

Mountaineer

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



VISION

The outdoors
as life's headlamp

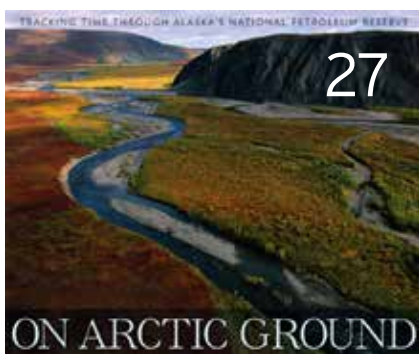
Inside:

Outdoors: life changing, pg. 7
Snowshoeing with kids, pg. 15
The Wapta Traverse, pg. 23
Health: kitchen to trail, pg. 38

THE MOUNTAINEERS
STRATEGIC PLAN, pg. 10

Nov/Dec 2012 » Volume 106 » Number 6

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



the *Mountaineer* uses . . .



the *Mountaineer* would like to thank **The Mountaineers Foundation** for its financial assistance during the redesign of both this magazine and www.mountaineers.org. 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.

- 7 **Outdoors: shaping youths' lives**
Boredom is a stranger in the wild for these teens
- 10 **Setting our course for 2017**
Mountaineers adopt a bold five-year plan
- 15 **Tips for snowshoeing with kids**
A perfect winter sport for the family
- 16 **A lifestyle crossing the generations**
Outdoor centers: a place for families to play and grow
- 23 **Wow! Wapta!**
Ample options and good huts on this traverse
- 8 **CONSERVATION CURRENTS**
Invasives losing to intrepid Weed Watchers
- 13 **REACHING OUT**
Volunteers changing youths' lives
- 14 **SCIENCE BEHIND . . .**
The kinetic chain of muscles and seasonal transition
- 18 **CLIFFNOTES**
A life of climbing suits Fay Pullen just fine
- 27 **BOOKMARKS**
Wildlife, landscape, history of the Arctic Reserve
- 28 **GOING GLOBAL**
Ski the Swiss Alps
- 32 **BRANCHING OUT**
Find out what's coming up in each of our branches
- 46 **LAST WORD**
Discovery: finding the landscape of The Mountaineers

DISCOVER THE MOUNTAINEERS

If you are thinking of joining—or have joined and aren't sure where to start—why not attend an information meeting? Check the Branching Out section of the magazine (page 32) for times and locations for each of our seven branches.

On our cover: This shot of the Sierras' 50-foot Eichorn Pinnacle, comprising Cathedral Peak's west summit, comes from one of our own communications staff members, Emily White, publicist for Mountaineers Books who is the silhouette at right atop the pinnacle.

Changing lives today to vest them in tomorrow

Challenge and adventure have lured me outdoors for as long as I can remember.

My wife, Sara, and I joined The Mountaineers when we moved to Seattle. We wanted to learn how to safely play in the mountains around Seattle, and meet others with common interests. It was then I gained a firsthand view of the volunteers' dedication to educating and providing life-changing experiences to Mountaineers members.



Their commitment inspired me to serve on The Mountaineers Board of Directors and to help shape the strategic direction of this great organization.

I believe that the newly adopted five-year strategic plan (see page 10) will not only ensure our ability to serve as a trusted pathway for people wanting to get outdoors, but strengthen our ability to provide life-changing experiences to a broader constituency.

The importance of Mountaineers youth programs—an integral piece of the strategic plan—became even more important to me when we welcomed our daughter, Sienna, to this world five months ago.

I've been pleased to not only witness tremendous growth and a sharpened focus in all of our youth programs since 2011, but to see our Venturing teens (see page 7) extol the lifestyle benefits of outdoor recreation—good health, lower stress, the promise of personal growth through challenge, and a chance to build friendships within a like-minded community, one that will inherit the stewardship of our lands and waterways.

My hope is that these young people will be inspired to pursue outdoor recreation for the rest of their lives, continue to reap the benefits of a healthy lifestyle and build friendships that last a lifetime.

I was honored to be part of a team that represented the U.S. for one of the most demanding ultra-runs in the world—Ultra Marathon du Mont Blanc (UTMB). Twenty hours after starting, we crossed the finish line muddy, hungry, and tired, but together as a team. My UTMB experience was not unlike what our Mountaineers members seek in the outdoors. Initially, our focus was on challenging ourselves with an outdoor adventure goal, but ultimately the focus became the journey, one of the reasons we were there in the first place, and not just on the finish line. The race was about being with friends, enjoying amazing, wild places, and about testing ourselves physically, emotionally and mentally—together.

I see The Mountaineers as a multifaceted organization attracting multifaceted individuals who seek true adventure in the outdoors and in life, who come to The Mountaineers to learn a new skill, and end up being challenged and impacted in ways they never imagined.

Our work today will ensure the impact and strength of The Mountaineers tomorrow. Heading into the future, I'm excited to build on our strong foundation by fostering a commitment to stewarding The Mountaineers legacy.

Gavin Woody, Board President



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

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Preventing the gap in generations

It's actually nothing new for The Mountaineers. We've been doing it since 1906 when a gaggle of Seattle climbers and Mazama members—who ultimately came up with the idea of forming a mountaineering club in the Emerald City—collected in Seattle to greet a now infamous Dr. Cook after he and his team allegedly topped out on Mt. McKinley (Denali).

Not soon after those local climbers—mostly adult academicians from the University of Washington—formed The Mountaineers, it was an antsy-to-get-outdoors teenager by the name of Mollie Leckenby who urged one of The Mountaineers co-founders, the venerable Asahel Curtis, to get a hike going. He did, and the very first official Mountaineers trip was born.

An eager-to-learn climbing core of 20-somethings in the 1930s—otherwise known as leaders of our “climbing revolution” who went by the last names of Anderson, Bauer, MacGowan, De-genhardt and Hossack, to name a few—put fire to the seat of a recondite climbing elite in the club. These young climbing “outlaws” soon fostered the most well-respected climbing program in the land. The rest is history, as the Whittaker twins reaped the fruits of

skill and knowledge from their generational predecessors.

The Mountaineers has flourished, not only because of its systematic hand-off of knowledge and responsible recreation to the next generation, but because the next generation has often been the catalyst to move The Mountaineers forward.

It is today's Mountaineers taking this torch of outdoor education for youth yet further, with the help of some very substantial friends, such as Lloyd Anderson's creation, REI, The Mountaineers Foundation and Eddie Bauer. Private and public support for our new youth programs has enabled us to nurture a new generation of outdoor leaders and mentors (see more about this on pages 7 and 13) while maintaining outdoor centers and activities that forge familial bonds across the generations (see page 16 and meet the Hansens of Stevens Lodge).

What is new about this vivacious esprit de corps we know as The Mountaineers family is a discernible and rededicated vigor to enlist every outdoor-passionate partner we can muster to leave the future of the outdoors in capable, caring hands.

—Brad Stracener, managing editor



Trek the Sacred
Mountains
of Bhutan in 2013.

The Jhomolhari Trek
Departures in April, October and November
14 days/13 nights From \$3,445

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Bill Hagstotz photo

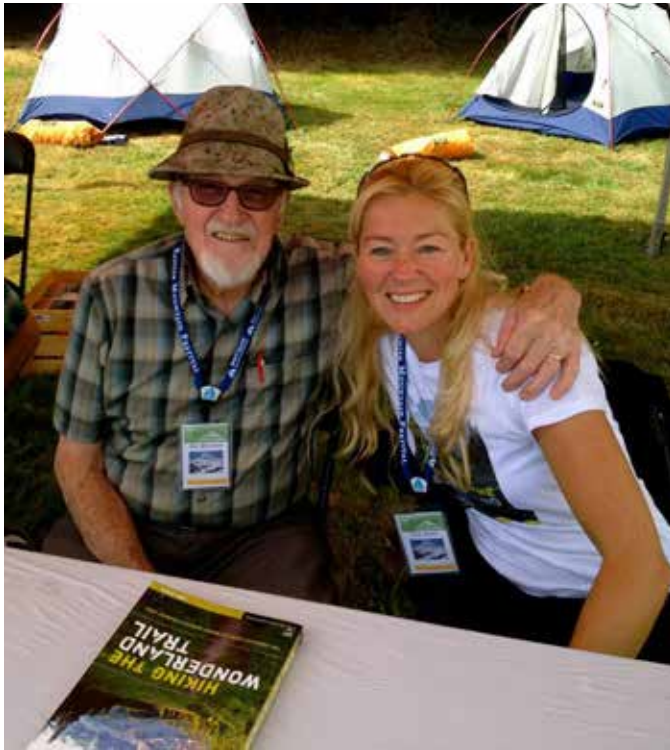
The Mountaineers Tacoma Branch Program Center is open for outdoor education programs and general business. The coup de grace will be the indoor and outdoor climbing walls, still under development. To see more about the renovation project, visit <http://tacomaprogramcenter.blogspot.com> and watch for the next issue of this magazine.

I'mwhere?

Can you identify the summit in the foreground here? Send your answer (by December 1) by post or e-mail: brads@mountaineers.org; I'm Where?, *Mountaineer*, 7700 Sand Point Way N.E., Seattle, WA 98115. If you guess correctly, you'll receive a \$15 coupon good for Mountaineers purchases, and we'll publish your name in next month's column. In case of a tie, one winner will be chosen at random. Mountaineers employees or persons shown in the photograph are not eligible. Each month we'll publish a new mystery landmark and identification of the previous one.



- **Send your photographs** for possible publication as a mystery summit (include identification for our benefit). See e-mail and mailing address at left. If we use your photo, you will receive a \$15 Mountaineers coupon good for Mountaineers purchases.
- **Steve Lodholz's** name was randomly drawn among three who identified Vesper Peak as the summit in the September/October *Mountaineer*. The photo was taken by Marguerite Hauberg.



A Rainier deity, Dee Molenaar, and Wonderland goddess, Tami Asars

Cast among a cadre of legends, Wonderland Trail guidebook author Tami Asars, Mountaineers staff members Emily White and Mary Hsue, along with Seattle Branch Climbing Committee Chair Mark Scheffer, attended the September 15 Rainier Mountain Festival on the invite of Peter Whittaker, who sits on The Mountaineers Advisory Council. Also accepting Peter's invitation were Dee Molenaar and Jim and Lou Whittaker. The three climbers and fellow mountaineering great Ed Viesturs signed books alongside the Rainier newbie, Asars, who confessed to some trepidation sitting alongside such legends. Emily and Mary were tickled to note that Tami's book, *Hiking the Wonderland Trail*, was the only book to sell out at the festival.



Patrick Endres photo (Mountaineers Books 2012)

Arctic ground has breached the halls of Congress

thanks to a Mountaineers advocacy partner, the Alaska Wilderness League (AWL). AWL and its friends distributed *On Arctic Ground* (The Mountaineers' Braided River 2012) to both halls. The timing for this distribution is acute as Congress and the Department of Interior are now making decisions about the fate of biological treasures within Alaska's National Petroleum Reserve. Some good news for protection of these resources recently came when the Bureau of Land Management decided to avoid development within many of the areas identified in the conservation strategy for the Reserve. (See page 27 for more about the book, *On Arctic Ground*.)

Mountaineers Mickey Eisenberg and Gene Yore are

working hard on a new app for the iPad—"100 Peaks at MRNP." Gene's work has included summits of 11 peaks in 10 days during July; 24 in 29 days in September; and eight in early October (a cumulative gain of 58,000 feet in all)—resulting in a "seriously good side effect," said the 73-years-young Gene. "My annually escalating blood pressure (even with medication) has dropped to 110/60." The other good side effect: proceeds from the app go to The Mountaineers.



A peachy deal for Mountaineers

Some collusion must be confessed en route to a Mountaineers claim to beer fame. Two Beers Brewery, whose staff includes a few Mountaineers members, is partnering with the greater body of Mountaineers to hail its "5.10 Anniversary Ale" upon the brewery's fifth anniversary. Behind the production of this 10-hop dram is 200 pounds of organic Wenatchee peaches. But what is really peachy about this swill is that \$1 of each bottle purchased and \$1 from every pint poured goes to The Mountaineers. And this is where the greater body of Mountaineers comes into play. All of us can help the cause by buying some 5.10 at the Two Beers Fifth Anniversary Party on Saturday, November 3. To find out more go to www.twobeersbrewery.com.

Over the past decade, study after study has pointed out the health benefits of being outdoors, especially for youth. Kids who spend a lot of time outdoors tend to be happier, more motivated to learn, more creative and have a higher self-esteem than those who don't. They also are less likely to suffer from physical and emotional disorders like obesity and attention deficit disorder.

Outdoor activity shapes young people's lifestyles

By **Becca Polglase**
Education Manager

Studies certainly provide important information, but we wanted to hear about these benefits firsthand from our youth. We asked three of our teens to tell us why they like the outdoors and what motivates them to be outdoors. Here's what they told us:

"I love photography and enjoy being outdoors with a camera capturing all the amazing sites. I love being able to have the freedom to see and explore nature. Being outdoors is so much fun! You can meet so many cool people while staying healthy and getting good exercise. My favorite thing

Continued on page 39

Boredom has no place outdoors for these youth



"I feel like people who are outdoor enthusiasts live a much healthier and enjoyable lifestyle. It makes me want to do more outside and feel I can have something exciting to say when I get back to school on Monday. Sitting on the couch watching TV or playing video games seems much less eventful once you have done cool things outside, like climbing a mountain or hiking many miles. Not many people can say they have done these things. It makes me feel more accomplished."

Katy Snyder, age 17



"Being outdoors is a healthy way to have fun, and it has made me a lot healthier overall. I like to eat healthy, and exercise so I'm prepared to do activities outdoors. Being outdoors also keeps my head clear from stress. There's never been a time where I've been outdoors and not had the time of my life."

Sierra Schulte, age 16



"Being outside is a great way to stay fit, and it's just fun. It has really made a large impact on my lifestyle. I used to be lying on the couch all the time, being a huge couch potato, but now I'm outside as much as possible, even if I am just riding my bike. I don't really watch TV that much anymore... and when I am watching TV, it is usually a climbing movie. Ever since I have been involved in the outdoors, I haven't found myself bored out of my skull after doing my homework every night. Plus you have awesome stories to tell at school on Monday."

James Pitts, age 13



Volunteer Weed Watchers in training

By Sarah Krueger
Public Lands Programs Manager

The Alpine Lakes Weed Watchers is a unique citizen-science project that harnesses the skills and curiosity of Washington's hikers to provide critical information to wilderness managers of the Okanogan-Wenatchee and Mt. Baker-Snoqualmie National Forests. To date, the project has succeeded in harnessing volunteers and contracted technicians to survey 148 miles of trails in the Alpine Lakes Wilderness, documenting the presence of 20 different species of invasive and non-native plants.

The Mountaineers launched the Weed Watchers program in spring of 2012 with the support of a National Forest Foundation Wilderness Stewardship Challenge Grant, generous matching donations from The Mountaineers Foundation, the REI Seattle Flagship Store and the Alpine Lakes Protection Society, as well as generous in-kind donations from partnering organizations and agencies.

Forty-six volunteers attended Weed Watchers volunteer trainings. Participants were oriented to the threat of invasive species, the need to acquire data about non-native plants in the Alpine Lakes Wilderness

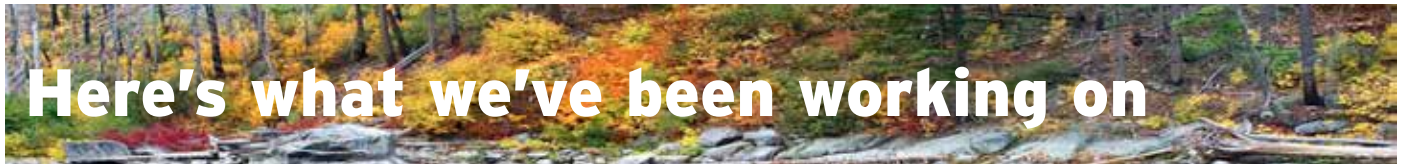
Alpine Lakes Weed Watchers blaze trails on 'Hunt for Invasives'

and were introduced to species of concern, as well as native look-alikes. Trained in basic survey methods, data collection and reporting, volunteers completed the sessions armed with invasive species ID materials, survey supplies and maps to inspire and inform their plans to adopt and survey trails in the Alpine Lakes.

Snow covered Alpine Lakes hiking trails into late July and early August, delaying the field season considerably. However, volunteers were still able to survey half of the 148 miles of trails while contributing over 355 hours of volunteer survey and travel time.

In order to supplement volunteer efforts, The Mountaineers contracted two restoration technicians for an eight-day field survey of the entire portion of the Pacific Crest Trail within the Alpine Lakes Wilderness—from Stevens Pass to Snoqualmie Pass—accounting for 75 survey miles and an additional 2.3 miles of spur trails. The contractors provided important data about the presence of invasive species on this National Scenic Trail, a priority recreational asset for both Mt. Baker-Snoqualmie and Okanogan-Wenatchee National Forests. Read the team's account of their eight-day odyssey on *The Mountaineers Currents Blog*.

In the final weeks of the 2012 hiking season, Weed Watchers will continue to collect data until snow starts falling in the high country. As the field season comes to an end, we are already getting ideas for how to improve and expand this valuable partnership between land managers and the recreating public. ▲▲



Here's what we've been working on

By Sarah Krueger

Public Lands Programs Manager

Every time I hike, paddle, climb or cross-country ski, I think to myself, "I have a really cool job." Granted, when I'm on the clock, you will most often find me hunkered in my cubicle or navigating my way between meetings and conference calls; but when I'm recreating, I am reminded that ultimately I work for the wild and beautiful places we all love to explore.

As Public Lands Programs manager for The Mountaineers, my task is to direct the organization's engagement with a range of issues and opportunities to protect and enhance the integrity of Washington's natural and recreational resources. These efforts take form in our stewardship, education and advocacy programs. What are we working on these days, you ask? Here is a sampler:

Protecting the wild backcountry. We love wilderness. As members of the Wild Olympics Campaign and supporters of the Alpine Lakes Additions bill, we support legislative efforts to establish 148,000 new acres of wilderness and designate 504 miles of Wild and Scenic Rivers in Washington state.

Backcountry Impacts Series. Our Backcountry Impacts Skill Clinics convey low-impact recreation skills and region-specific considerations unique to a variety of activities—including winter camping, alpine climbing and scrambling, hiking and backpacking, and sea kayaking. This past year, clinics have reached over 500 students in Mountaineers courses across multiple branches.

Alpine Lakes Weed Watchers Program. Our invasive species-savvy hikers have covered some major mileage in the Alpine Lakes Wilderness during the program's inaugural season. (See the preceding page.)

Protecting climbing resources. In 2012, our coalition-based efforts with the Washington Climbers Coalition and American Alpine Club included a two-day work party at Index Town Wall and the launch of planning and fundraising for a permanent toilet at Vantage. Further, we have been involved with preliminary discussions with land managers about climbing management plans for multiple state parks as well as North Cascades National Park.

Leave No Trace Trainer Courses. This year, we graduated 28 Leave No Trace trainers during four 16-hour trainings for outdoor leaders, guides and educators. Look for our next Leave No Trace Trainer Course in spring 2013!

[See more Conservation Currents on page 26](#)

Planning for recreation and conservation. Everybody needs a plan, and our public land managers are no exception. The Mountaineers sits at the table of several important planning efforts, looking out for the interests of quiet, active recreation and the integrity of our wild and roadless areas. Current efforts include the Okanogan-Wenatchee Forest Plan update, the Department of Natural Resources Snoqualmie Corridor Plan, and improving a National Recreation Area proposal for the Teanaway and Manastash regions.

Responsible recreational access. Joining forces with a diverse coalition of conservation and recreation allies, we rallied to support the repair of the Suiattle River Road and the Index-Galena Roads, both key access routes to backcountry and wilderness destinations.

While speaking of access, I see some daylight between my phone and the conference room. Outside I go. For now. ▲▲

Shape the future of our conservation programs

We would like your opinion on The Mountaineers' unique role in the stewardship of our public lands. Please take a few minutes to complete a short online survey to help guide the direction of our on-the-ground stewardship efforts, as well as the planning and advocacy work we do. Visit www.surveygizmo.com/s3/1048387/The-Mountaineers-Role-in-Public-Lands-Stewardship to weigh in.

VISION 2017

The Mountaineers Strategic Plan

The Mountaineers is proud to present our Strategic Plan 2017, a boldly ambitious document that heeds our ethic of inspiring a lifetime of exploration, a love for the outdoors and a responsibility to the greater outdoor community. The last few years have been busy ones for us in this regard. Perhaps you have noticed? A new magazine and website, more volunteer support, new staff in reorganized roles, 501(c)(3) charitable status, new board members, youth programs offering over 2,000 experiences and a newly renovated Tacoma Program Center—to name just a few.

Yes, we've been busy. But we're not stopping now. All these achievements have laid the foundation for The Mountaineers to reach new heights, and our newly adopted Strategic Plan helps plot the route to the summit.

After gathering input through surveys, focus groups and over 20 sessions with hundreds of members, volunteers, staff, board, community members and advisors, we have developed a Strategic Plan that focuses on our highest priorities and sets strident goals for the impact Mountaineers will have on our community.

Thank you, to all who participated. With your help, we can make this plan a reality in the coming years.

Sincerely,

Martinique Grigg

Mountaineers Executive Director

Gavin Woody

Mountaineers Board President

MISSION STATEMENT

The Mountaineers mission is to enrich the community by helping people explore, conserve, learn about and enjoy the lands and waters of the Pacific Northwest and beyond.

VISION 2017

The Mountaineers is the foremost outdoor recreation organization of the Pacific Northwest. We are a trusted source for instruction and information on responsible enjoyment and protection of the natural world. Our programs and books provide safe, exciting and fun opportunities for exploration and learning to outdoor enthusiasts of all ages. The Mountaineers Program Centers serve as urban gathering places for the outdoor community and our lodges are gateways to adventure.

We connect people with the outdoors to support the physical, emotional and social benefits of a healthy, active outdoor lifestyle and because successful conservation depends on it. We extend our leadership to the realm of stewardship, public policy and public lands planning to cultivate outdoor citizenship among the recreating public. The Mountaineers serves a broad community, offering outings and programs to anyone who wants to learn about and enjoy the outdoors—especially the next generation of explorers, educators and conservationists.

The Mountaineers inspires a lifetime of exploration and love for the outdoors.

We are every person who itches to get outside... who breathes easier at the top of a mountain or on the water, away from the hustle of every day life . . . who pushes through exhaustion and fear to the summit . . . who takes a moment to appreciate wildflowers blooming in an alpine meadow or playful seals flashing alongside a sea kayak.



We want to protect the places that inspire, excite and challenge us and leave them better than when we arrived, because we know that our way of life depends on others experiencing the same wonder and joy.

We thrive on challenge and believe that self discovery can happen everywhere, at the top of Mt. Rainier or on our Program Centers' climbing walls.

Mountaineers Strategic Plan

COMMUNITY

Expand the breadth and strength of the Mountaineers community by making the outdoors more relevant to more people.

- **Get more people outside.** Reduce barriers to participation. Make it easy to get information, connect with others, learn and volunteer.
- Inspire a **lifetime of engagement** in recreation, conservation and education from ages 1 to 100.
- Provide **strong membership value** to improve retention.
- **Reach out** to youth, young professionals and families.
- Develop **local partnerships** to broaden our diversity.
- Build **online communities** that connect and lead users to deeper engagement with The Mountaineers.

OUTDOOR ADVENTURE AND INSTRUCTION

Develop and deliver meaningful outdoor adventures and educational experiences.

- Offer activities, events and courses that **meet the needs** of today's outdoor enthusiast. Be flexible and nimble.
- Promote **fun and innovative** experiences by sharing internal and external best practices.
- Provide a **variety** of courses and seminars to retain participants and **appeal to young and time-constrained** people.
- Make courses **easy to attend** and complete.

VOLUNTEERS

Strengthen our organization and volunteer infrastructure to increase our capacity for delivering high-quality programs.

- Enable trained volunteers to **focus on leading**, instructing and delivering superior programs to our community.
- Assist with program development, consistency and quality. Ensure **continuous improvement** and innovation.
- Support **volunteer recruiting, training and recognition**.
- Create **mentoring** programs and support for transfer of knowledge to aid in volunteer succession planning.
- Identify and **fill gaps in mission-critical programming** where there is no volunteer interest or expertise, or where we need to better meet the needs of our community.
- **Use technology** to improve leader communication, training, content and administration so that leaders can focus on delivering activities, not administering activities.

CONTENT

Leverage our best in class content to get more people outside.

- Maintain a strong publishing program that retains its reputation as a best-in-class outdoor publisher and continues to serve the mission of The Mountaineers.
- Leverage our **authoritative content** to be the go-to place for Pacific Northwest outdoor information—whether digital or printed—on “how-to” and “where-to-go.”
- Create a **compelling online experience** that offers our community opportunities for education, leadership development, user-generated content, communication and information sharing.

GATHERING PLACES AND GATEWAYS

Provide gathering places and gateways for outdoor learning, adventure and exploration.

- Develop a supporting strategy that evaluates and optimizes **the utilization of lodges and outdoor campuses** in support of our mission.
- **Leverage our Program Centers** as gathering spaces and teaching locations in densely populated areas which provide convenience, minimize impact and create outdoor community.
- Add amenities to Program Centers for **convenient onsite adventure, skill-training and personal challenge** and minimize travel to field locations for skill- building.
- Build plans to **increase usage** for community events.

CONSERVATION & RESPONSIBLE RECREATION

Create responsible outdoor recreationists and advocates. Conserve the wild backcountry and promote responsible recreation on the region's public lands.

- Cultivate **outdoor citizenship** by informing and engaging the recreating public in conservation and recreation access issues.
- Integrate a responsible recreation and conservation **stewardship ethic** in all of our activities.
- **Influence public policy and participate in planning efforts** to protect the wild backcountry and preserve responsible recreational access to public lands and waters.
- Leverage partnerships and coalitions to advance broad conservation goals while leading on select issues where **conservation and sustainable recreation** intersect.

Continued on page 12

YOUTH AND FAMILY

Get kids outside. Be the onramp for today's youth to experience the outdoors and to create the next generation of outdoor enthusiasts.

- **Grow family activities** to bring more children and families into The Mountaineers including convenient "close to home" activities that utilize our Program Centers.
- Provide information to **families on how to get outside** and where to go.
- Make our facilities **attractive destinations** for youth and families.
- **Reduce the overall cost** of accessing the outdoors for youth regardless of ability to pay.
- **Increase the size of our youth outreach program** by partnering with youth-serving organizations and expand the program outside of Seattle.



MEASURES (ANNUAL BY 2017)

- Attract and retain a community of 12,000 members and 1,000,000 community engagements reaching beyond our members to include guests, book buyers, advocates, families, volunteers, readers and online visitors.
- Offer 25,000 opportunities to train, instruct and engage participants in outdoor trips, courses, seminars and advocacy.
- Support 3,000 volunteers organizing and leading activities, completing stewardship projects and advocating.
- Inform, educate and connect an online community of over 500,000 visits.
- Participate in efforts to protect 100,000 acres for responsible and sustainable recreation.
- Get 5,000 youth and families outside.

LET'S GO OUTSIDE

For over 100 years we have been a trusted source for outdoor skill training and information. We know from years of experience that leadership is a learned and practiced skill; that's why our students become volunteer leaders.



We are young; we are old; we wear fleece and we always carry our ten essentials, because in the unpredictable backcountry, Mountaineers are informed, trained and prepared to tackle the challenge. Join us and experience the fun, excitement and adventure of The Mountaineers. We'll get you outside.



We are a community of talented individuals who care deeply about sharing their passion for the outdoors and protecting it. We take that seriously and pursue our mission with enthusiasm and personal responsibility because our participants will be competent, responsible wilderness travelers long after their course or trip is finished.



For more about
The Mountaineers Strategic Plan,
visit www.mountaineers.org/strategicplan



Youth program volunteers are changing kids' lives

By Becca Polglase
Education Manager

As The Mountaineers education manager,

I am thrilled at the unexpected growth of our youth programs in just two short years. Our Mountain Workshops kicked off the year with more than 30 one-day events; there was a wait list for our summer day camp; and teens climbed technical alpine routes in our Venturing program. In all, our youth programs grew by an astounding 50 percent in 2012.

Two factors ring crucial to such success: an unflagging volunteer spirit and key partner support from The Mountaineers Foundation, the REI Foundation and Eddie Bauer.

As for volunteers in Seattle alone, more than 2,700 hours in were contributed this year to teach climbing, navigation, outdoor cooking, snowshoeing, photography, Leave No Trace, camping skills and earth stewardship—amounting to more than 13,000 student hours of Mountaineers adventure and education for 1,900 youth. If you like numbers, that averages out to a 1:5 volunteer-to-student ratio.

And as for our valued financial partners, the support they provided enabled our newest education staff member, Assistant Program Manager Caitlin O'Brien, to strengthen what we have started in the way of forging community partnerships (five new ones and five budding ones) through our Mountain Workshops, our Junior Mountaineers summer day camp—which has more than tripled in size—and our teen Venturing program which has quadrupled in size. We've also added an Explorers program—a year-round program for ages 10-13.

Because of the new financial support and dedication of our volunteers, youth who participate in Mountaineers programs get high-quality, individualized instruction from caring volunteer mentors who inspire participants to spend more time outdoors.

So why do they volunteer?

We asked our dedicated volunteers to tell us why they give so unselfishly to teach outdoor skills to youth. Here is what they said:



"Growing up I started climbing at the age of 17 at a local climbing gym. From there a friend and I learned by trial and error on everything from technique to rigging anchors. We could have done so much more with climbing as kids if we had

a better program or mentors. I want to give back what others have taught me, and provide those opportunities for kids that were never available to me as a kid. I think the Venturing program is important because it helps develop a sense of team-building and accomplishment. Learning to develop excitement and a sense of accomplishment as a group rather than an individual is not only fun, but it will help them with countless other endeavors down the road."

—Adam Hollinger



"I like to see youth learn things about themselves. Changes in their behavior and confidence tells me they are changing inside, and they often express it with enthusiasm. Those who were on the sidelines begin to participate, and those who participate begin to take leadership roles. Their confidence creates self-reliance, and also some confidence and reliance in others. It's fascinating to see this change, and it happens so quickly. Ultimately, I like to help them become valuable and well-rounded citizens, able to think critically and function well in the community. The outdoor programs are a means to that end and it's the means I feel best able to contribute."

—Brian Starlin

"I volunteer because I see the youth programs as another opportunity to help new members learn skills and experience the mountains as I like to experience them. Some of them will very likely become future leaders of the programs I am currently leading, or help to lead. What The Mountaineers do, and the programs and training we offer, will only remain viable if we have members trained in how to do it and willing to pass that knowledge to the next generation."



—Mark Scheffer

Continued on page 22

The kinetic chain: it takes a village of muscles



Chris George photo

The psoas stretch: two sets of 30 reps on each leg



Chris George photo

Romanian deadlift: two sets of 15 reps on each leg

By Chris George

As the seasons transition so should our training

focus. Our bodies become accustomed to patterns and our musculature adapts. And as it adapts, so should the way we stress our bodies to maintain a balanced dynamic system. Our exercise programs should complement our sport and vice-versa. This will allow for cleaner transitions between summer activities and winter activities on a mechanical level.

The goal is to promote authentic movement no matter the circumstance. If a long summer of climbing has left your thoracic spine tight and immobile, this could be a problem as you transition to snow sports, which requires a tremendous amount of thoracic rotation.

The “kinetic chain” theory suggests that every joint, ligament and muscle is reliant on every other to function optimally. So, a thoracic spine unwilling to move properly will affect the lumbosacral segment, which will negatively affect the alignment of the knee and ankle joints. This dysfunctional pattern will decrease performance and most certainly increase the probability of injury.

It is important to highlight our body's need for reciprocal movement. Sport-specific training should not always be focused on the muscle groups responsible for the movement. At times, the focus needs to be directed toward the muscle groups not

being primarily recruited during the movement. For instance, as the hip flexes and slings the leg forward, the hamstring eccentrically lengthens and engages to help stabilize the knee while decelerating the leg's swing simultaneously. The quad is the primary mover but the hamstring secondarily keeps the system stable and strong, making it a crucial link in the chain and one that deserves some individual attention.

The exercise and stretch provided from it will help create greater function and stability throughout the hip. By placing emphasis on lengthening the hip flexors (psoas) and promoting greater hip extension (as seen in the above photos), we will experience greater gluteal (glute maximus/glute medius) activation.

Allowing the glutes to execute their job unaltered by the tight hip flexor creates greater stability through the entire trunk, not to mention ankle and knee joints. Specifically, for long traverses or backcountry travel, a healthy, functional relationship between hip flexors and glutes will allow for greater efficiency.

Chris George is a rehab specialist and avid outdoorsman. In addition to exploring the mountains Chris' passion is working with goal-oriented athletes searching for new techniques to achieve their physical objectives .



Snowshoeing: perfect for children

By Meg Crager

Snowshoeing provides a versatile and inexpensive way to enjoy a peaceful winter outing with your children. Bundle up your baby and put him or her in a child carrier, pull your toddler behind you in a sled, invite your school-aged children to



Safety and comfort

- **Always check the forecast.** Avoid harsh weather and days when avalanche danger is high.
- **Kids can get quite warm** when their bodies are working hard. Allow your child to remove a hat or a layer if he/she complains of being too warm.
- **To avoid the danger of hypothermia,** frostbite or excessive exposure, never take a trip that is too long or too difficult.
- **Know your route.** Remember that snow, wind, mist and warm temperatures can obscure or melt existing tracks.
- **If tranquility is important,** avoid snowmobile routes, especially for very young children who are sensitive to loud noises.
- **Have fun!** See how many different kinds of animal tracks you can find and identify, and how many different textures of snow you can feel under your feet. Look for ice crystals and frozen waterfalls. Listen for birds and other small animals, for snow falling from trees, for the creaking of frozen branches, for rivers running under the snow, for silence.

choose the best hot chocolate stop along the way, or challenge your teen to break the trail ahead. There is a snowshoe trip for any age.

You will need winter clothes and boots, snowshoes, the Ten Essentials, some basic knowledge of winter travel, and in some places, a Sno-Park permit or other access pass.

Snowshoeing is as easy as walking and similar to hiking, in that the terrain and conditions dictate the difficulty of the trip. If you are new to the sport, become familiar with your snowshoes before you take your kids out. Start with a short, easy trip to make sure that all family members are comfortable. For children under 10, limit your first outing to 1-2 hours. Tracked trails require far less effort, so consider going to more popular locations, especially for your first few trips.

Equipment: Rent or purchase snowshoes at outdoor stores and online or at local ski resorts. Ski poles or hiking poles are helpful for balance.

Clothing: Be prepared for cold, wet weather. Even on a mild winter day, the weather can change suddenly. If your child is going to sit in a child carrier or sled, dress her in the same amount of clothing you would need if you were going to sit outside for a few hours on that day without moving around. Bundle an infant or toddler in a warm, soft under-layer, warm socks, booties or boots and mittens, a hat and a warm snowsuit. For a child who is not yet walking, an extra

large snowsuit that hangs over hands and feet works well. Children who are snowshoeing should wear layers if possible: long underwear, a pile or fleece layer, a wind and

Continued on page 19

Outdoor centers foster a volunteer ethic for generations of Mountaineers

By Brad Stracener
Managing Editor

In 1947, when Mountaineers volunteers felled the first trees for a 24-by-25 foot cabin floor that would eventually become Stevens Lodge, volunteer John Hansen didn't have "an inkling whatsoever" that his children and grandchildren would not only be enjoying his labors one day, but also be taking over some of his duties at the now 64-year-old outdoor center.

One of his sons, Tom Hansen, followed his dad's footsteps as chair of Stevens Lodge and Tom's son, Eric, is about to fill his dad's shoes.

"I remember staying at the lodge when I was 5 or 6 years old," said Tom, a Mountaineer since 1971. We camped and hiked since I was a toddler; my dad was a basic climbing graduate who climbed the six majors," another set of footprints that son Tom would follow. He also took over his dad's Stevens Pass ski school in 1986, about when John took his ski instructor's jacket to Sun Valley.

"My dad was a ski instructor for over 50 years, so growing up, that's what we did—we skied." That is, when they were not hiking, camping or boating.

"One of the best things I've done in my life"

—Tom Hansen

"I've been a sailor since I was 8," said Tom.

A former board member for The Mountaineers and recipient of the organization's most hallowed volunteer honor, the Service Award, Tom's 86-year-old dad is now skiing 100 days a year in Sun Valley and logging 200,000 feet of vertical a year. The rest of the time he spends at his home in Seattle and near his family. Even Tom's daughter, Kaitlin, has helped carry on the Hansen tradition at Stevens by



The Hansens: circa 1972. 'A good snow year,' said John Hansen (far left) with his wife, Helen, daughter Edith, son Tom and daughter, Theresa

volunteering as a cook at the lodge, where she was preceded by Tom's sister, Theresa.

Tom counts his time at Stevens as "one of the best things I've done in my life." Learning about the outdoors, making lifelong friends who also love the outdoors, and meeting the person who became his best man 40 years ago, all hold extreme value to Tom.

"When I ran the ski school I would have sons and daughters of my students come back years later to teach for me." Some were children of some "high-powered" professionals that Tom had taught to ski. He said that all of their parents pointed to the value of having an outdoor center like the lodge. "It's the best investment in my family that I can make," said Tom, who relates his own experience as a young teen at the lodge. "Because I was learning my way in the outdoors, building up my confidence and enjoying it, I had adults treating me as an adult. How cool is that for a teen?"

"The were expected to act as adults and everyone at the lodge acted as a big family. It was really great," Tom's dad recalled. He said his two boys "grew up in the work parties, first doing something in their skill range, like cutting firewood or cutting out a

dam. Something that was fun to do."

He added, "I developed a lot of respect for these kids. Tom was the first teen, and I think the only teen, who had actually operated the lodge."

Tom believes the traits he acquired as a child from his dad have rubbed off on his own kids. "I grew up doing things outdoors with

". . . I had adults treating me as an adult. How cool is that for a teen?"

my kids, no matter how ugly it was at midweek. As a result we could always connect and talk, and deal with any family problems that might come up—always ending up fun!"

A public works director for the City of Woodinville, Tom said his time at Stevens Lodge has taught him lessons that go far beyond recreation. "I learned building skills that have benefitted my personal career and my knowledge about home maintenance." He stated, "In many ways running a volunteer organization is tougher than running things at work. If you can run a volunteer operation,

Continued on page 29

Following other cross-generational tracks to outdoor centers

The Kitsap Cabin and Forest

Theater has served as a home away from home for four generations of the McCoy family. Barbara McCoy Geer and Jim McCoy started the same way that many families become involved—through the kids, who wanted to perform on the outdoor stage with the Players. The parents followed their children's footsteps as they provided support for plays before joining their kids on stage. The parents' involvement with the property and Players goes back to 1968. Their son, Craig, is the grounds manager at the Forest Theater and was instrumental in preparing the grounds for its newly arrived yurt. He met his wife, Katie, while performing in "Fiddler on the Roof" in 1998. Their late daughter, Grace, and her son have also performed on the Forest Theater stage. And Katie is assistant kitchen manager.



Kids take the Sno-Cat en route to Meany Lodge

When I was 12 years old (1954) my mother brought me, my younger sister and brother to a Meany Lodge work party. I was in the Cub Scouts and, due to my age, I was not allowed to use sharp tools at scout camp. At that time there was a large thicket of scrub maple that needed to be cleared away near the then-existing tow hut. I was allowed to use any tool I wished, so I headed off with a machete and proceeded to eliminate the brush. I was never so happy. By 15 I started to attend all the Meany work parties. At 18 I earned a position on the Meany Lodge Committee. I think I may have come by my love for Meany and The Mountaineers a little naturally. My grandfather was professor Trevor Kincaid, who, along with fellow professor Edmund Meany, founded The Mountaineers. Now I do any electrical wiring that is needed at Meany.

—Tom Dunstan

A lifetime of climbing is just fine with her

By Jessica Todd Evenson



Fay on Forbidden Peak

Fay Pullen likes to share her adventures. After every trip to the mountains, she returns home to write about them and send the stories to her friends. Her trip reports are many, and of peaks that most people will never visit. In Washington, she's ventured into far reaches of the Cascades, into the far northeast and into the Olympics. Fay has systematically journeyed through Washington over the last 40 some odd years climbing everything, many times solo.

A Q&A with a Mountaineer driven by the state's peaks

On the cusp of turning 70, every year is a new adventure for the five-foot-tall Mountaineer, who just keeps on climbing. She is the fourth person, and first woman, to complete the 100 tallest peaks by the 400-foot prominence rule. She is also the 25th person to climb the 100 tallest as deemed by the Bulger List, pursued by a bevy of her fellow Mountaineers as well.

I had a chance to talk climbing with Fay between cups of joe earlier in the year and find out what drives the engine of what has for her become an outdoor lifestyle of climbing.

How did you get started climbing in Washington?

"As my husband became more of a politician, I became more of a climber." In 1965, Fay joined The Mountaineers as an intermediate climbing student. It took her five years to complete the program. She had two children, raised them to be healthy adults and was married until her husband died in 2003. From 1964 to 2003, she climbed 50 of Washington's highest peaks. In 2003, she started to become aware of the Bulger List. She looked back at her completed peaks and realized she had climbed 50 from the list; she decided to keep going.

How long did it take for you to complete the first list?

"It took me four years from 2003 to 2006 to climb the next 50 after the initial 50." At that point, she

Continued on page 20

Tips for snowshoeing with kids (continued from page 15)

waterproof shell, a hat and gloves and warm, comfortable boots.

If multiple layers aren't an option, any snowsuit or ski clothes are fine for shorter trips.

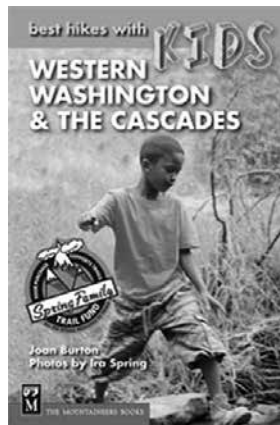
What to bring: Bring the Ten Essentials, an extra layer and an extra pair of gloves or mittens for your children. Bring high-energy snacks that are easy to eat while standing. Kids can carry some of these in their pockets, so they can eat whenever they get hungry. This helps prevent prolonged multiple stops to dig out snacks and thereby helps everyone stay warm. Bring a thermos full of hot, sweet, herbal tea, hot chocolate, or soup to enjoy during a rest stop. If your child is still in diapers, bring a small blanket and all the necessary diaper-changing gear.

Where to go: You can snowshoe on any hiking trail where winter access is permitted. Many tracked cross-country ski trails are also accessible to snowshoers. Be sure to stay off the ski track, and make or follow a separate snowshoe track along the ski trail.

How to learn more: Take a class in winter travel, avalanche safety, or snowshoeing, and explore online resources. ▲▲

About the author

Meg has been a member of The Mountaineers on and off since 1990. She graduated from the Basic Climbing Course in 1991 and her son, Luke, was born in 2004. He went on his first snowshoe trip to Reflection Lakes in a baby carrier (see photo on page 15) when he was five months old, and has been hiking and backpacking ever since. Meg has led many friends and neighbors on kid-friendly hikes and snowshoe tours. She says she is continuously learning from kids about how to enjoy the outdoors.



Two good Mountaineers resources when looking for new routes to try

Good snowshoe trips for kids

Below are a few family-friendly snowshoe routes. These and many more are described in *Snowshoe Routes: Washington*, By Dan A. Nelson, The Mountaineers, 1998. You can also consult *Best Hikes With Children* for other trip ideas.

White Salmon Creek: Beautiful river valley near Mt. Baker. Great for the whole family.

Big Four Ice Caves Viewpoint: A wide, gentle trail starting from the Mountain Loop Highway. Good for beginners and young children.

Hurricane Hill: Panoramic views of the Olympic Mountains and the Strait of Juan de Fuca. Check for road and wind conditions before you go.

Little Wenatchee River: Travel along this scenic river west of Stevens Pass and east of Leavenworth.

Mazama Ridge: Spectacular views and wide-open terrain on this ridge across from the Paradise day-use parking lot at Mt. Rainier. Suitable for older children.

Mountaineers snowshoe courses

Need to learn more about the sport so that you can feel safe and confident with your kids?

Introductory courses throughout our branches give students a solid foundation in snowshoe travel: techniques, proper clothing, gear selection, Ten Essentials, food, safety and related topics. Advance winter skills and winter travel courses take the sport to the next level, including emergency shelters, ice-ax arrest, avalanche awareness, safe route-finding and incident response. Find an overview of all our winter travel courses at www.mountaineers.org/forms/courseinfo.pdf.

The peak lists are endless (continued from page 18)

completed the Bulger List and Mountaineers climber John Roper gave her the next list, the “clean-prominence” list. Not being able to pass up a challenge, she completed that one. Now she’s working on the second 100 highest, and as of this past summer she had 21 more to go.

What has been your biggest climbing milestone?

“It was Lincoln, on the clean prominence list. It has terrible rock, but in the right snow conditions, it’s well worth the climb.” The first attempt was hampered by time and sluffing, fresh snow. The next year she went again with Tom Sjolseth, about 40 years her younger, and partners Paul and Sean. The conditions were perfect and they made the summit. The descent was tricky, she ended up rappelling through a running waterfall. She is most likely the first woman to have summited Lincoln.

What is your favorite peak in the state?

“Challenger, because it embodies mountaineering in the Cascades. It has a remote location, glacier, a challenging rock pitch at the top and multiple summits on the ridge.” She again partnered up with Tom Sjolseth, and they traveled for eight days into the northern Pickets. Tom called her up two days before the trip and said, “I’ll carry the group gear and food.” She thought he must have been really desperate. While there, they also climbed the east and west peaks of Fury and Challenger.

What peak is best to avoid?

“Custer in the Chilliwacks. It’s a pile of junk and caused me to fear for my life.”

You solo a lot. Any near misses?

She’s feared for her life a few times, most notably a solo on Mt. Formidable. She had to cross an unprotectable snow



Busting another “highest” list

traverse on her return. She recognized it as hazardous on the way up and on the way down she found the snow in the gully rotten and very soft. She started out carefully kick-stepping her way across. She couldn’t get a solid plant of her ice ax when a step broke out. The gully run-out was 100’s of feet. While falling she thought she would surely die, but the bend in the gully saved her. She ended up in the moat between the rock and snow. Legs dangling into space, she was astonished to have stopped uninjured. She pulled out the scramble rope in her pack and rappelled the rest of the way down to eventually spend a cold night outside before making her way out.

Do you feel it’s necessary to be completely self-reliant in the mountains?

“It’s essential, especially since I solo.” She’s so motivated that it’s often hard to find partners. She’s gotten really good at mastering the easiest way up a peak. Solo climbing isn’t for everyone, she says. It’s taken a lifetime of learning to trust her feelings, being honest with her own capabilities and knowing when to turn around.

What do you think of climbing in large groups?

“I’m leery of it because of the mob men-

tality that it instills.” Often she’s witnessed people go down a path just because everyone else thinks it’s a good idea. She says that’s often why they wind up in trouble. She believes it takes a lot not to be swayed by crowd mentality.

Any other words of advice for the aspiring mountaineer in Washington?

“5.7 in the mountains is not 5.7 in the crags.” Many a budding climber has gotten into trouble thinking 5.7 in the alpine is no big deal. They haven’t developed the mountain sense. Learn the essentials: route-finding, navigation, safe snow travel, reading the weather.

You must like climbing a lot!

“I like to get to the top, but I also like to climb obscure peaks. It’s the ultimate challenge because there isn’t a lot of information about the routes and therefore they feel like a first ascent. The most pleasure from climbing comes way before setting foot on the peak, while gazing at maps and trying to figure out where to go.”

What’s up next on your list?

“Gunsight Peak, while I’m working on the next-highest list.” She’d also like to climb the Painted Traverse. With a laugh she conjectured, “I may be reduced to the 100 lowest peaks someday and if I’m lucky, I’ll still be mobile in my 90’s.” ▲▲

About the author

Jessica Todd Evenson is a Mountaineers climb leader and a peak fiend in her own right. Growing up in Colorado, she quickly added the western giants, Rainier and Denali, to her tick list of accomplishments after completing Mountaineers climbing courses. She gains great satisfaction in being a mentor to other women interested in pursuing the outdoor challenges that inspire them. “In climbing it’s important to have mentors. I’ve been mentored by some very experienced folks. I’m lucky.”

But wait a minute, this really is 'badass'

A day, and night, in the life of Mountaineers President Gavin Woody

When asking Gavin Woody about his latest adventures one is inclined to say, "Bro, you are so badass!" But Gavin's collected, calm, affable disposition just doesn't portray "badass" at all.

The second-year board president for The Mountaineers pretty much takes all of his training and endurance events in stride. "I like loops because I get to see more terrain that way," he said of his latest pursuit, the Ultra Trail Mont Blanc in his old stomping grounds of Italy, where he was posted during military duty. It was to be a 104-mile, non-stop adventure run around the famed mountain, but with 31,000 feet of climbing—deemed one of the most demanding ultra-runs in the world. "The granddaddy," Gavin notes.

But weather changed the plan a little. Actually, a lot.

"Mother Nature likes to play on her terms. She decided to bring in a severe storm which dropped a foot of snow in the high mountain passes. This forced the race organizers to modify the course to 'only' 65 miles and 20,000 feet of climbing." This meant one night and most of a day running, rather than two nights and a day. Though the runners were a bit upset with not being able to do the full loop around Mont Blanc, he said, "We definitely got our fill of adventure." And mud. The European trails are straighter and much less accoutered with switchbacks than in the Pacific Northwest, so it was a lot like navigating a mud slide, he said, or glissading on mud.

As an Ironman finisher, a 2:56 marathoner, Army Ranger and West Point graduate, Gavin has tested himself in everything from demolition training to survival skills to going without food and sleep to the Running with the Bulls in Pamplona, Spain. He now

can add mud to his list of challenge chases.

In Gavin's world, it might be said that one event just serves as a trainer or conditioner for the next. He joined two others for the Triple Threat at Mt. Rainier in 2010, which reinforced his affinity for loop routes, as it included a 93-mile run around the mountain via the Wonderland Trail, but not before hopping on his bike at home,

pedaling it more than a hundred miles to Paradise at Rainier, and then climbing to the top of the mountain.

For Gavin and The Mountaineers, however, the truncated Mont Blanc event lives a longer life than many of his earlier challenges. By making his ultra-trail competition a fundraiser, he collected more than \$2,500 in donations to The Mountaineers youth programs, helping ensure the continuation of Moun-

tain Workshops, summer day camps and other outreach events to youth who are otherwise unable to explore the outdoors.

What also made Mont Blanc so special for Gavin was being able to take his then three-month-old daughter, Sienna, and his wife, Sara, with him. "They also braved the nasty weather while cheering me on. Sienna was bundled up so much that all I could see were her eyes!"

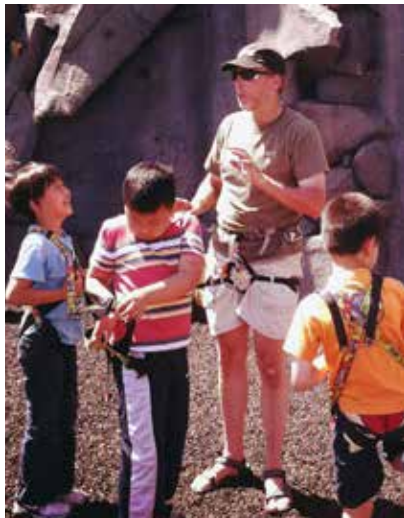
He noted that his daughter "might be a little too young" to remember the event, "but I hope to continue to inspire her to explore the outdoors." Thanks to those who supported Gavin's cause for Mountaineers youth programs, Sienna will have the company of many other kids committed to exploring and protecting our great outdoors. "I can't thank everyone enough," said Gavin.

— Brad Stracener, managing editor



Woody (far right) joined three Stanford University pals to form one of the rare U.S. teams in the Ultra

Ridding 'urban dependencies' (continued from page 13)



"I like helping kids learn more about the outdoors and overcoming what one person called 'urban dependencies.' So many kids either have never had the opportunity to leave their neighborhoods or live life through video games.

One of my daughter's friends once asked her why she didn't have Wii

video. She answered that it's because we go out and do real-life activity. I like being able to help other kids have that chance. I hope

these programs help the participants gain an increased sense of maturity and self-esteem that will translate into being better citizens who can be role models for the people younger than them."

—Chuck Cerveny

Looking towards 2013, we're anticipating another year of enormous growth in our youth programs, not only in Seattle but throughout our organization. We're proud to have a membership that is so committed to this part of our mission, and we're looking forward to another amazing year of inspiring kids to get outside.

To volunteer for our youth programs and to find a program that matches your skills, interests and availability contact beccap@mountaineers.org

Youth gain skills, knowledge to teach other youth

Many youth from The Mountaineers Venturing Crew join adult volunteers to introduce other youth to the adventure of the outdoors. Some of them recently got together with some adult mentors for an Ingalls Peak climb. (Front l to r) Micah Kornfield, Almada Moree-Sanders, Isabel Suhr, Dan Greenfield, John Porter. (Back l to r) James Pitts, Nick Randolph, Sean Mathias, Rebecca Walton and Mountaineers Education Manager Becca Polglase



Article by Brian Young
Photos by Rich Draves

Traversing the Waputik Icefield towards Mount Daly (left) and Mount Niles (right). Scott Duncan Hut is perched on right shoulder of Daly



The Wapta Icefield Traverse is a 45-kilometer ski through the Canadian Rockies along the Alberta-British Columbia border. The Alpine Club of Canada (ACC) operates four comfortable huts situated between 8,000-9,000 feet along the traverse. Highway 93 from Lake Louise offers quick access to the Wapta and Waputik Icefields, offering over 150 square kilometers of continuous glaciers and stunning terrain.

Wow . . . Wow . . . Wapta

With the help of great friends and a little flexibility in home scheduling, I've been sneaking away each spring for a week of backcountry skiing, from the shaded powder glades in Oregon's Wallowa Mountains, to por-



A different board duty for Mountaineers Board member Rich Draves and President Gavin Woody

tions of British Columbia's Coast Range and the spectacular terrain of the Canadian Rockies' Bugaboos. It was Chic Scott's description in *Alpine Ski Tours in the Canadian Rockies* that lured me to propose a trip to the Wapta Icefield Traverse. Spectacular mountains, extensive glaciers, excellent huts and easy access made our team's decision an easy one.

After dropping off one car at the West Louise Lodge on the Trans-Canada Highway, our group of six Mountaineers then piled into a pickup truck for a chilly hour-long shuttle to Peyto Lake on Highway 93. Our itinerary called for two nights at the Peyto Hut, one at Bow, one at Balfour and two at Scott Duncan.

Having reservations for multiple nights at the smallest huts offered us the greatest flexibility for the unexpected. The Alpine Club of Canada (ACC) huts proved to be quite luxurious with ample sleeping platforms, propane and stoves for cooking and melting water, dishes, cookware and outhouses. We found each stocked with recent editions of both

Freedom of the Hills and the requisite playing cards.

A quick ski down from the highway deposited us under clear skies on Peyto Lake, surrounded by alpine peaks. We skinned across the lake, then crossed and re-crossed a few feeder streams, pausing for lunch before the first

Continued on page 37

Peak Society: investing in a vision

By Rich Draves
Peak Society Co-Chair

Since January 2011, Peak Society members have provided vital unrestricted funding to sustain outdoor education and conservation programs critical to The Mountaineers' mission and in support of emerging programs and initiatives essential to our vision.



Doug Walker and I are honored to serve as co-chairs for this important giving society and have been pleased to see membership grow to over 50 members since the launch of the program almost two years ago.

At that time, The Mountaineers piloted a number of youth outdoor education programs, now part of a suite of programs that offers youth of ages 6-18 multiple pathways to learning about and engaging with the outdoors. Funding from Peak Society members was integral to the development and subsequent growth of the early programs and continues to play a large part in helping The Mountaineers:

- Expand partnerships with youth-serving organizations and grow Mountain Workshops to serve 1,650 individual youth while offering 2,640 youth experiences—up from 600 individual youth and 1,200 youth experiences in 2011.
- Increase staffing to further develop, organize and deliver consistent and sustainable quality programming, provide scholarships for individual youth and to cover group transportation costs of partner organizations.
- Expand volunteer capacity to more than 2,700 hours, enabling a 1:5 volunteer-to-student ratio resulting in more individualized instruction.
- Grow teen Venturing program for 14-18 year-olds and launch a new year-round program for youth, ages 10-13.
- Develop and provide the only teen Leave No Trace trainer course in the country.

Peak Society members provide a reliable base of support to ensure the strength of programs that advance The Mountaineers vision to educate and engage the next generation of outdoor enthusiasts and stewards of our public lands.

A heartfelt THANK YOU to current Peak Society members for taking a leadership role in support of The Mountaineers. Continued support from Peak Society members will be integral to The Mountaineers' success in achieving the vision set forth in the 2017 Strategic Plan. We hope you will consider renewing your support.

Doug and I invite 25 new members to join Peak Society with a \$500 gift. We're delighted to offer a \$500 matching gift to every new member who joins Peak Society before December 31.



Join a distinguished group of individuals who support The Mountaineers mission and share our vision to educate and engage the next generation of recreationists and conservationists by make an annual, unrestricted gift of \$1,000 or more to support The Mountaineers General Fund

Exclusive benefits:

- One-year membership to The Mountaineers;
- Recognition in Mountaineers Annual Report;
- Invitations to exclusive member social events and unique occasions to engage with influential leaders in the recreation and conservation communities;
- Periodic e-updates summarizing topical events, news and information; and
- Annual progress report detailing your impact on our programs.

Transforming young lives by sharing a legacy that is uniquely Mountaineers:

Clearly a worthy investment. Please consider joining the Peak Society or renewing your gift this year.
THANK YOU..

For more information contact Mary Hsue at maryh@mountaineers.org or 206-521-6004.



Do you ever think about how your life has been enriched by your experiences in the outdoors and with The Mountaineers?

Dear Mountaineers Members,

Your first outdoor adventure may have been about fun, challenge, the promise of new friendships, and a chance to explore new places, but on a deeper level **your Mountaineers experiences were likely transformative**, providing the opportunity for you to develop a passion and learn skills that not only enabled your success in the mountains, but also success in life. Your outdoor experiences inspired personal growth — and a connection to the natural world.

You are not alone. Outdoor adventurers — young and old — have turned to The Mountaineers for opportunities to get outside, learn a new skill and connect with a community that loves the outdoors.

For over 100 years, The Mountaineers has enabled these transformative experiences and **our members, the and the natural world are better for it**. Providing information, training and opportunities for people to get outside is the mission of The Mountaineers. We also understand the importance of **protecting the places that inspire, excite and challenge us**, leaving them better than when we arrived because our way of life depends on others experiencing the same wonder and joy. **Members like you play a critical role in making this community the best that it can be**. We rely on your membership and participation to sustain our efforts and on your generous financial gifts to help us develop and grow our programs for the betterment of the community and the natural world. Here are key ways that The Mountaineers is serving our community:

- **We get people outside and create community** by providing programs designed specifically to engage people in a lifetime of outdoor pursuits. A dedicated corps of volunteers lead or instruct more than 2,500 trips and courses annually - an average of seven per day!
- **We create responsible recreationists and outdoor advocates**. Over the past year our Backcountry Impacts Skills Clinics have reached over 500 students in Mountaineers courses across multiple branches. Our conservation e-newsletter reaches 12,300 readers and our magazine 12,000 readers — advocating further on your behalf to ensure access and protection for our favorite places.
- **We inspire and educate the next generation of outdoor adventurers** by reducing screen time and increasing outdoor time. In only two years, The Mountaineers youth education programs have grown to offer over 2,600 outdoor experiences to more than 1,600 young people.

Did you know that The Mountaineers was doing all this good work on your behalf? We rely on your generous financial gifts to help us sustain outdoor education and conservation programs critical to our mission and to support emerging initiatives essential to our vision. I hope this letter gives you a sense of the impact you can make with your gift. While every dollar helps make a difference, I ask you to please consider making a generous tax-deductible gift of \$100 or even \$1,000 to help us inspire people to get outside, develop a passion and learn skills that will not only **enable success in the outdoors, but also success in life**. Thank you for your consideration.

Sincerely,

Martinique Grigg
Executive Director, The Mountaineers



Tyler Mitchell photo

North Cascades wilderness grows

The North Cascades just got a little wilder. On September 14, Secretary of the Interior Ken Salazar administratively added 3,559 acres to the Stephen Mather Wilderness Area, which includes parts of North Cascades National Park and the Ross Lake and Lake Chelan National Recreation Areas. The newly protected area encompasses the Thunder Creek Valley, follows Thunder Arm of Diablo Lake, harbors lush, low-elevation, old-growth forest, and provides shoulder-season hiking opportunities out of the Colonial Creek Campground.

The Washington Parks Wilderness Act of 1988 originally identified the Thunder Creek Valley as potential wilderness, but the area was not federally protected due to plans by the City of Seattle to harness Thunder Creek's aquamarine, glacial waters for hydropower development. However, the 1988 act that created a swath of protected wilderness areas within Olympic National Park, Mount Rainier National Park and North Cascades National Park Service Complex, also included a provision that the Thunder Creek potential wilderness area could be administratively designated at the direction of the secretary of interior, if and when non-conforming uses are terminated. Since the City of Seattle abandoned its hydropower plans on Thunder Creek, and with no other uses planned for the area, the secretary was able to designate this area as wilderness, in accordance with the 1988 Washington Parks Wilderness Act.

The Mountaineers, along with 12 other conservation and recreation groups representing the state, sent a letter to Secretary Salazar supporting an administrative designation. The addition marks the first lands managed by the National Park Service to have been added to the state's national wilderness system in 14 years.



Katha Miller Winder photo

Celebrate Kitsap salmon run

The Mountaineers invites all ages to celebrate the return of the salmon to its Kitsap Peninsula property on Saturday, November 10. The Mountaineers Kitsap Branch is partnering with various agencies, organizations and the Suquamish Tribe to conduct a series of Salmon Safaris from 10 a.m. to 2 p.m. along Chico Creek.

The day will include a restoration site tour, informational booths, refreshments and views of migrating chum salmon. Discussions about salmon will be held hourly by biologists.

For more details visit www.kpud.org or call the Kitsap County Open Line at 360-337-5777.

WSU Extension, UW Sea Grant Program, Kitsap County Surface and Storm Water Management, Great Peninsula Conservancy, Suquamish Tribe, Kitsap PUD and The Mountaineers Foundation are joining The Mountaineers to present the event.

Global warming: separating fact from hype

Continuing its series of lecturers in 2012, The Mountaineers Seattle Branch Naturalists will host Cliff Mass, University of Washington professor of atmospheric sciences and author of *Weather of the Pacific Northwest*, on Thursday, November 8, at The Mountaineers Program Center in Seattle.

Mass, also a well-known blogger about all things pertaining to climate in our region, will present "Global Warming over the Pacific Northwest: Separating Fact from Hype," beginning at 7 p.m. Attendance is free for Naturalist Study Group members. There will be a \$5 admission fee for all others, including the general public.

Alaska's Arctic: through the eyes of author, explorer

WHAT: *On Arctic Ground: Into an Unknown Corner of Wild Alaska*, free to the public; book purchases and author signing will follow.

WHO: Debbie S. Miller, award-winning author, teacher, Arctic explorer, photographer and conservationist.

WHEN: November 15 at 7 p.m.

WHERE: Mountaineers Program Center, Seattle. Sponsors include The Mountaineers, American Whitewater, Braided River, and Alaska Wilderness League.

In the far northwest corner of Alaska lies "the Reserve," a 23-million acre stretch of land defined by wild river valleys and wide-open tundra. Home to indigenous Inupiaq Eskimos, America's largest caribou herd, the Arctic's highest concentration of grizzly bears, millions of nesting birds, and the world's largest Arctic dinosaur bone bed, the Alaska National Petroleum Reserve is also the largest single unit of public lands in the United States.

Author and explorer Debbie S. Miller has spent years trekking this wild corner of the 49th state and will present a special multimedia presentation about the region on Thursday, November 15 at The Mountaineers Program Center.

Based in Fairbanks, Miller will share personal stories of her northwest Alaska explorations and her recent experience of whitewater canoeing more than 600 miles of the Reserve's rivers, including the Colville, Nigu, and Etivluk.

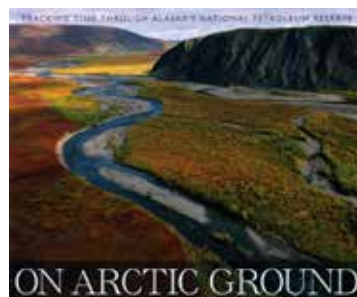
The presentation, to begin at 7 p.m., is based on Miller's new book, *On Arctic Ground: Tracking Time Through Alaska's National Petroleum Reserve* (July 2012), published by Braided River, the conservation advocacy imprint of The Mountaineers Books. It is the first book of photography and essays exploring the wildlife, landscape, history and people of the Reserve, with a preface written by former Secretary of the Interior Bruce Babbitt.

The book also features original essays from wildlife biologist Jeff Fair as well as an essay and audio download by noted Alaska writer and soundscape artist Richard Nelson.

Paleontologists Jack Horner and Patrick Druckenmiller share recent research associated with dinosaur studies in Alaska's Arctic, and stunning photographs come from an outstanding group of nature photographers including Steve Kazlowski, Patrick Endres, Hugh Rose, Joel Sartore, Florian Schultz, and many more. ▲▲



Author Debbie Miller



BRAIDED RIVER

Untracked runs, scenery, culture, comfort: the Swiss Alps



By Patti Polinsky

Have you ever thought of sightseeing the Alps on skis? There you can find a lift to the peak and not one groomed trail to the base. Here there are over 200 lifts on one ski

pass. And after a day on the snow, you can enjoy a hot tub or sauna before having a grand, multicourse dinner at your hotel while watching the sun set on snow-covered peaks.

Where else in the world are

conversations so encouraged and cultural ways exchanged as joyfully as at a mountain hut in the Alps?

In the Port de Solei the lifts and runs connect 14 mountain villages spread over 40 miles. Many huts are perched on a promontory with expansive views of the many peaks. Here you will find a unique hut at Babeths where you may share a small table with people from many countries.

Verbier, Switzerland, with a catching, exuberant atmosphere, boasts four valleys and 100 lifts, looking both north into the Rhone Valley and the historic city of Sion, and south into Italy. Here, as in Port du Solei, even non-skiers walk on prepared winter walking trails and can take

the lift up the mountain to sit on plastic sleds and slide down the ski slope. Crazy you say? These sleds are the moving slalom poles for skiers and riders!

The unique trips offered by the Mountaineers Global Adventures are led by experienced members, such as Patti Polinsky for this Alps adventure. Trips often include sites of history, villages and museums that offer a glimpse of the culture. They are always well planned and well scouted. They are true adventures, often adding activities when the opportunity presents itself.

For more about the Alps ski trip, including an online preview, see the trip listing below.

Cross-country ski Italy's Dolomites

Jan. 24-Feb. 10, 2013

The Dolomites, in northern Italy and known as the South Tirol, are famous in summer as a walking paradise. Europeans also know them as a winter wonderland of sparkling snow under the warming Italian sun where you find hundreds of kilometers of ski tracks under towering rock walls, and where European cultural amenities and magnificent views make for an unforgettable experience. **Price:** \$2,450 with 12 participants, and \$2,550 for 8-10 participants. **Leaders:** Shari Hogshead and Paul Gauthier, skimntr@aol.com, 425-260-9316.

Backcountry ski Oregon's Wallowas

Feb. 2-8, 2013

(For intermediate to advanced skiers.) Oregon's Wallowa Mountains are known as "Little Switzerland." Ringed by peaks almost 10,000 feet high, the ski terrain boasts abundant north-facing powder slopes, ensuring

fresh tracks well after a storm, plus non-technical summits. Camp Norway is located on the southeastern edge of the Eagle Cap Wilderness at 7,000 feet and hosts a 20-foot diameter, double-decker yurt with a complete kitchen, dining area and sleeping loft with mattress pads, large sleeping bags and fresh liners. The toilet is outside. There is also a wood-fired sauna to soothe your tired muscles. We will self-guide and self-cater for five days of skiing exclusively to ourselves. **Price:** \$600 includes snowmobile in, Norway Yurt, and guide the first day. Register online by Nov. 30. Limit 7. **Leader:** Craig Miller, craigmiller@comcast.net.

Ski Swiss-French Alps

Feb. 28-March 17, 2013

Trip preview: www.youtube.com/watch?v=hEkwOsEO7SI. See the article above for details about this trip. **Price:** \$3,450 based upon 12 participants at a rate of 1 Euro = \$1.35. **Leader:** Patti Polinsky, MeanySports@me.com, 206-525-7464. The group is limited to 14 to ensure a relaxing vacation for all.

Trek Austria's Zillertal hut-to-hut

Sept. 7-22, 2013

This outing combines spectacular alpine scenery, European culture, and great hiking. Our 50-mile loop has it all: glaciated 11,000-foot mountains, high alpine passes, deep valleys, waterfalls, gemsbok mountain antelopes, and alpine roses.

The route requires no technical expertise, but expect long, strenuous days and some alpine scrambling with fixed cables and ladders. These huts are large inns/guest houses where we will meet other international trekkers and climbers, hear foreign languages, share wholesome food family style, hear classical music, and sleep in dormitories. Carry only a daypack. The eight huts have food and bedding.

Price: \$3,000. Please complete the website application by Feb. 1. **Leader:** Craig Miller, craigmiller@comcast.net.

Trek Nepal's Mustang, the Forbidden Kingdom

Oct. 5-25, 2013

Himalayan trekking, climbing preview: Come to a free, two-part program about Himalayan trekking and climbing! The program will be Friday, January 11, 2013 at 7 pm in The Mountaineers Program Center. In the first part, we will show slides from The Mountaineers 2012 Nepal Ultimate Mt. Everest trek and Mera Peak climb. In the second part, Craig Miller will discuss The Mountaineers 2013 Nepal Mustang Trek. This outing combines a moderate trek with views of giant Himalayan peaks, Tibetan Buddhist culture, mountaineering history, and spectacular airplane flights. Highest altitude is only 12,595 feet. We will camp in tents. Porters will haul your overnight gear, so you carry only a daypack. **Price:** \$3,500. Please complete the website application by March 1. **Leader:** Craig Miller, craigmiller@comcast.net.

Visit www.mountaineers.org for all details on Mountaineers global adventures

Outdoor centers provide an outdoor lifestyle through the generations

(continued from page 17)

you can run things at work."

His dad, a former superintendent at Seattle City Light, agreed. "(Being lodge chair) was great training for my job at City Light. The volunteers at the lodge were very interested and willing, intelligent and enthusiastic, but really had no (building) skills. Eventually we had a great group of workers and women going up between the rafters to hammer nails."

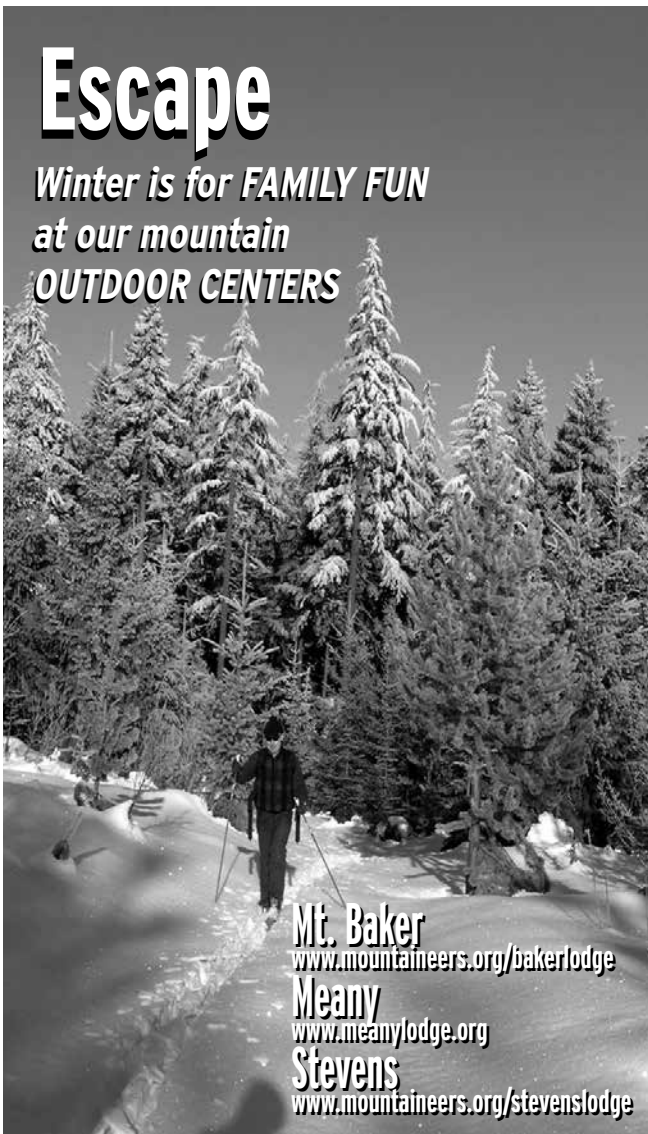
"I guess they thought the old man is having so much fun, why not do the same?"

—John Hansen

But it is the sheer fun of spending time at Stevens that has hooked the Hansens. "I found it a great place to grow up and be around, as have my kids. There are some phenomenally great people at the cabin and we have great fun together," said Tom.

And John said it is especially rewarding to see his grandson, Eric, step into the reins as chair after being away at school in California for a couple years and taking a job in Portland, Oregon. A graduate of the California Maritime Academy, Eric was lucky enough to eventually be offered a job in Seattle, closer to the family outdoors tradition.

His grandfather speculated on why succeeding generations of the family have made such a tradition of the outdoors and life at Stevens Lodge. "I guess they thought the old man is having so much fun, why not do the same?" ▲▲



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Book tells of life in a rowboat shared by four over 70 days

A determined group of four Northwest college friends first made headlines in 2006 for a 3,200-nautical-mile rowing race across the North Atlantic. Young graduates of the University of Puget Sound, the friends formed a team called Ocean Adventure Racing Northwest (OAR Northwest), and they not only won that 2006 race from the ports of New York City to the shores of Cornwall, England—they earned a mention in the *Guinness Book of World Records*.

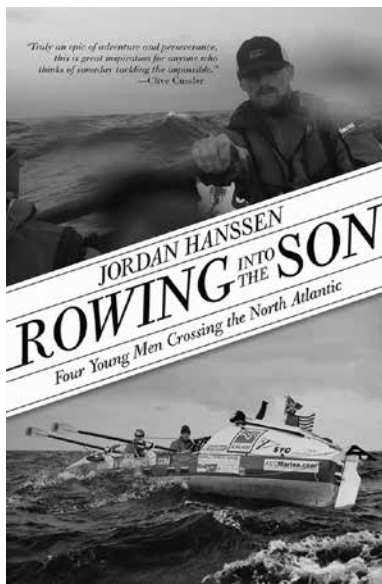
Lead OAR Northwest rower, 31-year-old Seattle resident Jordan Hanssen, has recently written a book about the preparation and local community support for their unprecedented race, what it's like to spend 70-plus days at sea in a cramped 29-foot rowboat, and the beauty of camaraderie amidst the open ocean.

"Too often in our lives we are told what we cannot do. Hanssen's story deftly accomplishes the opposite. It might not catapult you into a rowboat, but be warned; you may be enticed to alter course."

--Jill Fredston, author of *Rowing to Latitude: Journeys Along the Arctic's Edge*

This winter Hanssen and his fellow OAR Northwest rowers are embarking on a new adventure—this time an unassisted row from Dakar, Senegal to Miami, Florida over an estimated 60-80 days.

Hanssen says one of the biggest challenges of the team's new



Seattleite Jordan Hanssen and team's 3,200-nautical-mile race across the ocean is captured in his Mountaineers-published book, *Rowing into the Son: Four Young Men Crossing the North Atlantic*

endeavor is compatibility.

"We have a few new members this year on the OAR Northwest team, so unlike the 2006 row, our crew has not been living together for the 18 months beforehand. So I think it will be a challenge to be that close to one another for that duration of time—four grown men in a rowboat doesn't leave much room for alone time!"

Another new challenge, he notes, is the amount of "real-time communication and science studies we are committed to throughout the row; essentially we have a 60-foot yacht's worth of electronics packed into our 29-foot rowboat." Working in tandem with a few academic researchers, the team will be measuring its sleep patterns and taking water quality samples of things like pH, carbon dioxide, temperature, salinity, and dissolved oxygen. It will also track environmental data such as barometric pressure, and observations of the wind, waves and clouds.

Hanssen realizes that the load of 70 days together, tasked with a very formidable rowing objective and data gathering while starved for sleep and food, will be more than annoying. The obvious question: What will drive him to persevere? He points to his basic philosophy in life.

"I think that each and every one's existence is a piece of art that you work on throughout your life, and some of the best artistic tools and palettes can be found in the outdoor environment. I also believe with all my heart that hard things are simply worth doing sometimes." ▲▲

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Share the gift of Mountaineers membership

This time of year always inspires reflection and gratitude. In keeping with the season, The Mountaineers is grateful for the support of its members and its community partners—we couldn't do what we do without you!

At our core, we believe that everyone needs and benefits from a personal connection to the natural world, and inevitably, that connection will inspire caring. Membership in The Mountaineers means connecting to a wider community of like-minded outdoor enthusiasts to explore, learn about, care for and enjoy the wild places of the Pacific Northwest.

Holiday giving: Do you know someone who would benefit from this connection? **Now is a perfect time to join** with lots of new courses starting up, our Mountaineers lodges about to open for winter fun, and more valuable member benefits than ever. Help us spread the word by giving a **gift membership** to your friends and family. Current Mountaineers members can take the **"each one reach one"** challenge and bring another new member into The Mountaineers community. You can also personalize a gift membership with a favorite Mountaineers Books title, M-logo water bottle, hat or tote bag. Contact Member Services for more information.

LOOKING AHEAD

BANFF MOUNTAIN FILM FESTIVAL (see the ad at right for more details).

- **Seattle - November 28-30**, three nights (same film lineup) at The Mountaineers Program Center, Seattle.
- **Olympia - December 1-2**, two nights (different films each night) at the Capitol Theater, Olympia.
- **Tacoma - December 3-4**, two nights (different films each night) at the Rialto Theatre, Tacoma.

MOUNTAINEERS HOLIDAY BOOK SALE at The Mountaineers Bookstore located in The Mountaineers Program Center. (See the ad on the back cover of this magazine.)

Members ONLY: Tuesday, November 27, 5-9 p.m.

Open to ALL (including Seattle Banff film-goers): Wednesday-Friday, November 28-30, 9 a.m.-9 p.m.

SKI SNOQUALMIE SUMMIT - Members can get discount lift ticket coupons to ski Snoqualmie Summit this winter. (A limited number are available from November to January; contact Member Services for more information.)

Membership pays; take advantage of your benefits!

They include member pricing on trips and courses, Snoqualmie ski vouchers, member ticket prices to Banff Mountain Film Festival and other events, lodge stays at member rates, pro discounts from numerous community retail partners and manufacturers. The list goes on. For **a complete list of member benefits and how to access them**, log onto our website and check out our **Member Benefits** page: www.mountaineers.org/membership/benefits.cfm. You may also contact **Member Services:** info@mountaineers.org, 206-521-6001. As a mission-driven 501(c)(3) non-profit, all but \$10 of your dues are tax-deductible, and your annual dues provide The Mountaineers with vital support to continue our recreation, education and conservation efforts in the community.



NOV 28, 29, 30

**WED, THU • SEATTLE (ALL SOLD OUT!)
A few tickets may be available at Program Center door just before the show**

DEC 1-2

**SAT, SUN • OLMPIA CAPITOL THEATER
Tickets: theater box office, Turtle Tickets and Alpine Experience**

DEC 3-4

**MON, TUE • RIALTO THEATRE, TACOMA
Tickets: Broadway Center box office**

Welcome to our seven branches of The Mountaineers

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

BELLINGHAM



Vice Chair: Minda Paul

Website: bellinghammountaineers.org.

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

Learn more

In most months other than summer, the branch hosts a meeting and slideshow for prospective members and new members to better orient them to branch offerings:

COURSE INFORMATIONAL MEETING, TUE., NOV. 13 - Learn all about the 2013 Alpine Scrambling and Basic Climbing courses offered by the branch 7:30 p.m. at Backcountry Essentials in Bellingham. Open to all!

EVERETT



Chair: Louis Coglas, earthhumor@comcast.net

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—now with over 850 members—to hold its centennial celebration in 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.

Learn more

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 next meetings are **Nov. 7** and **Jan. 2**; the presentations will be by Mountaineers member Tom O'Keefe, the Pacific Northwest stewardship director for American Whitewater, and Everett backpacker Roy Holman, respectively. 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.

MEMBERSHIP MEETING/WINTER COURSE NIGHT, WED., NOV. 7. "Don't Let Winter Escape from You!" Learn all about Everett's winter courses and courses next spring—from backcountry skiing, to winter travel, to climbing and scrambling. Bring a friend, family members or co-worker to learn what The Mountaineers do! The fun starts at 7 pm at the Snohomish County East Administration Building, 3000 Rockefeller, Room F107, Everett.

JOHN ROSKELLEY TO SPEAK: Legendary mountaineer John Roskelley will be guest speaker at the Everett Mountaineers Awards Banquet to be held at the Medallion Hotel in Smokey Point on Saturday, **Nov. 10**. Make reservations in advance through the branch website. No host social begins at 5 p.m., dinner at 6 p.m.

SKI, BASIC CLIMBING COURSES OPEN:

Enrollment for Backcountry Ski and Snowboard as well as Basic Climbing are now open. Visit www.mountaineers.org to register online.

HELP RESTORE TRAILS & LOOKOUTS:

For more details about volunteering, contact Forrest Clark, LOTM@everettmountaineers.org.

FOOTHILLS



Chair: Fran Troje, foothills.branch@gmail.com.

Website: foothillsmountaineers.org.

The newest neighbor in The Mountaineers hood, Foothills Branch is continuing to add new programs and adventures to its offerings, year by year.

Covering communities on the Eastside, from Bellevue all the way to Ellensburg, the branch offers opportunities for safe and enjoyable outdoor recreation year-round.

The branch offers conservation and recreational access advocacy, hiking, photography and skiing. As its membership grows, the branch is looking for **volunteers** to steer current and new programs, and provide new ideas for additional programs. You might even want to become one of our leaders or instructors! We can put you on that trail. Just notify Foothills Chair Fran Troje, foothills.branch@gmail.com, 425-746-6726.

Learn more

The Foothills Branch meeting for new and prospective members is held most months throughout the year. They start with a socializing session at 6:30 p.m., which is followed by a brief update on branch goings-on and a feature presentation at about 7:20 p.m. Meetings are held in Issaquah at the King County Library System Service Center. See the branch website for the latest information on the next meeting.

SKI AND SNOWBOARD MOUNTAINEERING COURSE -

Registration is open until November 9. Learn to ski safely in most backcountry destinations in the Pacific Northwest. Register via www.mountaineers.org.

AVALANCHE AWARENESS/COMPANION RESCUE COURSE -

Registration is open until November 16 for the Foothills avalanche course. Register via www.mountaineers.org.

KITSAP



Chair: Mike Raymond, branch@kitsapcabin.org.

Website: kitsapmountaineers.org.

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

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

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

Learn more

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

SALMON SAFARI TOURS: SAT., NOV.

10 - A host of conservation organizations, county and state agencies, as well as tribal authorities, have joined The Mountaineers Kitsap Branch for one full Saturday of learning about salmon at The Mountaineers properties on the Kitsap Peninsula. The public is invited to participate in guided tours along Chico, Dickerson, Wildcat and Lost creeks in the Rhododendron Preserve during the prolific spawning run of chum salmon. Tours will be provided from 10 am to 2 pm. Visit the branch website for more info.

PHOTO SHOW ENTRIES DUE DEC.

31 - The annual Kitsap Branch Photo Show will be held at 7 p.m. on **Mon, Jan. 7** at the Norm Dicks Government Center

in Bremerton. This year we are proud to include a new feature: Our friends at The Mountaineers Foundation are sponsoring a photo contest featuring photographs taken on Mountaineers Foundation's Rhododendron Preserve property which adjoins The Mountaineers Kitsap Cabin/Forest Theater property. This contest is open to the public. Winning photographs in three categories will be featured on The Mountaineers Foundation's website, www.preserveoldgrowth.org. Categories are Rhododendrons, Salmon/Water, and Forest. Each category has winners for spring, summer, fall and winter. Photos must be taken on the Rhododendron Preserve. Winners will be announced at the photo show.

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

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

OLYMPIA



Chair: Carla Jonientz, carlajonientz@yahoo.com.

Website: www.olympiamountaineers.org.

The fastest growing of the branches, the Olympia Branch has been offering Mountaineers programs and training to the South Sound for more than 45 years, including hiking, skiing, sea kayaking, snowshoeing, backpacking, climbing, outdoor leadership, and naturalist activities.

Learn more

MEET THE OLYMPIA BRANCH AT OUR POTLUCKS. The Olympia Branch holds a potluck and special adventure presentation for prospective, new, and current members on the first Wednesday of each month from September through May, excluding November. It is held at the Olympia Center, 222 Columbia St. N.W., in rooms 101-102. The next meeting is Dec. 5. Socializing and the potluck meal begin at 6 p.m. The adventure presentation begins at 7 p.m. This is a great opportunity to meet fellow Mountaineers, share ideas, learn about others' escapades, and connect with a greater community of outdoor

enthusiasts. Contact Carolyn Burreson at cburreson@q.com if you have questions. You can also request library materials for pick up at the potluck (see Branch Library listing below).

WED., DEC. 5 POTLUCK AND ADVENTURE PRESENTATION: Come see photos from a 2011 trip to the Dolomites and Gran Paradiso in Italy and learn about Dolomite ecosystems and flower meadows. In 2009, the Dolomites were recognized as a UNESCO World Heritage Site for its incredible mountains and unique ecosystems. Presenter Kevin Head has explored the wild lands of the West for thirty-five years, exploring flower meadows at peak season. In 2011, Kevin and his wife Julia Brayshaw did a six week trip to Germany, Italy and England. Kevin is a teacher in the North Thurston Public Schools at South Sound High School.

THE POTLUCKS ARE MOVING IN JANUARY. We will use the Friends Meeting Hall at 3201 Boston Harbor Rd. N.E.

IF YOU WANT MEMBERSHIP INFORMATION about The Mountaineers, to have a membership brochure sent to a friend, or if you have moved and don't want to miss an issue of the bimonthly *Mountaineer* magazine, send an e-mail to olymountaineers@gmail.com. Please include your mailing address so that we can send you a membership packet.

THE ANNUAL BANQUET will be held on Sat., Nov. 17 at the Worthington Center at St. Martin's University. This year our guest speaker will be mountaineer extraordinaire Dave Hahn. Check the branch website for details on tickets and the program.

THE BANFF MOUNTAIN FILM FESTIVAL WORLD TOUR comes to **Olympia's Capitol Theater** the first weekend in December. Our program features a balance of long and short films on adventure, culture, the environment, and thrills. Each night offers a different line-up and over two hours of films. Get your tickets in advance at The Alpine Experience in downtown Olympia or online at Ticket Turtle. The shows are on **Sat., Dec. 1**, at 7 p.m. and **Sun., Dec. 2**, at 6 p.m. Tickets are \$14 for Saturday, \$12 for Sunday, and \$23 for both nights when purchased together. A discount of \$2 is available for Sunday night single tickets to Mountaineers, Olympia Film Society members, students, and military with ID.

BRANCH ELECTIONS were held this summer for the positions of chair elect, secretary, and board representative. Congratulations to the winners! Mike McIntosh is the new chair elect, Henry Romer our new board representative, and

Continued on page 34

Mike Kretzler will take over as secretary. Thanks to all who voted.

THE OLYMPIA BRANCH BOARD meets every month at 6 p.m. on the second Wednesday of the month. The next meetings are **Nov. 14** and **Dec. 12**. Both meetings are held at the Alpine Experience in the Hyak Room. Members are encouraged to attend.

ORIENTATION-INFORMATION NIGHT: Our annual orientation information fair will be held on **Mon., Jan. 14** at St Martin's Worthington Center (5300 Pacific Ave. SE, Lacey, WA, 98509) between 6:30 and 8:30 p.m. This is your—and your friends'—best chance to learn about upcoming courses, talk to activity representatives, and join The Mountaineers.

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



SEATTLE

Chair: Timmy Williams, mtnrtimmy@clearwire.net.

Website: seattlemountaineers.org.

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

Learn more

The next **MEET THE MOUNTAINEERS** will be held Sat., September 8 during OutdoorsFEST at The Mountaineers Program Center. Learn about all things Mountaineers and take in this salute to the outdoors.

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 Se-

attle Branch offers a free Beginning Hiking Seminar most months. They begin at 6:30 p.m. on **Nov. 15** and **Dec. 13** at The Mountaineers Program Center. Though they are free, it is requested that participants register online for these seminars to make sure there is enough seating available.

BANFF FILM FESTIVAL: NOV. 28-30 Though the Friday show of this annual extravaganza is sold out, you may still be able to gain tickets to the Wednesday and Thursday screenings of this sellout event. Tickets are available at Brown Paper Tickets. Join the fun with food vendors, a raffle and plenty of beverages at The Mountaineers Program Center. Doors open at 6 p.m. and the shows start at 7 p.m.

FOLD DANCING: Each Tuesday at The Brig in Magnuson Park, just southeast of The Mountaineers Program Center. What kind of music do we play? Traditional folk dances plus line dances, sets (squares or contras), mixers, waltz, polka, hambo, two-step variations and patterns along with ragtime, foxtrot, swing, tango and more. No partner needed; come by yourself or bring a friend. Admission: \$6 Mountaineers, \$7 non-members. Age 30 and under free. See www.mountaineers.org/seattle/folkdance.

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

TACOMA

Chair: Geoff Lawrence, geoff.lawrence@tacomamountaineers.org.

Website: www.tacomamountaineers.org.

The second largest of all seven branches, Tacoma hosts its own program center and hub (soon to be renovated and expanded) in the quaint Tacoma neighborhood of Old Town near Puget Sound. Close to Mt. Rainier and to yet another Mountaineers property, Irish Cabin on the Carbon River, Tacoma Branch offers an extensive list of activities and courses in 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.

Visit our website and browse through our activities, our events calendar, the "Who We Are," and learn about us..

Learn more

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

EDGEWORKS CLIMBING GYM has announced an approximately 15 percent membership discount to all Mountaineers! For more details visit their website at <http://www.edgeworksclimbing.com>.

FOLKDANCING: On the fourth Saturday, Sept.-April, the branch offers Scandinavian folkdance, waltzes, Schottische, polka and mixers at Normanna Hall at 7 p.m.. \$10 admission; no registration required. Contact Karen Goettling, 253-759-3731, karengoettling@gmail.com, for more

MOUNTAINEERS-WIDE PLAYERS:

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

Join us next spring for our spring musical, "Narnia" (based on C.S. Lewis' *The Lion, the Witch and the Wardrobe*). Watch our website for audition dates (at the end of February) and plan to audition or be part of the "behind-the-scenes" contingent. It takes many volunteers to produce the quality of shows that Kitsap Forest Theater is known for. Watch our website for the announcement of next year's summer show.

And just because our shows are over doesn't mean that we stop working at the Kitsap property. There are work parties scheduled for the fall to work on theater roofs and to finish the yurt decking, not to mention other projects. Please volunteer your resources (time and money) to help us keep this incredible property flourishing. Contact 206-542-7815 to volunteer, donate or get further information.

The Kitsap Forest Theater and Kitsap Cabin and Kitsap yurt are available for rental. Please see "Outdoor Centers" on the next page for further information about rentals, or call 206-542-7815 for more information.

Visit www.mountaineers.org to access our entire community of Mountaineers branches

outdoorcenters

Mountaineers lodges are open year-round for members and guests. Reservations are made through a prepay system which accepts payment by either credit card or a check. If paying by credit card, simply call 206-521-6001 by 5 p.m. (for all lodges except Meany which is via www.brownpapertickets.com; 800-838-3006) on the Thursday prior to the weekend. If paying by check, the payment must be received by 5 p.m. Thursday prior to the weekend you wish to reserve. All we ask of you thereafter is to call the program center, 206-521-6001, by 5 p.m. on Thursday to confirm that your payment has been received and that a reservation has been secured. **Cancellations:** All cancellations, except for Meany, must be made at the program center by 5 p.m. on the Thursday before the lodge visit. The cooks need to know you're coming! This is also the refund deadline.

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 Co. (www.mtbaker.us). Within a short distance from the lodge there are a number of snowshoe routes and cross-country ski trails (www.nooksacknordicclub.org/overview.php). Check out the Baker Lodge website via www.mountaineers.org (click "Lodges & Centers," then go to "Baker Lodge, Register") or www.mountaineers.org/BakerLodge for updates and details on openings this winter.

Thanksgiving Weekend, Nov. 21-25:

We will be serving our Annual Homestyle Thanksgiving Dinner with traditional dishes, as well as attention to vegetarian and gluten-free needs, around 6 pm, Thursday, Nov 22. This is usually a laid-back, low-key weekend of relaxation, spent hiking, conversing, and reading. Music is always welcome, especially during prep time. You may bring wine or beer for dinner (but store in your car please and be respectful of any objections). The lodge will open Wednesday evening and the first meal served will be Thursday breakfast; the last a Sunday lunch. We need a minimum of 20 people to keep the lodge open. Please check the weather forecast; in the past few years it has ranged from three feet of new snow, to gorgeous sunny skies, to pouring rain.

Holiday Week, Dec. 26-Jan. 6: Bring your family and join us for a wonderful week-and-a-half of winter outdoor recreation. The first meal served will be Wednesday, 12/26 dinner; the last a Sunday, 1/6 breakfast. NOTE: the online reservation will be divided into two sections, 12/26 to 1/2 and 1/2 to 1/6, so you will need to sign up in two places if your desired vacation spans both timelines.

Reservations: At times during the season, Mountaineers activity groups have signed up for specific weekends. Even though groups may be scheduled for a weekend, unless otherwise indicated, the lodge is open to the public on all dates, with reservations on a first-call basis through online registration or by calling 206-521-6001. Payments are made at time of reservation with credit card. Questions can be answered by visiting the Baker Lodge website, www.mountaineers.org/



The Baker Lodge kitchen crew will be serving its homestyle Thanksgiving fare November 21-25 at the lodge.

BakerLodge, or by contacting Judy Sterry, 206-366-2750, or Bill Woodcock, 206-696-6127.

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

Winter Schedule & Rates: Baker Lodge is open all weekends from Thanksgiving through early April, provided there is adequate snow and numbers of guests. Please click on "Calendar and Reservations" in the upper right corner of the Baker Lodge website's home page at www.mountaineers.org/BakerLodge. We welcome the public, all ages and abilities. If you wish to bring young children (3 and under), please call the weekend host prior to registering to learn about accommodations, hazards, diapers, etc.

Amenities: The lodge is normally open by 7 or 8 p.m. on Fridays and often earlier. If you need a more specific opening time, please call the host listed online.

Trail lights from the parking lot to the lodge are on until 10:30 p.m. and the trail is

marked by flagged poles. If you arrive after 10:30 p.m. be prepared with a flashlight or headlamp. Each person should bring a sleeping bag, pillow, personal gear and a flashlight. Cars should have a shovel and chains. Saturday/Sunday breakfasts and Saturday dinner are served on weekends.

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

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

Continued on page 36

outdoorcenters

of Mt. Baker with a fantastic view of Mt. Shuksan. Couples or friends can team up with other couples or singles to serve as hosts. Families could come together and welcome other families for a family weekend, etc. Hosts stay for free!

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

Kitsap Cabin

Are you looking for a unique venue for your event or celebration—weddings, meetings, birthday celebrations, corporate events, concerts, workshops, reunions or retreats?

The Kitsap Forest Theater, Kitsap Cabin and the Kitsap Yurt are perfect “getaways” for you and your family, friends, business or group. The theater is a perfect venue for outdoor occasions. The cabin is outfitted with wireless internet, tables, benches, a fully functioning kitchen, dishes/silverware/glasses etc., fireplace and outdoor ambience. The yurt is 27’ in diameter with an oak floor, electricity and lighting. We also have a bunkhouse with bunk beds and mattresses (guys’ and gals’ sides) 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 stands of fir on the Kitsap Peninsula.

Fall is a great time to visit this unique and special place. Please contact us for details and pricing: 206-542-7815.

Meany Lodge

Informational emails: To keep Mountaineers up to date on Meany Lodge events, we send emails roughly once or twice a month. Some are geared toward specific events. If one interests you, visit our website at www.meanylodge.org and fill out the requested information.

Fall work parties: Fall work party season starts Sept. 8-9 and runs every other weekend until Nov. 3-4. These are the weekends that unretired Meany volunteers get things ready for winter. Whether it is one day or a couple of hours, we really do planned. Visit www.brownpapertickets.com/event/264388 to sign up for a work party.

Mushroom Weekend: In conjunction with the Puget Sound Mycological Society, the Annual Fall Mushroom Weekend will be held October 26-28. Learn what types of fungi can grow in the Pacific Northwest, how to find them, and how to cook them.

Price Friday-Sunday is \$140. Saturday-Sunday is \$100. Visit http://www.meanylodge.org/fall/mushroomwknd/12_mushroom.html for basic info and <http://www.brownpapertickets.com/event/250315> to reserve.

Meany Lodge Season Pass: Ski season is not too far around the bend, especially regarding a discounted Meany season ticket. Purchase the pass before Dec. 1 and get the discounted price: adult \$450, child \$300. On and after Dec. 1, it will be adult \$500, child \$350. Visit <http://www.brownpapertickets.com/event/252186> to buy one.

Winter sports program: See www.meanylodge.org/winter/ski_program.html to learn all about family-fun lessons for all ages, 4+ to 80-somethings, and of all abilities, taught by certified instructors. Lessons (even drop-ins) in downhill, snowboard (age 7+), cross-country classic and skating,

backcountry and telemark are offered January-February.

Meany rentals: Meany is available for private rentals and Mountaineers events. Visit www.meanylodge.org, go to “contacts” and send the chair an email about your event and he will check the Meany calendar for openings.

Snoqualmie Campus

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

Stevens Lodge

Visit www.mountaineers.org/StevensLodge to view current activities at the lodge or contact Angela or Greg, 425-258-4847, greg@stevenslodge.org. Bring a warm sleeping bag, toilet articles and a towel for the shower, suitable clothing, your gear and a flashlight. Some pillows are available, but bring your own if you desire and a padlock if you wish to secure your equipment.

Driving directions: Take US-2 to the Stevens Pass Ski area. Turn into the parking entrance just below Tye Creek Lodge (the old West Lodge) on the W. side of the summit. Stay left at the entrance and go around the hairpin turn at the far end of the lot, then continue to the upper level parking area, Lot #4. Park here. Look for a steep Cat track/service trail leading up the bank at the far end of the lot. Stay on it and turn right at the top. Go past the lodge on the left (Penguins’ Ski Club) for 500’ until you come to a sharp 90-degree bend in the trail. The reddish-brown, four-story building is the lodge



Meany Lodge
www.meanylodge.org



Weekend Vacations Featuring:

- 39 downhill/snowboard runs
- 12 miles of groomed trails
- Lessons for children & adults in skiing, snowboarding, telemark, snowshoe and cross-country

Icefields offer plenty of exploration (continued from page 23)

real climbing of the trip. The weather leading up to the trip had been stable with only modest amounts of new snow and no significant wind-loading. The avalanche forecast, however, was considerable, though forecasters indicated that where the snow on top was deep enough, it would likely provide sufficient bridging and limit the avalanche risk. Forecasters' caveat: if it failed, the resulting slide would be significant.

The Rockies snowpack is clearly nothing like the maritime snowpack of the Cascades. Avalanche training is a must before embarking on a trip like this.

About the author

Brian Young (far left) has been a member of The Mountaineers since moving to the Pacific Northwest in 1993 and has been a climb leader since 1998. In the alpine, he pursues cold powder and warm rock, and



is usually in some stage of planning an extended alpine adventure for the next season. Brian lives in Woodinville with his wife, Amy, their children, Sam and Megan, and Chester, an ever-hungry golden retriever.

To access the Peyto Hut one has to go up the Peyto Glacier, either by a narrow canyon used mainly in summer—due to exposure to slides—or a short, steep slope which gains the moraine along the glacier's edge. We opted to move our way up to the final 75-meter step leading to the gently sloped moraine above. But the step's steep angle, corniced pillows and rocky run-out quickly convinced us to look elsewhere for safer terrain. We explored our options and started up a lightly-treed ridge leading to talus and the moraine above. As we transitioned from deep to shallow snow, the buried layer of weak snow failed, triggering a hundred-meter-wide, two-meter deep avalanche.

We regrouped in the trees, separately skied back to safer terrain and the cars, as well as the comfy, warm, affordable Lake Louise Alpine Center hostel, located in the heart of the village.

The flexibility of our itinerary meant we still had time for a five-day traverse, though via Bow Lake instead of Peyto. An hour spent with the expert rangers at the Lake Louise Ranger Station yielded excellent beta on the best route into Bow and confidence in the snow conditions we'd encounter. With a shorter approach

day we arrived at the Bow Hut in time for lunch, an afternoon of exploring the Wapta Icefield and a summit of Mount Rhonda for four of our party. The largest of all the huts, Bow sleeps 30 in separate sleeping quarters and has a woodstove for heating. It serves as the base for many guided groups and courses.

The huts along the traverse are no more than 10 kilometers apart, allowing most parties to spend the mornings traveling from hut to hut while spending afternoons skiing and exploring the vast terrain of icefields.

After departing Bow Hut and circling around St. Nicholas Peak, we entered a whiteout at the top of the long and gentle Vulture Glacier. Skiing 20-30 meters apart, we slowly leap-frogged our way down the glacier until the Balfour Hut emerged from the clouds ahead.

The crux of the Wapta Traverse is gaining its highest point, the Balfour High Col. Navigating above the icefall but below the serac-filled slopes of Mount Balfour is not recommended in poor visibility. Our Friday dawned with just enough visibility to pass the icefall on our left and over the High Col to clear skies on the Waputik Icefield.

With bluebird skies and cold temperatures, we spent our remaining time skiing powder on the Balfour Glacier, climbing Lilliput Mountain, cutting cornices and skiing corn on an un-named peak that we dubbed "Claw." We filled the long evenings in the hut with melting of snow for water, eating, good scotch and the Russian card game, Durak, in which I am convinced there are no winners, only fools. ▲▲

POST NOTES—An early start is recommended for the 12-kilometer Schiesser-Lomas Route when exiting the Traverse. Following a short descent from the hut, we consciously avoided lounging below the large, looming cornices on Nile's upper slopes. The excellent snow conditions over five days yielded to challenging, breakable crust until we reached the final luge run down the popular hiking trail to Sherbrooke Lake and our cars. With great friends and a little bit of flexibility in scheduling, the Wapta Traverse proved to be an excellent trip in a spectacular mountain range. The long drive home gave us plenty of time to contemplate next year's outing.

PLANNING—Refer to Chic Scott's *Alpine Ski Tours in the Canadian Rockies* for how to plan and prepare for the Wapta Traverse.

— B.Y.

Author forges a sustainable path from kitchen to trail

By Emily White
Mountaineers Books Publicist

Mountaineers live smart, play well, and typically engage in the community around them. In 2007, with this thematic in mind, Mountaineers Books launched an imprint called Skipstone. Its goal: promote a deeper connection to our natural world through sustainable practices and backyard activism.

Skipstone has faithfully followed its core audience of climbers, hikers, skiers and paddlers from the hills and waterways to their homes. One of its 2010 releases, *Urban Pantry: Tips & Techniques for a Thrifty, Sustainable & Seasonal Kitchen*, by Amy Pennington, embodies the Skipstone ethic that healthy outdoor lifestyles translate to the well-being of our planet and our own neighborhoods.

How do you connect the indoor kitchen to the outdoor environment?

Amy: Many of the decisions you make whilst standing in your kitchen affect the environment. Water, food, waste, consumption, paper, plastic, energy—everyone can make an improvement to lessen our personal stamp on the environment by focusing on one (hopefully all!) of these things where the kitchen is concerned.

What is one simple thing a person can do today to make their kitchen more sustainable?

Amy: Stop using paper towels and napkins. I have a bunch of thin linen flour sack towels in my kitchen and use them for everything from wrapping and storing greens (keeps them crisp & fresh longer) to straining yogurt.

Some Mountaineers are so active that if they're not in the mountains, they're sleeping and have no time for home cooking, let alone gardening. What are the one or two garden items they can grow with little time and nary a green thumb?

Amy: The bad news is every plant needs attention by means of watering. The good news is we seldom have dry enough weather in the Pacific Northwest to warrant the need for strict attention. Given that, the easiest things to grow are hardy herbs—try thyme and marjoram if you're just starting out. Plants fill in quickly after you cut and use them, and their flavor is incomparable. ▲▲



Cook, author, and urban farmer who grew up on Long Island with goats in her front yard and a vegetable patch out back, Amy launched GoGo Green Garden as a way to educate and inspire others to enjoy the qualities of locally grown food. She is host of the PBS show "Check, Please! Northwest," which airs on KCTS9

On the quick

Most memorable meal in the outdoors:

Nicoise salad

It's easy to boil potatoes and eggs, and steam green beans before you leave home, and then pack a small jar of homemade vinaigrette and preserved tuna to toss together on site for a beautiful meal that is effortless.

Favorite car-camping recipe or food?

I always make a cake, a simple buttermilk or a crisp, so there is something homey and sweet to nibble on.

I never go hiking without my . . . bourbon. Or a small bowl of legumes for protein.

Outdoor activity shapes lifestyles for youth (continued from page 7)

about The Mountaineers Venturing program is the community. We get to have fun outside—climbing, hiking, roasting Oreos, solving riddles—together. Everyone is so encouraging and fun to laugh with. I would like to learn more technical climbing skills and (be able to) say, 'I'm a climber.' I'd also like to be a better nature photographer."

— Katy Snyder

Make it fun, and the learning will follow naturally

"I like how when I go outdoors, there is an endless amount of things I can do. I also like the feeling of (getting) a sense of how big things like mountains are. When you see them in postcards, you really get no sense of the scale of things like Mt. Rainier, which is freaking huge. I also really enjoy sharing great experiences with people in my age group. I like how instead of my dad taking me climbing with his buddies, I can take my dad climbing with my buddies."

— James Pitts

"What I love most about being outdoors is just being able to feel free and have fun without worrying about anything. I enjoy being able to have a blast with incredibly weird and fun people. No matter what we do, we have a great time. I'm hoping to learn how to lead climb using traditional gear, and learn how to alpine climb."

— Sierra Schulte

So, what if you want to get your kids outside but don't know how to get started? A few common themes pop out in our kids' responses: fun, accomplishment and exciting experiences.

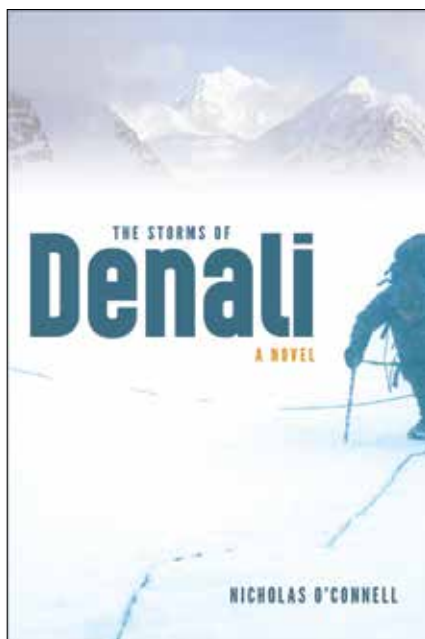
The more kids spend time outside, the more they want to be outside—a healthy cycle. You can start this cycle by making sure your kids' first outdoor experiences have the three components: fun, accomplishment and excitement. Allow your kids to invite a friend, choose a super-cool place or a unique type of activity, and choose an appropriate level of challenge—not so difficult that the experience will be unpleasant, but challenging enough that they feel a sense of accomplishment. Make it fun, and the learning will follow naturally. ▲▲

university of
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"It brought me into that dreamy state of imagining myself in John's boots, thinking about battling to the top, and the singular experience of being on that mountain. . . . Brilliant, funny, and replete."

— Jon Waterman,
author of
Running Dry and
Surviving Denali

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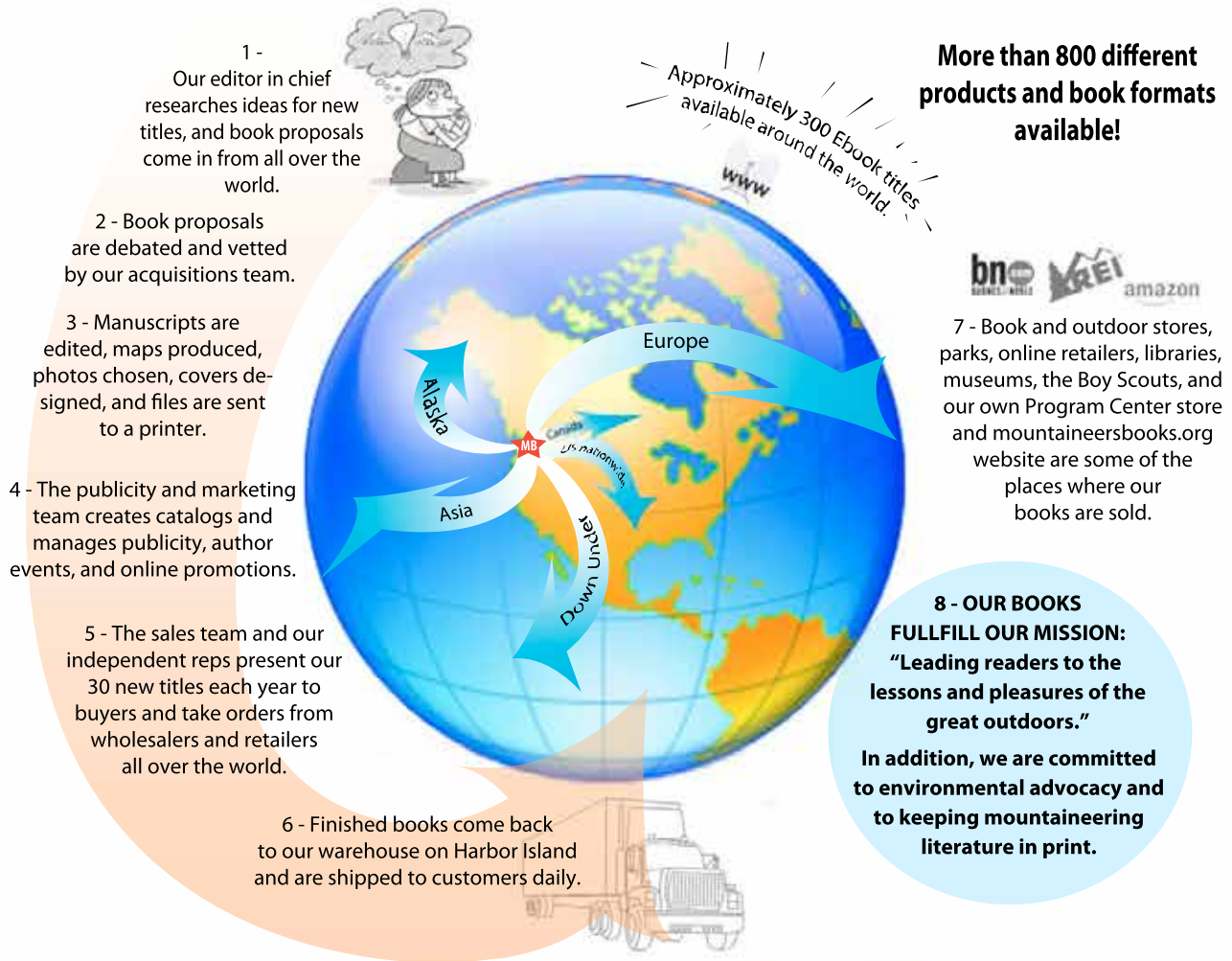


Foothills, Seattle branches to host winter film festival

The Winter Wildlands Alliance Backcountry Film Festival is heeding the call of the winter wild again with two shows hosted by Mountaineers branches. The Foothills Branch will host the film festival on Sunday, **November 18**, and Seattle will host it on Sunday, **January 20**. Tickets for both shows are available through Brown Paper Tickets. The Bellevue show will be held at the South Bellevue Community Center and the Seattle show at The Mountaineers Program Center.

The Mountaineers is a leading publisher of outdoor books worldwide ... how do we do that?

The Mountaineers Books Story



Our books are sold under three different publishing names, representing the topics we cover.



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RECREATION



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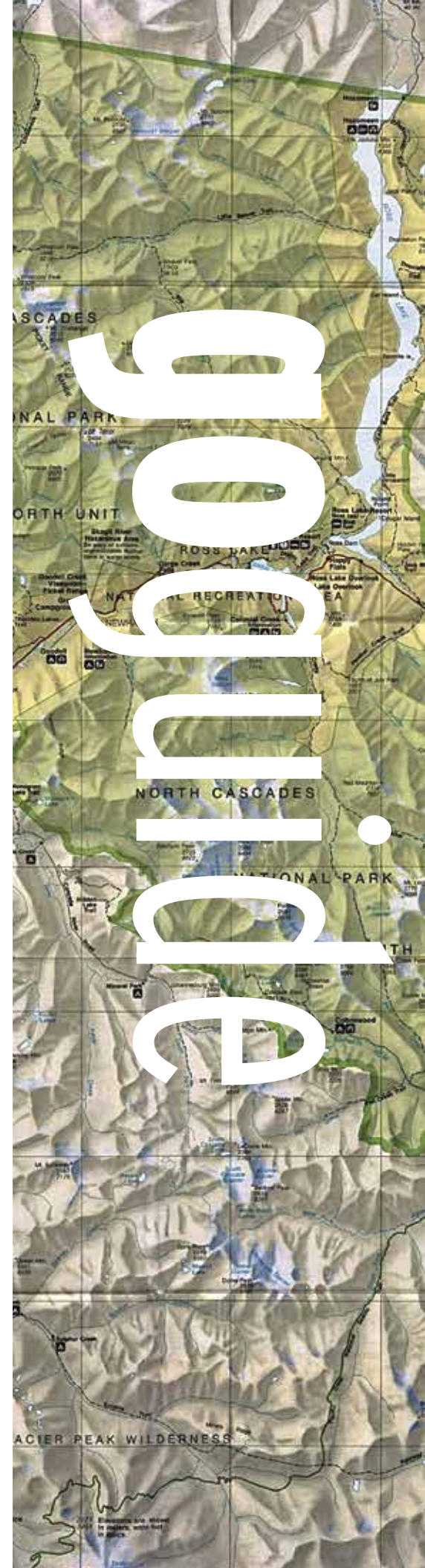


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and courses please visit
www.mountaineers.org*




NEED HELP with a Mountaineers question?

Your Member Services team is ready to help with questions, 9 a.m. to 5 p.m., Mon.-Fri., by phone (206-521-6001) or email (info@mountaineers.org). Numerous resources are also available via the website, including answers to frequently asked questions in the Knowledge Base, found on The Mountaineers Support page, www.help.mountaineers.org (or by clicking "Help" in the top right corner of our website).

Have you used your MEMBER BENEFITS lately?

Mountaineers membership is more valuable than ever. For a complete list of member benefits and how to access them, log onto our website and check out our Member Benefits page <http://www.mountaineers.org/membership/benefits.cfm> or contact Member Services, info@mountaineers.org. As a mission-driven 501(c)(3) non-profit, all but \$10 of your dues are tax-deductible, and your annual dues provide The Mountaineers with vital support to continue our recreation, education and conservation efforts in the community.

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

| | | | |
|---|--|---|---|
| 13. Publication Title The Mountaineer | | 14. Issue Date for Circulation Data Below Sept/Oct 2012 | |
| 15. Extent and Nature of Circulation | | Average No. Copies Each Issue During Preceding 12 Months | No. Copies of Single Issue Published Nearest to Filing Date |
| a. Total Number of Copies (Net press run) | | 7,940 | 8,768 |
| b. Paid Circulation (By Mail and Outside the Mail) | (1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies) | 2,289 | 2,342 |
| | (2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies) | 3,983 | 4,242 |
| | (3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS® | | |
| | (4) Paid Distribution by Other Classes of Mail Through the USPS (e.g. First-Class Mail®) | | |
| c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4)) | | 6,272 | 6,584 |
| d. Free or Nominal Rate Distribution (By Mail and Outside the Mail) | (1) Free or Nominal Rate Outside-County Copies Included on PS Form 3541 | 282 | 330 |
| | (2) Free or Nominal Rate In-County Copies Included on PS Form 3541 | 875 | 1,100 |
| | (3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g. First-Class Mail) | | |
| | (4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means) | 365 | 365 |
| e. Total Free or Nominal Rate Distribution (Sum of 15d (1), (2), (3) and (4)) | | 1,522 | 1,795 |
| f. Total Distribution (Sum of 15c and 15e) | | 7,794 | 8,379 |
| g. Copies not Distributed (See Instructions to Publishers #4 (page #3)) | | 146 | 389 |
| h. Total (Sum of 15f and g) | | 7,940 | 8,768 |
| i. Percent Paid (15c divided by 15f times 100) | | 80% | 79% |
| 16. Publication of Statement of Ownership <input type="checkbox"/> If the publication is a general publication, publication of this statement is required. Will be printed in the _____ issue of this publication. <input checked="" type="checkbox"/> Publication not required. | | | |
| 17. Signature and Title of Editor, Publisher, Business Manager, or Owner  | | | Date 10/4/12 |
| <small>I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).</small> | | | |
| <small>PS Form 3526, September 2007 (Page 2 of 3)</small> | | | |



The Mountaineers

FoothillsWinter.org

Foothills Branch Winter Education and Outings

Basic and AIARE L-1 Avalanche - Ski and Snowboard Mountaineering - Mt. Baker Ski Camp - Glacier Travel Course
 Weekly Ski Lessons at the Pass - Nordic and Alpine at Meany Lodge - Trips and Outings
 information and schedules FoothillsWinter.org



By Mary Hsue
Director of Development
and Communications

Mary with her Mountain Workshop girls: Lilly, Morgan and Tina

By the time readers see this I will have been working at The Mountaineers for almost a year and a half—not a long time in Mountaineers years. From the start I looked forward to learning about and understanding The Mountaineers mission, its members, how the organization has impacted the community over its 100-year history, and what makes The Mountaineers a unique organization poised to significantly influence the greater community well into the future.

My focus was on discovery—absorbing everything I could find about The Mountaineers history; interviewing board members and colleagues; speaking to longtime members, volunteers, new members and classmates; attending course committee meetings; volunteering for youth programs and stewardship projects; and visiting with donors.

Much of what I discovered has appeared thematically in various columns of our *Mountaineer* magazine and has been shared in conversations I have had with anyone willing to hear about The Mountaineers. This is what I have discovered:

- The enduring nature of our mission
- Our ability to engage members throughout their lives
- Our appreciation of the natural world through our enjoyment of public lands
- Our ability to empower conservation advocates through publishing and programs

- Our ability to inspire personal growth through the challenge of outdoor adventure
- The gifts of the outdoors
- The promise of our youth programs
- The generosity of volunteers
- The generosity of donors
- That outdoor skills are really life skills

As a climbing student in the basic course I was inspired by volunteers' passion for adventure and their commitment to my success—my ability to execute a belay escape could make or break someone's day!

As a volunteer belayer for Mountain Workshops I witnessed one child's satisfaction after executing a series of moves on the rock wall and another child's joy from just getting off the ground.

As a trail maintenance volunteer I took pride in seeing so many of my basic-course classmates turn out on a sunny weekend to shore up trails and improve belay ledges at a beloved crag.

I'm honored to be in a position to raise funds for programs that provide these experiences and ultimately make an impact on members' lives, the outdoor community and the environment. At the highest level, we at The Mountaineers change lives and save the planet.

Thanks to everyone who has shared their stories with me and inspired me with their passion, knowledge and authenticity.▲▲

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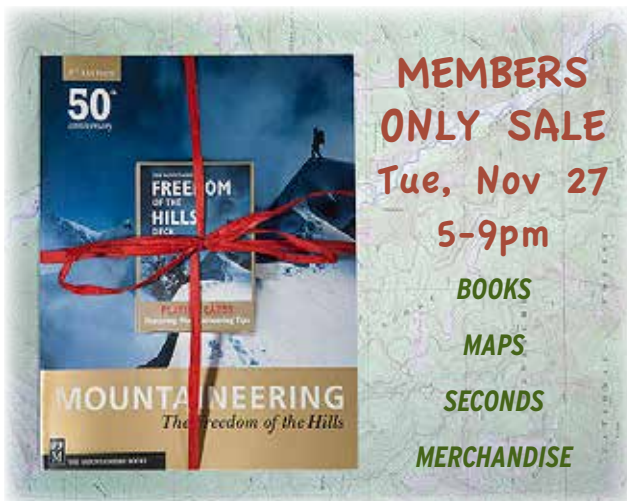
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