MANY THANKS TO THESE HIKING & BIKING LEADERS FOR THE MANY TRIPS YOU HAVE LED IN THE PAST YEAR!!

Bea Slingsby, 27 Events
Jeanne Eiss, 12 Events
Martha Mustard, 10 Events
Ken Ruiz, 10 Events

Kirsten Tollefsen, 10 Events
Pete Spandau, 7 Events
Wayne Tomasello, 12 Events
Scott Kramer, 10 Events
AND THANKS TO ALL OF OUR HIKING, WINTER HIKING/SNOWSHOE & BIKE LEADERS!

TOTAL SUMMER TRIPS LED: 73
TOTAL WINTER TRIPS LED: 26 (20 OF THOSE 26 WERE LED BY BEA SLINGSBY!)

**SUMMER/WINTER HIKE LEADERS**

Rico Argentati  
Bob Barday  
Sigrid Barr  
Dennis Baumfalk  
Dave Bebell  
Diana Bliss  
Martha DelPorte  
Jeanne Eiss  
Jim Guerra  
Ron Hileman  
Linda Jagger  
Janice Johnson  
Elaine Kallos  
Scott Kramer  
Colleen Landy  
Tim Lane  
Kathy Malone  
Martha Mustard  
Mike O'Connor  
Winnie Prall  
Ken Ruiz  
Elaine Shirley  
Ralph Shroba  
Bea Slingsby  
Pete Spandau

Susanne Spandau  
Wayne Tomasello  
Tom Waymire

**SUMMER/WINTER HIKE SEASON COORDINATORS**

Martha Mustard  
Elaine Kallos  
Jeff Flax

**BIKE LEADERS**

Carole Adler  
Curt Audin  
Bob Barday  
Dennis Baumfalk  
Scott Kramer  
Jerry Rowe  
Pete Spandau  
Kirsten Tollefsen  
Wayne Tomasello

**BIKING SEASON COORDINATOR**

Wayne Tomasello
AND MANY THANKS TO OUR SOCIAL COMMITTEE

Judy Barday
Anita Connors
Lou Ann Dixon
Barb Edwards
Ginny Keir
Ronnie Kneuven
Kathleen O’Riley
Judy Sears
Kathy Tandy
Linda Thompson

Our first social event after coming out of the pandemic was our Post Pandemic Party at the Next Door Eatery on Monday, May 24.

On June 22, we participated in the E-Bike Demonstration at Good Turn Cycles in Aspen Grove, Littleton. Afterwards, the group enjoyed lunch outside at The Rice Bistro.

A great wine tasting event was enjoyed by 35 of us at the Creekside Cellars in Evergreen on Wednesday, June 9. Let’s just say we were all very happy when we left. The consensus was that we make this a yearly event!

Over 100 of us signed up for the Annual Picnic at Staunton State Park on Saturday, July 10th. We enjoyed our “out of the ordinary” picnic catered by The Pink Tank.

We enjoyed the Happy Hour at the Lowry Beer Garden on Monday, August 16. A great time was had by all who participated.

FOR SUCH FUN EVENTS!

LUNCH/HAPPY HOUR
NEW TERRAIN BREWERY

16401 Table Mountain Pkwy, Golden
Tuesday, OCT 5, Noon to 2

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  

2825 W. Alameda Avenue, Denver  
Saturday, NOV 6 · 5:30 pm

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](http://www.theempresssrestaurant.com). For more information about event, please contact Ginny Keir at gjkeir@gmail.com.


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- October 5       Lunch & Happy Hour
- November 6      Dim Sum Dinner
- December 3      Holiday Party (new date)

- We are always open to suggestions and ideas.
- Please forward to Ronnie Knueven at knuevenru@comcast.net
Greetings from the new RMOTHG board!

We thank all who have served our section in the last year - board members, activity coordinators and all who volunteered their time to enhance our experience in the great outdoors, and those who promoted our social connections.

Please see the last page of this newsletter to review the new board assignments.

You have probably noticed and welcomed the chilly nights and the bright, clearer skies! October is the 10th month, a colorful time of slow withdrawal into winter. The leaves are changing and a dusting of snow covers the highest peaks. These colors of gold, red, yellow and orange are full of vibrancy. Perfect conditions for invigorating fall hikes. So adjust your clothing and gear for colder and wetter conditions. I hiked in 26 degrees with a light snow cover to Blue Lake 10 days ago. It is time to grab those gaiters, micro spikes, warmer gloves, wool hat - you know the drill. Autumn is upon us. Take a look at the CMC calendar and sign up for a colorful and cooler weather hike.

Contact me if you have questions.

Carol Wier
carolwier365@gmail.com
303-667-7740
Thank you to former RMOTHG Section Chair, SCOTT KRAMER

No one can dispute the fact that Scott Kramer always thinks of others before himself. This past year Scott devoted himself to making sure that the needs of RMOTHG members were met in many different ways.

When the pandemic hit and the CMC shut down following CDC, state and county guidelines, Scott worked with Jeff Flax to develop Connections, a way for our members to connect with each other outside of sanctioned CMC/ RMOTHG hikes. When we weren't able to hold our Annual Meeting in person, Scott led the Board's efforts to design and deliver a Zoom alternative that allowed us to meet and interact online with each other in several different groups throughout the evening.

Once vaccines were available and we were able to officially hike, bike and gather together again, Scott chaired the Turquoise Lake Campout committee. Because of his technical and organizational skills, the committee was able to once again secure campsites for 26 fun, outdoor loving campers.

In addition to serving as Board Chair and Turquoise Lake committee chair, Scott also led two hikes, ten cycling trips and hosted a cycling group lunch at his home this past year.

Thank you, Scott, for your commitment to making our RMOTHG a place where we can find adventure and camaraderie! Hopefully, you're planning to think of yourself a little more this year.

CAN YOU FIND THE 2 DIFFERENCES BETWEEN THESE PICTURES??
A good time was had by all who attended the Annual Meeting and Awards Banquet on Sunday, September 12th. The meeting started with a good omen as a rainbow appeared.

Marion Dries and Jim Stookesberry were honored for their contributions as outstanding hiking trip leaders.

We were happily entertained by the Candlelight Mystery Players.
ENJOYING THE FALL

WINDY PEAK

GOLDEN GATE CANYON

SHELF LAKE

CHERRY CREEK
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 for our members to research the hikes and decide which one might be right for them. Only sign up for one trip per day including waitlists. 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 but may be available; it is not an official part of the trip. Now that fall foliage season is here, so also is hunting season; remember to WEAR YOUR ORANGE OR PINK and/or put it on your pack very visibly. And while you’re appreciating those colorful leaves, remember that the ones on the trail may be covering some slippery spots or uneven ground. While it’s fun to walk in the aspens leaves, do so with caution. And be prepared for any weather this time of year. We’ve been lulled into an endless summer but snow could come anytime in the mountains. Join a hike and appreciate our beautiful mountains and the wonderful company of other RMOTHG members!

Thanks, Martha

TENTATIVE HIKES FOR OCTOBER

Oct 6 - Scott Gomer
Oct 13 - Chautauqua Mtn and Palmer Lake Reservoir
Oct 20 - Caribou Ranch, North Table Mountain, Flying J Ranch
Oct 27 - Staunton State Park
PLEASE Email YOUR photos to Maryann - tophillnews@gmail.com
# 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>
</tr>
<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>Members at large</td>
<td>Dennis Baumfalk</td>
<td><a href="mailto:dbaumfalk@msn.com">dbaumfalk@msn.com</a></td>
</tr>
<tr>
<td></td>
<td>Bob Barday</td>
<td><a href="mailto:rjbarday@msn.com">rjbarday@msn.com</a></td>
</tr>
<tr>
<td></td>
<td>Laurine Rowe</td>
<td><a href="mailto:laurinerowe@msn.com">laurinerowe@msn.com</a></td>
</tr>
<tr>
<td>CMC Denver Council Liaison</td>
<td>Kirsten Tollefson</td>
<td><a href="mailto:kmt1950@icloud.com">kmt1950@icloud.com</a></td>
</tr>
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</table>

# Activity Coordinators

<table>
<thead>
<tr>
<th>Activity</th>
<th>Contact 1</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership</td>
<td>Susanne Spandau</td>
<td><a href="mailto:sespandau@gmail.com">sespandau@gmail.com</a></td>
</tr>
<tr>
<td>Snowshoeing</td>
<td>Elaine Kallos</td>
<td><a href="mailto:ekallos11@gmail.com">ekallos11@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Jeff Flax</td>
<td><a href="mailto:jeff.flax@gmail.com">jeff.flax@gmail.com</a></td>
</tr>
<tr>
<td>Cross Country Skiing</td>
<td>Jeff Flax</td>
<td><a href="mailto:jeff.flax@gmail.com">jeff.flax@gmail.com</a></td>
</tr>
<tr>
<td>Biking</td>
<td>Wayne Tomasello</td>
<td><a href="mailto:wtomasello@outlook.com">wtomasello@outlook.com</a></td>
</tr>
<tr>
<td></td>
<td>Jeff Flax</td>
<td><a href="mailto:jeff.flax@gmail.com">jeff.flax@gmail.com</a></td>
</tr>
<tr>
<td>Hiking</td>
<td>Martha Mustard</td>
<td><a href="mailto:mustardo3@comcast.net">mustardo3@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td>Jeff Flax</td>
<td><a href="mailto:jeff.flax@gmail.com">jeff.flax@gmail.com</a></td>
</tr>
<tr>
<td>Social Events</td>
<td>Lou Ann Dixon</td>
<td><a href="mailto:looanngie@comcast.net">looanngie@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td>Ronnie Knueven</td>
<td><a href="mailto:knuevenru@comcast.net">knuevenru@comcast.net</a></td>
</tr>
<tr>
<td>Newsletter</td>
<td>Maryann Mayer</td>
<td><a href="mailto:tophillnews@gmail.com">tophillnews@gmail.com</a></td>
</tr>
</tbody>
</table>

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### Activity Coordinators

**ACTIVITY COORDINATORS**

**ROCKY MOUNTAIN OVER THE HILL GANG**

*A Section of the Colorado Mountain Club Denver Group*

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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.