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LEADERLINES

monthly e-news for Mountaineers volunteers



Welcome,

In this edition of LeaderLines, a monthly newsletter written especially for our Mountaineers volunteer leaders, we share a new Leader Spotlight, answer frequently-asked questions about the new feature that lets you track your volunteer hours, and provide an overview of some of our year-end permit processes - along with plenty more!

Additionally, if you haven't yet [registered](#) for the Leadership Conference, space is still available! We're excited to share this year's line-up of [presenters](#), and we hope that you're looking forward to a fun day of leadership development and community building. Please use the promo code LC19LEADER to register at the discounted price of \$25!

Happy Trails,

Sara Ramsay & Nick Block
Education Department



Leader Spotlight: Atsuko Yamaguchi

Leader Spotlight is a monthly blog to showcase our incredible volunteer leadership at The Mountaineers. Meet this month's featured leader: Atsuko Yamaguchi. She is a climb, scramble, and hike leader with the Everett Branch who led a scrambling trip to Japan over the summer!

[Read More](#)



Leadership Development Opportunities

Throughout the fall and winter seasons, The Mountaineers is excited to continue our popular [Leadership Development Series](#)! The goal of these seminars is to provide high-quality, continuing education opportunities for our volunteer leaders. Check out our calendar of events to find a workshop that's of interest to you! Seminars will continue to be scheduled through the winter and early spring.

- [Five Lessons Learned in a Decade of Guiding](#) - Nov 12 in Olympia
- [Group Decision Making](#) - Nov 19 in Seattle
- [Lessons Learned from the Front Lines](#) - Nov 21 in Tacoma
- [Practicing Good Judgement in the Outdoors](#) - Dec 3 in Bremerton
- [Conflict Resolution](#) - Dec 11 in Everett
- [Lessons Learned from the Front Lines](#) - Dec 18 in Seattle

[View the Full Calendar](#)

And don't miss out, there's still time to register for this year's [Leadership Conference](#)! Take a look at our current line-up of [presenters](#) and a list of this year's [breakout sessions](#). Mountaineers leaders should use the promo code LC19LEADER to register at the discounted

rate of \$25. Not a leader just yet? Please use the code LC19FUTURE to register at the same discounted rate! We look forward to seeing you there.



Lessons Learned: Psychological First Aid

“While treating physical wounds seems like the most important way a first responder can help a patient, there’s a lot that we can do to care for a patient’s mental health, especially during and right after a traumatic event.” Psychological First Aid is a critical component of providing well-rounded patient care. Learn about the [5 Components of Psychological First Aid](#) from our friends at NOLS, and consider seeking some additional training to increase the depth and breadth of your toolkit.

[Read More](#)

Access & Permits: Year End Wrap-Up

The end of the year is fast-approaching and staff will soon be wrapping up our annual permits. This includes reporting our organization’s actual usage to land managers for the current year, and updating our operating plans for the upcoming year to reflect our anticipated usage for 2020. These are a few things you can you do to help:

1. When closing your activities, please be sure to check that your rosters accurately reflect the number of participants and volunteers who attended, and that the route/place used on our website is correct.
2. Planning on offering a new course in 2020, changing field trip locations, or significantly expanding an existing course’s capacity? Please let us know as soon as

possible so we can include these changes in our land manager operating plan(s), if necessary, and assist you with any permitting considerations.

3. For course-related activities in Leavenworth, please note the number of students and instructors at each crag, as well as the crag name(s), in either the summary or Leaders Notes section of the field trip listing. Volunteer Services Representative Amanda Virbitsky will reach out to trip leaders directly with any questions.

As a reminder, the [Facilitated Access Permitting](#) pages on our website are a great place to find out more about permit requirements for Mountaineers courses and trips, as well as the timelines associated with each land manager's permitting processes. We have even created a [calendar](#) to help you keep track of important permitting dates.



Leader Logistics: Volunteer Hours Tracking

As of last month, Mountaineers members can review all of their volunteer hours in one convenient place! This includes new self-reported hours and hours recorded from their activities, events, and lodge stays. Learn more about tracking and recording your hours on your My Volunteer Hours profile, and get answers to some of our most frequently asked questions!

[Learn More](#)

Quick Hits

- **We had a productive and inspiring few days in D.C. a couple weeks ago!** Learn about our work to help support the SOAR Act, Recreation not Red Tape Act, full funding for LWCF, [and more](#).
- **Beta & Brews.** Ryan Kitchen is an AIARE avalanche instructor and Mountaineers avalanche safety volunteer. [Join him on December 3](#) for an hour of photos, videos, gpx tracks, and maps showing some popular WA ski tours. The discussion will range from trail etiquette and avy awareness to general stoke. Bring questions and enthusiasm, and come thirsty.
- **Maps! Maps! Get your maps here!** We're excited to announce that Mountaineers Books is now the [exclusive distributor of Green Trails Maps](#)! The 45-year-old map maker is a natural fit for us, both in the market we serve and the content we create.
- **Wet feet are the worst.** And keeping them dry isn't always an option. [Learn how](#) to manage damp shoes and socks so that your feet stay healthy on the trail.
- **Climbers survey.** Our friends at [Washington Climbers Coalition](#) have teamed up with the University of Utah to understand Washington climbers' characteristics, experiences, and preferences. Your responses will help WCC create more effective stewardship and advocacy initiatives in the future (+ you would win a rope from Petzl!). [Take the survey](#).
- **"Yes, there is cause for alarm.** There is more carbon in the permafrost than currently exists in the atmosphere today, and it threatens to be released on an epic scale. However, our hope is that the story from the Arctic, along with the stories of these young scientists who are not afraid to ask questions and who approach research with creativity and resolve, acts as a catalyst for change." Enjoy [this excerpt](#) from *The Big Thaw*, an upcoming release from our conservation imprint Braided River.
- **Podcast alert.** The Dirtbag Diaries hosted Mountaineers Board Member and Piolet d'Or recipient Steve Swenson to discuss his recent first ascent of Link Sar in the Karakoram, and his lifetime of successes as an alpinist. [Give it a listen](#).
- **Because kids are the cutest.** [Read a \(mini\) Trip Report](#) from our youngest members' recent outing at Magnuson Park, and learn about our newest youth club - Mini Mountaineers!
- **Care for your down.** Backpacking season is winding down, and your down bag may be a little funky after a few months of hard use. [Learn how](#) to properly clean it so that it's fresh and ready to store.
- **Nothing to see here.** Just a small bear [wandering up to a family](#) hiking in Mt. Rainier National Park. On a related note, check out [how to not become a "bearrito"](#).

Stay Safe Out There!

Assess and manage the risks of your adventure!

Thank you for subscribing! Follow us online:



www.mountaineers.org

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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