



# LEADERLINES

monthly e-news for Mountaineers volunteers



## Welcome,

Summer has arrived, and while our volunteers are out leading trips, our staff are busy planning for the coming year ahead. I'm personally excited to be planning our 2018 Leadership Conference, an exciting event that we hope will inspire you to further your personal education and skill development!

This issue of LeaderLines is a bit different - and a bit longer - than in past months. It is bittersweet for me to announce that Steve Smith will be transitioning away from his role at The Mountaineers, and in light of that transition, we wanted to take some extra space and time to give our leaders an overview of some upcoming changes.

In his year at The Mountaineers, Steve has made incredible progress on our Progressive Climbing Education initiative, building relationships and putting key structures in place to support high-quality education in our courses. He's leaving big shoes to fill, but we are excited for his next steps and look forward to his ongoing support through the summer. Please find some additional information about this transition, including a personal note from Steve, in our "Staffing Updates" segment of this newsletter!

I hope that you enjoy this month's features, including a riveting story about caving, some important information about our updated Outdoor Ethics Policy, and an outstanding spotlight of Everett hike leader Bernadette Lamarca. Thank you for your ongoing support of The Mountaineers mission, and for the undying energy, passion, and commitment that you bring to our programs.

Cheers to a great summer,

**Sara Ramsay,**  
**Volunteer Development Manager**

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### **Leader Spotlight: Bernadette Lamarca**

Leader Spotlight is a monthly blog showcasing our incredible volunteer leadership at The Mountaineers. Meet this month's featured leader: Bernadette Lamarca. She's a volunteer leader with the Everett Branch who was hooked on The Mountaineers after three hikes... and one fortuitous piece of chocolate!

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### **Staffing Updates**

In light of Steve's transition, as well as Tess's departure earlier this month, we are doing a little bit of internal restructuring to best support our incredible volunteers!

To more effectively meet the needs of our volunteer community, we're reorganizing the roles and responsibilities of our current "Adult Education Managers." The new [Volunteer Collaborations Manager](#) position - which takes the place of Steve's role as our Climbing Education Manager - will provide leadership for most of our organization-wide, volunteer-led initiatives. This will include support of the Progressive Climbing Education committees and all of our Activity Summits. To complement this position, Sara's role will transition to that of Volunteer Development Manager, pivoting to focus more specifically on the club's ongoing leadership development as well as the strategic growth our volunteer base. Sara will remain the primary point of contact for the Leadership Conference and Volunteer Appreciation Dinner, as well as the Branch Leadership Committee.

In addition to these two redefined positions, we've created a Volunteer Services Representative position to provide streamlined administrative support for our volunteers. This person will also manage all of our recreational permitting processes, and they'll provide cross-departmental support to the Member Services team.

Starting in July, Steve will transition from full-time to part-time at The Mountaineers. Through the end of August, he will remain the primary point of contact for all of the Progressive Climbing Education committees, the Alpine Ambassadors, and the Seattle Climbing Committee. Sara will be the primary point of contact for any other questions about committees, leadership, or curriculum development.

**A note from Steve:** It has been a real pleasure and an honor to work alongside all of you, and to be inspired by your generous and unwavering spirit of volunteerism. The reason I am moving on is that for the past decade I have run a consulting company ([Experiential Consulting, LLC](#)) as a side job, and it has grown to be too busy to function anymore as a part time job. The company's mission is near and dear to The Mountaineers mission, as I help outdoor programs design and deliver high quality programs while managing risks to their people and organization. I will be moving to part-time here for July and August to ensure a smooth and proper handoff for key committees and initiatives which I support, and transitioning out altogether at the end of August, but will plan to stay connected to The Mountaineers indefinitely. It has been said that "you can check out, but you can never leave."

Please don't hesitate to reach out to us with any questions, and as always, if you're ever unsure of who to contact, please email Member Services at [info@mountaineers.org](mailto:info@mountaineers.org) for additional support!



## Lessons Learned: Rescuing An Entrapped (and Drowning) Companion on a Caving Trip

We often hear from our leaders that they want training about how to better respond to emergencies in stressful situations. We're fortunate to have access to this incredible story told by Andrew Munoz, a Vancouver Island guide and professional rescuer whose GoPro

camera happened to be running while he helped rescue an entrapped (and drowning) companion during a caving trip. Munoz masterfully layers insights and analysis over his story to provide deep insights into how our brains operate under stress, and he discusses what we can do as rescuers to prepare for and override some common mental “pitfalls” that often occur during these types of situations. His riveting talk is humorously sub-titled: **“What I Learned Spending 14 Hours Peeing In My Wetsuit”**

The footage is Munoz’s presentation is truly breathtaking, and his introspective analysis has been described as “scathing” in its honesty and clarity. The video is an hour long, but it is worth a full viewing - and it will go by quicker than you think!

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### **Leader Logistics: Outdoor Ethics**

The Mountaineers recently updated our [Outdoor Ethics Policy](#), which encourages leaders to consider several factors when determining how large or small of a group to take on their outing. Learn more about these considerations, and how you can be a safe, responsible, and respectful steward of our wild places!

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## Quick Hits

- **Super Volunteer Benefits** - We're excited to offer exclusive benefits to our current Super Volunteers, which includes discounts from Rack N Road. If you received a 2017 Super Volunteer badge, [login to redeem your benefits!](#)
- **The mentorship gap.** “More than ever, the number of new climbers versus experienced climbers is heavily skewed to the former.” A look at [why mentors matter.](#)
- **Leave No Trace.** [Micro-trash](#) is a growing problem in our wild places. And, the Leave No Trace Center for Outdoor Ethics just released [new guidelines for social media use](#), making it a good time to revisit this important conversation.
- **ICYMI: Fuel canister recycling!** [Learn more](#) about how to recycle your empty isopro-style fuel canisters at The Mountaineers Seattle Program Center through a new partnership with MSR - Mountain Safety Research!
- **Tacoma Mountaineer Sam Ortiz is not like other climbers.** She's a curvy woman; a woman of color. And in this feature piece from our magazine, she shares her [brave personal story](#) to show that outdoor recreation *is* a place for everyone.
- **Training Tips:** [Get stronger after 50](#) and [prevent stiffness post-outings.](#)
- **Into the deep.** This spring, Everett Mountaineers member Hadley KanHike was lowered into a crevasse as part of his Basic Climbing Course. Get an [insider's view](#) deep into the void!
- **Warning signs that your partner is getting into climbing:** "You and your partner used to have mutual friends. You all could get drinks and talk about television or your bosses, like normal people. Now [your partner](#) spends a lot of time with a guy who lives in a 1995 Dodge Neon."
- **Incident report:** In 2017, we experienced the tragic loss of Sue Bennett when she fell while descending Forbidden Peak during a climb of the Mount Torment - Forbidden Peak traverse. The Mountaineers initiated a critical response process. Read the resulting [incident report](#) and learn more.
- **Citizen Science for Climbers:** Our local bats are in trouble, and climbers are important partners who can alert us to new discoveries of bats and their habitats. White-nose syndrome (WNS) is a fungal disease that has killed millions of bats in North America. [Learn more about this issue](#) and get in touch with [Katherine Hollis](#) if you are interested in hosting a training for your branch or committee at The Mountaineers!

**Stay Safe Out There!**  
Assess and manage the risks of your adventure!

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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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