

not a member? [join now!](#)

[view as a web page](#)



LEADERLINES

monthly e-news for Mountaineers volunteers



Welcome,

Summer is a busy time of year at The Mountaineers, and despite the pandemic, we've seen a lot of folks get out to #RecreateResponsibly on our local trails and waterways. Our community continues to find ways to get outside while mitigating the risk of the virus. For Mountaineers, getting outside is critical to our well being and mental health. The willingness of our leaders to get creative, be resourceful, and be responsible has allowed many members to experience some semblance of normalcy during this challenging time. Thanks for all that you do to help our members safely access and enjoy our beautiful state.

In this edition of LeaderLines, we spotlight two of this year's B3 leaders, we share a vulnerable Lessons Learned about the psychological impacts of a big fall, and we remind you to close your trips as we prepare for the fiscal year ahead. We hope that you're able to take a few minutes to relax and enjoy all of this content in between one of your many adventures!

Happy Trails,

Sara Ramsay & Nick Block
Education Department

Leader Spotlight: Shuko Hashimoto & Christina Buckman

Leader Spotlight is a monthly blog to showcase our incredible volunteer leadership at The Mountaineers. For this edition we're changing things up and spotlighting a group of volunteers. Meet this month's featured leaders: Shuko Hashimoto & Christina Buckman. They are leaders and mentors with the Backpacking Building Blocks (B3) course who love to share their passion for hiking and backpacking with new students.

Like so many of our courses, the 2020 B3 class was heavily impacted by the COVID-19 pandemic - but thanks to the hard work, dedication, and creativity of the course leaders and mentors, the class is still running strong! From online lectures to biweekly Zoom calls among mentor groups, these volunteers have made the best of strange circumstances to deliver one of the most popular courses in the club.

[Read More](#)



Lessons Learned: One False Step and a Year of Recovery

“Perhaps more importantly than the physical injuries, I experienced long-term psychological damage from the fall. I have recurring dreams and flashbacks of falling, not just on steep snow, but also off rock cliffs. Sometimes I get anxiety leading up to climbs that is so great I have to cancel. Sometimes I just don’t want to climb at all; I want to give it up completely, despite it being one of my main sources of joy over the last decade.” Mountaineers climb leader Sherrie Trecker shares her story of a “near miss” that she’s carried with her long after her physical injuries healed.

[Learn More](#)

Access & Permits: Snoqualmie Ranger Station

As we head into the heart of summer, we want to remind leaders that The Mountaineers holds a [nominal effects letter](#) with the [Snoqualmie Ranger District](#) of Mt. Baker-Snoqualmie National Forest. What does this mean? The U.S. Forest Service allows District Rangers to review proposed use to determine whether a special use permit (such as a Priority Use Permit) is required. In our case, the Snoqualmie District Ranger has evaluated The Mountaineers use and determined that it “will have nominal effects on the lands, resources, and programs of the National Forest, therefore a special use permit is not required.” The current nominal effects letter is linked on each route/place located within the Snoqualmie Ranger District (ex: [Granite Mountain](#)), and **we ask that leaders who are running any trips in this area be sure to bring a copy of the letter along with them** (in either print or electronic format). Mountaineers staff

report our usage annually to the Snoqualmie Ranger District, and the rangers determine whether our use continues to qualify as nominal effects.

REVIEW YOUR SELECTION

EVENING FRICTION CLIMBING CLINIC FOR BASICS - MOUNTAINEERS SEATTLE PROGRAM CENTER

▶ Seattle Branch



You are registering **Jeff Bowman**.



COVID-19 Code of Conduct: By registering for this activity, I affirm that I have reviewed The Mountaineers [COVID-19 Code of Conduct](#) and the guidance for participants and leaders available on the [COVID-19 Response](#) page. By clicking the "Continue" button, I agree to follow this guidance during this activity.



There is no cost for this activity but consider including a donation:

\$10 \$20 \$50 \$100 \$

Add 3% to cover credit card fees

Mountaineers Seattle Program Center Mon, Jul 13, 2020 Clinic

PICK YOUR ROLE FOR THIS ACTIVITY

Participant

CONTINUE

or [Cancel](#)

Leader Logistics: New Donation Options for Online Events

You may have noticed that we've added new options for participants to give donations as part of free activities and events. This is thanks to volunteers who creatively embraced the idea of inviting donations as part of free online events. Thanks to the efforts of branch leaders who piloted the idea using Eventbrite, we noticed participants were eager to offer a donation at a

value that felt right for them. With the influx of donation revenue from these early events, we created a tech solution for the same capabilities within our own website. It was successfully launched earlier this month.

Along with the information about the COVID-19 Code of Conduct for activities and events, participants will now have the option to make a donation. The donation request is part of the registration dialog (pictured). We hope that participants in our programs will continue to make donations as a way to help us through these tough times.

This will show up automatically for free activities, and to get it to show up for events simply enable the RSVP feature to on when you set up the free event. And, hopefully this will save you time as you won't need to also set up an Eventbrite listing to collect donations in the future.

Quick Hits

- **A star-studded Mountaineers Gala** - On Thursday July 23 we held our virtual Gala and we're elated at all the incredible support we received! Our keynote featured 16 outdoor celebrities including Jimmy Chin, Sasha Digulian, Alex Honnold, Kai Lightner, and more! You can watch the [keynote recording](#) and read about the entire event on our [Gala recap blog](#).
- **Join our Equity & Inclusion Steering Committee or Working Group.** We're currently seeking 3-5 volunteers to join our Equity & Inclusion Committee to continue supporting our vision to make the outdoors a place that is welcoming to all people. [Apply by July 31](#). We're also welcoming new members to join our [Working Group](#) any time.
- **Summer Camp.** Register your littles for our [virtual day camps](#). Weeks available July 27-Aug 28.
- **Qualified Youth Leaders (QYL).** Youth 14 and over can participate in adult activities with parents permission, and your activity needs at least one QYL on your trip to qualify (but it doesn't need to be the primary leader). To get involved with our youth programs, [become a Qualified Youth Leader](#) and learn more about the structure of our [youth programs](#).
- **Use CalTopo?** Sign up for a free CalTopo trip planning webinar on [August 5](#).
- **The [Great American Outdoors Act](#)** made it through congress and is set to become law, thanks to the many constituents who weighed in. This is a really big deal, and we're grateful for everyone who weighed in!
- **Logos for leaders:** Did you know we updated our logo in 2017? A small but distinctive evolution from our previous logo, we kept the iconic parts - the M, mountains, and water - but changed the shape slightly, reduced the amount of detail, and updated the colors. You can [access and download the logos online](#), and we'd appreciate it if you updated your course and graduation materials with our new look.
- **We need more salt!** A tale of [transporting mountain goats](#) out of the Olympics and into the Cascades, sometimes by helicopter.
- **A little perspective.** From [Retro Rewind](#), a look at what life was like for Mountaineers during the Spanish Flu in 1918, about 100 years ago.

- **Seeking Belayionship.** One woman's [search for true love](#).

Stay Safe Out There!

Assess and manage the risks of your adventure!
(And remember to wash those hands.)

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.

[Unsubscribe](#) | [Update Preferences](#)

This email was sent to %%emailaddr%%
%%member_busname%%, %%member_addr%%, %%member_city%%, %%member_state%% %%member_postalcode%%,
%%member_country%%
[Read our Privacy Policy](#)