This year's annual meeting will be held 2020 style, which of course means going virtual. Grab a drink and join us. It should be fun!

To register, click on this link:  https://cmc.org/Calendar/EventDetails.aspx?ID=50679

The focus of the meeting will be having fun sharing and socializing on Zoom with old friends and new acquaintances.

- After you register, you will receive information on how to sign into Zoom for the meeting.
- If you have never used Zoom, please ask for a pre-meeting tutorial.
- If possible, please use a computer rather than a tablet or phone for the meeting, since you'll be able to see more of your friends' faces on the computer screen.

Here's what we have planned:

- Main Session: 4:30 pm - 4:55 pm - Activity Coordinator presentations and volunteer recognition
- Social Session 1: 5:00 pm - 5:25 pm
- Social Session 2: 5:30 pm - 6:00 pm

We will need volunteers to host each Social Session. Volunteers should be familiar with Zoom, but we will provide guidance on hosting the sessions.

In addition, we would like to have one or two volunteers on call to handle technical questions from members.

If you are interested in volunteering or have questions, please contact Janice Johnson at (303) 523-9055 or jajohnson1952@gmail.com.

SEE YOU THERE!
VOTE FOR YOUR NEW BOARD MEMBERS by SEPT 10

www.surveymonkey.com/r/L55DSZ

RMOTHG VOLUNTEERS!! PLEASE SEND YOUR PHOTO by SEPT 10

For our virtual RMOTHG Annual Meeting this year we’re asking all volunteers (Trip Leaders and Coordinators, Board and Social Committee members, Denver Group Liaison, TopHill News Editor, our IT Specialist … have I forgotten anyone?) to send a photo of yourself to Janice Johnson at jajohnson1952@gmail.com. The photos will be used to create a picture gallery that we can display during the virtual annual meeting to recognize and thank you for all that you do.

Please include your full name with your photo! Thanks!

CAN YOU NAME THESE WILDFLOWERS?
see answer on last page of newsletter!

And please submit other Secret Wildflowers to tophillnews@gmail.com for next month’s newsletter. THANKS!
To All:

Another month has come and gone, and we still have COVID-19. If there is anything good to report is that Colorado seems to be doing things right to control the spread of the virus. I know our group has been very proactive in making sure we keep ourselves, family, and friends safe during this time. I realize we feel isolated and wish this part of our history will be over and we can return to enjoying our hikes, biking, snowshoeing and cross-country skiing. My hope is 2021 will usher in being able to enjoy time together.

There are two items of note this month. You will see a link in this newsletter that will direct you to voting for the new RMOTHG board members. Even though there are only three people running for three positions, please take a second and vote. The three candidate’s bios were listed in the August newsletter. They are Susanne Spandau, Mike O’Connor and myself. By voting you will provide us with some idea of how our newsletter is being read by our members. Please have your votes in by September 10th.

The second item is the annual meeting, September 17th at 4:30 pm. The meeting this year will be a Zoom meeting focusing on getting people together to have fun sharing stories. In the general session, I will introduce our current board members, the members who are leaving us and the new board. After that, the meeting will break into different Zoom breakout rooms where you can catch up with the people you have missed over the last 6 months. We scheduled this time because we want it to be a social hour. Grab your favorite drink and join us. It should be fun. You will find the link to sign up for the virtual meeting in this newsletter. Please sign up by September 10th.

My special thanks to Ronnie Knueven, Janice Johnson, Carol Wier, Jeanne Eiss and Maryann Mayer for their help in putting together the virtual annual meeting. Their thoughts and direction should provide a great meeting.

I hope to see you on Zoom Thursday September 17th at 4:30 pm, and on the trails soon.

Scott
WHO ARE THESE MASKED LEADERS?

ENTER TO WIN AN OFFICIAL CMC BUFF!

Name as many of these masked RMOTHG leaders as you can. Whoever identifies the most leaders will be the lucky winner of a CMC buff!

Send your responses, with a name next to the number shown on the picture, to tophillnews@gmail.com

Thanks, and good luck!
WHAT WE'VE BEEN DOING ...

Thank you to Pete and Susanne Spandau for showing me how to get to Hagerman Tunnel up near Turquoise Lake (Leadville.) The hike a few weeks ago (just before the smoke started to come in) was through historical remnants of the Douglas saloons...err City and near the Continental Divide. The flowers were still blooming. This hike is featured in the 100 Classic Hikes in Colorado book.

Sue Henley

Several of us bought campsites from Scott from the cancelled Turquoise Lake campout, August 10th-13th. We had wonderful weather--60-70's, sunny during the day and low 40's at night. The last night we had some smoke which turned the sun setting to a bright pink! Some of us went hiking, some went biking, some went kayaking, and some did their own thing. When walking around the lake, I discovered that someone had made cairns on the beach. That's the first time I've seen them and the big one looked like a Buddha to me. Everyone cooked their own meals and some of us made a spread out circle for happy hour to socialize. Everyone was respectful in wearing their masks, and I think everyone had a good time. Even the first time people said they would come back next year when we are back to “normal”!

Diana Bliss
WE’VE BEEN MAKING ART

I hope you like my Art class assignment on Who I Am.

Judy Childers

I finally finished my pandemic project. It is diamond art and so much fun!

Debbie Richardt

WE’VE BEEN ENJOYING GRAND LAKE

Pete & Susanne Spandau camping with mom & baby elk at Elk Creek Campground.

Debbie & Robert Richardt
This is a time of physically distancing, not socially distancing. In the spirit of keeping socially connected, please share what you've been doing and thinking with the Gang.

PLEASE SEND YOUR CONTRIBUTIONS TO tophillnews@gmail.com for next month's newsletter. THANKS!

I'VE BEEN PRACTICING SOCIAL DISTANCING.

I'VE BEEN PRACTICING SOCIAL DISTANCING.

1. I LEARNED ABOUT THIS FUN APP CALLED RELIVE: https://www.relive.cc/ Above is a 1 minute video of a scramble we did last week (so you can see what it does.) Relive incorporates the map of your hike along with photos stops. Basically, I loaded the free version of the app on my mobile phone. I start the app at the beginning of my hike or bike ride. Then along the way, I take photos. Relive marks the photos location. After completing, I review what has been recorded and add some descriptive text.

2. I WAS INVITED TO BE PART OF A NATURE LOVERS BOOK CLUB. It is composed of CMC members and we read from the genre of Eco Literature Monthly. Some recent reads include:

   The Sun is a Compass: https://www.carolinevanhemert.com/book
   Prodigal Summer: https://www.amazon.com/Prodigal-Summer-Novel-Barbara-Kingsolver/dp/0060959037

Cyndi Lehr
DENVER GROUP CPR/AED COURSE

We will resume offering CPR/AED courses in late August or early September 2020. The course will look very different during the pandemic.

There will be a limit of six students per class, one student on a mannequin at a time (with thorough disinfectant wiping between students), a minimum of six-foot social distancing at all times, CPR will be taught as hands-only compressions without mouth-to-mouth skills, and the classes will be conducted outdoors. AED (automated external defibrillator) skills will continue to be part of the course. A two-year ECSI certification will be provided at the end of the class.

The cost of the class is $40. SALT scholarships will be available for the course for leaders and prospective leaders. Please follow the Denver Group’s CPR/AED webpage for more information as it becomes available: https://cmcdenver.org/schools-2/wfa-cpraed

YOUR OLD BIKE COULD BECOME A $1,000 TABLE.
By Jeff Flax

As discussed in the August 2020 RMOTHG newsletter, the CMC Denver Group is no longer offering the Wilderness First Aid (WFA) course. In its place, CMC is offering a state-wide WFA school with its new WFA partner, Backcountry Pulse (BCP). SALT is no longer available for the WFA course. Eligible members may apply instead for free tuition for the State’s WFA course. See details below.

(Please note the CMC State Board of Directors has determined the 8-hour WFA Refresher course does not meet the 16-hour WFA training requirements for CMC leaders and certain school instructors.)

The CMC has developed this hybrid course to maximize participant safety in the time of COVID. Virtual lectures and self-paced learning through videos and online quizzes allow participants to complete the first half of the course from their own home. Then you’ll complete the field day at a later date—there’s no time frame requirement due to the ongoing COVID-19 situation.

A bit about our partner, Backcountry Pulse. Their courses are engaging, hands-on and instructed to the latest evidence-based practices in wilderness medicine. Instructors are wilderness medicine professionals and skilled outdoor educators with years of experience working remote, complex rescues and guiding groups in dynamic environments. All courses are nationally recognized and have reciprocity among other wilderness medicine education companies. Programs are continually updated to reflect the latest evidence-based practices.

Click here for more information on the new CMC state-wide WFA school from CMC.org.

New! Free WFA Training for Volunteer Leaders!

The Colorado Mountain Club is pleased to offer free Wilderness First Aid (WFA) training for trip leaders and instructors! There are 5 spaces per course reserved for volunteer leaders who meet the following conditions:

- Be a trip leader, instructor, or CMC member in the process of becoming a trip leader or instructor.
- Lead a minimum of 6 trips or school field days in the two years following training.

In order to receive this free WFA training, please submit this online application — https://coloradomountainclub.formstack.com/forms/freewfa The CMC State Office will review applications on a rolling basis. Once your application is approved, the CMC State Office will contact you to get you registered for an upcoming course. This free WFA training only applies to courses offered by the CMC State Office. There will be a $25 fee for leaders who wish to cancel or transfer their registration at anytime prior to the course. Please note that the CMC State WFA course does not include CPR/AED certification (although CPR/AED is discussed during the course).

Please contact the CMC State Office at office@cmc.org or 303-279-3080 with any questions. Thank you for your volunteerism!
Do you like learning new things and planning events? Have you been thinking you want to give back to the club? Do you like meeting new people and collaborating on a project?

“Quick Starts” is a series of seminars that highlight topics about recreating in Colorado. They’re a great place to learn something new, or refresh something familiar! CMC Denver Group is seeking a new Quick Start Schools Coordinator. Duties include overseeing monthly lectures. Currently this duty can be achieved totally distantly from home. When possible, lectures can return to in-person format. Looking for a one-year commitment for 2021. Cyndi Lehr has been coordinating the Quick Start Schools since April 2019 and will be phasing out of this duty as she moves into her role as Co-Chair of Denver Group Council. Now is a great time to get involved and learn/transition the process for these fun monthly lectures.

You can check out more here. Contact Cyndi Lehr for any questions or interest.

With over 1200 members, BPX is looking for additional backpacking trip leaders to ‘Join the Pack’ for 2021. The backpacks don’t need to be more than one night. In fact, there is a huge interest in 2 day, one night trips within short drives of Denver. Our members ‘just want to get out’. Whether you are an experienced backpacker or an experienced trip leader who would like to lead backpacking trips, existing BPX trip leaders will guide and mentor you through the process become a BPX trip leader. A major benefit of being a BPX Leader is a ‘bank’ of pre-planned trips from which you claim those you wish to lead.

Interested? Contact the BPX Trip Leader Coordinator at CMCBPXTLC@gmail.com
Greetings RMOTHG Hikers

9/16 RMOTHG Sandstone Ranch TENTATIVE
9/23 RMOTHG Kenosha Pass East TENTATIVE

September is here and there is already a hint of color in the mountains. I'm sure many of you are frustrated that there haven't been many RMOTHG hikes, but remember that most of our trip leaders are in the high risk category for COVID and are trying to limit their exposure. As CMC members you are welcome to sign up for any CMC hike which is suitable to your abilities; it doesn't have to be a Denver Group hike. Non-RMOTHG hikes are not advertised with an e-mail notification so you have to just keep looking at the CMC calendar. If you want to limit your search to just A hikes or just B hikes, you can use the "quick trip search" function at the top of the CMC page and enter your criteria. Don't be afraid to sign up for the waitlist as these trips are also subject to lots of "churn."

And no matter with whom you hike, remember that hunting season is starting. Please either wear some Hunter Orange or Hunter Pink and/or put it on your pack very visibly. If you are looking for places where there is no hunting allowed, there's a hunter outreach line (303-291-7526) and e-mail (hunteroutreach@state.co.us).

Martha Mustard

Sometimes, all you need is a good friend and a trail.
Hello RMOTHG Bikers

Talk about summer weather on the Front Range…whew! I am sure some of you (like me) are getting out on your bikes in the mornings and enjoying our trails before the heat kicks up.

We bike leaders hope you understand that in this time of COVID-19 there are limitations as to Trip Leader availability to lead rides each week. We take our responsibilities seriously and would like nothing more than to be leading you all weekly as in all past years. Please understand that we plan to resume full schedules when the threat of this virus is under control. Thank you for your patience.

In the meantime, we would like to share one of our regular bike routes with you so that YOU can go out and enjoy a new or familiar bike trail on your own. Here is the “Highline Canal” bike ride description: Start at DeKoevend Park parking area off of University Blvd just north of E. Arapahoe Rd. (https://goo.gl/maps/6TpK8Q5rcdbohZAJ7). Follow the Highland Canal to E. Hampton Ave. and return. It is a flat ride of about 22 miles.

If you do take the above ride or are out on other trails, please share those experiences by sending a picture and/or a brief note about the ride you took (i.e. where you went, what you enjoyed, what you saw along the way, what challenged you, how good you felt.) Please send, either to me or to our Newsletter Editor Maryann Mayer (tophillnews@gmail.com) those pictures and bike ride stories, to be added in upcoming newsletters. We can’t wait to hear about your rides!

I would like to thank Jerry Rowe for recently scheduling a mountain bike ride. I am sure fun will be had by all who follow Jerry.

Again a brief reminder that there have been changes to our regular biking schedule - the number of participants on each ride (currently 10 including the leader,) social distancing adherence, no post-ride lunches and all of the other current CMC COVID-19 rules shall apply. (Please refer to CMC.org Home page for “COVID-19 and Colorado Mountain Club Programming,” including “Protocols for CMC Trips”.)

Since rides may be scheduled for any day of the week (not always Fridays) an email notice will be sent to everyone on the biking group list to notify them of the upcoming ride and when registration for the ride will be open on the CMC Trip Calendar. The on-line trip posting will give details about the ride and the leader’s direct requirements.

This is good news to those able and comfortable in riding with RMOTHG. Remember, we want to keep all of our RMOTHG friends and families as safe as possible, so we know all participants will follow the rules set forth and the guidance of our trip.

If you have any questions about our biking program, about becoming a bike trip leader, or any suggestions for the group, contact me at: wtomasello@outlook.com.

Wayne Tomasello
RMOTHG Biking Coordinator
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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.