



# Rocky Mountain Over The Hill Gang

## Hill Topics

### August 2013



## Annual Dinner Meeting ~MOUNT VERNON COUNTRY CLUB~ Sunday, September 22 ~ Reserve by September 11

Please mark your calendars and plan on attending the Rocky Mountain Over The Hill Gang's annual dinner and meeting scheduled for September 22<sup>nd</sup> at Mount Vernon Country Club. Mount Vernon Country Club is located 17 miles west of Denver and is nestled in the foothills of Golden, CO. The dining room overlooks the city lights of Denver, Clear Creek Canyon and Genesee Mountain. Happy hour begins at 5:30 with a cash bar and munchies to hold you over until dinner at 7:00. Dinner will include an extensive salad bar, beef roast, chicken with lemon artichoke, coconut shrimp, pasta, and a medley of vegetables.

Assorted pastries with coffee and tea will also be included.

Prior to dinner, an election of RMOTHG board members will be held. We have a 9-member board. Each year 3 members rotate off the board or agree to run for an additional 3-year term. Biographies of candidates will be available in next month's newsletter.

Following dinner we will have a unique opportunity to hear Polly Letofsky, author and adventurer, speak of her 14,124 mile, 22 country, 5-year walk around the world



while raising over \$250,000 for Breast Cancer. Polly's presentation, "Little Steps, Big Feat" covers one woman's walk around the world. Polly left her home and headed west across 4 continents by foot to become the first woman to walk around the world. During her travels she encountered earthquakes, muggings, language barriers and religious riots. She has written a book about her courageous journey titled "3MPH: The Adventure of One Woman's Walk Around the World."

RMOTHG members and their guests are invited to attend this event. Please register early as there are a limited number of tickets available. RMOTHG member cost is \$32 and non-member cost is \$45. CMC members who have not joined the RMOTHG section are considered non-member guests and pay \$45.

Reservations must be made and payment received by Wednesday, September 11<sup>th</sup>.

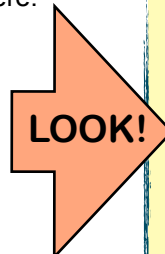
Members must sign in at CMC.org to register for this event. Member couples should each register separately. Name tags will be generated from the roster's list of names.

Sign up early to be part of this special event. We look forward to seeing you there.

*Jane VanderKolk & Jill Edlund,*

Social Activities Coordinators

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- 2~ Spanish Garden Party
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**WE'RE ON THE WEB!**  
You can download the current and previous years' newsletters at the club website page  
[www.rmothg.org/UploadedUserFiles/](http://www.rmothg.org/UploadedUserFiles/)

# Fiesta Española En El Jardín

~~ SPANISH GARDEN PARTY ~~

Summer Evening Event

SATURDAY AUGUST 10

6:30 PM

Registration Deadline August 5



**SOLD OUT,  
BUT YOU CAN STILL GET ON  
THE WAIT LIST!!**

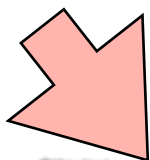
This special Spanish evening in the Gardens will be at the

home of Kathy Malone in the Historic Montclair (Denver) neighborhood. The evening will begin with wine and six catered tapas dishes among the flowers. After enjoying the tapas, coffee, tea and dessert will be available. The fee to participate will be \$18.00 per person. Guests will be asked to bring a favorite bottle of wine, sangria or a homemade dessert to share. All table service and utensils will be provided. The number of guests will be limited to 30 people. If you would like to participate in this event you must sign up on the CMC website at

[www.cmc.org](http://www.cmc.org). Please be sure to select what you will bring to share. Registration deadline is Monday, August 5<sup>th</sup>. If you have any problem signing up for this event you can contact CMC at 303.279.3080 ext. 2 for assistance.

Even though this event is sold out, please consider registering and your name will be added to the wait list. In the event we have some last-minute cancellations, you will be contacted and your name added to the roster.

Contact: Jane VanderKolk, [jane.vanderkolk@comcast.net](mailto:jane.vanderkolk@comcast.net) or Jill Edlund, [jillke@msn.com](mailto:jillke@msn.com)



## RMOTHG SOCIAL COMMITTEE NEEDED!

We need 3 people who can assist Jane VanderKolk in planning and arranging social events for our club. Again, we will rely on members' suggestions for activities. You will help coordinate those suggestions. "Many hands make light work!"

Contact Jane at [jane.vanderkolk@comcast.net](mailto:jane.vanderkolk@comcast.net).



## EVER HEARD THESE???

Thanks to Pete Spandau.

- Barking at a knot** (Meaning that your efforts are as useless as a dog barking at a knot.)
- Bee in your bonnet** (To have an idea that won't let loose)
- Blinky** (Between sweet and sour as in milk)
- Catawampus** (Something that sits crooked such as a piece of furniture sitting at an angle)
- I reckon** (I suppose)
- Persnickety** (Overly particular or snobbish)
- Red up** (Clean the house)
- Skedaddle** (Get out of here quickly)
- You ain't the only duck in the pond** (It's not all about you)

## SECTION CHAIR'S MESSAGE



*"Teamwork  
allows common  
people to attain  
uncommon  
results"*

*Anonymous*

### THINGS TO DO IN GOLDEN WHEN YOU'RE ALIVE!

#### CMC PRESENTS: WILD & SCENIC FILM FESTIVAL

Thursday, August 22nd at 7pm

The Colorado Mountain Club is excited to host its 3rd annual Wild and Scenic Film Festival World Tour. The festival tour brings together the best of Wild and Scenic films in a 2-hour program that leaves people feeling inspired and motivated to go out and make a difference in their community and around the world. The films expose people to forward-thinking ideas and global awareness. The chosen films not only highlight environmental concerns but also provide solutions, reaching people through beautiful imagery like the sweeping landscapes of the world --- and inspiring local individuals to get involved in stewardship projects to give back to the areas they recreate in and love.

Considered the largest film festival of its kind, this year's films combine stellar film-making, beautiful cinematography and first-rate storytelling to inform, inspire and ignite solutions and possibilities to restore the earth and human communities while creating a positive future for the next generation. Festival-goers can expect to see Award-winning films about nature, community activism, adventure, conservation, water, energy and climate change, wildlife, environmental justice, agriculture, Native American and indigenous cultures. Price \$12.00

The film festival will help the Colorado Mountain Club build membership, raise funds and increase awareness of efforts for their state-wide stewardship program.

#### WILDERNESS FIRST AID COURSES

**Members--Want to help be part of the solution?** There are still **3** tickets left for Wilderness First Aid class for CMC **non- trip leaders. \$84.00** (If you are not a leader, please register in the Non-Leader section.)

**Leaders-- need to revitalize your skills?** There are **11** tickets left for Wilderness First Aid class for **CMC Volunteer trip leaders \$42.00**

**Both courses** follow a standardized program through the Emergency Care and Safety Institute and consist of 8 hours of lectures, 8 hours of practical training, a written test, and practice scenarios.

**Dates: Sunday September 15 and Sunday September 22, 8:30 to 4 pm both days.**

Please register online or through the CMC office at 303-279-3080 x2. Questions or additional information: please contact Carol Giffen at [cgbmeup@msn.com](mailto:cgbmeup@msn.com)

Have an  
astounding August!

*Kathy*



### NO MORE ACTIVE LINKS

Due to email hosting difficulties, causing many of you to not receive your newsletters, we are now making all links in the newsletter inactive. This means you will have to cut and paste the link into your browser. Sorry for the old fashioned inconvenience, but hopefully it will mean more folks receive their newsletters!

## WEDNESDAY HIKING

- 8/7 A/B Forest Lakes Trail (Arapaho National Forest/James Peak Wilderness) from East Portal TH
- 8/7 B [Splish Splash] Herman Lake Trail (Arapaho National Forest) from Herman Gulch TH (Bakerville)
- 8/7 B Three Sisters/Alderfer Park to Elephant Butte  
SLACK PACK BACKPACK (OVERNIGHT) TRIP
- 8/14 A Butler Gulch Trail (Arapaho National Forest) TH just past Henderson Mine
- 8/14 B Mohawk Lakes Trail (White River National Forest) from Spruce Creek TH (above Breckenridge)
- 8/14 B [Splish Splash] Heart Lake (IPW) from East Portal TH
- 8/21 B [Splish Splash] Roosevelt Lakes Trail (Arapaho National Forest TR #56) from Beartrack Lakes
- 8/21 C Mt Silverheels (13,822') start from the Fairplay area
- 8/28 A Chief Mountain (off Squaw Pass Road)
- 8/28 B [Splish Splash] Arapaho Glacier (Arapaho National Forest/IPW) from 4th of July TH
- 8/28 A James Peak Lake and Little Echo Lake (James Peak Wilderness west of Rollinsville)

Interested in receiving email announcements of RMOTHG hikes for the coming week?

Send an email to [hiking.list@rmothg.org](mailto:hiking.list@rmothg.org) with your email address and we'll put you on the list. You should get an email or emails each week usually Th-Sa for the next week's Wednesday hikes.

## SLACKPACK

### 1 Overnight Backpack - Easy B 3 Sisters/Alderfer Park to Elephant Butte Wednesday, Thursday, August 7, 8

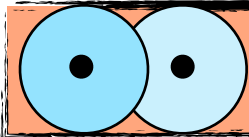
We will hike through the south/east trails of 3 Sisters/Alderfer Park (a Jefferson County Open Space Park) and then leave the park to make camp. Your tents, sleeping bags will be moved by truck close to our campsite while we hike. The next day after reloading the truck we will find our way north to Elephant Butte (elevation 8,405') and back to our cars by going off trail or on little used trails (2 days total 9-10 miles).

This slackpack is for people who want to sleep out under the stars for a night but don't want to haul all their gear. These are easy hikes with nice views, so if you are not in shape yet but want to try out your camping gear, this is for you. Due to fire danger still in the mountains we will use camping stoves instead of a bonfire to make our dinners, breakfast. An email will be sent out to hikers listing equipment/supplies to bring.



BUCHANAN PASS

Sign up for the **3 Sisters to Elephant Butte Slackpack**. Questions? Call Sue Henley 303-570-0129 cell



# CYCLING

The biking season is in full swing. We have ridden 13 Fridays since the beginning of May with an average of almost 30 riders each week. These riders are averaging over 21 miles each week. Combining these statistics, we have ridden over 600 miles for this portion of the summer. Great job to all the riders.

We ride a variety of routes, along most of the Creeks and Rivers in the greater Denver area. Other routes include around Chatfield Reservoir, Highline Canal, Standley Lake, Boulder, Idaho Springs and Breckenridge.

Our morning rides are about 20 to 30 miles at a speed of 10 to 12 mph and finish with an optional lunch at a nearby restaurant. When available, we'll have a leader for a slower group of riders. Watch for notification of this slower rider group (Terrapins) in the weekly emails. Most of our trips are on paved, level bike paths. Occasionally we encounter some hills and gravel trails.

The essential items for participating are plenty of water, necessary tools to repair a flat tire (replacement tube), appropriate clothing for changes in the weather, and carrying 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 and the meeting location. Most meeting times are 8:00 AM with departure at 8:30 AM.

Guests are allowed with signing of a wavier form. Guests may participate in two of our activities before joining Rocky Mountain Over The Hill Gang (RMOTHG) section and the Denver Group of CMC.

If you are interested in riding, please contact Pete Spandau by email at [bicycling.list@rmothg.org](mailto: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 weekly email reminders to sign up at [www.cmc.org](http://www.cmc.org).

## TENTATIVE AUGUST BIKE RIDES

*In August, I'm going to be in California for my son's wedding. Therefore, very experienced and knowledgeable substitute leaders will be leading the August rides. I have suggested various outings, but the actual routes will be their choice.*



PLATTE RIVER NEAR FOXTON

It was very hard taking out stumps & very large rocks with Americore kids in Golden Gate State Park. Hardest trail crew work we've done so far! Look at Jill, Elaine, Pete, Bob, Dave, and new member Bill Davis really attack the job.

## JUNE TRAIL CREW



## A Wonderful Day at Rambler Ranch!



~ Barbara Schwarz



~ Curt Edlund



### DISCOUNTED FOR RMOTHG ~ WILDERNESS TREKKING SCHOOL STARTS SEPTEMBER 10

Wilderness Trekking School is a fun, comprehensive outdoor education course on hiking in the Colorado mountains; on- and off-trail, map and compass, nutrition, gear, weather, handling an emergency, overnight survival, traveling on snow, and more. At the American Mountaineering Center in Golden, Colorado Mountain Club presents five Tuesday evening lectures plus four field sessions and a group hike (on your choice of Thursdays, Saturdays, or Sundays) to teach you how to

travel safely and confidently in the backcountry. Learn and practice new skills, meet new friends. **Discounted \$80 fee for RMOTHG members (\$100 after 9/3). You must register through the office. The discount is not available via online registration.**

WTS is CMC's largest school. Colorado Mountain Club has been uniting adventure, education, and preservation since 1912, representing the Colorado lifestyle and everything that is great about Colorado. More information at <http://www.hikingdenver.net/schools/wts> or call 303-279-3080.

*Lecture Dates: Tuesdays, September 10, 17, and October 1, 8, & 15 at 6:30 pm, Foss Auditorium, American Mountaineering Center, Golden*

*Field Dates: Your choice of Thursdays Sept. 19 & 26, Oct. 3 & 17, and Nov. 21; or Saturdays Sept. 21 & 28, Oct. 5 & 19; and Nov. 23; or Sundays Sept. 22 & 29, Oct. 6 & 20, and Nov. 24*

FUN PHOTOS



TASTE TEST? ~ Kathy Malone



ARAPAHOE PASS ~  
LAKE DOROTHY  
~ Jim Petersen



BLACK POWDER PASS  
~ Connie Carroll



EAGLESMERE LAKE ~ Kathy Malone

FUN PHOTOS  
WANTED!  
Email YOUR photos to  
Maryann -  
[la.garuda@gmail.com](mailto:la.garuda@gmail.com)

# RMOETHG Social Calendar

AUGUST 10<sup>th</sup> – Garden Party, Kathy Malone

SEPTEMBER 22<sup>nd</sup> – Annual Meeting, Jane & Jill

OCTOBER – Morrison Ghosts Tour, Diana Bliss



NOVEMBER – Wild Animal Sanctuary Exhibit in Keenesburg, CO, Nancy Martinets

DECEMBER 8<sup>th</sup> – Holiday Party, Jane & Jill

## ROCKY MOUNTAIN OVER THE HILL GANG

A Section of the Colorado Mountain Club Denver Group

### RMOETHG SECTION BOARD

Section Chair	<b>Kathy Malone</b> <a href="mailto:kmalone66@q.com">kmalone66@q.com</a>
Section Vice Chair	<b>Marion Dries</b> <a href="mailto:mjdries@ymail.com">mjdries@ymail.com</a>
Secretary	<b>Jim Stelzig</b> <a href="mailto:jamesstelzig@comcast.net">jamesstelzig@comcast.net</a>
Treasurer	<b>Barbara Schwarz</b> <a href="mailto:schwarz@prodigy.net">schwarz@prodigy.net</a>
Members at large	<b>Connie Carroll</b> <a href="mailto:ccarroll45@gmail.com">ccarroll45@gmail.com</a> <b>Curt Edlund</b> <a href="mailto:jillcurt@msn.com">jillcurt@msn.com</a> <b>Dave Grimes</b> <a href="mailto:davegri@comcast.net">davegri@comcast.net</a> <b>Marc Hasfjord</b> <a href="mailto:marchasfjord@comcast.net">marchasfjord@comcast.net</a> <b>Cynthia Merrill Tamny</b> <a href="mailto:cmtamny@ecentral.com">cmtamny@ecentral.com</a>
CMC Denver Council Chair & Liaison	<b>Jeff Flax</b> <a href="mailto:jeff@jflax.com">jeff@jflax.com</a>
CMC Denver Council Liaison	<b>Sandy McRae</b> <a href="mailto:sandy.mcrae1@gmail.com">sandy.mcrae1@gmail.com</a>

### ACTIVITY COORDINATORS

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Activities	<b>Jill Edlund</b> <a href="mailto:jillke@msn.com">jillke@msn.com</a> <b>Jane VanderKolk</b> <a href="mailto:jane.vanderkolk@comcast.net">jane.vanderkolk@comcast.net</a>
Newsletter	<b>Maryann Mayer</b> <a href="mailto:la.garuda@gmail.com">la.garuda@gmail.com</a>