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LEADERLINES

monthly e-news for Mountaineers volunteers



Welcome,

As Washington state begins to reopen, it's critically important for our community to [recreate responsibly](#). The Mountaineers is looking forward to reopening and will allow small groups to resume Mountaineers trips and programs during Phase 2 of the [Safe Start Washington](#) plan. Our programs will operate according to the most conservative state-wide recommendations, implementing our Phase 2 guidance when all counties in Washington have moved to Phase 2.

We know it is important for our community to come back together in-person, and we're grateful to our incredible team of volunteers who will help make that happen. As you consider leading your next trip with The Mountaineers, please read our full guidance and accompanying FAQ, both available on the [COVID-19 Response](#) page of our website. You can also share our [new Phase 2 blog](#) with your participants to help set expectations about how we'll collectively navigate this new normal.

We've got a long journey ahead of us, and while the path is uncertain, we're grateful to work alongside each of you in support of The Mountaineers community. Thank you to the many leaders who have provided feedback along the way, and thank you in advance for the feedback you'll continue to share as we move into Phase 2 operations. You are the heartbeat of this organization, and we are excited to see where the adventure takes us!

Be well,

Sara Ramsay & Nick Block
Education Department



Leader Spotlight: Nataliya Semez

Leader Spotlight is a monthly blog to showcase our incredible volunteer leadership at The Mountaineers. Meet this month's featured leader: Nataliya Semez. She is a trail running leader who never imagined herself running in the mountains, and now loves introducing others to her favorite sport!

Thank you to all of the leaders who have stepped up to support our community over the past two months. We look forward to seeing you out on the trail sometime soon!

[Read More](#)



Access & Permits: #RecreateResponsibly

This month, we're excited to [introduce Betsy Robblee](#), our new Conservation and Advocacy Director. Betsy joined our staff team in early May and has spent her first few weeks diving headfirst into our COVID-19 response and educating the community about how to [recreate responsibly](#). Please join us in welcoming Betsy to The Mountaineers!

“As an outdoor enthusiast and advocate, I’m thrilled to be joining The Mountaineers. I’m especially excited to get to know the volunteer community and engage you to protect our public lands. Please do not hesitate to reach out if you’re interested in getting more involved in conservation advocacy or if there’s an issue you’re especially passionate about.

“I’m also excited to represent The Mountaineers as a member of the [Recreate Responsibly Coalition](#), a newly formed coalition of nonprofits, outdoor businesses, and land managers developing and sharing best practices to protect each other and our natural landscapes. As public lands reopen, it’s critically important that we recreate responsibly to keep each other safe and public lands open. The Mountaineers are leaders in group recreation and we’re committed to following state guidelines and setting a good example for others. I’d encourage

you to take a moment to review the coalition's [guidance](#) and download the [toolkit](#) to share the #RecreateResponsibly message with others."



Leader Logistics: Don't Forget to Log Your Volunteer Hours!

In late 2019, we introduced a new website feature for Mountaineers members to review all of their volunteer hours in one convenient place: the **My Volunteer Hours** profile. This includes self-reported hours and hours recorded from your activities, events, and lodge stays. As we continue to run programs online, keep in mind that virtual committee meetings, preparing online curriculum, and hosting virtual events can be [tracked as volunteer hours](#). All of that time adds up, and we want to be able to recognize you for all your hard work at the end of the year! (And, ICYMI, we published a best practices blog to [help you with virtual events](#) - check it out.)

If your employer offers workplace giving programs, turn your [volunteer time into a charitable donation](#) by submitting for matching hours. You've already donated the time and these programs offer an easy way to extend your impact as a Mountaineers volunteer.

Lessons Learned: How to Build a "Psychological First Aid Kit"

The coronavirus pandemic is affecting everyone differently, across all aspects of our lives. In support of professional mountain guides, the AMGA published a set of mental-health resources to help individuals cope with the stress of our current world environment. If you haven't already, and especially as we begin gathering again in groups, be proactive about your self-care and spend some time building a psychological first aid kit to cope with your stress and support one another.

[Learn More](#)

Quick Hits

- **Action Alert!** It's a cliché (and a Joni Mitchell song) that you don't know what you've got till it's gone. For many of us, the COVID-19 public land closures have reminded us how much we value access to our wild places. That's why we're asking you to [speak up for them now](#).
- **You have a fever.** On February 26, 2020, Super Volunteer Anita Elder hopped on a plane to Australia for her son's wedding. Little did she know [what was in store for her](#).
- **The ripple effect.** How [a paddling trip](#) turned into cross-branch camaraderie and new skill-building opportunities for our paddlers.
- **We've got page turners.** Yes we do! We've got page turners! [How 'bout you?](#)
- **Foothills folks!** We're looking for a new Chair-elect to join the leadership at our Foothills Branch. [Learn more and help spread the word!](#)
- **New badges, what?** Did you know you can get recognition on your Mountaineers profile for your backpacking skills and mileage backpacked on the Pacific Crest Trail? [Apply for](#) our Backpacking Skills or PCT Mileage badges!
- **You don't have to smell bad to smell better.** In [this piece](#) from *Mountaineer* magazine, backpacker Teresa Hagerty shares her tips on how to stay fresh(ish) on long trips into the backcountry.
- **Peaking in.** Like so many influential programs at The Mountaineers, the Peak Society was created through the idea and commitment of an inspired volunteer. Take a "peak" at [how this group takes us to new heights](#).
- **They do what now?** For some, the Board of Directors is shrouded in mystery, but it's not meant to be. Hear from our board president about the roles and responsibilities of our board of directors, how members are selected and elected, the committees of the board, and [how you can get involved](#).
- **Fancy yourself a bear expert?** [Test your knowledge](#). And, on a related note, here's [a handy table](#) if you're considering fostering a bear as a pet.

Stay Safe Out There!

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

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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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