**BREAKFAST ADVENTURE** **APRIL 6, 10 am**

Let’s try a new day and time for a fun place to meet and eat!!!!

Come for a “Breakfast Adventure” on **MONDAY APRIL 6** at the new **Stanley Market Place, Denver Biscuit Company, 2501 Dallas Street, Aurora CO.** Please arrive **promptly at 10 am** so they can seat us all together. The Denver Biscuit Company serves bottomless cups of coffee, ginormous biscuits and cinnamon rolls, biscuits and gravy, breakfast sandwiches with syrup all over, and breakfast beer. It is reported to expect a short wait on arrival and a food coma afterwards.

Reserve your spot by signing up on the CMC website. Each person is responsible for their own bill at the restaurant. The event is limited to 20 people. Check them out at [https://denbisco.com/locations/stanley-market-denver](https://denbisco.com/locations/stanley-market-denver) (303) 377-7900

For more information, contact Kimberlae Houk, Kimberlae.h@gmail.com, 505-486-5078 or Lou Ann Dixon, looanngie@comcast.net, 720-935-5895

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**BAREFOOT IN THE PARK**

**SUNDAY, MARCH 8, 2 pm**

*(TICKETS MIGHT STILL BE AVAILABLE AT BOX OFFICE 303-794-2787 AT REGULAR PRICE)*

Town Hall Arts Center, 2450 W. Main Street, Littleton

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**UPCOMING SOCIAL EVENTS**

**MARK YOUR CALENDARS!**

**MAY 2** - **DUM SUN DINNER AT THE EMPRESS**

**JUNE 25** - **DENVER GRAFFITI WALKING TOUR**

**JULY 18** - **ANNUAL PICNIC AT STAUNTON ST. PARK**

More information will be forthcoming.

If you are interested in joining the Social Committee, please contact:

Ronnie Knueven knuevenru@comcast.net or Lou Ann Dixon at louanndixon@gmail.com.

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**SAVE THE DATE!**

**TURQUOISE LAKE CAMPOUT**

Aug 10-13

More information and a link to the signup form will be in the April newsletter.

*See you there!*
Greetings fellow RMOTHG members

I hope you have had the opportunity to enjoy the beautiful outdoors this month. Snowshoeing and skiing have been great with fresh snow each week - the mountains are a winter wonderland. Snowshoeing with our group through the pristine snow, I realize why I live in Colorado. I hope you have had the same experience with one of our leaders.

We all know it is the effort of our leaders which makes RMOTHG what it is. I think it is important that everyone understands the extent of activities these volunteers create for us to enjoy. To illustrate this point, I have compiled statistics to share of what has transpired from November 1st, 2019 through January 31st, 2020.

Total number of hikes/snowshoe trips - 72
Total number of participants on the hike/snowshoe trips - 696, involving 215 different people
Total number of cycling rides - 7
Total number of people cycling - 97, involving 59 different individuals
Total number of social events - 3
Total number attending social events - 160, involving 127 different individuals
Total number of different individuals enjoying all our activities - 282
Total number of people on a wait list that were not able to get on any individual event - 44

The numbers speak for themselves. Thank you, leaders, for all you do!!

It is still the middle of winter, but it may be time to start thinking of hiking and biking in Leadville this summer. The Turquoise Lake camping dates have been set for August 10th through August 13th. Look for information in the April newsletter which will detail the camping activity and how to sign up. This year we will again have a lottery drawing for our 28-30 campers. Registration this year will be done online which I feel will make it much easier to sign up. Last year we were able to clear almost everyone on the waitlist so if you do not make the first drawing, do not be discouraged.

Last put not least, the next RMOTHG board meeting will be on March 13th starting at 1 pm in the Drumwright Room at the American Mountaineering Center. If you would like to join us, please let one of the board members know so we can make sure we have enough seats. We want to hear from you so contact a board member and tell us of your thoughts and concerns.

I hope to see you soon on the trail.

Scott Kramer
WHY I AM A TRIP LEADER

~ Carole Adler

So, you want to know why I became a leader. It started about 15 years ago when we followed our kids out to Colorado. I fell in love with the outdoors with skiing, biking, hiking and snowshoeing. Someone told me about Colorado Mountain Club what they had to offer. I knew I hit the Mother Lode with all the activities that the Mountain Club had, especially RMOTHG. I was involved with same minded people and had made friends for life.

Getting back to becoming a leader. You know since this is a volunteer organization that you must give back something back to the club. I wasn’t interested in sitting on a board but leading just seemed to be a good fit for me. I had taken Wilderness Trekking School, Leadership School, Wilderness First Aid and finally Avalanche Terrain Avoidance. I was all set. So, 10 years ago I became a leader.

Since then I have led numerous trips including huts trips. I have been the hiking coordinator. I just love my life and RMOTHG is a big part of that.

WELCOME & THANK YOU to CAROL BENNETT, this month’s new trip leader!

Carol Bennett joined the ranks of CMC and RMOTHG trip leaders in February 2020. Although Carol won’t be leading RMOTHG trips until 2021 when she retires, she will be leading weekend trips for CMC and hopes to see RMOTHG members on her hikes.

A Colorado resident for 13.5 years, Carol spent 40 years in various parts of California and her early childhood in Georgia and Florida. Her favorite hikes are alpine hikes in July when all the flowers are blooming but she’ll hike most anywhere that’s not paved.

When she’s not working or hiking, Carol enjoys singing, alpine skiing, bicycling, photography, journaling, babysitting for her grand-dog, and staying in touch with friends via Facebook and email.

As a hiker and now as a leader, Carol promotes unity amongst the hikers in her groups – no talk of politics or strong opinions are allowed because we hear enough of that on the news. She believes hiking is an opportunity for folks to relax and enjoy nature and each other. And speaking of unity, Carol likes to have age spans from 20 to 80 on the same hike. It reminds us older folks to discuss our ailments sparingly because the young ones just can’t relate.

Thank you, Carol. We look forward hiking with you on weekends in 2020 and during the week starting in 2021!
CO STATE PARKS ANNUAL PASSES

QUANTITY DISCOUNT PRICE

CO State Parks offers a discount on annual passes when purchased in quantity. The discounted price is either $56 if we purchase at least 100 passes (30% off) or $60 (25% off) if 50-99 are purchased. Individual passes are normally $80 or $70 for seniors (Aspen Leaf pass.) I am Kathy Kurtz, RMOTHG member, and am the point person to collect money, purchase, and distribute passes for RMOTHG members. For RMOTHG members, to order a pass or for questions, contact me at kmkurtz:kmkurtzcoparkspass@gmail.com or 303-512-3006.

Parks Passes must be ordered by MONDAY APRIL 13, via the above email address.

If you are a Bobcat, Jan Brady is collecting Parks pass orders and checks for Bobcats. Jan's contact information is marjan56@msn.com and 720-394-2133. Look for a Bobcat notice in early March w/Parks pass ordering information.

IMPORTANT CHANGES FROM 2019 PROCEDURE

• Simplified Process for 2020: we no longer need your license plate numbers. I will buy X number of vouchers in return for X number of passes. Each voucher will be redeemed by you at any State Park for the usual Parks pass sticker. At that time, a CO Parks officer will request your license plate number and any other required information.
• Details regarding vouchers:
  Vouchers are non-refundable and can’t be replaced if lost.
  Vouchers expire at the end of the month a year from the date of purchase. Our vouchers will expire April 30, 2021.
  The pass for which the voucher is exchanged is valid until the end of the month a year after its redemption. For example: If a voucher was purchased on 4/3/20, but not redeemed until 10/14/20, the pass is valid until 10/31/21.
• Please note that I will continue to purchase our passes in April each year.
• Replacing pass(es): After exchanging your voucher for a pass, it is possible to replace your pass if it is lost for a $5.00 fee. Any Parks office can assist you with replacing a pass.
• Should you be concerned that the USPS may lose your voucher (which can’t be replaced if lost,) you may instead pick up your voucher(s) at the CMC office this year. The front office folks have graciously agreed to make this possible! If you choose to pick it up at the office, let me know when you place your order.

Final cost of Discounted Passes: You will be notified of the cost (either $60 or $56) via email by Monday April 13 (or sooner.)

Check mailing process: PLEASE DO NOT MAIL CHECK UNTIL YOU KNOW FINAL COST!
My mailing address is 809 Union St., Lakewood, CO 80401-4474
I must receive your check, along w/ a self-addressed stamped envelope (SASE), by Tuesday April 21. The checks must be made out to Kathy Kurtz as CO Parks will only take one check.

Bobcats' checks must be mailed to Jan Brady at 5686 South Havana Court, Englewood, CO 80111.

If you will be out of town during the weeks of April 5 and/or April 12, feel free to mail a check earlier. I must have your check when I buy the vouchers. If we don’t yet know the final cost, make it out for $60 (along with your SASE). Kindly email me so I can watch for it. Should the cost be $56, I will include a refund check in the envelope with your voucher.

CO Parks and Wildlife website link to the CO Parks passes info: https://cpw.state.co.us/buyapply/Pages/ParksPassInfo.aspx
RMOTHG ACTIVITY COORDINATORS … what do they do?

The Activity Coordinator positions are unique to RMOTHG and are held by qualified CMC Trip Leaders. There are Activity Coordinators associated with each of RMOTHG’s primary activities (i.e. hiking, biking, snow shoeing, cross-country skiing.)

These volunteer positions are busy and effective ones that take knowledgeable and organized persons to lead. By having these primary contacts for each activity we are able to assure a variety of regularly scheduled trips for our members and on-going support for our trip leaders.

Their primary focus is to manage the specific activity by assisting our new and existing Trip Leaders, and by planning the season’s base schedule of weekly trips (i.e. hikes, bike rides, skiing.) Every year prior to the activity’s season, the Coordinators each hold a planning meeting with their Trip Leaders to lay out a framework of tentative trips throughout the season and to provide communication on relevant topics. The meetings may also include some training, distribution of support materials and an opportunity for the Trip Leaders to meet and share ideas.

As new Trip Leaders join our groups throughout the year, the Coordinators provide a welcome helping hand to get them started. This assistance may include: trip route advice, assistance in posting on the CMC website, suggesting co-leaders for trips, and general mentoring as to our processes. This helps in our goal to provide support and appreciation for all of our Trip Leaders.

During the year the Coordinators also submit articles to the newsletter regarding their activity and upcoming schedules, provide a budget request to the RMOTHG Board, answer questions our members may have about the activity, help re-schedule or add new trips, send out weekly notices to alert members of upcoming trips, monitor any trip waitlists, watch that members do not sign-up for more than one trip per day, and lead trips themselves.

Activity Coordinators….we appreciate all of your efforts and thank you for the great trips we enjoy each year!

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**Events**

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<td>Barefoot in the Park Play - Littleton Arts Center</td>
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<tr>
<td>MAR 8</td>
<td>TLS (Trip Leader School)</td>
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<td>MAR 12</td>
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<td>MAR 15 &amp; 22</td>
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<td>APRIL 6</td>
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<td>APRIL 9</td>
<td>Quick Start Seminar - Stop the Bleed</td>
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<td>MAY 2</td>
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<td>AUG 10-13</td>
<td>Turquoise Lake Campout</td>
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Sure hope you’ve enjoyed February snows on a RMOTHG snowshoe or spike-hike! Will March beat February in snow? We’ll soon find out with March trips listed above. Newbies and regulars are all still welcome. We shoe or spike-hike winter’s Colorado trails following a casual pace for about two hours, find a neat spot for lunch, then return to TH. After trips, we offer optional stops on way home to talk about the day. Jeff continues to send out emails at 5 pm Fridays announcing the following Wednesday trips and other day trips too! If you still aren’t on Jeff’s email list and want to be, let Jeff know at Jeff.Flax@gmail.com. We also have leaders willing to offer more challenging trips as well. Read trip descriptions and feel free to call leaders to see if a trip is right for you. (Remember to only sign up for one trip!).

Safety is still big with us. Leaders avoid avalanche terrain, check trail and road conditions, and will cancel when things don’t look safe or optimal for fun! RMOTHG shoers/hikers come prepared for any change in weather, carry ten essentials, winter gear, and first aid kits, and are flexible and cooperative when leaders need to change plans for a hike (Why we leaders love leading RMOTHG members!) Come join us in March as we enjoy Colorado spring snowshoeing or spike-hikes!
CPR/AED for Outdoor Recreationists

MAR 30

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering 2 ½ hour ECSI nationally certified CPR and AED (automated external defibrillator) evening classes at the AMC/CMC on Monday, March 30th. The class is from 6:30 to 9:00. The course also covers information on how to relieve choking victims.

The classes are available for sign-up on the CMC.org calendar at [https://www.cmc.org/Calendar.aspx](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](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](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)

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](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](https://goo.gl/DhBZfM)).

A one-day WFA Refresher (WFAR) course is being offered on May 17. 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.


Contact Jeff Flax, Denver Group WFA School Director, for more information about the WFA courses — Jeff.Flax@gmail.com.
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 MARCH 12 - 6:30 PM

Climbing Spring Snow Webinar

C Coulour climbing season is upon us ... come and learn about traveling spring snow climbs, from the comfort of your home. This lecture will be presented via Webinar. Colorado's mountains are full of couloirs -- steep, narrow valleys of snow between rock cliffs -- that ripen for climbing every spring. They're the perfect place to learn and hone true mountaineering skills, including using technical gear such as ice axes and crampons. Join Colorado Mountain Club Trailblazer Trip Leader Jeff Golden for an evening discussion on favorite routes, modern gear and techniques, snow safety, and other snippets for snow climbing.

Webinar: Details will be e-mailed to participants prior to event. Cost: Non-members: $14, Members: $8, Active* Leaders: $4 *Active CMC Leaders have lead at least one trip/class within the last year and are up to date with credentials (WFA, etc.)

To register for the Climbing Spring Snow Lecture: Click Here
To see the full Quick Start Schools Lectures series: Click Here

APRIL 9 - 6:30 PM

Stop the Bleed

Nicole Gordon, BSN, RN, is a Trauma Quality Specialist with Littleton Adventist Hospital and teacher with Stop the Bleed campaign. The purpose of Stop the Bleed training is to make our nation more resilient by better preparing the public to save lives. Learn three quick actions to control life threatening, serious bleeding. Learn how to apply a tourniquet. Learn how to recognize life threatening blood loss.

Stop the Bleed kits will be available for cash sale ($30.)

Come early for a brew, beverage and snacks and meet the speaker: Nicole Gordon, BSN, RN

Video: Young Skier saved by Stop the Bleed Training

Cost: Non-members: $15, Members: $10, Active* Leaders: FREE *Active CMC Leaders have lead at least one trip/class within the last year and are up to date with credentials (WFA, etc.)

To register for the Stop the Bleed Lecture: Click Here
To see the full Quick Start Schools Lectures series: Click Here
Learning how to be safe in the backcountry is a major reason many members join the CMC and the RMOTHG. So we’ve developed a one-evening seminar especially for members 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 over night,
• how to avoid, 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.

The price is just $10.00 for members and $15.00 for non-members. Our first one-evening seminar in 2020 will be held on March 24.

To learn more or to register for the seminar, go to www.cmcdenver.org/schools/introduction-to-hiking-safety

BPX (BACKPACKING) SEASON KICKOFF
MARCH 18 - 5:30 - 8:30 pm

AMERICAN MOUNTAINEERING CENTER, GOLDEN

The new backpacking section, BPX, authorized in September 2019, will be rolling out 2020 backpacking trips to members on March 18th at the AMC in Golden.

BPX Members will be able to:
• Register for backpacking trips of their choice from one night to seven night trips, from three miles round trip to forty-five miles round trip
• Meet BPX Trip Leaders
• Hear short, personal presentations on "How to Stay Warm & Dry", "Food Choices", "Sanitation" - all while Backpacking
• Vendors Present: Mountainside Gear Rental and Lowe Boots
• Prize drawings for Denver Backpacking School free tuition, Three $75 gift certificates, Four Certificates for BPX Gear
• Pizza, Salad, Beer, Wine provided

Register at: https://www.cmc.org/Calendar/EventDetails.aspx?ID=49749
FOR THIS NEW FEATURE, PLEASE SEND YOUR TRAVEL PHOTOS & A SHORT DESCRIPTION TO Maryann - tophillnews@gmail.com

Seaside trail on Big Island, HI. Scouted and ready to lead hike, including lunch on a secret beach. Who all wants to join us?

- Susanne & Pete Spandau
PLEASE Email YOUR photos to Maryann - tophillnews@gmail.com
RMOTHG SECTION BOARD

Section Chair: Scott Kramer
skramer1016@gmail.com

Section Vice Chair: Deborah Richardt
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Treasurer: Dennis Arndt
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Communication Director: Janice Johnson
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ROCKY MOUNTAIN OVER THE HILL GANG
A Section of the Colorado Mountain Club Denver Group

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.

DOWNLOAD NEWSLETTER
CMCDenver.org newsletter
CMC.org RMOTHG

SEE BOARD MINUTES
CMCDenver.org board minutes

READ BYLAWS
CMCDenver.org bylaws