

# Mountaineer

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

## Sunshine, Smiles and Transformation

a week at The Mountaineers summer camp PAGE 15

## Overlooked and Underestimated

empowering connections to the outdoors PAGE 18



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



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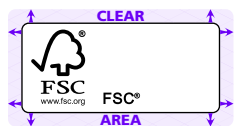
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Mountaineer magazine would like to thank **The Mountaineers Foundation** for its financial assistance. The Foundation operates as a separate organization from The Mountaineers, which has received about one-third of the Foundation's gifts to various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

**Mountaineer uses:**



## Discover The Mountaineers

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

**on the cover:** Sarah Draves and summer camper Amelia enjoying water week. Story on page 15.

**photographer:** Scott Hess, Mountaineers Summer Camp coordinator, 2015

## The Ripple Effect

We've seen it countless times, whether hiking along a serene mountain lake, strolling along a river bank or kayaking in Puget Sound. Drop a pebble into a body of water and watch the ripples expand outwards, growing larger and larger.

This phenomenon came to mind recently as I thought about Martinique Grigg and her departure last month as executive director of The Mountaineers. Martinique's influence on our organization is the embodiment of the ripple effect. Thanks to her energy, commitment and many hours of hard work, the ripples she put in motion are paying back monumentally.

I was fortunate enough to be board president in 2009 when we searched for and found Martinique. At the time, our organization had been losing both members and money. We needed a dynamic leader who could understand our potential and grow with us, someone who could help us achieve our goal of getting more people outside doing more activities.

Martinique accomplished all this and more. She provided us with the springboard into our second century and her accomplishments are many: A youth program that provides over 5,500 outdoor experiences annually, a shiny new nonprofit status that allows us to raise more than \$500,000 a year, and a leading voice in the national conversation on outdoor recreation, public land policy and conservation. With a renewed sense of mission, corporate, foundation and individual donor support, and events such as EVEREST50 and BREAKTHROUGH, Martinique led the way for The Mountaineers to support our mission in new and exciting ways.

Martinique is a prime example of the spirit and enthusiasm upon which our organization was founded, and she will be sorely missed. But her achievements, from financial sustainability to community engagement to programmatic advancements, leave behind an organization that is strong, dynamic and poised for future growth.

### What's next

In early September, we will welcome an interim executive director – Elizabeth Lunney. Some of you may know Elizabeth. She's currently on the board of directors of Braided River and recently served as interim executive director of Mountains to Sound Greenway.

For more than a decade, Elizabeth was executive director of the Washington Trails Association. She helped WTA become a trusted and vital partner to land managers throughout the state, an effective voice for the hiking community, and an essential resource for all of us who want to explore Washington's beautiful wild places. We are grateful to have her services during this transition period and I know her wealth of experience will be extremely valuable.

Our search committee is hard at work to identify our next executive director. We've engaged a national search firm that specializes in outdoor recreation, The Forest Group. This is the same firm we used to find Martinique out of nearly 100 qualified and passionate candidates. With their assistance, we defined our leadership needs and we are spreading the word through a variety of communication channels. We hope to have a short list of highly qualified candidates later this fall. If all goes well, we will welcome our new leader sometime this winter.

I know our next leader will benefit greatly from the rock-solid foundation of programs, people and passions that Martinique built. So, Martinique, thank you and see you on the trail!



Eric Linxweiler, VP Publishing

P.S. Look for Martinique's upcoming family hikes. She is one of our newest hike leaders and a recent basic climbing grad!



Eric, on the summit of Mt. Rainier



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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### Mountaineer July/August 2015 corrections and comments:

Centerfold, page 22-23: Due to a printing error, some issues did not have a photo credit on this page. The photo was taken by world-famous photographer, Jimmy Chin. The full credit reads: Alex Honnold on the NW Face of Half Dome (VI 5.12a) Yosemite, CA. Photo by Jimmy Chin.

## The honor of working with youth

The summer months are always lively here in the program center, with summer camp kids running around between activities. It reminds those of us with desk jobs that there is sunshine out there to enjoy – and gives us the opportunity to belay the campers for an hour or two.

It seemed a bit more quiet than usual this summer though, with the departure of our executive director, Martinique Grigg. She has a bright smile and liveness about her that keeps the office energized, even in the winter months. She started in 2009, before I joined The Mountaineers, so I've never known the organization without her.

We have a great interim executive director lined up though – Elizabeth Lunney. For those of you who don't know her, she used to be the ED at Washington Trails Association.

This summer, I shared my afternoons with a wonderful high school intern named Sarah. She's the daughter of long-time volunteer and Peak Society chair Richard Draves, and a passionate volunteer herself. With diligence and quiet enthusiasm, she worked on conservation, writing, and design projects that are core to our mission. She even spent a week as a volunteer camp counselor. After all, youth is a relative term – to those younger kids, she's the adult. You can read about her experience with the campers in an article she wrote titled, *Sunshine, Smiles and Transformation* (p. 15).

**Another new author** this issue is Stasia Honnold. Yes, that's famous rock climber Alex Honnold's sister. I met her at the BREAKTHROUGH fundraiser we had in April, honoring Fred Beckey and featuring her brother Alex. I didn't realize how good of a writer she was, or that she was passionate about conservation and stewardship until I interviewed her brother for an article in the previous issue.

Stasia works with youth herself, introducing stewardship to those "at risk" – a term she doesn't like too much. She explains in her article, *Overlooked and Underestimated* (p. 18), that when kids really get their hands dirty, connecting to the earth and understanding their environment, it gives them a new respect for the world.

Sharing passion for the outdoors with kids has always been important to The Mountaineers. Our official youth programs are relatively new in our 110-year history. For example, our Mountaineers Adventure Club (MAC) – a year-round program for teenagers – just originated in 2010. And like most things Mountaineers, it started with dedicated volunteers. You can read about its young founding members on p. 12 in our *Outdoor Education* column.

In this issue, we have two articles on ways to communicate in the mountains. In *Connections in the Sky* (p. 24), Tim Nair gives the low-down on amateur radio. He adds a new element to peakbagging – tuning in once you're up top.

The second article is actually part of our new *Safety First* column (p. 30). It's about how SPOT locator beacons can be the difference between life and death when there's an emergency.

**The most picturesque** article, and also the centerfold, is one by my favorite climb leader, Ida Vincent. She recalls a trip to Mount Stuart with her group last summer. I included it this issue because autumn is the best time of year to visit places known for their golden larches – like Ingalls Lake, at the base of Mount Stuart. They usually peak mid-October, but I wouldn't be surprised if they were early this year, with the dry winter and summer drought. Wherever you go, be sure to pack plenty of water so you can enjoy the sunshine.

And don't forget it's election season! At least here at The Mountaineers. We have four candidates, listed on pages 6-7, who are running for Board. We also have our annual meeting coming up on September 28 – open to all members. If you attend, you can even nominate your own candidate.

As always, thank you for reading and for your support of our Mountaineers mission – to get more people outside together, to enjoy the Pacific Northwest and beyond.

Suzanne Gerber, Publications Manager



Can you identify the location in the foreground?

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

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

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

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

The winner of last issue's *Summit Savvy* was Curt Baxstrom, who correctly identified Mount Fitzhenry (see below).

## Last issue's summit savvy: Mount Fitzhenry

Trip report by Dan Lauren

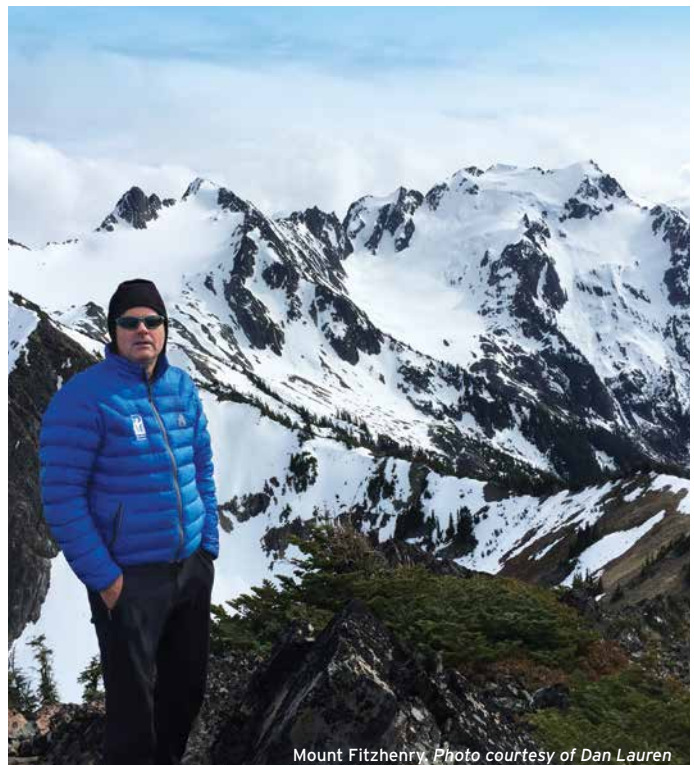
Fitzhenry is the 29th highest peak on the Olympia Scramble Peak Pin list (out of 48). For years, the standard route wasn't accessible because of the closure around the dam removal. This year, the road opened back up to the top of the dam, and you can get a good view of Fitzhenry from there. The trails along the lake are still closed near the dam.

We started at Observation Point and headed south to Boulder Creek. It was steep but we found a log crossings to get over. We then continued over to Cat Creek where we found another log to cross. For the first 1,000 ft, heavy blowdowns slowed our pace, and then it opened up to pleasant hiking with little brush, a few trees and open forest. At 5,000 ft, we came out onto a rocky open ridge, mostly class-two to the false summit, then down and over to true summit.

**Return:** We hit Cat Creek about 100 yards upstream from the log crossing, but the bank was too steep to hike down to logs, so we forded the river with thigh high water. We bivied after crossing Cat Creek again at 9pm. Two more hours next morning to get back to cars, after putting on cold wet pants, socks and boots!

**Activity Type:** Scrambling

**High Point:** 6,050 feet



Mount Fitzhenry. Photo courtesy of Dan Lauren



**Chloe Harford**  
member since 2005  
on the board since 2012



**Kara Stone**  
member since 2012  
on the board since 2013

## The Mountaineers 2015 Board Elections

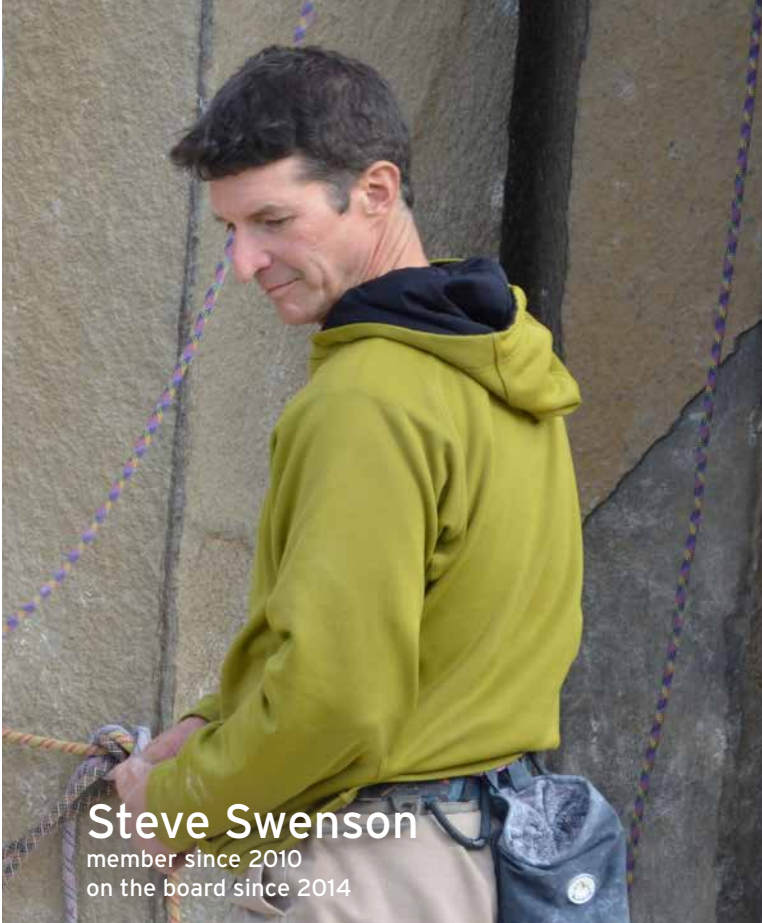
The Mountaineers Nominating Committee is pleased to present the following board endorsed slate of candidates to the membership for consideration in the upcoming Board of Directors elections: Chloe Harford, Kara Stone, Steve Swenson, and Tom Varga. Each of these candidates is eager to serve The Mountaineers and possesses the professional skills and personal commitment needed to further The Mountaineers' mission.

**Chloe Harford:** Chloe is VP of Strategy at Zillow Group, the leading real estate information marketplace in the US. She holds an MA in Natural Sciences from Cambridge University, a PhD in Volcanology from Bristol University, and an MBA from INSEAD. Chloe is an avid skier, climber, windsurfer, kite surfer and SUPer. She is a Peak Society member and serves on the Technology Advisory Committee. She has taken The Mountaineers basic climbing, intermediate climbing and telemark courses. Chloe's background in technology and her business acumen in strategy, marketing and general management will be an asset to the board.

**Personal Statement:** I joined The Mountaineers within weeks of coming to the US in 2005, opening up fantastic opportunities for me to learn new skills, explore the Pacific Northwest, make lasting friendships, and be part of a vibrant outdoor community. I have enjoyed contributing for the past several years to The Mountaineers Board and before that to the Advisory Council and the committee for Mountaineers Books, our global ambassador. I grew up exploring the mountains and waters of the British Northwest, where I first discovered and became a fan of The Mountaineers Books. I welcome the opportunity to continue to serve on the board, to ensure that The Mountaineers and the outdoors flourish for generations to come.

**Kara Stone:** Kara is General Manager of REI's Seattle flagship store and has been with REI for over 18 years. In her current role she has experience managing a multi-million dollar business with hundreds of hourly employees and over a million customers. Kara also has extensive volunteer and youth programming experience as she served on the board for the camping branch of YMCA San Diego County for years and also the Strategic Master Planning committee for YMCA Camp Colman in the Puget Sound. She has been on the board of Pronto Cycle Share, the Seattle bike share non-profit since 2011. Kara was a member of our Advisory Council prior to joining the board and is also a Peak Society member. Kara has a young daughter Kaelyn with her husband Jeff.

**Personal Statement:** For over 100 years; through remarkable volunteer leaders, the very best in outdoor books, and the endless array of classes and programs, The Mountaineers has provided the vital influence for countless adults, children, and families to safely connect with the outdoors and even more importantly, to each other! I would be thrilled and extremely honored to be granted the opportunity to serve The Mountaineers members and the outdoor community on the Board of Directors. It is serendipitous; as REI and The Mountaineers have a long history of affiliation that dates back more than 75 years. I am proud to be a part of that strong history of partnership; as both organizations have been fixated on getting people outside and protecting our wild places for future generations. I am excited to contribute to the continued health of The Mountaineers, as our capacity and potential to deliver on our core purpose is profoundly important to me as an avid outdoor enthusiast as well as an outdoor industry professional.



**Steve Swenson**  
member since 2010  
on the board since 2014



**Tom Varga**  
member since 2002  
on the board since 2011

**Steve Swenson:** Steve is a world renowned alpinist who has climbed in India, Pakistan, Patagonia and Nepal. He is retired from a 35-year career as a water resources consulting engineer. In 2010 as board president of the American Alpine Club, Steve spearheaded an ambitious new strategic plan whose implementation has catapulted the growth of AAC to over 15,000 members from just 9,000. His leadership was instrumental in setting a vision, raising funds and executing that vision. He brings executive and non-profit expertise and deep technical expertise to our organization.

**Personal Statement:** My particular interest is working with The Mountaineers to help modernize its climbing education program. The current programs for basic and intermediate mountaineering work well for many outdoor enthusiasts, but the majority of young climbers are now learning in gyms. A certain portion of those climbers want to transition to outdoor sport, then to traditional rock climbing. A portion of those climbers who successfully make the transition to outdoor traditional rock climbing then want to take the next step. The Mountaineers climbing programs are not set up for climbers trying to make these transitions from the gym. The Mountaineers was formed initially as a mountain climbing club, and in the past many of the region's top climbers started out learning to climb in a Mountaineers course. Without an effective education program to address the climbers who want to transition outdoors from the gyms, The Mountaineers are at risk of losing their prominence in this space. There is a need for organizations like The Mountaineers to stay current with these programs because they are one of the few non-profits offering this type of instruction locally.

**Tom Varga:** A Mountaineers member since 2002, Tom is a founding partner of CFO Selections, a professional services firm focused on accounting and financial management. He is responsible for the firm's strategic initiatives, financial management and corporate philanthropy programs. Tom holds an MBA from The University of Notre Dame and a BS in Finance and Accounting from John Carroll University. Tom has climbed many peaks in Washington, Oregon, Africa and New Zealand, and has been to the summit of Mt. Rainier five times. He is a charter member of the Peak Society.

**Personal Statement:** Since first experiencing the Pacific Northwest in the mid '80's (I grew up in Ohio), I have been mesmerized by the sheer beauty and amazing diversity of this region. The foresight of those that worked to protect and preserve our wilderness areas has provided us today with the awesome gift that is the Northwest outdoors. I feel both obligated and privileged to pay that stewardship forward for future generations, and I am convinced that working with The Mountaineers is one of the best ways to accomplish this goal. Winston Churchill once said, "We make a living by what we get, we make a life by what we give." I look forward continuing to give of my time and talent to The Mountaineers.

The Mountaineers will be sending members an electronic ballot for the upcoming elections on October 1. Electronic ballots are preferred, but mail-in votes will also be accepted at 7700 Sand Point Way NE, Seattle, WA 98115, if received before October 21.

The annual meeting will be held September 28 at The Mountaineers Seattle Program Center. Nominations will be taken from the floor. For more information about the election and candidates, go to: [www.mountaineers.org/blog/board-of-directors-election-2015](http://www.mountaineers.org/blog/board-of-directors-election-2015)

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# memberhighlight

ten essential questions

**Name** Arin Sharkey  
**Hometown** Preston, WA  
**Member Since** July, 2010  
**Occupation** Librarian  
**Favorite Activities** Hiking, biking, photography, and reading by a river.

Arin on an adventure in the Enchanted Valley, Olympic Peninsula, WA. Photo courtesy of Arin Sharkey

## How did you get involved with The Mountaineers?

I was doing a lot of hiking alone, and I decided to give The Mountaineers a try. I was immediately blown away by how friendly everyone was, and when it was suggested that I become a hike leader, I jumped on the chance to give back to the community.

## Why is getting outside important to you?

I work indoors, live indoors – but the woods are truly my home. There's nothing like the feeling of comfort and wonder, when your feet are making their way along a soft pine covered path, and the smell of moss and sap is enticing your lungs to push a little further.

## Favorite Mountaineers Memory?

My first year in the Conditioning Hiking Series, our graduation hike was doing the part of the Wonderland Trail from Summerland through Indian Bar and out Steven's Creek (the road to Box Canyon was closed for repaving). We had seen goats just over Panhandle Gap – a first for me, and very exciting. I ran closer to get better pictures. Then we saw elk on a big snowfield. I was telling everyone how much I had always wanted to see a bear, but felt destined to only live vicariously through the stories of fellow hikers. But then, just before Indian Bar, I had stopped for a party separation, and when I was heading to catch up I heard my fellow hikers yelling that there was a bear ahead. I laughed, thinking it was all a joke, but when I came out of the woods, sure

enough there was an idyllic scene across the river – a black bear eating wildflowers.

## Who/What inspires you?

Senior citizens on the trails. Whenever I am hiking one of my long and strenuous hikes, and I see someone who looks to be in their 70's or 80's hiking along with no sweat on their brow – which happens quite often, I grin and hope that when I get to be their age, I will still be able to hike as well.

## What does adventure mean to you?

Putting yourself out in the wilderness, where you don't necessarily have all of the control you often take for granted when living amongst humans. Recognizing that what comes will come, and enjoying the possibility that this realization presents.

## Lightning round!

**Sunrise or sunset?** Sunrise.

**Smile or game face?** Smile.

**Superpower?** Putting my feet out of my mind, so that walking/hiking becomes like a beautiful train ride around me.

**Post-adventure meal of choice?**

Lasagna, bolognese or a cheeseburger with bacon.

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

## Four generations of outdoor enthusiasts

by Mary Hsue, Director of Development



Rick and Chris Kirsten. Courtesy of Rick Kirsten

### Messenger of good fortune

Anyone who has put together a fundraising gala is likely to agree that the planning phase is type-two fun – enjoyed best in retrospect. Planning this sort of thing is stressful. Ideas, people, logistics, and all the other little details must fall into place. Every step becomes a mini leap of faith. When it all comes together – and the stars align – you’ve created a memorable evening for your guests, while achieving your fundraising goals.

The stars definitely aligned for The Mountaineers special event, *BREAKTHROUGH: expect the unexpected* in April, and we *unexpectedly* shattered all goals. As I think back on the event, one moment of stellar alignment stands out to me. It came at a time when I had just taken a huge leap of faith, and it calmed my uncertainty and set an optimistic tone to clear a path for all sorts of things that would never otherwise have occurred.

It was a Friday afternoon in January and time for me to hit “send” for the electronic Save the Date notice. The event date, time and venue were secured, but only one of the five “stars of the show” had officially confirmed. I anxiously hit send. Within what seemed like a few minutes I received notice that four VIP tickets had been purchased! Moments later I received an email from the purchaser informing me that he is looking forward to attending the event, interested in joining Peak Society, and he would like to donate a painting for the auction. Amazing. His email served as a good omen of things to come and gave me the confidence to

take many mini leaps of faith leading up to the event. I couldn’t have been more grateful.

My messenger of good fortune? Rick Kirsten. Seattle native and 45-year Mountaineers member. He is an ardent fan of anything related to UW Huskies and the owner of Kristen Gallery, located in the University District for 43 years.

### Sharing a love of the outdoors

Rick’s experience with The Mountaineers began much like many longtime members – his aunt Elizabeth Hatton Stokoe was a Mountaineers member, a skier and climber. “She joined in 1943 and got me on the slopes at Snoqualmie back when we had to hack the hill ourselves. That was in the mid-50’s when we had to get there early to pack down the snow.” Rick doesn’t recall why it had to be done, but at least 30 people would be on the hill with them. “The rope tow, hot chocolate and a hamburger at the cabin are some of my fondest childhood memories.”

Rick joined The Mountaineers in 1971 after he took a basic climbing course at UW. “I wasn’t really aware of climbing back then. It was a girl who got me into it.” That would be the girl he wanted to date in his sociology class. “I asked her twice and she declined. Then she came back with a deal. She said ‘I’d like to take the mountaineering class at UW. If you join me then I’ll go out with you.’”

After Rick took the mountaineering class he wanted to do more, so he joined The Mountaineers. “I climbed Mt. Hood with the

Mountaineers. The basic climbing course at UW was good enough for The Mountaineers trip leader, so he let me come along." After that climb, Rick was hooked and the girl in his sociology class became a mere memory. But that was his only summit with The Mountaineers, "I climbed independent from then on, mainly because I started my business, Kirsten Gallery in 1972. Building a business and raising a family didn't leave much time for anything else."

## The next generation of Mountaineers

Whenever he could, Rick took his young son, Chris on hikes, but it's wasn't really his thing until a friend asked him if his dad still climbed. "Chris was a 17-year old senior in high school when his best friend asked him I would take them up Mt. Baker. He was not really interested in climbing, but wanted to maintain his best-friend status with his buddy, so he asked me." Rick agreed and took them up to the summit of Mt. Baker. "After that Chris was hooked. The gallery and business took an inordinate amount of time, but we hiked and climbed together when we could. In fact we climbed Mt. Adams together."

Chris took The Mountaineers Basic Climbing course in 2007. He met his wife Lori as he was planning to take the intermediate course. "When Chris signed up for Intermediate, Lori took the Basic course so they could be together and share a passion." Rick couldn't have been more pleased because Chris and Lori are now introducing their four year-old twin boys to the outdoors.

"Chris and I took my grandson, Levi to Vertical World. All the ropes on the kid wall were in use so we put him on bouldering wall." Before he knew it, Levi climbed to the top of the boulder and took the ladder down to join Rick for top-roping. "We roped him up and he loved it. He has no fear and climbs just about anything he sees," Rick proudly exclaimed.

## Giving to create protectors of the Pacific Northwest landscape

"I think it's important for the boys to learn to have fun in the outdoors for their own health and to learn to be good protectors of the earth. They are the future of The Mountaineers. We have a good extended family with The Mountaineers and we want to keep that going on."

That's why Rick responded so quickly to the Save the Date email in January. "We attended the Everest event in 2013 and I was really excited to get Chris and Lori to the event this year." Rick wants to do everything he can to make Chris and Lori aware of youth programs at The Mountaineers because "of the boys."

Having observed multiple clubhouse moves and a marked drop in membership in past years, Rick also worries about The Mountaineers finances. "I wasn't able to volunteer to help The Mountaineers so I decided to help financially. All business talk these days is about the Millennials being the future. Since Millennials don't buy things, they buy experiences I wanted to invest in a place that provides those experiences that result in folks caring about the environment." Rick wants to ensure The Mountaineers is around - not 100 years, but 500 years. "It will always be important to take care of the environment. And the source of caring is experiences and youth programs. It's my hope that by giving, I will get future generations outside to be part of The Mountaineers."

## Disconnecting in an increasingly connected era

"Life gets more difficult for every generation that comes along. Corporations ask more and more from their people and technology has made it easy for employees to stay connected, so people have trouble disconnecting. I see it with Chris and Lori. It's important for them to disconnect and get away from all of that." Rick was pleased to share that Chris and Lori recently took time out to take the boys to Yellowstone and then Jackson Hole for a camping trip. "They are out of cell contact and having true family time with the boys."

Disconnecting is something Rick works to do as much as he can. "Hiking the cable route at Tiger Mountain once or twice a week at daybreak is my respite. I get to the top and meditate." Rick was introduced to this route about six years ago. "My next hike will be my 343rd trip up the cable route. I love it every time, and it's better than going to the gym. When I'm out there listening to the silence and the birds early in the morning - there's nothing like it."

## A family making memories

Rick's best mountaineering memory is climbing Eldorado with his son Chris. "It was my first time climbing the mountain. Chris had done it before. There was a marginal risk of weather. We summited but the weather started to come in and hit when we got back to the tent at Inspiration glacier." They broke camp and descended as the weather got worse. "We got into a white out and it was windy. We had placed wands on the way up so we could see the route, but if we missed the notch, we would be in trouble." As they descended to the creek to cross the big log that leads to the trailhead, they saw a bear. "A bear sitting on the log! We could see the trailhead, Chris was hypothermic and we were both tired, but we decided it would be best to wait out the bear." Eventually, the bear moved and they made their way back to the car and home safely.

One part of the memory that stands out is that Rick wasn't getting out as much because of the business so he wasn't in as great a shape as he should have been. "Chris was hiking and climbing as much as he could. The ascent was strenuous for me so Chris offered to help by taking some of items in my pack to lighten my load. On the descent it was the reverse - I took care of him. It's my fondest mountaineering memory because I was with my son and we shared the joy of the summit, telling stories in the tent. We were challenged by nature together and came through stronger at the end."



The Kirsten family at BREAKTHROUGH fundraiser. Photo by Luke Humphrey



## The Founding Teens of Mountaineers Adventure Club

by Becca Polglase, Mountaineers Director of Education

*Rebecca climbing Sahale, 2014. Courtesy of Rebecca Walton*

It all started in the fall of 2010, with a small group of young teenagers who had a vision: They wanted a place for teens to get together and learn outdoor skills - to enjoy the mountains and make new friends through The Mountaineers - like their parents had. So began the Mountaineers Adventure Club. Otherwise known as MAC.

Of the five “founding” teens, four stayed in the program through their senior year of high school. These included Nick Randolph, Noah Holmes, Katy Snyder, and Rebecca Walton.

When she first started out, as a high school freshman, Katy told me, “I just want you to know I have no interest in climbing.” She’s now lead climbing as part of her college Outdoor Education program and teaching kids to climb in the Junior Mountaineers Summer Camp. She’s also a backcountry trip leader for incoming college freshmen.

Nick and Noah finished the program by summiting Rainier their senior year.

Rebecca was the youngest. She started the program in 8th grade and stuck with it for a full five years. In her time with MAC, she’s climbed Sahale, Unicorn, Early Winter Spire, Ingalls, Rainier, and Baker. She’s led multiple trips - from backpacking to cross country

skiing - and taught crevasse-rescue, belay-escape and other alpine skills to new members. This year, she served as President of MAC.

The kids who take part in MAC are incredible young people. They love the outdoors and share their passion through dedicated time and energy - two things that are incredibly scarce in high school. They are kind, welcoming, inclusive, and hard-working. They set the bar high, look out for each other, and show true gratitude to the volunteers who teach them. Rebecca, our outgoing president and one of the founding members, played a big role (along with her “twin” Katy, who was last year’s President) in creating the culture and carrying it through years after year as the program grew.

I asked her to share her reflections on her experiences as she prepares to head off to college. Here’s what she had to say:

“When I first joined, it wasn’t even MAC, but a Boy Scouts of America Venturing crew who would have their meetings at the Mountaineers. About five teens showed up to our meetings, and if three people could go on a trip, that was fantastic. Only a couple in the group had gone rock climbing or used an ice ax before—not even all of us had gone camping!

We shared interests in going into the outdoors with our peers and having adventures. We wanted to lead our own group, but have a

couple of adult advisors to help us when we needed it.

As the group grew, we became solely associated with The Mountaineers and Becca introduced the idea of getting our Basic Mountaineering Certifications. She encouraged us to set our sights high for things that the group could do and accomplish.

Learning new skills from Mountaineers' volunteers opened us up to technical trips, like multi-pitch rock climbs and alpine/glacier climbs. We went to the North Cascades for a week and learned about camping in the rain, and how to manage a large group. As new members poured in faster than they had ever before, older members could teach camping, climbing and technical skills that they had learned the previous years, under the guidance of volunteer climb leaders.

The youth leadership model in our group was working, and the desire to do new things and learn more became a driving force. All of the leadership positions in MAC were created at some point by someone who saw something that needed to be done and took the initiative to do it. They raised the bar for next year's leaders, who eagerly awaited the challenge.

Each year MAC changes based on the interests of the participants, which is something we wanted at the beginning: a group led by teens who could do whatever they wanted to, with support of adult mentors. The current size of MAC is about 30 teens, and

they all carry the same passion and uncertainty that the first group of us did when MAC was started. They know a lot more than we did about leadership, camping, and climbing. They know how special this group is, and are putting in both the time and effort to make it better and share it with more teens. The passion for the outdoors, adventure, and learning is what has and will continue to keep this group alive."

As the Education Director, watching these young people grow from timid but eager outdoor enthusiasts into true leaders, teachers and protectors of the outdoors is by far one of the most rewarding aspects of this job. Seeing them become inspired by our volunteers and witnessing the joy our volunteers get from spending time with this group is up there as well. Lately, as our "alumni" pool grows, I see kids come home on break from college and the very first thing they do is meet up, not with their high school classmates, but with their MAC friends to go on a hike.

The tight outdoor community that is the hallmark of The Mountaineers is alive and strong in our youngest leaders. They are our future, and they know first-hand what it truly means to be a Mountaineer. Because of the hard work and dedication of each of these kids, and thanks to the endless generosity of our many volunteer mentors, our MAC members get to experience all of the reasons that each of us loves The Mountaineers.



Rebecca teaching crevasse rescue at The Mountaineers Program Center. Courtesy of Rebecca Walton

## Strength Prioritization

by Courtenay Schurman, MS, CSCS



Liana Robertshaw climbing Liberty Bell, North Cascades. Photo by Dennis Killelich

When setting up a routine, sometimes you just don't know where to start. Below are some great principles to follow when creating an exercise regime for yourself.

**Priority Training:** Emphasize exercises most important to your sport first. For hiking or backpacking, do lower body exercises before upper body; for paddling activities, start with upper body and core exercises.

**Balance Training:** Perform unilateral (single limb) free-weight exercises that require balance before you do bilateral (double-limb) exercises or supported, sitting exercises. Complete one-legged deadlifts or lunges before squats or deadlifts. As you progress through workouts, your muscles will fatigue, making balancing exercises more challenging toward the end of a workout than supported exercises will be.

**Weakness Training:** Complete exercises that work weaker areas of the body early in your workout so that you recruit the most muscle fibers possible for the hardest exercises. This will help weaker muscles catch up to stronger muscles. To maintain strength in strong muscle groups, do one set for them near the end of the workout. For example, if you know your gluteals are weak, complete your one-legged deadlifts and leaning lunges before hamstring ball curls to help prioritize for both balance and weakness training.

**Compound Movements:** Work from large to small muscle groups, targeting exercises that work as many muscle groups as possible, such as squats, deadlifts, presses and pulls. If you're working full body, complete exercises in the following order targeting: (1) thighs, latissimus dorsi, and pectorals; (2) deltoids and gluteals;

(3) triceps, biceps, calves, abductors, and adductors; and (4) abdominals, spinal erectors, and muscles of the feet or ankles.

**Intensity:** Training at or near muscle failure requires greater recovery time. While bodybuilders often train to failure, for alpine training, I recommend a reserve of one to three repetitions on any given exercise to permit higher frequency and greater training volume. Both are conditions specific to endurance requirements. A reserve of two repetitions means that if you are shooting for eight repetitions, select a weight that would allow you to complete eight repetitions with perfect form and one or two additional repetitions if you were to continue to failure but stop at eight. Intensities will vary according to where you are in your training plan.

**Timing:** When is it best to do strength workouts? Consider your back's general health. Spinal experts recommend avoiding loaded forward-bending exercises (i.e. heavy squats, good mornings, or deadlifts) until you have been awake and active for at least 1-2 hours. If you enjoy morning workouts, do aerobic exercise early and wait to do your strength exercises after work. If you struggle in the morning, this might be a good time to work out. Remember, most alpine climbs have an early start on summit day, so functioning early in the morning (without coffee!) might be valuable conditioning on its own.

Courtenay Schurman is a personal trainer and co-owner of Body Results. As a passionate outdoor enthusiast, she specializes in conditioning for outdoor athletes. For more how-to exercises and tips, visit Courtenay Schurman's website at [www.bodyresults.com](http://www.bodyresults.com) or send her a question at [court@bodyresults.com](mailto:court@bodyresults.com).

# Sunshine, Smiles & Transformation

## a week at The Mountaineers summer camp

by Sarah Draves, volunteer camp counselor



Sarah (with sunglasses) and Maeve, kayaking on the lake. Photo by Scott Hess

I arrived early on my first day at Junior Mountaineers Summer Camp, excited to meet all the kids and ready to learn how this camp worked and what to do. After meeting the other counselors, my co-counselor Christoph and I read through the forms for each of our campers. We were leading a group called the Pioneers, made up of nine kids all eight to nine years old. In the special notes section of the forms, parents wrote everything from “very shy, nervous about trying rock climbing” to “really excited for every activity!!” to “hates nuts but not actually allergic to them.” Armed with all this knowledge of our campers, Christoph and I went out to meet the arriving kids and gather up our Pioneers.

I’d been a junior counselor at several other summer camps before, so I thought that this would be just like any other week taking care of kids and being overly enthusiastic while singing songs, no different from an average summer camp. But this summer camp wasn’t the same as all the rest. I had forgotten the transformative power of the outdoors and how this could change our week in Magnuson Park into something special.

Each camper was different on that first day. Some were shy, some excited, some of them were confident and loud, but all of them were about to begin a week that would change them and help them grow. As I watched this transformation, I remembered my own outdoor experiences and reflected on how they had affected my life and who I am today.

### New Confidence

Maeve, a seven-year-old in the Pioneers group, began camp a little bit nervous about outdoor activities and shy about making

friends with other campers. We started the first day by getting into our groups and playing name games to get to know each other. During the name games, Maeve participated, but she spoke quietly and it was clear that she was a little apprehensive about meeting all of the other campers.

After name games, we moved on to a more silly game that quickly became a camp favorite: Steal My Squirrel, essentially a version of red-light green-light that also involved a plastic squirrel toy. Although the rest of the group was laughing and having fun, after one round Maeve took herself out of the game and sat on the sidelines to watch the other kids. I went to sit with her and became her first friend at camp. She spent most of the day holding my hand and, even with encouragement, shied away from the swimming and climbing activities we did later that day.

As camp progressed, Maeve began to come out of her shell. During the next day, Maeve started to bond with another quiet girl in the group, Amelia. They talked about their favorite Disney movies and debated which American Girl doll was the best. Maeve also spent more time swimming that day and worked up the nerve to give the climbing wall a try. Later in the week, Maeve spent less time holding my hand and more time with other members of our group and participating in activities, still staying closest to her new friend Amelia.

At the end of the week, I could barely recognize Maeve as the shy girl from our first day. Instead of sitting on the sidelines, she convinced other kids to play in games she led and laughed along with her fellow campers. Maeve gained confidence and

[continued on next page >>](#)



Sarah belays for kids back at the program center.  
Photo by Scott Hess

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bonded with new friends through all the challenges that camp brought, from learning to rock climb to walking long distances around the park.

## A Natural Leader

Lourdes, another seven-year-old girl, started camp with confident enthusiasm. She instantly stood out in the group as outgoing and spunky, not afraid of any challenge that came her way. During name games time, she spoke loudly and confidently. Steal My Squirrel brought out Lourdes's competitive streak. In the first few rounds, she tried to keep the squirrel to herself, making it harder for the group to win and causing some of the other campers to feel left out. After seeing the lack of success in this strategy, though, Lourdes started to work with the other campers to help the whole group succeed together.

As camp progressed, Lourdes's confidence stayed strong. During swimming time on the first day, she fearlessly attempted the swim test before all the other campers. It took a few tries, but Lourdes was the first to pass and swim out to the dock. Her bravery and tenacity inspired a few other campers to attempt the swim test that day, and a few more passed on the next day.

Her competitiveness from the first day began to fade as camp continued. Lourdes started to bond with her fellow campers when our group found Billy the Goat, the camp mascot, which is hidden each day for campers to find. Lourdes loved playing with Billy, and she and the other campers invented many games that involved Billy, including tossing him around above the water and trying to avoid getting him wet.

After finding Billy, Lourdes continued to become team-spirited and involved in group activities. Her role shifted to that of a group leader, using her gregarious personality to start games and help everyone through activities together.

## Reflecting Back

Lourdes and Maeve are just two examples of how the camp experience changed and affected every camper. Some, like Maeve, came out of their shells throughout the week and grew to be more confident in themselves through all the challenges that the week brought. Others, like Lourdes, learned to use their outgoing personalities to lead the group, changed by the fun bonding activities each day.

I was reminded of my own memories as a child in the outdoors as I led our group, participated in fun activities, and watched every camper grow. As a young girl, I was normally shy and reserved except around people that I had known for a long time. Through outdoor activities, I built up confidence in myself, and as I grew older and stronger I became more outgoing and less quiet. Some particularly transformative memories came to mind throughout the week as I watched campers go through the same challenges that I did as a child.

When watching Lourdes inspire other kids to challenge themselves after her success swimming, I remembered a friend who had inspired me when I was very young. For my sixth birthday, I decided to have my party at a rock climbing gym because I had tried climbing before and liked it and my father loved climbing. However, at my party I became very nervous about climbing any higher than the bouldering height limit, even when roped



up. Hindered by my fears, I was sitting out of the activity at my own birthday party. My friend Sarah, always brave and outgoing like Lourdes, wasn't scared even though she had never climbed before. She made it all the way to the top of the wall that had terrified me, so I decided to give it another shot. I pushed past my fears and up I went. Reaching the top of that wall was one of my proudest moments and it made me glow with a new confidence. I was happy to see the more reclusive kids follow Lourdes's bravery swimming and I believe that each of them will be more confident in themselves because of it.

During rock climbing one day, Peter, a boy who had already been belay-checked and rock climbed several times that day, got scared when it came time to be lowered down the wall. He was standing on a small ledge and afraid to let go enough to put his weight in his harness. I was struck by the memory of a similar event when I was seven. Although I had climbed many times before, I suddenly got too scared to let go of the wall when I reached the top of my favorite climb. One of the instructors had to climb up the wall next to me in order to convince me to come down. Now, I climbed up next to Peter and helped him let go of his handholds and sit back in his harness, ready to be lowered. That memory from when I was young always helps me be brave when I'm climbing and remember to trust my rope and belayer, and I know that Peter will be a more confident climber as well after having tackled his fears.

As I grew older, I continued to push through my fears during different outdoor activities, from my first multi-pitch climb to

white-water rafting through class 3 rapids. Each conquered fear was a mini breakthrough; I trusted myself a bit more and became a little less nervous each time. When I was 13, I tackled an outdoor activity that made me nervous and excited in equal amounts: climbing Mt. Rainier with my dad, Rich Draves. This had been a goal for me ever since I was young and I was inspired by my father's stories of climbing, but it had always felt more like a far-off dream than something that would actually happen. I woke up hours before dawn, ate freeze dried food, hopped over crevasses, and pushed myself to the top. Each of my confidence-building memories in the outdoors, along with my dad's encouragement and leadership, gave me the courage to continue on. After hours of intense hiking, I finally stood on that summit and looked out at the world around me. While looking at the awe-inspiring view all around us, I truly felt like I was on top of the world and like nothing could ever scare me again.

Although I still get nervous and shy, my outdoor experiences have changed me as a person. I am more outgoing and confident than I ever could have been without them. Each camper this summer experienced transformative moments, which led to gaining confidence, learning how to bond with a group, and discovering leadership skills. As these campers grow up into young adults, the experiences that they had at this summer camp will give them the skills and confidence to tackle new challenges as they come, both in the outdoors and in life.



Sarah (in white hat) and summer camp kids making mudcastles. Photo by Scott Hess

# Overlooked and Underestimated

## empowering connections to the outdoors

by Stasia Honnold, youth and stewardship coordinator



Clearing the brush and creating trails. Photo by Stasia Honnold

It's pushing 95 degrees in Portland, and I'm biking home in the uncharacteristic and unforgiving sunshine, squinting even behind my sunglasses. It's been over 90 all week. And all week I have spent all day positively baking in ultraviolet radiation, my long pants, long sleeves, work boots, and leather gloves clinging to streams of sweat all over my body – sweat and sunscreen and dirt mingling into one body-covering sludge of work-grime.

But however disgusting I feel, it's not so bad. I work hard, but probably not so hard as my crew of eight "at-risk" young adults – a designation I hate – who are out here doing conservation work. For most of them, it's their first job experience and first time really immersed in the outdoors. They're participating in a program that helps youth earn their GEDs and get back on track for school or career; part of that program is an opportunity to apply for a job like this one. Hired youth are paid to carry out environmental work in collaboration with our regional partners, getting a real-world line of experience for their resumes as well as mentorship as to how to be successful in a job. Many of them would probably not spend much time outside except for this paid experience, but with it, they spend up to 30 hours per week up to their elbows in nature.

They're not, mind you, partaking in the fun outdoor activities that you or I may think about when we think about nature. This crew of mine? They pull scotch broom, English ivy, and other nuisance

plants, wrestling with the brambles and stinging insects. They build fences, bridges and trails and have the blisters to prove it; they monitor oak habitat or amphibian egg masses; they collect seeds from native plants and re-pot the little seedlings. They mulch, they count, they weed-whack, they haul – and through it all, imperceptibly, they learn. Not just about how to be responsible and get along in the working world, but about nature and their impact on it. The seasons. The cycles. The animals, the plants. All of the "behind the scenes stuff," says one of my crew, that "you don't ever think about until you have to do it. Like trail maintenance, decommissioning trails, cleaning campsites, putting in parking barriers – none of that stuff magically gets done."

With their work, they get closer to the environment and become better stewards for our natural lands than they – or many people who simply stop listening after the "at risk" label – would have ever thought possible.

We talk a lot these days about nature deficit in children. About how youth spend more time in front of screens than ever before, or how people don't even know where parks in their neighborhoods are, much less parks in their states or their country. Often, the response to those kinds of dire figures is to create ever more one-off recreational programming for kids. We create fun excursions into nature that "connect" children to their natural environment and, purportedly, launch them down

pathways to future stewardship of our region's green spaces. And while I totally agree that experience in nature is essential for any of us, and while I bet it does even change kids' perspectives on the outdoors (especially for those who haven't had much previous access), I question its lasting impact. A one-time experience does not a steward make. Stewardship takes time and investment, and that's where programs like mine excel.

The eight young adults in my crew might not spend much time doing the things we think of as the outdoor pursuits – hiking, camping, or the other activities likely to be included in one-off experiences – that lead people to care about nature. But through the honest work they do, they learn what true stewardship is. Not what recreation is, but stewardship, the kind of thing that takes stubbornness and long-term investment, the kind of thing where it's not your personal experience that matters but how you can use your experience to make the world better for everyone.

At the conclusion of last season, my crew members spoke, eloquently, about how this job has impacted not only their lives but how they see the world. "I know that other people at work depend on me," says one. "That I am not a piece of trash like I thought I was. I'm a fun-loving, hard-working, and curious person, eager to learn and to help others. And that I love, love, love the outdoors. I wouldn't be myself without it." Many of them speak to ecological knowledge they'd have never guessed they would have: "I like that now when I'm out in the forest I'm not like, oh, I'm just surrounded by plants, I know what the plants are around me or if I see insects I won't just think of them as bugs, I'll know what type they are. And you kind of develop respect for the plants and animals. Because it's like you're in their home." They notice the exotic weeds that grow in their neighborhoods; they hear the bird chorus that still exists in the morning, even outside their urban apartments. They notice tracks and signs left behind by a variety of animals, and they can tell what animals they were. In short, they are more connected to nature than they ever could have guessed they would be, simply by virtue of having done good, hard work, outside, weeks and months at a time. And by the same token, they've become better workers, more employable, more knowledgeable, more responsible than they were when we hired them.

After we put away our tools every evening, debrief the day, and plan for the next, I send my crew home. I take off my boots, change



A tired group after a successful day. Photo by Stasia Honnold

out of my work clothes, and throw myself back into the sunshine for the 15 miles it takes to bike home. As I pedal through the world, a car-free choice that for me is also about stewardship, I can't help but think how much working with "at risk" youth has bettered me as well. Despite the fact that I've been working with teens who are considered "at risk" for my entire professional career, when I mention it I still sometimes get sympathetic glances, the well-meaning but ultimately dismissive click of the tongue that says "thank goodness it's you and not me working with those hoodlums." But those "hoodlums," the youth who for whatever reason have slipped through one too many cracks, are just like anyone else in the world, and they teach me worlds.

They teach me that sometimes one chance isn't enough. That people, like the environment, need patience and tending. They teach me that loving is a skill too, one that we learn through example, often poorly, but it's a skill that can be taught and re-taught. And though it's important to teach kids to love nature, my crew knows first hand that loving something doesn't necessarily mean you act in its best interest. And they know that stewardship doesn't come only of loving the places around you, but of learning how to take care of them. Stewardship is about understanding how everything we do impacts our world and working, sometimes tirelessly and thanklessly and doggedly, to make sure it survives beyond us. Sometimes it's the gritty, overlooked, underestimated young adults of the world – the ones I feel so fortunate to be able to work with, the ones who have had and lost one chance after another, or who have never had a chance at all – understand that best.



Weeding and planting and stewarding the land. Photo by Stasia Honnold

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# On the West Ridge

## Golden Mount Stuart

by Ida Vincent, Mountaineers climb leader

With headlamps switched on, we started up the Ingalls Creek trail. The first rays of dawn followed behind, ready to bask the forest in gold, while our lamps illuminated the trail in front – guiding us up and over the pass.

By the time we reached Ingalls Lake, the sun was shining on our destination: Mount Stuart. We knew we had a long day ahead. Mount Stuart is notorious for its extensive scramble, followed by a few pitches of 5.6 climbing. With both excitement and trepidation, I put my hands on the rock and began.

We caught up to the few parties ahead at Long John Tower, but the sound of loose rocks cascading down ensured we kept a safe distance behind. Biding our time until clumsy feet passed, we gingerly made our way up, careful not to send any rocks down the gully below.

The west ridge of Mount Stuart is a maze of rock and gullies – making route finding challenging, which was evident by the many bivvy spots we passed. However, we had a secret weapon: Alex had been here before and knew the way. She's not just a proficient climber, but an observant and attentive one. She made sure we took the right route, even when some of us doubted her direction.

A spicy butt-scooch down an exposed ramp, a tricky traverse, a slide through a cannon hole – and did I mention, lots of scrambling? It was with great relief that we finally reached the

desired notch and could untie the ropes from our packs, put on our harnesses and start climbing the summit pyramid. There is a rumored easier 5.4 option but by now, we knew to listen to Alex and took the 5.6 route she was familiar with.

The climbing was fun, even if the pitches were short. In fact, we were surprised when we reached the summit, expecting more climbing. Topping out, we could spot Ingalls Lake far below and the Enchantments soaring behind. But we didn't linger – dark clouds were racing in and we had a long way down.

Traversing over to the false summit we spotted the cave that had been our intended bivvy spot, but with time on our side, we started down the Cascadian Couloir instead. By now raindrops were soaking our jackets and the easy third-class scramble down was slick with moisture. Darkness was yet again forcing us to don our head lamps as we hiked. We didn't wander for long in the dark, setting up bivvys at the campsite by the creek.

The next morning, the clouds and rain had dissipated, and a brilliant sun warmed our backs as we hiked out.

Before heading down the last few miles to the cars, we stopped and looked back at the mountain behind us. From September to early October, the landscape is aglow with Alpine larches – a unique conifer that turns yellow and sheds its needles every fall. They are hardy, fire-resistant trees that grow in rocky terrain at high altitudes, and can live over 1,000 years. Their abundance here gives Mount Stuart – the second-highest non-volcanic peak in Washington state, a deservedly breathtaking setting in which to show off.

It seemed almost impossible that the day before, we stood on the summit of that large, glorious rock.



Mount Stuart, surrounded by glowing Alpine larches. Photo by Ida Vincent



*Climb the mountains and get their good tidings. Nature's peace will flow into you as the sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves.*

**John Muir**



Climbing the top of Mount Stuart, with a view of Ingalls Lake and Ingalls Peak. Photo by Ida Vincent

# Connections in the Sky

## mountain-top ham radio

by Tim Nair, Mountaineers trip leader and amateur radio enthusiast



Tim tunes in on his ham radio - Trappers Peak, North Cascades. Photo courtesy of Tim Nair

*You've reached the summit and the view is breathtaking: time for a "Summit-Selfie" to share your success with your friends... but there's no cell coverage up here. You have a Personal Locator Beacon, but this doesn't quite qualify as an emergency. Fortunately, you have a ham radio and can talk to the world.*

### Radio Energy

As a child, I was always fascinated with radio. Listening through the magic of a self-powered crystal radio, no batteries or electricity required, the world of radio was my segue to the land of dreams every night. The fact I could hear music simply by stringing a long wire from my bedroom window to the tallest tree in our backyard was inspirational – radio waves were their own energy source.

My radio interest grew as I did, from the simple crystal radio to multi-band radio – including shortwave bands – where I heard people in distant countries speaking other languages. Through listening to these foreign broadcasts, I gained insight into their cultures. As some shortwave frequencies are shared with ham radio (amateur radio), I occasionally heard folks on ham radio channels and found their conversations fascinating.

### Outside Help

On Mountaineers trips, especially with larger groups, I've often found Family Radio Service (aka walkie-talkie) radios very useful for communication within the group. These inexpensive devices

work well over short distances in the mountains; however, in an emergency situation they lack the power to summon help from outside the group.

A few years ago, I was leading a hike in the spectacular Goat Rocks area for another nonprofit organization. Shortly after noon, as we leisured in the mid-day sun on the ridge overlooking Goat Flats and surrounded by meadows covered in wildflowers, our peaceful sojourn was abruptly shattered by an urgent call for help. An individual, not in our group, was reported to us as "down" and needing medical attention. After several confused moments running in the direction of the victim, I arrived on the scene, and following Mountaineers MOFA training protocol, administered CPR to the victim. Within a minute, several other hikers in the area caught up and were on the scene, none of whom knew what to do. Realizing the urgency of the situation, everyone pulled out their cell phones, texting and calling 911 to no avail; there's no cell phone coverage in the Goat Rocks area.

After unsuccessful attempts at CPR, I grabbed several cell phones and ran up a nearby ridge, thinking I would be sure to find cell-phone coverage if I could simply get to a clear area that was high enough. Nothing. Four years later, the feeling of helplessness of not being able to get proper medical attention for the victim when he needed it still haunts me.

Available options for emergency communication include, in order of decreasing potential for contact, Personal Locator Beacon, Spot, and cell phone. But there's another communication



option readily available that many don't seem to know about: ham radio, also known as amateur radio. Sure you need a license, but there's no need to learn Morse code. Online study, practice tests, and the multiple choice exam format make it fun, interesting, and relatively easy.

Ham radios are lightweight, inexpensive, and as easy – or easier to use than a smartphone. Some models of ham radios are water-resistant or even waterproof. Ham radio works either direct radio to radio, or using “repeaters,” similar to cell phone towers. Communicating via the repeater, it's possible to have radio contact over most of the Cascades and Olympics, particularly from summits. Without the repeater, it's also possible to connect with other ham radio folks on what are known as the “National Calling Frequencies” – 146.52 MHz and 446.000 MHz.

So two years after the emergency in the Goat Rocks, I found myself with a small hand-held ham radio and a “Technician Class” license. I found an app (search for “Ham Test Prep”) for my smartphone, allowing me to study and take practice exams. Then, I took the written test and paid the \$15 license fee. A few weeks later, my Technician Class license arrived! Once you have a license, you can search for other ham radio operators on [www.qrz.com](http://www.qrz.com). I am KG7EJT.

## Summits On The Air

Today, I always bring the radio with me on day trips and overnight trips – it offers peace of mind, entertainment, and another fun challenge while in the backcountry. The radio and antenna weigh 12 ounces total – not very much. Now, taking photos from summits is followed by making radio contacts. One wonders, “why do people want to talk to me?” Many folks in cities and in the lowlands fascinated by the mountains are always very interested to know where I am talking to them from, especially if I'm in a remote area they've never heard of! All Seattleites know Mount Rainier, but how many non-hikers are familiar with Glacier Peak or Mount Maude?

Earlier this year, I was introduced to the Summits On The Air (SOTA) organization by a chance conversation on ham radio

while I was at home. It's an award scheme that encourages radio amateurs and shortwave listeners to tune in on summits. Turns out there are a lot of people doing the same thing as me.

SOTA is based in England and has local groups all over the world. Each summit on an accredited list is assigned a point value based on how strenuous and technical the trip is. For example, Mount Rainier is worth 10 points, Mount Dickerman is 6 points, and Tiger Mountain is 4 points. The goal is to obtain 1000 points to win the prestigious “Mountain Goat Award.” I started my SOTA career in January 2015 and currently have 140 points. I've made many new radio friends who follow me (by listening for me) on my SOTA activations.

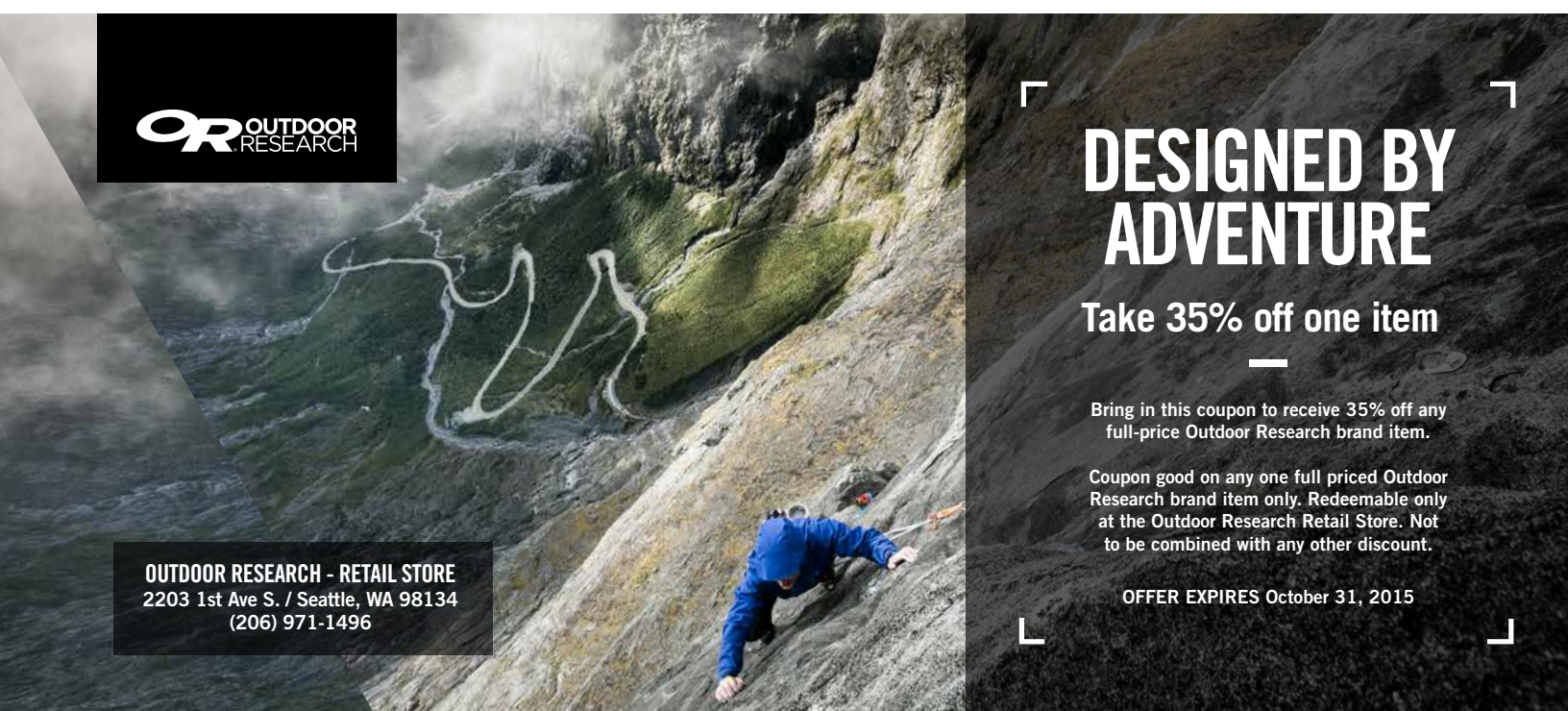
There's a huge selection of radios available. A great deal to get involved is to buy the Baofeng brand. Selling on-line for \$40 or less, it works very well and many ham radio operators, including EMT and SAR organizations are using them. Some county EMT/SAR organizations distribute the Baofeng radios free of charge to licensed ham operators who volunteer for SAR activities. Of course, there are many higher priced radios, offering more receive bands, waterproof and robust construction. I have a Baofeng and a more expensive brand – and they perform equally well.

The ham radio community is very supportive. Earlier this year I led a Mountaineers backpacking trip to Goat Lake in the North Cascades. This beautiful alpine lake is located in a lush green valley between the Monte Cristo Group of peaks and the mighty Sloan Peak. No cell phone coverage there! Using the ham radio, I was able to connect to another ham radio operator through a repeater. I asked a small favor: please text my wife and let her know we all doing well and we miss her. The ham operator sent the text to my wife, who was surprised and happy to hear from me!

Tim joined The Mountaineers 16 years ago and has been leading day hikes, snowshoe trips, and multi-day backpacks for almost 15 of those years. He met his wife, long-time member, Masako Nair, on a Mountaineers trip in 2001 and the two have been enjoying the mountains together ever since. Tune in and he'll be listening, on frequency 146.52.



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OFFER EXPIRES October 31, 2015

## Sea Stacks, Old-Growth Forests, and Salt Air Adventures

Sitting down with Greg Johnston, author of the new *Washington's Pacific Coast* guidebook

by Erika Lundahl

Just try to get journalist Greg Johnston to stop talking about the allure of Washington's Pacific Coast: the wild headlands, windswept beaches, and salmon-rich rivers.

On second thought, don't.

As a decades-long outdoors reporter for a range of Northwest media, including the *Daily World* and *Seattle P-I*, Johnston covered dozens of stories on the coast including Indian fishing rights issues in the 1970s, pollution in coastal rivers, declining native salmon runs, and adventures such as backpacking, beachcombing, and clam digging. He recently put years of research into writing the newly published *Washington's Pacific Coast: A Guide to Hiking, Camping, Fishing & Other Adventures*. With this new guidebook from Mountaineers Books, Johnston gives you all the tools you need to explore year-round the farthest northwest corner of the continental United States, from the Strait of Juan de Fuca to the mouth of the Columbia River.

A Seattle native who grew up visiting the coast with his family, Johnston joined us to talk about what the coast means to him and to tip us off to a few of his favorite nooks and crannies along the majestic 157-mile Washington coastline.

### In your opinion, what is the "best kept secret" of the Washington Coast?

GJ: I'd say the entire coast. I regularly meet people from Western Washington who have never been to the Washington Coast, and I sometimes hear people say the Oregon Coast is so much nicer than Washington's. The difference is that virtually all of Oregon's is accessible by car, via US 101. But 101 only touches the Washington Coast for about 12 miles, in the Kalaloch area, and most of the Washington Coast is not accessible by any road -- it's pure wilderness, like just about nowhere else in the 48 states. The 75 miles of wilderness coast in Olympic National Park is as scenic, with hundreds of offshore islands and crazy rock sea stacks, as any shore on the planet Earth. But you have to hike to reach it. You owe it to yourself to do that.

### Do you have a favorite time of year to explore the coast?

GJ: The beauty of our coast is that it can be explored year-round. I have hiked, fished, dug clams or simply visited the Washington Coast every month of the year. My favorite time to hike Olympic National Park's wilderness beaches is the dead of winter. It's super lonesome out there then, more primal and wild. I love late winter and early spring for the storms, which improve beach combing and agate hunting. I love spring and fall for razor clam digging. I love December through April for winter steelhead fishing. I love summer for smelt-dipping and just being on the beach in the (often infrequent) sunshine.





All photos by Greg Johnston.

### Can you hike the entire Washington Pacific Coast?

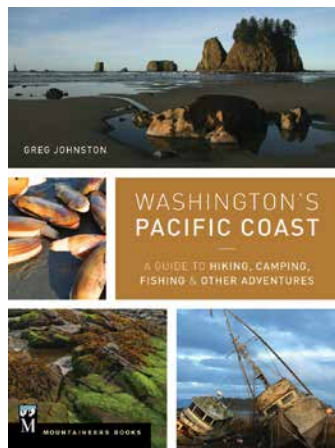
GJ: A determined hiker probably could hike almost all of it. About 20 miles of the coast on the Quinault Indian Nation is currently closed to non-tribal members. The tribe canceled its beach pass program in 2013 due to concerns about the impact of non-Indian in-holders and other developments along its coast, and certain areas have always been closed as sacred lands. But I understand special permission can sometimes be obtained for those whose motives are pure.

### Low tide or high tide?

GJ: That depends entirely on your goal. If you want to dig razor clams, you'll need a very low tide, a minus or close to it. If you want to catch surf perch or surf smelt, the best time is on the incoming tide, up to high. On the wilderness beaches, you must know the tides and hike by them, since you cannot camp on the beach on an extreme high – in some spots on any high – and you need low tides to round many impassable points. The relentless back and forth Zen of the tides also provides the coast with a soothing, rhythmic ambience. So they're both good.

### As you were writing this book, what was the most surprising new discovery you made about a particular location? Any natural history facts that weren't what you were expecting?

GJ: One was how fabulous the hiking is at Cape Disappointment State Park, which I had not fully explored. There are two historic lighthouses – one just restored, North Head – that you can hike to, plus old-growth spruce forests and intriguing military ruins, such as artillery emplacements. It is the best state park on the Washington Coast, hands down. Two other surprises were just how wild and rich in wildlife are both Long



Island in the Willapa National Wildlife Refuge and Lake Ozette in Olympic National Park. We had a spooky late-night encounter with a bear on Long Island, and the loons and owls sang us lullabies at Ozette.

### Why do you think it's important for children to experience the coast?

GJ: Because to a child, the ocean shoreline is a magical land of surf and sand, tide pools and sea creatures. Every day is different. They will see life from a new perspective on the coast, a refreshing option to the city.

*Washington's Pacific Coast: A Guide to Hiking, Camping, Fishing, & Other Adventures* (June, 2015; full-color with detailed maps and itineraries) by journalist Greg Johnston is available from the Mountaineers Program Center bookstore, online, and fine independent bookstores all over the Northwest. If you'd like to request Johnston as a speaker for your organization please contact [emilyw@mountaineersbooks.org](mailto:emilyw@mountaineersbooks.org).

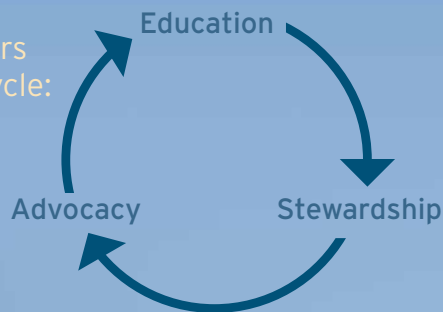
Other new titles from Mountaineers Books include *Swallowed by the Great Land* by Seth Kantner, *The Living Bird* with the Cornell Lab of Ornithology, *The Wild Edge* by Florian Schulz, and *Urban Cycling* by Madi Carlson.

## Protecting the Outdoor Experience

by Katherine Hollis, Mountaineers Conservation and Recreation Manager

For over a century, The Mountaineers has inspired conservation and stewardship of our public lands through our outdoor education programs and books. Today, we build on this tradition by taking responsibility for protecting the places that inspire, excite, and challenge us. The Mountaineers is uniquely positioned to define and grow the modern conservation movement by providing powerful outdoor experiences that enable people to gain special connections to these places and the desire to protect them. We instill stewardship and Leave-No-Trace wilderness ethics through the educational components of our courses and provide opportunities to learn and engage in conservation issues - practices that ignite passion and action in current and future generations of conservationists.

The Mountaineers  
Conservation Cycle:



**Our conservation program protects the outdoor experience by:**

- Ensuring we all have access to our public lands to get people outside
- Protecting our public lands and the experiences they provide
- Awakening the conservation ethic in our community of human-powered recreationists through education and stewardship

A substantial percentage of land in Washington State is public (estimates hover around 40% for all public lands), and the number of human-powered recreationists getting outside on these lands grows every year. It is imperative that we understand the impact our recreation can have on the natural world and that we work to protect our wild places.

The Mountaineers impacts public lands conservation through three engagement areas: conservation education, stewardship and advocacy.

### Conservation Education

We believe that everyone – from the seasoned outdoor enthusiast to the first-time recreationist – should know the skills needed to protect our natural places and be motivated to defend them. Our courses and publications are often members' first introduction to the outdoors and to responsible outdoor recreation. We teach

people what they need to know to protect our public lands and provide the spark to help them become passionate about conservation. We believe The Mountaineers is not only uniquely positioned to provide this education, but also obligated to grow a strong community that protects the outdoor experience.

We provide education on conservation issues through books that convey the importance of our natural places, a monthly newsletter that highlights pertinent public lands issues in the Pacific Northwest and beyond and gives individuals specific opportunities to take action on these issues, and we cultivate low-impact ethics throughout our organization.

## Stewardship

Giving back to our public lands is integral to our work as an organization and has been a part of our history from our beginnings as a club. We care for the trails and other outdoor recreation resources that allow us to enjoy our wild places. Volunteers lead our trail work and lookout tower restoration in partnership with land managers and other organizations, and completing a day of stewardship is an important requirement in many of our most popular courses. These stewardship activities reflect a hands-on approach to conservation and allow us to make an immediate impact over the course of just a day.

We know the hiking and climbing trails in Washington take a beating each year – both from people and from weather. We steward these access resources so that mountain peaks, climbing crags and alpine lakes can continue to be enjoyed. The Mountaineers Everett Branch Lookout and Trail Maintenance Crew provides critical volunteer maintenance to the historic Pilchuck, Three Fingers, and Heybrook fire lookouts on the Mount Baker-

Snoqualmie National Forest, keeping these structures open to the visiting public so that thousands of annual visitors may see, touch, and experience a piece of history that might otherwise be lost.

Each year, nearly 500 students volunteer on public lands as part of Mountaineers courses with stewardship requirements, contributing over 3,600 hours of volunteer labor on state and federal lands in Washington. Students participate in restoration activities, trail work or historic lookout maintenance with The Mountaineers or with community partners.

## Conservation Advocacy

The Mountaineers is Washington's leading voice for protecting the outdoor experience in the Pacific Northwest and beyond. We undertake our policy work through bringing together partners and coalitions, and working with land managers and lawmakers to educate and advocate for the protection of the natural places that inspire us. We engage on issues that improve access to our public lands and protect them, so we can better get people outside through the sports we love.

A partnership that helps us magnify our voice at the national level is our work with the Outdoor Alliance, a national nonprofit that unites the voices of outdoor recreation to conserve America's public lands. We became the first non-founding member organization to join with other member organizations with a rich history of protecting outdoor landscapes across the country. By joining our voices, we strengthen the efforts to protect and promote human-powered enjoyment of the outdoors.

We are defining the modern conservation movement. And influencers, lawmakers, and land managers are listening.

## Signaling for Help by Satellite

by Dick Lambe, Mountaineers trip leader

Anna Bauer shows off a satellite notification device on the Washington Coast. Photo by Dick Lambe

It's a climber's nightmare. Last February both members of a 2-party climbing team fell and slid 800' descending Mt. Stuart, sustaining serious injuries, including head and neck injuries and a broken leg. Yet, within less than four hours they are rescued by helicopter. How did they notify the rescue agency? A satellite notification device.

Seattle Mountaineer Gene Yore (co-author of Guide to 100 Peaks at Mount Rainier Park) was solo scrambling Double Peak in Mount Rainier National Park in June 2014. During his descent, he slipped and broke his fibula and could no longer travel. He activated his SPOT satellite messenger about 7 am, and the rescue helicopter appeared about 2 pm. Search and Rescue personnel assisted him to a spot the helicopter could land, where he was evacuated.

Seattle Mountaineer Climb Leader Harlan Brown broke his ankle on a Mt. Daniel climb in August 2014. He activated his SPOT satellite notification device. Within 3 hours, a Snohomish County Helicopter Rescue Team helicopter was hovering overhead. Soon afterward, he arrived at Everett's Providence Hospital.

Others who did not carry a satellite notification device might have benefited.

Just over 10 years ago, in July 2005, three Tacoma Mountaineers died while attempting to evacuate an injured climber from Shark Fin Tower. While satellite notification devices became legal to use in Washington State in 2003, they were not widely used in 2005. If the Shark Fin Tower party had carried one, the climbers could have signaled for help and a helicopter rescue might have avoided the need to attempt the difficult and ultimately fatal evacuation.

Two types of satellite notification devices exist: Personal Locator Beacons (PLB) like the ACR ResQLink and Satellite Emergency Notification Devices (SEND) like the SPOT or DeLorme inReach. Each has strengths and weaknesses.

PLBs are single purpose devices - just for sending emergency rescue signals. They use the government COSPAS-SARSAT satellite system. Once activated in the U.S., a signal travels by satellite to the Air Force Rescue Coordination Center, which notifies the appropriate rescue agency, which notifies the county, which coordinates the rescue. This signal includes your identity and location. PLBs also transmit a signal which the rescuer can use to home-in on your location.

SEND devices are more versatile. Both SPOT and inReach send emergency rescue messages, but also can send "OK" status messages to your designated recipients or limited text messages. The inReach can also receive text messages. Both SPOT and inReach send messages by satellite to the privately-run GEOS International Emergency Response Coordination Center. Assuming you are current in payment on your subscription, this Center relays emergency rescue messages to the local rescue authorities. SPOT uses the private Globalstar satellite network with global coverage, except polar regions and sub-Saharan Africa. InReach uses the private Iridium satellite network, with global coverage.

For sending emergency rescue signals (SOS), PLBs are much more reliable. Besides using the more reliable government satellite system, they transmit a 5 watt signal, while inReach's signal is 1.6 watts and SPOT's is 0.4 watts. A review by OutdoorGearLab

says a PLB is “far superior” to a SEND device for sending a SOS signal. Similarly, REI, which sells both SEND and PLB devices says: “While a handy tool for casual hikers and backpackers, satellite messengers [SEND devices] transmit signals that are much less powerful than a PLB signal. They are not intended for serious mountaineering use.”

Another option is a satellite phone. While more flexible than either a PLB or SEND, it is more expensive and also relies on the less effective private satellite systems used by SEND devices. If you have a signal, a cell phone is usually the best option, but many backcountry areas of Washington lack cell phone coverage.

None of these devices are infallible. Particularly for SEND devices, if your emergency contact person is expecting regular “OK” messages, that fallibility might be a source of stress or cause them to initiate a rescue. Tacoma Mountaineer Sharon Carlson experienced that very problem on a Mt. Stuart climb she led in July 2014. Her SPOT device failed to send numerous “OK” messages to her emergency contact, resulting in the contact person calling Search and Rescue.

PLBs cost about \$280 to buy. SPOTs cost about \$150, though frequently discounted. InReachs cost between \$300 and \$400, though Mountaineer Leaders may be eligible for a 25% discount under the Promotive program.

PLBs are much cheaper to use: they have no subscription fee, though the 5 year battery costs about \$150 to replace. Both SPOT and inReach charge annual subscription fees ranging from \$100 to \$960 per year, depending on the features selected. PLBs and SPOTs weigh less than inReach: 4 to 5 ounces versus about 7.

Perhaps the ideal solution is to have both a PLB and a SEND device (or a satellite phone) in the group; this gives you the advantage of the greater reliability of the PLB for SOS messages, and the greater flexibility of the SEND device.

I have a PLB. I carry it on most backcountry outings to areas without reliable cell phone coverage. I have informally polled people on some Mountaineers’ trips, and it seems less than 25% carry either PLB or SEND devices.

Should you carry a PLB or SEND device?

Besides helping you (or a companion) get rescued, a satellite notification device helps rescuers, by making rescues faster and safer. As explained in a post-rescue e-mail from Randy King, Mount Rainier National Park Superintendent, to Gene Yore:

“The fact that you had a SPOT device helped immensely in getting to you quickly and in preventing an extensive search that would have posed inherent risk to many more responders. Thanks for being prepared!”



A close-up of a satellite notification device. Photo by Dick Lambe



Gene in a port-a-ledge, suspended to a rock wall at Yosemite. Photo courtesy of Gene Yore



## A Tree of Friendship in Turkey

by Cheryl Talbert

Trekking along the Lycian way in Turkey. Photo by Cheryl Talbert

The Mountaineers Global Adventures program is aimed at extending to the world the mission of The Mountaineers to “enrich the community by helping people explore, conserve, learn about and enjoy the lands and waters of the Pacific Northwest and beyond.”

Sometimes a single event can put an unforgettable face and sharp focus on how broad this ‘community’ can become on a Global Adventure trip. Such was the case with a day in late April of 2015 on a two-week, 115-mile Mountaineers trek along the Lycian way on the slopes of the Taurus mountains along the Mediterranean sea.

The mayor of Beymelek, Turkey, a small village of seven or eight homes and a waystation on the Lycian Way, had remodeled his traditional home to accommodate trekkers, and had already extended our group of 12 a typical, extremely warm and generous Turkish welcome with artful meals prepared by his wife and daughter in their kitchen, and warm companionship

(complete with much gesturing, as he did not speak English and we spoke little Turkish).

When the mayor gestured for us to follow him out into the carefully-tended little olive grove in his family compound (complete with peacocks, chickens and goats), we came along like long-time family friends... to be presented with an olive tree sapling and a shovel. What was this?

We soon came to understand that he treasured our visit so much - only the third group to stay with his family - that we were being invited to plant an olive tree as a monument of our visit and a symbol of his welcome for us to return again. We were given a signpost where we carefully ascribed ‘The Mountaineers’ and the date.

On our way out we noticed a carefully lettered sign over the gate: “Friendship Garden.” A valuable reminder that sometimes it’s not the epic adventure that brings people together, but the small, heartfelt gesture of community.

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

#### Rock Climb Greece

Oct. 30 - Nov. 10, 2015

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

#### Ski/Winter-Walk France

March 4-20, 2016

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

#### Ski Mountaineer British Columbia's Rogers Pass

March 26 - April 3, 2016 M3G

Rogers Pass has some of the best accessible backcountry skiing in North America. We will traverse across a glacier with an overnight pack to Glacier Circle Cabin and back. The skiing and scenery are amazing. Very strong, expert backcountry skiers, with glacier travel training. **Price:** \$600. Register online by January 1. **Leader:** Craig Miller, [craigmiller@comcast.net](mailto:craigmiller@comcast.net)

**Note:** A Canadian Rockies Ski trip scheduled February 15-21, 2016 and a Patagonia backpack trip scheduled February 28 - March 10, 2016 is pending review as of the publishing of this magazine. A decision is expected August 24. Please contact Craig Miller at [craigmiller@comcast.net](mailto:craigmiller@comcast.net) or Cheryl Talbert at [cascadehiker@earthlink.net](mailto:cascadehiker@earthlink.net) for further details or check online for possible listings.

[www.mountaineers.org](http://www.mountaineers.org)

Click on the Explore tab, then search "Global Adventures."



# Ready for Adventure?

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

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

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

## Mountaineers Ten Essential System

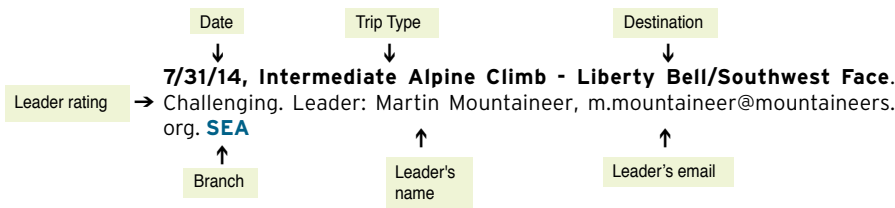
required on all Mountaineers trips:

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

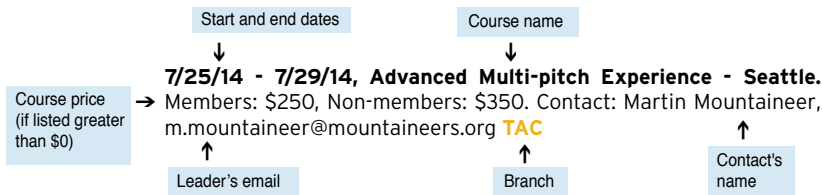
## List of potential abbreviations:

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

## ACTIVITY LISTING KEY



## COURSE LISTING KEY



## How to use the Go Guide:

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

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

We have been talking with volunteer leaders, committee chairs, and members to best understand how this Go Guide is used. Overwhelmingly, we are finding that most people use the website in order to find and sign up for activities and courses. What do you think? How do you use the Go Guide? We are thinking of making the magazine quarterly, instead of bi-monthly and want to hear from you if you feel this would have an impact on how you look for and sign up for activities.

If you have any suggestions, questions or feedback, please send an email to Suzanne Gerber, publications manager, at [suzanne@mountaineers.org](mailto:suzanne@mountaineers.org).



# activities

Below is just a sampling of The Mountaineers activities. To see the full listing, go to [www.mountaineers.org](http://www.mountaineers.org).

## backpacking

**9/5/15-9/7/15, Backpack - Indian Heaven** (Easy) Leader: Dick Hayek, richardhayek@aol.com. **TAC**

**9/15/15-9/20/15, - Enchantments thru-hike** (Moderate) Leader: Bill Carver, fishtherivers4fun@yahoo.com. **TAC**

**10/10/15-10/11/15, Backpack - East Bank Trail** (Easy) Leader: Deborah Fisher, gearsnbearings@gmail.com. **FH**

## climbing

**9/5/15-9/6/15, Intermediate Alpine Climb - Sherpa Peak/West Ridge** (Moderate) Leader: Edward Palushock, ed.palushock@yahoo.com. **SEA**

**9/5/15-9/7/15, Basic Alpine Climb - Glacier Peak/Disappointment Peak Cleaver** (Moderate) Leader: Jan Abendroth, jan.abendroth@gmail.com. **SEA**

**9/10/15, Basic Alpine Climb - Markhor Peak/Needle Traverse** (Moderate) Leader: Matthew Mussallem, bizmattmuss@yahoo.com. **SEA**

**9/12/15, Intermediate Alpine Climb - Eldorado Peak/Northeast Face** (Challenging) Leader: Mark Scheffer, mark\_scheffer@yahoo.com. **SEA**

**9/12/15-9/15/15, Intermediate Alpine Climb - Mount Goode/Northeast Buttress** (Challenging) Leader: Edward Palushock, ed.palushock@yahoo.com. **SEA**

**9/15/15, Intermediate Alpine Climb - Observation Rock/North Face** (Challenging) Leader: Stefanie Schiller, stefs67@gmail.com. **SEA**

**9/19/15-9/20/15, Basic Alpine Climb - Whitman Crest/Fryingpan Glacier** (Moderate) Leader: Mark Scheffer, mark\_scheffer@yahoo.com. **SEA**

**9/19/15, Basic Alpine Climb - The Tooth/South Face** (Moderate) Leader: Colt de Wolf, colt0045@gmail.com. **SEA**

**9/20/15, Intermediate Alpine Climb - Observation Rock/North Face** (Moderate) Leader: John Mackey, john@pttaxcpa.com. **KIT**

**9/26/15, Intermediate Alpine Climb - Observation Rock/North Face** (Moderate) Leader: Ian Dickson, ipd@yellowleaf.org. **SEA**

**10/3/15-10/4/15, Intermediate Alpine Climb - Mount Thompson/West Ridge.** Leader: Jim Pitts, jim@pitts.org. **SEA**

**10/10/15, Basic Alpine Climb - South Early Winter Spire/South Ar\_te** (Moderate) Leader: Mark Scheffer, mark\_scheffer@yahoo.com. **SEA**

**10/10/15, Basic Alpine Climb - Pinto Rock/Bowling Alley.** Leader: Bob Keranen,

keranen@hcc.net. **OLY**

**10/17/15, Basic Alpine Climb - Guye Peak/South Rib** (Challenging) Leader: Mark Scheffer, mark\_scheffer@yahoo.com. **SEA**

## day hiking

**9/4/15, Day Hike - Burroughs Mountain (Mount Rainier)** (Moderate) Leader: Christopher Ensor, ctrails@comcast.net. **SEA**

**9/6/15, Day Hike - Lake Serene** (For Beginners (Getting Started Series)) Leader: Donna Kreuger, djkreuger@comcast.net. **OLY**

**9/12/15, Day Hike - Granite Mountain** (Moderate) Leader: Brian Seater, bseater@gmail.com. **SEA**

**9/13/15, Day Hike - Mount McCausland and Lake Valhalla** (Moderate) Leader: Bob Pankl, pankl@earthlink.net. **SEA**

**9/20/15, Day Hike - Buck Mountain/Elbo Creek** (For Beginners (Getting Started Series)) Leader: Curt Rosler, rosler6419@comcast.net. Olympia

**9/20/15, Day Hike - Cape Flattery** (Easy) Leader: Vern Brown, hohfern@gmail.com. **KIT**

**9/26/15, Day Hike - Owyhigh Lakes (Mount Rainier)** (Moderate) Leader: John Eliasson, johneliasson0@gmail.com. **OLY**

**9/28/15, Day Hike - Turtleback Mountain Preserve: Turtlehead Summit** (Moderate) Leader: Anne Downing, anne.downing@gmail.com. **SEA**

**9/29/15, Day Hike - Turtleback Mountain Preserve: Turtlehead Summit** (Moderate) Leader: Elaine Carpenter, katmom99@gmail.com. **SEA**

**10/1/15, Day Hike - Snow & Gem Lakes** (Snoqualmie Pass) (Moderate) Leader: Christopher Ensor, ctrails@comcast.net. **SEA**

**10/3/15, Day Hike - Pratt Mountain & Lake** (For Beginners (Getting Started Series)) Leader: John Eliasson, johneliasson0@gmail.com. **OLY**

**10/11/15, Day Hike - Thorp Mountain Lookout** (For Beginners (Getting Started Series)) Leader: Donna Kreuger, djkreuger@comcast.net. **OLY**

**10/17/15, Day Hike - Duckabush River to Five Mile Camp** (For Beginners (Getting Started Series)) Leader: Donna Kreuger, djkreuger@comcast.net. **OLY**

## scrambling

**9/4/15, Alpine Scramble - Eightmile Campground** (Easy) Leader: Kirk Peterson, strongcord@gmail.com. **SEA**

**9/5/15, Alpine Scramble - McGregor Mountain** (Moderate) Leader: Mary Aulet, mraulet@comcast.net. **SEA**

**9/6/15, Alpine Scramble - Del Campo Peak & Gothic Peak** (Challenging) Leader: Andy Weber, olyclimber@gmail.com. **OLY**

**9/6/15, Alpine Scramble - Grindstone Mountain** (Challenging) Leader: Andy Cahn, andycahn@gmail.com. Seattle

**9/6/15, Alpine Scramble - Wedge Mountain** (Moderate) Leader: Brad Gibson, bradgibson@pobox.com. **SEA**

**9/13/15, Alpine Scramble - Vesper Peak** (Moderate) Leader: Andy Monts-Homkey, andyisalways hiking@gmail.com. Everett

**9/27/15, Alpine Scramble - Mount St. Helens/Monitor Ridge** (Challenging) Leader: Nancy Lloyd, nanlloy@gmail.com. **OLY**

## sea kayaking

**9/12/15, Sea Kayak - Washington Park to Friday Harbor** (Challenging) Leader: Alison Reinbold, areinbold@comcast.net. **TAC**

## stewardship

**9/26/15, Stewardship - Iron Goat Trail** (Moderate) Leader: Sandy Evans, evans.sandy@frontier.com. **EVT**

## urban adventure

**Sept. 11 & Oct. 9, Fri - Games Night and Snacks** 7 P.M. at the Phinney Neighborhood Center, 6532 Phinney Ave. N., #3. Bring a snack or beverage (with cups) to share & a game if you want. No sign up. Eldon Ball, eldonball@juno.com, 206-366-8405. **SEA**

## Global Adventure - Ski and Walk Val d'Isere and Grand Paradiski Resorts, France

**Preview on Sun Sept 20, 6:30pm**

Mountaineers Seattle Program Center - Magnuson Park

- Ski 3 favorite resorts in the spectacular French Alps
- Stay a small family run hotels
- Ski from 6,000 to 12,000 ft - guaranteed snow!
- Sightsee in Geneva, Switzerland and Annecy, the Venice of France

# courses

Below is just a sampling of courses offered. See [www.mountaineers.org](http://www.mountaineers.org) for up-to-date listings.

## climbing

**9/3/15-9/29/15, Sport Climbing - Tacoma - 2015.** Sport Climbing Members: \$125, Non-members: \$175. Contact: Jeffrey Edwards, [jbedwards97@gmail.com](mailto:jbedwards97@gmail.com). **TAC**

**Climbing 9/14/15-10/12/15, Introduction to Leading Bolted Routes - Seattle - 2015.** Members: \$125, Non-members: \$200. Contact: Helen Arntson, [xylonia@gmail.com](mailto:xylonia@gmail.com). **SEA**

**10/30/15-2/25/16, Introduction to Ice Climbing Course - Seattle - 2015.** Members: \$150, Non-members: \$220. Contact: Jennifer Carter, [jennecarter@gmail.com](mailto:jennecarter@gmail.com). **SEA**

**12/6/15-10/30/16, Basic Alpine Climbing Course - Seattle - 2016.** Members: \$550, Non-members: \$700. Contact: Cebe Wallace, [cebe.wallace@gmail.com](mailto:cebe.wallace@gmail.com). **SEA**

## scrambling

**10/31/15-10/31/15, Alpine Scrambling Course - Seattle - 2015.** Members: \$250, Non-members: \$350. Contact: John Gilbert, [johngilbertwentclimbing@hotmail.com](mailto:johngilbertwentclimbing@hotmail.com). **SEA**

## sea kayaking

**9/18/15-9/20/15, Paddler Development Weekend - Seattle - 2015.** A full weekend of on-the-water paddler development workshops held in beautiful Deception Pass State Park, complemented with great food and like-minded kayakers. Members: \$90, Non-members: \$500. Contact: Kay Gowan, [nawogk@gmail.com](mailto:nawogk@gmail.com). **SEA**

## youth

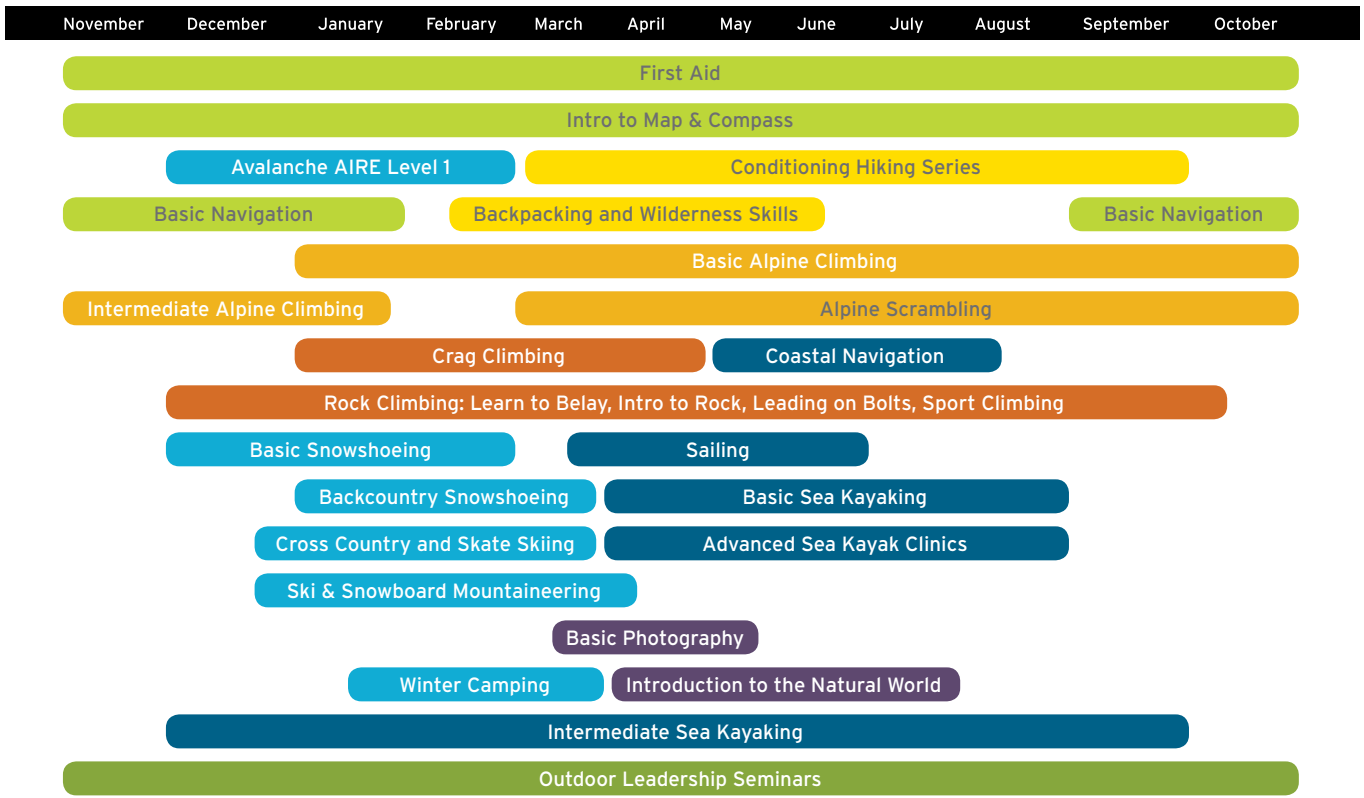
**9/8/15-8/31/16, Explorers - Seattle - 2015.** For youth ages 10-13 who are interested in spending time outdoors. Members: \$400, Non-members: \$400. Contact: Josh Gannis, [joshg@mountaineers.org](mailto:joshg@mountaineers.org). **SEA**

For the most up-to-date courses, go to [www.mountaineers.org](http://www.mountaineers.org) and click on the Learn tab.

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

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

## The Mountaineers Course Overview



# outdoorcenters



Baker Lodge in August. Photo by Rich Lawrence

## Baker Lodge

Baker Lodge will be open most weekends in September. Go to the Baker Lodge website for details. *The future of Baker Lodge is at risk, but you can help! Find out more on the next page.*

[www.mountaineers.org/about/locations-reservations/baker-lodge](http://www.mountaineers.org/about/locations-reservations/baker-lodge)

## Kitsap Forest Theater & Cabin

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

The Kitsap Forest Theater, Kitsap Cabin and the Kitsap Yurt are perfect "getaways" for you and your family, friends, business or group. Kitsap Forest Theater is a perfect venue for outdoor weddings, concerts, performances and presentations. Kitsap Cabin is outfitted with wireless internet, tables, benches, a fully functioning kitchen, dishes/silverware/glasses etc., fireplace and outdoor ambience. The Kitsap Yurt is a 27' diameter yurt with an oak floor and electricity and lighting. We also have a bunkhouse with bunk beds and mattresses (guys and gals side) and many tent sites around the property if you want to rent for an overnight event.

There are hikes available on the property (20 acres) and on the adjacent Rhododendron Preserve. "Big Tree" is a popular destination and is one of the largest old growth firs on the Kitsap peninsula.

During our show season (spring and summer) we have limited weekend availability, but there are several available summer weekends, and the fall is a great time to visit this unique and special place. During the week we have much more availability. Get away from the city and stress and enjoy our peaceful and magical venue.

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

Kitsap Cabin and yurt are surrounded by the Rhododendron Preserve,

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

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

## Meany Lodge

### The Meany Family Hike/Bike Weekend:

Come up to hike, bike or just lounge around. You would be surprised just how peaceful Meany can be during the summer. And you can drive all the way to the lodge no less

Do you have friends that you have been trying to come up, but they don't want to commit to a Winter Weekend? Well this is one of the best ways of getting them to come up and see what Meany is all about without the winter luggage. Go to [www.meanylodge.org](http://www.meanylodge.org) or the following link:

[www.meanylodge.org/activities/family\\_weekend/family\\_weekend.html](http://www.meanylodge.org/activities/family_weekend/family_weekend.html)

**Work Parties:** Check out the workparty page and see what they are proposing to do. If you are interested in helping contact Ray Nelson

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

If you are part of a group that is looking for a place to hold a meeting, retreat, reunion or other kind of overnight get together, PLEASE consider bringing your group to Meany.

We are open to groups as small as 12-15 folks and can make room for up to 90. We're planning to keep our prices at \$45/person/night inclusive of the same quality food we always serve.

## Stevens Lodge

The Mountaineers has a fantastic facility for members to enjoy at Stevens Pass. Located just above Lot 4 at the Stevens Pass Ski Area, Stevens

Lodge is one of the only ski-in, ski-out facility on the pass. We are open every weekend from December to April, including holiday Mondays in January and February.

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

Guests are asked to contribute to the running of the lodge by picking up at least one "chore" a day, which can be shoveling snow, serving dinner or

hauling firewood. This community effort is what keeps the lodge ticking.

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

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

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

## The Future of Baker Lodge is at Risk

The Mountaineers are considering the future of Mt. Baker Lodge and are soliciting input and support from the membership as to the best next steps. If operations at Baker Lodge are to continue as they have, since the 1950s, a new core of volunteer stewards must be found. Otherwise alternative business models will have to be pursued in order for the Lodge to maintain financial and operational viability. It is "gut check" time for the Mountaineers membership as to whether or not this long-time resource for outdoor enthusiasts will remain a volunteer-led and operated entity or will migrate to some other management model, possibly without local control by members.

### THE CURRENT PLAN

While continuing to operate the facility with volunteers, we are asking for new volunteers to come forward to help maintain the current volunteer-led operations of the lodge. In addition, over the next twelve months, the Mountaineers will be assessing all options in relation to the future of the lodge and we are looking for new volunteers who can help with this process.

### BAKER LODGE'S COMMITTEE NEEDS

If we want to maintain the option of continuing to operate as a volunteer-led enterprise we need new members to supplement and enhance the current Baker Lodge committee members' capabilities and, over time, to replace some members, as well as bring in new ideas. About fifteen dedicated volunteers make up the current Committee, but a number of long-time members have expressed an interest in reducing their involvement in the day-to-day operations over the next year; they would be glad to help new members get up to speed. This provides the perfect opportunity for a smooth transition from the current guard to a new cadre of volunteer leadership. The institutional knowledge of the current Baker Lodge committee is not only vast, but fascinating.

### VOLUNTEER OPPORTUNITIES

Desirable interests and/or skills needed from volunteers to maintain Lodge operations:

- **Leadership: a Chairperson(s) to provide oversight, motivation, and coordination of the entire team**
- **Financial oversight/treasurer**
- **Marketing**
- **Cafeteria or large group cooking**
- **Repair, maintenance & capital improvements coordinator**
- **Hosting diverse user groups and providing a welcoming atmosphere, while delegating tasks**

Looking forward, in addition to recruiting new volunteers and Committee members with the necessary interests and skills listed above, we need to add members with skills in strategic planning for the future. We want to conduct an analysis of our operations (strengths, weaknesses, opportunities, and threats) to see if we are preparing adequately for the future and using the Lodge in the best ways to meet the needs of the organization and our members.

### TYPICAL TASKS AND OBLIGATIONS

Each year the lodge is used about 70 nights a year, mostly in the winter months. Volunteer "hosts" open and close each weekend and serve as coordinators for the cooperative preparation of nourishing breakfasts and dinners, dish washing, snow shoveling, and general upkeep of the facility. Over the summer, in addition to being open to the public and club members, there are work parties of volunteers to do annual repair, maintenance, and improvements at the lodge.

### BAKER LODGE'S VOLUNTEER HISTORY

Volunteers have been the lifeblood of the Baker Lodge from the beginning. Work on the lodge began in the fall of 1956 when the remains of an old barn were burned and topographical information obtained. The Board appointed the Mt. Baker Building Committee in March 1957 and the Forest Service issued a building permit in June. Between July and September 25 concrete footings were constructed with the help of 28 volunteers on the day of the pour. Starting in early 1958 work parties in Seattle milled all beams and posts, which in June were loaded on a logging truck and transported to the building site. Over 30 volunteers showed up on July 4 to start construction and after an additional 14 work parties the lodge was open Thanksgiving to a capacity crowd. Total cost was \$12,383. Since the lodge opened it has been financially self-sustaining.

The Mountaineers' Mt. Baker Lodge provides a retreat setting in the spectacular northern Cascades, offering access to the Mt. Baker ski facilities, backcountry skiing & snowshoeing in winter, hiking in the summer and numerous other outdoor recreation opportunities year round for those who want to explore, learn from, and enjoy the outdoor recreation opportunities of the Pacific Northwest. It serves Mountaineer members as well as non-members, individuals and groups (scouts, public & private schools, clubs, weddings, etc.), who are willing to form a temporary community, sharing space and tasks in an atmosphere of camaraderie and cooperation.

### FUTURE IMPACT OF THESE VOLUNTEER ROLES

This is a tremendous opportunity to shape the future of this historic lodge, and we need people committed to creating a vibrant, financially stable, and well-staffed lodge as weekend volunteers or as Committee members providing oversight and helping to determine improvements to operations. Running the lodge is like running any small business and the experience is incredibly rewarding.

### HOW TO HELP

If you would like to join in the exciting task of writing the next chapter of the Baker Lodge story, let us know!

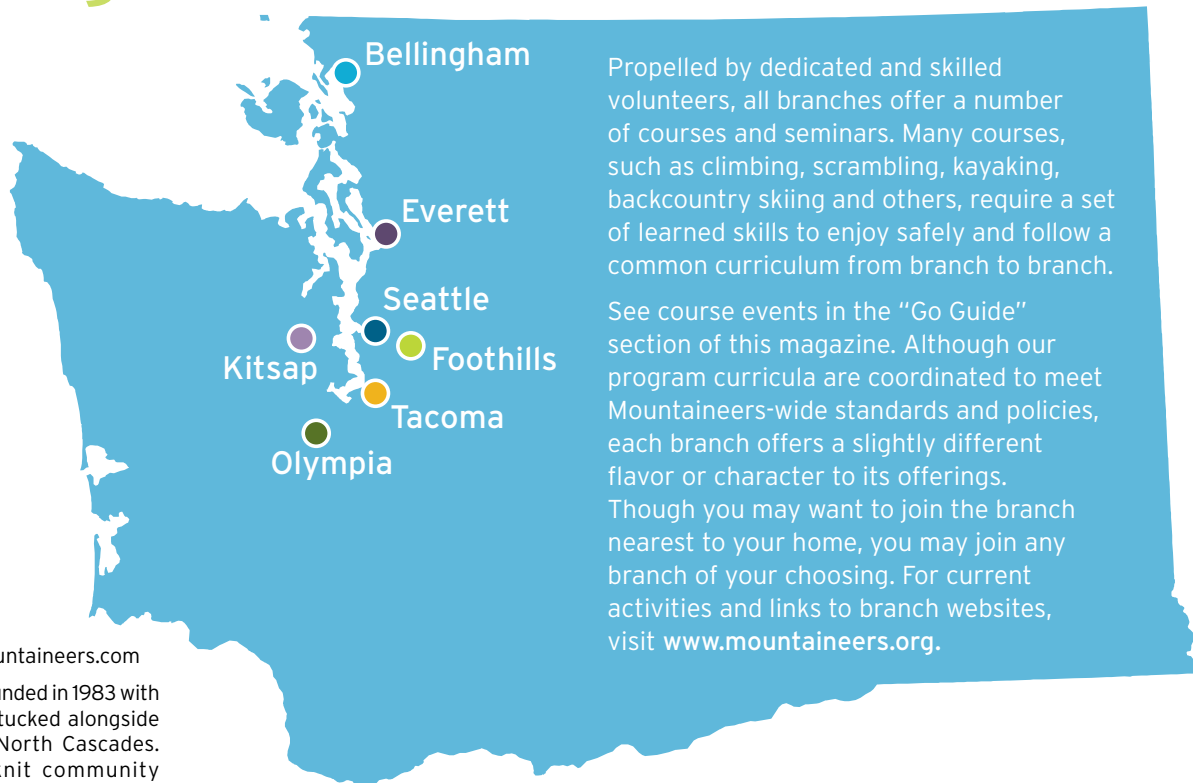
Contact the vice President of Outdoor Centers - Geoff Lawrence: [geoff.lawrence@tacomamountaineers.org](mailto:geoff.lawrence@tacomamountaineers.org)

Leadership Development manager - Chris Williams: [chrisw@mountaineers.org](mailto:chrisw@mountaineers.org), 206-521-6034

Or our Baker Lodge Chair - Dale Kisker: [dkisker@comcast.net](mailto:dkisker@comcast.net), 206-365-9508.

# branchingout

Welcome to the seven branches of The Mountaineers



Propelled by dedicated and skilled volunteers, all branches offer a number of courses and seminars. Many courses, such as climbing, scrambling, kayaking, backcountry skiing and others, require a set of learned skills to enjoy safely and follow a common curriculum from branch to branch.

See course events in the “Go Guide” section of this magazine. Although our program curricula are coordinated to meet Mountaineers-wide standards and policies, each branch offers a slightly different flavor or character to its offerings. Though you may want to join the branch nearest to your home, you may join any branch of your choosing. For current activities and links to branch websites, visit [www.mountaineers.org](http://www.mountaineers.org).

## BELLINGHAM

**Vice Chair:** Minda Paul  
[mindapaul@hotmail.com](mailto:mindapaul@hotmail.com)

**Website:** [www.bellinghammountaineers.com](http://www.bellinghammountaineers.com)

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

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

snowshoe tours.

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

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

## EVERETT

**Chair:** Matt Vadnal,  
[matthewvadnal@aol.com](mailto:matthewvadnal@aol.com)

**Website:** [everettmountaineers.org](http://everettmountaineers.org)

The Everett Branch of The Mountaineers was founded in 1910 by H.B. Linman, an Everett dentist. The new organization successfully sponsored over a dozen hikes that year. Its first outing was a hike to Lake Isabelle. Several hundred members of the public attended “stereopticon” presentations at the Everett High School auditorium. Dr. Linman, his wife,

and seven other branch members reached the summit of Glacier Peak in August 1910 during The Mountaineers’ annual outing. The branch was not “officially” founded until 1911 when The Mountaineers charter was amended to provide for branches. This anomaly allowed the branch to hold its centennial celebration in 2010 and 2011!

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

**MEMBERSHIP MEETINGS:** To learn more

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

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

## KITSAP

**Chair:** Jeff Schrepple,  
[avdfan@aol.com](mailto:avdfan@aol.com)

**Website:** Kitsap Branch on [www.mountaineers.org](http://www.mountaineers.org)

Founded on March 6, 2003 the Kitsap branch counts in its backyard the trails, waters, and mountains of both the Kitsap and Olympic peninsulas.

Over slightly more than a decade, this branch has developed very strong climbing, hiking, and sea kayaking programs and in the past year

its conservation/education program has also grown significantly. Other Kitsap Branch courses and activities include snowshoe/winter travel, navigation, first aid, wilderness basics, hiking & backpacking basics, and trail running. The branch is currently exploring the possibility of starting a naturalist committee.

Our activity committees sponsor four or more stewardship efforts each year and recurring events include our spring and fall Salmon Safaris. The branch hosts an Annual General Membership meeting every October. A major goal of the branch is to add more family activities in 2015.

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

## SEATTLE

**Chair:** Timmy Williams,  
mtnrtimmy@clearwire.net

**Website:** [www.mountaineers.org/about/branches-committees/seattle-branch](http://www.mountaineers.org/about/branches-committees/seattle-branch)

The largest of our branches, Seattle gives lovers of the outdoors an opportunity to try out hiking, backpacking, scrambling, climbing, skiing, snowshoeing, wilderness navigation, first aid, family activities, folk dances, leadership

training, naturalist study, photography, singles events, Retired Rovers activities, Under the Hill Rovers activities and sailing.

**MEET THE MOUNTAINEERS:** The Seattle Branch holds a Meet The Mountaineers open house at The Mountaineers Program Center periodically. These allow new members and prospective members to learn about The Mountaineers offerings. Keep an eye on the website for information about the next one.

**FREE HIKING SEMINARS:** Do you have the

hiking or backpacking bug but you just need to know a little more about how to get started in the Pacific Northwest? The Seattle Branch offers a free Beginning Hiking Seminar most months at The Mountaineers Seattle Program Center. Though seminars are free, participants are urged to register for them on line to make sure there is enough seating.

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

## FOOTHILLS

**Chair:** Steve LeBrun,  
stevelebrun@comcast.net

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

**Website:** [foothillsmountaineers.org](http://foothillsmountaineers.org)

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

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

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

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

**MEMBERSHIP MEETINGS:** Branch Membership meetings as well as Branch Council meetings (open to all members) are held from time to time at Issaquah, Mercer Island or Bellevue locations. See the branch website and calendar for specific

events and meeting dates. Membership meeting are social in nature, and typically include a guest speaker, outdoor-themed film, or a slideshow presentation of backpacking and global adventure trips taken by members.

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

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

## TACOMA

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

**Website:** [www.tacomamountaineers.org](http://www.tacomamountaineers.org)

The second largest of all seven branches, Tacoma maintains not only its own program center in the Old Town neighborhood of Tacoma, but a property close to Mt. Rainier, the Irish

Cabin on the Carbon River. Tacoma Branch offers an extensive list of activities and courses, including backpacking, hiking, conservation, scrambling, climbing, first aid, snowshoeing, skiing, sea kayaking, sailing, bicycling, singles events, wilderness navigation, avalanche awareness, folk dancing, photography and family activities.

Learn more about us by visiting our branch website to view our activities, our events

calendar and other offerings.

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

## OLYMPIA

**Chair:** Greg Lovelady, GregL12@comcast.net

**Website:** [www.olympiamountaineers.org](http://www.olympiamountaineers.org)

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

### SEPTEMBER 2 ADVENTURE PRESENTATION

Jim Wilson will present his explorations in the Great Basin Desert. This desert has fault block mountain ranges, intermediate basins, and hot springs. The ranges are often forested and some of the basins have vast vistas of sage brush and dried lake beds. Jim will describe 40 years of car camping, hiking, climbing, and ski tours in an area lightly visited and barely

regulated, including Steens Mountain OR, Pine Forest Range NV, Black Rock Desert NV, Ruby Mountains NV, Red Rocks NV, White Mountains CA, and Death Valley NP.

### OCTOBER 7 ADVENTURE PRESENTATION

- GR20, the toughest long distant trail in Europe. Mike Kretzler will talk about his visit to Corsica and the hike along the notorious GR20. Corsica is a beautiful and rustic island in the Mediterranean. The GR20 is a tough route that follows the top of the very rocky island for over 100 miles. Support for trekkers is provided by a series of rustic refuges, which offer lodging and food along the way. Transport, electricity, and cash are in short supply along the route, but camaraderie is abundant.

**PINS AND PATCHES:** Check the branch website for details and pull your paperwork together for pins or patches you have earned. Send your completed paperwork (please don't use links) by September 15 to Kerry Lowry, [kerryndon@comcast.net](mailto:kerryndon@comcast.net), 360-456-2694. Send

your paddle pin paperwork to Jean Fisher at [wb2jean@yahoo.com](mailto:wb2jean@yahoo.com).

**THE TELLURIDE FILM FESTIVAL** comes to Olympia on October 16 at the Capital Theater. Watch the Branch website for more info.

**THE ANNUAL BRANCH RECOGNITION BANQUET** is scheduled for October 30. Watch the website for details.

**THE BRANCH OFFICERS** meet the second Wednesday of the month at 6 p.m. at the Olympia Center, 222 Columbia St NW. The next meetings are September 9 and October 14. Members are encouraged to attend.

**BRANCH LIBRARY:** Contact Maxine at 360-786-6512 (8 a.m. to 8 p.m.) or [maxdunk@comcast.net](mailto:maxdunk@comcast.net) if you'd like to come by to browse, check out or return materials, or request items for pickup at the monthly potluck. The catalog is listed on the branch website. GearX on 4th Ave. has a drop box. Bear resistant containers are also available.

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## Martha Cram

1928 - 2015

adapted from *The Seattle Times*

Martha Holloway Cram passed away peacefully on the morning of June 30, 2015 in her home at Horizon House with her husband Bob beside her.

A native of Seattle, she was the daughter of Dr. Jackson K. and Martha A. Holloway.

Martha attended McGilvra Grade School, Garfield High, Helen Bush and Smith College in North Hampton Massachusetts. She graduated with a degree in Art History and a minor in Architecture.

While still in school, she met her future husband Bob while skiing on the Mountaineers Hill (Meany Lane). A four year cross country courtship followed while each finished their educations. They married on September 5, 1952 in Seattle's Plymouth Congregational Church.

Martha was a true homemaker and mother first but also an accomplished fabric artist. She wove, knitted, crocheted and designed garments, scarves, stoles and blankets. She loved attending fabric workshops. She found time to camp with her family, ski, bike and travel. She became a good golfer and even had a hole-in-one.

She was a lifetime member of the Seattle

Tennis Club, Seattle Mountaineers, Seattle Weavers Guild and Rhyther.

Failing health made it necessary for her and Bob to move to their new home in Horizon House. She was quick to join in the community's many activities. A heart attack slowed her down and in her final months she was surrounded by a cadre of loving care givers enabling her to stay in the familiar surroundings of her home.

She is survived by her loving husband Bob, three children and five grandchildren. Robin Hall (Tim), Sara Cram (Mike Menalia) and Doug (Lisa). The grandkids will deeply mourn the loss of their beloved "Grandmar".

## Eileen Lyons Hume

1921 - 2015

adapted from *The Seattle Times*

Eileen was born in Seattle and graduated from Holy Names High School. She attended Seattle University and taught in local schools after graduating with a degree in Education.

Eileen married Bob Hume and had two children, Jarlath and Robin who survive

her. She is also survived by her sister, Sheila Leewens and brother, Dan Lyons.

She resumed her education and received a Master's Degree at Western Washington. She entered the field of college administration, starting at Gonzaga and ending most of her career at Moorehead State University in Moorhead, Minnesota where she was a strong advocate for female students with difficulties and also the advisor to foreign students.

Convinced that mountains shaped people, she came back to the Cascades to ski and climb during school breaks. She was known at Moorhead as "the lady from the mountains." At age 50, she summited Mt. Rainier and at 70, climbed St. Helens to see how the eruption had changed the mountain. Returning to Seattle upon retirement, became an active Master's ski racer and rowed with the Mt. Baker Rowing Club.

## Jane Lea

1927 - 2015

adapted from *The Seattle Times*.

Jane Isakson Lea passed away on May 21, 2015, of abdominal cancer. She was born at home in Seattle on September 18, 1927, the daughter of Fred Isakson and Ester Ostrom Isakson. As a young woman, she traveled with her parents to Sweden with the goal of the family remaining for a year. Her father left early, leaving Jane and her mother to remain and become acquainted with their relatives and the

Swedish language. This whetted Jane's interest in the Swedish language, so she returned to Seattle where she enrolled in the University of Washington and pursued her Bachelor's in Scandinavian Studies. Jane later received a scholarship to earn her Master's in Librarianship. In 1952 Jane married Johnellis Jones, who died of a brain tumor in 1971. Jane in 1972 then married Jim Lea, a good friend of Jane and Johnellis.

During her adult years, Jane was a charter member and active dancer with Nordiska Folkdancers and a strong supporter of

the Swedish Club. Jane remembered her parents' work supporting the construction of the Swedish Club on Dexter Avenue when some other Club members worried that it was located "too far out." Jane carried on her interest in the Scandinavian community by serving as a Trustee of the Nordic Heritage Museum and being awarded "Swede of the Year" at the Swedish Club in 2008. Jane continued backing the Swedish Club, eventually forming The Jane Isakson Lea Foundation, which supports the Swedish Club and other Swedish cultural activities in the region.

## Marjory Louise Olsen

1919 - 2015

adapted from *The Bellingham Herald*

Marjory Louise Olsen (nee Jacobson) was born in 1919 on a ranch in eastern Montana to Carl and Grace. Shortly

afterwards, her family moved to Tacoma where she lived until moving to Ferndale after she retired. She had 3 siblings: Art Jacobson (deceased), Luella Gismervig, and Carol DeFino, 4 children: Kathleen Barry, Jane Olsen, Stan Olsen, and Walter Olsen, plus 4 grandchildren and 2 great-grandchildren. Marjory had a lifelong love of the outdoors - skiing, hiking, gardening,

and just observing the mountains, the sea, and birds. After raising her children, she joined the Tacoma Mountaineers and backpacked and hiked throughout the Cascades and Olympics, as well as, many trips farther afield. But what was always clear and constant about her was her deep love of her children.

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# business directory

We thank the following Mountaineers business owners for their support.

## ARCHITECTURE

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## Want to become a Mountaineers Business Member?

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

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

Business Members receive the following:

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

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



# Ambition

By Steve Scher

Climbers crossing Neve Glacier on their way to Snowfield Peak, North Cascades National Park. Photo by Ida Vincent

Two people, standing in a valley staring up at the mountaintop, can offer up two very different reactions.

The first person says, "I am going to the summit if it kills me!"

The second says, "I'm good right here."

There isn't really a halfway with ambition. It's like pregnancy. You are or you aren't. You can be settled and satisfied with the path ahead, or gnawed at from the inside out.

Ambition is a nattering companion. It whispers in your ear all the time, trying to get you to do things that just might not be in your own best interests. Ask Macbeth.

But then again, they might.

Ambition gets you started up the mountain slope, even if it takes training, strength and a little luck to get you to the top.

Ambition alone, well, - it won't do.

I have had the life-long experience of hearing that little pipsqueak in my ear, telling me I want this or that – garner success as a novelist, rise to the top of journalism, be an award-winning director, live like a comic book superhero.

But ambition never really tells me how. Ambition never quiets down enough to let the other thinkers that also live in my head actually make a plan. I mean, just how do I go about gaining superpowers? I am not from another planet, I don't have the resources of a millionaire, and I am not in contact with any radioactive spiders.

Ambition can be the voice of desire without direction. Ambition can be all dessert and no vegetables.

It doesn't have to be, of course.

Ambition properly fueled up by studiously researched goals and well-designed strategies – like following #radioactivespiderbites on twitter – is the rocket to the top.

If you can learn what steps to take, who to ask for help, when to listen, and when to act, you might be able to turn your ambition into a bright star.

Otherwise, ambition is just the well-lubricated guy in the bar shouting about his amazing, simply amazing brilliance, while everyone else is slowly edging towards the door.

It took me way too long a time – really, truly an excessive amount of time – to stop telling myself, "It's going happen. I'm going to be a great writer. My books will be the talk of the town."

It has only been in these hoary decades of mine that I've come to a smidgen of maturity. I can finally hear the more sober voice that says, "You know, you really should just start the work. Shut up about all that other stuff."

Charlie Brown, that wonderful, hapless, chap found himself in a deep funk one strip. He recounts a dream where he's an old man, onstage, being introduced "as the former great." He wakes up before he finds out what he was great at!

Some folks feel Charlie's a loser. Not me. I get him. He is ambitious. He just doesn't know how to take the first step. That voice is too loud.

But he sees the mountaintop. One step at a time, Charlie Brown, even if it is just another step towards Lucy and the football you will never quite kick.



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