

JANUARY LUNCHEON



Mechanical Contractors Association
WESTERN WASHINGTON

Start the New Year on an inspiring and uplifting note!

Helen Thayer



Meet **Helen Thayer**, recognized by National Geographic and National Public Radio as one of the Great Explorers of the Twentieth Century.

- At 50 years old, she was the first woman to travel alone to the magnetic North Pole.
- The first woman to walk 4,000 miles across the Sahara Desert.
- At 63 years old she was the first to walk across the 1,600-mile Mongolian Gobi Desert.
- The first non- Indian to Kayak 1,200 miles of a remote area of the Amazon.

In a unique study, Helen lived with wild wolves for one year above the Arctic Circle. These firsts are all without guides or outside help. In addition, she has climbed many of the world's highest mountains, represented three countries in international track and field, and was the USA national luge champion.

Helen is the author of Three Among the Wolves, Trekking the Mongolian Gobi Desert, and best selling Polar Dream. She has appeared on Good Morning America, The Today Show, and in National Geographic and Readers Digest.

New Location

January 6, 2010

11:30 a.m. - 1:00 p.m.

Ivar's Salmon House
on Lake Union

401 NE Northlake Way
Seattle, WA 98105

MENU:

Clam Chowder
Rotisserie Chicken
Red Mashed Potatoes
Dessert

As we launch into the new year, Helen's stories are sure to motivate and inspire you.

Arrive Early!

First 25 attendees will receive a copy of Polar Dream and can have it signed by the author!

Reserve your spot by calling (206) 442-9029 or www.mcaww.net