a real skull) and is probably been seen in late summer or early fall when the dark ground cover makes the eye sockets more visible.

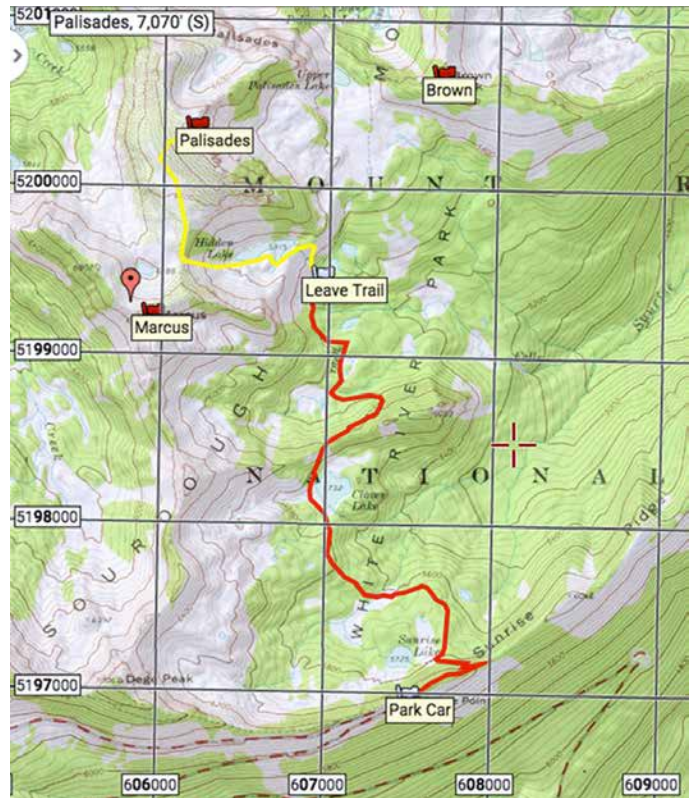
Comments: This trip is recommended on a clear day. Halloween (if the road to Sunrise Point were open) would be a great day to see the skull. An easy addition to the Palisades is Brown Peak, which would add two hours to the outing. Scramblers may consider scrambling Marcus, which is a moderate scramble and should not be attempted by hikers. Marcus has some steep portions and moderate exposure.

The definition of palisades is a fence of stakes especially for defense or a line of bold cliffs. The cliffs of the Palisades are not well seen on this route to the summit. To best see them continue on the trail heading to Upper Palisades Lakes. If you have time, the view of the Palisades from the trail is quite amazing.

Special thanks to Devora Eisenberg for discovering the skull.



View of Hidden Lake. Photo by Mickey Eisenberg



notes: the balloon indicates the location of the skull; the trail is shown in red and scramble in yellow Map provided by Gmap4

Palisades

- Skill level:** Easy scramble
- Beauty:** 8 on a scale of 10
choose a clear day for this one
- Effort:** 6 on a scale of 10
- Distance (RT):** 8 miles
- Elevation gain:** 3000' total gain
- Total time:** 6 hours
- Best season:** Mid-July until first snow
or road to Sunrise closes
- Maps:** USGS White River
Green Trails Rainier East
- Equipment:** Hiking gear (bring map and compass
- or GPS)

Want to learn more?

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

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

bookmarks

Notes and news from Mountaineers Books publishing

New books for summer adventures and reading time in the hammock:

Drawn: The Art of Ascent by Jeremy Collins
The Sasquatch Seeker's Field Manual by David George Gordon
Wilderness Navigation, 3rd edition by Bob Burns and Mike Burns
Washington's Pacific Coast by Greg Johnston
Day Hiking Mount St. Helens by Craig Romano and Aaron Theisen
Day Hiking New England by Jeffrey Romano
Over the Edge by Greg Child
75 Classic Rides Colorado: The Best Road Biking Routes by Jason Sumner
That Untraveled World: An Autobiography by Eric Shipton, new foreword by Katie Ives
My Father, Frank: The Forgotten Alpinist by Tony Smythe

BeWild presentation May 19

The Amazing Night Sky: Shooting from Dusk to Dawn

Join us for an evening exploring the night sky with photographer Jennifer Wu, a Canon Explorer of Light and author of *Photography Night Sky*.

Jennifer will not only take you on a visual journey through of the night sky through time-lapse movies, she'll also share techniques you can use to photograph the stars, the Milky Way, meteors, the full moon and the crescent moon yourself. Find out how to make long exposures for star trails, or to give ocean surf a wispy effect. Get tips and suggestions for photographing at twilight, and using light painting techniques on trees, rocks, buildings to add another dimension to night photography.

This inspiring and entertaining presentation is a must see for anyone interested in photographing the moon, twilight, star trails, the Milky Way and night sky.

\$14 Member Single Ticket / \$16 Non-Member Single Ticket

May 19, 7-9pm at the Mountaineers Seattle Program Center

For more information: www.mountaineers.org/productions/bewild or call 206-223-6303

Artwork and quote from *Drawn: The Art of Ascent* by artist Jeremy Collins, available May 2015, from Mountaineers Books.

*Climbing mountains gives me the connection
to myself and the planet I have always felt I needed.*
Jeremy Collins





New Culture and Climbs in Greece

by Loni Uchytel

Climbing adventures. Photo courtesy of Loni Uchytel

Traveling is one of my favorite things to do, and when it includes a climbing destination it just doesn't get any better! Taking groups to new places to experience the people, culture and new rock walls to climb is something I have a great passion for. I went to Thailand a few years ago with a group of 5 other climbers and it was 10 days of amazing adventures. We had breakfast every morning out by the beach watching the early morning climbers get started and contemplating our own routes and areas to visit for the day. Helping each other practice new phrases in the Thai language and getting excited about hanging off a new tufa feature for the day.

One of the great things about the climbing community is that no matter where you are – in the US, Thailand or Greece, there is a familiarity that creates an instant bond of friendship. I'm looking forward to experiencing this with climbers from Seattle when we travel to Greece in October this year. There's also the wonderful opportunity to try new foods and fall into a more laid-back atmosphere for a few days. Leaving the stress and hustle

of the city far behind. Riding scooters to the crag and wearing flip flops every day are a few of the small things to look forward to enjoying.

Deep water soloing was also a highlight of my Thailand trip and I am excited to repeat this adventure in Kalymnos. The warm water of the Mediterranean is so inviting even when you are 30 feet up on a cliff, contemplating how you got so high so fast and do you really want to jump that far down. Returning to town each day to enjoy the fresh Greek food, feta cheese, home grown cucumbers and tomatoes, fresh caught that day grilled fish is a real treat.

Athens is one of the most ancient cities in the world, with amazing ruins and historical sites to see. We will take some time during our travels to make sure we visit some of these cultural sites as well. I hope you will join me on this adventure this fall.

To sign up for this or any other great Global Adventure, go to www.mountaineers.org and click on the Explore tab, and search "Global Adventures" for additional trips and details.

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

Trek Nepal's Upper Dolpo

Oct. 7 - Nov. 6, 2015

Traverse across remote and 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

XC or Backcountry Ski the Canadian Rockies

February 15 - 21, 2016

Beginner to intermediate cross country and backcountry skiers will love the Canadian Rockies' spectacular scenery and powder snow. Mt. Assiniboine is the "Matterhorn of the Rockies". Deluxe beautiful Assiniboine Lodge has a main lodge, indoor flush toilet, private bedrooms, heated log cabins, bedding and towels, hot showers, sauna, avalanche gear, and famous

history! This outing is fully guided and catered. Helicopter in and ski out (option to helicopter out). **Price:** \$2,000. Register online by August 1. **Leader:** Craig Miller, craigmiller@comcast.net

Backpack Patagonia's Lakes, Volcanoes, and Rainforests

Feb 28 - March 10, 2016 with optional extension to March 15. Explore and backpack for nine days on high ridges among innumerable lakes and 3,000-year-old rainforest trees to the huge Tronador volcano in Argentina's Switzerland - Nahuel Huapi National Park. Join an optional six-day extension into Chile on the famed 'Andes Crossing' ferry, dayhike high on the flanks of two more snow-capped volcanoes, and

explore the unspoiled Cochamo valley, the "Yosemite of Chile."

Price: \$3,000 + \$2,100 extension, due by Aug. 1, 2015. **Leader:** Cheryl Talbert, cascadehiker@earthlink.net

Ski/Winter-Walk France

March 4-20, 2016

Begin by staying in and touring Annecy, "The Venice of France" before moving to a small traditional French village with a ski-in/ski-out hotel which with views of mountains in all directions. Finish skiing in Val d'Isère before going to Geneva to fly home. Land transportation, American buffet breakfast and multi-course dinners included, except dinner in Annecy and Geneva, shared rooms, and tour of Annecy. **Price:** \$2,750 **Leader:** Patti Polinsky, MeanySports@me.com, 206 525 7464

Ready for Adventure?

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

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

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

Mountaineers Ten Essential System

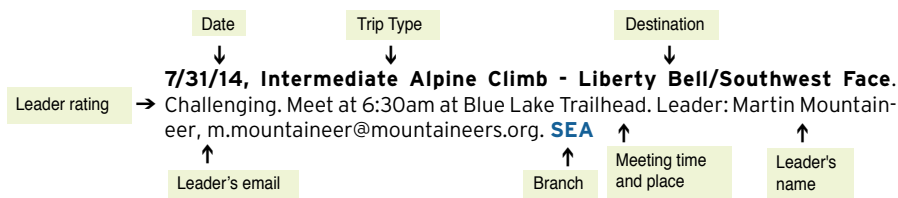
required on all Mountaineers trips:

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

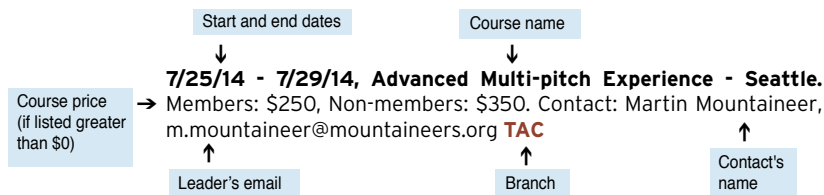
List of potential abbreviations:

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

ACTIVITY LISTING KEY



COURSE LISTING KEY



How to use the Go Guide:

We use the same category names as online, so if you find an activity or course you would like to sign up for, just go to our website and click on the *Explore* or *Learn* tab. You can then filter your search by category (for example, *Day Hiking*). We've recently updated our privacy guidelines, and are no longer listing the volunteer leaders' phone numbers in this public format, unless requested.

How do you use the activity section of the Go Guide?

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

If you have any suggestions, questions or feedback, please send an email to Suzanne Gerber, publications manager, at suzanne@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 may be going away. We acknowledge that these listings are often out-of-date and incomplete in print format. Contact Suzanne (suzanneg@mountaineers.org) if you have an opinion on the use of the Go Guide.

backpacking

5/2/15-5/3/15, Backpack - Black Canyon (Umtanum Ridge) (Easy) Leader: Brooks Schomburg, brk@foxinternet.net. **FH**

5/9/15-5/10/15, Backpack - Cape Alava - Sand Point Loop (Easy) Leader: Cheryl Talbert, cascadehiker@earthlink.net. **FH**

Backpacking 5/16/15-5/17/15, Backpack - Gothic Basin (Moderate) Foothills Backpacking Committee. Leader: Joe Osowski, joe.osowski@gmail.com. **FH**

5/23/15-5/24/15, Backpack - Goat Lake (Monte Cristo) (Easy) Leader: Tim Nair, tim.nair@comcast.net. **FH**

6/5/15-6/7/15, Backpack - Cape Alava - Sand Point Loop (Easy) Leader: Dick Hayek, richardhayek@aol.com. **TAC**

6/19/15-6/21/15, Backpack - Third Beach (Easy) Leader: Dick Hayek, richardhayek@aol.com. **TAC**

5/30/15-5/31/15, Backpack - Lower Lena Lake (Easy) Leader: Dick Hayek, richardhayek@aol.com. **TAC**

6/27/15-6/28/15, Backpack - Talapus & Olallie Lakes (Easy) Leader: Dick Hayek, richardhayek@aol.com. **TAC**

climbing

5/2/15, Basic Alpine Climb - The Tooth/South Face (Challenging) Leader: Hadi Al-Saadoon, bluehadoo@comcast.net. **SEA**

5/2/15, Basic Alpine Climb - Vantage (Frenchman Coulee) (For Beginners) Leader: Jim Pitts, jim@pitts.org. **SEA**

5/3/15-5/4/15, Basic Alpine Climb - Mount Baker/Easton Glacier (For Beginners) Leader: Jan Abendroth, jan.abendroth@gmail.com. **SEA**

5/9/15, Basic Alpine Climb - The Tooth/South Face (For Beginners) Leader: John Rollins, leslierollins@clear.net. **SEA**

5/9/15-5/10/15, Intermediate Alpine Climb - Mount Baker/North Ridge (Challenging) Leader: Stefanie Schiller, stefs67@gmail.com. **SEA**

5/10/15, Basic Alpine Climb - Yellowjacket Tower/East Flank (Easy) Leader: Ralph Wessels, ralphwessels@comcast.net. **KIT**

5/16/15, Basic Alpine Climb - Unicorn Peak/South Side (Moderate) Leader: Colt de Wolf, colt0045@gmail.com. **SEA**

5/16/15-5/17/15, Intermediate Alpine Climb - Mount Baker/North Ridge (Moderate) Leader: Damien Scott, damien.r.scott@gmail.com. **EVT**

5/17/15, Winter Scramble - Arthur Peak (winter) (Challenging) Leader: Sean Albert, seanalbert2001@hotmail.com. **SEA**

5/17/15, Basic Alpine Climb - The Tooth/South Face (Moderate) Leader: Shawn O'Leary, oleary.sp@gmail.com. **TAC**

5/17/15, Basic Alpine Climb - Yellowjacket Tower/East Flank (Challenging) Leader: Tim Helton, timh948@gmail.com. **TAC**

5/22/15-5/23/15, Basic Alpine Climb - Mount Hood/South Side (Palmer Glacier) (For Beginners) Leader: Fred Luck, f-luck@hotmail.com. **SEA**

5/23/15-5/25/15, Basic Alpine Climb - Mount Stuart/Cascadian Couloir (Challenging) Leader: Jan Abendroth, jan.abendroth@gmail.com. **SEA**

5/23/15, Basic Alpine Climb - Whitehorse Mountain/Northwest Shoulder (Challenging) Leader: Sarah Holt, sarah.hlt@gmail.com. **TAC**

5/23/15-5/25/15, Intermediate Alpine Climb - Prusik Peak/West Ridge (Moderate) Leader: Rob Busack, rob.busack@gmail.com. **SEA**

5/24/15, Basic Alpine Climb - Kangaroo Temple/North Face (Moderate) Seattle Climbing Committee. Leader: Ida Vincent, ida@ourecoplanet.com. **SEA**

5/27/15, Basic Alpine Climb - The Tooth/South Face (Moderate) Leader: Ian Dickson, ipd@yellowleaf.org. **SEA**

5/28/15, Basic Alpine Climb - The Tooth/South Face (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. **SEA**

5/30/15-5/31/15, Basic Alpine Climb - Sahale Peak/Queen Sabe Glacier (Challenging) Leader: Dave Morgan, go.climbing@gmail.com. **SEA**

5/30/15, Basic Alpine Climb - Dragontail Peak/Colchuck Col (Challenging) Leader: Steven Knowles, jsknowles88@comcast.net. **TAC**

5/30/15, Basic Alpine Climb - North Twin Sister/West Ridge (Challenging) Leader: Colt de Wolf, colt0045@gmail.com. **SEA**

5/30/15-5/31/15, Basic Alpine Climb - Colchuck Peak & Dragontail Peak (Challenging) Tacoma Climbing Subcommittee - Basic Climbing. Leader: Jeffrey Wirtz, jrwirtz73@gmail.com. **TAC**

5/30/15, Intermediate Alpine Climb - Le Petit Cheval/Spontaneity Ar_te (Moderate) Leader: Julie Myer, juliemi35@comcast.net. **TAC**

5/31/15-6/1/15, Glacier Climb - Mount Baker Recreation Area (Easton Glacier)

(Challenging) Leader: Doug Sanders, dougsappley@gmail.com. **EVT**

5/31/15, Basic Alpine Climb - Kangaroo Temple/North Face (Moderate) Leader: Kevin Hornback, jf2racing@comcast.net. **TAC**

6/1/15, Glacier Climb - Mount Baker/Easton Glacier (Moderate) Leader: Linda Carnahan, lacdwc@aol.com. **KIT**

6/5/15-6/6/15, Basic Alpine Climb - Silver Star Mountain/Silver Star Creek (Moderate) Leader: Lisa Loper, thelopers@comcast.net. **EVT**

6/5/15, Basic Alpine Climb - The Tooth/South Face (Moderate) Leader: Marla Molskness, marla.molskness@gmail.com. **SEA**

6/6/15, Basic Alpine Climb - Dragontail Peak/Colchuck Col (Challenging) Leader: Colt de Wolf, colt0045@gmail.com. **SEA**

6/6/15-6/7/15, Basic Alpine Climb - Snowfield Peak/Neve Glacier (Moderate) Leader: Kristian Kalsing, kristian@kalsing.com. **SEA**

6/6/15-6/7/15, Basic Alpine Climb - Mount Stuart/Cascadian Couloir (Challenging) Leader: Rob Busack, rob.busack@gmail.com. **SEA**

6/6/15, Basic Alpine Climb - Kangaroo Temple/North Face (Challenging) Leader: Brett Dyson, hhiking@hotmail.com. **SEA**

6/6/15-6/7/15, Intermediate Alpine Climb - Sherpa Peak/West Ridge (Moderate) Leader: Damien Scott, damien.r.scott@gmail.com. **SEA**

6/7/15, Basic Alpine Climb - South Early Winter Spire/South Ar_te (For Beginners) Leader: Jim Nelson, jim@promountainsports.com. **SEA**

6/9/15, Basic Alpine Climb - The Tooth/South Face (Moderate) Leader: Cebe Wallace, cebe.wallace@gmail.com. **SEA**

6/10/15, Basic Alpine Climb - Unicorn Peak/South Side (For Beginners) Leader: Rena Chinn, seattlerena@gmail.com. **SEA**

6/11/15, Basic Alpine Climb - The Tooth/South Face (For Beginners) Leader: Daniel Greenfield, dan@dangreenfield.com. **SEA**

6/12/15-6/14/15, Basic Alpine Climb - Little Tahoma/East Shoulder (Challenging) Leader: Jeff Panza, scramblebear@gmail.com. **SEA**

6/12/15-6/13/15, Intermediate Alpine Climb - Prusik Peak/West Ridge (For Beginners) Leader: Fred Luck, f-luck@hotmail.com. **SEA**

6/13/15-6/14/15, Basic Alpine Climb - Ruth Mountain & Icy Peak Traverse (Moderate) Leader: Raphael Giangiulio, raphi@

rwgiangiulio.com. **TAC**

6/13/15, Basic Alpine Climb - Ingalls Peak/South Ridge (Moderate) Leader: Bob Keranen, keranen@hcc.net. **OLY**

6/13/15-6/14/15, Basic Alpine Climb - Mount Baker/Boulder Glacier (Challenging) Leader: Paul Gehlsen, paul.r.gehlsen@boeing.com. **EVT**

6/13/15-6/14/15, Basic Alpine Climb - Dragontail Peak/Colchuck Col (Challenging) Leader: Marla Molskness, marla.molskness@gmail.com. **SEA**

6/14/15, Basic Alpine Climb - Unicorn Peak/South Side (Easy) Leader: Ralph Wessels, ralphwessels@comcast.net. **KIT**

6/18/15, Basic Alpine Climb - The Tooth/South Face (Moderate) Leader: Lisa Loper, thelopers@comcast.net. **EVT**

6/19/15-6/21/15, Glacier Climb - Snowfield Peak/Neve Glacier (Challenging) Leader: Rena Chinn, seattlerena@gmail.com. **SEA**

6/19/15-6/22/15, Glacier Climb - Little Tahoma/East Shoulder (Challenging) Leader: Dave Morgan, go.climbing@gmail.com. **SEA**

6/19/15-6/21/15, Basic Alpine Climb - Mount Rainier/Emmons Glacier (Challenging) Leader: Ida Vincent, ida@ourecoplanet.com. **SEA**

6/19/15-6/21/15, Basic Alpine Climb - Glacier Peak/Disappointment Peak Cleaver (Challenging) Leader: Paul Gehlsen, paul.r.gehlsen@boeing.com. **EVT**

6/19/15-6/20/15, Basic Alpine Climb - Mount Baker/Easton Glacier (For Beginners) Leader: Jim Pitts, jim@pitts.org. Seattle

6/20/15-6/21/15, Glacier Climb - Mount Daniel/Daniel Glacier (Easy) Leader: Eva Schoenleitner, ebellata@gmail.com. **SEA**

6/20/15-6/21/15, Basic Alpine Climb - Mount Baker/Boulder Glacier (Challenging) Leader: Dennis Kiilerich, dkiilerich@gmail.com. **SEA**

6/20/15, Basic Alpine Climb - Kangaroo Temple/North Face (Moderate) Leader: Rob Busack, rob.busack@gmail.com. **SEA**

6/20/15-6/21/15, Basic Alpine Climb - Ruth Mountain & Icy Peak Traverse (Moderate) Leader: Ralph Wessels, ralphwessels@comcast.net. **KIT**

6/20/15, Intermediate Alpine Climb - Liberty Bell/Southwest Face (Challenging) Leader: Jeffrey Wirtz, jrwirtz73@gmail.com. **TAC**

6/21/15, Basic Alpine Climb - Mount Baker/Easton Glacier (For Beginners) Leader: Deling Ren, cookiejar.seattle@gmail.com. **SEA**

6/23/15, Basic Alpine Climb - Unicorn Peak/South Side (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. **SEA**

6/25/15-6/28/15, Glacier Climb - Mount Olympus/Blue Glacier (Challenging) Leader: Curtis Stock, cstock34@msn.com. **TAC**

6/26/15-6/27/15, Glacier Climb - Mount Rainier/Disappointment Cleaver (Moderate)

Leader: Carl Duester, cdenali@comcast.net. **TAC**

6/27/15-6/28/15, Aid Climb - Liberty Bell/Liberty Crack (Challenging) Leader: Takeo Kuraishi, takeo.kuraishi@gmail.com. **SEA**

6/27/15-6/28/15, Basic Alpine Climb - Ingalls Peak/South Ridge (Challenging) Leader: Michael Raymond, mikeraymond55@gmail.com. **KIT**

6/27/15-6/28/15, Basic Alpine Climb - Eldorado Peak/Inspiration Glacier (Moderate) Leader: Ida Vincent, ida@ourecoplanet.com. **SEA**

6/28/15-6/29/15, Basic Alpine Climb - Argonaut Peak/South Route (Moderate) Leader: Paul Gehlsen, paul.r.gehlsen@boeing.com. **EVT**

day hiking

5/2/15, Day Hike - Skookum Flats & Falls (Easy) Leader: Dick Hayek, richardhayek@aol.com. **TAC**

5/9/15, Day Hike - Elk Lake (For Beginners) Leader: Kathryn Fox, kw1960@me.com. **OLY**

5/12/15, Day Hike - Oyster Dome (Challenging) Leader: Minda Paul, mindapaul@hotmail.com. **BEL**

5/17/15, Day Hike - Barclay Lake (For Beginners - Getting Started Series) Leader: Dee Ann Kline, dkline@wavecable.com. **OLY**

5/17/15, Day Hike - Barclay Lake (For Beginners - Getting Started Series) Leader: Dee Ann Kline, dkline@wavecable.com. **OLY**

5/17/15, Day Hike - Talapus & Olallie Lakes (For Beginners - Getting Started Series) Leader: Brian Carpenter, fleasgach@gmail.com. **SEA**

5/23/15, Day Hike - Dungeness Spit (Moderate) Leader: Dick Hayek, richardhayek@aol.com. **TAC**

5/25/15, Day Hike - Rattlesnake Mountain (West) (Challenging) Leader: Chris Ensor, ctrails@comcast.net. **SEA**

5/30/15, Day Hike - Lake 22 Singles. (Easy - Moderate) GT Granite Falls No. 109/Silverton No. 110. 5.5 mi, 1400'. See a stunning array of waterfalls, a cirque on the side of Mt. Pilchuck, an old growth forest & wild flowers! Meet at Ash Way P&R, S. side, at 9:00am, I-5, exit 183, NW quadrant. Leader: Eldon Ball, (206) 366-8405, eldonball@juno.com **SEA**

5/31/15, Day Hike - Dry Creek Trail (Cushman area) (For Beginners - Getting Started Series) Leader: Donna Kreuger, djkreuger@comcast.net. **OLY**

6/6/15, Day Hike - Lower Skokomish River (For Beginners - Getting Started Series) Leader: Dee Ann Kline, dkline@wavecable.com. **OLY**

6/6/15, Day Hike - Spokane Gulch (Moderate) Leader: Gregg Pilgreen, stevetahoma@rainierconnect.com. **Seattle**

6/13/15, Day Hike - Mount Zion (Easy) Leader: Rhonda Bell, rjbell@gmail.com. **FH**

6/14/15, Day Hike - Talapus & Olallie Lakes

(For Beginners - Getting Started Series) Leader: Donna Kreuger, djkreuger@comcast.net. **OLY**

6/20/15, Day Hike - Wallace Falls (For Beginners - Getting Started Series) Leader: Donna Kreuger, djkreuger@comcast.net. **OLY**

6/25/15, Urban Adventure - Seward Park (Easy) Leader: Muriel Stoker, murstoker@hotmail.com. **SEA**

6-28/15, Sun. Snow Lake and Beyond (Moderate) (Snoqualmie Pass) 6 mi, 1,250' gain in, 415' out. Old growth forest, every cliff a waterfall, wild flowers & a mile long, snow covered alpine lake. Meet 9:15 A.M. at Tibbet's P&R, I-90, exit 15. Anyone who wants to join us at Alpental, we should be there ~ 10 A.M. Leader: Eldon Ball, eldonball@juno.com, or 206-366-8405. **SEA**

6/28/15, Day Hike - Summit Lake (For Beginners - Getting Started Series) Leader: Donna Kreuger, djkreuger@comcast.net. **OLY**

exploring nature

5/17/15, Day Hike - Fragrance Lake (Easy) Leader: Stewart Hougen, sehougen@comcast.net. **SEA**

5/30/15, Day Hike - Easton Ridge (Moderate) Leader: Gordie Swartzman, g.swartzman@gmail.com. **SEA**

6/6/15, Day Hike - Mount Townsend (Challenging) Leader: Gordie Swartzman, g.swartzman@gmail.com. **SEA**

6/21/15, Day Hike - Tronsen Ridge (Moderate) Leader: Sean Brannen, sean.brannen@gmail.com. **SEA**

5/2/15-5/3/15, Backpack - Stein River Canyon (Lytton BC) (Easy) Leader: Linda Moore, abenteuerbc@yahoo.com. **SEA**

5/16/15-5/17/15, Backpack - John Day Fossil Beds National Monument (Moderate) Leader: Linda Moore, abenteuerbc@yahoo.com. **SEA**

scrambling

5/3/15, Winter Scramble - Icicle Ridge (Peak 7029) (Challenging) Seattle Alpine Scrambling Committee. Leader: Sean Albert, seanalbert2001@hotmail.com. **SEA**

5/3/15, Alpine Scramble - Mount Ellinor/Route 1 (Moderate) Leader: Gary Hudson, gary.hudson@comcast.net. **OLY**

5/10/15, Alpine Scramble - Mount Saint Helens/Worm Flows (Challenging) Leader: Nancy Lloyd, nanlloyd@gmail.com. **OLY**

5/23/15, Alpine Scramble - Mount Baring/Northwest Ridge (Challenging) Leader: Mark Scheffer, mark_scheffer@yahoo.com. **SEA**

6/6/15, Alpine Scramble - Cowlitz Rocks (winter) (For Beginners) Leader: Tom Eckhout, teckhout@msn.com. **OLY**

6/12/15-6/13/15, Alpine Scramble - Little Annapurna (Challenging) Leader: Craig S., craig.mountaineers@gmail.com. **SEA**



6/21/15, Alpine Scramble - Camp Muir and Anvil Rock (Challenging) Leader: Tom Eckhout, teckhout@msn.com. **OLY**

sea kayak

5/2/15, Sea Kayak - Tacoma Narrows (Easy) Leader: Alison Reinbold, areinbold@comcast.net. **TAC**

5/16/15-5/17/15, Sea Kayak - Hope Island (Easy) Leader: Lisa Johnson, lajbkayak@yahoo.com. **OLY**

5/23/15, Sea Kayak - Golden Gardens to Richmond Beach (Easy) Leader: Maureen Meehan, maureenm3@gmail.com. **SEA**

5/30/15, Sea Kayak - Golden Gardens to Richmond Beach (Easy) Leader: Maureen Meehan, maureenm3@gmail.com. **SEA**

6/5/15-6/7/15, Sea Kayak - Vashon, Blake and Bainbridge Islands (Challenging) Leader: Lisa Johnson, lajbkayak@yahoo.com. **OLY**

6/6/15, Sea Kayak - Deception Pass (Moderate) Leader: Felicia Wibowo, feliciawibowo@hotmail.com. **SEA**

6/13/15, Sea Kayak - Hope Island (Easy) Leader: Dennis Egan, dennisvegan@comcast.net. **SEA**

6/13/15, Sea Kayak - Marysville Slough - Priest Point (Easy) Leader: Diane Jochimsen, diane@whiteravenfs.com. **EVT**

ski/snowboard

5/2/15, Glacier Ski/Snowboard - Paradise Glacier (Moderate) Leader: Chuck Cerveny, nsp243981@gmail.com. **FH**

stewardship

6/6/15, Stewardship - White Chuck Bench (For Beginners - Getting Started Series) Leader: Bruce Wolverton, brucewol@comcast.net. **EVT**

urban adventure

5/22/15, Urban Adventure - International District (Easy) Leader: Malinda Merrell, malinda621@msn.com. **SEA**

6/19/15, Urban Adventure - Madrona (Easy) Leader: Marianne Hanson, mhansonart@hotmail.com. **SEA**

5-2/15 to 6-27/15, Each Sat - Green Lake Walk Singles (Easy) Meet 11 AM at Urban Bakery, 7850 E Green Lake Dr N. No registration. Bob Feldman, (206) 528-1467, bobzf@yahoo.com **SEA**

5-1/15 to 6-26/15, Each Fri - Eastside Tennis (Intermediate) Doubles Robinswood Tennis Center at 7:15 PM. Activity Fee: \$10.00. RSVP with Fay Weaver, (206) 930-7762, seattlefay@hotmail.com **SEA**

5/6/15 - 6/24/15, Each Wed. 7pm Evening Outdoor Inline Skate (Singles) Skate the Alki Beach paved trail. Take the Harbor Ave. exit off the West Seattle Bridge and go about 1 mi. N. to meet on the sidewalk just N. of Salty's Restaurant. If it rains we'll do an interesting loop walk. No sign up. Questions? Mark Olsoe, 206-937-7454, markolsoe@comcast.net. **SEA**

5-8/15 & 6-12/15, 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. Eldon Ball, eldonball@juno.com, 206-366-8405. **SEA**

6-19-15, Fri - Sing-a-Long Limit 30. Meet at Karen's Home at 7 PM. 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) 595-1443, kaschaper7@hotmail.com. **SEA**

courses

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

backpacking

5/20/15, Light weight Backpack Food Planning and Prep - Eastside. (For General Membership) 6:30pm at the Issaquah Town Hall Eagle Room, 130 East Sunset Way, Issaquah, Wa. *Two duplicate sessions on different dates - please register for just one!* Members: \$25, Contact: Cheryl Talbert, cascadehiker@earthlink.net. **FH**

6/3/15, Light weight Backpack Food Planning and Prep - Seattle. (For General Membership) at 6:30pm, at the Mountaineers Seattle Program Center, 7700 Sand Point Way, Seattle Wa. *Two duplicate sessions on different dates - please register for just one!* Members: \$25, Contact: Cheryl Talbert, cascadehiker@earthlink.net. **FH**

climbing

5/1/15-9/30/15, Aid & Big Wall Climbing Seminar - Seattle. APPLICATION APPROVAL REQUIRED FOR REGISTRATION Members: \$350, Non-members: \$450. Contact: Takeo Kuraishi, takeo.kuraishi@gmail.com. **SEA**

5/18/15-6/22/15, Introduction to Leading Bolted Routes - Seattle. Members: \$125, Non-members: \$200. Contact: Helen Arntson, xylonia@gmail.com. **SEA**

6/10/15-8/31/15, Intermediate Glacier Climbing - Everett. Members: \$300, Non-members: \$400. Contact: Ian Lauder, ian@cyber-sea.com. **EVT**

6/11/15-8/9/15, Alpine Rock Course - Seattle. Alpine Rock Course Members: \$160, Non-members: \$200. Contact: Jim Nelson, jim@promountainports.com. **SEA**

6/13/15-6/21/15, Intense Basic Alpine Climbing Course - Seattle. *The course is not full.* (3/30/15) The Intense Basic Alpine Climbing Course compresses the regular BACC (6 months of 5 lectures and 8 days of 7 field trips) into 9 continuous and full days. It is a comprehensive and thorough program in training to become a competent climbing partner on technical rock, snow, and glacier climbs in the Pacific Northwest and beyond. Members: \$1050, Non-members: \$1250. Contact: Gene Yore, eey@eeyore.info. **SEA**

7/22/15-8/2/15, Introduction to Alpine Ice - Everett. Intermediate Alpine Ice Members: 300, Non-members: \$400. Contact: Ivan Breen, ivanbreen@yahoo.com. **EVT**

5/5/15-12/31/15, Conditioning Hiking Series - Olympia. This course offers participants the chance to develop their fitness capabilities, hike with many of the same people throughout the duration of the course, and reach new distance and elevation goals. Members: \$50. Contact: Donna Kreuger, djkreuger@comcast.net. **OLY**

navigation

5/9/15, Staying Found: On-Trail Navigation Class - Foothills. This session is for Backpacking Building Blocks students and qualifying activity leaders only. Contact: David Coate, coateds@outlook.com. **FH**

5/14/15-5/23/15, Basic Navigation Tacoma. Basic Navigation Course Tacoma May 2015 Members: \$55, Non-members: \$55. Contact: Rick Finkle, rickfinkle01@gmail.com. **TAC**

sailing

5/30/15-6/20/15, Coastal Navigation for Sailors - Tacoma. Members: \$55, Non-members: \$85. Contact: Mark Cole, boatnboot@q.com. **TAC**

sea kayaking

5/2/15-8/31/15, Basic Sea Kayaking Course - Kitsap. Learn how to paddle safely and efficiently. Learn about navigation, seamanship, kayaks and equipment, and conservation principles. Learn how to get back into your boat if you capsizes. Members: \$180. Contact: Charlie Michel, michel99@btopenworld.com. **KIT**

5/16/15, Coastal Kayak Surf Zone Basics - Tacoma. Members: \$25. Contact: Michael Everett, mikedvm@aol.com. **TAC**

6/7/15, Rescue Rodeo - Seattle. Rescue and towing scenarios. Qualifies as one of the "Sea Kayak Intermediate" courses. Members: \$10. Contact: Kay Gowan, nawogk@gmail.com. **SEA**

6/14/15, Directional Control Clinic - Tacoma. Beyond the Basic Class, Stroke Development. Members: \$25. Contact: Michael Everett, mikedvm@aol.com. **TAC**

6/27/15, Intermediate Kayaking, Rock Gardening, Tacoma. Members: \$25. Contact: Michael Everett, mikedvm@aol.com. **TAC**

youth

5/30/15, She Jumps Get the Girls Out! - The Mountaineers. She Jumps will join us for a fun day of climbing, navigation, and more. Contact: Caitlin O'Brien, caitlino@mountaineers.org. **The Mountaineers**

7/6/15-7/10/15, Kitsap Forest Adventure Camp - Week 1. Members: \$240, Non-members: \$290. Contact: Gala Lindvall, galabaskets@comcast.net. **The Mountaineers**

7/6/15-7/10/15, Summer Camp - Survivor Week - The Mountaineers. Kids will learn wilderness survival skills during this week of camp! Members: \$350, Non-members: \$425. Contact: Caitlin O'Brien, caitlino@mountaineers.org. **The Mountaineers**

7/13/15-7/17/15, Seattle Transportation - Kitsap Forest Adventure Camp Week 2. Seattle transportation (Week 2) from the Seattle ferry dock to Kitsap Forest Adventure Camp and back again. Members: \$110, Non-members: \$110. Contact: Gala Lindvall, galabaskets@comcast.net.

7/13/15-7/17/15, Summer Camp - Water Week - The Mountaineers. Kids will learn all about outdoor water activities during this week of camp! Members: 405, Non-members: 480. Contact: Caitlin O'Brien, caitlino@mountaineers.org. **The Mountaineers**

7/27/15-7/31/15, Summer Camp - Mountains Week. Kids will learn all about Mountain activities during this week of camp! Members: \$350, Non-members: \$425. Contact: Caitlin O'Brien, caitlino@mountaineers.org. **The Mountaineers**

8/10/15-8/14/15, Summer Camp - Water Week 2- The Mountaineers. Kids will learn all about outdoor water activities during this week of camp! Members: 480. Contact: Caitlin O'Brien, caitlino@mountaineers.org. **The Mountaineers**

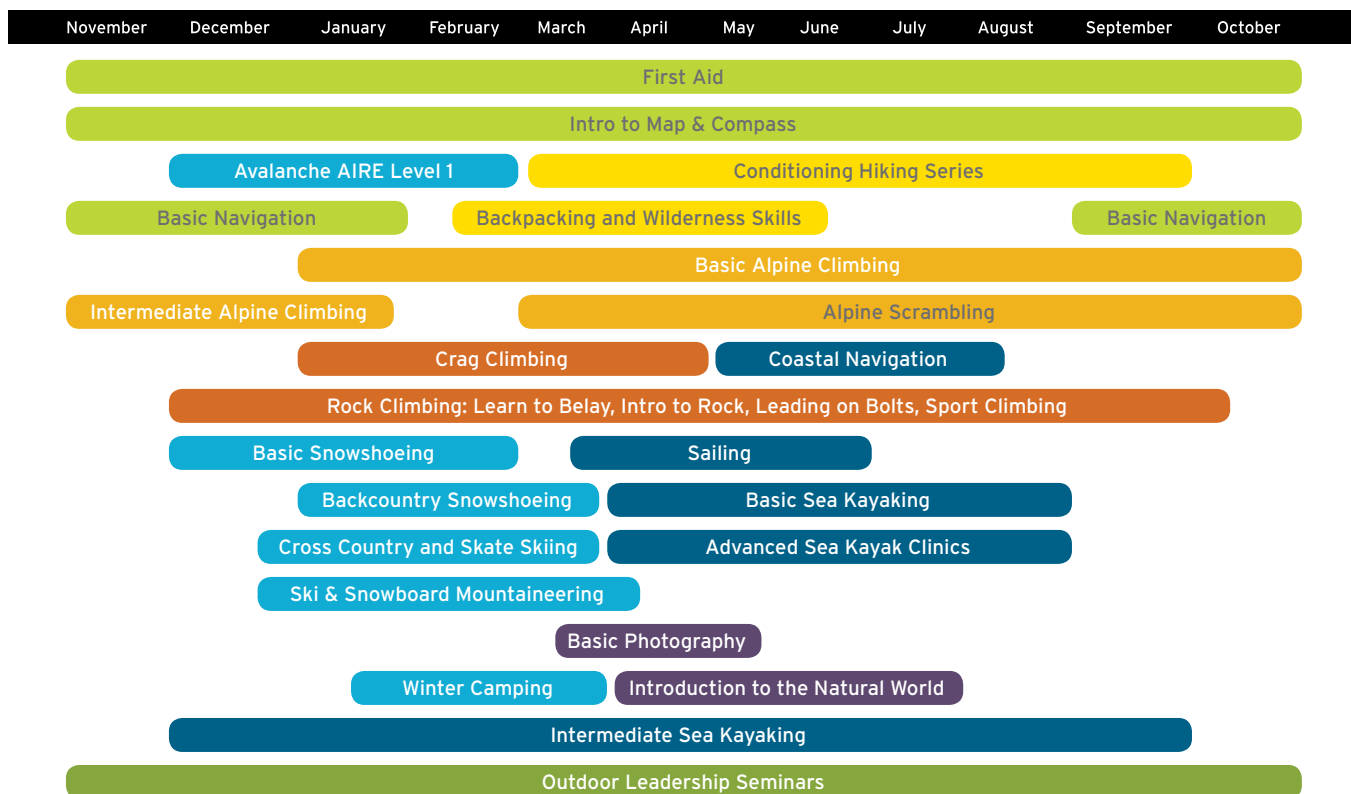
8/17/15-8/21/15, Summer Camp - Wind and Waves Week. Kids will learn all about Wind activities during this week of camp! Members: \$350, Non-members: \$425. Contact: Caitlin O'Brien, caitlino@mountaineers.org. **The Mountaineers**

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

Looking for a Mountaineers Course, but don't see it listed?

Take a look at our course calendar below. We have some listed in the spring, some in the winter, and some all-year-round. If you can't find what you're looking for, it may be offered another time of the year. Also, the same course may be offered by multiple branches, so if the course for the branch closest to you is filled, or doesn't work with your schedule, keep an eye out for one offered by a nearby branch. If you already have the skills covered by one of our introductory courses and want to participate in activities that require a course, contact member services at info@mountaineers.org. You may qualify for equivalency in that course.

The Mountaineers Course Overview



Please visit www.mountaineers.org to see current course listings and to sign up. Course selection varies by branch. Registration usually opens 1-3 months prior to the start of the course.

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. 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

Board of Directors Branch Representative:
Cheryl Talbert
cascadehiker@earthlink.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.

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

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

Are there activities you would like to Foothills to do or do more of? More hikes or backpack or ski trips of a certain kind? Additional training in outdoor skills? Certain special events or

speaker topics? Let us know, and we'll try to make it happen. Email branch chair Steve with your comments or ideas. Do you want to stay better informed about Foothills plans and activities? Then consider a Foothills branch affiliation by accessing "Your Account" on the club website.

MEMBERSHIP MEETINGS: Branch Membership meetings as well as Branch Council meetings (open to all members) are held from time to time at Issaquah, Mercer Island or Bellevue locations. See the branch website and calendar for specific events and meeting dates. Membership meeting are social in nature, and typically include a guest speaker, outdoor-themed film, or a slideshow presentation of backpacking and global adventure trips taken by members.

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

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

KITSAP

Chair: Jeff Schreppe,
avdfan@aol.com

Website: Kitsap Branch on www.mountaineers.org

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

Our activity committees sponsor four or more stewardship efforts each year and recurring events include our spring and fall Salmon Safaris. 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 2015.

Most branch meetings and courses are held at the historic Kitsap Cabin at 3153 Seabeck Highway, which is located on the Kitsap Forest Theater/Rhododendron Reserve property between Silverdale and Bremerton. However,

some meetings may be held at other locations throughout Kitsap, Jefferson, or Clallam Counties depending upon the activity or the audience to be reached. Branch council meetings are held quarterly on the third Thursday of the designated month at 5:30 pm. To find the day and location of the council meetings please check the Kitsap Branch event calendar of the Mountaineers website.

OLYMPIA

Chair: Greg Lovelady, GregL12@comcast.net

Website: www.olympiamountaineers.org

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

MAY 6 ADVENTURE PRESENTATION is Food for the Trail. Make food your favorite item of the 10 essentials! Learn the difference between a goji berry and a sultana raisin. Unravel the mysteries of buying in bulk at two of Thurston County's best kept secrets, the eastside and westside Olympia Food Co-ops. You can save money and have the best food on the trail. Virginia Lange will bring samples from the Food Co-op and ideas for unique and wonderful foods for hiking and backpacking.

SEEKING NOMINATIONS FOR BRANCH OFFICERS, whose terms will start on October 1. Contact Kim Pohlman at olynominees@gmail.com to volunteer or nominate others for the officers' committee positions of Chair-Elect, Treasurer, and Social Chair.

SEEKING NOMINATIONS FOR THE BRANCH SERVICE AWARD to be presented at the banquet in October. If you know someone who you think deserves the high recognition of the branch service award - someone who has made sustained and important contributions to the Mountaineers - contact Carolyn Burreson at cbburreson@q.com and make your case.

UPCOMING EVENTS: The Backpacking Course starts on May 27. The spring Wilderness Skills course begins April 21. The branch will hold its summer picnic at Burfoot Park on July 23. Watch the website for details.

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 May 13 and June 10. 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.

GAMES NIGHT 5-8 & 6-12, Fri - Games Night and Snacks. 7 P.M. 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.

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

Players - Kitsap Forest Theater

Theater Inspired by a Magical Place - Escape to the Kitsap Forest Theater! Join us for a grand adventure as you stroll down the forested trail to our unique and breathtaking theater. Our 2015 season brings two popular movies to life on our unique stage. These uplifting and family-friendly musicals will appeal to young and old alike - treat yourself to a "day away" in the forest and enjoy theater inspired by a magical place. Generations of theatergoers have enjoyed the scenic drive or ferry ride to the theater, and often come early to picnic under the firs before the trail to the theater opens at 1:00 pm. Walk on the 11:10 am Bremerton ferry and take our shuttle to the theater (reservations required - call 206-542-7815 to reserve your spot).

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.

Tickets are available for both shows at www.ForestTheater.com/tickets. Purchase our two-show package and save even more. There is no fee for purchasing tickets on-line. Tickets also available through The Mountaineers (by phone and in person).

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.

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

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

outdoorcenters



Winter Trails Day on the former Snoqualmie Property. Photo by The Mountaineers Staff

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). The ski lifts are closed for the season but there could be adequate snow for backcountry ski touring. 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.

Spring and Summer Schedule: Baker Lodge will be open once in May and once in June if there is adequate sign-up. Depending on the amount of snow on trails the summer hiking season usually starts late July and ends Sept. 29th. On the Baker Lodge website (address above) click on "Calendar and Reservations" for our current schedule and rates. The lodge will be open Memorial Day weekend for participants in and observers of the Ski to See Race and will be open June 19-21 for the Intense Basic Climbing Course. If the Sea to Ski race does not take place due to inadequate snow the lodge will not be open that weekend.

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

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

Groups at Baker: The Mt. Baker Committee encourages groups, such as scouts, school/youth, or family and friends gatherings, to consider using the lodge whether or not they are members. Not only does the area offer many options for outdoor activities, but also it is especially appropriate for experiential classes in outdoor related skills and activities.

Contact Arlene Woodcock (206-457-5452) (happyhen2000@gmail.com) for group reservations.

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

Driving directions: Drive N. on I-5 to Bellingham, take Exit 255, the Mt. Baker Highway, and go E. on SR-542 about 54.6 mi. to the ski area. At the Firs Chalet, turn right onto the one-way loop road that leads 0.3 mi. to the lodge parking lot on the right side of the road. Park in the lot and walk the trail (driveway) on your right to the lodge. The lodge is in the trees and difficult to see from the road. Driving time is approximately 1½ hours from Bellingham and 3 hours from Seattle.

Kitsap Cabin

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

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

Rent the Kitsap Forest Theater, Kitsap Cabin and/or the Kitsap Yurt: Are you looking for a unique venue for your event or celebration - weddings, meetings, birthday celebrations, corporate events, concerts,

Snoqualmie Press Release

Former Mountaineers Snoqualmie Lodge property to be sold

February 9, 2015: At its January 2015 meeting, the Mountaineers Board of Directors announced its decision to seek a buyer for the 77-acre property that was once the site of the historic Snoqualmie Lodge.

The property, located off Exit 53 on Interstate 90, was purchased in 1944 by The Mountaineers, an outdoor recreation, education and conservation organization. The rustic 4,000-square-foot lodge was built by an all-volunteer crew in 1948. For more than 50 years, the three-story Snoqualmie Lodge was used as a base camp, outdoor training facility and program center until it was destroyed by a fire in May 2006.

The property, surrounded by popular skiing and hiking trails, has been vacant ever since, and is monitored by a full-time caretaker who lives on-site. "Monitoring a vacant lot is not the best use of our money or energy, and continued ownership does not help us maximize the property's potential or further our mission," said Martinique Grigg, Executive Director, The Mountaineers. "Continued ownership of the empty parcel also exposes us to potential risk from trespassers or vandals."

In Oct. 2013, The Mountaineers Board of Directors established a committee to explore options for the future use or disposal of the property. Three town hall meetings were held to gather member input. Committee members also spoke with more than 15 recreation and conservation organizations to solicit feedback, and conducted extensive research on possible options for property disposal.

The Mountaineers has not yet determined how funds from the future property sale will be used. For the time being, the money will go into a reserve fund. "Thanks to our solid financial footing and stable management team, we are under no time constraints to spend the money quickly," said Grigg. "We will consider a variety of options consistent with our mission to help people enjoy the outdoors. These might include youth initiatives, outdoor adventure programs, classes or an outdoor center."

The Board of Directors believes that the timing of the sale is not reliant on market trends. "The property is unique and it will rely on finding a buyer who is interested in its unique qualities," said Dan Lauren, board president. "We are committed to finding not only the right deal with the right people that offers our organization an attractive return, but also one that respects our conservation and recreation values."

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.

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

Meany Lodge

Meany Spring Gathering: Meany BBQ May 2nd (in lieu of the annual Meany fund raising auction)

Where: Dan Nord's house

Why: See old friends, party, laugh, eat, & drink with your fellow Meanyites as the Meany Auction Committee decided to postpone the auction into 2016 and we don't want to wait until Fall work parties and the 2016 ski season to get together

Best Part: The Lodge Chair offers to buy the first refreshment for any Meany regular that brings a newbie to the event. So get your neighbors out the door, and hit up the chair.

Please RSVP to Chair@meanylodge.org so we can plan food and refreshments. *We'll collect at the door.*

In addition you'll have an opportunity to participate in getting Meany a new ski hill groomer in Raise the Paddle at the BBQ

Location: Dan Nord's House

Address: 656 Howe St, Seattle, WA 98109

Time: 6:00PM-10:00PM

Cost: \$10 per family, kids eat free

Drinks: \$5 per adult beverage

Wine: provided by Rolling Bay Winery

Beer: variety of bottled beer

Menu: (By our own Chef Richard)

Smoked Brisket, Chicken, Sausage, Veggie Burgers, Side Dishes

Work Parties: Fossils will start there monthly Spring/Summer Mid-Week work parties in May. Check out the workparty page and see what they are proposing to do. If you are interested in helping contact Ray Nelson

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>

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.

Maxine Hollenbeck 1928 - 2015

adapted from *The Herald (Everett)*

Maxine passed peacefully at her home with her sisters and other family at her side. She was born August 9, 1928 in Seattle, Wash. and died December 28, 2014 at the age of 86. Maxine missed her beloved husband,

Max who passed away a year ago at the age of 91 at their home. Max and Maxine lived and loved each other dearly for over 60 years and now they are together again.

Maxine and her husband Max recieved a large camping tent as a wedding gift, which started their life of adventures in the outdoors. Maxine joined The Mountaineers in 1958 and graduated the Basic Alpine

Climbing Course. As a climber, she achieved the Everett Branch Bronze, the Seattle Branch Six Peak, and the Seattle Branch Snoqualmie Second Ten awards.

Maxine is survived by her sisters, Lori Lee and Nancy Lofurno and brother Richard Sholtz, and by numerous nieces and nephews. We will all miss the "Max's" and cherish the many fond memories.

Janet Caldwell Klos 1919 – 2014

adapted from a *Hearthstone Obituary*

Janet was born on November 20, 1919 in Houston, Texaas. In 1933, her father Robert Granville Caldwell as appointed ambassador to Portugal and during his tenure, Janet, her brother Robert, and sister Alice attended boarding school in Grenoble, France for one year.

Janet attended Mt. Holyoke Cllege, and graduated in 1941. She then attended Yale University School of Nursing, and after graduation, joined the faculty.

Janet later accepted a position at Seattle Children's Hospital and moved to Seattle with her close friend and classmate, Lois Irwin. Janet enjoyed hiking and the outdoors, so it was natural that she joined the local mountaineering club - The Mountaineers. While participating in club

activities, Janet met her future husband, John Stanley Klos (1916 - 2009) - an avid Mountaineer sice ski touring with the Mountain infantry in 1943.

Janet and John were married in 1960 and lived in Kirkland, Washington, where they cultivated extensive gardens. they were Mountaineers, environmental advocates, early REI members, and loved traveling to view flowers of the desert Southwest, to Hawaii, to Peru and beyond.

David Arthur Lind 1918 - 2015

adapted from *The Seattle Times Obit.*

Dave will be best remembered for his love for the outdoors and his love of physics, and how things work. After graduating from Broadway High School in Seattle, WA, in 1935, Dave entered the Univ. of Washington where he graduated in 1940.

Dave met Mary, his wife of over 70 years on the ferry across Lake Washington. During WWII, he became a member of a research group at the UW on torpedo development which lasted until 1945, when the war ended. He received a certificate from the Office of Research and Development of the United States. He returned to CalTech and received his PhD in Physics in 1948. He

continued as a "post doc" until 1950. He was a Guggenheim Fellow working for the Nobel Institute of Physics in Stockholm, Sweden, and the Swiss Federal Institute of Technology in Zurich, Switzerland.

His love for the physical world did not end at the doors of his lab. His passion for the outdoors, mountain climbing, and snow skiing, led him to develop and teach a course for about 15 years at CU on the physics of snow and avalanche phenomena for geographers, geologists and snow and ice scientists at Arctic and Alpine Institute.

He was also a consultant for the National Ski Patrol Assoc. to develop avalanche rescue beacons. He was a member of the Colorado Mountain Club since 1956 and previously of the Sierra Club, The Mountaineers, American Alpine Club and

REI. Dave, brothers Fred & Helmy Beckey, Jim Crooks and Lloyd Anderson (founder of REI) made the first ascent of Forbidden Peak (North Cascades) in 1940. He was listed in Who's Who in America, American Men of Science and Counselor at Large of American Physical Society While a student at CalTech, he had a part in a movie called "The Three Secrets" as a mountaineer rescuing a child from a plane crash. Never having had any formal climbing or skiing training, he taught technical climbing, led over 100 back country ski trips, and actively skied since he was 11 years old, when he made his own skis using wood barrel slats.

Dave was a generous, modest, good-natured man and shared his knowledge and interests with anyone he met.

Donald L. Olson 1928 – 2014

submitted by *Jack Kendrick*

Don was born in Seattle Washington, the first of five boys of Sigurd John Olson and Muriel Ludlow Olson. He passed away peacefully, with his family present.

As a teenager, Don became very involved in the outdoors. At the age of 16, Don joined The Mountaineers with his friend

Jack Kendrick and completed the climbing course two years later. An active member for over 50 years, Don also graduated from the Intermediate Alpine Climbing Course, the Ski/Snowboard Mountaineering Course and The Basic Sea Kayaking Course.

Don was a graduate of the University of Washington in Electrical Engineering and worked for Boeing Aerospace Co. until he retired in 1994. He enjoyed traveling to new places, especially with the added bonus

of a mountain to climb, a slope to ski, or a path to hike at the destination. His family was very important to him and he loved to include them in his favorite activities.

Don is survived by his wife, Betty, children, Eric (Kim), Michael (Jackie), Susan (Jim), ten grandchildren plus spouses and one great grandchild. Brothers, Bjorn (Dina_ and Gilbert (Beverly) and many neices and nephews. He will be greatly missed.

Ken Leslie Ramstad 1927 – 2014

adapted from *The Seattle Times* Obit.

Kenneth Leslie Ramstad was born on November 4, 1927 to John and Lisa Ramstad, recent immigrants from Norway. He died Christmas Eve 2014 with his family around him. Ken graduated from the University of Washington in 1949 with a degree in electrical engineering.

He served in the US Army during the Korean War. Ken worked for Boeing 40 years. He was a member of St. Paul's of Shorewood Lutheran Church, the Sons of Norway, Nordiska Folkdancers and The Mountaineers.

Ken joined The Mountaineers in 1955 and was a graduate of the Basic Alpine Climbing course. He was awarded the Seattle Branch Six Peak award, along with the Tacoma Branch Irish Cabin first twelve.

Ken was very proud of his Norwegian heritage. He skied until he was 83 years old. Ken was happiest when skiing, hiking, or climbing a mountain. He loved his family.

Ken is survived by his wife, Carole; daughters Lisa (Mark) Headley and Leslie (Dale) Hamilton; son Mark (Jan) Ramstad; grandchildren, Lyndsay, Andrew, Jonathan, Nicholas, Annalisa and Kelly; four great grandchildren; and his brother, Ralph.

Herbert J. Reif 1927 - 2014

adapted from *The Seattle Times* Obit.

Herb was born in Madison, CA. and spent his early years exploring the hills near Susanville, OR. He joined the Army after high school, and was sent to South Korea at the end of WWII. He graduated as an electrician from Perry Technical Institute in 1950 and went on to enjoy a 38 year career with Seattle City Light.

Herb was most at home outdoors, venturing throughout the Pacific Northwest to hike mountain trails, walk seashores, ski powder snow, climb peaks, bicycle, camp, and explore the San Juan and Gulf Islands

by kayak. Herb was passionate about the preservation and protection of our natural world for all to enjoy.

Herb joined The Mountaineers in 1951 and met the love of his life, Anabel, at a work party for The Mountaineers' ski lodge. After spending the early years of marriage living on a house boat, they moved to Wedgwood to raise two daughters, sharing their love of nature with them and later their grandchildren. They also enjoyed plays at the Seattle Rep and Intiman, and took numerous trips to Europe and around the US and Canada.

Herb strongly believed in giving back to his community. He volunteered on the ski patrol at Ski Acres, on search and rescue

with Seattle Mountain Rescue Council, and for The Mountaineers. Later, he participated in the Wedgwood Community Council and advisory board for Magnuson Park. After retirement, he spent 20 years as a Backcountry Ranger volunteer for the US Forest Service, as a Travelers Aide at SeaTac Airport, and participated in eagle counts along the Skagit River. Herb's legacy is this spirit of giving, embodied in his stewardship of loved ones and the world around him.

Herb is survived by his wife of 60 years, Anabel, daughters Heidi (Dave) and Wanda (Ralph), and grandchildren Emilie, Haden (Carly), and Owen. He was preceded in death by his brother Walt.

Robert Schaller Jr. 1934 – 2014

adapted from *The Seattle Times* Obit.

Dr. Schaller was born in Hamburg, NY. He attended Yale University (class of '56), where he was captain of the track team. He was a talented mile runner, nearly breaking the four-minute mile barrier before Roger Bannister bested the mark. He attended Harvard Medical School (class of '60), and moved to Seattle, WA for his surgical residency at the University of Washington.

Dr. Schaller was a gifted pediatric surgeon, conducting thousands of surgical procedures at Seattle Children's Hospital, where he pioneered new surgical

techniques and saved many lives. He was a passionate member of the teaching faculty at the hospital and a clinical professor of surgery at the University of Washington.

Dr. Schaller's energy and enthusiasm for his work was infectious, and he inspired many residents to pursue a career in pediatric surgery. He was also an avid photographer both in the mountains and in his surgical work. He took countless photos of his operative cases, which he used in his lectures to students, residents and fellows. He leaves behind a voluminous photographic record of his surgical career to Children's Hospital as teaching resource.

He became an accomplished mountain climber who made numerous ascents of

Mount Rainier and many other mountains in the Cascades, Olympics and Alaska. During his residency in the 1960s, he was involved in an effort by the CIA which took him to the Himalayas, where he made a solo ascent of Nanda Devi, 25,643 feet. At the time, it was one of the highest solo ascents of any mountain ever made. His climbing career culminated in his being one of the founding climbers and the team physician for the ultimately successful American expeditions to K2, in 1975 and 1978.

Dr. Robert Schaller lived a full life, and will be missed by many. He is survived by seven children, three grandchildren, his wife, Theresa, and his younger brother, Chris.

Do you know of a member who has passed on?

Let us know so we can commemorate them. *We may not otherwise find out.* To submit an obituary, send us the person's full name, year of birth, a short eulogy on their life and how

they were involved with The Mountaineers. We also love to have photos when available! If you don't have all the information needed, tell us what you know, and we can try to find out more.

Contact: suzanneg@mountaineers.org or call 206-521-6013.

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

Diane Jochimsen, CFP® (Joined 1987)
White Raven Financial Services
www.whiteravenfs.com
diane@whiteravenfs.com
360-653-0198

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



Connectivity

By Steve Scher

Crater Lake National Park, Oregon. Photo by Daniel Hale

Once, a long time ago, when I was just an 18-year-old boy, I ran down the side of a mountain – into the universe.

There were five of us, traveling the nation in a van. While driving the perimeter road at Crater Lake that July, we pulled over to stare in wonder at the blue of the water, and the black of the cinder cone.

A trail led down. I followed it.

Now, you might think I was intoxicated by the scenery, by the altitude, or by other substances. You might think it was the sheer giddiness of freedom – of newly untethered kids on a grand adventure from the flat planes of the Midwest. Think what you will. I know it was more.

Running down the trail, puffs of dust released with each hard step, the small yellow and red flowers abuzz with bees and flies, the tree bark crackling in the summer heat – I sensed, running alongside me, someone else. Off to my right, keeping pace, I saw a Native American, a little older than me, with long black hair, smiling at his easy exertion. I stopped. I stared. He was gone.

A shade? A ghost? My imagination? A hallucination? Wishful thinking? Had I filled my vision with the colonized memories of popular culture? Did I think I was in the west with Crazy Horse and Tonto? I don't know.

What I did feel, that moment and for all my days since, was the tingling sensation of connectivity.

Poets and priests of various faiths have named it, so have mystics, rock stars and scientists. It is a fleeting notion, almost always lost in the uproar of daily life.

We are stardust – as Crosby, Stills and Nash, and Neil DeGrasse Tyson tell us. The atoms that burst out of the Big Bang have expanded into meteors and asteroids, stars and planets. They've become the elements – the metals, water vapor, fish scales, dinosaurs, laughing babies, spilled juice bottles, the steam from that hot coffee rising into the morning light. They've become us.

This connectivity is just as real as electricity, every atom of existence awash in its flow.

This includes our devices, derived from the same dust as everything else. Rather than isolating us, these tools craft a shared experience that can even challenge our prejudices.

Sipping coffee at the Starbucks at Westlake Park in Seattle one day, I watched an obese and unkempt woman tote her life's load to a nearby bench. Hair in clumps, eyes obscured by folds of fat, scarves and shirts and coats covering her like sedimentary layers, I felt the old twin bugaboos of pity and contempt welling up. How could she have let herself settle into such a morass?

So quickly she was becoming the other, the distant thing that isn't me.

Then the phone rang. She plucked it from her pocket, flipped it open and smiled. Here was a call from a daughter or a friend perhaps. Here was a connection – one person reaching out to another. That call was a reminder to her and me. Here is a real person, with a real life and family, a part of all families.

It put my easy sympathy to shame.

We are a sharing species at our best, connected to each other in ways that are only made clear in the action.

I don't know what that vision was 40 years ago at Crater Lake. I don't know what cloud of particle, memory, history, I had disturbed, but the moment was real and I was connected to it, as I was to the cold blue lake, the winding trail, the snapping trees, the slurping sounds my pals were making, sipping sodas by the side of the road. I was a part of the warm metal of the van, the rubber bits from tires, sloughed off the passing cars and rising towards the hot star that burned in the blue sky.

I am still connected to that moment and to what came before – and to what comes after. It is a peaceful notion, this rolling connectivity, like the lapping of waves or the rising notes of a chorus, from phones or frogs, flowing out into space and time.



The
Mountaineers
EXPLORE • LEARN • CONSERVE



May 19
Jennifer Wu
The Amazing Night
Sky: Shooting from
Dusk to Dawn



Jennifer's talk is
FREE
for **STUDENTS**
thanks to
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BEWILD
Stories of Passion & Adventure

Join us as these exceptional photographers share the wild stories behind their images.

tickets: bit.ly/BeWild15



August 12
Dave Showalter
Capturing
the Spirit of the
Sagebrush Sea



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