



COLORADO MOUNTAIN CLUB

DENVER GROUP

Mile High Mountaineer

April 2024



© Sandy Heise



WSS bivy shelter discussion. Photo by John Lindner

Wilderness Survival School (WSS)

This school is designed to provide the skills and self-confidence to increase your odds of survival in an unexpected stay in the wilderness. Topics covered include, but are not limited to, preventing a survival emergency, psychology/attitude, shelters, signaling, fire craft, and hypothermia. Survival-related medical emergencies and other priorities will also be covered. WSS includes three weeknight lectures and one overnight field lesson that provides practical training and experience in a simulated survival situation. This school is particularly informative to the novice/intermediate hiker, but even very experienced CMC members have found it valuable.

Enrollment is open to all CMC members (only) with ANY level of backcountry experience or hiking classification.

The overnight training is not a “sink-or-swim” field trip, and we will not be surviving off of roots, berries, wild mushrooms or killing and eating bugs/wildlife. The goal is to learn from a simulated survival situation and to practice skills with the equipment we should normally carry in our daypacks. There are no physical stamina requirements to attend the field session.

Dates for the 2024 course:

Lecture sessions: Mondays, May 6th, 13th, & 20th from 7 pm to no later than 9:30 pm at the American Mountaineering Center in a main floor conference room.

The overnight field session near Bailey, CO, is scheduled for June 1st & 2nd (all day Saturday, returning to town Sunday morning).

Tuition is \$84.00. A textbook and some supplies will be provided. For more details and enrollment, please go [HERE](#).



The ten essentials. Photo by Art Hogling

CMC Seminar on Hiking Safety

Learning how to be safe in the backcountry is a major reason many members join CMC. So we've developed a one-evening seminar especially for new members who want to learn the basics of hiking safety or long term members who want a tune-up on the latest safety techniques.

The Introduction to Hiking Safety seminar will teach you:

- the many aspects of safety you need to be aware of, including subjects such as lightening, forest fires, 10 Essentials, animal encounters (now including wolves), getting lost (or staying found), and being stranded overnight
- how to avoid, how to prepare for and how to respond to safety challenges
- an introduction to the extensive program of in-depth, hands-on safety training courses offered in CMC Denver Group's adult education curriculum.

The first session of the year will be held at the CMC building in Golden on Wednesday, [April 24](#) at 6:30 PM. The price is just \$10 for CMC members and \$15 for non-members.

Future seminars will be offered in [May \(22\)](#), [June \(26\)](#), and [July \(24\)](#). (To register, click on the date you want.)

To learn more, go to the [Intro to Hiking Safety webpage](#).



Courtesy of istockphoto

Telemark Ski School -

A Successful Season!

The 2024 Telemark Ski School offered 3 instruction sessions in January, February, and March; we taught telemark skiing skills to over 40 students this year! Our sincere appreciation goes out to these dedicated, talented, and enthusiastic Volunteer Instructors who teach and encourage our students to higher levels of telemark skiing!

Jim Kennedy

Joel Sobol

John Mill

Matt Stevens

Stephanie Porter

Larry Utter

Mary Roberts

John Davis (1st-year)

Rob Scheinman

Paul Doak, Co-Director

Marilyn Choske, Co-Director

Good Trip Descriptions Are Important

By Denver Group Leadership Committee

Writing a good trip description for inclusion in a trip posting on CMC.org is not the easiest thing to do – we all acknowledge that. This article is intended to provide guidelines for improving how leaders and instructors describe their trips.

Why is this important, you might ask? To set expectations for the trip and help insure a successful trip for all.

The following is an example of an actual trip that appeared on the trip calendar, except the names and places were removed to protect the leader who wrote this. This trip simply says: **Starting from the xx trailhead, hike up to the xx Trail Feature, and return to the cars. We'll meet at the xx Trailhead and parking lot at 9 am.** This trip was not described well enough to provide adequate information for a participant to have realistic expectations for a day on the trails.

Trip participants deserve to know more - particularly, members new to the club, or those who are concerned that a certain trip might not be right for them. It's important that trip descriptions provide enough detail so that a participant knows what to expect.

We have found through experience that several things should be included in a trip description:

[Continued...](#)

Announcements

- CMC is proud to announce a new partnership between CMC members and local business owners Bill & Joyce Geis. Their coffee business, **Coffee for the Cause**, aims to promote ethically-sourced and delicious coffee while supporting your favorite non-profit! [Find out more.](#)
- The **Denver Group Council** is looking for a few good members! Give back to the club and volunteer to help manage and influence policies, events/activities, and new directions for our group. If interested, email the Co-chairs at cmcdgcc@gmail.com.



In the news...

- ["Ghosts on the Glacier"](#) - A 50-year-old mountaineering mystery involving former CMC member and accomplished mountaineer Janet Johnson. New York Times
- ["10th Mountain Soldiers Honor Legendary WWII Predecessors by Skiing 24 Miles in Their Tracks"](#) - Denver Post



Image courtesy of cmc.org

[Upcoming Trips, Courses, and Events](#)

Check out the [CMC Calendar](#) to find your next outdoor fun!

[Schools and Course offerings](#)

[New & Prospective Member Night](#)

[Become a Trip Leader!](#)

Stay active, explore more places, and make new friends.

Denver Group Contacts

COUNCIL

[Denver Group Council](#)

Meets Monthly, 2nd Tuesday (usually)

COMMITTEES

[Leadership Committee](#)

[Schools Committee](#)

[Conservation & Trails Committee](#)

[Member Initiatives Committee](#)

SECTIONS

[Ascending Hikes](#)

[Backpacking](#)

[Bobcats](#)

[Fly Fishing](#)

[Over the Hill Gang \(RMOTHG\)](#)

[Photography](#)

Call for Submissions

Have an item you'd like included in a future Mile High Mountaineer newsletter?

The next deadline is the first Sunday of the month. Guidelines:

- Articles should be 200 words or less, **OR** submitted as a PDF
- MHM editor reserves the right to determine what's included in the newsletter and edit submissions for clarity and length
- Photo submissions are welcome, but please include a photo credit and caption
- Submissions must be relevant to the Denver Group of the CMC and/or its members; paid advertisements are not accepted.

Please send submissions to: cmcdgnewsletter@gmail.com.

Questions, comments, or submissions? E-mail cmcdnewsletter@gmail.com.

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