

Rocky Mountain Over The Hill Gang

Hill Topics





SOCIAL EVENTS HELPERS

Dear Friends, consider pitching in to facilitate social activities throughout the year. Contact me with ideas of places or things you would like to do with your RMOTHG friends. Is there a venue you would like to revisit from a past experience? A place you have always wanted to try? Or would you be able to help with name tags and greetings at a planned event? Let me know your thoughts.

Carol Wier, social committee chair, carolwier365@gmail.com

SAVE THE DATE - Holiday Party!

Saturday, DECEMBER 10, 1-5pm

AMC/CMC building, 710 10th St., Golden

Potluck sides, salads, desserts. Turkey & ham provided. Tickets will be issued for complimentary wine, beer and soft drinks. Stay tuned for more event details as we all get into the holiday spirit! Contact Carol Wier if you have questions. carolwier365@qmail.com





HOW WE LEARNED ABOUT RMOTHG



Being new to Colorado in October 2005, and not interested in getting hooked into the skiing scene, we went snowshoeing winter/spring of 2006 in the Brainard Lake area. On our way home to Arvada, we stopped in Nederland to get some refreshments. In the grocery store, we picked up a local newspaper with a feature article about CMC having an open house in Golden. Since Golden is close Arvada, we made the decision to attend and learn about CMC. We liked what we learned and joined. In May 2006 we hiked with Lynn Forsberg in White Ranch Park and Pete joined the cycling group lead by Wayne Tomasello riding in Waterton Canyon.

Thanks, RMOTHG for the wonderful friendships, outings and get-togethers.

Susanne & Pete Spandau

PLEASE SEND IN YOUR OWN STORY TO SHARE!



SECTION CHAIR'S MESSAGE

We are so lucky, we live in Colorado! When it was too hot to enjoy the outdoors in Denver we escaped to the mountains that remained green and beautiful this summer. And yes, the drought monitor says the whole front range mountains are drought free. Let's hope the anticipated La Nina delivers abundant snow so we can remain that way.

Once again, we will transition from summer activities, wildflowers and birds to fall colors and winter snows. Another transition is the RMOTHG board and officers. Leaving the board are: Carol Wier, Chairperson, Janice Johnson, Communications Officer and Ronnie Knueven, Secretary and Chair of the Social Committee. We all thank each of you for a great job.

Joining the board this year are Kathy Crawford who raised her hand to be Secretary and Communications Officer, Andrew MacGregor and Ginny Keir. I am the new Chairperson, Dennis Baumfalk is Vice Chairperson, Bob Barday is Treasurer and Susanne Spandau is Membership Officer. Continuing on the board are Scott Kramer and Mike O'Connor.

Carol Wier offered to be the Social Committee Chair. This is a big job and she could use help. We try to have a monthly social activity that appeals to all but this committee needs more volunteers and maybe some guy input.

As a finale to the fiscal year, 65 RMOTHG members had a great brunch at Mount Vernon Country Club and were entertained by RMOTHG member, Fred Sunderman on his guitar. We honored Jeff Flax as an outstanding volunteer for our group and the CMC. Keegan Young, CMC Executive Director, had a very long list of CMC policies that Jeff helped create and every week he informs us of RMOTHG activities. This is just the shortlist of Jeff's volunteer contributions - he is a key part of our club and group success.

RMOTHG is an all volunteer organization. We recognized this year's volunteers with REI gift certificates. Without their help this great group couldn't exist. Our RMOTHG 2021 to 2022 volunteers are: Bea Slingsby, Ken Ruiz, Jeanne Eiss, Scott Kramer, Janice Johnson, Carol Adler, Martha Mustard, Pete Spandau, Elaine Shirley, Dan Schweissing, Ralph Shroba, Wayne Tomasello, Tim Lane, Dave Riter, Dennis Baumfalk, Kirsten Tollefsen, Susanne Spandau, Mike O'Connor, Maryann Mayer, Jim Guerra, Sigrid Barr, Sandy McRae, Jerry Rowe, Barb Schwarz, Kathy Crawford, Holly Myers, Martha Delporte, Frank Burzynski, Diana Bliss, Jeff Flax, Elaine Kallos, Carol Wier, Ronnie Knueven, Bob Barday, Laurine Rowe, Rico Argenati, Celia Dunlap, Sue Henley, Tom Waymire, Curt Audin, Dave Bebell, Carol Bennett, Marc Hasfjord, Kathy Malone, Michael McMahon, Durrie Monsma, Robbie Monsma, Winnie Prall, Judy Barday, Lou Ann Dixon, Barb Edwards, Ginny Keir, Kathleen O'Reilly, Cindi Pelitier, Alice Schiel.

Back by popular vote on our recent survey is the Holiday potluck at the CMC building! See you there on December 10 from 12 to 4.

Laurine Rowe



November 15, 1:00
December 10
April 19-21, 2023

Board Meeting Holiday Party Gore Range/RMOTHG Jay's Hut Trip

HELP CMC'S CONSERVATION PROTECT OUR TRAILS

The Denver Conservation & Trails Steering Committee is looking for a volunteer to help CMC's conservation department protect our trails, and ensure recreation in Colorado's natural places for generations to come. As a volunteer, you would be part of a dedicated group of conservationists who are helping CMC's conservation efforts, including but not limited to, monitoring federal and state land management agencies and conservation legislation, trail restoration, and management, outreach, and education about land conservation and sustainable recreation for our CMC members. The steering committee meets on a quarterly basis and we would ask for 1-2 hours of volunteering a month. We are specifically looking for a volunteer who has an interest in and experience with email, and other digital marketing, as well as, additional outreach for our Recreation Impact Monitoring (RIMS) mobile app.

Interested in learning more or wanting to volunteer with us? Please email Steve Bonowski at climbersteveb@gmail.com to start the conversation.



EASY WAYS TO DONATE TO CMC

You can enhance your donation power to your CMC through easy corporate sponsorships. Both King Soopers (Kroger) and Amazon will donate to the charity of your choice every time you purchase items from their stores. It's easy to sign up! Use this link to set up a Kroger digital account and select the charity, https://www.kingsoopers.com/i/community/community-rewards.

Amazon is just as easy, log into your Amazon account, then under the Account & List drop down you will find AmazonSmile. Here you can sign up to send donations based on your amazon purchases. This link will direct you to use AmazonSmile when you purchase anything in the future. This is a wonderful and easy way to support our mountain club!



CYCLING



ALL OF THE RMOTHG 2022 BIKE TRIP LEADERS ENJOYING TIME TOGETHER OFF THEIR BIKES



TERRAPINS ON CHERRY CREEK NORTH



RMOTHG offers hikes primarily on Wednesdays but occasionally on other weekdays depending on leaders' availability. We try to offer a variety of hikes each week. Hikes are added to the schedule as our leaders become available. Our Wednesday hikes are open for sign-up on the preceding Friday at 5 pm on the CMC website. They can be viewed on the CMC calendar as soon as they are posted. Please bring your ten essentials on whatever hike you choose. The

leader will send an e-mail to the roster before the trip as a reminder and to provide any special information. Carpooling is generally available but it is not an official part of the trip. If you would like to be added to our hiking e-mail list, please send an e-mail to hiking.list@RMOTHG.org. Once you have signed up, we will keep you on the list until you either request your name to be deleted or you are no longer a member.

Now that fall foliage season is here, so also is hunting season; remember to WEAR YOUR ORANGE OR PINK and/or put it on your pack very visibly. And while you're appreciating those colorful leaves, remember that the ones on the trail may be covering some slippery spots or uneven ground. While it's fun to walk in the aspens leaves, do so with caution. And be prepared for any weather this time of year. We've been lulled into an endless summer but snow could come anytime in the mountains. Join a hike and appreciate our beautiful mountains and the wonderful company of other RMOTHG members!

Some notes about the new website:

1. You should have received information about setting up your account with a p follow this step before being able to logon and register for a trip. From the	assword reset. You will need to
CMC: ALL members will have to create a new password. To make things a little easier for you, here are your personalized details for the password reset:	
Your First Name: Your Last Name: Your Email:	R
Please keep in mind that the fields for the password reset are Case Sensitive so be sure to input in this information exactly as it appears in this email. Go	

- 2. Wed. trips will continue to be available for signup at 5 pm on the Fridays prior to the trips but you may be able to view the trips when they are posted and published on CMC.org. Thursday trips are generally announced and available for sign-up on the preceding Saturday at 9:30am,
- 3. To find RMOTHG trips, you can use the search box and enter "RMOTHG." You can also use the filter column after clicking on Find Trips and click on RMOTHG under "Groups and Sections."
- 4. Members will be required to update the waiver every year when you update your CMC membership.

to https://www.cmc.org/reset-password?userid to reset your password.

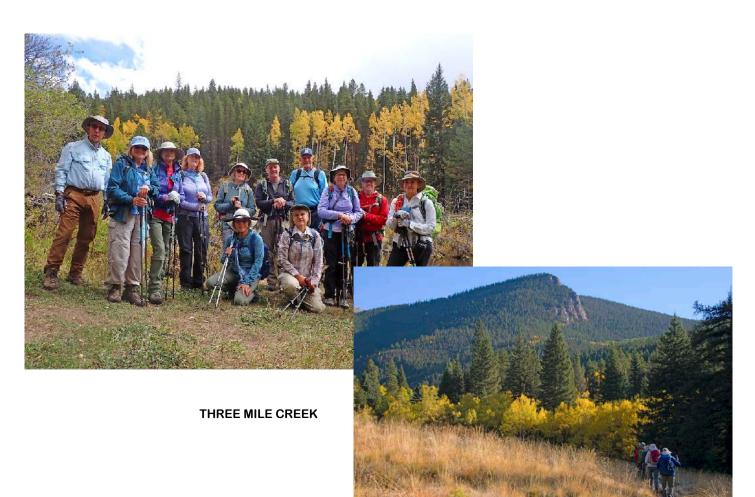
- 5. Members are no longer permitted to sign up for more than one trip per day, including standby/wait lists.
- 6. Contact CMC with any questions or problems concerning the new website at: https://docs.google.com/forms/d/1LWbeW4s07JnWlniJqiF4XxSSTBZ7bZNIVMplMfGgAZc/prefill

TENTATIVE OCT. HIKES

Oct 5 - Golden Gate Canyon State Park (easy B)
Oct 12 - Raspberry Mtn (8634') and Mt Herman (9063') Loop (easy B)

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PTARMIGAN TRAIL

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CAN YOU FIND THE PTARMIGAN?



MT PARNASSUS



ROCKY MOUNTAIN OVER THE HILL GANG

A Section of the Colorado Mountain Club Denver Group

RMOTHG SECTION BOARD

Vice Chairperson

ACTIVITY COORDINATORS

Jeff Flax

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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