



# Rocky Mountain Over The Hill Gang

*Hill Topics*

January 2014



RMOTHG presents:

“Friday Night at the Movies”

FRIDAY, JANUARY 10 from 7 ~ 9 pm

DEADLINE: JAN. 8

● 1~ Friday Night at the Movies

● 2~ Passport to Paris

● 2~ 2nd Hut Trip

● 2~ Lost & Found

● 2~ Upcoming

Activities

● 3~ Section Chair's Message

● 3~ Hiking

Leaders Needed

● 4~ Winter Hiking & Snowshoeing

● 5~ Adventure Travel

● 6~ CMC Volunteering

● 6~ Anytime Bars

● 7~ Fun Photos

REALLY! We will munch on popcorn and pop and watch RMOTHG members' slides of their recent adventures. RMOTHG folks went on several adventure trips this past year ~ join us for travelogue night! The show starts at CMC in Conference Room D at 7 pm, and ends at 9 pm. Our travels will take us out of the country as well as nearer to home.

To sign up for Movie Night, go to [www.cmc.org](http://www.cmc.org) and click on Events, go to

January 10 on the Calendar, and sign up for “RMOTHG Friday Night at the Movies” by January 8. Cost is \$ 7.00. Questions? Call Sue Henley/.

*Sue Henley* 303-570-0129

*Jane VanderKolk*



### BOARD MINUTES NOW AVAILABLE!

The RMOTHG Board minutes are now available for download

<http://www.rmothg.org/BoardMinutes.aspx>

### WE'RE ON THE WEB!

You can download the current and previous years' newsletters at the club website page

[www.rmothg.org/UploadedUserFiles/nlarchive.aspx](http://www.rmothg.org/UploadedUserFiles/nlarchive.aspx)

HAPPY

NEW YEAR'S !!

An opportunity to view the Passport to Paris exhibit at the Denver Art Museum is February's social event.

*Passport to Paris* brings together works from the rock stars of the art world—Edgar Degas, Camille Pissarro, Henri de Toulouse-Lautrec, and more—as well as a rare opportunity to view 11 works by Claude Monet at one time. This exhibition's trio of shows—*Court to Cafe*, *Nature as Muse*, and *Drawing Room*—focuses on French art from the late 1600s to early 1900s and explores changes in art and society during three important centuries in art history.

Twenty tickets have been reserved for RMOTHG members to attend on Saturday, February 8, at 10 AM. The group price is \$18.00. If any members hold a membership with the Denver Art Museum and are interested in attending this event, they could schedule through the DAM's website for the same date and time the group is planning to attend to receive their



membership discounted rate. Plans are underway to select a restaurant in the downtown Denver area for lunch after viewing the exhibit. To sign up go to [www.cmc.org](http://www.cmc.org) and click on Events, go to February 8 on the Calendar and sign up for RMOTHG "Passport to Paris" by February 5<sup>th</sup>.

Jane VanderKolk

Social Events Coordinator

## 2ND HUT TRIP

In February 2014, we are planning a 2 night, 3 day hut trip to CMC's Brainard Hut. The date is still TBD. We are trying to offer this as both a cross-country ski-in and/or snowshoe-in. This hut only costs \$ 10.00 per night. Our 2<sup>nd</sup> day we will ski/snowshoe up to a nearby lake. Stay tuned for final details in January. Questions? Call Sue Henley 303-570-0129



## LOST & FOUND

A brown glass Pyrex 8x8 dish was left after the Holiday Party. If this is yours, please email or call Jane VanderKolk to claim it.

jane.vanderkolk@comcast.net  
303-421-3378

## UPCOMING ACTIVITIES

- JAN 10 FRIDAY NIGHT AT THE MOVIES
- JAN 13 RMOTHG BOARD MEETING
- FEB 8 PASSPORT TO PARIS



## SECTION CHAIR'S MESSAGE

*Happy 2014!*

Thank you to Jill Edlund and Jane VanderKolk for organizing a great holiday party at the American Mountaineering Center last month. There was plenty of fine food, drink, and a nifty gift card raffle, all accompanied by some good live music. In addition to contributing to the potluck, the price of admission was a toy for clients of Lakewood's Action Center. We collected the better part of a panel truck full. Thank you too to the numerous helpers who brought hams and turkeys, staffed the bar, put up, decorated, and took down tables, registered attendees, etc.

Jill and Jane shepherded many fine events in 2013. Jane will continue to do so in 2014, getting help from some new folks. Thank you Jill for all your hard work!

Thanks to Suzanne Spandau, I read "Nature's Long-Term Benefits" in the October/November issue of National

Wildlife magazine. The article suggests that older people benefit greatly from contact with nature, citing anecdotal evidence, a Japanese study, and a hoped-for clinical study at the University of California-San Diego. The article can be found at <http://www.nwf.org/News-and-Magazines/National-Wildlife/Outdoors/Archives/2013/Seniors-Benefit-From-Nature.aspx>

It amplifies what many of us feel coming off a bike ride or hiking or winter trail—that we have been given an intangible gift.

The OTHG board meeting will take place at 2pm, Monday January 13<sup>th</sup>. It's to be in the Drumwright room at the AMC, next door to the Baker classroom where we met in November. Meetings are open to all members.

All the best for the new year,

*Cynthia*

## HIKING LEADERS NEEDED

We're always looking for new trip leaders. For those considering earning their trip leader credential (see [www.hikingdenver.net/trip-leader](http://www.hikingdenver.net/trip-leader) for the requirements), the two required schools have sessions that start in February:

- February 22 - Denver Trip Leader School
- February 26 - Wilderness First Aid

See [www.hikingdenver.net/schools](http://www.hikingdenver.net/schools) for details. Also the Wilderness Trekking School's spring session starts April 8th - although not required, it's a great addition to your trip leader application. If a Trip Leader and/or Wilderness First Aid class is taken as part of the process of becoming a trip leader, tuition reimbursement will be possible.

Also the Boulder Group has two map/navigation/route finding classes that start in March:

- March 26 - Hiking Navigation
- April 9 - Hiking Route and Trip Planning

Go to [www.cmc.org](http://www.cmc.org), click on CMC Classes and Schools from the Classes drop down menu, scroll down and click on 'Boulder' for more details.



## SNOWY START

## FOR SNOWSHOEING &amp; WINTER HIKING!

Caribou Ranch gave us snow enough for snowshoeing on our first December outing! But microspikes ruled at both Meyers Ranch and Roxborough the next week as we hiked in warm, balmy weather. Come join us in January, as we've scheduled more Wednesday snowshoe/hiking treks to great winter trails in Colorado. We welcome all snowshoers – newbies and experienced – to join us for fun in snow!

Wednesday outings follow a casual pace for about two hours. Then we enjoy lunch at a picturesque spot, and return, glad we exercised outdoors with active, fun others! You can also join us at optional after-hike snack stops to get better acquainted. **If you'd like to receive weekly emails with details about the Wed hikes/ snowshoes, email Jeff Flax: [Jeff.Flux@GMail.com](mailto:Jeff.Flux@GMail.com).**

You need ten essentials\* and extra gear for winter as we all come prepared for any change in weather. We also carry Yak Trax and/or Microspikes for varying conditions. Come join us!

NOTE: Alan Apt, author of *Snowshoe Routes: Colorado's Front Range*, will talk about snowshoe basics and show slides of routes at CMC, **Wed** evening, **Jan 15**. It's free; sign up on CMC site.



\*You can find *ten essentials*, snowshoeing tips at REI.com under *classes and events*. You'll see *REI Expert Advice Articles*; follow that link to *all snowshoeing articles*, including *ten essentials*. Local REI also offers free snowshoe clinics for gear, route info.



**JANUARY SNOWSHOE SCHEDULE**

- Thurs, Jan 2 -Mt. Evans Rest House (Broome Hut prep hike)
- Wed, Jan 8 -St. Louis (Broome Hut prep hike)
- Wed, Jan 15 -Leader's Choice  
-Broome Hut Trip
- Wed, Jan 22 -Staunton State Park  
-Kenosha West
- Wed, Jan 29 -Kenosha East  
-Jim Creek (Winter Park)  
-The Crag

## CMC ADVENTURE TRAVEL

For more information about CMC Adventure Travel and a full trip listing, please see: [www.cmc.org/AdventureTravel](http://www.cmc.org/AdventureTravel)  
**UPCOMING ADVENTURE TRAVEL TRIPS INCLUDE:**

### **March 1 - 9, 2014 - Mexican Volcanoes – Orizaba (18,475') & Ixta (17,350')**

Expand your climbing experience on peaks far above the 14,000' level, with a climb of a 17er and 18er. There are moderate snow travel & some moderate angle icy sections on Orizaba. Interact with locals in Mexico, possibly time to visit cathedrals and museums in city of Puebla 2 hours away.

### **April 14 - 24, 2014 - Grand Canyon Backpack**

Discover Grand Canyon National Park's hidden treasures. Explore the village area and the South Rim, then backpack for 5 days/4 nights, experiencing the fascinating geology that makes this park so famous. Back-country campsites are at established campgrounds. Visit historic Phantom Ranch at the bottom of the canyon.

### **July 7 - 18, 2014 - Iceland 2014: Landmannalauger to Skogar**

Step into a totally different world of breath-taking, sometimes surreal-looking scenery, steaming hot springs, waterfalls, deserts. Hike hut-to-hut through multi-colored hills and gullies containing hundreds of steaming hot springs and mud pools. Explore Iceland's crown city, Reykjavik, and seacoast town of Skogar.

### **July 12 - July 25, 2014 - Peru: Ausangate (20,945')**

Climb the highest peak in southern Peru, Ausangate, 20,945'. This technically challenging climb in the Cordillera Vilcanota includes roped glacier travel, and a spectacular 200M 60-70 degree snow climb at 19,000.' Before and after the climb, there will be time to explore the ancient Incan capitol of Cuzco, with its many archaeological sites and museums.

### **July 21 - August 4, 2014 - Mt. Kilimanjaro & Safari**

6-day climb of Kilimanjaro (19,340 ft.) on the normal Machame Route followed by a 4-day budget safari to Lake Manyara, the Serengeti National Parks and the Ngorongoro Crater.

### **August 4 - 10, 2014 - Wind Rivers Wyoming Llama Trek**

This trip is a classic Wind River Range trip and covers a large portion of the northern Popo Agie Wilderness, with glacial cirques and many high alpine lakes with plentiful trout fishing. Llamas carry the camping gear!

### **August 8 - 24, 2014 - Trek the Haute Route in Switzerland**

Hike the famous Swiss Haute Route and witness one of the greatest

collection of 4000 m peaks in all of the Swiss alps, visit some of the area's most spectacular valleys, wander through tiny villages and hamlets, skirt hanging glaciers, traverse lonely passes and fill your days with wonder.

### **August 15 - 26, 2014 - Mt Ararat/Mt. Musala**

This is the first CMC trip to Turkey in many years and our first ever CMC trip to beautiful Bulgaria. The trip will offer a combination of hiking, cultural experiences, and a limited amount of technical mountaineering. The outing will offer the opportunity to climb the highest peak in both Turkey (Ararat) and Bulgaria (Musala) which is also the highest peak in the Balkans.

### **August 31 - September 15, 2014 - Tour of Mont Blanc**

This classic world hike has the perfect mix of awe-inspiring mountain views and vibrant influence of three distinct European cultures. We will cross the Alps in Italy, Switzerland, and France enjoying the views, interactions with locals, and hearty culinary foods as we circumvent Mount Blanc.

### **September 14 - 26, 2014 - Best Hikes of Italy**

Explore three distinctly different areas of Italy as we hike in the Italian Dolomites, trek in the hills above Lake Garda and experience the trails connecting the Cinque Terre, five beautiful villages on the Italian Riviera.

### **October 18 - 26, 2014 - Great Smoky Mountains National Park**

Please join us for another epic adventure in the Southern Appalachians! Experience one of the most biodiverse regions in the United States and discover its incredible beauty. If your bucket list includes visiting Great Smoky Mountain National Park, then wait no longer!

### **April 25 - May 7, 2015 - Grand Canyon Raft & Hike 2015**

Take a motorized raft trip and add 5 extra days for hiking along the way. This 12-day raft trip ends with a helicopter ride out of the canyon and a plane flight back to the put-in. For B & C hiking levels.



ORIZABA VOLCANO - MEXICO



## CMC COULD USE YOUR HELP!

As the CMC's new Director of Member and Volunteer Engagement, I want to start off by thanking all of our RMOTHG volunteers! I believe you make a difference in people's lives by sharing your time and expertise. Without you, our organization would not exist.

You may not know of the many great ways you can get involved by volunteering with the CMC, so please come to one of our upcoming CMC Volunteer Open Houses. You will find out how to get involved in your club and enjoy some light refreshments! Here is a sampling of volunteer opportunities:

- CMC Event Volunteers – Greeters, ushers, and set-up
- Membership Services Support – On-going administrative help
- Stewardship and Trails – Trail building, maintenance, and more
- Youth Education Program -- Coaching and belaying youth at the AMC Climbing wall
- Outreach Volunteers – Sharing the CMC message at a variety of public events & club meetings, such as Rotary Clubs
- ORIC Volunteer – staffing the recreation booth at the Denver Flagship REI store.
- Speakers – Sharing expertise on outdoor skills topics, Adventure Travel, or related topics with CMC Groups
- Trip leaders -- For activities specifically for new RMOTHG members

**Please register, so we know how many people to expect:**

**Thursday, January 23**, 6:30-8:30 pm [www.cmc.org/volunteerJan](http://www.cmc.org/volunteerJan)

**Thursday February 20**, 6:30-8:30 pm [www.cmc.org/volunteerFeb](http://www.cmc.org/volunteerFeb)

**Friday March 21** at our annual Mountain Fest.

Or, if you can't come in person, please feel free to drop me a line at [brendaportercmc.org](mailto:brendaportercmc.org) – I'd love to hear from you!

~ Brenda Porter

## LOOKING FOR A FABULOUS ENERGY BAR? LOOK NO FURTHER!

### ANYTIME BARS ~ Elaine Shirley

- 1 C pecan or walnut halves
- 1 C sliced almonds
- 1 Tbsp unbleached flour

Chop the above in food processor. Set aside in separate bowl.

- 2 Tbsp spelt flour
- 2 Tbsp ground flaxseed
- 1/4 tsp salt
- 1/8 tsp baking powder
- 1/8 tsp baking soda

Process the above in food processor for 5 seconds. Add the nuts to the processor and pulse 5 times.

- 1 C dates, chopped
- 1 C dried apricots, chopped
- 1 Tbsp unbleached flour
- 1/4 C old-fashioned rolled oats

Chop the dates and the apricots into pieces the size of a pencil eraser. Sprinkle the flour over the chopped fruit to coat. Then put fruit and oats into the food processor with the previous ingredients and pulse 10-15 times.

- 1 egg
- 5 Tbsp maple syrup
- 1 tsp vanilla

Whisk the above in a large bowl. Add the fruit/nut mixture from the processor and mix well. Put into a 9" square pan that has been lightly greased.

Bake at 325 degrees for 25-30 minutes. Cool completely before cutting.

YUM! YUM!





MY GNOME IS GNUMB! ~ Cindy Johnson

**FUN PHOTOS  
WANTED!**  
Email **YOUR** photos to  
Maryann -  
[tophillnews@gmail.com](mailto:tophillnews@gmail.com)



SNOW ANGEL FUN &  
SNOWSHOEING on  
SCOTT GOMER TRAIL  
~ Barbara Schwarz



**ROCKY MOUNTAIN OVER THE HILL GANG**

A Section of the Colorado Mountain Club Denver Group

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