TIS THE SEASON TO COME JOIN THE FUN AND MEET YOUR FELLOW RMOTHG MEMBERS!

CMC BUILDING - 710 10TH ST, GOLDEN - 3 pm - drinks (provided by the RMOTHG) and appetizers (provided by members), 4 pm - Potluck dinner.

Please contribute to the potluck according to the first initial of your last name:
A-D   Salad
E-K   Appetizer (Can you bring them by 3 PM?)
L-Q   Dessert
R-Z   Side dish

We provide: napkins, plates, flatware and glasses. Beverages: We will have wine, beer, water, coffee, tea.

After dinner group activity: Bring a wrapped gift (less than $20) if you want to participate in a gift exchange. Remember to bring a gift you would like to receive yourself.

If you are interested in addition to the gift exchange to do A WHITE ELEPHANT, bring your WHITE ELEPHANT!

Optional Toy Donations to the Action Center's Santa Shop program: We will collect and deliver to the Action Center. These toys allow parents and guardians to select toys for their children. Gift ideas: remote controlled cars, dolls, action figures, footballs, soccer balls, nail polish kits, arts and craft kits, stuffed animals, infant/toddler toys, bike helmets. (No toy guns please) The toys should be UNWRAPPED but you may donate paper to get the gifts wrapped.

Click here to sign up on the CMC web site (by Monday December 2, 2019)

VOLUNTEERS ARE NEEDED FOR SET-UP AT 2 PM AND CLEAN-UP AFTER! Please contact Ronnie Knueven at knuevenru@comcast.net for volunteering, questions, or suggestions. Suggestions are always welcome!

NOTICE!
NEXT MONTH’S NEWSLETTER WILL BE DELAYED BY A WEEK. IT SHOULD BE OUT BY DECEMBER 7.
Believe it or not, I think cooler weather has finally arrived. I do not know about you, but I was through with summer and hot weather. It's time to put on my spikes and snowshoes.

Last month, Elaine Kallos and Jeff Flax held a scheduling meeting for winter snowshoe trips. It was great to see so many leaders at the meeting adding their trips to the white board. Trips are scheduled from November to April. Most weeks we will have three trips with varying distances and levels. Winter will be full of great hikes.

You may not realize that we have about 40 winter leaders. Being a trip leader involves time and effort which includes scouting the trip before they lead it, plus having completed training in wilderness first aid and avalanche avoidance. This commitment of time and effort makes our organization great.

On Sunday, November 17th, the Denver Group is having their annual dinner. RMOTHG members, as part of the Denver group, are most welcome to attend the dinner. Two of our members will be honored with service awards this year. Please consider joining us to acknowledge their service to our group and CMC. Sign up for the dinner is on the CMC calendar.

It may be early, but sign up and put on your calendar the RMOTHG holiday party - December 8th. The social committee does a great job of hosting the party and it is a lot of fun. Specific information on the holiday party is in this newsletter. Please watch for other upcoming events in the newsletter. The social committee works hard to provide a variety of activities that we can enjoy. If you have ideas for the committee, please feel free to share them.

The first meeting of the 2019/2020 RMOTHG board will be November 8th. We will be laying out goals for the coming year. An important task this year, and every year, is to provide support to trip leaders because they make the organization work. Any update of the goals will be provided in following newsletters.

Finally, I would be amiss if I did not mention the great job Wayne Tomasello - biking, and Martha Mustard - hiking, did coordinating our summer activities. We also appreciate all the leaders who provided their time and dedication to make a fun filled summer. RMOTHG posted a record number of hikes and biking trips this year. Thank you trip leaders and participants for making the summer great.

Until next time, see you on the trails.

Scott Kramer
CMC 'QUICK STARTS' SEMINAR
TUESDAY 11/12/2019 - 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!

ELEVATED EATING – STEPPING UP YOUR BACKCOUNTRY MEAL GAME
Tuesday 11/12/2019 - 6:30 PM

https://www.cmc.org/Calendar/EventDetails.aspx?ID=47886

Come hear CMC's own Sarah Thompson's take on meal prep, nutrition and backcountry cooking. Learn about caloric density and why it matters. What can be prepared, cooked and digested at altitude? Are you bored with freeze dried meals? Sarah Thompson is an instructor with the Winter Camping, Wilderness Trekking, Wilderness Survival School, Backpacking School, and Knot Tying School (director.) Her cookies are famous within the Denver Group. Come for a fun evening with fascinating insight into cooking and eating in the backcountry ... of course we will have sampling.

Events

- NOV 5 MONET EXHIBIT
- NOV 12 QUICK STARTS SEMINAR
- NOV 17 DENVER GROUP ANNUAL DINNER
- NOV 18 CPR/AED
- DEC 8 HOLIDAY PARTY
- JAN 4, 2020 ATA (Avalanche Terrain Avoidance)
- FEB 1, 2020 ATA (Avalanche Terrain Avoidance)
Our snowshoe/winter hike leaders met in October to schedule trips, so they’re ready to lead winter treks for RMOTHG members eager to explore Colorado trails in snow! December usually starts official RMOTHG Snowshoe Season, but to foster winter mind-set, we offer a few November trips. So get out winter hats, gloves, puffer jackets, and start loading your packs with winter gear! We also carry spikes all winter for icy, hard-packed trails ($65 – REI, other sports stores!) REI often offers snowshoe sales in November and their garage sale is Nov 9-10 at both Lakewood and Denver REI (Cheap snowshoes sometimes show up there!) Both stores also offer snowshoe rentals for trying before buying.

Don't know if you can snowshoe? If you can walk, you can shoe, but being with supportive, patient, fun-loving RMOTHG members is a more fun way to start! We welcome newbies, and experienced shoers who love shoeing in the fluffy stuff or hiking with spikes when we’re short on snow. We usually shoe/hike a casual pace for two hours, lunch in a pretty spot, and return. Sometimes, we offer longer treks for those wanting more challenge! We’re big on safety - don’t wear jeans (hypothermia issue,) and everyone comes prepared with extra clothes, snacks, mittens, hats, lots of water (Yup! Even in winter!) We carry our usual ten essentials but focus on winter gear and are ready for any change in weather. To receive the weekly email list telling about Wed trips, email Jeff.Flax@gmail.com and join our lively bunch this season for fun Colorado snow adventures!
WHY I AM A TRIP LEADER

~ Janice Johnson

My close friend and colleague, Elaine Shirley, introduced me to the RMOTHG in the summer of 2011. After joining her on two hikes as a guest, I joined the CMC and our group in July 2011. After retiring from teaching in 2016, and with the encouragement and mentorship of Elaine and other leaders who had become friends, I finally had the time and the confidence I needed to become a trip leader. I didn’t really comprehend what I was committing to but I knew we needed more leaders, so I signed up for my first class that next spring.

While taking Wilderness First Aid, Avalanche Terrain Awareness, Wilderness Trekking School, and Trip Leader School, I learned how lucky we are to have trained leaders guiding us on our trips. My appreciation for the opportunities that I have as a member of CMC and RMOTHG is why I volunteer as a trip leader … the friends, the mentors, the training, the fun. And it’s all wrapped up in our glorious Colorado outdoors.

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, our hiking coordinator, Martha Mustard, asked me to investigate the following question. Thanks, Martha!

Q: CMC Denver has a policy for gas reimbursement of $.30 per mile divided by all individuals in a car, including the driver. Why does RMOTHG suggest 10 cents per mile from every passenger? I was told that we did this to make it simpler but the CMC Denver method is more fair. The implication is that we can’t do the math. I find that rather insulting.

A: The CMC Denver group’s policy, which was adopted in 2009, does recommend $.30 per mile so that everyone in the car, including the driver, shares the mileage cost. However, the policy goes on to state that “some vehicles are more costly to operate and drivers are free to charge what they deem a fair rate.”

Trip leaders often post the mileage and driver reimbursement amount in their descriptions. According to policy, however, drivers have the option of choosing which method is best for them.

No matter which reimbursement option the driver chooses, I am always grateful for the ride!
CPR/AED FOR OUTDOOR RECREATIONISTS

Available Nov 18

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 Monday, November 18th. 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 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/DhBZtM).

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

WILDERNESS FIRST AID COURSE (WFA)

Mar 15 & 22
(TWO DAY COURSE)

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a two-day course on March 15 and 22, 2020. The course will open for registration in early December 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 2020 course tuition is $125 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/DhBZtM). Additional two-day WFA and one-day WFA refresher courses will be offered in 2020.

More information 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

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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.