



Rocky Mountain Over The Hill Gang

Hill Topics

NOV 2022



UPCOMING, NOT-TO-BE MISSED SOCIAL EVENTS!

NOV. 17

HAPPY HOUR in LITTLETON

3-5 pm - THE FARMHOUSE AT BRECKENRIDGE BREWERY,
2920 Brewery Lane, LITTLETON

RESERVATIONS REQUIRED BY MONDAY, 11/14

Come and enjoy select \$3 drafts and 50% off select appetizers. Regular menu also available. We have reservations for 20 inside the restaurant, but may choose to be outside if weather is favorable. Dress accordingly. There is no fee, pay for what you eat and drink.

Questions? Linda Dermeyer 620-474-0358



DEC. 10

HOLIDAY POTLUCK LUNCH AND PARTY

1-4 pm - CMC/AMC building, 710 10th St, Golden

REGISTER FOR THE PARTY ON THE WEBSITE BY FRIDAY, DEC. 2



Turkey and ham provided as well as wine, beer and soft drinks by your OTHG dues. Two alcoholic beverage tickets will be provided to each guest.

Please bring a dish according to the first letter of your last name:
 Last names starting with
 A-H - desserts
 I -R - sides (salads, hot veggies)
 S-Z - appetizers

There is an opportunity to donate at the party to the Action Center in Arvada. This year they are requesting NEW PAJAMAS, all sizes and genders for kids (NO TOYS). In addition, there is great need for NEW SOCKS, UNDERWEAR or gently used or new hats, gloves for adults and kids. Do not wrap these gifts. A representative from the Action Center will be joining us at the party to provide information about their work and accept the gifts brought to the party.

CALLING ALL CRAFTERS, HOBBYISTS, ARTISANS! There will be tables available to display your creations, share your enthusiasm for your craft and even sell them.

CONTACT CAROL WIER 303-667-7740 to reserve your craft display space.

Jan. 13, 2023



NATIONAL WESTERN STOCK SHOW & RODEO

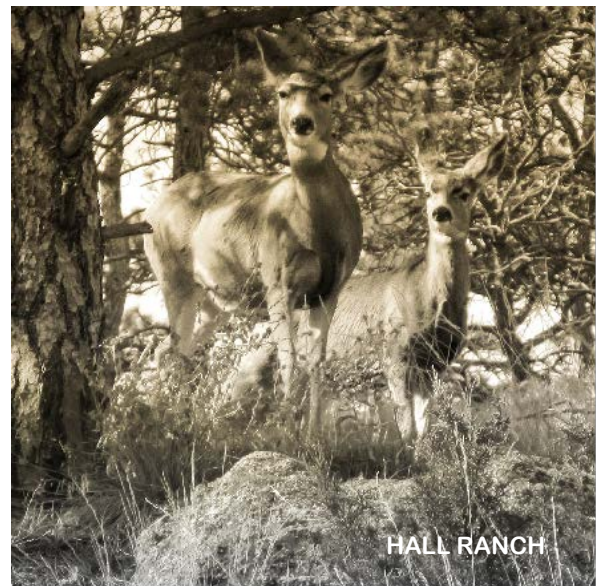
REGISTER & PAY BY NOV. 18

From barrel racing to bronco riding - steer wrestling and mutton bustin', you do not want to miss a minute of the match-up between these two and four legged athletes.

20 group tickets have been reserved for Friday, 1/13/23, 1:30 pm rodeo. We plan to arrive at the National Western Complex (4655 Humboldt St, Denver) by 10 am to view exhibits, art show, animal pens etc, and eat lunch before the rodeo.

The group rate for the tickets is \$26 each which includes parking, the rodeo, exhibits and ground admissions. Car pooling from the CMC/AMC building will depart by 9:30am.

Questions? Maggi Parris 404-428-3063



HALL RANCH



SECTION CHAIR'S MESSAGE

Happy November to all the Gang.

We are starting into the US holiday season and I wish you all a Happy Thanksgiving this month, and hope to see you next month at our holiday celebration.

Jerry and I are in India and we have gotten a new appreciation for holidays. In India, there are dozens of holidays this month plus it is starting into wedding season. A small wedding here is 400 people and more likely it would include 1000 people who are entertained for several days. Many interesting contrasts. In this country of 1.3 billion people they move around unhurriedly until they get into a car and then they honk incessantly.

Hope the weather is nice so we can all take a hike on November 17th, National Take a Hike Day

~Laurine Rowe



MT HERMAN & RASPBERRY MTN

ATTENTION LEADERS

If you have not set yourself up on the new website as a leader, or have and would like some help in building your trips, please feel free to contact Jeff Flax at jeff.flax@gmail.com or Scott Kramer at skramer1016@gmail.com.

We would be happy to help.

NATIONAL TAKE A HIKE DAY!

Did you know that November 17th is National Take a Hike Day? This day was created by the American Hiking Society to encourage people to get outside and enjoy the wilderness and their favorite trail. There's no better way to spend these beautiful fall days than out on the trail.

Here are some interesting facts about National Take a Hike Day according to [NationalDaysToday.com](https://www.nationaldaystoday.com)

- The National Trails System consists of over 60,000 miles of trails
- Research shows that hiking increases dopamine, the hormone that results in happiness
- Hikers have reduced risks of succumbing to heart disease, blood pressure, and cholesterol levels
- If you are feeling stressed, hiking is one of the best ways to beat it!
- Hiking is good for muscle coordination and flexibility
- You could reduce body fats, improve bone density, and maintain a healthy weight with hiking
- Hiking enhances relationship bonds and improves your quality of life

Here are some interesting stats for RMOTHG over the past year (October 1, 2021-September 30, 2022.) A huge thank you to Elaine Shirley and Mike O'Connor for compiling these stats.

- We've completed 161 trips
- 1,226 participants hiked on those trips
- We hiked 938.55 miles
- We've hiked 173,571 feet in elevation
- And last but not least, thank you to the 40 leaders who've led our hikes!

A great way to celebrate Take a Hike Day is to join us on November 17th for our next happy hour at Breckenridge Brewery.

~Kathy Crawford



GOLDEN GATE CANYON



CYCLING

LAST REGULAR RIDE OF THE SEASON ON THE HIGHLINE CANAL TRAIL.

LOOK FOR IMPROMPTU RIDES WHILE THE WEATHER HOLDS.



HALL RANCH



THREE MILE CREEK



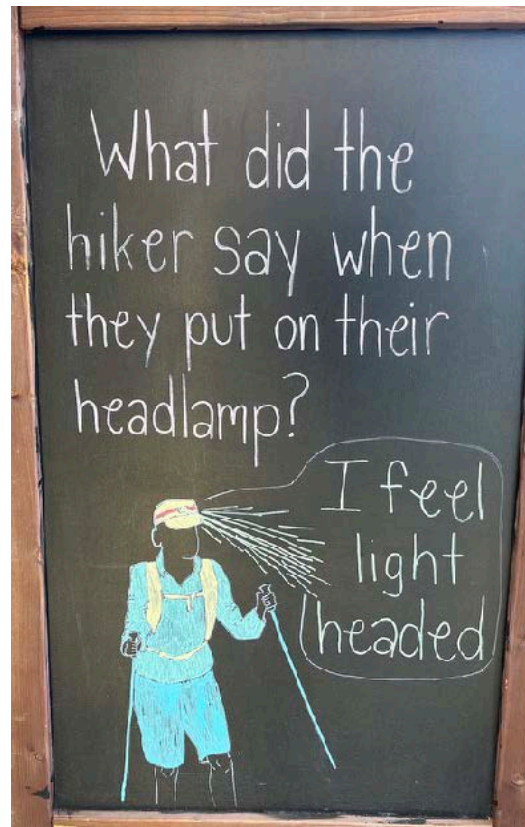
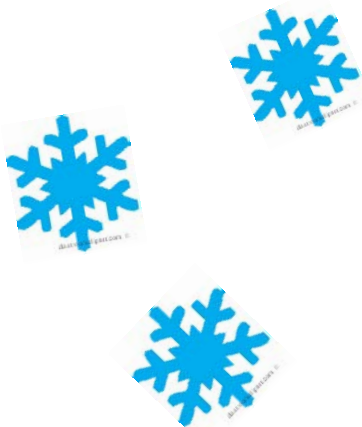
SNOWSHOEING

It may be November, but we're thinking about snowshoe season which officially begins in December and lasts through next April! Snowshoeing with RMOTHG is a good way to start even if you've never shoed before. RMOTHG is a patient, supportive, fun-loving bunch of folks who enjoy being outside in Winter with snowshoes, or spikes when snow isn't available! Come try the sport and have fun with us! If you don't have snowshoe gear, check out REI's November sales for equipment, or find out about their snowshoe rentals.

If you are not already on the list to be notified of the Wednesday or Other Day snowshoes/winter hikes, please email snowshoe.list@rmothg.org and ask to be on the list (We're also always looking for leaders, so if you're interested in leading, use that same email address to let us know!) Jeff Flax sends out announcements for the next week's Wednesday trips on **Friday evenings, 5 p.m.** He'll also send emails for Other Day Trips when leaders offer them so watch for those notices! Till then, ready your packs for winter, find your snowshoes and spikes, and start wishing for deep, fluffy December snow!

We look forward to seeing you on our winter trails!

~Elaine Kallos



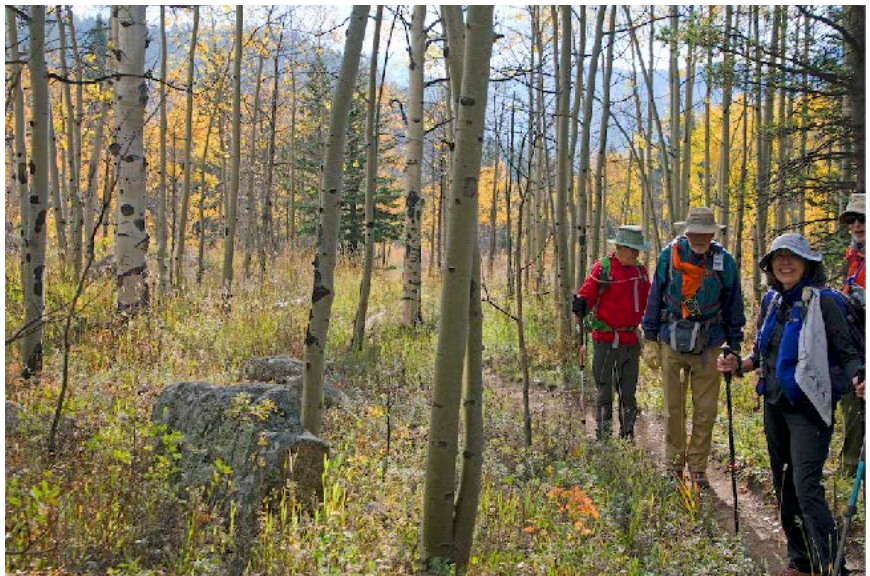
PLACES WE'VE BEEN



HALL RANCH



MT HERMAN & RASPBERRY MTN



GOLDEN GATE CANYON



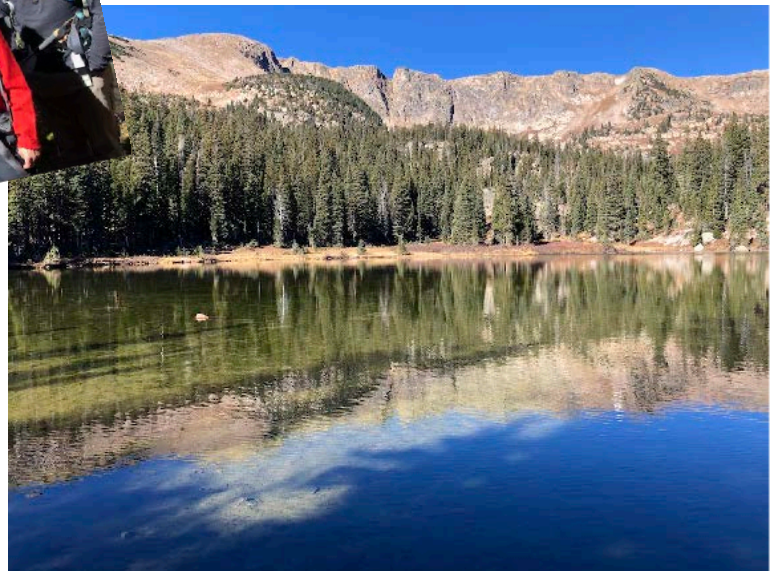
MT. LEGAULT



THREE MILE CREEK



UPPER FOREST LAKES



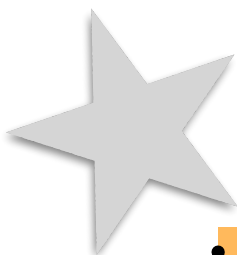
SIGHTS WE'VE SEEN



GOLDEN GATE CANYON



MT HERMAN & RASPBERRY MTN



- November 15, 1:00 Board Meeting
- November 17 Happy Hour
- December 10 Holiday Party
- January 13, 2023 Stock Show & Rodeo
- April 19-21, 2023 Gore Range/RMOTHG Jay's Hut Trip

ROCKY MOUNTAIN OVER THE HILL GANG

A Section of the Colorado Mountain Club Denver Group

RMOTHG SECTION BOARD

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DOWNLOAD NEWSLETTER
CMCDenver.org/newsletter
CMC.org/RMOTHG

SEE BOARD MINUTES
CMCDenver.org/board_minutes

READ BYLAWS
CMCDenver.org/bylaws

IF A FELLOW RMOTHG MEMBER HAS A SERIOUS ILLNESS, INJURY, OR HAS PASSED AWAY,

please contact our RMOTHG secretary to send a friendly note to that member/member's family