Happy Hour at the Lariat Lodge Brewing Company, 12684 W. Indore Place, Littleton, from 3 to 6 pm on Thursday, October 24. Check it out: www.lariatlodgebrewing.com. Lariat Lodge has great brews and food. You are responsible for your drinks and food. For more information contact Ronnie Knueven at knuevenru@comcast.net.

Let's get HAPPY!

CMC 'QUICK STARTS' SEMINAR

OCTOBER 14, 6:30 PM

“Quick Starts” are a series of seminars that highlight topics about recreating in Colorado. They’re a great place to learn something new, or refresh something familiar!

STEM CELLS & REGENERATIVE TREATMENT OPTIONS FOR ORTHOPEDIC ISSUES

- Monday 10/14/2019 - click to register

What exactly is Regenerative Medicine? What is Stem Cell Therapy and how does it work? Are your joints shot from too many days on the trail? Come learn more about less invasive treatment options, alternatives to traditional orthopedic surgery. Dr. Josh Pitts is board certified in Physical Medicine and Rehabilitation. Dr. Pitts has an interest in nutrition, supplements and complementary/alternative medicine. Join us for a seminar on muscle recovery: how to combat muscle stiffness/soreness after long hikes with foam rolling and nutrition. Cyndi Lehr is a retired Physical Therapist and schluby badass, and she will be giving the warm up lecture.

In the warm up lecture we will discuss/demo/practice foam rolling and drink chocolate milk. Free travel size foam rollers for the first 10 peeps to show up to the warm up lecture.

Events

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>OCT 11-13</td>
<td>CMC State WFA (3-day)</td>
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<td>OCT 19</td>
<td>TLS (Trip Leader School)</td>
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<td>OCT 24</td>
<td>HAPPY HOUR</td>
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<td>OCT 20 &amp; 27</td>
<td>DENVER GROUP WFA</td>
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<td>NOV 5</td>
<td>MONET EXHIBIT</td>
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<td>NOV 11</td>
<td>CPR/AED</td>
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<tr>
<td>DEC 7</td>
<td>ATA (Avalanche Training Avoidance)</td>
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<td>DEC 8</td>
<td>HOLIDAY PARTY</td>
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ABYSS LAKE
WHY I AM A TRIP LEADER
~ Jim Guerra

I joined the CMC when we moved back to Colorado in early 2017, and have really enjoyed the CMC hikes. On CMC hikes, I enjoy meeting like-minded people, many of whom have become friends, as well as being exposed to some beautiful hikes all along the Front Range. Plus as a photography hobbyist, I found lots of opportunities to take photos on the CMC hikes. It was also clear to me early on, that CMC trip leaders enjoyed taking people to some of their favorite places on the various hikes, and took their responsibility for each hike very seriously.

After taking Wilderness Trekking School (“WTS”) two years ago, I thought about becoming a trip leader so I could share my enthusiasm for hiking with others. Having been a CMC trip leader for over a year now, I have particularly enjoyed seeing the reactions of people on my hikes when they see some of these wonderful places for the first time, like I did and still do! Hearing people tell me that they particularly enjoyed a hike motivates me to lead more and find more off the beaten path peaks and lakes to check out! Also, I’ve really getting to know so many interesting, enthusiastic, and well-travelled people on the trail. I look forward to even more!

IF YOU’VE GOT QUESTIONS…
WE’VE GOT ANSWERS…

This section of our monthly newsletter addresses comments and questions from the RMOTHG Fall 2018 Survey and from the membership at large. Please email questions you would like to see answered in this section to Janice Johnson at jajohnson1952@gmail.com.

This month we are answering questions that have been addressed in previous newsletters but are often asked on hikes and biking trips.

Q: Why doesn’t RMOTHG offer weekend hikes?

A: As CMC members, RMOTHG members can choose to sign up for any of the many hikes offered on the weekends by other CMC groups. Our focus on weekdays provides our members with the opportunity to hike and bike when the trails aren’t so crowded.

For those of you interested in RMOTHG weekend hikes, consider becoming a trip leader and leading hikes for yourself and others who still work to enjoy on the weekends.

Q: I see trips posted on the calendar before the Friday email comes out but I’m not able to sign up for them. Why?

A: Hikes are now posted on the CMC calendar on Thursdays so that members can preview the hikes before the signup time on Fridays. This was done so that members can decide in advance which hike they want to sign up for, which reduces the number of people signing up for multiple trips and then canceling.
SECTION CHAIR’S MESSAGE

Once again, we are in transition from summer activities to winter activities. We have had a great year of snowshoeing, cross-country skiing, hiking and biking. Our trip leaders have outdone themselves again this year with increasing the number and variety of activities we have to offer. Their efforts are greatly appreciated, and we thank them for making our organization great. The fall brings the possibility of beautiful weather and additional hikes and biking opportunities. Biking and hiking normally end in September but we often plan "spontaneous" adventures, weather permitting. Be sure you are on the mailing lists if you want to keep updated on the status of these outings. Snowshoeing and cross-country skiing will start when the weather cooperates.

Special thanks to the social committee for putting on a fun annual meeting at Mt Vernon Country Club. A beautiful day and a great group of active people shared good food and an interesting program from The Legendary Ladies. I know it takes a lot of effort and we appreciate it. Ida Sansoucy and Ronnie Knueven did the planning and hard work to make the afternoon so enjoyable. The Legendary Ladies transported us back in time sharing stories of real women who made a significant impact on the West. It was great entertainment topping off a beautiful day. As you know, this is also a day to show our appreciation to trip leaders and we thank everyone who attended to support them.

I would like to welcome new board members Carol Wier and Deborah Richardt. I know they will bring great energy and knowledge to help the board provide the best service possible to our members.

Your new year officers are also in place. I will be section chair, vice-chair will be Deborah Richardt, Carol Zurcher will remain secretary, Dennis Arndt will remain treasurer, and Lue Fratantuono will handle membership. Janice Johnson will handle the new board position of communication director. Members at large are Carol Wier, Marty Pfefer & Kirsten Tollefsen. Ronnie Knueven and Lou Ann Dixon will head up the social committee and Kathy Kurtz will be our Denver Group Liaison. Special thanks to Maryann Mayer for the great job she does putting out the newsletter for us every month.

Diana Bliss and Jane VanderKolk are leaving the board this year. Special thanks to them for their efforts over the last 3 years.

In the next few months the board will be coming up with goals which will serve as our focus for the next year. We will provide these goals so you can see our direction and we ask your feedback as we go forward. It will be a great year.

Enjoy fall in beautiful Colorado! Take pictures of your adventures to share with us.

Scott Kramer
We've had some great hikes this summer and the hiking season is not over. Now that fall foliage season is here so also is hunting season; remember to WEAR YOUR ORANGE. And while you're appreciating those 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.

Cheers!
Martha Mustard

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TENTATIVE OCTOBER HIKES

**October 2:** Scott Gomer, Meridian Trail Fall Colors, Burning Bear, and Leaders' Choice

**October 3 (Th):** Leader's Choice

**October 9:** Reynolds Park Loop and two Leader's Choice hikes

**October 16:** Staunton Bear Paws and Castlewood Canyon

**October 23:** Mud Lake DOG HIKE and Pine Valley Ranch

**October 30:** RMNP Lake Helene, Carpenter Peak, and Leaders’ Choice
Now that school is back in session, the Youth Education Program (YEP) is recruiting volunteers to assist with fall school & group programs.

Do you have a love the outdoors? And want to share your enthusiasm with kids? If the answer is ‘yes,’ then CMC Youth Education Program (YEP) invites you to volunteer this fall! YEP delivers high quality outdoor and environmental education to over 7,000 Denver area youth each year. Volunteers assist YEP instructors and staff in leading programs from hiking and rock climbing to learning about the geology of our unique state. It’s a fun, easy way to give back to the next generation of mountain enthusiasts. Click this link to YEP’s Volunteer Portal to find out more.
CPR/AED FOR OUTDOOR RECREATIONISTS

Available Nov 11

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a 2½ hour ECSI nationally certified CPR and AED (automated external defibrillator) evening class at the AMC/CMC on Monday, November 11th. The class is from 6:30 to 9:00. The course also covers information on how to relieve choking victims.

The class is available for sign-up on the CMC.org calendar at https://www.cmc.org/Calendar.aspx. A two-year CPR/AED certification is included with the class. For more information and the registration links, see https://cmcdenver.org/schools-2/wfa-cpraed.

The 2019 course tuition is $30 and is available to all CMC members (Denver Group leaders can apply for SALT scholarships, which covers the cost of the class — see https://goo.gl/DhBZfM).

For more information, contact Jeff Flax, Denver Group WFA School Director, at Jeff.Flax@gmail.com.

WILDERNESS FIRST AID COURSE (WFA)

Oct 20 & 27
(TWO DAY COURSE)

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a two-day course on October 20 and 27, 2019. The course is now open for registration on the CMC calendar at https://www.cmc.org/Calendar.aspx. An ECSI WFA two-year certification is issued upon successful completion of the course. (The certification time period changed in 2018.)

The 2019 course tuition is $100 and is available to all CMC members (Denver Group leaders can apply for SALT scholarships, which covers the cost of the class — see https://goo.gl/DhBZfM).

A one-day WFA Refresher (WFAR) course is being offered on December 7, 2019. This course is limited to members who have taken WFA or WFAR within that past 30 months. The 2019 WFAR tuition is $90 (scholarships are also available for this course).

For more information and links to register for the course is available at https://cmcdenver.org/schools-2/wilderness-first-aid.

Contact Jeff Flax, Denver Group WFA School Director, for more information about the WFA courses — Jeff.Flax@gmail.com.
PLEASE Email YOUR photos to Maryann - tophillnews@gmail.com
**ROCKY MOUNTAIN OVER THE HILL GANG**
A Section of the Colorado Mountain Club Denver Group

### RMOTHG SECTION BOARD

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<thead>
<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>Section Chair</td>
<td>Scott Kramer</td>
<td><a href="mailto:skramer1016@gmail.com">skramer1016@gmail.com</a></td>
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<tr>
<td>Section Vice Chair</td>
<td>Deborah Richardt</td>
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<tr>
<td>Secretary &amp; Emergency Contact</td>
<td>Carol Zurcher</td>
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<tr>
<td>Treasurer</td>
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<tr>
<td>Communication Director</td>
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<tr>
<td>Members at large</td>
<td>Lue Fratantuono</td>
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<td></td>
<td>Carol Wier</td>
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<td>Kirsten Tollefson</td>
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<td>CMC Denver Council Liaison</td>
<td>Kathy Kurtz</td>
<td>kmkurtz47gmail.com</td>
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### ACTIVITY COORDINATORS

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<th>Snowshoeing</th>
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<th>Hiking</th>
<th>Social Events</th>
<th>Newsletter</th>
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<td>Lue Fratantuono</td>
<td>Elaine Kallos</td>
<td>Jeff Flax</td>
<td>Wayne Tomasello</td>
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<td>Lou Ann Dixon</td>
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<td>Jeff Flax</td>
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<td>Ronnie Knueven</td>
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### 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

### Downloads

- **DOWNLOAD NEWSLETTER**
  - [http://www.CMCDenver.org](http://www.CMCDenver.org)
  - [https://www.cmc.org/Groups/SpecialInterestSections/RMOTHG.aspx](https://www.cmc.org/Groups/SpecialInterestSections/RMOTHG.aspx)

- **SEE BOARD MINUTES**
  - [http://www.rmothg.org/BoardMinutes.aspx](http://www.rmothg.org/BoardMinutes.aspx)

- **READ BYLAWS**