



June 2007

The Mountain Fund Newsletter

Green as you want to be

Greetings!

Welcome to the environmental issue of The Mountain Fund newsletter. The buzz everywhere these days is "Green." We are the greenest of green for the outdoor industry with programs to reuse outdoor gear, offset carbon usage for travel, educate the public on ways to reduce energy use and recommendations for products that are green.

In this issue we will introduce you to your GREEN MOUNTAIN FUND and the many ways we and our partners are working for the good of the planet.

We begin this issue with an article on our backpack reuse program with [Osprey Packs](#). Reuse is far more efficient than recycling in terms of resources used and gives the added advantage of making outdoor experiences accessible to those who could not otherwise obtain the equipment needed.

Alison Gannett's [Save our Snow Foundation](#) offers numerous ways we can all reduce consumption which many experts feel is the best solution we have right now for combating global warming.

Our long-time partner Sustainable Travel International offers a host of tools from carbon offsets to their Green Gear Guide. Mountain Fund has now incorporated their carbon offset program into our web site and the web site of our charity trekking program at [Trek4Good](#).

Out on the trail we can all work for a cleaner environment by using [Phillips PETT](#) products to clean up human waste. On our charity treks we use the PETT system to make sure that our waste doesn't pollute the area for the next person and is disposed of responsibly in the biodegradable bags from Phillips. This system is now available in Nepal at our [office](#) near Thamel in Kathmandu.

Enjoy the best news on the planet and don't forget to visit our

web site often as we are constantly updating the information there to bring you the most up-to-date information about the activities of The Mountain Fund and all of our partner organizations.

Recycle, Reuse, Redeem

by Lea



Osprey Packs and The Mountain Fund invite you to Pass on the Passion of backpacking by practicing your 3 Rs

When The Mountain Fund, a socially responsible organization that advocates healthcare, human rights, and responsible tourism for mountain communities, combines forces with the environmentally conscious backpack manufacturer, Osprey Packs, Inc., the result is a genuine opportunity for the millions of outdoor enthusiasts to give back to both the communities and the environment

impacted by recreation.

The Mountain Fund and Osprey Packs' "Pass On The Passion" Program is that opportunity. By donating your old but usable pack to The Mountain Fund, one of our many outdoor education or outdoor leadership programs will put your old pack to good use while you receive a 10% refund on a new Osprey pack. And through Osprey's environmentally responsible practices, such as preservation programs and use of recycled products, your purchase and donation will give back to the environment in more ways than one.

But lets not stop there.

You and millions of others enjoy outdoor activities, but only a small number of outdoor retailers provide outdoor equipment and clothing produced with renewable energy and resources that will sustain and preserve the fecundity of our natural environment. Even as you switch over to the newest sustainable products, what happens to your old gear?

Knowing that some metal equipment can take about 100 years and some plastics over a million years to biodegrade, your backpacks, buckles, bottles, helmets, boots, etc. are all in store for a long life after you've lost interest in them. Your nylon layers may take 30 to 40 years before biodegrading. Even wool socks will take up to five years in a landfill. While cotton and some types of rope may decompose in a matter of months, consider the billions of pounds of synthetic pesticides required in growing a resource such as non-organic cotton. Why not pass on those leather boots that would otherwise spend 40 years in a landfill after you've stopped using them?

The Mountain Fund has several programs that can help you extend the service of gear that would have prematurely ended up in landfills. NOLS style outdoor programs for women such as Empowering Women of Nepal and Climb High Foundation in Uganda work to open up career opportunities for women to work in the trekking and climbing industry. The Alpine Fund in Bishkek takes kids living in state run orphanages out for mountain hikes and adventures. The Mountain Fund also supports several porter

groups including IMEC, IPPG and Porters Progress in Tanzania and Nepal, as well as their own porter support program in Peru. These are just a few of the programs that can help you put that old dusty gear to some good use. Our needs range from basic packs, hats, gloves, and sleeping bags for youth wilderness programs to more sturdy packs, boots, and outerwear for our porters programs and rescue teams. *(For more information, read the **Gear4Good** article in this newsletter.)*

In a world where the average citizen in a developed country will buy far more than needed while more than 1.2 billion people live on less than one dollar a day, more and more people like you are becoming mindful of their impact on our resources. These days outdoor adventurers try to offset the "carbon footprint" from their travels and activities, but what of the "footprint" of your one too many camping tents, your two too many Gortex jackets, or your ten too many trail shoes or hiking boots?

It's time to offset another footprint! Keep your old gear working when you get something new, and keep posted on The Mountain Fund's new and upcoming "Pass on the Passion" and "Gear4Good" programs.

Gear4Good

Are you ready to Trek4Good??

by Scott



See the World - Trek4Good

2007 will be a banner year for volunteer trips with The Mountain Fund. We are hosting two trips to Peru and two to Nepal. Check them out. One is sure to be perfect for you.

Peru - Medical Assistance - July 9 - 23, 2007. Not far from Ollantaytambo in the Sacred Valley, The Mountain Fund partner, Reach Out Children's Fund, has been key in improving education and educational facilities for the 250 students attending the Huilloc school. Recently, we were informed of the dire medical needs of these children. The following message was sent to us by the

Reach Out Children's Fund.

"The biggest battle for us is health care. The children never see a doctor and have yet to see a dentist. The biggest issues in the village are: dysentery, broken bones, infected teeth, cataracts and frostbite due to the high altitude."

In July 2007, The Mountain Fund will host a trip to Peru to offer medical care and assistance to these children. The 16 day trip will include a tour of the Inca sites, including Machu Picchu.

Cost of this trip is only \$1,800 and includes airfare from Lima to Cusco, hotels, transportation, entrance fees to the Inca sites and breakfast most days.

Peru - Micro-finance. - September 12- 25, 2007. The Mountain Fund will repeat the popular Ausangate Trek Fund Raiser for our micro-finance program in Cusco. Last year we had five guests and a great time. All profits go to Aynikuy, the street vendor

loan program we have in Peru.

This two week trip takes in all of the sites around Cusco and the Sacred Valley including Machu Picchu. Then, we trek for 7 days in the high Andes around an incredible and sacred mountain. We'll even kayak glacial lakes at 15,000 feet.

Cost for this awesome adventure is \$2250 per person and includes airfare from Lima to Cusco, transportation, hotels, breakfast most every day and entrance to Machu Picchu. Of course, the trek also includes guides, horses, all meals, first-class Mountain Hardwear tents, and the best cook and arrerios in all of Peru. See more at [here](#)

Nepal - Moving Medical Camp - October 11-26, 2007. SOLD OUT - Book 2008 Now! Rural Nepal is reachable only on foot. 80% of Nepal is rural and an agrarian society. 85% of Nepali people have no access to healthcare. The average income in Nepal is only \$200 a year. Constructing physical clinics and staffing them is costly. Finding trained staff isn't always easy, and due to the remote areas in which clinics need to be located, finding staff who will stay and live in rural villages is a challenge.

We have organized a moving medical camp to provide basic healthcare and medical treatment, and to begin to survey and collect data needed to ascertain the long term health and public health needs of these rural villages.

Our volunteer medical team will trek deep into the rural countryside on the Tamang Heritage Trail and bring along with us the equipment and supplies needed to stay several days in a village and conduct health clinics. Cost is \$1500 per person based on double occupancy. This is a full board trip and includes all hotels, all meals, all transportation in- country too. Airfare to Nepal is not included. Our sponsor [Himalayan Travel](#) will arrange your flights at very good prices.

Nepal - Service Trek - November 3 - 17, 2007. The Mountain Fund will host a work team to the village of Thulo Syabru in the Langtang area. The village is working with Mountain Fund and KFK to construct a health clinic and we'll work side-by-side with villagers to help make their dream come true. We'll also spend 6 days trekking the beautiful Langtang Valley. Medical people who were not able to join the SOLD OUT trek in October should consider this one. While at Thulo Syabru you will have the opportunity to operate a clinic for the villagers.

Cost of this trip is only \$1,500 and includes virtually all of your in-country expenses such as hotels, transportation, food, tents, etc. Airfare to Nepal is not included. Our sponsor [Himalayan Travel](#) will arrange your flights at very good prices.

[Read more about our Trek4Good trips here](#)

Save our Surf, Snow and H2O for future generations

by Jenn



Support the "Save our Snow" Foundation

Mountain Fund's partner **Save Our Snow Foundation's** mission is to calculate, reduce, and offset greenhouse gas emissions and energy use, while also producing local alternative energy, and stimulating economic development for the outdoor sports industry. Snow not only provides the medium for recreation in summer and

winter sports, but also provides three quarters of the world's drinking water, irrigation for agriculture, and the key for life on our entire planet.

Hot dog super-skier Alision Gannett founded **Save our Snow** and has created a web site with tons of timely and useful information for ways we can reduce energy consumption and the resulting carbon release that comes from it.

Did you know...

- + The average home produces 12 tons (2,400 lbs.) of Carbon for heating and cooling.
- + An average car (20 MPG) -produces 6 tons (12,000 lbs.) of Carbon a year.
- + A medium flight round trip - 2.5 hours or 800 miles - produces 1.2 tons (2,400 lbs.) of Carbon.

You can take action! Buy renewable energy. Buy local, organic foods, clothing and products. Use Compact Fluorescent Lightbulbs. Carpool, buy a hybrid or switch to biodiesel. Get an energy audit.

[More about this foundation here](#)

How much Carbon do you produce?

by Jenn



Carbon Offsets 101

Fact - we all emit carbon dioxide emissions when we drive, fly, use electricity, or generate waste.

Solution - now you can actually invest in renewable energy and energy efficiency projects that reduce carbon emissions. So on the one hand, you produce, and on the other, you reduce.

Mountain Fund, working with our partner Sustainable Travel International, has added a carbon calculator and offset program to our web site. Please check it out and use it often. You'll feel a whole lot better about your own actions to combat global warming. It starts with you.

[Calculate your personal Carbon Offset here](#)

Leave The World A Better Place

by STI



SUSTAINABLE TRAVEL INTERNATIONAL™

Sustainable Travel International introduces responsible travel & ecotourism.

One of the first partners we had at Mountain Fund was STI. We think they are an

awesome organization and a few minutes spent on their web site will convince you of that. Their mission is to promote sustainable development and eco-friendly travel by providing programs that help travelers and travel-related companies protect the environmental, socio-cultural and economic needs of the places they visit, and the planet at large. While many parts of the world have taken a leadership role in creating and promoting sustainable travel and tourism initiatives, such as tourism certification and carbon-offset programs, similar programs are virtually non-existent in North America and many developing countries. They aim to change that.

STI's current priorities include:

- Provide educational resources to travelers and travel providers, and assist them in making positive contributions to environmental conservation and socio-cultural sustainability.
- Develop, adopt, and market sustainable tourism standards and practices through the "Sustainable Tourism Eco-Certification Program" (STEP)
- Enable and support the use of "MyClimate" carbon offset tickets, enabling travelers and travel providers to offset their climate impacts from air and land travel.

Sustainable Travel International now offers "MyClimate", a unique service that reduces greenhouse gas emissions. Through the "MyClimate" program, travelers, corporations, travel service providers, and academic institutions can take concrete action to fight climate change by investing in WWF-certified carbon offset projects that help to neutralize the negative impacts of their air and ground travel. Concern about the impacts of travel and tourism on the environment and local cultures has increased in recent years. In the US alone, nearly 55.1 million people express a preference for unique and culturally authentic travel experiences that protect and preserve the ecological and cultural environment.

[CLICK HERE to visit the website for Sustainable International Travel](#)

Pass on the Passion!

by Scott



Announcing Gear4Good at The Mountain Fund

In the introduction to this issue of our newsletter, we told you about our partnership with Osprey Packs to "Pass on the Passion". Under the Osprey program, you can get a 10% rebate on a brand new Osprey pack by sending your old (clean and usable) pack to The Mountain Fund. We'll get your old pack back into service for someone who needs it at home or abroad. You'll also be keeping your old pack out of a landfill and help the planet at

the same time.

Building on that idea The Mountain Fund has created "[Gear4Good](#)". By expanding the opportunity to donate beyond packs, we have been able to get good, used equipment into the hands of those who can use it. It's better by far for the environment than the landfill and creates new opportunities for outdoor recreation to populations that would not have access to them without the donations of equipment.

In the U.S., there are dozens of at-risk youth outdoor programs who can use packs, sleeping bags, boots, outerwear, hats and gloves. Porter programs in Nepal, Peru and Tanzania always need good sturdy gear. Search and rescue teams in developing countries need the same.

Turn your out-of-date apparel into something good - yes, send us that green and pink Gore-tex jacket you wore in the '80s along with that screaming yellow Colorado suit you used to ice climb in. Last year's hot trail running shoes are much needed by porters, as well as those way out-of-date plastic boots you are still climbing in. Our list of needs is continually growing! (See the link at the bottom of this article.)

The Mountain Fund will find second homes for your used gear, and if we can't, we'll list it on our E-bay charity auction site and turn it into cash to support all of our programs.

We are actively seeking industry partners to help us launch a full-scale program to recycle the tons of used outdoor gear that is going to landfills instead of to good causes. If your company would like to pioneer this project with us. Please contact mtnfund@mountainfund.org

[Click Here to view our list of current needs](#)

How Green is Your Gear?

by STI

Sustainable Travel's GREEN List

Outdoor equipment and clothing is enormously popular. According to the Outdoor Industry Association, 161.6 million Americans age 16 and up participated in at least one outdoor activity in 2005.

Unfortunately, many of these products are produced through intensive energy and resource use, under oppressive labor conditions or with harmful toxic materials. For example, the EPA recently stated that Teflon is a likely human carcinogen, and polyvinyl chloride (PVC) plastic, which is widely-used in outdoor equipment, releases carcinogenic dioxin and is considered a health hazard from production through disposal. The good news is that a growing number of companies have incorporated sustainable practices into their operations and are producing environmentally friendly products.

Sustainable Travel International, STI, has published a "[Green Gear Guide](#)". The products described in the guide are produced using resource efficient, recycled, renewable, and or recyclable materials, and are offered by distributors that gain fair prices for the local producers of their goods, allowing you to enjoy the outdoors in a more eco-friendly manner.

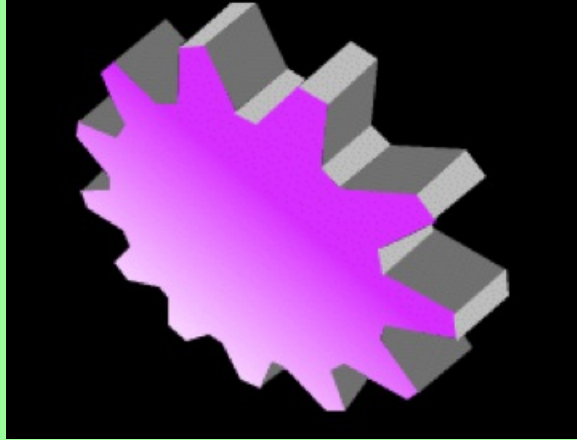
We encourage you not to buy less, but buy better this summer. Remember

corporations respond to consumer demand, so vote with your dollars!

[See the GREEN List Here](#)

Why reuse makes sense.

by Scott



Why reuse is better than recycle.

Reuse is often confused with recycling, but they are really quite different. (Even those engaged in reuse frequently refer to it as recycling.) Reuse in the broadest sense means any activity that lengthens the life of an item. Recycling, on the other hand, is the reprocessing of an item into a new raw material for use in a new product -- for example grinding the tire and incorporating it into a road-surfacing compound. Reuse is

nothing new. What is new is the need to reuse.

A SIMPLE SOLUTION. Reuse is accomplished through many different methods: purchasing durable goods, buying and selling in the used marketplace, borrowing, renting, subscribing to business waste exchanges and making or receiving charitable transfers. It is also achieved by attending to maintenance and repair, as well as by designing in relation to reuse. This may mean developing products that are reusable, long-lived, capable of being remanufactured or creatively refashioning used items. Why is reuse so important? Because at the same time that it confronts the challenges of waste reduction, reuse also sustains a comfortable quality of life and supports a productive economy. With few exceptions reuse accomplishes these goals more effectively than recycling, and it does so in the following ways:

- Reuse keeps goods and materials out of the waste stream
- Reuse advances source reduction
- Reuse preserves the "embodied energy" that was originally used to manufacture an item
- Reuse reduces the strain on valuable resources, such as fuel, forests and water supplies, and helps safeguard wildlife habitats
- Reuse creates less air and water pollution than making a new item or recycling
- Reuse results in less hazardous waste
- Reuse saves money in purchases and disposal costs
- Reuse generates new business and employment opportunities for both small entrepreneurs and large enterprises
- Reuse creates an affordable supply of goods that are often of excellent quality

Unique to reuse is that it also brings resources to individuals and organizations that might otherwise be unable to acquire them.

Adapted from Choose to Reuse, by Nikki & David Goldbeck.

[Gear4Good](#)

Support Our Green Programs

mtnfund



Give a little bit

Caring for the planet and the people living on it can't happen without your support. All of the programs and partners presented in this issue depend on your help. Please make a donation today. Click the image above and give generously.

No money? Ok, there's something important and very helpful you can do. Forward this e- newsletter to a few friends and invite them to learn about The Mountain Fund. You like us, they will too.

Forward this e-news to your friends.

Centre for Rural Technology, Nepal

by Scott



The objectives of our partner The Centre for Rural Technology, Nepal are: To promote and disseminate environmentally sound, appropriate rural technologies; To respond the basic needs of rural people and create opportunities; and to upgrade their socio-economic conditions and ease their lifestyle.

CTR/N's Fields of Specialization:

1. Renewable Energy Technologies
2. Development of Technology-based Microenterprises for Rural Women
3. Micro-irrigation systems for Agriculture Development
4. Management of Environment and Natural Resources
5. Waste Management and Rural Sanitation
6. Gender mainstreaming in the development and use of rural technologies

Recently Completed/On-going Major Projects:

- National Improved Cooking Stove (ICS) Program
- Improved Water Mill Program
- Women in Energy and Water Management Project
- Action Program for Strengthening ICS Network in Nepal
- Decentralized Energy Management Initiatives
- Enhancing Energy Security and Rural Entrepreneurship through Energy Interventions
- Capacity Building of Rural Women on Solar Dryers

Some of our engineering friends who have visited the CRT workshop in Kathmandu call it a veritable playroom for geeks who love to see the boundaries of technology pushed. We call it a bunch of smart Nepali's finding workable solutions.

[CLICK HERE to visit the website of The Centre for Rural Technology, Nepal](#)

LINK to the Environment

by Jenn

Link is an Arab-Jewish Environmental NGO active in the Galilee, in northern Israel. Link was founded with the purpose of encouraging Arabs and Jews alike to cooperate and protect the environment in the land they share.

LINK's Approach: · The environment belongs to all of us and is our joint responsibility. · Our holistic approach explores both the ecological and social aspects of environmental problems. · We are proactive: we initiate positive action, as well as taking a preventive approach. · We strive for win-win cooperation between all stakeholders.

[To view a list of LINK's current projects, CLICK HERE](#)

Volunteer Visitor Center in Nepal

by Scott



The Center has been open for 6 months!

Our new Visitor Center has now been open for six months. The grand opening was held in December, 2006, and was a great success. Since the center has been open, we've had dozens of visitors come through and many have actually volunteered for various organizations in Nepal.

[Click Here to see more photos from the Grand Opening](#)

Upcoming Newsletters!



July - The Peru Issue will feature our programs, treks and plans for projects and programs in Peru.

August- The Women's Issue will feature our women's programs and included feature articles by Lizzy Scully, Lucky Chhetri and more.

September- The Anniversary Issue. 2 years of Mountain Fund ! Don't miss any of these issues. Be sure to tell your friends, family and co-workers to sign up today for our newsletter.

Special note to our corporate supporters - The three upcoming issues will be important for your employees to read. You support us, make sure your employees know what your support is doing. Get them to sign up today for The Mountain Fund News !

Newsletter Sponsor



This newsletter is brought to you through the generous team at Dan Mazur's SummitClimb.com.

[Vist SummitClimb today](#)

Coming This August !



Watch this newsletter for an important announcement about The Mountain Fund and South American Explorers. The world will soon be open to you!

Contact Information

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[Check it out now...](#)

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Companies
and Good
Deeds - They
naturally go
together.

The Mountain Fund is supported in part by caring companies who offer the best outdoor products and services in the world. Please support these fine companies and thank them for helping improve the lives of people living in the world's mountainous regions and the mountain environments. **Mountain Fund Sponsors - Companies who care about social responsibility:**

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