



GUIDE LINE

January 2024

VOL 32, No 1

President's Message

Submitted by Mike Pearl, President

The December Program/Meeting at the home of RMGA Member Dawn Nelsen was fun. Members were treated to holiday foods provided by each other. Several members attended via Zoom. Thanks to Dawn (& Bob) for hosting the group.

Thanks to those in attendance at the December meeting: Tom, Mike, Wendy, Carol, Dawn (& Bob), Steve (and Amy), Adrian, Lily, and Brad on-site, and Charles, Michael, Mark, and Ellen via ZOOM.

Early Bird Membership Renewal season continues until January 15. If you haven't renewed for 2024, please get your payment to me (I'm Membership Chair) by January 15 to receive the Early Bird Rate.

Liability insurance is available. This year's premium is \$105.00. No need to guide uninsured, get your payment to Treasurer Wendy Pickering – also by January 15 – for coverage for all of 2024. If you miss the deadline, contact Wendy for solutions.

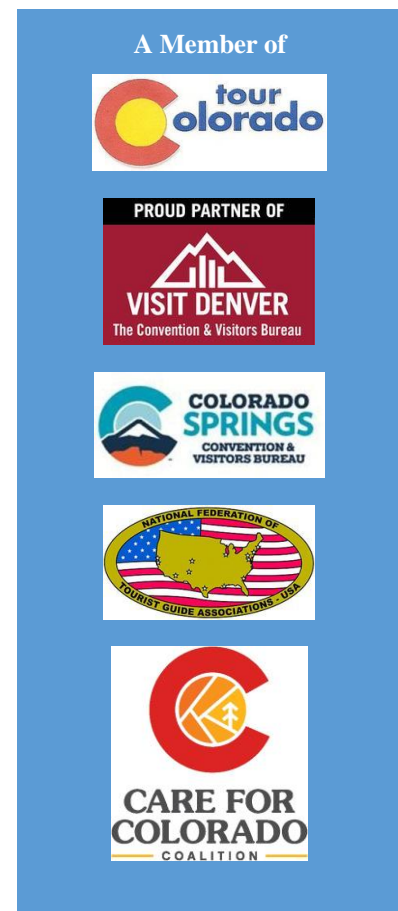
Water issues in Colorado – and the West – are a foreign topic, even to American guests. Brush up on your knowledge of water issues at the January Meeting and Program. Member Steve Kaverman will present.

International Tourist Guide Day is February 21. RMGA is hosting a tour guide awareness event in Denver's Civic Center. Members are encouraged to participate. Look for details elsewhere in this issue.

Please use the *Guide Line* to share some of your memorable experiences so that we can all learn. Email your submissions to the [Editor](#). You may also post them to the RMGA Facebook [page](#).

Copyright January 2024

Rocky Mountain Guides Association



Here's my challenge for you. What's your score? Send stories to the [Editor](#).

I challenge members to demonstrate their commitment to RMGA by doing these activities over the next nine months:

- After reading the *Guide Line*, email the Editor thanking her for publishing it and include a note about what you appreciated about it. Do this for at least 8 of the next 9 issues.
- Attend 7 of the 8 program/meetings October through May, either in person or online.
- Bring one person with you to a program/meeting October through May, either in person or online.
- Go to the RMGA Facebook page and click on "Like" for the postings. Write a public comment for 3 postings over the next 9 months.

I agree that we're all busy with our families and lives. I urge you to express your gratitude for the time and effort that the volunteer leaders of RMGA by acknowledging their contributions. Attendance at programs/meetings validates everyone's membership. Without a little bit of effort on the part of all members, RMGA will become unhealthy.

RMGA members continue to determine in what ways the organization is beneficial to them, then join to actualize that vision. Please email your ideas and thoughts about the future direction of the organization to rmgapresident@rockymountaintourguides.com.
Mike Pearl, President, RMGA

FROM THE EDITOR

Deadline for submissions for the January *Guide Line* is **Sunday February 4**.

Future contributions should be emailed to *Guide Line* editor Eileen Pearl at rmgaeditor@rockymountaintourguides.com. If anyone has photos to share, please send them along with either a short description and/or names.

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COMMITTEE UPDATES

Communications Committee

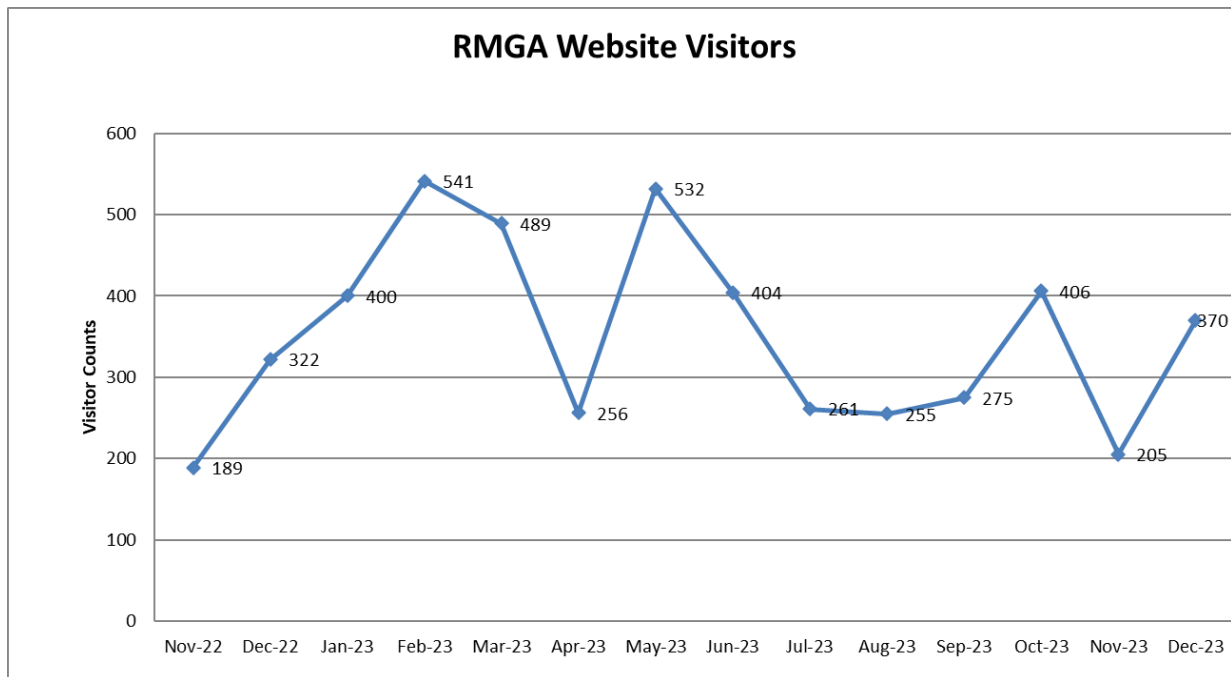
Submitted by Tom Jensen, Communications Committee Chair

What's New on the Website?

No updates were made to the Website in December.

Monthly Visitors to the RMGA Website

Below is a year-to-date comparison of the number of visitors that viewed the RMGA Website. November's count increased slightly over last month's report



What's Coming Up

Access to Members Only Page – In February members will receive the new access code and instructions for the Members Only page. On this page you will discover archived copies of the Guide Line, Program reviews, FAM trip reviews, and governing documents.

Profile Update – Profiles from people who did not renew will be removed. A year will be added to the “Years Experience” category. If you have changes to your Profile, send them to rmgawebsite@rockymountaintourguides.com.

E-mail distribution

The distribution of e-mails continues to be done on a temporary basis. If you are interested in sending out the e-mail blasts, contact Mike Pearl at rmgapresident@rockyountaintourguides.com. The contact list is current with the membership roster. If you are not receiving e-mails please contact Tom Jensen @ rmgacommunications@rockymountaintourguides.com.

Facebook

Have you checked out the RMGA Facebook Group?

Good stuff!

<https://www.facebook.com/groups/RMGAssoc.>



Education Committee

Submitted by Mike Pearl

Call for Familiarization (FAM) Tours. Did you come across an experience that all members should know about? Is there a venue, attraction, or place that you’d like to learn about? That’s a great excuse for a FAM trip. We haven’t had many since COVID that we’ve forgotten why and how conduct them.

FAM trips usually occur over a 6-hour time (say, 9:00 am – 3:00 pm) on a weekday. Members get an inside look at a venue or attraction (or two) during a morning session and an afternoon session and have lunch together in the middle. The event provides a great opportunity for members to sharpen their knowledge about places and to network with venue and attraction operators.

Michael Dulude (720-236-5345) is putting together a FAM at Denver International Airport. Wendy Pickering (217-621-1960) is organizing a FAM of Boulder in coordination with the Boulder Convention and Visitors Bureau. Contact either or both of them with your offer of assistance.

Organize a FAM Trip. Contact President [Mike Pearl](#) to get the ball rolling.

Membership Committee

Submitted by Mike Pearl, Membership Committee Chair

The RMGA Board of Directors thanks you for your membership. The latest membership directory is posted on the Members Only page of the RMGA Website.

Membership Renewal began December 1. There is no increase in dues for 2024. Also, plan to send your premium for liability insurance to Wendy Pickering so she receives it by January 15.

RMGA's membership stands at 39 members: Professional-24; Business-7; Professional/Business Multiple Listing-2; Retired-5; Friend-1. Please examine the membership directory, then reach out to a tour guide you know who isn't a member yet and give them a call.

As RMGA seeks to improve the professionalism of tour guides in our area through education, each one of us is only as strong as all of us.

RMGA welcomes new members! Do your part to improve and expand RMGA's knowledge base by increasing the number and diversity of our members. The best means is for each of us to make a personal connection with non-member tour guides.

Invite tour guides to RMGA's next meeting in-person or on Zoom. Send their contact information to Membership Committee Chair [Mike Pearl](#) so that they can be included on the Zoom Meeting Invitation.

Nominations Committee

No submission.

Program Committee

Submitted by Mike Pearl

January Members Meeting & Program

WHEN: Monday, January 8, 2024

6:00 pm Networking

6:30 pm Business Meeting

6:45 pm Program

WHERE: The Forum Theatre, Koelbel Library, 5955 S Holly St, Centennial, CO 80121

WHAT: Steve Kaverman will present information for tour guides regarding water in the West.

HYBRID: The meeting will be available via ZOOM. Watch for an invitation.

PLEASE NOTE: Mike Pearl will have the RMGA Swap Bin of materials at the meeting. Plan to take some research materials.

See a more extensive description of this program elsewhere in the *Guide Line*.

Public Relations Committee

Submitted by Tom Jensen, Public Relations Committee Chair



2024 Colorado Governor's Tourism Conference

At the end of the 2023 Governor's Tourism Conference, the CTO announced Crested Butte as the host destination of the 2024 Conference. The conference will be held at Crested Butte Mountain Resort & Elevation Hotel on Sept. 25-27, 2024.

CTO Director Featured in Industry Podcast

In the latest podcast episode of "Tourism Heads & Their Tales," hosted by Bob Gilbert of Eddy Alexander, CTO Director Tim Wolfe discusses the key pillars shaping Colorado's tourism landscape. He provides insights into his journey in the industry, emphasizing the state's commitment to destination stewardship and responsible tourism through initiatives like Do Colorado Right. This engaging podcast episode is available on all major podcast platforms and offers a unique perspective on the challenges and opportunities in managing Colorado's thriving tourism sector.

Listen Now

https://eddyalexander.com/thatt/?utm_campaignname=MarketingCloud&utm_medium=email&utm_campaign=Tourism+Tuesday+1.2.24&utm_content=https%3a%2f%2feddyalexander.com%2fthatt%2f

THE DENVER POST

The host of the November Member Meeting, Hats by Parker Thomas at Haven in Cherry Creek was a front-page article in the December 26th edition of the Denver Post. A great place to take your out-of-town guests or tour groups. Parker Orms who demonstrated the art of shaping hats was featured in several photographs. Read the article here: <https://www.denverpost.com/2023/12/26/cowboy-hat-shaping-colorado-western-tradition/>



In October 2016, RMGA held it's monthly meeting at the VFW Post #1. This is the oldest Veterans of Foreign Wars in the US. Members learned this isn't the typical "smoky bar of members telling war stories," but a post that is part art gallery (it is located in the Santa Fe Art District) and a post with yoga, meditation and music jam sessions. Read the December 27th front page Denver Post article at: <https://www.denverpost.com/2023/12/27/vfw-post-1-denver-art-gallery/>



If you have ideas for a FAM trip or a monthly program contact these officers: Mark Blaising @ blaising303@gmail.com or Mike Pearl at mgapresident@rockymountaintourguides.com



History Colorado

Market Street Madams

“Soiled doves, ladies of the evening, frail sisters, nymphs du pave, cyprians—the women of Denver’s Row went by many names. Their reasons for taking up sex work were as varied as the common euphemisms polite society came up with for their jobs, reflecting the clandestine and hushed nature of the way Victorian-era society marginalized these women.” These are the words of History Colorado’s Curator of Periodicals, Ann Sneesby-Koch, exploring the lives of Denver’s sex workers in the late 1800s. Her fascinating article, new from The Colorado Magazine, humanizes her subjects and reveals a world long-obscured by leering looks and prejudice, shedding a light on the women of the many brothels and bawdy-houses that once lined Market Street.

Colorado Goes Dry

It might be hard to believe in this beer-loving state of ours that Colorado’s favorite adult beverage was ever outlawed. But on December 16, 1918, Coloradans fully banned beer and other intoxicating liquors, ushering in an era of total prohibition—an experiment in national sobriety that defined the 1920s. Taking a look back more than a century later, History Colorado’s resident beer historians Jason Hanson and Sam Bock bring us stories of the dry times, revealing an era with surprising parallels to our own. We dug out their peek into Prohibition from The Colorado Magazine archive to help mark the milestone.

Striking It Rich

It was January 4, 1859, when George A. Jackson recorded the first evidence of a substantial gold deposit near present-day Idaho Springs. It was the first of several large gold deposits found that year, kicking off Colorado’s Gold Rush. There are so many ways to learn more about the impact this had on Colorado, including a great explainer in the Colorado Encyclopedia. And if you haven’t yet visited the Healy House & Dexter Cabin in Leadville, the exhibition *Unearthed: Voices of Leadville’s Shanty Irish* tells a side of our state’s mining history that many Coloradans don’t know.

On January 16, 2019, RMGA had a FAM trip to the National Western Stockyards.



Members wanted to see the stockyards before it underwent the current changes. Here's what it looked like nearly 100 years ago.



Corrals fill the Denver Union stockyards during the National Western Stock Show, around 1943. History Colorado, 89.451.2608



GO THE *Extra* MILE



New **FREE** Online Front Line Staff Training Program

Dear Partners,

We are excited to announce the launch of VISIT DENVER's new online training program for front line staff, *Go The Extra Mile*. This program is **free** and designed to help your staff provide the best possible experience for our visitors and enhance the hospitality experience in Denver.

The program is self-paced and can be completed at your staff's convenience. It is also mobile-friendly, so your staff can learn on the go.

Once completed, your staff will receive a **Certificate of Completion** as well as get access to the **Go The Extra Mile Savings Pass**, a mobile-friendly passport that includes discounts across an assortment of attractions, tours, culinary and hospitality partners within Denver.

We encourage you to have all of your front line staff complete the *Go The Extra Mile* program.

To access the course, please visit: [Go The Extra Mile - Home \(gotheextramilefordenver.com\)](https://gotheextramilefordenver.com)

You can also email us at: gotheextramile@visitdenver.com

Thank you for your continued partnership in making Denver a great place to visit!

Sincerely,

The VISIT DENVER Team

ORGANIZATION ACTIVITIES

Submitted by Mike Pearl, President

Organization Activities

Submitted by Mike Pearl, President

Rocky Mountain Guides Association represents professional tour guides in Colorado and the Rocky Mountain Region to tourism-related organizations. As vice president and president, Mark Blaising and I meet with other leaders of US tour guide associations and guilds through monthly Zoom meetings. We report to RMGA members the information from those meetings.

President Mike Pearl and vice president J. Mark Blaising represent RMGA to

- National Federation of Tourist Guides Associations monthly leadership meetings, and
- Care for Colorado Partners quarterly meetings

Tom Jensen and the Public Relations Committee lead in keeping RMGA and us professional tour guides in the forefront of the minds of local tourism industry leaders. The PR Committee is our liaison to VISIT Denver, the Colorado Tourism Organization, VISIT Colorado Springs, and Tour Colorado, among other such organizations. Do you know of a tourism organization with which RMGA should be affiliated? Contact Tom with information.

VISIT Denver “Go the EXTRA Mile” Training

Submitted by Mike Pearl, President

VISIT Denver’s Front Line Staff Training Program “Go the EXTRA Mile” has returned. Many members of RMGA have taken the training and have found it very valuable. The training program is free to RMGA members because of RMGA’s partnership with VISIT Denver.

The training program is completely online. Once you have completed the course, you will receive a certificate and access to the Go the Extra Mile Savings Pass. Go to <https://qrs.ly/uufb2z5>. There you will set up an account, then proceed through the course information and learning modules.

After you receive your certificate, add that information to your biography on the RMGA website.

What’s in Your Library?

Submitted by Mike Pearl, President

RMGA members wanting to form a book club, contact President Mike Pearl.

RMGA Facebook Page

Another way for members to communicate with each other is the RMGA Facebook page. Find it at <https://www.facebook.com/groups/RMGAssoc>. It’s a great place for members to post pictures and tidbits of information that we all can use.

RMGA Guide Line

The official way that RMGA as an organization communicates with members is by means of the newsletter, *Guide Line*, published September through May. Editor Eileen Pearl collects articles submitted by members for the benefit of professional tour guiding. In addition to RMGA members, the *Guide Line* is sent to the Colorado Tourism Organization (CTO), the National Federation of Tourist Guide Associations (NFTGA), and other tourism-promoting organizations. The newsletter is distributed by Tom Jensen, in his temporary role as transmitter of the RMGA email Blasts. Send your articles to [Eileen Pearl](#).

RMGA Leadership Opportunities

Members are encouraged to volunteer to lead these committees:

- Certification (Must have the RMGA Colorado Certification)
- Email Distribution

Contact any Board member with your interest.

Future Conferences

Are you going? Send stories of your experiences to the [Editor](#). Post comments to the RMGA Facebook [page](#). This way, we can all learn.

World Federation of Tourist Guides Associations (WFTGA) 20th International Convention, Siracusa, Italy, January 18-29, 2024. [Information](#)

Education Committee

Are You Colo-Ready?

RMGA is a Stewardship Partner with the Care for Colorado Coalition. Check out the RMGA logo alongside other Stewardship Partners at <https://www.colorado.com/care-colorado-coalition>. Watch for this logo on the RMGA website and the *Guide Line*:



The Care for Colorado Coalition has joined with Do Colorado Right to amplify the message. RMGA has access to Care for Colorado assets such as stickers and flyers. Contact President [Mike Pearl](#) with your request for materials.

Do Colorado Right Campaign Targeting Residents

The CTO launched its Do Colorado Right summer campaign recently, specifically targeting residents throughout the state in conjunction with 9News. This campaign features relevant topics including fire safety and prevention, backcountry safety, trash mitigation and more. Check out the [website](#). <https://www.colorado.com/do-colorado-right>

The ideas expressed in the videos can't be an exhaustive list. What ideas are the videos missing? Send your thoughts to the *Guide Line* [Editor](#).

NFTGA Leadership Meetings

Submitted by Mike Pearl, President

RMGA is a member of the National Federation of Tourist Guides (NFTGA), a collective of local tourist guides associations and guilds across the US. From time to time, RMGA Members receive notices from NFTGA via our email Blast system.

Michael Dillinger, president, announced that the remodeled NFTGA website will be active by January 2024. James Carr of the Guild of Professional Tour Guides of Washington, D.C. reported that the Guild will conduct training for guiding in the District in January 2024. Check their website for more information. <https://www.washingtondctourguides.com/>

The associations “next door” to us are the Utah Tour Guide Association ([UTGA](#)) and the Santa Fe Tour Guides ([SFTG](#)). Check out their websites. When you're traveling, check the NFTGA membership [page](#) to locate the web address for the organization serving your destination. Then, reach out to the organization and make a connection.

The next NFTGA Delegates Meeting will be held Thursday, January 11, 2024 via ZOOM 6:30-8:30 pm. All RMGA members are welcome to sit in on the meeting. Contact President [Mike Pearl](#) for a link.

To see resources for tour guides, go to NFTGA's [Guide Resources](#).

Find your next tour job at www.TourGuidingJobs.com!

Simply sign up for a free account and start looking through the job listings. We will be adding more jobs weekly as tour operators, destinations, attractions, and travel companies who send us their job opportunities looking for talented professionals like you!

WORLD TOURIST GUIDE DAY

World Tourist Guide Day: Wednesday, February 21, 2024

Submitted by Mike Pearl, President

World Tourist Guide Day, an activity of the World Federation of Tourist Guides (WFTGA), was initiated to celebrate the skills of professional tourist guides in their localities. Around the world guide associations have offered free events to

- Celebrate Skills of the professional tourist guides in their localities.
- Raise Awareness of local authorities, fellow citizens, and the media to the quality and value of the work of professional tourist guides.

RMGA will participate in World Tourist Guide Day by offering a free lunch-hour tour of Denver's Civic Center. Volunteer tour guides will provide narration and describe a tour guide's tasks and responsibilities. Announcement of the tour will be sent to the VISIT Denver Partners, the Colorado Concierge Association, the Colorado Legislature, and the Denver media outlets. RMGA members wanting to volunteer to lead tours should contact Mike Pearl at 303-868-0023. A write-up of the complete plan for the activity, including promotion, is available by clicking [here](#).

RMGA will assist members living outside Denver (i.e., Grand Junction, Colorado Springs, Grand Lake, Santa Fe) to set up a similar activity in their locality.

RMGA members are represented to the WFTGA via RMGA's membership in the National Federation of Tour Guides (NFTGA).

The Colorado: A River in Peril January 8, 2024 Member Program

Submitted by Steve Kaverman and Tom Jensen



WHAT: January 2024 RMGA MEMBERSHIP MEETING –

WHEN: January 8, 2024

6:00 pm – Networking

6:30 pm – Short Meeting

6:45 pm – **The Colorado: A River in Peril** presented by RMGA Member Steve Kaverman



Steve Kaverman | Tourism Champion | 2024 Professional Biography

Steve Kaverman, founder of Tourism Champion, has enjoyed over 20 years as a tour director and tourist guide. He is thankful for having had the opportunity to be part of the management and tour development team for well-known tour companies with U.S., Colorado, and international operations. He is also happy to have served as a destination marketing executive, and on the Colorado Tourism Office Board of Directors. His programs and instruction have been shared on the trail, from tour conveyances of all kinds, in auditoriums, classrooms and conference rooms. Best of all says Steve, he never tires of guiding and managing tours for

clients in the Denver area, where he lives, and to other favorite destinations in North America.

WHERE: The Forum Theater at Koelbel Library in Centennial and via Zoom. See below



5955 S. Holly St.

Centennial, CO 80121

Phone: (303) 542-7279



The Library



The Auditorium

ZOOM: Topic: Rocky Mountain Guides' January Member Zoom Meeting

Time: Jan 8, 2024 06:30 PM Mountain Time (US and Canada)

Join Zoom Meeting -- <https://us06web.zoom.us/j/89159575176>

PROGRAM: The Colorado: A River in Peril



This special program will provide a perspective on the Colorado River, the dire effects of historically low water levels, and impact beyond the western U.S. More than 40 million people in seven states directly rely on water from the Colorado River.

Water conservation and agricultural productivity that benefits all Americans are key issues surrounding the Colorado River. Its water irrigates much of the richest

farmland in the southwestern U.S., keeping vegetables on tables across the nation in wintertime. We will consider the prospect of low water level in the Grand Canyon and the effect on tourism. Recreation on Lake Powell and Lake Mead, the nation's two largest reservoirs, has been impacted in recent years.

Join us for a look at these topics and learn what you can do as a destination marketing/management organization, tour operator, tour director or tourist guide to raise awareness and help preserve and protect the Colorado River.

This session will be presented by Steve Kaverman

FOOD: Bring your own water

PARKING: Parking is available in the adjacent parking lot.

GUESTS: Members are encouraged to invite potential members as guests to meeting.

GUEST FEES: 1st and 2nd Time Guest: Free, Third through Fifth Time, Same Guest Visit is \$10 each time. Succeeding Times, Same Guest Must Join RMGA.

MEETING NIGHT CONTACT: Mike Pearl (303) 868-0023 voice & text or Tom Jensen (303) 968-05151

ALTITUDE SICKNESS

Submitted by Adrian Swenson from an article by Alan Safdi, M.D.

There's nothing worse than landing in your favorite mountain town and having to stay in bed because of altitude sickness.

Going quickly from low to high altitude can cause headache, fatigue, and even nausea. Acute mountain sickness affects more than one in four people who travel above 11,600 feet (3,500 meters). While you won't find many hotels at that elevation, most major ski resorts in the Rocky Mountains, and many in Europe, have lifts and restaurants rising that high—so you may be at risk.

At 8,000 feet—the typical base elevation for a Colorado ski resort—each breath takes in only about 75% of the oxygen you get at sea level. There's a myth that your level of fitness determines your risk of altitude sickness: It's really based on genetics. Even if you're fit, 8,000 feet may bring shortness of breath with exertion (like climbing stairs). Halfway up the mountain, at 9,500 feet, you're working on about 70% of sea-level oxygen, and at the summit (12,000 feet), the oxygen level is 60%. No wonder we feel breathless with exertion.

SYMPTOMS

It's not unusual to have trouble sleeping the first night at altitude. But if within six to 12 hours after arrival you experience headache, fatigue, some loss of appetite, nausea, vomiting, lightheadedness, and insomnia, you may be suffering from acute mountain sickness. The problems usually improve in one or two days—if the traveler doesn't go higher. In fewer than 1% of cases, symptoms can grow worse and turn into high-altitude cerebral edema, a serious medical condition that requires immediate professional care.

Over the course of a couple of days, most people begin to adapt to altitude by creating more red blood cells, which carry oxygen in the blood. Since fewer oxygen molecules are available at altitude, we need more oxygen-carrying capacity. The heart rate also increases to pump more oxygenated blood to the tissues, which is most noticeable the first several days at altitude. You may also notice for a couple of days increased urination, a response to changes in your body's acid/base balance that helps your acclimatization process.

IMPROVE YOUR CHANCES

How do we prevent some or all of these potential problems? You can start with the travel arrangements themselves, spending a day or two at a medium altitude to acclimatize gradually.

Immediately before your trip, avoid alcohol for 48 hours. An airplane's cabin

altitude, or air pressure, will be 7,000 to 8,000 feet, which means you'll be exposed to high altitude conditions for a few hours even before arrival. Higher altitudes make you vulnerable to dehydration, so drink lots of water or liquids that replace electrolytes before getting on the plane. Avoid sugary or caffeinated beverages such as soft drinks. Think about hydration this way: You don't want your blood to thicken. When it does, blood flows more slowly through the capillaries in your brain, leading to headache and sleeplessness.

Being fit may not prevent altitude sickness, but since there is less effective oxygen, a higher fitness level when you arrive will make your trip more enjoyable. Start a stretching and fitness program well before your trip if possible. Most of the exercises to become ski-ready can be done without any equipment from your home, but stability balls or Bosu balls can maximize your efforts. (Check out Wagner's off-season ski fitness guide [here](#).)

Once you arrive, try to ascend to the top of the mountain slowly (the CDC advises no more than 1,000 feet of elevation gain per day at altitudes above 12,000 feet). Take it easy the first couple of days. Avoid tobacco, alcohol and other depressant drugs including barbiturates, tranquilizers, and sleeping pills. These depressants further decrease the respiratory drive during sleep, resulting in a worsening of the symptoms. Your appetite may decrease at altitude but try and take in an adequate amount of healthy calories, including carbohydrates.

TREATMENTS

The only cure acute mountain sickness is either acclimatization or descent to a lower altitude, but there are some medications that can help treat it. Pain medications like acetaminophen or ibuprofen can help alleviate headaches. There's also a medication called Diamox (acetazolamide) designed specifically for altitude sickness: It makes you breathe faster so that you metabolize more oxygen, raises blood oxygen, and increases urination. This is especially helpful at night when respiratory drive is decreased.

Since it takes a while for Diamox to have an effect, start taking it 24 hours before you go to altitude and continue for at least five days once you arrive. The recommendation of the Himalayan Rescue Association Medical Clinic is 125 mg twice a day (the 250 mg dose was not more effective). Possible side effects include tingling the lips and fingertips, blurred of vision, and alteration of taste, all of which subside when the drug is stopped. (People who are allergic to sulfa drugs should not take Diamox.)

You can also rent an oxygen concentrator to use at night or buy canned "recreational" oxygen, which may help considerably. Keep in mind, however, that oxygen will only help while you are breathing it, so the O2 cans from the local store won't do much for long.

We discussed here the most common form of altitude sickness, which is usually mild. More severe forms are high altitude cerebral edema (HACE) and high

altitude pulmonary edema (HAPE), which are rare and beyond the scope of this post. Make sure you discuss all recommendations and this information with your healthcare provider.

--

By Alan Safdi, M.D., FACG

Dr. Alan Safdi is past chairman of the Section of Gastroenterology at Deaconess Hospital and served as co-founder and president of the Ohio Gastroenterology and Liver Institute.

MEETINGS

Board of Directors Meetings

Tuesday, January 2, 2024 (7:00 pm)

Sunday, February 4, 2024 (7:00 pm)

Sunday, March 4, 2023 (7:00 pm)

(Meetings via ZOOM; email Communications Committee Chair [Tom Jensen](#) for an invitation)

All Members are welcome and invited to attend.

Member Meetings

The second Monday of January, February, March, April, May, October, November, December

Monday, January 8, 2024 (6:00 pm) In-person at The Forum Theatre, Koelbel Library, 5955 S Holly St, Centennial, CO 80121. also via ZOOM; an invitation to attend is emailed to Members, who are encouraged to forward the invitation to prospective members.)

Monday, January 8, 2024 (6:00 pm) (Meeting via ZOOM and/or in person: watch for details; an invitation to attend is emailed to Members who are encouraged to forward the invitation to prospective members.)

Monday, February 11, 2024 (6:00 pm) (Meeting via ZOOM and/or in person: watch for details; an invitation to attend is emailed to Members who are encouraged to forward the invitation to prospective members.)

PURPOSE of the ROCKY MOUNTAIN GUIDES ASSOCIATION

The nature of the business and activities of this Corporation is educational and the objects and purposes thereof to be transacted, promoted, or carried on are TO PROMOTE THE HIGHEST DEGREE OF COMPETENCE AND PROFESSIONALISM AMONG PERSONS WHO ACT AS TOUR GUIDES AND TOUR MANAGERS/ DIRECTORS, TO PROVIDE ETHICAL AND PROFESSIONAL STANDARDS AGAINST WHICH ALL TOUR GUIDES AND TOUR MANAGERS/DIRECTORS ARE MEASURED, and, in pursuing said basic purposes,

1. To hold meetings and familiarization (“FAM”) trips for the improvement and continuing education of its members;
2. To provide opportunities for the exchange of experiences and opinions regarding tour guides and tour managers/directors and their profession;
3. To provide a forum for development and promotion of common professional interests and concerns of tour guides and tour managers/directors;
4. To cooperate with other related and non-related organizations in a common endeavor to promote the profession of tour guiding, tour management and tour directing and to promote the public awareness of said profession. – *Articles of Incorporation*, Rocky Mountain Guides Association

Officers		
President	Mike Pearl	303-868-0023
Vice President	J. Mark Blaising	303-830-8440
Secretary	Dawn Nelsen	303-898-6853
Treasurer	Wendy Pickering	217-621-1960
Director-at-Large	Tom Jensen	303-968-0515

Committee Chairpersons		
Certification		
Communications	Tom Jensen	303-968-0515
Education		
Hospitality	Lily Ewing	303-250-9679
Membership	Mike Pearl	303-979-7594
Newsletter Editor	Eileen Pearl	303-868-0021
Program	J. Mark Blaising	303-830-8440
Public Relations	Tom Jensen	303-968-0515
Nominations	Mike Pearl	303-868-0023