Hey, come with us...we are all going to the

ANNUAL MEETING & BRUNCH

SUNDAY, SEPTEMBER 8

Our annual meeting and fantastic brunch will again be at the Mt Vernon Canyon Club (Mt. Vernon Country Club.) Please join us for this fun event where you will be able to catch up with old friends and meet new ones - all while enjoying a cash bar at 11 am on the deck overlooking a lovely view of the foothills and plains. A delicious and varied brunch will begin at 12 noon. Don’t miss it as the meal and the company are always terrific.

At 1 pm there will be a quick Section meeting, but most importantly we will take a few minutes to recognize the volunteers who are the backbone of this organization. These are the people who dedicate many hours to make all of our activities possible. Please come to meet these important members and to show your appreciation for them.

Last but not least, we will be entertained and educated by “The Legendary Ladies.” The Legendary Ladies is an educational, non-profit performance organization bound by love of women’s history in Colorado. Colorado’s history is full of colorful characters, and not all of them were cowboys or miners. Many of these pioneers wore skirts as they traveled west to make their mark on history. The Legendary Ladies will bring history to life, telling their stories in full period costume.

Please join us for one of our most enjoyable events of the year!

The cost of this event is $30 per person, which you will pay when you sign up on the CMC website. Go to CMC.org, log-in as a member, click Calendar and search under September 8, 2019, ID #47860, “RMOTHG Annual Meeting and Brunch”* The deadline for all reservations is NO LATER THAN September 2nd.

* IF YOU ARE A RMOTHG 2018-2019 ACTIVE VOLUNTEER (I.E. SOCIAL COMMITTEE, NEWSLETTER, TECH, BOARD, ACTIVITY COORDINATORS AND TRIP LEADERS,) THEN YOU REGISTER FOR THIS SAME EVENT UNDER A SEPARATE EVENT ENTITLED “RMOTHG VOLUNTEERS” ID #47860 UTILIZING THE PASSWORD PREVIOUSLY PROVIDED VIA EMAIL.

Questions? please contact Ida iderann@q.com or Lou Ann louannndixon@gmail.com
WHY I AM A TRIP LEADER

~ Susanne Spandau

I moved to Arvada almost 14 years ago from southern California. While I had always spent time in the mountains (camping with parents and then owning a mountain cabin for almost 30 years,) I was not a seasoned hiker. Discovering CMC quite by accident was the best thing that could have happened to us after our move … the wonderful folks we’ve met and spent time with on the trails became our new Colorado family. Our early years on the trail were spent with leaders Lynn Forsberg, Marion Dries and Jim Stookesberry. They welcomed us so warmly and introduced us to the best of Colorado. I became stronger and stronger (could walk and talk at the same time!) and realized that I was not a happy girl if I did not have my day on a trail every week. I was urged to become a hike leader over a period of a couple of years by Michael Tamny … I finally gave in and am so grateful to have experienced CMC’s wonderful leader training. Thank you Michael! Having taught adult education for 25 years gave me the confidence and a comfort level to imagine myself watching over hikers. I just had to add the outdoor knowledge and skills. Wilderness First Aid and Trip Leader School are very well presented by professionals and experienced volunteers. CMC has superb resources to teach necessary mountain skills and build confidence in new leaders. I love sharing my favorite hikes with both newbies and longtime CMC members. Their appreciation of a well-planned hike is so affirming. I hope more of you want to experience the joy of sharing and leading hikes for our RMOTHG members. Go for it!
Hello RMOTHG Friends!

This month I come to the end of my second and final year as your RMOTHG Board Chairperson. I will continue as a Board member for two more years, but I wanted to express how much I have enjoyed the opportunity to work as the Chair on your behalf. It has been my focus these last couple of years to not only continue traditions established by the leaders that came before me, but to explore new ideas … new ways of doing things … that I hoped would help our Section continue to be an important and viable part of CMC and most importantly, continue to make it viable to YOU … our members. I am confident that the new 2019-2020 Board and its leaders will pursue goals for this Section that maintain and improve the benefits you enjoy in this Club.

There are two Board Members whose terms are complete as of this month. They are Jane Vanderkolk and Diana Bliss. Aside from sharing their input and experience with the Board, Jane was our Secretary for two years and Diana worked on the Member Survey Committee. Prior to being on the Board, both served on the Social Committee. Diana is also a Trip Leader. Thank you Jane and Diana for volunteering your time and contributing so positively to our Section!

With the changes to the Board, life in our Section goes on, and with it we continue to encourage members to become official CMC Trip Leaders. This Fall there are several classes being offered as part of the process of becoming trip leaders. Please check CMCDenver.org under Schools for Trip Leader School where you will find the requirements. CMC’s training is excellent, you can apply for SALT funds to pay for classes, and you will receive a lot of encouragement and help from our Activity Coordinators, as well as other trip leaders, all in order to assure YOU a successful and enjoyable experience leading fellow members on wonderful trips. **BTW, if you are already a Trip Leader think about posting an extra trip or two on any day of the week that suits you. It’s prime season for fun and if you lead someone will follow!**

I hope you join me at the **RMOTHG Annual Meeting & Brunch on September 8th.** Please see details in this newsletter. We dedicate much of this meeting to our Trip Leaders and other vital volunteers, along with it just being plain fun to catch-up with old and new friends.

Last, but not least **Thank You** to the 2018-2019 RMOTHG Board who gave of their time and energy in governing this Section. Each of the following have been great to work with this past year: Scott Kramer, Dennis Arndt, Marty Pfefer, Carol Zurcher, Jane VanderKolk, Diana Bliss, Janice Johnson and Lue Fratantuono. Also, a shout-out to Kathy Kurtz as our Liaison to the Denver Group.

This is a Section of active people who seek ways to enjoy the outdoors to their fullest and through doing so also find real friends to share these interests. This is what makes RMOTHG valuable to me and it is why it has been such a privilege to have served as Chair.

**Thank you! Kirsten**
We have had such a fantastic August for wildflowers! Everywhere we hiked we seemed to have great flowers. Moving into September we look forward to a beautiful foliage season. And this September we have five hikes per week!

We can also look forward to a new Denver Group section for backpacking. Here is the info prepared by John Walters about this exciting new event:

"Plans are underway to create a new CMC Denver Backpacking Section (BPX) to be launched in the spring of 2020. The purpose of the new section is to promote backpacking as a mainstream CMC mountain activity; plan, organize and post backpacking trips; and provide early notice of backpacking events to BPX members. Membership is open to all CMC members by joining the mailing list, with no annual dues, for now. If you would like to be added to the BPX mailing list, contact John Walters at johnw14er@gmail.com or text 303-995-7638 and just say "Add me." Please include your name and email address."

Have you ever been disappointed that you didn't get on the trip you wanted? Or maybe your perfect trip just wasn't even offered? Remember that our schedule is dependent on our volunteer leaders and their availability. If you can't find the type of hike that you want or have trouble getting on it, consider becoming a trip leader yourself. You can choose what you want to lead and when. You choose when and where to meet and how many participants you will allow. It's the perfect solution. Trip leader school is being offered on October 19 and the only prerequisites for Denver Group CMC members are to complete 5 CMC Denver Group trips of which no more than 2 may be school field trip, and to take Wilderness First Aid (WFA). For more info on trip leader school, see https://cmcdenver.org/schools-2/tripleaderschool. For more info on WFA, see https://cmcdenver.org/schools-2/wilderness-first-aid. (Make sure to look at the SALT opportunity if you don't want to pay for it.)

~ Martha Mustard
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,

Wayne Tomasello
WILDERNESS FIRST AID COURSE (WFA)

Available Sept 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).

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.
TURQUOISE LAKE CAMPOUT HIGHLIGHTS

sailing ... kayaking ... pot lucks ... happy hours ... campfires ... hiking ... bicycling ... camaraderie ... and gorgeous weather!!
PLEASE Email YOUR photos to Maryann - tophillnews@gmail.com

at SHRINE MOUNTAIN

at TURQUOISE LAKE

at VASQUEZ WILDERNESS

at SILVER DOLLAR LAKE
ROCKY MOUNTAIN OVER THE HILL GANG
A Section of the Colorado Mountain Club Denver Group

RMOTHG SECTION BOARD

Section Chair
Kirsten Tollefsen
kmt1950@icloud.com

Section Vice Chair
Scott Kramer
skramer1016@gmail.com

Secretary & Emergency Contact
Carol Zurcher
carolz80239@gmail.com

Treasurer
Dennis Arndt
dwa2bus1@gmail.com

Members at large
Diana Bliss
dbliss5030@gmail.com
Lue Fratantuono
fratantu@comcast.net
Janice Johnson
jajohnson1952@gmail.com
Marty Pfefer
inspmarty@aol.com
Jane VanderKolk
Jane.vanderkolk@comcast.net

CMC Denver Council Liaison
Kathy Kurtz
kmkurtz47@gmail.com

ACTIVITY COORDINATORS

Membership
Lue Fratantuono
fratantu@comcast.net

Snowshoeing
Elaine Kallos
ekallos11@gmail.com
Jeff Flax
jeff.flax@gmail.com

Cross Country Skiing
Jeff Flax
jeff.flax@gmail.com

Biking
Wayne Tomasello
wtomasello@outlook.com
Jeff Flax
jeff.flax@gmail.com

Hiking
Martha Mustard
mustardo3@comcast.net
Jeff Flax
jeff.flax@gmail.com

Social Events
Ida Sansoucy
ideranne@q.com

Newsletter
Maryann Mayer
tophillnews@gmail.com

DOWNLOAD NEWSLETTER
http://www.CMCDenver.org
https://www.cmc.org/Groups/SpecialInterestSections/RMOTHG.aspx.

SEE BOARD MINUTES
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.