We are changing to a daytime event again this year. The Canyon Room and balcony will be open to us at 11 am (as well as a cash bar) with a brunch buffet starting at 12 noon.

Our featured speaker is Philip Tedeschi, Clinical Professor and Executive Director for the Institute for Human-Animal Connection at the University of Denver. Mr. Tedeschi's best friends are animals. He has studied and teaches about the intricate relationship between people, domestic and wild animals and the natural world. Research shows that humans' connections with animals offer relational experiences that inform our social, emotional, cognitive, physical, spiritual and psychological well being. Come away with a fresh understanding on how to rethink, improve and deepen our relationships with other non-human animals, and a new sense of being part of a larger community of life.

Our section chair, Kirsten Tollefsen, will lead this annual meeting. Come meet new members, see familiar faces, and hear all the fabulous things the RMOTHG does and has planned.

REGISTER on the CMC site NO LATER THAN Monday, SEPTEMBER 10. Registrations will NOT be available the day of the event.

- Members $25
- Nonmembers and guests $30

Please note there is a revised refund policy. "No refunds will be given on or after the sign-up deadline date provided herein. Any requests for refunds received by the CMC office before the sign-up deadline date will have a $10 processing fee deducted from the original fee or deposit amount refunded."

For directions to the Mount Vernon Country Club, goolemap 24933 Clubhouse Circle Golden CO 80401.
www.mountvernoncc.com

REMEMBER—IT'S A BRUNCH. COME AT 11 AM!

Questions?
Ronnie Knueven (knuevenru@comcast.net)
Ida Sansoucy (iderann@q.com)
Hi Gang!

I don’t know about any of you, but I was confused when all the kids on the Front Range went back to school and yet it still looks and feels like summer to me. Well, even though the kids have to curb some of their play time….WE DO NOT! Yeah for us…up here and over-the-hill where all the fun still remains.

Thank you Trip Leaders for continuing to offer so many great hikes and bike rides. I am sure many of you have noticed that even some of our newest Trip Leaders have jumped right in by leading or assisting with several of our activities. Fabulous!

Please join me in congratulating Gina Morelli, Jerry Rowe and Bob Barday who recently completed all training and LITs to become RMOTHG Trip Leaders. These folks plan to lead hiking and/or biking trips, which we so appreciate. Many to them for giving back to this Section.

I also want to thank Kathy Kurtz for offering to take over the position of RMOTHG Liaison to the CMC Denver Group Council. Kathy is already a very active member of Denver Group Council and we truly appreciate her adding this important communication position into her schedule.

Since this message has turned into one big “thank you note” to all the above generous people, I would also like to thank you all for participating in the future of this Section by completing the RMOTHG Survey and then the Board Election Ballots. You will hear more about both at our Sunday September 16th Annual Meeting & Brunch, which we hope you will attend. At this meeting you will meet old & new friends, hear about RMOTHG’s past and new year focus, eat some good food, and most importantly have a chance to celebrate the hard work of our RMOTHG volunteers…the heart of our organization.

See you on the trails and in September at the Annual Meeting & Brunch!

Kirsten Tollefsen, RMOTHG Section Chair

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**Event Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>SEPT 16</td>
<td>ANNUAL MEETING AND BRUNCH AT MT VERNON COUNTRY CLUB</td>
</tr>
<tr>
<td>SEPT 19</td>
<td>INTRO TO HIKING SAFETY</td>
</tr>
<tr>
<td>OCT 3</td>
<td>CPR/AED</td>
</tr>
<tr>
<td>OCT 21</td>
<td>WILDERNESS FIRST AID</td>
</tr>
<tr>
<td>OCT 29</td>
<td>LUNCH AND LEARN: HEALTH AND WELLNESS PRESENTATION BY ORTHOPEDIC SURGEON</td>
</tr>
<tr>
<td>NOV 17</td>
<td>WFA RECERTIFICATION</td>
</tr>
<tr>
<td>NOV 19</td>
<td>DAZZLE JAZZ</td>
</tr>
<tr>
<td>DEC 9</td>
<td>HOLIDAY PARTY</td>
</tr>
</tbody>
</table>
Summer is nearly over and the biking season has been wonderful. The month of September ends the regular weekly rides due to the unpredictable fall weather. We’ll have “spontaneous rides” on Fridays through the fall season as the weather allows. Most weeks we have had new riders joining us and they have been warmly welcomed. So, come and enjoy this exercise and fellowship.

Currently there are two styles of riding groups: Hares and Terrapins. Hares ride approximately 20 to 30 miles at a speed of 10 to 15 mph. Terrapins ride approximately 10 to 15 miles at a speed less than 10 mph with more stops.

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. Wearing 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 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.

See you on the trails,

Pete Spandau
September is here and the kids are back in school so the trails should be a little less crowded. It’s starting to feel like fall is just around the corner. The days are getting shorter and cooler so hiking down a little lower will be more comfortable again. Get out there and enjoy some fall color!

Cheers,
Martha Mustard

TENTATIVE AUGUST HIKES
(so far!)
Monday, September 3
-Pavilion Point

September 5
-Alderfer/3 Sisters
-Wheeler and Lost Lakes
-Peaks Trail to Rainbow and Beyond

September 12
-White Ranch
-Bierstadt Mtn to 13,000 feet

September 19
-Kenosha West
-Meridian Trail
-Brookside McCurdy
-Mt. Flora

September 26
-Golden Gate
-Scott Gomer
... BIG GAME HUNTING SEASON IS HERE ...

...and with it, the need to take precautions. Although Colorado requires only hunters to wear blaze orange (or fluorescent pink) attire, all outdoor users are strongly advised to wear blaze orange hats, vests, pack covers, and/or jackets during this time of year. Dogs should also be outfitted with bright orange vests or bandanas. Hunters must wear daylight fluorescent orange and/or pink garments covering at least 500 square inches above the waist, including hats or head coverings, that are visible in all directions.

Leaders and School Instructors should check out hunting dates and rules for specific areas of a planned hike and remind members via pre-trip emails to wear appropriate hunter orange and/or fluorescent pink attire, particularly if they are venturing off-trail. Leading by example can help ensure safe hiking and snowshoeing through the end of big game hunting season.

COLORADO HUNTING SEASON DATES 2018
Further information can be found at http://cpw.state.co.us/Documents/Hunting/HunterEd/HuntPlanner.pdf

Archery Season
Elk & Deer August 25 – September 23
Moose Sept 8 – 23
Pronghorn (bucks only) August 15 – 31
Pronghorn (either sex) September 1 – 20

Muzzleloader
Deer/Elk/Moose September 8 – 16
Plains Deer east of I-25 October 13 – 21
Pronghorn September 21 – 29

Rifle
Deer/Elk/Moose October 1 – 14

1st Season Elk only October 13 – 17
2nd Season Deer/Elk Combined October 20 – 28
3rd Season Deer/Elk Combined November 3 – 11
4th Season Elk (limited Deer) November 14 – 18

INTRO TO HIKING SAFETY SEMINAR
SEPTEMBER 19 ~ 6:30 – 9:00

• Contact: Art Hogling, director, ahogling@aol.com
• Location: AMC, Golden
• Fee: CMC member $5, non-member $10
• Registration: cmc.org/calendar/classes or membership services at (303) 279-3080
• Invitation to a CMC seminar on hiking safety.
• Learn how to be safe in the backcountry.

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 and others 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), cold weather gear, staying warm, hypothermia and cold weather injuries, and being stranded overnight,
• 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 offered in the CMC Denver Group’s adult education curriculum.

For more information, go to www.cmcdenver.org/schools
**CPR/AED FOR OUTDOOR RECREATIONISTS**

**oct 3 & Dec 5 - sign up for one class only**

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a 2 ½ hour ECSI nationally certified CPR and AED (automated external defibrillator) evening class at the AMC/CMC, on Wednesday, October 3rd and again on Wednesday, December 5th (take one class only). Both classes are from 6:30pm to 9:00pm. The class also covers how to relieve choking victims. The tuition is $20.00.

Registration sign-up is available on the CMC calendar at [https://www.cmc.org/Calendar.aspx](https://www.cmc.org/Calendar.aspx). For more information about the class, see [https://cmcdenver.org/schools-2/wfa-cpraed](https://cmcdenver.org/schools-2/wfa-cpraed).

(Denver Group leaders can apply for SALT scholarships, which covers the cost of the class — see [https://goo.gl/DhBZfM](https://goo.gl/DhBZfM)) For more information, contact Jeff Flax, Denver Group WFA School Director, at jeff.Flax@gmail.com.

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**DENVER GROUP WILDERNESS FIRST AID COURSE (WFA)  Oct 21 & 28 (1 CLASS)**

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a two-day course on October 21st and October 28th, 2018, at the AMC/CMC. An ECSI WFA two-year certification card is issued upon successful completion of the course.

The course tuition fee is $75 for CMC members, $55 for Denver Group leaders and senior school instructors. Registration opens on July 1 (the course fills up quickly) on the CMC calendar at [https://www.cmc.org/Calendar.aspx](https://www.cmc.org/Calendar.aspx).

The course is available to all CMC members, including active Denver leaders through the SALT program (apply at [https://goo.gl/DhBZfM](https://goo.gl/DhBZfM)) The new 5th Edition of the Textbook will be provided to all students (previous editions are no longer being used).

For more information, contact Jeff Flax, Denver Group WFA School Director, at jeff.Flax@gmail.com. For more information on the Denver Group’s WFA course, see [https://cmcdenver.org/schools-2/wilderness-first-aid](https://cmcdenver.org/schools-2/wilderness-first-aid).

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**WILDERNESS FIRST AID ONE-DAY RECERTIFICATION COURSE**

**(FORMERLY WFA REFRESHER)**

**NOVEMBER 17**

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a one-day WFA Recertification (formerly WFA Refresher) course, at the AMC/CMC. It is limited to participants who have taken the CMC’s ECSI two-day WFA course or the one-day WFA Refresher Course within the past two years. An ECSI WFA two-year certification card is issued upon successful completion of the course. (The certification time period has been changed for 2018). For more information on the course, see [https://cmcdenver.org/schools-2/wilderness-first-aid](https://cmcdenver.org/schools-2/wilderness-first-aid).

The course tuition fee is $75 for CMC members, $55 for Denver Group leaders and senior school instructors. The course is available to all CMC members, including active Denver leaders through the SALT program (apply at [https://goo.gl/DhBZfM](https://goo.gl/DhBZfM)) The new 5th Edition of the Textbook will be provided to all students (previous editions are no longer being used.)

For more information contact Jeff Flax, Denver Group WFA School Director, at jeff.Flax@gmail.com. Registration sign-up will be available in early August on the CMC calendar at [https://www.cmc.org/Calendar.aspx](https://www.cmc.org/Calendar.aspx).
CMC ADVENTURE TRAVEL

NEPAL

NOVEMBER 9 - 19, 2018
PRICE: FROM $3050

Explore the natural beauty of the Himalaya and help preserve local flora, fauna, and water resources. Participate in daily Sherpa life and immerse yourself in the culture and livelihoods of this mountain community. Take in stunning panoramic views of the eastern Himalaya Range, including Mt. Everest, Ama Dablam, Mt. Numbur, and many other famous peaks.

Nepal — Mountain & Cultural Trek
Click here for more information

GRAND CANYON RAFTING
& HIKING

APRIL 27 - MAY 9, 2019
PRICE: FROM $4950

Experience the Grand Canyon's hidden areas on this 12-day, hike-intensive raft trip. Hatch River Expeditions will lead our group down 188 miles of river on 35-foot, motorized S-rig boats, while giving us access to hikes in areas that can only be reached from the river.

Click here for more information!
TURQUOISE LAKE CAMPOUT!

Kayaking ... Snoozing ... Cycling ... Hiking ... Socializing!
Marion Bugher, showing her winning gold medal in her age group (80+) at the Evergreen Town Race on Aug. 5, 2018. It was her 3rd gold medal in this race.

A fellow cyclist, Frank Wanken, riding a penny farthing in the 1976 parade in Westminster, Maryland. Roy Rogers was the grand marshal of the parade. Frank still has the highwheeler.

Ptarmigan & Marmot, keeping us company.
ROCKY MOUNTAIN OVER THE HILL GANG
A Section of the Colorado Mountain Club Denver Group

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

READ 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