



The Mountaineers, Tacoma Branch

2302 North 30th Street

Tacoma WA 98403

Hengle@iinet.com

253-566-6695

We invite you to an Information Meeting at our clubhouse for a film showing the activities of the club. You can bring family and friends, everybody's welcome. The details about the next Information Meeting are enclosed in the Tacoma Section of the *Go Guide*, which is the monthly activities schedule. With it is *The Mountaineer*, our monthly newsletter.

The Mountaineers share outdoor, muscle-powered activities including: Hiking, backpacking, snowshoeing, climbing, canoeing, kayaking, sailing, bicycling, skiing, camping, running, naturalists' trips, folk-dancing, volleyball, Mountaineering-oriented First Aid. We do volunteer trail maintenance on public lands, hands-on work parties on beaches, public trails and parks.

Please visit our website: tacomamountaineers.org. You can read the "*Mountaineer*" and "*Go Guide*" which goes out to members every month. You will learn about special events and programs, see photos, and explore The Mountaineers' many links.

The Mountaineers club is known for its excellent courses: Alpine Scrambling, Basic Climbing, Intermediate Climbing, Hiking & Backpacking Seminars, Winter Travel and Winter Camping, Snowshoe "Lite," Sea Kayaking, Backcountry and Track Skiing, Mountaineering Oriented First Aid (MOFA). The classes are fun, and a good way to meet friends, share rides and experiences on outings.

You can participate in club activities right away. Look for something listed in our **Hikes** section of the *Go Guide*. For other activities you can participate in as a new member (no additional training needed!) see listings for Hiking, Backpacking, Photography, Trail Maintenance, Folkdance, and Singles. Prospective members are welcome to participate in two activities appropriate to their skill level prior to joining. Each activity has a leader with phone and e-mail for you to sign up for the trip, and get more information.

New Member Mentoring & Membership

Contacts: Diane Malone, 253-370-5671; Amy Mann, 253-759-2796; Bev Simpson, 253-858-8746.

You can call Diane, Amy or Bev with questions. Are you interested in a specific activity? The chair or leader of each of our activities is ready and willing to talk to you. See specific activity listings in this *Go Guide* for contact information.

To Join The Mountaineers: Anyone over 14 years of age may join the Mountaineers by filling out the enclosed application card and Interest Questionnaire. Children under 14 may be enrolled but do not pay dues. Mail the application card(s) with your check in the enclosed envelope. **(One card for each member—call if you need extras.)** Membership dues and initiation fees are listed on the enclosed card. Make checks payable to **The Mountaineers**. Membership is statewide, which means you may participate in activities offered by any branch of The Mountaineers. Branches are located in Seattle, Tacoma, Everett, Olympia, Bellingham, Kitsap and Issaquah,.

The Mountaineers Books publishes guide books, texts for our courses, and much more – hundreds of books in print for outdoor recreationists. Members receive a 20% **discount on all Mountaineer books**. You can order from the Seattle office by phone—call 1-800-573-8484.

The Mountaineers Lodges offer comfortable meals and lodging for skiing and summer outings at Mt Baker, Stevens Pass, and Stampede Pass. The Kitsap Cabin is popular with the Mountaineer Players who produce wonderful annual productions at the Rhododendron Preserve Outdoor Theater.

NOTE: New Members' fees include **Initiation + Dues**.

Annual Membership and Initiation Fees Membership fees include Initiation + Dues			
CATEGORY	INITIATION	DUES	TOTAL
Regular/Individual	\$35	\$73	\$108
Spouse	None	\$53	\$53
Family	\$35	\$130	\$165
Child of Member (13 years & under)	None	None	None
Student (14-18 years with ID)	\$20	\$48	\$68
Senior (69 years & over)	\$20	\$36	\$56

Other memberships available: Out-of-state, support of conservation, library acquisitions, educational and youth programs, lodge & facility improvements, and club activity programs. Dues paid to the club are *not* tax-deductible.



THE MOUNTAINEERS, TACOMA BRANCH

2302 North 30th Street, Tacoma, WA 98403

Clubhouse Secretary: 253-566-6965

Email: Hengle@iinet.com

Website: <http://www.tacomamountaineers.org>

THE MOUNTAINEERS PURPOSES:

- To explore and study the mountains, forests and water courses of the Northwest;
- To gather into permanent form the history and traditions of this region;
- To preserve by example, teaching and the encouragement of protective legislation or otherwise, the beauty of the natural environment;
- To make expeditions into these regions in fulfillment of the above purposes;
- To encourage the spirit of good fellowship among all lovers of outdoor life.

THE MOUNTAINEERS STANDARDS:

1. Exercise personal responsibility and conduct on Club activities and premises in a manner that will not impair the safety of the party or prevent the collective participation and enjoyment of others.
2. Respect private property.
3. Enter the "outdoors" as a visitor, leaving behind no debris, environmental scars, or other indications of the visit which would reduce the enjoyment of those who follow.
4. Minimize the environmental impact on the outdoors by using campfires only in properly designated areas and extinguishing completely after use; conducting human waste and washing activities away from water-courses; and carrying out all solid waste brought into the outdoors.
5. Use no alcohol, other drugs or medications, when incompatible with Mountaineer activities because of their effects on ability and judgment. Such use is prohibited on club activities and premises where it would affect the safety of the party or impair the collective participation and enjoyment of others.
6. Bring no pets, firearms, or any other item(s) which would impair the safety or enjoyment of others on Mountaineer premises or club activities.
7. Obey all applicable regulations of governmental agencies which affect Mountaineer activities and property.
8. Obey those specific regulations imposed by the Board of Trustees, Branches and Division of the Mountaineers, which are necessary to implement the above.

ELIGIBILITY FOR MEMBERSHIP IN THE MOUNTAINEERS

- Be at least 14 years of age.
- If possible, attend an Information Meeting at the clubhouse.
- Complete and return an INTEREST QUESTIONNAIRE.
- Fill out both sides and sign the APPLICATION CARD. One member per card.
- Pay first year's fees—See membership application card for dues amounts. You'll receive annual renewal notices on the anniversary of joining.

The Ten Essentials

The Mountaineers pioneered the idea of carrying basic survival items on all outdoor adventures. Members participating in hikes, scrambles, backpacking, and all other wilderness sports are expected to carry "The Ten Essentials."

1. Extra Clothing

(Warm, waterproof)

2. Extra Food

(Trail mix easy to access is great, non-perishable emergency food like "power bars," too)

3. Sunglasses

(they work to prevent snowblindness)

4. Firestarter

(Candle or Chemical Fuel)

5. Knife

(Mountaineers love the Swiss Army Knife!)

6. First Aid Kit

(Small, compact, in waterproof package)

7. Matches or Lighter

(In waterproof container)

8. Flashlight or headlamp

(With extra bulb/batteries)

9. Map of the Area

(Topographic is best, in protective covering)

10. Compass

(And knowledge of how to use it)

Other essentials you might want: Sunscreen, lip protection, insect repellent.

Gearing Up For Your First Hike

Be conservative about your choice of activity: If you have not hiked with the club before, try a hike rated "easy" or "moderate" before you launch into one described as "strenuous." Very strenuous hikes can involve a great deal of elevation gain and mileage, and are often led at a fast pace.

Prepare thoughtfully for your activity. The Ten Essentials are required on all hikes, scrambles, backpacks, climbs, and other wilderness activities.

What else should you think of? This is the Northwest -- rain is more than just possible. The Mountaineers does not cancel hikes because it is raining. A sturdy pair of boots is a must. Tennis shoes do not provide enough protection on rocky and wet trails. You'll also need raingear -- a parka or poncho made out of coated nylon or Goretex.

Think layers: even if it is warm and you're starting out in shorts, you'll need something warm in your pack such as a wool or polar fleece sweater and long pants. Avoid cotton t-shirts, cotton long underwear or socks, or jeans. If they get wet, you're soaked for good. A warm hat and gloves or mittens will also spare a lot of misery if it gets cold or windy.

Be sure to bring a lunch and enough snacks to keep you going all day. Carry water for the day -- many trails have no water source. Last but not least, bring a pack large enough to carry these items. A bookbag will probably not be large enough.

For more information on wilderness preparedness read "Freedom Of The Hills," Sixth Edition. This is The Mountaineers' excellent outdoor travel textbook which you may order from the Mountaineer Bookstore, 1-800-573-8484.



THE MOUNTAIN EERS

TACOMA BRANCH

THE MOUNTAINEERS, TACOMA BRANCH,
INTEREST QUESTIONNAIRE

Share your interests with other Mountaineers.

Date: _____

Name: _____

Address: _____
(Number & Street) (City) (Zip)

Telephone _____ (home) _____ (work)

Occupation _____ Spouse's name, if a member _____
(include first & last name,

please)

E-mail Address: _____

Interest Areas: Write 'E' to indicate those in which your are **experienced**.

Write 'I' to indicate those in which your are **interested**.

Write 'H' to indicate those in which your are willing to **help**.

- | | | | |
|--------------------|-------|-------------------------|-------|
| Mountain Biking | _____ | Trail Maintenance | _____ |
| Nordic Skiing | _____ | Conservation Activities | _____ |
| Ski Mountaineering | _____ | Family Activities | _____ |
| Snowshoeing | _____ | Teen Activities | _____ |
| Sailing | _____ | Singles | _____ |
| Kayak | _____ | Folk Dancing | _____ |
| Hiking | _____ | First Aid | _____ |
| Backpacking | _____ | Club Historian Projects | _____ |
| Alpine Scrambling | _____ | Social/Refreshments | _____ |
| Climbing | _____ | Photography | _____ |

Please circle activities above in which you'd be interested in taking classes or seminars.

Check Clubhouse Volunteer Work Party Activity: ___ Painting, ___ Special Projects

Check here to volunteer for: ___ Gardening, ___ Grounds Maintenance at Clubhouse.

Besides the above, I have hobbies and interests in the following activities:

Activities & programs in The Mountaineers club are motivated by club members and carried out by the enthusiastic volunteer participation of members. What area of interest would you enjoy contributing to as a volunteer?

Please send this questionnaire with your completed Application Card to:


The Mountaineers, Tacoma Branch
2302 North 30th Street
Tacoma WA 98403-3322

- Do you have questions? Call the Clubhouse Secretary: 566-6965, hengle@iinet.com

Membership Application Form

Fill out both sections of the form below, mail it (don't forget to include payment!) and look forward to being a member of the Pacific Northwest's premiere outdoor recreation organization. You will soon receive a membership packet containing a current copy of our monthly publication, a membership card and information about programs and courses.

	The Mountaineers MEMBERSHIP APPLICATION PLEASE PRINT	300 Third Avenue West ONE MEMBER PER CARD (206) 284-6310 Phone	Seattle, Washington 98119 Side 1 (206) 284-4977 Fax	WEB <small>For office use only. Rev. 09/05</small>																											
Last Name _____		First _____ Middle _____		<input type="checkbox"/> Previous Member Member No. (if known) _____																											
Mailing Address (Street+Apt. or P.O. Box) _____		City _____ State _____ Zip _____																													
Birthdate (MM/DD/YY) <i>REQUIRED</i> _____		Home Telephone _____ E-mail Address _____																													
Work Telephone _____ Employer _____		Branch Affiliation (Choose one): <input type="checkbox"/> Bellingham <input type="checkbox"/> Everett <input type="checkbox"/> Kitsap <input type="checkbox"/> Olympia <input type="checkbox"/> Seattle <input type="checkbox"/> Snoqualmie Foothills <input type="checkbox"/> Tacoma																													
Name of spouse (if applicable) _____		<table style="width:100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align:left;">Check one</th> <th style="text-align:right;">One-time Initiation Fee</th> <th style="text-align:right;">Dues</th> <th style="text-align:right;">Total</th> </tr> </thead> <tbody> <tr> <td><input type="checkbox"/> Individual</td> <td style="text-align:right;">\$35 +</td> <td style="text-align:right;">\$73</td> <td style="text-align:right;">= \$108</td> </tr> <tr> <td><input type="checkbox"/> Spouse</td> <td style="text-align:right;">none +</td> <td style="text-align:right;">\$53</td> <td style="text-align:right;">= \$53</td> </tr> <tr> <td><input type="checkbox"/> Family</td> <td style="text-align:right;">\$35 +</td> <td style="text-align:right;">\$130</td> <td style="text-align:right;">= \$165</td> </tr> <tr> <td><input type="checkbox"/> Child of member(13 and under)</td> <td style="text-align:right;">none</td> <td></td> <td></td> </tr> <tr> <td><input type="checkbox"/> Student (w/copy of Student ID, or ages 14-18)</td> <td style="text-align:right;">\$20 +</td> <td style="text-align:right;">\$48</td> <td style="text-align:right;">= \$68</td> </tr> <tr> <td><input type="checkbox"/> Senior (69 and over)</td> <td style="text-align:right;">\$20 +</td> <td style="text-align:right;">\$36</td> <td style="text-align:right;">= \$56</td> </tr> </tbody> </table>		Check one	One-time Initiation Fee	Dues	Total	<input type="checkbox"/> Individual	\$35 +	\$73	= \$108	<input type="checkbox"/> Spouse	none +	\$53	= \$53	<input type="checkbox"/> Family	\$35 +	\$130	= \$165	<input type="checkbox"/> Child of member(13 and under)	none			<input type="checkbox"/> Student (w/copy of Student ID, or ages 14-18)	\$20 +	\$48	= \$68	<input type="checkbox"/> Senior (69 and over)	\$20 +	\$36	= \$56
Check one	One-time Initiation Fee	Dues	Total																												
<input type="checkbox"/> Individual	\$35 +	\$73	= \$108																												
<input type="checkbox"/> Spouse	none +	\$53	= \$53																												
<input type="checkbox"/> Family	\$35 +	\$130	= \$165																												
<input type="checkbox"/> Child of member(13 and under)	none																														
<input type="checkbox"/> Student (w/copy of Student ID, or ages 14-18)	\$20 +	\$48	= \$68																												
<input type="checkbox"/> Senior (69 and over)	\$20 +	\$36	= \$56																												
If joining as Family please list names and birthdates of children: _____ <small>(you will still need to fill out separate applications for each child)</small>		Payment Method: <input type="checkbox"/> Check <input type="checkbox"/> Mastercard <input type="checkbox"/> Visa <input type="checkbox"/> Cash Card No. _____ Exp. Date _____ Signature of cardholder _____																													
www.mountaineers.org		Dues (from rates above) _____ Round up and support Mountaineers conservation, programs and lodges! <small>(non tax-deductible) <input type="checkbox"/> \$5 <input type="checkbox"/> \$10 <input type="checkbox"/> \$25 <input type="checkbox"/> other</small> Total Enclosed 																													
Important! Complete and sign both sides of this card																															
<small>Your membership cannot be activated until you have signed the Release and Indemnity Agreement.</small>																															

	Annual Release and Indemnity Agreement - Side 2
<p>I, (print name) _____ hereby state that I wish to participate in courses and/or activities offered by The Mountaineers, a non-profit corporation. I recognize any outdoors activity may involve certain dangers, including but not limited to the hazards of traveling in mountainous terrain, accidents or illness in remote places, force of nature, and the actions of participants and other persons. I further understand and agree that without some program providing protection of its assets and its leaders, The Mountaineers would not be able to offer its courses and activities.</p> <p>In consideration of and as part payment for the right to participate in the activities offered by The Mountaineers, I agree to RELEASE, HOLD HARMLESS AND INDEMNIFY The Mountaineers and its members from any and all liability, claims and causes of action arising out of or in any way connected with my participation, or the participation of any minor that I am signing on behalf of, in any activities offered by The Mountaineers. I personally assume all risks in connection with these activities. If I am signing on behalf of a minor, I further agree to HOLD HARMLESS AND INDEMNIFY The Mountaineers and its members from all liability, claims and causes of action which the minor may have arising from the minor's participation in activities. The terms of this agreement shall serve as a release and indemnity agreement for my heirs, personal representative, and for all members of my family, including any minors. (Parents or legal guardians must sign for all persons under eighteen (18) years of age.)</p> <p>I have read this release and indemnity agreement and have fully informed myself of its contents before I have signed it.</p>	
↓	Signature of Participant _____ Date _____
↓	Signature of Parent or Guardian If Participant Is Under 18 Years Of Age _____ Date _____
<small>Please submit a separate, signed Release and Indemnity Agreement for each member joining, including all children. This form may be photocopied, or you may obtain additional membership forms at: http://www.mountaineers.org/join or by calling Member Services at (206) 284-8484.</small>	
Optional: <input type="checkbox"/> NO ROSTER LISTING - The Mountaineers publishes a roster of member names, addresses and phone numbers. It is distributed within the club only, and mainly used by volunteers. Check here if you DO NOT wish to be listed. <input type="checkbox"/> ANONYMOUS DONOR - Members who make a contribution may be included in donor lists published in <i>The Mountaineer</i> . Check here only if you have made a contribution and DO NOT wish to be listed. <input type="checkbox"/> NO OUTSIDE MAILINGS - The club very rarely loans its mailing list to other nonprofit organizations with common interests in outdoor recreation or conservation. (We do not sell the list.) Check here if you do NOT wish to be included in such mailings.	