

## The Mountain Ear

December 2020

### President's Report

Happy Solstice Everyone!

The daylight starts to increase again and despite the dry spell I have my hopes up for a snowy winter season. Speaking of snowpack, be sure to check the Missoula Avalanche Advisory before you get out in avalanche terrain.

As 2020 winds down, the Rocky Mountaineers are excited to announce several events for the New Year! Check out our calendar for upcoming events.

Happy Holidays and I hope to see you out there!

Susanna G Phillips,  
President/Treasurer

### Winter Fest

The Rocky Mountaineers are hosting our first annual "Winterfest" for Members to attend.

Mark your calendar for Saturday, January 9th for WINTERFEST at Lolo Pass area! We will offer a slew of trips that day: Backcountry and XC skiing, Snowshoeing, Beacon Park Practice, Hot Springing, etc. In the evening we plan to gather at Lolo Hot Springs. We will have a socially distanced outdoor gathering with a bonfire AND each member attending will also receive a new TRM BUFF!

Food will not be provided due to Covid restrictions....but....

Drinks will be provided courtesy of Big Sky Brewing Company!

Check The Rocky Mountaineers' Website [www.rockymountaineers.com](http://www.rockymountaineers.com) for trip listings and event details. Current trip lineup:

- AVALANCHE COURSE- LEVEL ONE (Full)
- LOLO PASS BEACON PARK PRACTICE
- LOLO PASS XC SKI TRIP
- LOLO PASS BC SKI TOUR

Accommodations are available at  
Lolo Hot Springs, call 406-273-2297  
For RV And Cabins 406-273-2294  
(Winter Tent and RV hookups)  
Lochsa Lodge in Idaho 208-942-3405  
OR, Camp in your vehicle or tent!

\*\*\*The Rocky Mountaineers will be adhering to all Covid 19 recommendations and restrictions for this gathering. Closer to the outdoor event we will update this event page with any recent updates regarding Covid 19 in Missoula County.\*\*\*

### **Zoom Presentation: Nutrition for the Mountain Athlete**

Tuesday, January 12- 6:00PM

Hopefully we can return to in-person presentations in the near future, but for now we are going to bring you our first ever virtual presentation!

Log in details will be announced on our website calendar as well as our Facebook page and Instagram prior to the event.

### **Nutrition for the Mountain Athlete**

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.

### **Level 1 Avalanche Course- January 5-10, 2021**

The Avalanche Course filled up in record time. Thanks (and congrats) to all of you who signed up! We have inquired about the possibility of offering a second course, as we already have a healthy waiting list. Hopefully this will come to fruition; the more educated winter backcountry users- the better!

### **Winter Conditioning Wednesdays**

TRM Winter Conditioning Wednesdays: For two more weeks, join us for our weekly climb of Mount Sentinel. Hikes start at 6PM- bring your headlamp, traction crampons and/or poles. Continue conditioning for your favorite winter sports & activities, or come along just to get some fresh air midweek. All abilities welcome. Meet at 6pm at ASUM Gardens Parking Lot / M Parking Lot (will alternate every week). Leaders alternate each week- see website calendar for more details.

Starting in January, Winter Conditioning Wednesdays will begin to switch from weekly Sentinel hikes to XC skiing and BC skiing. This will all be weather and conditions dependent. We will alternate weeks for the two activities. Starting on Wednesday, January 6<sup>th</sup> we will offer an evening XC trip- somewhere in the immediate Missoula area- TBD by that week's trip leader. The following Wednesday (13<sup>th</sup>), the goal will be to have an evening headlamp ski up and down Marshall Mountain (or possibly Snowbowl)- again, TBD by the trip leader. Keep an eye on the calendar as we will update as soon as we pin down a location each week (will also advertise on our Facebook and Instagram pages).

### **Upcoming Trips and Events**

Snowshoe- **Pistol Creek Lookout**- Sat, Jan 2

Various Activities- **Lolo Pass Area**- Sat-Sun, Jan. 9-10

XC Ski- **Lee Creek**- Sun, Jan 17

BC Ski- **Stonewall Creek (Lincoln Area)**- Sat, Jan 23

Snowshoe/Winter camp- **Stuart Peak (Rattlesnake)**- Sat-Sun, Jan 23-24

BC Ski- **TRM Cabin/Little St. Joe Peak**- Fri-Sun, Jan. 29-31

BC Ski- **Mini Gash Point (Bitterroots)**- Sat, Feb 6

Snowshoe- **Deemer Peak**- Sat, Jan 6  
XC Ski- **Pack Creek**- Sun, Feb 7

*Please visit our website for all the details on these trips and more! Also scan further ahead in the online calendar to see some future listed trips.*

[www.rockymountaineers.com](http://www.rockymountaineers.com)

### **TRM Path to 501c3 Status- Help?**

We are continuing to (very) slowly pursue a path to a non-profit 501c3 designation. Slowly, because all of us that have been leading the charge the last few years either haven't had the time, or more importantly, the knowledge to head down this path. We would like to thank member Kris Cahoon for helping us get part of the way this past year. Reaching out here to see if anyone with experience in such matters would be interested in helping us get to this "promised land"? Please let us know!

### **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- Susanna Phillips

Vice President- Fintan Maguire

Secretary- Elizabeth Moore

Treasurer- Susanna Phillips

Website- Alden Wright

Archivist- Julie Kahl

Newsletter - Forest Dean

Meeting Minutes

Quarterly Business Meeting

The Rocky Mountaineers  
December 7, 2020  
6pm

Call to Order @ 6:08 PM

Members Present: Susanna Girolamo, Fintan Maguire, Elizabeth Moore, Forest Dean, Alden Wright, Julie Kahl

Treasurer's Report:   \$5896.85 TRM Account  
                              \$2228.83 GMAR Account

Membership Count

Old Business Items:

- A. Grizzly Man Account and TRM Account – Combine  
Julie made a motion to join the two accounts and then it was seconded. The motion passed to join the accounts.
- B. Cabin Workday/60<sup>th</sup> Party wrapup
- C. Website Homepage needs updating (60<sup>th</sup> Party still listed). Alden will delete this info and list the Winterfest Dates instead.

New Business / New Ideas

- A. TRM Local Midweek Outings
  - a. Winter Conditioning Wednesdays – (success!)  
We have experienced so much success getting members of the community involved and new memberships that we are going to continue the momentum and start doing Weds 6pm meetups for XC Skiing and also BC Skiing.
  - b. Upcoming XC skiing and BC Skiing outings – We discussed two members for each sport will lead these trips. Alden and Forest will lead the first two weeks.
- B. TRM Merchandise Order  
Susanna has been working with Exact Image and placed an order for Bright Orange and Black TRM Buffs that will be given away at Winterfest. There were other ideas of design. Elizabeth had an idea of using contour lines or maps in the background but we can discuss it more at the next meeting.
- C. Winterfest
  - a. Trips – Fintan, Alden, Susanna & Minot are leading trips on the day of Winterfest. There will also be 12 members attending the Avalanche 1 Course.
  - b. Evening Festivities – There will be a bonfire, swag giveaway, etc during the evening.

- c. Signup? How to keep it Socially Distanced, etc
- D. Cabin Reservations
  - a. Policies during Pandemic. We decided we will make decisions on a case by case basis.
- E. Avalanche 1 Course – It filled up within a week and a half with very little advertising.
- F. 501c3 Path
  - a. Has an attorney come forward to help with this?
- G. Education/Roundtables – Do we want to offer any of these as outdoor hands-on experiences this Winter? Winter Camping/Beacon Park Training/Snowshoeing
- H. Presentations – We decided in the meeting that we will try our first Zoom presentation in January. On January 12<sup>th</sup> local athlete Jessie Thomas will do a presentation titled “ Nutrition for the Mountain Athlete”
- I. TRM Trips – Always need more members to offer trips!