Let's meet for Happy Hour at the Mountain Toad Brewing at 900 Washington Avenue, Golden, on Wednesday, August 17 from 3 to 5 pm. Please check out their website at www.mountaintoadbrewing.com. They have a food truck available if you are hungry. The food truck schedule is on their website, so check back in August to see which one.

Please SIGN-UP on the CMC website at: https://cmc.org/calendar/eventdetails.aspx?ID=56375. by FRIDAY, AUGUST 12TH. The website will re-open for registration August 8th.

There is no charge to sign-up, but you are responsible for your own beverages and food.

Easiest parking is 2 blocks away at the Coors Tek parking lot at 9th and Jackson.

For more information, contact your Social Committee Member and Chair of this event, Barb Edwards, at barbgedwards@gmail.com.

SOCIAL COMMITTEE HELP WANTED

People who like to have fun, make new friends, plan parties, try new venues. If you answer yes to any of the above, the social committee wants you.

Contact any current committee member or Carol Wier for more information.
The town of Como is hosting again its “Boreas Pass Railroad Day,” Saturday, August 20. Come join Holly Myers and Kathy Crawford to the top of Boreas Pass. The Forest Service will serve pancakes (while supplies last) at the section house, and Roberts and Swartz cabins will be open to view. For more information go to www.facebook.com/ComoParkCounty.

We may take a brief walk up one of the nearby trails to get a view and a little exercise before heading back down to Como to tour the Round House, Depot, the Painted Lady House, old Rowe Street and historic schools in Como. Wear your walking/hiking boots/shoes and bring day pack with water, snacks, wind gear, sunglasses etc.

Lunch at the Shaggy Sheep in Grant on our way back home. Go to www.the-shaggy-sheep.com to find out what’s on the menu and prices.

There is no charge for this event. You are just responsible for your own expenses.

We will meet at 8 A.M. at The Fort in Morrison to carpool to Como, or meet at the top of Boreas Pass at 9:30 A.M. Limit to 12 participants.

For more information and questions, please contact Holly Myers at hmyers1954@aol.com.

Please sign-up no later than August 12, 2022, on the CMC website at https://cmc.org/Calendar/Eventdetails.aspx?ID=56614. The website will re-open for registration August 8th.

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On Jan. 1, 2023, Colorado is launching the Keep Colorado Wild Pass. This program will provide Colorado residents the opportunity to purchase a $29 state parks pass during their annual vehicle registration through the Division of Motor Vehicles. Currently, an annual state parks pass purchased through Colorado Parks & Wildlife costs between $80 and $120.

The Keep Colorado Wild Pass is an annual state park pass that:

- Provides entry to all Colorado state parks
- Protects wildlife, lands and water
- Supports search and rescue programs
- Funds trails and local community projects
- Helps make the outdoors safe and available to all

For more information and answers to Frequently Asked Questions, visit https://cpw.state.co.us/aboutus/Pages/Keep-Colorado-Wild-Pass.aspx?utm_source=print&utm_medium=flyer&utm_campaign=2022-keepcoloradowild
Signup on the new CMC website beginning AUGUST 8th.
SIGNUP DEADLINE IS AUGUST 29TH.

Our annual meeting and brunch will again be at the Mt Vernon Canyon Club and we hope you'll join us! This fun event is an opportunity to catch up with old friends and meet new ones while enjoying the social hour and cash bar beginning at 12 noon followed by a delicious brunch at 1 p.m. The brunch menu features:

- House Salad or Tri-Color Rotini Salad
- Orange and Cranberry Juices, Fresh Fruit, Assorted Croissants and Sweet Rolls
- Maple Cured Bacon and Sausage
- Seasonal Fresh Vegetable, Home Fried Potatoes, Rice Pilaf
- Chicken Oscar and Carved Roast Round of Beef

During the social hour and brunch, entertainment will be provided by Frederick Frost Sunderman, musician and RMOTHG member. Frost, who moved to Colorado a year ago, will be playing a selection of classical guitar pieces and 20th century steel string compositions.

At 2 p.m. we will have a quick Section meeting where our Board will share highlights from this past year and, most importantly, recognize the volunteers who are the backbone of our organization. These are the people who dedicate many hours to make all of our activities possible - so we hope you will come to meet and show your appreciation to these valuable members.

This year the Board will be honoring Jeff Flax, who currently serves as Chair of the CMC State Board, supports all of our RMOTHG activity coordinators - hiking, biking, snowshoeing and cross-country skiing, and who is an all-around guru when it comes to all things CMC. We are very grateful for Jeff's many years of service to the CMC and the RMOTHG Section.

The cost is $35 for members and $45 for nonmembers.

We will send out an email blast on August 8th to remind you to sign up once the NEW CMC WEBSITE is activated. The deadline for all reservations is August 29th.

Questions? please contact Carol Wier at carolwier365@gmail.com.
My name is Virginia Keir and go by the name Ginny. Since retiring, I have done some volunteer work. Village East, the neighborhood I live in, gives out awards for the best yard each month June through September, so I would get on my bike and ride around the neighborhood to see who had the best yard. I have also ushered at the four small theaters downtown and helped with toys for kids at Christmas. The last few years I have been on the social committee and have enjoyed coming up with different events.

In 2009 I joined The Over the Hill Gang because I wanted to continue downhill skiing and my friends had given it up. My OTHG buddies then convinced me I should start biking with them which I still do.

The past and present board have done a great job. We need to keep up with technology and life style changes to keep the club viable. I have some ideas I would like to present to the board to make this happen. That is why I would like to become a member of the board.

I was raised in Wimbledon and cut my hiking teeth with the college's Youth Hostels Group. Highs were Snowdon, Ben Nevis, the Lyke Wake Walk challenge across the North York Moors (40 miles in less than 24 hours) and completion of just over half of the Pennine Way. A commercial career as a physicist, and family responsibilities got in the way, until ten years in western Quebec introduced me to the pleasures of XC skiing. We moved to Boulder in 1996. I joined CMC around 2000, but did nothing much with the membership until retirement and RMOTHG got me back into biking, hiking and XC skiing five or so years back. I am a board member of the Flatirons Mineral Club, and Dealer Chair for their annual show at the Boulder Fairgrounds. I am about to start Trip Leader training and would look forward to contributing to RMOTHG in its mandate to best serve its many members.

I have recently retired from a 31-year career in public education. I joined the CMC and the RMOTHG last September (2021) and have been hiking just about every week since. I have met many wonderful people and have truly found a home with the Rocky Mountain Over the Hill Gang. I believe in the mission of the CMC and RMOTHG and want to do my part to bring wonderful adventures to all members, new and long standing. I have just recently completed my Leadership Training and will be able to lead my own trips very soon. I am looking forward to being involved in this great organization for many years to come.
Greetings to all 935 of you – almost 1000 Over the Hill Gang members who continue to support the Colorado Mountain Club. You are all amazing, actively engaged outdoor enthusiasts! Come celebrate your accomplishments and each other at the Annual Meeting Sept. 11 at the Mt. Vernon Country Club. Please see the invitation in this newsletter for details and sign-up instructions.

I invite you to get to know the 2023 Board candidates by reading their bios in this issue and VOTE. The RMOTHG Bylaws require us to vote for the board members. Your vote keeps us compliant and insures a board of your choosing.

Congratulations are in order for Kathy Crawford, our newest trip leader. Thank you, Kathy, for completing the leader training. Other leaders new to RMOTHG are Holly Myers and Patrick McKinley. Both Holly and Pat, although new to RMOTHG, are experienced leaders in the CMC. Thank you for the trips you lead.

Be sure to check out and hopefully signup for one or both of the August social outings. The Mountain Toad Brewery happy hour and the Boreas Pass Railroad Day event and lunch. Both outings are sure to provide a good time.

The next board meeting is Monday, August 29. Location to be determined. Let us know if you have questions or concerns.

Stay cool, hydrated and get out early to hear the birds and have a safe and enjoyable outing.

Carol Wier
carolwier365@gmail.com

**SECTION CHAIR’S MESSAGE**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>August 1</td>
<td>Gore Range/RMOTHG Jay's Hut Trip Registration Lottery Opens</td>
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<tr>
<td>August 8-11</td>
<td>Turquoise Lake Campout</td>
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<td>August 17</td>
<td>Happy Hour - Mountain Toad Brewing</td>
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<td>August 20</td>
<td>Boreas Pass Railroad Day</td>
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<tr>
<td>August 20</td>
<td>Backcountry Incident Management School</td>
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<tr>
<td>September 11</td>
<td>Annual Meeting &amp; Awards Banquet - Mt Vernon Country Club</td>
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<tr>
<td>April 19-21, 2023</td>
<td>Gore Range/RMOTHG Jay's Hut Trip</td>
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Although rare within the CMC, backcountry incidents when they do happen are stressful, confusing, and the wrong activities can potentially compound to make a bad situation even worse. For those who have always wanted a means to review, practice, and improve the skills needed to successfully manage the initial aspects of an unforeseen incident, the CMC now offers the Backcountry Incident Management School.

This all-day event will be
- Aug 20: Student Session 3

Prerequisites:
- Priority given to CMC trip leaders and school instructors
- Successful completion of a recent Wilderness First Aid course

Course tuition: $30

Enrollment:
- First confirm there is still space available by reviewing "Available Participants" for Student Session 3 in the CMC Calendar.
- Then, email Rich.McAdams@hotmail.com to confirm you meet the prerequisites. If so, you will be given the Passcode to enroll.
- Finally, enroll through the CMC Calendar using the Passcode and pay your tuition fee. Please note the CMC tuition refund policy and its limitations.
Coloradans have long appreciated a good baseball game, even in spots where it was hard to find a level patch of ground big enough for the field. Here the Colorado Mountain Club plays a game for bragging rights in 1915.

Photo courtesy of George Harvey, Jr. History

IF YOU'VE GOT QUESTIONS …

WE'VE GOT ANSWERS …

This section of our monthly newsletter will address 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.

Q: What's up with all the emails about the new website? I just want to be able to sign up for hikes and social activities.

A: We know you've received more than a few emails from the CMC about the new website but we want to make sure you're prepared for the transition. Here's the important information you need to know:

- **The current website will be deactivated on July 31st.** You will still be able to see upcoming trips, courses, events and activities but you will not be able to sign up for them (members) or change them (volunteers and leaders.)

- **The new website will be activated on August 8th.** All members will need to reset their passwords to access the new website and sign up for or post trips, courses, events and activities. Written instructions and demonstration videos will be available for all members and volunteers to help you navigate the new website.

For more information and updates, go to [New Website Status](https://www.cmc.org) on CMC.org. For questions, email the CMC at [office@cmc.org](mailto:office@cmc.org).
REGISTRATION LOTTERY: AUGUST 1-15, 2022

RMOTHG members interested in joining the trip ~

EMAIL YOUR NAME, EMAIL, AND PHONE NUMBER TO dschweissing@gmail.com NO LATER THAN AUGUST 15TH.

We will compile the names and run a lottery during the second part of August and notify you of your status by the first week of September. If you have been selected to participate in the trip, we will provide you with a password so that you can register and pay for the trip on the CMC website. Trip applicants who are not selected in the lottery will be waitlisted and contacted in the event that a registered trip participant cancels out of the trip.

COST: $113.96

This is a three-day, two night hut trip to Jay's Cabin, part of the Shrine Mountain Inn near Vail Pass. The trip is jointly sponsored by the Gore Range Group and the RMOTHG section of the Denver Group. We have reserved the entire cabin, which includes 12 beds (6 for Gore Range members, 6 for RMOTHG members). Priority will be given to members from those two groups. All others will be waitlisted.

Itinerary is under development and review. Distance and elevation encompass route to and from hut, along with two day trips on trails adjacent to the cabin.

The trip elevation begins at 10,580' and reaches 11,209' feet at the cabin. The distance to the cabin is 2.7 miles. There are no avalanche dangers in this area. We will enjoy beautiful views during the day and moon and stargazing at night.

You can read more about Jay's Cabin [here](#).

**Trip Leaders:**

Frank Burzynski and Daniel Schweissing, RMOTHG

Barb and Curt Audin, Gore Range
CMC is transitioning to our new website! JULY 31 THROUGH AUGUST 7 WILL BE A BLACKOUT PERIOD FOR THE WEBSITE. RMOTHG is not planning any hikes for that week.

RMOTHG offers hikes primarily on Wednesdays but occasionally on other weekdays depending on leaders’ availability. We try to offer a variety of hikes each week. Our Wednesday hikes are open for sign-up on the preceding Friday at 5 pm on the CMC website. They can be viewed on the CMC calendar on the preceding Thursday for our members to research the hikes and decide which one might be right for them. If you would like to be on the notification list, please e-mail hiking.list@RMOTHG.org. If you were already on the list last year or earlier this year, you will still be on the list. When you sign up for a trip, the CMC system will send you an e-mail letting you know if you are on the roster or the waitlist. PLEASE IGNORE THE STATEMENT THAT IF YOU ARE ON THE WAITLIST YOU WILL BE NOTIFIED IF YOU MOVE UP TO THE ROSTER. THAT FUNCTION IS NO LONGER WORKING. A day or two before the hike, the leader will send a reminder e-mail to the participants on the roster. If you were initially on the waitlist but receive the e-mail from the leader, you know you have moved up to the roster. You can always check your status on a trip by logging into CMC.org, going to “members”, and then to “my trips”. Whether you are on a waitlist or a roster if you decide on an alternative activity for that day, PLEASE cancel from the trip. It may not initially seem necessary if you are on a waitlist but many trips have a relatively high turnover shortly before the trip. When one person moves up from the waitlist to the roster, if that person is no longer interested, then he/she is taking up a spot that the next person on the waitlist may be very interested in having but never has the chance. To compound the situation, members are no longer automatically notified when they have moved from the waitlist to the roster so you may be taking up a spot without even knowing it. To cancel from a trip log on to CMC, go to members, then to my trips, and click the cancel button at the bottom of the trip description.

Please bring your ten essentials on whatever hike you choose. Carpooling is generally available but is not an official part of the trip. Bring a mask for carpooling and be prepared to drive yourself. PLEASE be prepared for hot weather wherever you hike. Bring a sunhat, bandana to wet down for cooling, and lots of water. Join a hike and appreciate our beautiful mountains and the wonderful company of other RMOTHG members!

Martha Mustard
RMOTHG Cyclists are having a wonderful summer of bike rides with an average of over 20 participants each week. The trips are Friday mornings and sometimes on other days in the Denver and greater Denver areas, with two styles of riding called the Hares and the Terrapins. Hares ride approximately 20 to 30 miles at a speed of 10 to 12 mph. Terrapins ride at a more leisurely pace of less than 10 mph and go approximately 10 to 15 miles with a few more stops than the Hares. The outings are mostly on paved bike trails and we try to keep the rides fairly flat but, we do encounter some hills and gravel paths.

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. The wearing of 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
SPARK THE CHANGE NONPROFIT THANKS RMOTHG VOLUNTEERS!

Once again, RMOTHG members stepped up to prepare Harvest Oatmeal packets to be sent to food banks. On June 28 at the AMC building, there were 20 RMOTHG members who spent 2 hours of their time at various jobs to fill and pack oatmeal for those in need. Several volunteers from another nonprofit attended as well. The goal of 15,000+ meals was achieved - the entire oatmeal supply for the event was depleted! Special thanks to all who helped clean up the conference rooms at the end.

Big thanks to Christy Judd, Tom Judd, and Mike O’Connor, staff members for Spark the Change nonprofit, for setting this event up for RMOTHG.

Several RMOTHG members, including two new members, enjoyed socializing at Bridgewater Grill after the volunteer event.

Thanks to RMOTHG members: Rick Barnard, Nancy Blaylock, Judy Childers, Kathy Crawford, Lue Frantantuono, Ginny Gelbach, Janice Johnson, Marty Klein, Scott Kramer, Maryann Mayer, Martha Mustard, Holly Myers, Susan Quechenberger, Ida Sansoucy, Linda Sexton, Elaine Shirley, Carolyn Tabak, Jill Taylor, and Carol Weir.
PLACES WE'VE BEEN

WOODS MOUNTAIN

LOWER DIAMOND LAKE

BUTLER GULCH

HERMAN LAKE
SIGHTS we've seen

AMERICAN PIPET WITH BEAK FULL OF BUGS

LOVELAND PASS BIRD HIKE

FRIEALLARY

STRAIGHT CREEK

BURNING BEAR - GENEVA CREEK
## RMOTHG Section Board

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<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Email</th>
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<tbody>
<tr>
<td>Section Chair</td>
<td>Carol Wier</td>
<td><a href="mailto:carolwier365@gmail.com">carolwier365@gmail.com</a></td>
</tr>
<tr>
<td>Section Vice Chair</td>
<td>Mike O'Connor</td>
<td><a href="mailto:mikeoc111@gmail.com">mikeoc111@gmail.com</a></td>
</tr>
<tr>
<td>Secretary &amp; Emergency Contact</td>
<td>Scott Kramer</td>
<td><a href="mailto:skramer1016@gmail.com">skramer1016@gmail.com</a></td>
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<tr>
<td>Treasurer</td>
<td>Janice Johnson</td>
<td><a href="mailto:jajohnson1952@gmail.com">jajohnson1952@gmail.com</a></td>
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<tr>
<td>Communication Director</td>
<td>Susanne Spandau</td>
<td><a href="mailto:sespandau@gmail.com">sespandau@gmail.com</a></td>
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<tr>
<td>Membership</td>
<td>Dennis Baumfalk</td>
<td><a href="mailto:dkbaumfalk@msn.com">dkbaumfalk@msn.com</a></td>
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<tr>
<td>Members at large</td>
<td>Bob Barday</td>
<td><a href="mailto:rjbarday@msn.com">rjbarday@msn.com</a></td>
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<tr>
<td></td>
<td>Laurine Rowe</td>
<td><a href="mailto:laurinerowe@msn.com">laurinerowe@msn.com</a></td>
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<tr>
<td>CMC Denver Council Liaison</td>
<td>Jim Guerra</td>
<td><a href="mailto:joguerra77062@gmail.com">joguerra77062@gmail.com</a></td>
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</tbody>
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## Activity Coordinators

<table>
<thead>
<tr>
<th>Activity</th>
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<th>Cross Country Skiing</th>
<th>Biking</th>
<th>Hiking</th>
<th>Social Events</th>
<th>Newsletter</th>
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</thead>
<tbody>
<tr>
<td>Coordinator</td>
<td>Elaine Kallos</td>
<td>Jeff Flax</td>
<td>Wayne Tomasello</td>
<td>Martha Mustard</td>
<td>Jeff Flax</td>
<td>Maryann Mayer</td>
</tr>
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<td><a href="mailto:jeff.flax@gmail.com">jeff.flax@gmail.com</a></td>
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<td><a href="mailto:tophillnews@gmail.com">tophillnews@gmail.com</a></td>
</tr>
</tbody>
</table>

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**Activity Coordinators**

- **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**: Maryann Mayer (tophillnews@gmail.com)

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**RMOTHG Section Board**

- **Section Chair**: Carol Wier (carolwier365@gmail.com)
- **Section Vice Chair**: Mike O’Connor (mikeoc111@gmail.com)
- **Secretary & Emergency Contact**: Scott Kramer (skramer1016@gmail.com)
- **Treasurer**: Janice Johnson (jajohnson1952@gmail.com)
- **Communication Director**: Susanne Spandau (sespandau@gmail.com)
- **Membership**: Dennis Baumfalk (dkbaumfalk@msn.com)
- **Members at large**: Bob Barday (rjbarday@msn.com) and Laurine Rowe (laurinerowe@msn.com)
- **CMC Denver Council Liaison**: Jim Guerra (joguerra77062@gmail.com)

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**Hill Topics**

AUG 2022

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**Download Newsletter**

CMCDenver.org newsletter
CMC.org RMOTHG.

**See Board Minutes**

CMCDenver.org board minutes

**Read Bylaws**

CMCDenver.org bylaws

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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.