



Rocky Mountain Over The Hill Gang

Hill Topics

OCT 2022



Help Wanted

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@gmail.com

LET ME KNOW IF YOU ARE ABLE TO HELP WITH THE HOLIDAY PARTY



© Lakeshore

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!

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



CHERRY CREEK



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 password reset. You will need to follow this step before being able to logon and register for a trip. From the 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: _____

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



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.

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/1LWbeW4s07JnWlniJqf4XxSSTBZ7bZNIVMplMfGgAZc/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)



ARAPAHO GLACIER

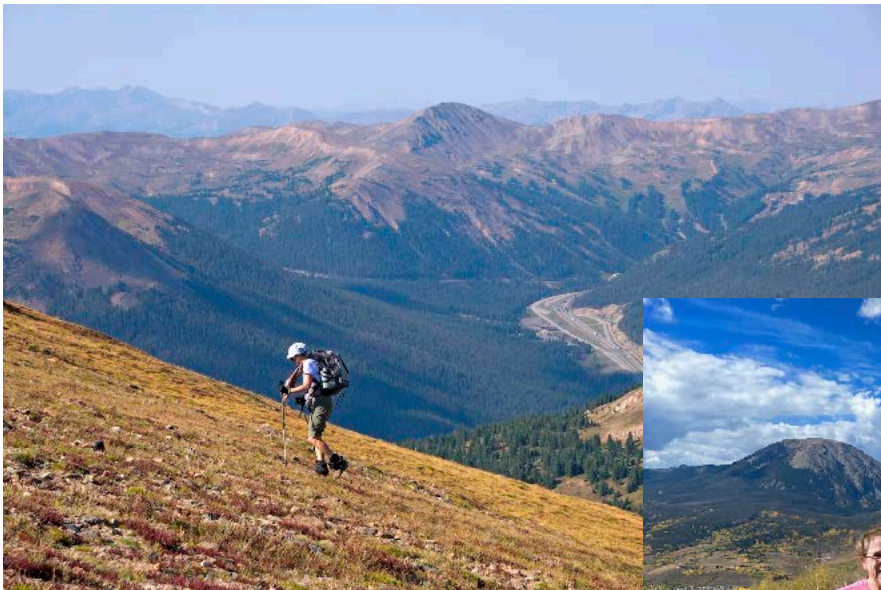


THREE MILE CREEK





BUTLER GULCH GEOLOGY



MT PARNASSUS



PTARMIGAN TRAIL



CAN YOU FIND THE PTARMIGAN?



MT PARNASSUS



OOPS !!

ROCKY MOUNTAIN OVER THE HILL GANG

A Section of the Colorado Mountain Club Denver Group

RMOTHG SECTION BOARD

Chairperson	Laurine Rowe laurinerowe@msn.com
Vice Chairperson	Dennis Baumfalk dkbaumfalk@msn.com
Secretary & Emergency Contact	Kathy Crawford kathy@cefpeeps.us
Treasurer	Bob Barday rjbarday@msn.com
Communications Officer	Kathy Crawford kathy@cefpeeps.us
Membership Officer	Susanne Spandau sespandau@gmail.com
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CMC Denver Council Liaison	Jim Guerra joguerra77062@gmail.com

ACTIVITY COORDINATORS

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Social Events	Carol Wier carolwier365@gmail.com
Newsletter	Maryann Mayer tophillnews@gmail.com

**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