This social event involves packing Harvest Oatmeal food packs that go out to various local food banks such as Salvation Army, Food Bank of the Rockies, school food pantries, etc. These food packs are highly requested at food banks because they are a stable, nutritious, easy-to-prepare breakfast.

We meet at the nonprofit Spark the Change office located at 789 Sherman Street, Denver. Volunteers work for 2 hours filling oatmeal packs. Some of the work involves measuring oatmeal, adding protein powder, sealing packs, filling boxes, etc. Wearing a hair net, gloves, and mask during this event is mandatory. These are provided but your own mask is welcome. Parking passes will be available for free parking in the lot directly west behind the building. And you get to visit/chat with other RMOTHG members while you volunteer!!

***Post-oatmeal packing, those interested will visit Carboy Winery located at 400 E. 7th Ave (a two block walk from Spark the Change location). Check out the website at: https://www.carboywinery.com. Happy hour is from 3:00 - 6:00 PM. You are responsible for your own food/drink tab.

Questions? Contact Elaine Shirley elaineshirley@q.com
Since there was no Holiday Party last year, the RMOTHG wanted to make this year’s celebration different and better than ever before! The Holiday Party is scheduled for Friday, the 3rd of December, at the Golden Hotel (www.thegoldenhotel.com), 800 Eleventh Street, Golden, Colorado starting at 4:30 pm for Cocktails, and Dinner at 5:30 pm. There is free parking available below the building, so no need to go out into the cold or snow.

Our Dinner selections are:

- Lobster ravioli with sundried tomato cream sauce,
- Fresh grilled chicken breast with a red wine demi-glace,
- Or for the vegetarian, fresh grilled vegetables in puff pastry with wilted spinach with a sweet tomato chutney.

All plated dinners start with a salad and end with a dessert. Each option offers freshly brewed Lavazza coffees and are served with freshly baked artisan rolls, sweet creamery butter and chef's choice of seasonal starch and vegetables.

There will be a cash bar with domestic bottled beer $5, premium bottled beer $6, House wine $8 glass, hand-crafted deluxe drinks $8, and hand-crafted premium drinks $10.

There may be surprise entertainment for you. Details are still being worked out.

The price for Members is $35, Non-Member $50, which includes tax and gratuity.

It should be a festive evening in Golden. After dinner, if you want to walk the streets of Golden, The Olde Golden Christmas presents Candlelight Walk the evening of December 3rd. “There’s nothing more heart-warming during the holidays than a small-town old-fashioned Christmas, and no one does it better than historic Golden. With quaint holiday shops and festive decorations along historic Washington Avenue and thousands of twinkling lights lining the banks of Clear Creek, Golden is right out of a Christmas movie.” For more information, go to www.visitgolden.com/candlelightnight.

For those of you who want to really make a night of it, there are hotel rooms available. Contact the Golden Hotel at 303-279-0100 or 800-233-7214 for reservations.

Again, this year, we will be taking donations for The Action Center (www.theactioncenter.org). “The Action Center’s mission is to provide an immediate and compassionate response to those in our community experiencing hardship and by offering the resources and services needed to stabilize lives and promote pathways to last change.” Please bring your unwrapped toy. There will be boxes available to put your toy at check-in. Remember, your participation is OPTIONAL.

HOLIDAY ATTIRE IS ENCOURAGED.

PROOF OF VACCINATION OR RECENT NEGATIVE COVID TEST WILL BE REQUIRED.
We will be practicing local Jefferson County and CMC Covid protocols.

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

PLEASE GO TO THE CMC WEBSITE TO MAKE YOUR RESERVATIONS: www.cmc.org/calendar/eventdetails.aspx?ID=54021  There will be no refunds as CMC charges a $35 processing fee to refund.
As we enter the month of November, thankfulness always comes to my mind. Gratitude for family, friendship, health and fitness to participate in an active life is at the top of the list for many of us. The coordinators, leaders, the social committee and all volunteers are deserving of our appreciation for their efforts to provide us with opportunities for safe, creative recreation.

Thank you to Maryann Mayer for her efforts in producing an informative, and enjoyable communication vehicle for RMOTHG members.

Thank you to Wayne Tomasello for his crew of bike leaders. Thank you to Martha Mustard for coordinating all hiking leaders.

As we switch gears in December to winter activities, Snowshoeing continues to be coordinated by Elaine Kallos. Cross Country Skiing is coordinated by Jeff Flax. If you would like an email notice of skiing trips, ask Jeff Flax to add you to his email distribution list: jeff.flax@gmail.com

If you have received an email from Scott Kramer asking you to complete a surveymonkey, this is legitimate. The survey is only asking for your shirt/jacket size so your award can be ordered for you.

Join me in welcoming the following board members in their new roles.

Vice Chair, Mike O'Connor
Treasurer, Scott Kramer
Secretary, Ronnie Kneuven
Communication, Janice Johnson
Members at large, Dennis Baumfalk, Laurine Rowe, Bob Barday
Susanne Spandau continues in membership tracking.
Kirsten Tollefson represents our section at the CMC Denver Council.

The November Board meeting will be Monday, Nov. 8, 1-2:30pm. Location to be determined. Board goals for 2022 will be discussed and much more. All are welcome to attend but due to Covid restrictions when meeting inside, it is recommended that you contact a board member with your question or comment and they will present it at the meeting.

The Social Committee has planned a festive Holiday gathering for us on December 3rd at the Golden Hotel. It will be fun catching up with friends and meeting those that are new to us. In addition, you have the opportunity to bring a gift for a disadvantaged child. See the invitation included in this newsletter, then log on to the CMC calendar to sign up!

Happy Thanksgiving!

Carol Wier, Section Chair
Chautauqua Mountain and the Palmer Lake Reservoirs

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>November 6</td>
<td>Dim Sum Dinner</td>
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<tr>
<td>November 9</td>
<td>Social Event - Spark the Change</td>
</tr>
<tr>
<td>December 3</td>
<td>Holiday Party</td>
</tr>
<tr>
<td>December 14</td>
<td>Treating a Lower Leg Injury</td>
</tr>
</tbody>
</table>

We are always open to suggestions and ideas.
Please forward to Ronnie Knueven at knuevenru@comcast.net

Each year, the RMOTHG thanks the volunteers who have helped facilitate the many activities we offer. This year, we need sizing information from you so that we can process your gift.

If you received an email from Scott Kramer (skramer1016@gmail.com) asking you to complete a question survey and you completed the survey, thank you!

If you have not yet completed the question survey or deleted the email, you can access the questions by clicking on the link below or via Scott's email. Again, we simply need sizing information from you so that we can process your gift.

[https://www.surveymonkey.com/r/PZYW9QW](https://www.surveymonkey.com/r/PZYW9QW)
A few miles from the trailhead, “Sally” trips and suffers what may be a twisted ankle. As the weather appears threatening, her hiking partner “Bob” suggests she just walk it off. Sally attempts to walk a few steps to no avail. What would you do?

The Backcountry Incident Management School’s continuing education program will facilitate an evening clinic intended to demonstrate, and have attendees practice, the identification and treatment of a suspected lower leg injury.

The clinic will address:
1) Attempts to identify the nature of the injury
2) Taping a bare ankle to provide support for a walk-out
3) Taping over the boot for a bad weather walk-out
4) Monitoring the CSM’s (circulation, sensation, movement)

If you would like to be more reliant and self-sufficient in the backcountry, and perhaps even be able to help others, enrolling in this clinic may be your next good decision.

Enrollment will give priority to CMC trip leaders and instructors, although the session is open to all. Once enrolled you will be provided with a list of your own personal hiking equipment items necessary for the class, a shorter list of materials to purchase, and a few YouTube videos to get you up to speed.

Proof of vaccination or recent negative Covid test will be required.

The class will be held on December 14, from 6pm – 9pm, at the AMC building in Golden.

If interested, please email Rich.McAdams@hotmail.com (indicate if you are a CMC trip leader or CMC instructor). Eligible individuals will be provided a password that will allow you to enroll through the CMC website and pay your $10 tuition fee.
YOU’VE GOT QUESTIONS…
WE’VE GOT ANSWERS…

Q: Why do I need to carry a first aid kit in my pack for a day hike? I know my trip leader will have everything needed to patch me up if I trip on a tree root or scrape my arm on an unseen tree branch.

A: It’s true that our trip leaders carry their own first aid kits and will happily patch you up using their supplies, but taking responsibility for your own health and well-being by carrying your own first aid kit is one of the CMCs ten essentials for any hike. You may have allergies or sensitivities to materials used in bandages, antiseptics or over the counter medicines or you may be experiencing a health emergency that requires prescription medication. For this reason, leaders will ask for your first aid kit if you are injured or experiencing a health emergency and use your supplies to treat you. And it’s important that your yellow Personal Information card (ask your trip leader for one if you don’t have one) is a part of your first aid kit. This will expedite care in situations involving serious injury and/or evacuation.

To see a list of recommended First Aid kit items, click here https://cmc.org/Members/MyMembership/CMCTenEssentials.aspx

The seven rules to How To Write Really Good

1. Avoid alliteration. Always.

2. Prepositions are not words to end sentences with.

3. Avoid clichés like the plague.

4. Comparisons are as bad as clichés.

5. Be more or less specific

6. Yet never generalize

Seven. Be consistent

Carpenter Peak

Kenosha East
The Gang met at the New Terrain Brewing Company at 16401 Table Mountain Parkway, Golden, at noon on Tuesday, October 5th, 2021. We enjoyed the brews and chowed down on great burgers from the 5280 Burger Bar Food Truck (www.5280burgerbar.com). No one left hungry. A good time was had by all!
Hikes We've Done

Chautauqua Mountain and the Palmer Lake

Ron's Almost Secret Trail

Golden Gate Canyon

Carpenter Peak
New to snowshoeing and aren’t sure shoeing is for you? Can you walk? Then you can snowshoe! Deep, fluffy snow gives us great exercise and it’s the most pleasant part of shoeing! But snow doesn’t always visit us, or it’s packed down. That’s when we use spikes you see us carrying on our packs as soon as snow season approaches. Spikes make hiking on ice or hard-packed snow easier! But we also offer winter hikes when shoes/spikes aren’t necessary! Usually, we shoe/spike-hike/walk for two hours, stop in a scenic spot for lunch, and return. Our season starts in November and we offer trips for a variety of skill levels from newbie to more experienced. Read the trip descriptions to see what fits your skills and call the leader if you’re not sure! We RMOTHG members are a patient, fun-loving bunch and if you’ve never snowshoed before, snowshoeing with us is a great intro to the sport!

To know what trips are offered the following Wed or other days, look for Jeff’s Friday 5 pm emails telling you trips available the following week. If you’d like to be on the snowshoe email list for coming trips, email Jeff.Flax@gmail.com and he’ll add you to the list. Read trip descriptions that interest you and sign up! We look forward to your joining us RMOTHG winter enthusiasts on the snow this Colorado Winter!

Elaine Kallos
A Poem (author unknown)

If you can start the day without caffeine,
If you can get going without pep pills,
If you can always be cheerful, ignoring aches and pains,
If you can resist complaining and boring people with your troubles,
If you can eat the same food everyday and be grateful for it,
If you can understand when your loved ones are too busy to give you any time,
If you can overlook it when those you love take it out on you when through no fault of yours something goes wrong,
If you can take criticism and blame without resentment,
If you can ignore a friend's limited education and never correct him,
If you can resist treating a rich friend better than a poor friend,
If you can face the world without lies and deceit,
If you can conquer tension without medical help, If you can relax without liquor, If you can sleep without the aid of drugs,
If you can say honestly that deep in your heart you have no prejudice against creed, color, religion or politics,

Then, my friend, you are almost as good as your dog!
# ROCKY MOUNTAIN OVER THE HILL GANG
A Section of the Colorado Mountain Club Denver Group

## RMOTHG SECTION BOARD

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<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>Ronnie Knueven</td>
<td><a href="mailto:knuevenru@comcast.net">knuevenru@comcast.net</a></td>
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<tr>
<td>Treasurer</td>
<td>Scott Kramer</td>
<td><a href="mailto:skramer1016@gmail.com">skramer1016@gmail.com</a></td>
</tr>
<tr>
<td>Communication Director</td>
<td>Janice Johnson</td>
<td><a href="mailto:jajohnson1952@gmail.com">jajohnson1952@gmail.com</a></td>
</tr>
<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>Members at large</td>
<td>Dennis Baumfalk</td>
<td><a href="mailto:dbaumfalk@msn.com">dbaumfalk@msn.com</a></td>
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<td></td>
<td>Bob Barday</td>
<td><a href="mailto:rbarday@msn.com">rbarday@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>Kirsten Tollefson</td>
<td><a href="mailto:kmt1950@icloud.com">kmt1950@icloud.com</a></td>
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## ACTIVITY COORDINATORS

<table>
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<tr>
<th>Activity</th>
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<tr>
<td>Snowshoeing</td>
<td>Elaine Kallos</td>
<td><a href="mailto:ekallos11@gmail.com">ekallos11@gmail.com</a></td>
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<tr>
<td></td>
<td>Jeff Flax</td>
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<tr>
<td>Cross Country Skiing</td>
<td>Jeff Flax</td>
<td><a href="mailto:jeff.flax@gmail.com">jeff.flax@gmail.com</a></td>
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<td>Biking</td>
<td>Wayne Tomasello</td>
<td><a href="mailto:wtomasello@outlook.com">wtomasello@outlook.com</a></td>
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<tr>
<td>Hiking</td>
<td>Martha Mustard</td>
<td><a href="mailto:mustardo3@comcast.net">mustardo3@comcast.net</a></td>
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<tr>
<td></td>
<td>Jeff Flax</td>
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<td>Social Events</td>
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<td><a href="mailto:looannjie@comcast.net">looannjie@comcast.net</a></td>
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<tr>
<td></td>
<td>Ronnie Knueven</td>
<td><a href="mailto:knuevenru@comcast.net">knuevenru@comcast.net</a></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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- **Social Events**: Lou Ann Dixon (loaannjie@comcast.net), Ronnie Knueven (knuevenru@comcast.net)
- **Newsletter**: Maryann Mayer (tophillnews@gmail.com)

**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.