

# INSIDE *Singletree*

OCTOBER 2020

A SOCIAL PUBLICATION FOR THE RESIDENTS OF SINGLETREE



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**n2 PUBLISHING** www.n2pub.com  
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## **publisher's note**

# HELLO *Singletree Residents!*

Where did September go? Here we are already in October!!

I am so excited to introduce Giuseppe, Alisha and Gaia Bosco to you! For many, there is no introduction necessary. As friends or neighbors or patrons at Zino Ristorante, you have likely seen this outgoing family around and about in the community. Whether you know them or not, I am thrilled to share with you their individual paths to a chance meeting at Campo di Fiore, their love story - complete with two weddings, their journey to Singletree and to complete the picture, welcoming Gaia to their family!

This issue features many residents devoting time and energy to the outstanding organizations that make the Vail Valley such an amazing place to live. Carrie Benway, recently assuming the role of Program Director for the Eagle River Valley Hope Center, shares her inspiration for taking on the challenges of her new position and enlightens us as to how the Mobile Crisis Co-Response Team and the School Based Program serve the mental health needs in our valley.

Your Vote is Your Voice. Earlier this year, Marci McCalley and Wendy Rudolph helped to form a new organization, Vail Valley Votes, to educate voters and get out the vote. Keep an eye out for the signs and be sure to register AND VOTE!

When Bobbie Ruh asked if she could interview her hero, I could not deny her the opportunity to profile Rohn Robbins - in her words, A Man for All Seasons, a Jack of All Trades, an Energizer Bunny. And if that wasn't enough, he has recently published his 9th novel, *How to Raise a Shark*. With two more novels coming soon!

On the travel front, we live vicariously through Sally Austen's adventure in Mongolia - a bucket list journey with horses, eagles, and camels. Oh my! And on a more domesticated level, we meet a canine Singletree Greeter who is also known as Cookie Monster or Joey Bag of Donuts!

In the words of John Sinor, "October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book" - or the latest issue of *INSIDE Singletree!*

Happy Reading!



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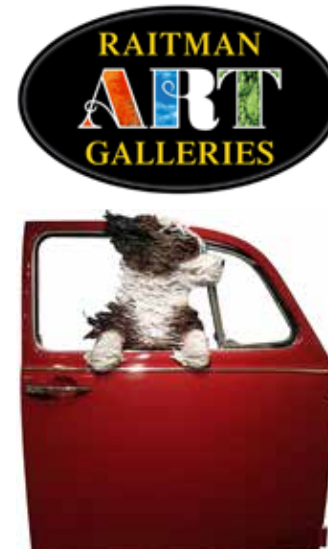
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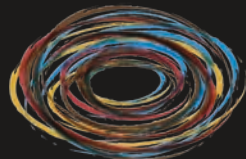
**Sunday, October 25, 2020**  
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Bring the whole family to enjoy the fun at your neighborhood Halloween party! Activities will include costume contests, pinatas and pumpkin carving. Tricks and treats will be served for all!

**RSVP** to **insidesingletree@gmail.com** or **303-859-3369** or **manager@singletreetoday.com** by **Thursday, October 22, 2020**.

**DISCLOSURE:** These events are subject to all then current Covid-19 restrictions and protocol as ordered by the Eagle County Department of Public Health & Environment and/or the State of Colorado as well as change and/or cancellation.

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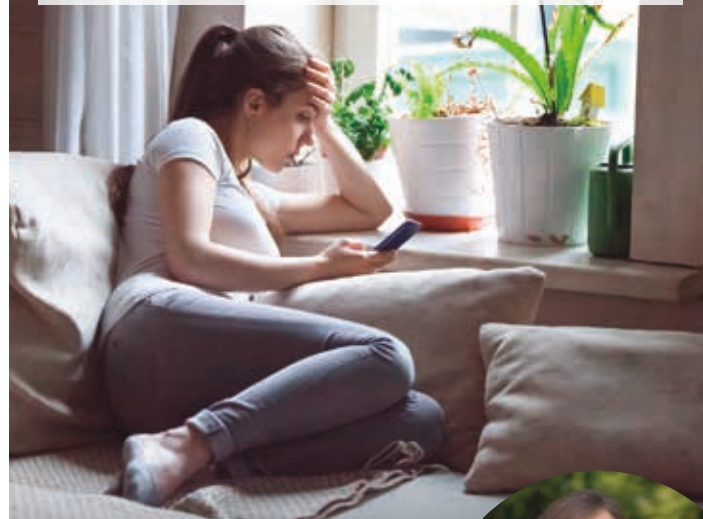
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**Carrie Benway**  
Who's Making a Difference



**Joey and Paul LaLena**  
Precious Pets



**Rohn Robbins**  
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**Wendy Rudolph and Marci McCalley**  
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meet your neighbors  
**Giuseppe, Alisha and Gaia**

Photography by Olga Barron Photography Inc.

Fifteen years ago, I walked into Campo de Fiori restaurant in Vail village with a group of friends, not knowing that night would shape the rest of my life! Before the evening was over, the handsome Italian manager of the restaurant was sitting at our table drinking Limoncello, drawn to our group for our love of wining and dining. Giuseppe and I struck up a friendship that soon blossomed into more and within 2 years we had bought a house, got engaged and even married. During our wedding planning that would eventually take place in Tuscany, we decided to elope!

The courthouse in Breckenridge served as our 1st wedding venue, followed by a romantic, champagne-filled carriage ride through town. A year later, in May of 2009, we gathered 65 friends and family for a 3-day wedding weekend at a 1,000-year-old castle in Chianti, Italy. Events included decadent meals, local wine tastings, a Catholic wedding followed by a 9-course dinner, and finally dancing in the cloisters to a DJ 'til 3 am...people are still talking about it over 10 years later! We love having 2 anniversaries, joking we celebrate our "green card" wedding as well as our grand Italian wedding.

Giuseppe, a born and raised Neapolitano from Naples, Italy, and I, a Michigander, were a somewhat



unlikely match. I had graduated from Indiana University School of Business in the late nineties and moved to Colorado to live the quintessential Vail Tale life, moving here for one year to ski before heading back to the "real world".



Twenty-plus years later, I am still here, although my parents may still hold on to the hope I will come back to Michigan! Having a minor in French and also learning Spanish (while living in Mexico for a year and a half), Italian was not in my wheelhouse.

Zino patio (pictured here and well known on Rawhide as the cat who comes when he is called), and our beloved Alfredo (since passed at 16 years of age).

Content as we were, we realized that there was a BIG piece of our puzzle missing! We gladly welcomed our daughter Gaia May to the family in 2016. Gaia

Meanwhile, across the pond, Giuseppe began the restaurant life in the dish pit in Napoli at age 15. From there he took a job on a Mediterranean cruise ship, beginning his lifelong love of international travel. Stints in restaurants in London, Germany, and Switzerland honed his front of the house skills and solidified his love of restaurant scenes. His first foray in the US came in the form of Walt Disney World! Giuseppe worked at Epcot Center in the Italian Pavilion at a restaurant called Alfredo's. From Orlando, a friend invited him to Aspen to help open a restaurant. He quickly learned to ski, MET ME and never moved from Colorado. He spent 10 years with Campo de Fiori as the general manager in Aspen, Denver and eventually Vail, where our love story unfolded! In 2020, after 20 years in the United States, Giuseppe just became a proud American citizen!

In 2010, our "first child" was born, as we affectionately like to call the opening of our Italian restaurant here in Edwards, Zino Ristorante. Our lives felt full, working hard side by side and playing hard too; travelling in the off seasons, enjoying the Colorado lifestyle while "raising" Zino. Life was good with our 2 cats - Diego, a rescue who was found begging as a kitten on the





...  
 was Mother Earth in Greek mythology, and our Gaia sure is the center of our world! When she arrived, I traded in my restaurant nights at Zino for the office manager role so that I could be home evenings with her. Giuseppe and Gaia love their Daddy/Daughter time in the mornings while Mamma is at work.



While I was pregnant with Gaia, Giuseppe decided we needed to upgrade our Vail condo and be closer to the restaurant. I left Vail kicking and screaming, but agreed to the move only if we could live in Singletree! It was a tough search, but eventually we found our Rawhide home and knew it would be a perfect place to bring home baby. Since then, we could not be happier to have made the move "down valley". Gaia loves the Singletree park down the street, our wonderful neighbors, swimming at the Sonnenalp pool and her new passion, tennis!



We still have a travel bug as a family, having visited 12 countries as a couple and 4 with Gaia! She loves visiting her Papa's homeland of Italia and connecting with her Italian famiglia, each time her Italian language skills improving more and more. In the winter, we love family ski days and to round out our busy Rawhide Road life, we love entertain-

ing family, dining with friends, enjoying great wines and the even Greater Colorado outdoors!



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## volunteer spotlight

Contributed by Marci McCalley and Wendy Rudolph, Singletree Residents



Wendy Rudolph and Marci McCalley

# Your Vote is Your Voice

## Marci McCalley and Wendy Rudolph Step Up to Educate Voters

We have both volunteered for many organizations through the years. And now we are very excited to be part of a new volunteer-led organization called Vail Valley Votes (VVV), which we founded with four other Vail Valley community activists: Gail Flesher, Cass Gassman, Joy Harrison and Cathy Vaughn-Grabowski. We were compelled to get involved with VVV as we both believe how important it is to amplify the voices of Eagle County through voter registration and education.

VVV is a non-partisan non-profit organization that believes voting is one of the most important things a citizen can, and must, do to support our democracy. To vote responsibly, each voter has an obligation to be informed about the candidates and issues on which they are voting. VVV also believes that we need to elect representatives who will respect and protect our democracy and the rule of law, protect our environment, advocate for the rights of all, and otherwise engage in sustained advocacy for progressive change. Given the extreme polariza-

tion in the country today, we wanted to promote these values through an organization that was not identified with, or tied to, any political party.

When we started this organization in February, we had great plans for events and ways to create community around VVV values. However, like everyone else, we have had to adjust to a world with Covid. So, no community gatherings to discuss issues. No in-person voter registration drives. No in-person meetings with candidates. But we have found other ways to get our message out to our community!

We are an approved voter registration organization and are actively working to help voters to register. We have put up *Register to Vote* yard signs

throughout the Vail Valley, posters at many businesses and flyers at places where we can reach as many people as possible (such as the Community Market), all beautifully designed by 970 Design. We list upcoming events, such as zoom meetings with candidates, on our website and Facebook page. We produce a weekly newsletter providing information about topics of interest to our community, including voting rights, the economy, environmental issues, gun violence, better roads and ways to get involved in the upcoming election. We also covered all of the important Colorado initiatives that will be on the ballot for the November 3rd election. We organized a rally in Edwards, as part of the nationwide rallies, to protect our Postal Service and our elections. You can find all of this information on our website, [vailvalleyvotes.org](http://vailvalleyvotes.org), where you can also sign up to receive our newsletters.



And finally, once ballots are mailed to Colorado voters on October 9, we will be working to get out the vote.

The administration has falsely promoted the idea that voting by mail results in fraudulent elections. In Colorado, where we have been voting by mail since 2013, we know that isn't true. We urge everyone to vote and to send in your ballot as soon as you can. Check your registration now, to make sure that your address is correct, at [GoVoteColorado.gov](http://GoVoteColorado.gov). If you do not receive your ballot by Monday, October 19th, you can obtain one from a Voter Service Center or call the Eagle County Clerk and Recorder's Office and request a new one.

When you complete your ballot, don't forget to sign the envelope; your signature is needed to compare with your signature on file. Completed ballots can be mailed or dropped off at secure 24-hour ballot boxes conveniently located in Edwards (at Freedom Park), Avon and Eagle. More information is available at [www.eaglecounty.us/Clerk/Voting\\_and\\_Elections/Upcoming\\_Elections/](http://www.eaglecounty.us/Clerk/Voting_and_Elections/Upcoming_Elections/). You can go to the Colorado Secretary of State website, [www.sos.state.co.us/voter](http://www.sos.state.co.us/voter), to check and be sure your vote was counted.



The VVV Board: Wendy Rudolph, Marci McCalley, Cass Glassman and Gail Flesher

We ask you to join us in this important project. Learn more about important issues on our website. Follow us on Facebook and Instagram. Volunteer to help us get out the vote or contact a candidate who you support and offer to help them. There are lots of socially distanced ways to help in this election.

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# Carrie Benway Leads the Hope Center in Providing MENTAL HEALTH SUPPORT in the Eagle River Valley



Carrie and Melisa Rewold-Thuon, Assistant Superintendent of Student Support Services Eagle County Schools

Ten years ago, the Helen and Arthur Johnson Depression Center at the University of Colorado Anschutz Medical Center convened a study of mental health needs in rural resort regions. From its work, The Aspen Hope Center was created to assist first responders to diffuse crisis events, create a resource for individuals experiencing a mental health crisis and provide children in local schools access to professional mental health support. Two years ago, Eagle County reached out to the Aspen Hope Center to adapt its model to meet our community's needs as a collaborative effort with our community partners. The mission of the Hope Center of the Eagle River Valley is to extend a beacon of hope to those in emotional crisis and offer a continuum of comprehensive care.

Carrie Benway, a resident of Singletree since 2002, is the Program Director of the Hope Center of the Eagle River Valley. In 2015, as President of the Eagle County Board of Education, Carrie first connected with Michelle Muething at the Aspen Hope Center to learn about their organization and how it was able to place mental health therapists in schools. This program intrigued Carrie as she recognized the need for additional mental health support for both students and their families in the Eagle River Valley. After the community experienced a very tragic suicide in February 2018, county officials decided to partner with the Aspen Hope Center to help the county's community paramedics with its crisis response and intervention.

Carrie began serving on the Aspen Hope Center's board in the spring of 2018 and served on this board until asked to lead the Eagle program in January of 2020. "Being a part of the Eagle

Hope Center team is inspiring; as someone who has worked in nonprofits for many years, the level of engagement is the highest level I have experienced. From providing immediate support to community members who are experiencing an emotional crisis to offering counseling to students, our Hope Center clinicians are providing critical support to community members on a daily basis," Carrie shares with us.

"All services provided by the Hope Center are made possible through collaboration with key community partners. Eagle Valley Behavioral Health's leadership and commitment to ensuring access to superior behavioral health services for everyone in the Eagle River Valley has resulted in our community's behavioral health providers collaborating at such a high level, she continues. "When a need arises, whether on the weekend or at night, I have a number of providers that I can reach out to and receive an immediate response. When I share that there are no barriers to accessing behavioral health support in our valley, it is true because Olivia's Fund provides financial assistance to anyone who lives or works in Eagle County for mental health and/or substance abuse services."

Eagle Valley Behavioral Health was proactive in providing telehealth training to behavioral health agencies prior to stay-at-home orders due to COVID to prepare clinicians to connect with patients remotely. Thus, when stay-at-home orders were issued on March 15th, both the mobile crisis team and the school-based team were set to connect with community members and students via telehealth platforms. With the increase in anxiety and isolation during this unprecedented time, it was more important than ever to adapt seamlessly to changing protocols. One positive trend from COVID is that more community members (and even out-of-state family members) began reaching out to the Hope Center when concerned about a friend or loved one. Connecting an individual to resources before an actual crisis can prevent a more serious incident.

### MOBILE CRISIS CO-RESPONSE TEAM

Prior to the Eagle Hope Center's opening its doors in October of 2018, every 911 response to a person experiencing a mental health crisis resulted in the person being taken by

ambulance to the hospital for a mental health evaluation. The mobile crisis co-response team's partnership with Eagle County Community Paramedics transforms the experience for people in mental health crisis. By calling the 24/7 Eagle Hopeline, individuals in emotional crisis receive immediate and compassionate treatment onsite from licensed clinicians. Be it at home, in school, or anywhere else, at any time of day or night, the mobile crisis co-response team arrives within 20 minutes at the scene and a clinician then de-escalates the situation and performs a mental health evaluation. The clinician immediately develops a safety plan with the person in crisis and their family by connecting individuals with behavioral health resources for ongoing counseling while continuing to receive support from the Hope Center clinician.

**Since Eagle County Paramedics and the Hope Center have partnered to respond as a co-response team, Eagle County has reduced the ambulance transport for patients in crisis by 74%, saving patients money and better connecting them with whatever community support they need.**

The Mobile Crisis Co-Response team also serves individuals at Vail Health's Emergency Department (after hours), the Eagle County Detention Center, and provides support to community members during debriefings and fatality responses following tragedies in our community.

### SCHOOL-BASED TEAM

In partnership with Eagle County Schools, the Hope Center's school-based clinicians address the rise of social emotional challenges facing children and teens through access to walk-in therapeutic services at their school. Hope Center school clinicians also provide clinical services to students in need over summer break.

For the 20/21 school year, Hope Center clinicians will be serving students in the following schools:

- Battle Mountain High School
- Berry Creek Middle School
- Eagle County Charter Academy
- Eagle Valley Middle School
- Eagle Valley High School
- Gypsum Elementary School
- Gypsum Creek Middle School
- Homestake Peak Middle School
- Red Canyon High School
- Red Hill Elementary School
- Stone Creek Charter Academy
- Vail Ski & Snowboard Academy
- Zealous Schools



Photo Courtesy of Barry Eckhaus



All of the Hope Center's services are offered at no charge because of the generous financial support of our community partners who understand the need to address local gaps in mental health support for anyone in need.

As the Hope Center's mobile crisis team is responding to an increased call volume to the Hopeline and school-based therapists are preparing for an extraordinary 20/21 back-to-school, Carrie is motivated to extend the organization's reach to those in need. Carrie is deeply committed to delivering the message to the Vail Valley: "our Hope Center team wants our community members to know they are not alone, it is ok to not be ok, and help is available."

In closing, and on behalf of the Hope Center, Carrie would like to express their sincere gratitude for their community partners! "Our mobile crisis team responds with the Vail Police Department, Eagle County Sheriff, Avon Police Department and Eagle County Paramedics. To best serve our community members with a continuum of care, the Eagle Hope Center partners with Vail Health, Mind Springs Health, Mountain Family Health, and Colorado Mountain Medical. To support the behavioral health initiative in our community, the Eagle Hope Center collaborates with Eagle Valley Behavioral Health, Eagle County, Speak Up Reach Out, Mountain Youth, Early Childhood Partners, Mountain Recreation, and My Future Pathways. Our significant partnership



School-based clinical supervisors Erica Donica (left) and Dr. Teresa Haynes with Carrie with Eagle County Schools is instrumental to the success of the Eagle Hope Center's school-based program."

To learn more about the Hope Center of the Eagle River Valley, please visit [ourhopecenter.org](http://ourhopecenter.org) or contact Carrie Benway: **(970) 376-0657** or [carrie@ourhopecenter.org](mailto:carrie@ourhopecenter.org).

*If you or someone you know is in crisis, please call the Hopeline at 970-306-4673 (HOPE). The Hope Center Crisis line is available for any community member 24 hours a day, 7 days a week, 365 days a year.*



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**precious pets**

Contributed by Paul and Joey LaLena, Singletree Resident and Pet

meet **JOEY**  
aka Cookie Monster  
Singletree Greeter



My name is Joey and I am an English Cream Golden Retriever. I came from a kennel here in Colorado called Golden Girls. I was born in October 2015 and came to live with my human parents, Paul and Carole LaLena, in December that year. I am the fifth Golden Retriever for Paul, but I think I am the best!

Paul calls me the Singletree Greeter. I like dogs, but I *really* love people. Especially women. The ladies LOVE me too! We walk the trails of Singletree together every day. My first friend in the neighborhood was Lily. I love walking around the neighborhood with Lily and her parents, Mike and Kris Krohn. Hard to believe I was about the size of Lily when we first met! In the morning, I go with Paul while he gets his exercise on the trail, but in the afternoon, sometimes I just prefer a smell walk. It will take us about an hour to go just 3 miles so I can take in all the smells!

I will do anything for a treat. Our neighbors keep treats in their garages for me! I love to play. My favorite toy is my owl. Paul won't let me play with it all the time because I go nuts for my owl!! I love my squirrel and my pink pig but nothing is better than my owl. And I love to play with my buddies. In addition to Lily, my best friends in the neighborhood are Oban, Duke, Beau, Moose and Dooley.

Bad habits? I would say no, but Paul will tell you that sometimes I get distracted outside and I won't always "come" to him. Sometimes there are just more interesting things to do. When I was a puppy, our neighbor wondered if my name was "Joey No" or "Joey Come". I don't really know what he meant... I am just Joey. Actually, my Paul calls me Joey Bag of Donuts. He also calls me Cookie Monster. I am not sure what those mean either but I think it means he loves me.

When we are not in Singletree, we live in Pensacola, FL. Paul and I road trip back and forth. I have two great homes but I always love coming back to the mountains where I can walk the trails and play with my buddies. Please be sure to say hello when you see us out and about!



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# Meredith Bizer Counseling

My name is Meredith Bizer and I am a therapist here in Eagle County. I discovered my passion for counseling as I was using my Master's in Business Administration to launch a marketing consulting firm. I dreaded work each day. Instead of forcing myself down this miserable path, I took some time to re-evaluate and reflect. I wanted a career that would allow me to wake up excited to work every day and to support myself financially.

I decided on counseling because helping people grow was my favorite part of each of my former roles in the business world. Today, my practice is focused primarily on couples, survivors of sexual abuse, and more generally on adults who want to understand and change their unhelpful emotional, communication, behavioral, or other patterns. My greatest gratification in working with my clients comes from helping them grow and achieve their goals.

Given the everchanging landscape of today, it is difficult to determine – in August – what will be relevant in October. Perhaps in a different year, maybe any other year in the past, this would pose less of a challenge. But, as we all know all too well, this year is different. *Everything* about this year is different.

This lack of predictability has resonated with several Singletree residents and friends, and this actually makes perfect sense. The loss of predictability and certainty in life today is



the one theme that seems, well, certain and predictable this year. The problem is that we humans do not generally do well in these situations. Not surprisingly, there is an inverse relationship between stress and certainty/predictability. When certainty and predictability are high, stress is generally assuaged. However, in times like right now, when certainty and predictability are low, stress is typically elevated. As a result of this elevated stress, we might find ourselves being short-tempered or feeling insecure socially, and we might find ourselves in strained relationships due to issues that previously were tiny, and now suddenly seem very overwhelming.

I am calling this “the COVID effect, and I have seen it creep in when we least expect it. Associated with the COVID effect is this idea of “the new normal”. Let’s be clear, there is a very important difference between “reality” and “normal”. This COVID effect and all its ramifications are not normal and it is not the “new normal” - in fact, nothing about it is normal. BUT, it is reality. And there are definite strategies we can employ to better accept and deal with this new reality. Here are three quick tips:



Let go of the idea of being Superman and Superwoman: doing it all and doing it all perfectly. Instead of the *less than perfect is the same thing as failure* perspective, adopt a perspective of *some is better than none*. Acknowledge that you are waking up every day doing the best you can, and so are those around you. Nobody is perfect!

Make and take time to relax. Consider

both inside and outside new, safe, easy, low-cost, low-time commitment activities and hobbies that might help take your stress levels down even a notch or two, rather than down to vacation mode.

Communicate with others when you are having a hard time - when the stress is particularly getting to you. Reach out to loved ones for moral support and emotional understanding.

For those of us who are married or in an otherwise committed relationship, if the pervasive stress due to the COVID effect is bringing up old negative patterns in your marriage or otherwise committed relationship and therefore contributing to your feelings of loneliness, isolation, emptiness, and anxiety, take steps to resolve those feelings. Sometimes it is as simple as allowing yourself the opportunity to talk, vent, and unload, with an objective outsider who is there to listen as a professional.

Today, working with couples is particularly rewarding for me because with a few tools and some committed work in therapy, primary relationships can be re-routed from a source of stress, frustration, and irritation back to the foundation for security, safety, comfort, and confidence.



Please contact me at [Meredith.bizer@gmail.com](mailto:Meredith.bizer@gmail.com) or (970) 306-6507. I am here to listen. Together we can help you get back on solid ground, find the best path forward, and thrive.

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Bucket list checked in Orkhon Valley

## travel tales

Contributed by **Sally Austen**, Singletree Resident

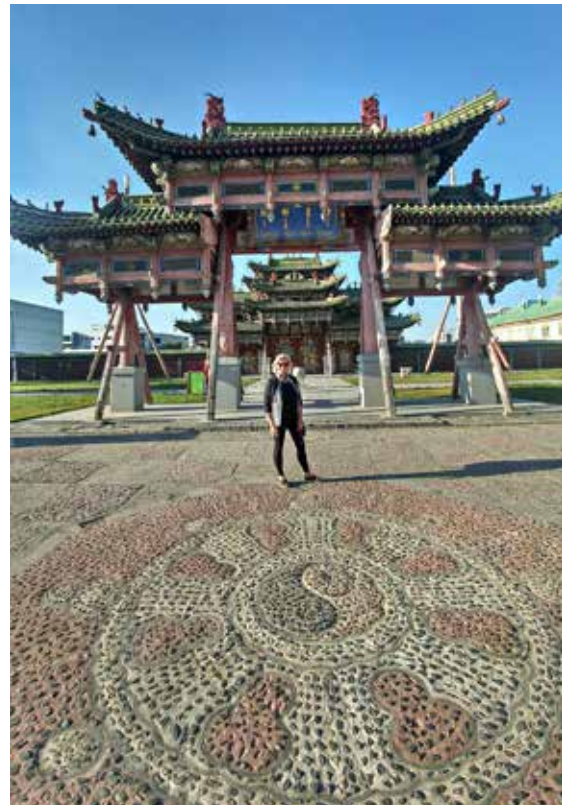
# An Adventure Lover's DREAM COME TRUE

### Sally Austen Journeys to Mongolia

It sounds exotic and never disappoints. Directly opposite Vail on the globe, it's the farthest you can travel from home on terra firma. It was on my bucket list for decades. I had a vision of galloping Mongolian horses across wild empty landscapes, wind in my hair, totally free. More recently, I was intrigued with the stories of golden eagles and particularly an annual festival where the remaining few hundred Kazakh 'eagle hunters' convene to compete in time-honored 'athletic' traditions.

Last September I got my wish. With my son Watts, a recent CU graduate, we packed bags with outdoor gear for a month long adventure. I had read guide books, watched videos, scoured advertisements from an array of guide companies, and, despite years of travelling to remote locations, was totally astounded by the people we met and the terrain we covered.

To say 'modern' Mongolia is a land of contrasts remarkably understates the obvious. The country as a whole is more than twice the size of Texas, sandwiched between Russia and China, with 1.5 million inhabitants clustered in the capital city Ulaanbaatar, and the balance, another 1.5 million souls, scattered across mostly open land. Infrastructure exists in a few cities and villages; otherwise running water and paved roads are unknown amenities. But, everyone has solar panels and most sport satellite dishes outside gers (what we know as a yurt), that they dismantle and move 3-4 times each year. These are the nomads, the husbanders of sheep and camels, living and working in much the same way their ancestors did in the 16th century.



Ulaanbaatar



Watts playing chess in Kharakorum



## THE TRAVELOGUE

Travelling in Mongolia is an adventure lover's dream. Perfect for adrenaline junkies. Challenging if you depend on creature comforts. We were told to be flexible. Everything breaks. Overland distances are long. Boy, were these understatements!

It is 23 hours from Vail via Seattle and Seoul to Ulaanbaatar, a cosmopolitan capital blending the very old and very new. Radiating out from the central Sukhbaatar Square, the seat of government and a showcase for Bolshevik architecture, are restaurants, nightlife, shopping (the best cashmere in the world), embassies, museums. We spent a day with our guides, traversing the city, spellbound by images of ancient monasteries set against a backdrop of neon clad office towers; intrigued at the site of coal fired family gers on 40 foot plots of land abutting new high rise apartments. We learned how to read signs written in Cyrillic characters and the most elemental greetings in a Mongolian language that sounded like all consonants.



Travel by Land Cruiser and overnight gers in the Gobi

Our first adventure began the next day as we loaded a 1996 Land Cruiser with our gear, a portable kitchen and 10 days worth of food. I carried the Lonely Planet guidebook that proffered "off-the-beaten-track secrets" and indeed had researched travel companies eventually requesting an "authentic experience". I had compared maps, outlined historical sites, imagined riding a Bactrian camel (2 humps), yearned to see the wild *takhi* horses and expected a taste of the countryside. I had packed walking sticks, hiking boots, liners for my sleeping bag, the same layered clothing I'd use to camp in Colorado, even inflatable solar lamps (my best purchase ever), and NOTHING prepared me for my 1st night with a nomadic family, sleeping under a vast canopy of stars, in a ger. What had I been thinking? Marco Polo would be writhing in his grave at the concept of visiting the Gobi for a vacation!

So, armed with an itinerary that listed each of the 'important' sites of central Mongolia (you can easily google them), with a driver and guide/

cook we headed south across open plains with no discernable markers or roads, navigating around clusters of sheep and goats, occasionally racing a herd of antelope, stopping to unload our gear to cook lunch and eventually reaching a nomadic family offering overnight accommodation or less frequently, a ger tourist camp.

What I remember though when I close my eyes is serenity at Erdene Zuu, the country's oldest monastery (1586); scrambling up the Flaming Cliffs, terrified of heights; struggling 3 steps at a time to reach the top of the Khongoryn Els sand dunes at sunset to overlook the unimaginable expanse of whistling windblown emptiness, traces of the Silk Route still present in the distance. In the Orokun Valley, peppered with rock fields undisturbed since the last glacier melted, my guide encouraged me to "go fast" as his wife watched us both in shock and horror racing at top speed on half wild ponies. An abandoned sanctuary filled with aspen trees and sagebrush smelled like home.



Our first night on the road



...

We drank *airag* (a fermented mare's milk), sipped milky tea, ate hard cheeses made of curds and passed snuff in a centuries-old ritual as part of nomadic hospitality. I learned camels have no guidance system and it can snow in the Gobi.

**The GOLDEN EAGLE FESTIVAL / BAYAN-OLGIH**

Mongolia's western-most province feels like a completely different country. A different culture. Populated primarily by a nomadic Kazakh minority, colors are vivid, horses wild, hunting is a way of life. Pristine valleys dominate a landscape with no intruding power lines, roads, or permanent structures.

We wanted to attend the annual Golden Eagle Festival, to see horse games, camel races, a nomad's bazaar spread across



The Flaming Cliffs



Lunch on the road in the Gobi

open fields, to experience the electricity and pageantry of 125 modern warriors galloping in formation, each holding a 20 pound golden



Camels gave no guidance system!

eagle on his arm. It was amazing! For a close up, rent *The Eagle Huntress*, the story of a 13-year-old girl breaking into this bastion of manly competition.

Two days later we were ready to try this ourselves. Mounted on a small sturdy horse on the most unforgiving terrain I have ever experienced, I watched as our hunter spied a fox, released Taymas our eagle, and raced overland to watch her swoop in for a kill that is as natural as breathing. This is her habitat. We were tolerated onlookers.

It's hard to talk about the west without reciting this is my trip and it was SOOOO amazing: cars fording rivers because there are no bridges, caravanning to Altai Tavan Bogd National Park where the road literally ends and the glacier juts into Russia and China; chugging Chingiss Kahn vodka and homemade yak vodka during roadside picnics, crawling over magnificent petroglyphs, fixing blown tires. We were humbled by a nomad



Eagle Hunter



A Kazakh saddle



Watts dressed for hunt with our eagle

family's invitation to come to dinner, awed by throat singers, bewildered by our ability to adapt, astounded to share such remarkable kindness and pride of place

with so many people with whom we didn't even share the same language.

Mongolia is a country of jarring juxtapositions. To some people I say Watts and I travelled to the least densely populated country in the world. It has a GPS location. To others, I say we travelled to the 16th century. Hopefully, I can time travel there again. I still need to visit the Tsataan shaman and ride a reindeer.



The annual Golden Eagle Festival



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## singletree stars

Contributed by **Rohn Robbins**, Singletree Resident  
Article Written by **Bobbie Ruh**, Singletree Resident

Rohn and Debbie with sons, Ascher and Parke, at the Great Wall of China

# A Singular Singletree Sensation

Rohn Robbins: A Man for All Seasons, a Jack of All Trades, an Energizer Bunny—he's been called all of these things. He has excelled as an athlete, a lawyer, a radio personality, a stadium announcer, a columnist, a founder and leader of more than one Vail non-profit, and now as the author of a newly-released novel, *How to Raise a Shark: (An apocryphal tail tale)*, a tongue-in-cheek depiction of the obstacle-ridden path to becoming a lawyer.

Rohn's life path was not exactly obstacle-ridden, but it was anything but straight and narrow. He spent his earliest years in Walnut Creek, California, born to a medical doctor who was a Holocaust survivor and the last of many generations of physicians. After his father completed his residency, the family settled in San Diego, where his father established his medical practice. Rohn had the stereotypical California sun-filled childhood and excelled at sports, playing on the soccer, gymnastics, and tennis teams at his high school. His talent won him a soccer scholarship to San Diego State University, where, in addition to playing soccer, he was also a member of the men's crew team.

Rohn loved his time at SDSU so much that he prolonged his education to the extent possible. Initially intending to follow his

father's footsteps into medicine, Rohn spent five years studying Biology with an emphasis in Genetics, took classes in Sociology and Psychology, and graduated in 1975, *magna cum laude*. Upon graduation, ambivalent about a career in medicine, he enrolled in medical school at Howard University, but soon thereafter, decided medicine wasn't the path he wanted to follow, and he returned instead to SDSU. There he pursued graduate studies in the areas of genetics, human physiology, and marine biology. At the same time, he garnered additional Bachelor of Arts degrees in the latter two disciplines, again all *magna cum laude*.

That may well have been the best decision of his life, because it was there he met his wife, Deb, when they were enrolled in the same sociology class. Rohn reports that he met her on Friday and knew within two days that she would be the love of his life. They lived together for 9 years in San Diego, during which time they made their first visit to Vail, where they waited tables and Rohn skied, then returned to San Diego to complete their educations. Rohn enrolled at the University of San Diego School of Law, where he was a member of the Law Review and graduated *cum laude* in 1984, while Deb earned her teaching degree and taught first grade. After their two sons, Ascher, now 30, and



The Board of the Vail Valley Charitable Foundation

Parke, now 28, were born, they decided to look for a place to live that would provide the best environment for raising their sons and, in their wisdom, decided to resettle in Vail. Lucky for us!

Rohn began his law practice in Vail in 1993, at a firm headed by John Dunn, where he again refused to follow the straight and narrow and did both litigation and transactional work. He continues to practice full-time with Stevens, Littman, Biddison, Tharp and Weinberg in the areas of civil litigation,



Rohn and son Parke

family and domestic law, real estate and development, and business transactions. He particularly enjoys the ability to serve as a counselor to his clients when handling domestic law matters. Rohn was also a 14-year member of the Colorado State Bar Ethics Committee and a former board member of the Mountain Region of the Anti-Defamation League.

Rohn has done *far* more than merely practice law since he and his family arrived in the Vail Valley. He is most proud of raising two bright and successful sons. Second only to that, he prizes that he is the Founder and Chair of the Vail Valley Charitable Fund, which has been recognized on multiple occasions as the outstanding non-profit organization in Eagle County and which is about to celebrate its 24th anniversary, and whose mission it is to assist families in financial need due to medical circumstances. It originally began as a one-off fundraiser for a Vail Valley family with a mother diagnosed with cancer. Over \$80,000 was raised for them by organizing a variety show and silent auction at Battle Mountain High School. Since that initial effort, the Fund has been incorporated and



Rohn and Deb

has raised over \$8,200,000 for families in the Valley through sponsoring events like variety shows, trail runs, triathlons and producing the renowned *Vail Undressed* Calendar.

Rohn has also authored a weekly legal column, *Vail Law*, since 1995 and hosted a weekly radio/television talk show, *Community Focus with Rohn Robbins*, from 2004 through 2014. He has appeared as a commentator on several national broadcasts, including FOX, CNN, ESPN, CBS, C-Span, and MSNBC. He has been quoted widely on legal matters in various regional and national periodicals.

He also was a founding member and Secretary of the Freedom Park Memorial Committee and Chairman of the Board of the Vail Symposium from 2013 through 2016. He is an experienced moderator, having moderated numerous political debates and forums, and he has been a guest narrator with the United States Air Force Band. As if that wasn't enough to fill his calendar, he was the stadium announcer for Battle Mountain High School football from 2007 through 2012.







Rohn and Tricia Swenson unveiling the VVCF famous VAIL UNDRESSED CALENDAR



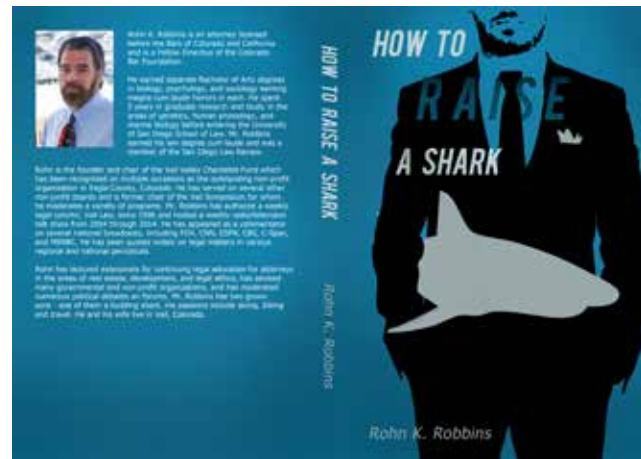
Ride the Rockies crew including Rohn and Singletree buddies Rob Rollins and Dave Shaw

Rohn has been writing for pleasure for most of his adult life and is currently working on his eleventh book. In addition to his 9th novel, *How to Raise a Shark*, his tenth novel, *The Stone Minder's Daughter*, which takes place in East Africa in the 19th century and deals with how it was changed by the slave trade, will be available later this month. Among his other work of both fiction and non-fiction is *Hasten the Messiah*, an historical novel about the Nazi invasion and occupation of Prague, his father's former home.

also reads himself to sleep every night. When asked how he manages to squeeze all of these pursuits into a life already overflowing with commitments and responsibilities, he attributed it to his ability to arise early ready to work, to focus intently on whatever he is doing, and to avoid any downtime between activities (maybe he dictates his weekly *Vail Law* columns while biking to work?).

In Rohn's copious free time, he indulges in skiing, biking, weight training, scuba diving and travel. He

If you would like to learn more about Vail Valley's most personable over-achiever, his book, *How to Raise a*



How to Raise a Shark: Rohn's latest novel

*Shark*, which Rohn admits to being semi-autobiographical, can be purchased online at Amazon.com as a paperback or on Kindle. You can be sure that reading it will help lighten those long COVID evenings!



## BE KIND TO ONE ANOTHER WE ARE ALL IN THIS PANDEMIC TOGETHER

If you or someone you know needs help, we are fortunate because there are a number of mental health specialists in our area who are very experienced and dedicated to helping our community members with all sort of behavioral health resources.

County-Wide Behavioral Health Resources & Local Support Groups Directory  
[www.eaglevalleybh.org](http://www.eaglevalleybh.org)

Other resources to help you be present in the moment...

Ten Percent Happier Mobile App offers mindfulness techniques, meditation and personal coaching  
[www.tenpercent.com](http://www.tenpercent.com)

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

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**singletree  
spirit**

Contributed by  
**Brian Judge** and  
**Sarah Siegel**,  
Singletree  
Residents

# TALI-HO *and* AWAY WE GO!

*The Judge Family Adopts a Covid Project to Enjoy the Great Outdoors*

One May night during the covid stay at home trials, we were all sitting around thinking about what were we going to do as a family together. Traveling was out, seeing grandma was out, and how many movie nights in could we all sit through together? So we decided it was time to turn on the firepit on the patio and make some s'mores... yuuummm. Who doesn't love the smell of the roasted mallo and warm chocolate?

Much like the rest of America, we all started talking about camping and how much fun that would be. We all picked a weekend that worked - the weekend of the 4th of July! So the next week or so went on, and we realized, huh, what happened to the tent? Do we really want to be sleeping on the cold damp floor in a tent? Nah, not the Judge family... those days are over. One night, Brian and Sarah decided to start researching campers. Brian wanted a new toy hauler pop up, but Sarah went straight for the vintage look. Solid logic: "It will fit right in with the rest of our vintage collection!"

So, we started looking for just the perfect vintage camper on Facebook groups. Come to find out, these are pretty hard to come by, especially ones that are already renovated. We found a 1958 Talisman 16' camper, effortlessly named Tali-Ho. The renovation was underway immediately. The research began with a fury! We googled so many items: how to wire an old camper, what type of fan can we install, of course, how to install a 52" TV in a camper, weatherproof speakers, how many batteries do we need, what kind of water tank do we need, what kind of paint will keep the roof waterproofed, new vintage tire hub caps, and more.

We divided and conquered. Brian worked on the electrical, plumbing and the AV, and Sarah and the kids worked tirelessly to sand the interior, rip up the old flooring (3 different layers), paint the entire inside, install the backsplash, re-upholster the seats, and sew the new draperies. In doing so, we tried to maintain as many of the vintage details as possible.

Although time ran out before our project was fully completed for the first maiden voyage, she was complete enough to take on a camping trip. We invited



were off! We all enjoyed an amazing camping trip at Grand Lake - in the middle of nowhere - a true Covid 2020 summer adventure to remember.

Sarah plans to add Tali to her Mudbug Photobooth company where you can jump in to history and come out with a great photo for any event! Emma and Thomas will work the photo booth next summer so it turns out to be a great family project all around.

I know you all want to see the finished product. I know, I know... but being the perfectionists we are, we want to wait to unveil the finished project. Stay tuned for the next episode when Tali-Ho is totally complete!

some friends from Denver to join us on our first camping trip. When they heard wind of our vintage camper Tali, they decided they wanted to join the vintage camper gang too. They found a 70's trailer and named her Rizzo. Packing up all the camping supplies, along with a few extra items, we

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## Single Family and Duplex Homes Under Contract and Sold\*

Property Address	Property Type	Beds	Baths	Square Feet	Furnished	List Price	LP/SqFt	DOM	Sold Price	SP/SqFt	Date Sold
120 Stetson	Duplex	4	4	2,782	Unfurnished	\$839,000	\$302	273			
21 Hackamore	Duplex	3	3	2,229	Unfurnished	\$890,000	\$399	1			
141 Corral	Duplex	6	6	4,887	Unfurnished	\$975,000	\$200	18			
150 Saddle	Duplex	3	7	2,058	Unfurnished	\$995,000	\$483	149			
<b>120 Charolais</b>	<b>Duplex</b>	<b>4</b>	<b>4</b>	<b>2,865</b>	<b>Unfurnished</b>	<b>\$1,045,000</b>	<b>\$365</b>	<b>2</b>			
1671 Winslow	Single Family	4	5	3,740	Unfurnished	\$1,100,000	\$294	1114			
451 Rawhide	Single Family	4	4	3,533	Unfurnished	\$1,595,000	\$451	4			
41 Palomino	Single Family	4	5	3,999	Unfurnished	\$1,625,000	\$406	59			
211 Hackamore	Single Family	5	6	4,221	Unfurnished	\$1,695,000	\$402	230			
351 Longhorn	Single Family	3	3	3,898	Unfurnished	\$1,775,000	\$455	9			
11 Foal	Single Family	5	6	4,620	Furnished	\$2,245,000	\$486	39			
11 Appaloosa	Single Family	4	5	4,353	Unfurnished	\$3,475,000	\$798	195			
118 Hackamore	Duplex	3	4	2,383	Unfurnished	\$779,000	\$327	19	\$779,000	\$327	7/16/2020
544 Charolais	Single Family	3	3	2,553	Unfurnished	\$997,000	\$391	5	\$950,000	\$372	7/27/2020
419 Charolais	Single Family	4	4	4,017	Unfurnished	\$1,199,500	\$299	337	\$1,085,000	\$270	7/20/2020
151 Rawhide	Single Family	4	5	3,368	Unfurnished	\$1,445,000	\$429	140	\$1,395,000	\$414	8/18/2020
191 Chaparral	Duplex	5	4	3,142	P	\$1,500,000	\$477	31	\$1,428,000	\$454	7/14/2020
751 Singletree	Single Family	3	4	2,940	P	\$1,460,000	\$497	5	\$1,460,000	\$497	7/22/2020
121 Chaparral	Single Family	5	4	4,285	Unfurnished	\$1,699,999	\$397	140	\$1,600,000	\$373	8/3/2020
10 Saddle	Single Family	4	4	4,006	P	\$1,795,000	\$448	293	\$1,775,000	\$443	7/30/2020
<b>1880 Winslow</b>	<b>Single Family</b>	<b>3</b>	<b>5</b>	<b>5,390</b>	<b>Unfurnished</b>	<b>\$3,399,000</b>	<b>\$631</b>	<b>20</b>	<b>\$3,271,000</b>	<b>\$607</b>	<b>8/10/2020</b>

\*7.13.20 - 8.19.20 \*Properties bolded were listed or sold by Happy Power.

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