The Board of the Rocky Mountain Over the Hill Gang are anxious to celebrate the last year at our Annual Meeting and Awards Banquet at Mt. Vernon Canyon Club, 24933 Clubhouse Circle, Golden, Colorado on Sunday, September 12, starting with cocktails (cash bar) at 4:30 pm and dinner and program starting at 5 pm. We will be in the Main Dining Room or Veranda (depending on Covid-19 restrictions). For more information about Mt. Vernon Canyon Club, go to www.mountvernoncc.com.

This year we will be entertained by the Candlelight Mystery Players providing the clues to a murder mystery. This is not a stage presentation. This will be a live improvisational theater. Their troupe of veteran actors mingle and interact directly with the audience, answering questions and providing clues to “who dun it” and why.

Our plated dinner selections are:

- **Roasted Vegetable Risotto** (GF) with fennel, carrots, parsnip and cremini mushrooms;
- **Chicken Marsala** (GF), sauteed chicken breast, garlic mashed potatoes, wild mushroom marsala sauce, and seasonal vegetables; or
- **Steak Au Poivre** (GF), sliced beef medallions with brandy peppercorn sauce, garlic mashed potatoes and seasonal vegetables.

Our plated dinners include **Mixed Green Salad** (GF), mixed greens, blue cheese crumbles, granny smith apples, and pecans served with maple vinaigrette dressing; **Coffee, Tea, and Iced Tea; Assortment of Breads and Butter**. Dessert is **Cheesecake with Strawberry Sauce**. (Mt. Vernon will honor special requests, if possible.)

There will be a cash bar: Host Call Brand Mixed Drinks - $8, Host Glass of House Wine - $7, Host Bottle of Imported/Micro Brew Beer - $6, Host Bottle of Domestic Beer - $5, Host Soft Drinks per glass/can - $3.

The cost is $30 for RMOTHG members, and $45 for non-members. **Deadline for signup is Tuesday, September 7** on CMC website at www.cmc.org/calendar/eventdetails.aspx?ID=53351. Please make your dinner selection on website.

Dress is business casual.

For more information, contact Ronnie Knueven at knuevenru@comcast.net.

BTW - You can follow the new CMC website's progress here!

cmc.org under the "About" menu: https://www.cmc.org/About/NewWebsiteStatus.aspx
Learning how to be safe in the backcountry is a major reason many members join the CMC. So we’ve developed a one-evening seminar especially for new 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) and being stranded over night,
- how to avoid, how to prepare for, and how to respond to safety challenges,
- an introduction to the extensive program of in-depth, hands-on safety training courses offered in the CMC Denver Group’s adult education curriculum.

The next session, the last one until next spring, will be held at the CMC building in Golden on **September 15 at 6:30**.

**The price is just $10.00.**

This is a members-only seminar (Covid-19 policy).

To learn more or to register for the seminar, go to [http://www.cmcdenver.org/schools/introduction-to-hiking-safety](http://www.cmcdenver.org/schools/introduction-to-hiking-safety)

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I am sorry to report that we have decided to **CANCEL “TRAIL TALES AND ALES” on 10/7/21** at New Terrain Brewery.

**We hope to have this event Thursday June 2, 2022 (5-7pm.)** That’s a long way off and a lot can happen in between …

We will be back in touch next year. Be safe and take care,

Cyndi Lehr

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Your Social Committee met for a lunch meeting on Tuesday, August 24 at the Buffalo Rose, Golden, Colorado.

Your Social Committee members are Judy Barday, Anita Connors, Barb Edwards, Ginny Keir, Kathy Tandy, Linda Thompson, Lou Ann Dixon*, Ronnie Knueven*, Kathleen O’Riley, and Judy Sears. (*Co-Chairs)

We not only plan your social events, but we are social too. If you are interested in being part of the Social Committee, please let Ronnie Knueven know at knuevenru@comcast.net.

Please check the newsletter and website for future events. **Make sure you mark you calendar for our Holiday Party on December 5.**
LUNCH/HAPPY HOUR

New Terrain Brewery

Tuesday, OCT 5, Noon to 2 - SIGN UP by OCT 3!

Let’s meet for lunch/happy hour at the New Terrain Brewery, Beer Garden and Taproom, 16401 Table Mountain Parkway in Golden.

“The New Terrain Brewing Company is a brewery crafting exploratory beers.” See their website at www.newterrainbrewing.com. They have lots of different beers, ciders, seltzers. You can order your lunch from the food truck. They have a covered pavilion with outdoor seating, as well as indoor seating.

There is no charge for this event, but you are responsible for your own lunch and beverages.

Questions? Please contact Barb Edwards at barbgedwards@gmail.com.

Please sign up on CMC website at www.cmc.org/calendar/eventdetails.aspx?ID=53686 no later than October 3 so we can make sure we have a name tag for you.

DIM SUM DINNER

The Empress Seafood Restaurant

Saturday, NOV 6 - 5:30 pm - SIGN UP by OCT 18

Dim Sum is literally translated to mean “touch the heart” and the associated Cantonese phrase "yum cha" which means “to drink tea.” Let’s raise a cup of tea and enjoy a Dim Sum Dinner together at The Empress Seafood Restaurant - 2825 W. Alameda Avenue, Denver, on Saturday, November 6 at 5 to 6 for Happy Hour (your cost) and 6 pm for dinner. The cost to RMOTHG members is $35 (Including tax and tip) per person.

The menu served family style is as follows:

Appetizers: Pot stickers, Veggie rolls, Roast Pork
Soup: Seafood Tofu Soup
Entrees: Peking Duck, Chinese Style String Beans, Basil Fish Filet with Veggies, Walnut Shrimp, Filet Mignon with Black Pepper Sauce, Peking Pork Chops, Beef Flat Rice Noodles

For more information about the restaurant, please go to www.theempresssrestaurant.com. For more information about event, please contact Ginny Keir at gjkeir@gmail.com.

To RMOTHG members:

As this RMOTHG financial year comes to an end, it has been my pleasure to serve as your section chair for the past two years. Working with the board has been a great experience. These members have dedicated time to serving our section, with knowledge and direction to keep us in great standing. I will continue on the board for the next two years and look forward to serving with new officers.

I would personally like to thank the three board members who will be leaving us: Kirsten Tollefsen, Carol Zurcher, and Lue Fratantuono. Each of these members has contributed special talents to make the board be successful. They will be missed, but their contributions will certainly carry on.

I would also like to introduce you to our three new board members, Dennis Baumfalk, Laurine Rowe and Bob Barday. I appreciate all the people who took time to vote for them as required by our bylaws. They will begin to serve after our board meeting on September 7.

I invite you to join us at the annual meeting on September 12 at Mount Vernon Country Club. The annual meeting allows us to update our members of the past year’s many activities. You will also get a chance to meet the new officers for the coming year and socialize with friends.

We have approached Mount Vernon about our concern with the current up-tick of COVID. Mount Vernon has agreed to either accommodate us on their veranda, and/or put tables and chairs far enough apart to social distance for those who have concerns. We know this virus has not left us and we are very focused on the safety of our members. If for some reason you do not feel comfortable in joining us, we certainly understand and will miss you.

Thank you again for the support you have given me through the last couple of years. We know it’s been a challenging time for RMOTHG and CMC but our membership is strong.

Hope to see you on the trail soon.

Scott
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 Seminar.

This all day event will take place on September 14th (a Tuesday) with students simultaneously rotating through four stations, with each station emphasizing one aspect (one role) typically required to manage and mitigate the consequences of a backcountry incident. These roles consist of a First Aid Team, a Go-for-Help Team (aka the Help Team), a Spend-the-Night team (aka the Bivvy Team), and an Incident Manager Team. The IM Team will coordinate the actions and activities of the other three roles. As a review from your Wilderness First Aid class:

- The First Aid Team will assess the nature of the victim’s injuries, consult with the IM Team to confirm the accident site is safe, and if not coordinate resources to relocate the victim, perform primary and secondary physical checks, then develop injury documentation for the Help Team.

- The Help Team will work with the IM Team to develop a plan to contact help, whether that is by phone, SPOT, or hiking back to the trailhead. Using the information from the First Aid Team, the Help Team will share with S&R the nature of the incident/injuries and offer advice on the assistance deemed necessary.

- In the event of a prolonged incident, the Bivvy Team will coordinate with the IM Team to develop a plan to establish shelter, fire, water, and the ability to locally signal for help. Whether the stay is several hours or overnight, the Bivvy Team will make efforts to keep the victim and other group participants warm, dry, and safe.

- The IM serves as the glue and the coordination point for all the other roles; this role is the essence of the BIM seminar. In addition to keeping all the moving parts headed in the right direction, the IM will need to monitor the over all care and feeding of those involved (trip participants and perhaps spectators). With input from all the teams, the IM will need to make timely decisions, initiate activities, and utilize resources... even when desired information is unavailable.

The BIM seminar is intended to dovetail into the Wilderness First Aid curriculum. Typically, the WFA course would place 80% emphasis on the diagnosis and application of first aid, and 20% on incident management. The new BIM Seminar will consist of 20% first aid and 80% on the incident management activities.

Course enrollment fee will be $20. Additional information (field day logistics and homework) will be provided to students accepted into the course. Priority will be given to CMC trip leaders. Enrollment is limited to eight students per session.

Seminar prerequisite: Successful completion of a recent Wilderness First Aid (WFA) course.

To indicate interest and get on the preliminary enrollment list, please email Rich.McAdams@hotmail.com.
Hunting soon will take place in almost every area CMC recreates throughout the state, so get to know about the planning resources you need to avoid hunters and shooting. A “hunting activity today” notice is rarely posted at trailheads, so add this info to your trip planning checklist.

Most Colorado hunting takes place in September and October although some eastern plains hunting is allowed in late August through December. And a few areas are designated open to hunting Memorial Day to Labor Day. All dates are posted at Colorado Parks and Wildlife’s Big Game Hunting Planner, updated each year, at: https://cpw.state.co.us/Documents/Hunting/HunterEd/HuntPlanner.pdf#search=hunting%20planner.

However, as a hiker or backpacker, you will want to know about the places where there will be NO hunting while you are there. That will vary each year by where CPW wants hunting to happen or not. It may also vary by proximity to roads and trailheads. For example, local rangers may assure you that hunters are way up the mountain from your intended trail.

For up-to-date information, call the friendly folks at the Hunter Outreach Line: 303-291-7526 or write to them at hunteroutreach@state.co.us. They may steer you away from your intended area and suggest another area nearby where hunting is prohibited. If in doubt, you can also call the specific area ranger.

Robbie Monsma
RMOTHG campers gathered at Baby Doe Campground from August 9-12 to enjoy the outdoors and great camaraderie. The campsites were pleasant and the weather was picture perfect.

Campers were able to choose from several hikes offered by our capable leaders. Diana Bliss led the hike to Native Lake Overlook on Tuesday. Martha Mustard’s group trekked to both Windsor Lake and Hagerman Tunnel that same day. Wildflowers were still in bloom, especially the blue Gentians. Hagerman Tunnel had ice in it and provided a very welcome breath of cool air. The featured hike on Wednesday was led by Ken Ruiz to the Lost Man Loop which ascends fairly steeply above treeline, passing Independence Lake and going over a ridge to Lost Man Lake. This is not a true loop but a car shuttle. This is a beautiful area located just west of Independence Pass. Susanne and Pete Spandau offered a scenic shore trail hike on Wednesday afternoon from our campground. Sightings included a few flowers, mushrooms and rusted mining artifacts.

A bike ride to Leadville and circumventing the town on the Mineral Trail was an option on Tuesday. The weather and conditions were perfect for the participating cyclists to enjoy the 25 mile ride.

Kayakers took advantage of the morning calm waters and explored the shoreline and mountain views. Several folks brought their own kayaks and shared them with all who wished to experience navigating the lake.

Shared evening meals were delicious - a testimony to the culinary talents within the group. There is no meal more welcome than that eaten outside after an active day in the sunshine, mountain air and in good company.

A good time was had by all - join us next year!

Carol Wier, Communications
JUDY CHILDERS’ ARTWORK at TURQUOISE LAKE

LOST LAKE LOOP HIKE at TURQUOISE LAKE
Summer is nearly over and the biking season has been wonderful. The month of September ends the regular weekly rides due to the unpredictable fall weather. We’ll have “spontaneous rides” on Fridays through the fall season as the weather allows. Most weeks we have had new riders joining us and they have been warmly welcomed. So, come and enjoy this exercise and fellowship.

Currently there are two styles of riding groups: Hares and Terrapins. Hares ride approximately 20 to 30 miles at a speed of 10 to 13 mph. Terrapins ride approximately 10 to 15 miles at a speed less than 10 mph with more stops.

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. Wearing 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
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 5pm on the CMC website. They can be viewed on the CMC calendar on the preceding Thursday evening for our members to research the hikes and decide which one might be right for them. Only sign up for one trip per day, either on the roster or on the waitlist. Please bring your ten essentials on whatever hike you choose. The leader will send an e-mail to the roster before the trip as a reminder and to provide any special information. Carpooling is currently discouraged due to COVID resurgence but some drivers may be willing to take passengers. Carpooling is not an official part of the trip and if you do carpool, masks are highly recommended. PLEASE be prepared for any kind of weather in September. For hot weather bring a sunhat, a bandana to wet down for cooling, and lots of water. For changing weather, dress in layers. Join a hike and appreciate our beautiful mountains and the wonderful company of other RMOTHG members!

Thanks,

Martha
THINGS WE'VE SEEN ON OUR HIKES

IS IT A MUSHROOM OR A SNAKE?!

at JASPER & DEVIL'S THUMB

at MAXWELL FALLS

near ROCKY MT NAT'L PARK

PLEASE Email YOUR photos to Maryann - tophillnews@gmail.com
# RMOTHG Section Board

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<thead>
<tr>
<th>Position</th>
<th>Name</th>
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<tr>
<td>Section Chair</td>
<td>Scott Kramer</td>
<td><a href="mailto:skramer1016@gmail.com">skramer1016@gmail.com</a></td>
</tr>
<tr>
<td>Section Vice Chair</td>
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<tr>
<td>Secretary &amp; Emergency Contact</td>
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<td>Communication Director</td>
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<tr>
<td>CMC Denver Council Liaison</td>
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# Activity Coordinators

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<tr>
<td>Membership</td>
<td>Susanne Spandau</td>
<td><a href="mailto:sespandau@gmail.com">sespandau@gmail.com</a></td>
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<tr>
<td>Snowshoeing</td>
<td>Elaine Kallos</td>
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<td>Jeff Flax</td>
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<td>Cross Country Skiing</td>
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<tr>
<td>Biking</td>
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<td>Jeff Flax</td>
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<tr>
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<tr>
<td>Social Events</td>
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<td>Ronnie Knueven</td>
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<tr>
<td>Newsletter</td>
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<td><a href="mailto:tophillnews@gmail.com">tophillnews@gmail.com</a></td>
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## If a Fellow RMOTHG Member Has a Serious Illness, Injury, or Has Passed Away

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.