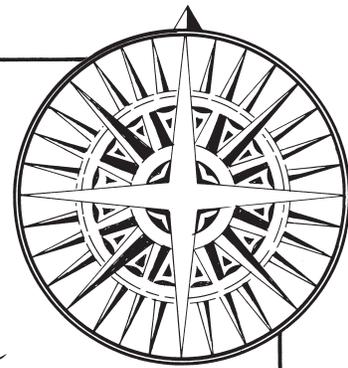




# Compass

THE BOULDER GROUP NEWSLETTER



Volume XXVI Number 3

March 2010

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### From the Editor

With this issue I again take up the role of editor of the Compass. Tessie DeLaney did a fine job with it the past year, but has returned to pursue her college education full-time; thanks again Tess! However, we are still looking for other editors, both for the Compass and the GPS, which are valuable learning opportunities for the right volunteer.

With this new electronic only delivery, I am adopting a more flexible format for the newsletter, such as offering the longer articles you'll find here on Steve Priem's close call, Brainspotting and the Great Beetle Outbreak. I hope you'll enjoy them!

— Rick Casey

### SPRING EQUIPMENT SALE

The Spring Equipment Sale will be Friday, April 16, 6-8 pm at the AMC in the conference room on the ground floor.

#### SELLERS:

For each item you are selling, attach an envelope on which is printed your NAME, ITEM, SELLING PRICE, WHETHER YOU WILL ACCEPT A CHECK; attach envelope to item. All items must be tagged before bringing them to the sale. Bring your items to the AMC on Thursday, April 15 from 4-7pm or Friday, April 16 from 12:30-5:30 pm in the conference room on the ground level.

All unsold items must be picked up from the clubroom the night of the sale, by 8:30 pm unless prior arrangements are made with the Sale Coordinator only. Any items left after sale on Friday night will be donated. Please be sure to share this with any other members you tell about the sale. The office staff will retain sale envelopes for one week after the sale. Any monies not picked up by April 23, will be donated to the CMC.

Any outdoor gear that might be used on a CMC trip is appropriate for the sale, technical clothing only, no street clothes. Also no older model straight downhill skis. All monies go directly to sellers. If you want to donate the sale of your item(s) to the CMC, please note "CMC" on the envelope with the price; checks to be made payable to CMC. CMC is not liable for lost/stolen sale items or items left behind after the sale pick up deadline. It is suggested you keep a list

*Continued on p 8, Spring Sale*

### Close Call on Guinn Mountain

*[Editor's note: Steve Priem, a longtime CMC member who has devoted years of service to the Club centered around leading cross-country ski trips and maintaining the Årestua Hut on Guinn Mountain above the Eldora Resort, suffered a serious accident while skiing alone there on February 19, 2010; this is his story. I think we can all learn from this!]*



*Steve, wife Cara and Rick on a ski outing in January, delivering pads to the hut*

For 17 years, I have carried a short wave radio that I have a license to operate. In the beginning I used it a little, learned how to change frequencies, programmed it to transmit to a few repeaters, and called home a few times; then I just carried with me in my pack. This year for the first time in years, I turned it on and transmitted and – thankfully – it worked.

Last Friday I skied the the Guinn Mountain Hut like I have for years. Continuing west, I have a route that I like to use that

*Continued on p 4, Close Call*

## Chair's Report

One thing I particularly enjoy about rock climbing is that it forces you to be in the here and now. Being Group Chair, on the other hand, imposes a different time scale. Barely in office and I'm already thinking ahead to November and the next Annual Dinner. Even now we have to make venue arrangements and pick our featured speaker (all ideas welcome). Looking out even farther, our New Clubroom Ad Hoc Committee has held its first meeting and will begin outreach this month. Again, all ideas are welcome. A reminder: we need to be in a new space by January of 2012.

Fortunately, the lifeblood activities of the club continue apace with events such as the spring schools sign-up on March 1 and the bi-monthly open house on March 17. And volunteer opportunities remain plentiful as outlined elsewhere in this issue. I would highlight just a few:

- updating the Boulder Group's history in anticipation of a book celebrating CMC centennial in 2012,
- participation in several state-level committees, in particular, the Membership committee mentioned in Katie Blackett's letter, and (my favorite),
- helping Jefferson County and the Access Fund plan for renewed access to the Cat Slab climbing area in Clear Creek County. It's great to see volunteer efforts (and some money) succeed in re-opening a venue of interest to the outdoor community.

At the state level, efforts continue to boost membership. New club benefits are outlined elsewhere in this issue and in the GPS. A new dues structure took effect March 1, raising state dues for a regular one-year membership from \$45 to \$51 (the first dues increase since 2005). New options are available to reduce that cost increase such as the two-year membership option and a young adult membership option which should be a big help to our group given the large pool of college-age members in the Boulder area. Please check the state web site for more details. In future issues, I will continue to report on other actions by the state, for example a "re-branding" initiative to complement the overall marketing program that is being

developed.

In the meantime, enjoy the close of winter, get ready for the climbing/hiking season, and enhance your own sense of the here and now by getting active in a CMC trip as a leader or participant.

Respectfully Submitted,

John Fernandez  
Boulder Group Chair

## Volunteer Opportunities

*To volunteer call the clubroom or email [clubroom@cmcboulder.org](mailto:clubroom@cmcboulder.org)*

### Clubroom Hosts Needed

Clubroom Hosts are needed Monday through Thursday from 5-7 pm

### Winter Wild Work

Boulder County Parks and Open space are looking for volunteers to do "Winter Wild Work". There are numerous programs for volunteers. Applications found at [www.BoulderCountyOpenSpace.org](http://www.BoulderCountyOpenSpace.org) or call 303-678-6222.

### New Compass Editor and GPS Editor Wanted

The Boulder CMC is in need of a new Compass editor and a new GPS editor. Gain valuable skills while filling key positions in the Boulder Club. If interested please email [chair@cmcboulder.org](mailto:chair@cmcboulder.org).

### Wanted: Your Stories!

The Compass newsletter wants to hear from you! Please consider sharing your personal stories or consider writing an article of interest for a future issue. Email [compass@cmcboulder.org](mailto:compass@cmcboulder.org).

### From the ED

The CMC has a number of operating committees that need volunteers. The committees are: Membership Committee, Archives Committee, 100th year anniversary committee, and Volunteer Committee. Committees typically meet once per quarter. If you have any interest in volunteering for one of these committees, please send me an email at [katieblackett@cmc.org](mailto:katieblackett@cmc.org)

— Katie Blackett,  
CMC Executive Director

## Boulder CMC Open House

March 17<sup>th</sup>, 7-8 pm  
At the clubroom, around the corner from Neptune's

Invite new and prospective CMC members to learn more about the club and its many classes, trips, and activities. Experienced members will be on hand to share their enthusiasm and knowledge about hiking, camping, peak bagging, rock climbing, snow shoeing, cross-country skiing, and more. As always, you are encouraged to bring a friend!

## From the Conservation Chair

Small Acreage Management Volunteer Program - Application Deadline: February 12 for March. *[Editor's note: The deadline has passed, but this notice is included for those interested nonetheless.]* Training. Small acreage properties (greater than 1 acre) are numerous in Boulder County. These property owners are in need of information related to pasture and weed management, fire mitigation and other issues. Gain training to field phone calls from small acreage owners and provide options for pasture/grazing management, identify weeds and weed management. Volunteers also write articles for the small acreage newsletter, assist with the crops show at the county fair and other projects.

*Continued on p 5, Volunteers*

## compass

**Editor:** Rick Casey

**Email:** [compass@cmcboulder.org](mailto:compass@cmcboulder.org)

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**Boulder Group Chair:** John Fernandez

**Email:** [chair@cmcboulder.org](mailto:chair@cmcboulder.org)

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**Clubroom hours:** Mon. -Thurs., 5 to 7 pm

**Clubroom Telephone:** 303-554-7688

**CMC information:** [bcmc@cmcboulder.org](mailto:bcmc@cmcboulder.org)

**Website:** [cmcboulder.org](http://cmcboulder.org)

**e-Compass subscription:** [cmc.org](http://cmc.org) → login → Personal Data → e-newsletters

We welcome announcements, articles, letters, artwork, and photos, especially from recent CMC trips and events.

# March 2010 Trips & Activities

*Editor's note: The following is a list of BCMC trips and events for the month. It is possible for trips to be changed or posted after this issue goes to press. Please check online for current trip status, to see club trip policies, or to learn about becoming a trip leader: [cmcboulder.org/Trips](http://cmcboulder.org/Trips).*

To view trips online and register:

- ▶ Browse to [www.cmc.org](http://www.cmc.org)
- ▶ Login with your CMC member number and password. For first time users, the default password is your ZIP code.
- ▶ Click on 'Trip Signup' in left margin
- ▶ Enter trip selection parameters (CMC group, date range, etc) & click Search
- ▶ To register, click Register
- ▶ For Boulder trips, you must contact the leader by phone (preferred) or email; for Denver trips, you may register online.
- ▶ Schools require previous signup. Info at [www.cmcboulder.org](http://www.cmcboulder.org)

## Tuesday, March 2

### Avalanche Level II Lecture

The Ski Patrol's Level II Avalanche Course is designed to train students to lead avalanche rescues and to provide them with comprehensive avalanche knowledge to support rescue decision making. Specifically, the training includes: Avalanche Hazard, History and Statistics ; Meteorology Fundamentals; Mountain Snowpack; Stability Evaluation; Safe Travel & Terrain Analysis; Self Survival and Rescue; Avalanche Rescue Organization; Special Medical Considerations; Avalanche Transceiver Search. Course is taught by certified NSP instructors. Lectures: 2/23,2/24, 2/25, 3/2,3/3 (6-10pm) Field Trip: 2/2,3/6,3/7 \$\$ Register with leader. Boulder Leader:Cindy L Gagnon 303-938-8564 [gagnonc2@comcast.net](mailto:gagnonc2@comcast.net) Trip#10229

## Wednesday, March 3

### Avalanche Level II Lecture

The Ski Patrol's Level II Avalanche Course is designed to train students to lead avalanche rescues and to provide them with comprehensive avalanche knowledge to support rescue decision making. Specifically, the training includes: Avalanche Hazard, History and Statistics ; Meteorology Fundamentals; Mountain Snowpack; Stability Evaluation; Safe Travel & Terrain Analysis; Self Survival and Rescue; Avalanche Rescue Organization; Special Medical

Considerations; Avalanche Transceiver Search. Course is taught by certified NSP instructors. Lectures: 2/23,2/24, 2/25, 3/2,3/3 (6-10pm) Field Trip: 2/2,3/6,3/7 \$\$ Register with leader. Boulder Leader:Cindy L Gagnon 303-938-8564 [gagnonc2@comcast.net](mailto:gagnonc2@comcast.net) Trip#10230

## Saturday, March 6

### Avalanche Level II Field Trip

The Ski Patrol's Level II Avalanche Course is designed to train students to lead avalanche rescues and to provide them with comprehensive avalanche knowledge to support rescue decision making. Specifically, the training includes: Avalanche Hazard, History and Statistics ; Meteorology Fundamentals; Mountain Snowpack; Stability Evaluation; Safe Travel & Terrain Analysis; Self Survival and Rescue; Avalanche Rescue Organization; Special Medical Considerations; Avalanche Transceiver Search. Course is taught by certified NSP instructors. Lectures: 2/23,2/24, 2/25, 3/2,3/3 (6-10pm) Field Trip: 2/2,3/6,3/7 \$\$ Register with leader. Boulder Leader:Cindy L Gagnon 303-938-8564 [gagnonc2@comcast.net](mailto:gagnonc2@comcast.net) Trip#10232

### Big Thompson Canyon Top Roping

Experience some great but lesser known topropes in the Big Thompson Canyon west of Loveland. Will start at Cyclops and move on to Practice Rock if time permits. 5.6-10 range. Great place for newer climbers. Boulder Leader:Gary Schmidt 970-481-1048 [gsc@frii.net](mailto:gsc@frii.net) Trip#11083

## Sunday, March 7

### Avalanche Level II Field Trip

The Ski Patrol's Level II Avalanche Course is designed to train students to lead avalanche rescues and to provide them with comprehensive avalanche knowledge to support rescue decision making. Specifically, the training includes: Avalanche Hazard, History and Statistics ; Meteorology Fundamentals; Mountain Snowpack; Stability Evaluation; Safe Travel & Terrain Analysis; Self Survival and Rescue; Avalanche Rescue Organization; Special Medical Considerations; Avalanche Transceiver Search. Course is taught by certified NSP instructors. Lectures: 2/23,2/24, 2/25, 3/2,3/3 (6-10pm) Field Trip: 2/2,3/6,3/7

\$\$ Register with leader. Boulder Leader:Cindy L Gagnon 303-938-8564 [gagnonc2@comcast.net](mailto:gagnonc2@comcast.net) Trip#10233

## Thursday, March 11

### Special WeekDAY Warrior Gathering

Come share stories and plan activities for weekDAYS. 7-9 Boulder clubroom. Pls bring snack or drink to share. no signups - just show up. Boulder Leader: Jean Aschenbrenner 303-786-9411 [jeanasch@hotmail.com](mailto:jeanasch@hotmail.com) Trip#11318

## Wednesday, March 17

### Boulder CMC Open House

7-8 pm, Clubroom  
Want to learn more or share your knowledge about the CMC? New and prospective CMC members, join us at this open house. Experienced CMC members, share your enthusiasm and knowledge about hiking, camping, peak bagging, rock climbing, snowshoeing, or cross country skiing and more. You are always encouraged to BRING A FRIEND!  
Boulder Leader:Samuel Levis 303-665-1310 [samuellevis@hotmail.com](mailto:samuellevis@hotmail.com) Trip#11152

## Tuesday, March 23

### Hiking 1 Wilderness Survival Lecture #1

Concerned about what to do if you have to spend the night outdoors unexpectedly? What are the Ten Essentials and why we need them? This course covers trip planning, essential equipment and wilderness survival techniques, including fire, shelter, and signaling for rescue. Lectures: Tues. 3/23 & Tues. 3/30 at 6:30 PM at the CMC Boulder Group Clubroom. Field Trip: 4/10 or 4/11 (student picks one). Signups begin at the 3/1 BMS Schools Overview and Signup, at the Clubroom at 7 PM. Boulder Leader: Janine A Fugere 303-564-9702 [janine\\_fugere@yahoo.com](mailto:janine_fugere@yahoo.com) Trip#11117



## Monthly Program:

Wednesday, March 10, 7pm  
In the Clubroom

Carol Kotchek presents: Himalayan peak trekking for dummies!

Under normal circumstances my comfort zone is warm temps, dry rock, and solid rock protection. But a shoulder injury, an intriguing invitation, and an impulsive desire to experience something new compelled me to sign up for a month long Nepali trek. Come see the adventures and misadventures of a fair weather rock climber's journey to the Himalaya. Great show for those considering a trek and would like to know more about the ups and downs of such an endeavor.

— contributed by Carol Kotchek



## CMC Fundraiser with the Colorado Avalanche

Save the date! The Colorado Avalanche is holding a group night for the CMC on Wednesday, March 24, at 7:00pm. The Colorado Avalanche is offering discount tickets to CMC members on this night, and \$10 of every ticket sold (through the web links below) will be donated back to the CMC. Please help to spread the word!

To purchase upper level tickets (\$32-\$60 ea, face value up to \$102-\$40) visit: <http://www.pepsicenter.com/groups/avalanche/cmcupperandlower/>  
To buy VIP Club Level Tickets (\$60 ea, face value up to \$115): <http://www.pepsicenter.com/groups/avalanche/cmclublevel/>

## Support YEP!

Lace up your running shoes to support YEP! Registration is now open for the Golden Gate Dirty Thirty, a trail run to benefit CMC's Youth Education Program (YEP). The race will feature single-track loop courses of 50K, 12M, and 7M on

single track trails through aspen groves, pine forests, and rocky ridges. Elevation ranges between 8,000 and 9,500 ft. All three courses are loops with soft and fast sections as well as rocky and technical sections. This is a beautiful course with spectacular views of the Continental Divide. The race will be held in Golden Gate Canyon State Park on Saturday, June 5th. Visit <http://www.goldengate-dirtythirty.org/> to register and support YEP!

— contributed by Sarah Gorecki  
CMC Development Director

## CMC Historians Needed

In anticipation of the CMC's centennial coming up in 2012, a small volunteer group is authoring a book. The book will be published by the CMC Press and be ready for sale in late 2011. It will be heavy on images and light on text. It will not be a detailed history of the Club, but a focus on its involvement in mountaineering, conservation, establishing of national parks, monuments and wilderness areas. There will also be a section on artists' interpretations of the mountains of Colorado, and a chapter on winter sports.

The effort would be enhanced by histories of the CMC's local groups. This compilation would be separate, bound volume, a permanent record recognizing and celebrating the Club's hundredth year. We hope this benchmark will energize your Group to dig into its history and share it with the Club as a whole.

A deadline of a year from now will help us organize the document and provide it to the group planning the centennial celebration. As a target, I am suggesting February 1, 2011 as a deadline.

If you have comments or questions, please email me at [hitedavid@mac.com](mailto:hitedavid@mac.com), and I will respond as quickly as possible.

— contributed by David Hite,  
CMC Press Advisory Committee

## Close Call, from p 1

stays in the trees next to the open area. It is not steep and sometimes has good snow. It was snowing, with a cold, light breeze. I tried to sneak between two trees, but didn't notice the snow bank I was skiing into. I stuck a ski into the drift, and fell backward, twisting my left knee and foot. I knew on the way down that this was going to be difficult. I recovered by removing my left ski. I was able to stand up but the ski tour was over. The time was around 3:15 pm.

I knew I had a chance of transmitting a signal, since I was at 11,000' in the open, looking out to the plains. I traveled to east to get a better view. I took shelter next to a snow drift, set my radio up and started going through my repeater frequencies. On # 6, I announced "may-day" listened and someone responded! I was breaking up. I said I would move to a new location and try again.

I was talking to some one in Colorado Springs, through a repeater located in Woodland Park, above Colorado Springs. The repeater was about 75 miles away. I provided information about my situation, including GPS location. Convinced that help was being organized, I told them that I had to get moving. I would try to contact them again. About 20 minutes later, a little further down the road I was trying to stay on, I tried again and someone answered. This time I was told if I changed to a different frequency and transmitted in "simplex" I could talk directly with Rocky Mountain. Rescue. I managed to do that. Receiving my transmission was a friend, Steve Poulson. I was amazed, but there he was. He had established a communications center at the Eldora Ski area, a few miles north of my location. He was in contact with me and another group coming up Jenny Creek. I was going to drop contact and hope for snowmobiles in Jenny Creek. I was trying to move down the Boulder Pass road, but I made a wrong move and dropped below it. I was on a steep slope, when I put weight on my injured foot, it would drop into the snow providing no traction to move forward. I was going really slow.

The sun set at 5:45. Around 7:00, I heard the snowmobiles approaching below me. When they turned off their motors, I had

a whistle ready to help them hear where I was. I could see lights below me. After a while I noticed a headlight approaching me from below. We got together and soon two more couples descended from above me. We slowly made it down to the snowmobile and a sled. It was around 9:00 pm.

Zipped into a sleeping bag, I was hauled out of Jenny Creek to my wife and son, Cara and Torin. Sheriff deputies helped me into an ambulance around 10:45 pm. An examination at the hospital revealed I had a couple of small cracks in my ribs, a twisted knee, swollen leg and a bruised foot.

The amateur radio community likes the story. They can't explain how I pulled it off. The repeater was supposed to require a code to access it but that was disabled. Seventy-five miles is a long way to transmit, and there is a Black Mountain in the way. The Rocky Mountain Rescue crew got a good work out and I am still alive. □



## New BSI Blog

In June 2009, CMC brought onboard the Backcountry Snowsports Alliance, adopting a whole new area of human-powered winter recreation advocacy. Check out CMC's new blog for the Backcountry Snowsports Initiative: *News from the Deep White*: [backcountryinitiative.blogspot.com](http://backcountryinitiative.blogspot.com)

The blog features the latest news from Colorado's largest human-powered backcountry advocacy group, Colorado Mountain Club's Backcountry Snowsports Initiative. *News from the Deep White* is an online journal featuring photography and stories from skiing, snowboarding, and snowshoeing adventures around the world. □

## New Reciprocal Club Benefits

I am pleased to announce that after nearly a year and a half of brainstorming, a handful of regional mountain clubs are sharing membership benefits. Adirondack Mountain Club, Seattle Mountaineers, Mazamas, American Alpine Club, and the Colorado Mountain Club have agreed to offer membership benefits to members of the above clubs. For example, a CMC member could stay at the Mazamas Mt. Hood cabin for the same rate as a Mazamas member. Please go to our website under Why Join/CMC Partners to view the reciprocating club benefits. If you would like to take advantage of these benefits, you will need to call the membership services of the club or visit their website.

— *Katie Blackett,*  
*CMC Executive Director*

## Clear Creek Climbing Area Gains Protection

The new year brings reason to celebrate for those of you who enjoy climbing in Clear Creek Canyon. After months of negotiation, Clear Creek County successfully acquired the 76-acre Oxbow Parcel that contains the Cat Slab cliff, located south of US Highway 6 near Tunnel 5.

Cat Slab boasts some of the only moderate routes in Clear Creek Canyon and was a popular crag to bring beginners before it was closed to the public in 2006 due to liability concerns.

The County purchased the land using \$725,000 in lottery funds, awarded by Great Outdoors Colorado (GOCO). The County was supported by numerous recreational groups, including the Access Fund, Colorado Mountain Club, Colorado Whitewater, Trout Unlimited, International Mountain Bicycling Association, and Rafting Outfitters on Clear Creek. While the cliff line is protected, the area is not officially open to the public until the County develops and implements a site plan to provide safe, off-road parking, which may include shifting the guard rail and gate to provide more parking.

The County is interested in climber input on the development of parking, trails,

and possible toilet facilities. Please contact Joe at the Access Fund, [joe@accessfund.org](mailto:joe@accessfund.org), to get involved in the planning process. □

## Help REI Help the Homeless

REI Boulder has agreed to do a month long collection of used gear in March to support Homeless Gear and the homeless of Colorado. The program is really simple. Folks can either visit the HG website at [www.HomelessGear.com](http://www.HomelessGear.com) and go to the Gear Needs Page to see what items we collect or we will have flyers at the store. There will also be a bin just inside the door on the south side of the entrance for folks to drop off any of their used gear/clothing/hygiene donations. This event is only at the REI store in Boulder and runs the whole month of March. Thanks for all the great support that you and the CMC has provided to HG! We have been able to help many of our area's homeless through donations that have come in as a result of the exposure you have provided.

— *submitted by Ken John*  
*REI Boulder*

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### *Volunteers, from page 2*

Please visit: <http://www.extension.colostate.edu/boulder/AG/smallacreage.shtml> for a detailed brochure on the program and an application or contact: Boulder County Government, Sharon Bokan, [sbokan@bouldercounty.org](mailto:sbokan@bouldercounty.org). 303-678-6176.

Adopt a Trail. Families, smalls groups, and individuals are invited to adopt a trail, park, or shoreline, by picking up litter four times a year. A sign will be posted on the trail or park, showing others you make a difference. Boulder County Parks and Open Space. Matt Bruce, [mbruce@bouldercounty.org](mailto:mbruce@bouldercounty.org). 303-678-6216.

Forest Restoration. Lead small groups at forest restoration projects to help maintain healthy tree density and diversity. Most projects are held half day, either in the morning or afternoon. Applications due March 31. Boulder County Parks And Open Space. Matt Bruce, [mbruce@bouldercounty.org](mailto:mbruce@bouldercounty.org). 303-678-6216.

— *submitted by Chris Klotz,*  
*CMC Boulder Conservation Chair*

## The Great Bark Beetle Outbreak: Our Changing Forests

One hundred years from now Front Range Coloradans will look back at this time in history and think about what it must have been like to live through the Great Bark Beetle Outbreak of the 21st Century. Landscapes of forests, throughout the Rocky Mountain West, are ending their lifecycle and beginning again as a sea of new seedling trees. In Colorado more than 2 million acres of mature lodgepole pines have already succumbed to attack; Montana has lost almost the same amount and in British Columbia, beetles have impacted more than 35 million acres of pine forest. Western forests are going through enormous changes that modern Americans have never experienced before. This bark beetle outbreak is truly a continent-wide phenomenon that is changing the way we think of our western disturbance-driven forest ecosystems. Next time you visit the forests of Colorado take in the views and realize that the forest you see today may never look the same in your lifetime. Nature has given us the unique opportunity to witness the end of an old forest and the development of a new one. Despite the scope and intensity of this bark beetle outbreak, our western forests will return and over time will re-establish into hillsides of mature green trees. Before our forests can return communities, recreationists and forestry businesses are going to have to adapt and learn to deal with the new challenges that bark beetles have brought us. Land management agencies are quickly adapting to the changing landscape and are developing long-term management plans that will help to re-establish the natural systems that keep our forests healthy. In the near term, red and dead trees are now a part of our lives and there are actions that recreationists, homeowners and communities can take to keep themselves safe from hazardous dead trees. A Message to Recreationist: Watch Out! Bark beetles are quickly gaining a foothold in higher elevation Front Range forests and over the coming years recreationists should expect to see many pine trees succumb to beetle attack. As trees die they quickly become a hazard and pose a tremendous risk of falling on trail users. As much as possible you should avoid travelling through sections of dead

trees, especially on windy days. Due to the landscape nature of this beetle outbreak, land management agencies won't be able to clear every hazardous tree and it is your responsibility to keep yourself safe. Trees will fall across trails, especially during days of high wind, but if you keep your wits and maintain awareness of conditions around you can avoid being hit by trees. As you plan your trip to the mountains check with local land management agencies to ensure your favorite trails and campgrounds are open. In addition, as you venture out onto the trail you should expect to hear the sounds of chainsaws and chippers working away to clear the dead trees from your favorite recreation areas. A Message for Homeowners: You are the Steward of your Land!

As this outbreak continues to unfold along the Front Range, landowners will face an immediate challenge of needing to remove backyards full of dead red trees. Beetle killed trees will quickly become falling hazards and your homes, driveways, power lines, propane tanks and roads are at risk of being hit by dead trees. By removing dead trees we not only make our communities safer from falling trees, but also safer from future wildland fire. Now that we are in the heart of this beetle outbreak we are required to respond and if we plan accordingly we can start making changes on our land that will lead to future forests that are healthy and green.

This outbreak is an opportunity to generate much needed awareness around the need for active management in our disturbance-driven forest ecosystems. It is an opportunity to better understand the ecology that drives our forest ecosystems and to begin understanding the impacts that actions (or lack of action) taken today will have on our future forests. Disturbances like fire and bark beetles are vital components of a healthy forest ecosystem and when they are excluded forests quickly become overcrowded and highly susceptible to insect and disease outbreaks. This bark beetle outbreak is an opportunity to change our views of the forest and create plans today that will positively influence the health of our future forests.

Our Ecosystems are Changing - How will you respond?

There is no question that the great bark beetle outbreak of the 21st century will

go down in the history books! The big question is if it will be seen as tragedy or an opportunity. What I hope comes out of this outbreak is a new found sense of place and a realization that our forests are not static and need to be actively managed to stay healthy. Bark beetles are nature's way of revitalizing and starting forests over again, and are a vital component of a healthy forest ecosystem. I hope that in 100 years Coloradoans can look around at their green healthy forests and realize that the forests they see in the 22nd century were shaped by individuals and land management agencies that saw the great bark beetle epidemic of the 21st century as an opportunity to become active stewards of the land. If you have questions about bark beetle management, forest ecology or want to learn more about becoming an active steward of your land, feel free to contact me directly by e-mail at [pinebeetle@bouldercounty.org](mailto:pinebeetle@bouldercounty.org) or by phone at 720-564-2641.

— submitted by Ryan Ludlow  
Forestry Education and  
Outreach Coordinator  
Boulder County Forest Health Initiative

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## Brainspotting: Where Neurology Meets Physiology

An Innovative Approach to Peak Performance  
by Marilyn Coonelly, Ph.D.

It's common knowledge that in order to improve performance in sports it's necessary to train the body to increase skill, strength and stamina. While there are many similarities in elite athletes' physical training and nutritional habits, research shows that those who truly excel spend more time developing the mental aspects of their sport. Self-defeating beliefs substantially limit the ability to improve performance and/or reach goals. Because the human body treats every thought and image as if it is real, thoughts and the attached emotions can serve to increase or decrease anxiety and enhance or sabotage performance. Fears and negative thoughts are especially important to deal with in sports such as rock climbing and mountaineering where the objective dangers are significant and where an inability to focus and clear the mind to make careful decisions can have dire results.

Most people tend to focus more on the few times they were injured, performed poorly or were criticized than on the numerous times they succeeded. These repetitive thoughts can become embedded in our memories, and create neural pathways that become stronger as we continue to focus on them. Positive reinforcement or thought promotes a sense of well-being and safety and activates the parasympathetic nervous system; this activation enhances performance. Negative reinforcement or criticism activates the sympathetic nervous system and inhibits performance. When we are worried about making a mistake or getting injured these thoughts are in the forefront of the mind and the result is a defensive approach with increased muscle tension, a narrowed focus of attention, and less confidence. In this state the chances of falling from a climb or making a poor decision increase. Anxiety is often the predominant emotion. While a low level of anxiety can improve performance by increasing intensity and motivation, a high level of anxiety interferes with attention, memory and other information-processing skills which compromise performance. Anxiety also results in increased muscle tension, heart rate and respiration, as well as a narrowed level of attention and perception and diminished cognitive flexibility. It is imperative to keep anxiety under control while rock climbing. This can be a slippery slope when the chances of injury increase as the ability to focus and perform at our best decreases.

In mountaineering anxiety increases risk as well, not only when the technical aspects of the climb are significant but also because of the many variables we have to take into consideration in order to maintain some reasonable degree of safety. Once the sympathetic nervous system takes over, many of the objective dangers can become threatening cues to the brain to respond defensively. These cues are then over-attended to resulting in anxious scans for any sign of malfunction or perceived increase in danger. This response is common when there have been prior frightening experiences, when recovering from an injury, or where there is fear of injury. The result is a loss of confidence in the ability to perform

which causes performance to deteriorate.

Brainspotting is a therapeutic tool that can be used to decrease anxiety and balance and calm the brain. It is an effective, focused treatment that works by identifying, processing and releasing the neurophysiological sources of emotional or physical pain. It is a psychological process with physiological results. It has been shown to speed and improve recovery from an injury by processing the psychological and physiological trauma that the body holds. Blocks that interfere with performance are often not in the realm of conscious thought. Brainspotting can find and release these blocks because it acts on the deeper level of the autonomic nervous system as well as the limbic or emotional brain.

During a Brainspotting session, the block, injury or anxiety is located by observing activation of the parasympathetic nervous system. The activation is observed by noting a specific eye position where feelings are reported to be strongest and where there's an increase in blinks, swallows, eye freezes or wobbles, head nods, finger or leg movement etc. The eye position is the "Brainspot". The Brainspot is then combined with Bilateral Sound (music that moves back and forth to alternately activate each side of the brain). Bilateral stimulation of the brain has multiple positive effects. It improves binocular vision, it forces blood into the frontal lobes of the brain which facilitates clear thinking, it balances the hemispheres of the brain which improves coordination, and it quiets and calms the deep emotional brain.

Brainspotting is effective in enabling athletes to achieve their peak performance. Most athletes perform best when they are relaxed, calm and focused. Yuri Hanin is a Russian scientist who has proposed that an athlete's individual optimal zone of functioning (or optimal activation level), can be identified. As long as the athlete remains "in the zone", their performance will be their best. The brain is at an optimal level for peak performance when it is quiet and balanced. This can be experienced as being centered in the body, or achieving a quiet attuned preparedness. Balancing the hemispheres of the brain through Brainspotting improves coordination, calms and centers the brain, and

balances energy. It can transform how we feel about ourselves and our performance. This is vastly different from attempting to think positively when the feeling is not positive at all. It is literally change from the inside out, rather than attempting to lay a positive thought over an emotion that is not at all positive. Our brains remember our most dominant thought, so once we are in a more positive place mentally our imagery will be powerfully positive. The brain will respond as if it has achieved perfect performance over and over. Through the use of Brainspotting, we lock the experience into the brain so the body's performance is more automatic, a sensation of success is experienced, and the sensation and memory of peak performance is integrated into the brain at a deep level.

Marilyn Coonelly, Ph.D. is a licensed clinical psychologist with over twenty years of experience. She is an avid mountain and rock climber, cyclist, and skier. You can contact her at [drmarilyncoonelly@comcast.net](mailto:drmarilyncoonelly@comcast.net).

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## Dirty Thirty Footrace

The CMC has been chosen to be the recipient of proceeds from the trail race "Dirty Thirty." It is a trail race consisting of a 50K, 12 miler, and 7 miler. The race will be held at Golden Gate Canyon State Park on June 5<sup>th</sup>. Registration opens on February 1<sup>st</sup>. I have been racing my whole life and these are the cheapest race dues I have seen yet! This will be a fun and tiring race, and will open the CMC up to a very different set of eyes. Please go to [www.goldengate-dirtythirty.com](http://www.goldengate-dirtythirty.com) and sign up! We also have a need for volunteers so if that is more along your pace let me know.

— Katie Blackett,  
CMC Executive Director



*Spring Sale, from p 1*  
of items in the sale to keep track.

BUYERS:  
BRING VARYING BILL DENOMINA-  
TIONS OR CHECKS FOR PURCHAS-  
ES; NO CHANGE-MAKING BY CMC  
WILL BE AVAILABLE. Doors for sale  
will open at 6:00 pm; no “early birds”  
(including sellers dropping off items).

Questions? Contact Zoe Katsulos by  
email (preferred) at [zfoto@aol.com](mailto:zfoto@aol.com) or  
phone, 303-666-7672. Thanks!

### **VOLUNTEER for the SPRING EQUIPMENT \$ALE!**

The Spring Equipment Sale is Friday,  
April 16, 6:00-8:00 pm at the AMC.  
Volunteers are needed to help with pre-  
sale setup, sale monitoring, cashiering,  
and post-sale cleanup. Hours needed for  
volunteers: 4-7pm Thursday, April 15,  
and 3:30 pm-8:30 pm, Friday, April 16.  
Pick a few hours you can help and con-  
tact Zoe Katsulos by email (preferred) at  
[zfoto@aol.com](mailto:zfoto@aol.com) or phone, 303-666-7672.  
Thanks!

— *contributed by Zoe Katsulos*

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