"All you need is love, love. Love is all you need." ~The Beatles

“You’ve gotta dance like there’s nobody watching, Love like you’ll never be hurt, Sing like there’s nobody listening, And live like it’s heaven on earth.” ~William W. Purkey

"Where there is love there is life." ~Mahatma Gandhi

"I have decided to stick with love. Hate is too great a burden to bear." ~Martin Luther King
A Valentine Hike for February: The Heart Tree

If you ever hike in the City of Boulder Open space, you may have come across the Heart Tree. I have visited it several times over the years and it continues to be as charming as ever. It is always a bit different, hearts depart and others take their place. But the one constant is the presence of a fresh live red rose! A very curious sight on a mountain trail.

The last time I visited the tree, a man who claimed to be a potter was contributing a lovely white heart to the art installation.

The Heart Tree is located on the Shanahan Connector trail between the North Fork Shanahan trail and the South Fork Shanahan trail. There are a number of trailheads that can lead you there but I usually approach after parking on Lehigh at Lafayette. A nice 5 mile easy/mod loop can be started by taking the first left to the Bluestem Connector, then to Lower Bluestem, then Upper Bluestem, Mesa trail to South Fork Shanahan to CONNECTOR SHANAHAN, then North Fork Shanahan back to Lehigh.

The City of Boulder has good maps available online or use your Gaia, COTrex or other online mapping tool.

Take yourself and your sweetie to the Heart Tree - it's so romantic!

Carol Wier, Communications

RMOTHG Social Committee News

As of January 19, 2021

Please mark your calendar for the “big” events for 2021:

Saturday, July 10, 2021 – Annual RMOTHG Picnic – Staunton State Park, Pine, CO
Sunday, September 12, 2021 – Annual Meeting/Awards – Mt. Vernon Canyon Club, Golden, CO
Sunday, December 5, 2021 – Holiday Party, 710 10th Street, Golden, CO

We are hopeful that you will all be vaccinated by mid-year or sooner, and we can resume our monthly social events.

If you have any questions or suggestions, please contact Ronnie Knueven at knuevenru@comcast.net.
2020 has been such a challenging year that I think we’re all ready for things to get better. For those of you who have been able to get the vaccine it must feel like a relief. If you who have not been able to get the vaccine, we sincerely hope that it'll be available soon.

As we usher in 2021 the social committee, headed by Ronnie Knueven, is planning activities to resume this summer and fall. Plans are being made for a summer party, the annual meeting in September, and our holiday party in December. We are also making reservations for the summer Turquoise Lake camping trip. The new e-mail list called “Connections” has provided a list of members who are interested in enjoying the outdoors with new friends. I know many leaders are planning to get back on the trails as soon as they feel it is safe. I don’t know about you, but there were times through 2020 I was not sure when this time would come. I am now very optimistic we will get this pandemic behind us.

In the newsletter there is an article for leaders that need to renew their WFA certification. If you are not sure when your WFA expires, feel free to contact me and I'll be happy to help you determine that date. The board is working to provide these classes to all leaders at no cost. We know the strength of the group is great trained leaders who are willing to give their time and energy for safety. We will keep you posted on the process of handling the cost.

The club is strong with approximately 1100 members. Special thanks to all who renewed your membership early and/or donated to CMC. As you may know, a lot of revenue fro CMC comes from the classes. Classes were cancelled due to Covid 19 so your great generosity has helped our organization through this trying time.

The next board meeting will be March 8 at 1:00 PM via Zoom. Please let us know if you have any items that you would like us to address.

Until I see you on the trail again, be well and safe.

Scott
HAVE YOU MADE CONNECTIONS?

The new e-mail list called Connections has been launched! For those who are unfamiliar with connections@rmothg.org, it is a list of members and their contact information submitted by interested members to facilitate contacting others for outdoor activities initiated by each other. This mechanism is not on the CMC calendar, it is an outside of the club activity. Limited opportunities for interacting with other members during Covid-19 restrictions was the impetus for creating this e-mail. If you haven’t signed up yet, you might give it a try. If you have used the connection e-mail and were able to plan a hike, walk, snowshoe trip, give us some feedback. Suggestions are also appreciated at connections@rmothg.org.

~ Carol Wier, Communications

SAFETY MESSAGE from a TRIP LEADER

We monitor the condition of our winter clothing, gloves, hats, etc. But how about our spikes? After a harrowing ice hike in Deer Creek Park OS, I inspected my 10 year old tracks. Who knew metal could be rounded just from walking for years on ice, rocks, and gravel? Please check your spikes, snowshoes and poles before every use. Spikes are a bit spendy, but so critical to our safety.

Martha Delporte

ATTENTION Current & Potential Trip Leaders

WILDERNESS FIRST AID (WFA) classes, which are now offered by CMC through Backcountry Pulse, are free for current and potential trip leaders. However, the number of free slots available each session is limited to 5 so it’s important to submit your application in advance. Click here to submit your application for free training.

Please note that the CMC State Board of Directors has determined that the 8-hour WFA Refresher course previously offered does not meet the WFA training requirements for CMC leaders and certain school instructors. Click here for more information on the new CMC statewide WFA school.
HELLO from your liaison to Denver Group Council (DGC)

I, Kirsten Tollefsen, currently have the privilege of serving on the RMOTHG Board and the DG Council. As a part of my duties I am also the liaison between the two, which means that at every meeting (DGC and RMOTHG Board) I share pertinent information from each as a means to bettering communication. Communication (both ways) is one of the 2021 goals of DGC.

We welcome your input and invite you to raise any questions, concerns or ideas that you think would improve your experience in RMOTHG, Denver Group and CMC by contacting the RMOTHG Board in care of Carol Wier, communication officer, or by emailing me directly (See our addresses on the last page of this newsletter.)

Please remember that the best way for you to know what’s going on is by reading the various newsletters and special notices you receive from CMC, Denver Group and RMOTHG as they are the primary means of communicating club information directly to membership.

While I have your attention (well maybe …ha ha,) I want to share a portion of our last DGC meeting discussion regarding a positive and painless way to support CMC.

As you know, CMC welcomes any and all donations particularly after the past year. One simple way of obtaining donated funds for our club is by designating Colorado Mountain Club as your charitable organization each time you make a purchase through Amazon - actually through AmazonSmile. A couple of years ago RMOTHG thanked our trip leaders/volunteers by giving them an Amazon gift card. We asked that they purchase through smile.amazon.com, which resulted in 0.5% of their purchase dollars being contributed directly to CMC.

AmazonSmile is a simple and automatic way for you to support Colorado Mountain Club every time you shop, at no cost to you. When you shop at smile.amazon.com, you’ll find the exact same shopping experience as amazon.com with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization (Colorado Mountain Club.).

So how do you select Colorado Mountain Club as a charitable organization to support when shopping on AmazonSmile? Just go to smile.amazon.com, select a charitable organization (Colorado Mountain Club) to receive donations from eligible purchases before you begin shopping. AmazonSmile will remember your selection, and then every eligible* purchase you make at smile.amazon.com will result in a donation. *See smile.amazon.com for full details.

Ok, I can’t wait to hear from you and more importantly see you out on the trails in this new year!

Kirsten Tollefsen
TRAIL ANGELS

You know who they are... They're the ones who appear out of nowhere when you've taken a wrong turn and hand you the extra trail map they just happen to have. The ones who unlock the door to the church conference room so your biking group can use the restroom and fill up their water bottles in the middle of a 40-mile ride.

You know who they are ... 

On January 13, I was hiking the Brookside-McCurdy trail in the Lost Creek Wilderness with Elaine Shirley and Mike O'Connor. Mike had hiked ahead of us and a short while later Elaine and I heard voices.

It's not uncommon to encounter other CMC or RMOTHG members on a hike, and this day was no exception. Mike had been talking to Bob Hunter, a fellow RMOTHG member, who just happened to have a folding saw and was in the process of cutting through one of two large trees that had fallen over the trail. Mike, of course, had already offered to help.

An hour or so later, Elaine and I came back down the trail just in time to watch Bob and Mike move the trunks off the trail. What's really cool about this story though is that Bob is an old hand at clearing trails.

While Bob and Mike were working, Bob related the story of his RMOTHG hike to Chicago Lakes in 2017. Over the years, many of us have heard Colleen Landy, the trip leader, describe Bob's readiness to "clear the trail." Bob pulled out his folding saw on that hike, too, and made quick work of a tree that had fallen across the trail. ~Janice Johnson

HERE THEY ARE, OUR JANUARY 2021 TRAIL ANGELS, BOB HUNTER AND MIKE O'CONNOR!

Do you have a Trail Angel story to share? Email Maryann Mayer (tophillnews@gmail.com) to share your good news!
REVISED WINTER TRIP RULES
(reprinted from the December 2020 Denver Safety and Leadership Newsletter)

Effective immediately, Denver Safety & Leadership (DS&L) has adopted new winter trip rules (“Rules”) that replace prior DS&L avalanche training requirements for Denver trip leaders. The rules apply only to Denver leaders of hiking, snowshoeing, ski touring, ski mountaineering backpacking, and camping trips. They do not apply to Denver schools, climbing, Adventure Travel, Nordic Centers, or downhill skiing.

The new rules are aimed at enhancing the variety and safety of winter trips offered by Denver leaders while eliminating some of the inconsistencies between DS&L and State CMC winter travel rules. The changes are highlighted below, but leaders are urged to click on the link and carefully review the rules in their entirety.

- Neither AIARE or ATA training is required to lead on-trail trips on non-snow-covered terrain, thereby eliminating DS&L’s winter calendar restriction (11/1 to 4/30) and making the State’s rules on remote and non-remote areas unnecessary.
- Trip leaders without ATA or AIARE training may also lead on-trail trips in defined Exempt Locations (including numerous Open Space and State Parks) whether or not the terrain is snow-covered. Some restrictions apply in the event of a recent heavy snowfall.
- AIARE Level 1 training is still required for leaders traveling in avalanche prone terrain. DS&L recommends, but does not require, that it be retaken every 5 years. We also recommend that trip leaders traveling in avalanche prone terrain take beacon, probe, and shovel refresher training annually. If a leader determines that participants are likely to encounter avalanche prone terrain that cannot be circumvented or otherwise avoided, then everyone on the trip must carry and be proficient with the use of such avalanche equipment.
- Avalanche Terrain Avoidance (ATA) training is still required for trip leaders traveling in snow-covered non-avalanche prone terrain. DS&L recommends, but does not require, that ATA be retaken at least every 3 years.

As stated in the Preamble, the Rules recognize the paramount importance and ultimate authority of leader judgment in determining what is or is not avalanche risk. The Definitions section should be read closely, particularly those pertaining to “Avalanche prone terrain” and the annually updated “Exempt Locations.”

Indian Peaks Wilderness is a popular destination for recreation opportunities in the Front Range. The area’s proximity to the Denver Metro area makes it one of the most visited Wilderness areas in the country. To preserve the area’s wilderness character, a permit system has been in place for overnight camping since 1985. Until now, however, visitors could only apply for a permit via mail or in person at the Boulder or Granby district offices. This system created challenges and inconveniences for visitors.

This new online system will allow visitors to view backcountry zone availability ahead of time, making it easier for them to plan their itineraries. Furthermore, they will have access to this system 24/7 and can apply for permits on the weekends and evenings, even when the district offices are closed. Lastly, visitors can easily make modifications to an existing permit if circumstances change.

Permits are required for all overnight camping from June 1 to September 15 and are always required for groups of 8-12 people. The new system is expected to come online in mid-March and permits will no longer be issued by mail, phone or in person. Look for more information and details as they become available at www.fs.usda.gov/goto/arp/indianpeaks.

(Originally published in the December 24, 2020, edition of The Mountain-Ear.)
WHAT WE'VE BEEN DOING ...

Bob & Ronnie Knueven on top of Outback at Keystone

Sue Osborn, Johnny Pavlis, Ida Sansoucy, Maryann Mayer & Martha Delporte at Elk Meadow

Sandy McRae & Barb Schwarz at beautiful Roxborough ....
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!

Berthoud Pass on the way to cut down a native tree for Christmas. ~Ron Hileman

My idea of camping......glamping! ~Carol Zurcher

Do you remember what you were doing at noon on Dec 12 2012? Elaine Kallos was leading this trip at Mt. Falcon. ~Pete Spandau
PARAPROSDOKIANS are figures of speech in which the latter part of a sentence is unexpected. Winston Churchill loved them.

Some examples:

1. Where there's a will, I want to be in it.
2. Since light travels faster than sound, some people appear bright until you hear them speak.
3. If I agreed with you, we'd both be wrong.
4. War does not determine who is right - only who is left.
5. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
6. They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.
7. To steal ideas from someone is plagiarism. To steal from many is called research.
8. In filling in an application, where it says, 'In case of emergency' - notify: I put 'DOCTOR.'
9. I didn't say it was your fault, I said I was blaming you.
10. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they look sexy.
11. Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.
12. A clear conscience is the sign of a bad memory.
13. I used to be indecisive. Now I'm not so sure.
14. Nostalgia isn't what it used to be. Nor is there any future in it.
15. Change is inevitable, except from a vending machine.
16. Going to church doesn't make you a Christian any more than standing in your garage makes you a car.
17. Finally: I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.
18. I am not arguing with you, I am explaining why you are wrong.
# RMOTHG Section Board

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<tr>
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<tr>
<td>Section Chair</td>
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<tr>
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<tr>
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# Activity Coordinators

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<td>Snowshoeing</td>
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<td>Jeff Flax</td>
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<td>Cross Country Skiing</td>
<td>Jeff Flax</td>
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<td>Jeff Flax</td>
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<td>Jeff Flax</td>
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<tr>
<td>Social Events</td>
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<td>Ronnie Knueven</td>
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# Hill Topics

**February 2021 Issue**

- **Rocky Mountain Over the Hill Gang**
  - A Section of the Colorado Mountain Club Denver Group

**Activity Coordinators**

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- **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**: Lou Ann Dixon (looanngie@comcast.net), Ronnie Knueven (knuevenru@comcast.net)
- **Newsletter**: Maryann Mayer (tophilnews@gmail.com)

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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.