

# The Mountain Ear

April 2022

## President's Message

The schizophrenic behavior of mingling seasons has begun in full force. I rock climbed, backcountry skied, biked and ran last week, the weather ranged to blue bird sky to massive winds and snow squalls. I kind of love that the weather reflects my excitement of what comes next.

This Tuesday our Monthly presentation features Jessie Thomas. She will bring her humor to the serious subject of gut health especially for mountain athletes. We will meet in person for the presentation at 506 Toole Avenue. Masks are optional.

This Spring we have elections as well as our yearly Spring Fling BBQ. We have our upcoming Trip Leader Meeting at the end of May. This meeting is for all current Trip Leaders and anyone curious about leading trips for TRM. Everyone is welcome to join us.

I hope you will consider joining an upcoming trip this Spring! Check out the calendar for more details.

*"April hath put a spirit of youth in everything."* William Shakespeare

See you outside!

Elizabeth

## Membership Renewals

### DUES NOTICE

The Rocky Mountaineers annual membership has traditionally run from May 1 to April 30. Recently we made a change so your membership will now run for 12 months regardless of when you join or renew. Many of you reading this will have your membership expiring at the end of this month. If you have not yet renewed, we would really appreciate you taking the time NOW to do so.

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:

- \$30 - Individual
- \$45 - Family
- \$20 - Student/Youth (under 23 years old)

NEW- How to renew: Go to [rockymountaineers.com](http://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.

### **April Feature Presentation**

**Nutrition for the Mountain Athlete**

**Presenter: Jessie Thomas**

**Tuesday, April 12**

Jessie Thomas is an athlete, mom, and founder of **Sustainable Wellness**. Jessie knows the powerful nature food has on the human body and the role food sourcing can play in protecting the open spaces and the environment we love.

Join The Rocky Mountaineers for an evening with Jessie as we talk about gut health and some of the common pit falls she's helped athletes overcome when trying to fuel right for their sport. Jessie will also share her love and knowledge of the importance of sourcing food locally and real action items we can all take to enjoy our sport and open spaces over time.

Location: Spirit of Peace Community Building- 506 Toole Avenue. This is located on the northside of the downtown area- very close to the pedestrian bridge over the train tracks.

Event begins at 6:00PM. Open to everyone!

NOTE: You are more than welcome to bring food and beverages (including adult beverages) for this event! Additionally, we will have beer and snacks on hand (donation suggested).

### **Spring Fling and BBQ**

On SATURDAY, MAY 7th, we will have our Annual Spring BBQ. This will be held in conjunction with a day of activities! Please mark this on your calendar and consider attending!! Here is the plan:

- Several trips to choose from during the day (see calendar)
- 6:00pm- BBQ in Missoula @ Ft. Missoula's Meadowlark Shelter. Food, Beer and Drinks!
- Raffle Prizes! (Climbing Gear and TRM Swag)
- Lawn Games!

To help cover our food costs and the shelter rental, we would like to ask all attendees to contribute \$5.00 this year (kids are free). You will get one free raffle ticket for your contribution. (More tickets can be purchased as well)

The Meadowlark Shelter is at the Fort Missoula Regional Park at 2920 South Avenue West. This is just past the Community Medical Center parking lot on the other side of a parking lot south of South Avenue. See Meadowlark Shelter.

We REALLY want you to attend this event! Hope to see ALL of you there! MEMBERSHIP IS REQUIRED TO ATTEND (members can bring guests though). Also, an RSVP is requested. Email: Forest Dean- [mtnear1@gmail.com](mailto:mtnear1@gmail.com)

### **Trip Leaders WANTED**

Do you have experience leading trips into the backcountry. Or, perhaps you don't, but would like to start doing so? Trip leadership can be a very rewarding experience. It can also provide you with partners to go and do things you would otherwise maybe be doing solo. Either way, if you are interested, WE WANT YOU. One of our greatest challenges with this club is always coming up with enough trips for our membership (note the lack of trips listed above...). We need folks willing and capable of leading these adventures. Interested? Please consider attending our Trip Leader Meeting on May 24th. Contact Forest for more details: [mtnear1@gmail.com](mailto:mtnear1@gmail.com)

## Education

**Snow Climbing and Glacier Travel Basics-** Wednesday, April 20- Roundtable discussion at Big Sky Brewing Company (6:30pm). 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.

**Snow Climbing and Glacier Travel- FIELD DAYS-** Friday-Saturday, April 29-30  
This two day program is for beginner and experienced climbers alike. We will spend Friday evening (local Missoula park) and all day Saturday (Snowbowl area) practicing the following fundamentals of mountaineering: steep snow and ice, crampon technique, self-arrest, rope management, efficient pacing, snow anchors, route finding, glacier travel, crevasse rescue.

Please note that this is not an "instruction" clinic. The leaders are not trained guides or certified instructors. We will, however, be happy to share what we know and what we have learned from experience (and will encourage other participants to do the same). Primarily, we will be practicing all the fundamentals listed above! Previous climbing experience is not required. Participants should, however, be in good physical condition; and have some backpacking or scrambling experience. *Group Size Limit: 8* See our website for contact info and registration.

### **Upcoming Trips and Activities**

Hike- **Mittower Gulch to Marshall Mtn**- Sun, April 10

Snow Climb- **Como Peaks (West and Middle)**- Sun, April 17

Roundtable- **Snow Climbing and Glacier Travel**- Wed, April 20

BC Ski/Alpine Climb- **Mt. Moran (Tetons)**- Fri-Sun, April 22-24

Field Days- **Snow Climbing and Glacier Travel Practice**- Fri-Sat, April 29-30

Hike- **Calf Creek Wildlife Area**- Sun, May 1

Various Trips- **Spring Fling and Club BBQ**- Sat, May 7

Snow Climb- **Peak 8650' (Missions)**- Sun, May 15

Run/Hike- **Black Mountain**- Sun, May 22

Alpine Climb- **Blackfoot Mtn/Mt. Logan (Glacier)**- Sat-Mon, May 28-30

*Please visit our website for all the details on these trips!!*

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

### **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 Tuesday, May 10th (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 30<sup>th</sup> 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 15<sup>th</sup>.

### **TRM Merchandise**

We have merchandise for sale and available for purchase at our presentations, quarterly business meetings, the Spring picnic, etc. Please contact Elizabeth Moore if you'd like to purchase something for a local pickup.



**Beanie \$25**



**Pint Glass \$10**



**Keychain \$5**



**T-Shirt \$20**



**Baseball Cap \$20**



**Buff \$10**

### Trip Reports

All reports from club trips can be found on our website. Check it out. Reports are now easier to locate thanks to the diligent work of Alden Wright.

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

### Club Officers

President- Elizabeth Moore

Vice President/Safety Officer- Casey Lammers

Secretary- Tom Statz

Treasurer- Chris Soriano

Website- Alden Wright

Archivist- Julie Kahl

Newsletter/Trip Coordinator- Forest Dean



*The Lappi Lake cabin. TRM once maintained this cabin at Lappi Lake (Bass Creek drainage). The 1964 Wilderness Act led to the removal of most privately held cabins in Wilderness Areas. Our current cabin on Little St. Joe was built after this one was burnt down.*