

Denver Leader Newsletter

May 2013

The Leader Letter for Denver Leaders of the Colorado Mountain Club



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Deb Robak, Content Editor*

www.hikingdenver.net
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*The following letter was submitted by Warren May concerning
the participants of two hikes he led.*

Greetings DS&L Committee,

It is my practice to share with trip members what I call the 11th Essential: a Positive, Flexible, Supportive attitude. It makes every trip, not only safer, but more enjoyable for everyone.

I would like to acknowledge the participants, listed below, from my last two CMC trips for their exceptional attitudes, which epitomized being Positive, Flexible and Supportive.

The first trip on 2/16 was supposed to be to Parnassus, Due to the forecast of 46 mph gusts and the road conditions between Woolly Mammoth and exit 218, I made the decision to change plans. I was really bummed because I knew that everyone was looking forward to Parnassus. The group consensus was that we would do the Ben Tyler Trail, even though it was a "walk in the park" for them, and make the most of it. Their Positive, Flexible and Supportive attitudes made all the difference. As a result, even I got over my disappointment.

Trip members: Rob Davis, Clete Lewis, Jean Hart, Joy Heemsoth, Marianne Curtis, Wayne Paugh, Roxana Safipour, Allen Filson and Bill Stafford.

The second trip on 3/5 was to Ptarmigan Pk. This was the day after the storm that resulted in the 25 and 29 vehicle pile ups in the Silverthorne/Vail area. After spending much of Monday continually checking the weather, avalanche forecasts and road conditions, I made the decision to GO. Again, the group's attitude made all the difference. I-70 seemed as though there had not been a storm, so the trip to Silverthorne went smoothly. My next concerns were whether the dirt road to the TH would be open and if the parking area would be ploughed. The consensus was that it was no big deal if we had to walk even an extra mile to get to the TH. Again, the Mountain Gods smiled on us. We started off right at the TH with a clear blue sky and no wind. Even with the 5 degree temp, we were soon taking off layers. Everyone I hike with knows that I am a destination hiker; having to make a conscious effort of enjoying the process. Even though we had to break trail, the snow was not all that deep for the first 2+ miles. After we passed where others had stopped, the snow became much deeper and eventually we had reached our turnaround time without summiting. I was bummed, but the group said, "no big deal, we have had a great time, it was a beautiful day, so we'll come back and summit another day.

Trip members: Craig Drummond, Joy Heemsoth, Sofi Cikara, Debra Walsh and Rob Davis.

Having led a few trips during which some trip members did not understand why following my hike structure was a big deal, or who decided they should be the defacto trip leader, these two trips were an absolute joy, even with the problems and potential problems described.

Warren is a DG member, WTS Senior Instructor, and recently completed the NOLS WMI Wilderness First Responder course. In addition, he took up rock climbing at the age of 71.



Warren's letter inspired me to ask a friend to write an article on the following subject:

Are You a "J"?

For several decades, the "Myers-Briggs" personality test has been used in the workplace to determine different personality types and how the different types affect human interactions in group settings. All personality types described in the Myers-Briggs assessment have strengths and weaknesses. Essentially, the test evaluates four traits that capture such aspects of human nature as extroversion and introversion, enjoyment of routine tasks versus conceptual thinking, etc. One category in particular warrants reflection among CMC leaders, especially as it relates to decision making, which in turn may affect the safety of the group. Of the four traits in the Myers-Briggs evaluation, the traits labeled "P" and "J", which represent opposite tendencies in decision making, interest us here. To distill the essence of these traits for this discussion, a "P" personality is flexible and takes life as it comes, looking at life as an adventure with no set outcome in mind, whereas a "J" is more goal-oriented and interested in accomplishments. A "P" is spontaneous and a "J" is a person with a plan. Both personality types have their

positive aspects and their downsides, depending on the situation. For example, the easygoing spontaneity of a "P" may lose its charm when lack of planning leads to missing out on ticket sales for a favorite rock group. A "J", on the other hand, may be unable to let go of a plan when circumstances change.

It is the tendency of "J's" to stick with a plan even when circumstances change that should give us pause, even though being goal oriented is an otherwise admirable trait. If, for example, the goal for the day's outing is to climb a certain peak and the weather turns bad, a leader with strong "J" tendencies may be more reluctant to turn back than a leader with more "P" tendencies. Presuming both leaders have been trained to watch for signs of danger, the "J" characteristic of one leader can hinder wise decision making because the goal for the day must be abandoned. "J's" can be reluctant to abandon any goal once it is set. A "P" leader is more likely to say "The mountain will still be here if we come back another day."

Are you a "J"? Does your disappointment about not reaching the stated goal for the day sometimes override your training as a leader, when you know you should be heading back down? It is also important to recognize when other "J's" are participants on your trip, as they may also be struggling with the idea of turning around. You might wish to take them aside and say "I know you are disappointed because I am too." Also, if you are a "J", has your determination to reach the goal that day made people on your trip reluctant to tell you when they are having problems because they sense you would be reluctant to turn back? This could create a dangerous situation for the group. Do you project a sense of disappointment if you have to turn back? Being self aware is the key-- as a leader; do you truly encourage people to be honest with you if they start to have problems? If you are curious about where you fall on the Myers-Briggs spectrum, numerous books are available that describe the Myers-Briggs personality test. The test itself can be taken online for free. Knowing your personality type, particularly in the "P" versus "J" category, can help you become a better leader by assisting you in recognizing your decision making tendencies.

Thanks to Christine Turner for writing this article. Christine is a longtime member of the Denver Group. She is a retired Field Geologist with the USGS.



ANNOUNCEMENTS

Very Important!!!!!!!

Indian Peaks Wilderness (IPW) Permits - in the past volunteer schedulers were able to review Denver trip listings and determine whether IPW permits were required. An automated function for scheduler review is no longer available. Leaders will be required to either:

*contact David Longenecker at david.u.longenecker@gmail.com

Or

*Obtain the permits yourself by contacting the Boulder Ranger District at 303-541-2500.

Office hours: 8am-4:30pm.

Recorded information available at 303-541-2519.

Permits are required year-round for day and overnight use for groups of 8 or more and are limited to 12 people. Only one permit per "backcountry zone" per organization is allowed. A backcountry zone map is available on the IPW website.

Leaders must know the 1) trail, 2) backcountry zone, 3) trailhead, 4) trip date, and 5) number of participants when contacting David Longenecker or the Ranger District. Permits are physically mailed to the leader. Thus, at least 2 weeks lead time is needed. Leaders should apply for an IPW permit prior to scheduling their trips on the cmc.org website.

Trails in the IPW:

Arapahoe Glacier	Coney Lake	Lost Lake
Arapahoe Creek	Devil's Thumb	Mitchell Lake
Arapahoe Pass	Diamond Lake	Mount Audubon
Beaver Creek	Gourd Lake	Pawnee Pass
Buchanan Pass (east)	Hell Canyon	Rainbow Lakes
Buchanan Pass (west)	High Lonesome	Roaring Fork
Caribou	Isabelle Glacier	Saint Vrain Glacier
Cascade Creek	Jean Lunning	Saint Vrain Mountain
Columbine Lake	King Lake	South Saint Vrain
Crater Lake	Knight Ridge	Woodland Lake



Website Tutorial – Most Recent Update

DS&L feels your frustration with the new website but please hang in there. We encourage you to give trip scheduling a try. You can call the following leaders, who will walk you through it over the phone.

Jeff Flax: 303-464-7377 or Jeff@JFlax.com

Linda Lawson: 303-793-0144 or lkl14er@comcast.net

Brenda Porter: 303-996-2748 or brendaporter@cmc.org

Uwe Sartori: 719-964-0232 or uwesartori@me.com

Here is the **May 16, 2013** updated tutorial for scheduling trips.

<http://d31hzhk6di2h5.cloudfront.net/20130516/30/3e/4a/b5/88fffaed99870622e3d1238c/TripLeaderFINAL.pdf>

You can report problems or voice concerns to web@cmc.org. The more reports of a problem equates to the more priority is given to it.