

The Mountain Ear

April 2020

President's Message

-Club gatherings have been suspended until further notice-

In light of the COVID-19 pandemic and resulting social distancing precautions, we are postponing any "round table" discussions, clinics, BBQs, and larger group meet ups to a yet-to-be-determined later date. We have moved the April presentation by Jessie Thomas to May 12th, but will wait to see how this situation develops and let you know what we decide to do as that date draws nearer.

In the meantime, we are planning to move forward with some of the scheduled (small group) trips. We ask that participants be sensitive to social distancing measures and good personal hygiene precautions. Carpooling might be something to pass on for now. If a trip leader cancels a trip in an act of social distancing, or reduces the number of participants, we ask that you understand that we may have differing acceptable risk tolerances, just as we do in the mountain environment.

With the increase in sunlight and warm weather, getting outside seems to be the best cure for the seemingly dismal outlook found in the news and the cabin fever we are all probably suffering from. The bottom line is that we live in a beautiful place. Western Montana is not a bad place to have to be socially distant.

Be well and enjoy the warming weather,
Joshua
President - The Rocky Mountaineers

Membership Renewals

DUES NOTICE

The Rocky Mountaineers annual membership runs from May 1 to April 30. If you have not yet renewed, we would really appreciate you taking the time NOW to do so. Your current membership will expire at the end of this month. (If you have joined since January 1st of this year, your membership will be good through April 30, 2021).

What are the benefits of membership?

- Ability to participate in any of our Trips!
- Ability to participate in our educational events or clinics
- Free use of our winter cabin on Little St. Joe
- Social events
- Attend the Glacier Classic!
- Monthly Newsletter
- Be a part of a group of like-minded outdoor recreation enthusiasts!

Annual dues:

- \$25 - Individual
- \$40 - Family
- \$15 - Student/Youth (under 23 years old)

NEW- How to renew: with our new website now up and running, the renewal process is a little different than in the past. Here's how to do it! Go to rockymountaineers.com and click on the "Join here or sign in" button. Choose the appropriate membership, and click on "add to cart" or "select options". If you are not already logged in, click on the "Returning customer? Click here to login" link, and login. Add your billing details and credit card information, and check out. Make sure that your cart includes only one membership.

If you are signing up for a family membership, you will be asked for a team name. Enter a team name---you might use your last name. When you are logged in, you will see a "Teams" tab. Here you can invite additional family members to join your team with their own e-mail. They will be able to login to the website and will have member privileges and receive e-mail from the club.

Thank you and please let us know if you have any questions!

Board of Director Elections

As we approach the end of our fiscal year (April 30) it is time to start thinking about nominations for our Board of Directors. A new Board will be elected at our Annual meeting on June 9th (members will have the opportunity to vote on the slate of officers via electronic format prior to that). Any current dues paying member who will have retained membership for at least one year as of April 30th is eligible to be an officer (must be 18 years of age). Members can nominate themselves or other members. We have four positions: President, Vice President, Treasurer,

Secretary. All are one year terms with a maximum of two consecutive terms (except Treasurer- 4 terms).

Anyone meeting the above criteria is eligible. If you would like to get involved in the direction of the club, please don't hesitate to nominate yourself or at least let us know you are interested! All nominations must be made by April 15th.

The current Board of Directors has nominated the following individuals:

PRESIDENT- Joshua Phillips

VICE PRESIDENT- Fintan Maguire

SECRETARY- Elizabeth Moore

TREASURER- Susanna Phillips

April Presentation

POSTPONED- Tentatively moved to May 12th

Join **Jessie Thomas** of Sustainable Wellness for a night of real talk about food and holistic nutrition. We'll cover topics such as fueling to feel your best before, during, and after mountain adventures and how to support your health over time with whole foods from sustainable sources.

Jessie, founder of Missoula, Montana's Sustainable Wellness, has always loved the feeling of reaching a mountain's summit with her own two feet. As a smokejumper, skier, and mountain-adventure-seeker, Jessie knows the health of her body determines the quality of her outdoor pursuits.

Jessie has always felt passionate about both adventuring in the wilderness and taking care of one's body, and believes the two are deeply integrated. When she became a mom, she realized staying healthy with a busy schedule and less energy to go around would require a smarter, more creative approach to getting out in the mountains.

Combining her personal experience with professional training as Certified Health Coach from the Institute for Integrative Nutrition (IIN), ACE certified personal trainer, and PSIA certified Nordic Ski Instructor, Jessie began helping athletes use nutrition to improve their performance. From here, Sustainable Wellness was born.

The presentation will start at **6 pm** at **Imagine Nation Brewing Company** on **May 12th**. Free and open to all!

Upcoming Trips and Activities

Skills Training- **Snow Climbing & Glacier Travel**- Sat-Sun, May 2-3 (tentative)

With the current situation, our calendar is a little blank right now. Hopefully we will be getting things running again soon. Stay tuned and keep checking the calendar as we get through this thing!

Cabin Update

Our cabin is still available for member use while snow coverage lasts. With the current COVID-19 situation, we are restricting any reservations to "one party only". In other words, if (for example) two people want to go up and spend a night, we won't also allow another small group to join them. It's been a great winter at the cabin- for everyone who has enjoyed some time up there, we really appreciate how well you have taken care of it and kept it clean. Keep up the good work!

Education- Roundtable Chats!

These events will be held at the second floor conference room at **Big Sky Brewing Company**. What is a TRM "roundtable"? Basically, we sit around a table and have a moderated discussion on a specific topic (Ice Climbing and Backcountry Skiing, for example); we will talk about necessary skills, gear, fitness and anything else that pertains to the topic. It isn't a lecture. Everyone is encouraged to participate. New to the sport? Come and learn. Lots of experience? Come and share!

Snow Climbing & Glacier Travel Basics - Friday, May 1 (TENTATIVE)

This moderated talk will cover the basics of steep alpine snow climbing and glacier travel techniques as well as gear requirements. Perfect for those looking to move beyond mere summertime scrambles or those wanting to set their sights on big Cascade or Canadian peaks. Folks with experience are strongly encouraged to attend as well to share their ideas and experiences! This event will also be held in conjunction with a 2-day field day this coming weekend.

Business Meetings

The next quarterly business meeting will take place on **Tuesday, June 9th**. All members are very welcome (and encouraged) to attend! Please consider joining us and assisting with the direction of your club.

We will hold these meetings in the upstairs conference room at Big Sky Brewing Company. Meetings will start promptly at 6:00pm and wrap up no later than 8:30pm.

Trip Reports

All reports from club trips can be found at:

<http://rockymountaineers.com/trip-reports/>

All future Trip Reports will be posted and archived on this site as well.

Club Officers

President- Joshua Phillips

Vice President- John Bardsley

Secretary- Fintan Maguire

Treasurer- Susanna Phillips

Website- Alden Wright

Archivist- Julie Kahl

Newsletter and Past President- Forest Dean

The Rocky Mountaineers Quarterly Business Meeting

3/4/2020- 6:00pm- Big Sky Brewing Company conference room

1) Members present

Joshua Phillips-President

John Bardsley-Vice President

Susanna Girolamo-Treasurer

Fintan Maguire-Secretary

Forest Dean-past president

Kris Kahoon

Elizabeth Moore

Brent Maier

Steve Hancock

Alden Wright

2) Treasurer's Report

TRM account \$4109.12 GMAR account \$2228.46

3) Monthly presentations

March-Chris Dunn, Lhotse climb

April-postponed due to COVID-19

May-Jessie Thomas, nutrition for the mountain athlete (tentative)

Elizabeth said she could help organize a presentation celebrating the Rocky Mountaineers history over last 60 years.

Next fall possible presentations could be Minot's trip to South America and Joshua's paragliding trip in Columbia.

The spring BBQ will occur on Saturday May 16th at Bonner Park. Susanna will reserve the group area

4) Website functionality

We discussed the Sign In process and what info should be visible to the public and what info only members could see. Alden and John discussed how they can change the trip reports so that at the end of each one it says The Rocky Mountaineers instead of "John Bardsley". We discussed posting the GPS routes alongside the trip reports and whether this info would be open to the general public. It was decided to keep this info open to the public.

Steve suggested we advertise upcoming trips on the Facebook page in case people are unaware of our calendar on the website. John suggested we post links to the calendar on the Facebook page.

5) AVY 1 Clinic

Forest received very positive feedback from the participants. We all agreed that we should repeat this event annually and possibly subsidize it to keep the costs affordable. We may also consider organizing a Level 2 AVY course.

We also discussed arranging a Wilderness First Aid course with AIRE. Forest said he could speak to Taylor Brugh (worked for Cascade Mountain Rescue) about teaching a weekend course on self-rescue skills and he may also contact Nadev Oakes of the Montana Mountaineering Association about giving a clinic. We also discussed subsidizing these clinics or making them free for frequent Trip leaders.

Joshua reported that the Navigation round table was well attended and productive. Other topics for future roundtables were discussed and may include members talking about accidents they had in the backcountry.

6) Path to 501c3

Kris discussed how we will need to make sure we have a strong educational focus to qualify for this status. Some of the education needs to be available to the general public. He also stated that the Rocky Mountaineers need to file a 990 N tax form annually and we should have it done for 2018 and 2019.

7) Overall participation and strategies for continued involvement

We discussed the cabin and its increasing popularity. John suggested on the calendar we post “3/6 full” for example, if only a party of 3 has reserved the cabin. Hopefully this will allow the cabin to be used to its full potential while minimizing conflict. We may also want to put signs outside directing people where to collect snow for water and where to urinate.

The Stonewall creek intro to backcountry skiing event was very popular and allowed new skiers the opportunity to learn some basic backcountry skiing skills. Joshua discussed how we should have trips of varying technical difficulty so people can have opportunities to advance their skills.

We then discussed ways to encourage future Trip leaders including Pro Deals and discounted outdoor education. We should try and have bios of all the regular trip leaders on the website so that participants can learn more about us.

8) Officer Nominations

Lastly, we discussed the Officer nominations for the upcoming year. After group discussion, the board nominated the following individuals for officers for the upcoming election: Joshua for President (second term), Fintan for Vice President (first term), Susanna for Treasurer (4th term), Elizabeth Moore for Secretary (first term). Several people suggested that Susanna be considered for President when Joshua’s term is over.

Next Quarterly business meeting will be Tuesday June 9th, 2020.

Meeting was adjourned at 8 pm