OLIVE GARDEN HAPPY HOUR

To Welcome 2020 & Celebrate 80 Year Young Members

JANUARY 13
4:30 – 6:30 PM

Let’s welcome 2020 with a happy hour for everyone at The Olive Garden and celebrate those members who have attained the ripe status of 80 years young or will be 80 this year. It’s amazing how many members fit this category. It shows that an active life and being a member of RMOTHG leads to longevity. 80 year olds, you know who you are, so we hope you will show up so we can celebrate you!

Sign up at CMC.org for the event. Everyone is responsible for their own beverage/food costs. A cake for the celebration will be furnished.

What: Happy Hour to recognize our 80 Y/O members and welcome the New Year

Where: Olive Garden - 5380 S Wadsworth Blvd, Littleton, CO 80123, (303) 277-0535
        (it’s across the street from the REI on South Wadsworth)

When: Monday, January 13

Time: 4:30 – 6:30 PM

Contact Lou Ann Dixon for additional information
    looanngie@comcast.net   720-935-5895
SECTION CHAIR’S MESSAGE

Season’s Greetings

To all of you who were not able to attend the holiday party, we missed you. Ronnie Knueven and the social committee did a great job of planning and hosting the party. The food was great, Pete Spandau and Bob Knueven served drinks with flare and Santa Claus directed the gift exchange with grace. We thank everyone for providing us with an enjoyable evening.

With the year coming to an end, I would like to share some statistics from 2019. 46 trip leaders lead 227 activities including hiking, biking, snowshoeing and X-country skiing. 714 miles were hiked with 128,471 feet of elevation gain. We snowshoed 324 miles with 46,198 feet of elevation gain. We biked 14,634 miles and 43 miles were X-country skied. This is an impressive list of happenings! Thank you to our coordinators and leaders for providing the ability to share the great outdoors. Thank to Janice Johnson for compiling these numbers.

I would be amiss if I did not mention Maryann Mayer who creates the monthly newsletter. Maryann provides one of the best means we have to communicate with our membership. Her dedication for doing this every month is so greatly appreciated. Thank you Maryann from all of us.

You may have been lucky enough to receive an e-mail from me asking for a donation to hospice. It was a scam and I am sorry you were exposed to it. As we all know, these scams are very widespread and we have to be very careful not to be caught by one of them. Jeff Flax sent out an excellent e-mail blast stating ways to protect yourself from these scams. If you did not receive Jeff’s email or would like another copy, please email me at skramer1016@gmail.com and I will provide it.

We are trying something new at the January social hour (January 13th, 4:30 to 6:30 at the Olive Garden 5380 S Wadsworth Blvd, Littleton, CO) where we plan to recognize members who are 80 years young or older. 80 year olds, let us know who you are! Hope to see you there. Please sign up on the CMC site.

May the New Year bring you peace, health, happiness and many days enjoying the great outdoors.

Scott Kramer

SOCIAL COMMITTEE NEWS: If interested in being part of the Social Committee, please contact Ronnie Knueven at knuevenru@comcast.net or 303-588-4526. New ideas are always welcome. Remember - many hands make light work! More information regarding 2020 schedule will be available after the first of the year.
CPR/AED for Outdoor Recreationists

JANUARY 13

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a 2 1/2 hour ECSI nationally certified CPR and AED (automated external defibrillator) evening class at the AMC/CMC on Monday, January 13th. 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/DhBZfM).

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

Contact Jeff Flax, Denver Group WFA School Director, for more information about the WFA courses — Jeff.Flax@gmail.com.

WHY I AM A TRIP LEADER

~ Martha Delporte

I didn’t want to be a trip leader. Too much trouble, too much planning, too many responsibilities. I’m retired, leave me alone! And what if I don’t know how to do something on the computer, and how do I know where to go, and what if no one signs up?

Some of my friends in RMOTHG didn’t agree with my concerns and urged me to become a trip leader. I’m so glad I did! Now I get to pick where and when we go, how far we go, and where to stop on the way home! Trip leading is fun and challenging. I meet new people on every trip. If I don’t know how to do something, other trip leaders help me.

I’m always intrigued to find out what folks did before retirement, and what they are doing now. We are a fascinating group! I love to travel the world and whenever possible, the United States. I hear so many useful travel tips and stories while we wander our trails right here in Colorado. I’m so glad I’m a trip leader!
CMC 'QUICK STARTS' SEMINAR

“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!

Thursday 1/09 - 6:30 PM
HOT TIPS FOR WINTER WANDERING

https://www.cmc.org/Calendar/EventDetails.aspx?ID=49121

Thursday 2/20 - 6:30 PM
CalTopo Classroom with Jeff Benton

https://www.cmc.org/Calendar/EventDetails.aspx?ID=49133

Location: Colorado Mountain Club, 710 10th Street, Golden, CO 80401 (Baker Room)
Time/Date: Thursday 2/20/20, 6:30 pm to 8:30 pm (Beer/Sparkling Water and Snacks for Early Arrivals: 6:00-6:25pm)

Cost: $10 members, $15 nonmembers, CMC Active* Trip Leaders: Free
Come hear CMC’s own Jeff Benton demonstrate and explain CalTopo. CalTopo is a free web based mapping and trip planning tool for the backcountry. Jeff will show basic and more advanced CalTopo functions. Did you know we can draw and measure routes, identify avalanche prone terrain, adjust contour lines and see your route profile with CalTopo?

Think Classroom: The first half of the evening will be devoted to Jeff introducing functions, then the second half will have participants create a map. Bring your laptop and work along with Jeff, then create your own map with support from Jeff (and other geeky helpers.)

Jeff Benton is a CMC Trailblazer Technical Leader and instructor with Winter Camping, Technical Climbing School, Wilderness Survival School, and has previously instructed with Alpine Scrambling School. In addition, Jeff has explored and climbed throughout Colorado’s peaks, couloirs and ridges.

Come get your geek on and learn how to create your map through Caltopo.
HAPPY 2020 when snowshoeing or spike-hiking is a wonderful New Year’s Resolution! We welcome both newbies, and experienced folks who enjoy being active and invigorated on winter versions of our summer trails! Remember, if you can walk, you can snowshoe, though maybe a bit slower. If you’re a newbie, we’re supportive, patient, and have fun together! We usually follow a casual, relaxed pace though in winter, trips may be shorter because snow slows us down a bit. Fun anyway! We shoe or spike-hike out for two hours, eat lunch somewhere pretty on the trail, and return. On our way home, we offer optional after-shoe snack stops to get more acquainted and commiserate about our trip! We also offer more challenging trips, so read descriptions & feel free to call leaders if you’re not sure a trip is right for you,

Jeff sends out emails on Fridays at five p.m. with the following Wed and other-day trips (Yes, we know signing on is like getting tickets to a rock concert! We always hope for more leaders, but wait lists often get to go.) If leaders’ trips are set up early, you can preview them Thursday nights. We are super safety conscious per CMC standards, so everyone comes prepared with winter essentials/gear, and a cooperative, flexible attitude (We aren’t whiners, complainers, and we agree not to talk politics!) No jeans. (Cotton when wet is a hypothermia issue so even if you wore jeans as a kid in snow, don’t now!) We’re positive snowshoers/spike-hikers who stay active, have fun together, so come join us! May 2020 bring us another lively year of Colorado winter merriment!

TENTATIVE JANUARY SCHEDULE (We add, change trips as needed!)

WED, JAN 8  - Second Creek  
  - Forest Lake  
  - Leader’s Choice

WED, JAN 15  - Hicks Trail (off Mt. Evans Rd, Evergreen)  
  - Burning Bear  
  - Deer Creek Montezuma

WED, JAN 22  - Flying J Ranch  
  - Kenosha Pass West  
  - Jim Creek  
  - Barr Lake State Park Bald Eagle Birding Walk

WED, JAN 29  - Sisters Hut  
  - Spruce Creek  
  - Shrine Pass
We begin our RMOTHG cross-country (XC) season with three scheduled trips in January and two more in February. Please note these trips are tentative and subject to change, particularly due to weather, and road and snow conditions. Additional RMOTHG trips lead by CMC XC approved trip leaders will be offered throughout the season (Think Snow!!!)

THE TRIPS SCHEDULED FOR JANUARY and FEBRUARY ARE:

Monday, Jan 6 - Jim Creek
Monday, Jan 13 - Wood Creek Drainage
Monday, Jan 20 - Peru Creek
Monday, Feb 3 - Dead Horse Creek
Monday, Feb 10 - Coney Flats

RMOTHG XC trips are rated as Easy II and Easy III using the CMC’s trip classification system. These are 4-8 miles with an elevation gain of 500 - 1,200 feet. Members are required to have XC skills to be able to ski up and down in a controlled manner on selected trails. Our trips are not for members wanting to learn how to cross-country ski.

Members interested in being notified of RMOTHG XC trips should e-mail jeff.flax@gmail.com. Emails will be sent through the RMOTHG XC activity list as trips are scheduled. Please also let Jeff know if you have any questions about RMOTHG XC skiing.
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. The course is 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 2020 course tuition for the two-day class $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/DhBZfM)

A one-day WFA Refresher (WFAR) course is being offered on May 17, 2020. This course is limited to members who have taken WFA or WFAR within that past 30 months. The tuition is $115 - SALT scholarships are also available for this class.

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.

SPONTANEOUS CYCLING

We still take every opportunity to ride!
FOR THIS NEW FEATURE, PLEASE SEND YOUR TRAVEL PHOTOS & A SHORT DESCRIPTION TO Maryann - tophillnews@gmail.com

WAYNE TOMASELLO ENTERING SLOVAKIA ON HIS DANUBE BIKE RIDE!

Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>JAN 4</td>
<td>ATA (Avalanche Terrain Avoidance)</td>
</tr>
<tr>
<td>JAN 9</td>
<td>Quick Start Seminar</td>
</tr>
<tr>
<td>JAN 13</td>
<td>Happy Hour at Olive Garden</td>
</tr>
<tr>
<td>JAN 13</td>
<td>CPR/AED Class</td>
</tr>
<tr>
<td>FEB 1</td>
<td>ATA (Avalanche Terrain Avoidance)</td>
</tr>
<tr>
<td>FEB 20D</td>
<td>Quick Start Seminar</td>
</tr>
<tr>
<td>MAR 15 &amp; 22</td>
<td>Wilderness First Aid Class</td>
</tr>
<tr>
<td>MAY 17</td>
<td>WFA Refresher Class</td>
</tr>
</tbody>
</table>
HOLYDAY PARTY

Many thanks to all who helped with setup and cleanup. It made the party a real success! Fun and comradery was had by all with the White Elephant led by Wayne Tomasello and the Night Before Christmas Gift Exchange by Bob Knueven. Special thanks to Pete Spandau for our liquid refreshments with his co-bartender Bob Knueven. Also special thanks to Cindi Pelletier for the table decorations, toy boxes, and delicious ham, Scott Kramer for getting the roasted/fried chicken, mashed potatoes and gravy, and JoAnn McArthur for taking the toy drive to the Action Center (we had 3 huge boxes full - thanks for your generosity.)

You all made it a fun time!
ROCKY MOUNTAIN OVER THE HILL GANG
A Section of the Colorado Mountain Club Denver Group

RMOTHG SECTION BOARD

Section Chair
Scott Kramer
skramer1016@gmail.com

Section Vice Chair
Deborah Richardt
rdrichardt@msn.com

Secretary & Emergency Contact
Carol Zurcher
carolz80239@gmail.com

Treasurer
Dennis Arndt
dwa2bus1@gmail.com

Communication Director
Janice Johnson
jajohnson1952@gmail.com

Members at large
Carol Wier
carolwier 365@gmail.com

Marty Pfefer
inspmarty@aol.com

Kirsten Tollefson
kmt1950@icloud.com

CMC Denver Council Liaison
Kathy Kurtz
kmkurtz47gmail.com

ACTIVITY COORDINATORS

Membership
Lue Fratantuono
frantunu@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
wtomassello@outlook.com
Jeff Flax
jeff.flax@gmail.com

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

Social Events
Lou Ann Dixon
looanngie@comcast.net
Ronnie Knueven
knuevenru@comcast.net

Newsletter
Maryann Mayer
tophillnews@gmail.com

Hill Topics JAN 2020 P 10 of 10

DOWNLOAD NEWSLETTER
CMCDenver.org newsletter
CMC.org RMOTHG.

SEE BOARD MINUTES
CMCDenver.org board minutes

READ BYLAWS
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