



# Rocky Mountain Over The Hill Gang

## Hill Topics

SEPT 2022



**ANNUAL MEETING &  
VOLUNTEER RECOGNITION BRUNCH**  
Sunday, Sept. 11 at Noon - Mt. Vernon Canyon Club

• **CLICK ON THE FOLLOWING LINK TO REGISTER:**

[RMOTHG Annual Meeting — The Colorado Mountain Club \(cmc.org\)](https://www.cmc.org)

**SIGNUP DEADLINE IS SEPTEMBER 4TH**

Our annual meeting and brunch will again be at the Mt Vernon Canyon Club and we hope you'll join us! This fun event is an opportunity to catch up with old friends and meet new ones while enjoying the social hour and cash bar beginning at 12 noon followed by a delicious brunch at 1 p.m. The brunch menu features:

- **House salad, tricolor rotini salad**
- **Orange and cranberry juice, fresh fruit, croissants and rolls**
- **Maple bacon and sausage**
- **Seasonal fresh vegetables, home fried potatoes, rice pilaf**
- **Scrambled eggs with cheddar cheese and chives, carved roast beef**
- **Dessert (pastries, mousse, petit fours, chocolate dipped strawberries)**

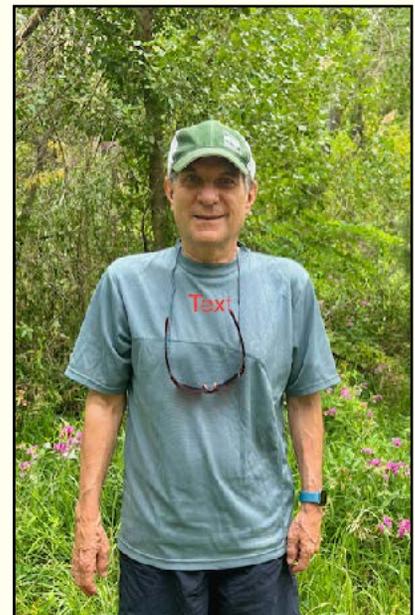
During the social hour and brunch, entertainment will be provided by Frederick Frost Sunderman, musician and RMOTHG member. Frost, who moved to Colorado a year ago, will be playing a selection of classical guitar pieces and 20th century steel string compositions.

At 2 p.m. we will have a quick Section meeting where our Board will share highlights from this past year and, most importantly, recognize the volunteers who are the backbone of our organization. These are the people who dedicate many hours to make all of our activities possible so we hope you will come to meet and show your appreciation to these valuable members.

This year the Board will be honoring Jeff Flax, who currently serves as Chair of the CMC State Board, supports all of our RMOTHG activity coordinators - hiking, biking, snowshoeing and cross-country skiing, and who is an all-around guru when it comes to all things CMC. We are very grateful for Jeff's many years of service to the CMC and the RMOTHG Section.

The cost is \$40 for members and \$50 for nonmembers.

**Questions? please contact Carol Wier at [carolwier365@gmail.com](mailto:carolwier365@gmail.com).**





## SECTION CHAIR'S MESSAGE

*Dear friends,*

It's that that time of year when the club's fiscal year ends, new budgets are in place and new board members are installed. As I hand over the baton to the new governing members, I am reflecting on good times and accomplishments of many people who volunteered to support the RMOTHG.

First, I will thank my board for all their efforts, teamwork, wisdom and laughter as we navigated a unique time. It was marked by the gradual emergence from strict Covid protocols to more relaxed caution. My heartfelt thanks to Scott Kramer, Mike O'Connor, Janice Johnson, Ronnie Knueven, Susanne Spandau, Dennis Baumfalk, Bob Barday, and Laurine Rowe. I appreciate Jim Guerra for providing communication to and from the DGC.

The new board will be taking over after the annual meeting. Some members will continue their 3 year commitment and 3 of the nine are newly elected. Please welcome them and support them throughout the next year. The newly elected members are: Ginny Keir, Kathy Crawford, and Andrew MacGregor.

Thank you to the Turquoise Lake Campout planning committee for scoring the individual campsites, sending out the communications to the campers, organizing food, supplies and activities. Thanks are in order to Diana Bliss, Alice Schiel, Janice Johnson and Carol Wier.

Last September we were "watching" the status of the new CMC website. This September is a new day with the website installed and ready to use. There are hikes and bike trips posted for signup. Get busy, go through the sign on steps and register for trips and the annual meeting.

I am looking forward to seeing you all on Sept.11 at noon, Mt. Vernon Canyon Club to celebrate this past year's challenges and successes. Special recognition will be given to Jeff Flax for his many contributions to the CMC and specifically the RMOTHG.

Warm regards,

*Carol Wier*



# VOLUNTEER for CMC MOUNTAIN FEST !

Calling all creative, playful and sharing volunteers. Represent OTHG at the CMC Mountain Fest highlighting all sections. Date: Sat. Sept. 24, 10-7pm. Place : CMC parking lot. We have a tent and table reserved. Now we need an idea/ideas of something fun, engaging or teaching to demonstrate. And we need volunteers to man the tent in shifts throughout the day. Free lunch provided. All welcome to help. Contact Carol Wier for questions and to volunteer. 303-667-7740, [carolwier365@gmail.com](mailto:carolwier365@gmail.com)



VOTE FOR YOUR NEW BOARD MEMBERS TODAY!  
<https://www.surveymonkey.com/r/FRQL6Y6>

- September 11 Annual Meeting & Awards Banquet
- September 14 Seminar on Hiking Safety
- September 24 CMC Mountain Fest
- April 19-21, 2023 Gore Range/RMOTHG Jay's Hut Trip

## INVITATION TO A CMC SEMINAR ON HIKING SAFETY

Learning how to be safe in the backcountry is a major reason many members join the CMC. So we've developed a one-evening seminar especially for new members who want to learn the basics of hiking safety.

The Introduction to Hiking Safety seminar will teach you:

- the many aspects of safety you need to be aware of, including subjects such as lightning, avalanche, animal encounters, getting lost (or staying found) and being stranded over night
- how to avoid, how to prepare for, and how to respond to safety challenges



- an introduction to the extensive program of in-depth, hands-on safety training courses offered in the CMC Denver Group's adult education curriculum

The final session of the year will be held at the CMC building in Golden on Wednesday September 14th at 6:30. The price is just \$10 for CMC members and \$15 for non-members.

To learn more or to register for the seminar, go to [Colorado Mountain Club > Calendar > EventDetails \(cmc.org\)](#)

STANLEY MOUNTAIN



BOWMAN'S SHORTCUT

## HEADS-UP ! HUNTING SEASON IS APPROACHING

Hunting is starting to take place in almost every area CMC recreates throughout the state, so get to know about the planning resources you need to avoid hunters and shooting. A "hunting activity today" notice is rarely posted at trailheads, so add this info to your trip planning checklist. At a minimum, it's essential to wear "hunter orange" or "hunter pink" whenever you enter the backcountry during hunting season. That includes dogs too.

Most Colorado hunting takes place in September and October although some eastern plains hunting is allowed in late August through December. And a few areas are designated open to hunting Memorial Day to Labor Day. All dates are posted at Colorado Parks and Wildlife's Big Game Hunting Planner, updated each year, at: <https://cpw.state.co.us/Documents/Hunting/HunterEd/HuntPlanner.pdf#search=hunting%20planner>.

However, as a hiker, backpacker, or field instructor, you will want to know about the places where there will be NO hunting while you are there. That will vary each year by where CPW wants hunting to happen or not. It may also vary by proximity to roads and trailheads. For example, local rangers may assure you that you technically will be in a hunt area, but hunters will be way up the mountain from your intended trail.

For up-to-date information, call the friendly folks at the Hunter Outreach Line: 303-291-7526 or write to them at [hunteroutreach@state.co.us](mailto:hunteroutreach@state.co.us). They may steer you away from your intended area and suggest another area nearby where hunting is prohibited. If in doubt, you can also call the specific area ranger.



GLACIER PEAK



DEVIL'S THUMB PASS



## CYCLING

RMOTHG Cyclists are having a wonderful summer of bike rides with an average of over 15 participants each week. The trips are Friday mornings and sometimes on other days in the Denver and greater Denver areas, with two styles of riding called the Hares and the Terrapins. Hares ride approximately 20 to 30 miles at a speed of 10 to 12 mph. Terrapins ride at a more leisurely pace of less than 10 mph and go approximately 10 to 15 miles with a few more stops than the Hares. The outings are mostly on paved bike trails and we try to keep the rides fairly flat, but we do encounter some hills and gravel paths.

The essential items for participating are plenty of water, necessary tools to repair a flat tire (replacement tube for your tire size,) appropriate clothing for changes in the weather, ID and a medical card. The wearing of a helmet is mandatory.

Email notices are sent out several days prior to the excursions to describe the weekly ride. The meeting time is usually 8:30 am with departure at 9:00 am. An optional lunch follows at a nearby restaurant. Guests are allowed with the signing of a waiver form. Guests may participate in two of our activities before joining the RMOTHG section and the Denver group of the CMC.

If you are interested in riding, please contact me by email at [bicycling.list@RMOTHG.org](mailto:bicycling.list@RMOTHG.org) requesting to have your name added to the cycling list. Only RMOTHG members will be added to the list and you'll receive a weekly email reminder for you to sign up at [www.cmc.org](http://www.cmc.org).

See you on the trails,  
*Wayne Tomasello*



HIGHLINE CANAL



Our new website is here! You can peruse the hikes by clicking on "Education and Adventure" and then clicking on "find trips." Find RMOTHG trips by using the box labelled Rocky Mountain Over the Hill Gang under the "with this group/section ..." option. Using the abbreviation RMOTHG in the search box may not find them all. Hikes are now displayed on the website as soon as they are entered but will not be available for sign-up until the announcement e-mail is sent. RMOTHG Wednesday hikes will still be announced and opened for registration on the preceding Friday at 5pm. RMOTHG hikes on other days will also be opened for registration at the time that we send out our e-mail announcements.

September is here and the mountains will soon be showing off their colors. Along with foliage season, it will also be hunting season. Please either wear some Hunter Orange or Hunter Pink and/or put it on your pack very visibly.

Martha Mustard

TENTATIVE SEPT. HIKES

WED. SEPT. 7  
Mud Lake Doggie Hike (easy A, casual pace) Arapaho Overlook Trail from Rainbow Lakes trailhead (moderate B, moderate pace), and Mount Parnassus (moderate C, moderate pace)

WED. SEPT. 14  
Lily Pad Lake (moderate A, casual pace), Kenosha Pass West (moderate A, casual pace), and Abyss Lake Trail (difficult A, casual pace)  
Thursday, September 15  
Acorn Loop Fall Hike (moderate A, casual pace)

WED. SEPT. 21  
Colorado Trail Long Gulch to Rock Creek (difficult A, pace - 2.3mph) and Three Mile Creek (moderate B, pace - 1.5mph)

THURS, SEPT. 22  
Golden Gate Fall Hike (moderate A, casual pace)

WED. SEPT. 28  
Caribou Ranch (moderate A, Casual pace) and Leader's Choice (moderate B)



MT. NYSTROM

**FUN WE'VE HAD**



**STANDLEY LAKE**

**COMO RAILROAD DAY - END OF THE LINE!**



**BOWMAN'S SHORTCUT**

**FUNNIES**

When you are stressed  
you eat ice cream, cake,  
chocolate and sweets.  
Why?  
Because 'stressed' spelt  
backwards is 'desserts.'

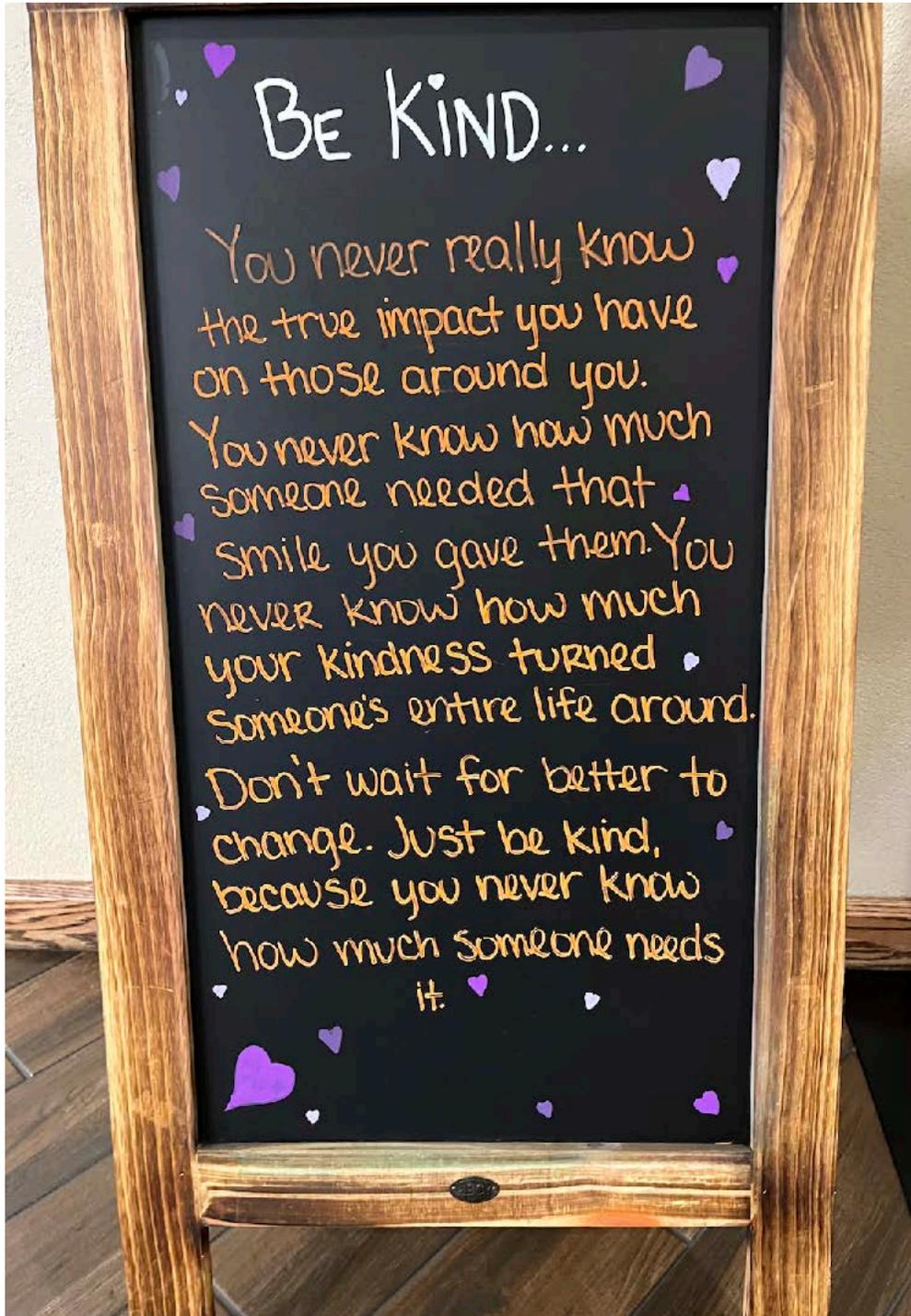


Crabby Road  
Greatest Hits

1-15-08

The only way I'll drop ten  
pounds is if I go shopping  
in England.





# BE KIND...

You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. Don't wait for better to change. Just be kind, because you never know how much someone needs it.

**ROCKY MOUNTAIN OVER THE HILL GANG**

A Section of the Colorado Mountain Club Denver Group

**RMOTHG SECTION BOARD**

|  |   |
|--|---|
| <b>Section Chair</b>                     | <b>Carol Wier</b><br><a href="mailto:carolwier365@gmail.com">carolwier365@gmail.com</a>       |
| <b>Section Vice Chair</b>                | <b>Mike O'Connor</b><br><a href="mailto:mikeoc111@gmail.com">mikeoc111@gmail.com</a>          |
| <b>Secretary &amp; Emergency Contact</b> |   |
| <b>Treasurer</b>                         | <b>Scott Kramer</b><br><a href="mailto:skramer1016@gmail.com">skramer1016@gmail.com</a>       |
| <b>Communication Director</b>            | <b>Janice Johnson</b><br><a href="mailto:jajohnson1952@gmail.com">jajohnson1952@gmail.com</a> |
| <b>Membership</b>                        | <b>Susanne Spandau</b><br><a href="mailto:sespandau@gmail.com">sespandau@gmail.com</a>        |
| <b>Members at large</b>                  | <b>Dennis Baumfalk</b><br><a href="mailto:dkbaumfalk@msn.com">dkbaumfalk@msn.com</a>          |
|  | <b>Bob Barday</b><br><a href="mailto:rjbarday@msn.com">rjbarday@msn.com</a>                   |
|  | <b>Laurine Rowe</b><br><a href="mailto:laurinerowe@msn.com">laurinerowe@msn.com</a>           |
| <b>CMC Denver Council Liaison</b>        | <b>Jim Guerra</b><br><a href="mailto:joguerra77062@gmail.com">joguerra77062@gmail.com</a>     |

**ACTIVITY COORDINATORS**

|                             |  |
|-----------------------------|--|
| <b>Snowshoeing</b>          | <b>Elaine Kallos</b><br><a href="mailto:ekallos11@gmail.com">ekallos11@gmail.com</a><br><b>Jeff Flax</b><br><a href="mailto:jeff.flax@gmail.com">jeff.flax@gmail.com</a>         |
| <b>Cross Country Skiing</b> | <b>Jeff Flax</b><br><a href="mailto:jeff.flax@gmail.com">jeff.flax@gmail.com</a>   |
| <b>Biking</b>               | <b>Wayne Tomasello</b><br><a href="mailto:wtomasello@outlook.com">wtomasello@outlook.com</a><br><b>Jeff Flax</b><br><a href="mailto:jeff.flax@gmail.com">jeff.flax@gmail.com</a> |
| <b>Hiking</b>               | <b>Martha Mustard</b><br><a href="mailto:mustardo3@comcast.net">mustardo3@comcast.net</a><br><b>Jeff Flax</b><br><a href="mailto:jeff.flax@gmail.com">jeff.flax@gmail.com</a>    |
| <b>Social Events</b>        |  |
| <b>Newsletter</b>           | <b>Maryann Mayer</b><br><a href="mailto:tophillnews@gmail.com">tophillnews@gmail.com</a>   |

**DOWNLOAD NEWSLETTER**

[CMCDenver.org/newsletter](http://CMCDenver.org/newsletter)  
[CMC.org/RMOTHG](http://CMC.org/RMOTHG).

**SEE BOARD MINUTES**

[CMCDenver.org/board/minutes](http://CMCDenver.org/board/minutes)

**READ BYLAWS**

[CMCDenver.org/bylaws](http://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