Please join us at the Pine Valley Ranch Park in Pine, Colorado. It is a pristine site! There is a lake and roaring river for fishing, & trails for hiking and biking.

We have the Eagle Shelter reserved from 11 to 4pm.
Lunch will be served around noon. We will be grilling burgers and dogs. Paper products, condiments, water, lemonade and cold tea will be provided. Alcohol is permitted in the park. Please bring a dish to share:

A-L side dish or salad
M-R appetizer/chips/snacks
S-Z dessert

You might bring your own cooler to keep these dishes and your own drinks cold while you hike or bike or nap. The shelter is handicapped accessible.

Check out the park's website jeffco.us/parks

There will be hikes and bike rides available through RMOTHG but you must sign up separately for those "trips." You can sign up for the picnic under the CMC event site.

Contact Ronnie with any questions: knuevenru@comcast.net

To recap: Sign up 2x - once for the picnic, once for a group exercise option

Join us!

Event Calendar

JUNE 2  NEW CYCLISTS GET TOGETHER
JUNE 11  SUMMER PICNIC
JUNE 19 or AUG 10  CPR/AED Class
JULY 15  HAPPY HOUR at SIMMS
JULY 26-29  TURQUOISE LAKE CAMPOUT
SEPT 17  ANNUAL MEETING & BRUNCH
DEC 10  HOLIDAY PARTY
It’s been a bit of a challenge for our summer hiking season...sun, rain, snow, sun, rain, snow, sun, rain...but that’s Colorado and I’d rather be here than anywhere else! There are wildflowers out there on the trails already and this moisture will ensure there will be plenty more this summer.

Thank You to Diana Bliss for being the RMOTHG rep at the New and Prospective Member meeting at CMC on May 22. There are always people there with inquiries about RMOTHG during the Q and A, and our rep(s) are most often the first ones asked to the front of the room to share about our section’s activities.

Hope to see many of you on June 11 at the RMOTHG annual summer picnic located this year at Pine Valley Ranch - a lovely venue! Hiking and biking options available. See elsewhere in this newsletter for info.

Get outside - enjoy the mountains
Elaine

The secret to a Happy Camper? A good tent and a lot of wine...

NEW BOARD MEMBERS NEEDED

RMOTHG board will need three new members for the next term beginning October 1, 2017. The term is for 3 years. The board meetings are held every other month. This is a great opportunity to give back to RMOTHG. (The board has 9 members with 3 members rotating off each year.)

If you or someone you know has an interest, please contact Elaine Shirley at elaineshirley@q.com, Jennifer May at jamay65@comcast.net, or Pete Spandau at pete80007@gmail.com for more information.

New board members will be elected by electronic voting ballots in August. All RMOTHG members will receive ballots.
Many of you (almost 80) already purchased one of these jerseys or jackets and love them! The design was custom made for the RMOTHG by the graphic artist who owns the company, Free Spirit Wear - https://www.freespiritwear.com. They have produced quality sports jerseys and jackets for cycling or hiking for many years. If you are a newer member or just haven’t had a chance to order one yet, take a look at the photo below. I have some sample jerseys and jackets in a variety of sizes.

I highly recommend trying one on before ordering because this is custom made clothing and cannot be returned. Note that women’s sizes tend to run smaller. Windjackets are Unisex or Men’s sizing. Once we have a minimum of 10 orders, we can purchase at the wholesale price. For those of you who would like to try on the samples for sizing, please contact me at 303-512-3006 or at rmothgjersey@gmail.com.

I will have the sample jerseys at the RMOTHG summer picnic at Pine Valley Ranch on Sun. June 11 so that is an opportunity to see them and try them on.

Prices 10 or more jerseys/jackets - wholesale pricing

- Unisex (Men’s) & Women’s SHORT sleeve: $43
- Unisex (Men’s) & Women’s LONG sleeve: $49
- Unisex Windjackets: $51

If you are interested in ordering, notify me of your interest or with questions at rmothgjersey@gmail.com.

~ Kathy Kurtz

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INTERGENERATIONAL HIKE
JUNE 23

This hike on Friday, June 23 will be for us with your grandchildren (ages 0-12-ish). Something I have noticed from the 2 hikes I ran last year - the children behaved much better for me as a grandparent than I remember as a parent!

Meeting place and Hike: I have not determined our hike area since the weather has been so unpredictable lately. I will publicize where we will go as we get closer and see the weather.

Bring a pint of water and snack for your grandchild (and yourself) also sunscreen, first aid kit. I will send out a weather update the evening before. I also have a list of what to carry for the kids and tips from the CMC’s book on “Hiking with Children”.

CMC Guest Waivers required for the kids. I can email you a copy for you to bring filled out for the tykes. I’ll also have some extras on me.

Questions? Call Sue Henley 303-570-0129.

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RMOTHG JERSEYS AND JACKETS
June arrives and so does a busy schedule of RMOTHG hikes! Late May brought us snow; summer brings other challenges! When you sign up for a hike, you may wonder why such early starting times when you’d prefer going later. We start early to avoid summer thunderstorms that often build late morning. We also compete with other hikers for parking spaces at popular trailheads even on Wednesdays. So we “suffer” for our sport, but good exercise, camaraderie, & scenic Colorado reward our efforts! Come join us for mostly casual-paced jaunts for two hours till lunch in a wonderful spot, often with a view or tucked into a woodsly area. Then a happy return to TH where on the way home, we offer optional after-hike stops to chat about the hike, and get to know each other.

We accommodate newbies and experienced hikers with a variety of hikes, mostly A hikes, but many B hikes, too. New members are welcome on any hikes. You’ll get to know friendly, supportive OTHG hikers, see how we do things, and learn what you need as you hike with us. Each Friday between 5 and 6 pm, Jeff sends emails about the next Wed trips with a link for trip descriptions and sign up. To receive those emails, write Jeff at Jeff.Flax@gmail.com.

Come join us as we explore Colorado’s many summer hiking trails!

**JUNE SCHEDULE**

**Wed, June 7**  
- Three Sisters  
- Kenosha Pass East  
- Centennial Cone, Mayhem Gulch

**Mon, June 12**  
- Trail Crew

**Wed, June 14**  
- Ouzel Falls RMNP  
- Wheeler Lake, Alma  
- Abyss

**Wed, June 21**  
- Leader’s Choice  
- Geneva Mountain, Guanella Pass  
- Devil’s Head

**Fri, June 23**  
- Intergenerational Hike

**Wed, June 28**  
- Silver dollar  
- Deer Mountain RMNP  
- Square Top
RMOTHG has cycling rides on most Fridays during the summer months in the Denver area. About 25 to 30 bikers participate in weekly riding on bike paths throughout Denver & Boulder. Sometimes we go west to Summit County. There are two styles of riding groups: Hares and Terrapins. Hares ride approximately 20 to 30 miles at a speed of 10 to 12 mph, and Terrapins ride approximately 10 to 15 miles at a speed of less than 10 mph with more stops. Watch for notification of the Terrapin rider group in the weekly emails. The rides are in the mornings and finish with an optional lunch at a nearby restaurant. 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 for your tire size), 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. Both groups will start at the same time and hopefully finish together. Most meeting times are 8:30 AM with departure at 9:00 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 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.

Pete Spandau
Introduction to Hiking Safety Seminar
June 29

Learning how to be safe in the backcountry is a major reason many members join the CMC and the RMOTHG. So we’ve developed a one-evening seminar especially for 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, prepare for, and how to respond to safety challenges,
- an introduction to the extensive program of in-depth, hands-on safety training offered in the CMC Denver Group’s adult education curriculum.

The next session will be held at the CMC in Golden on Thursday, June 29 at 6:30.
The price is just $5.00 for members and $10.00 for non-members.

To learn more or to register for the seminar, go to http://www.hikingdenver.net/schools/introduction-to-hiking-safety

CPR/AED Class
Offered by Denver Group’s Wilderness First Aid School
June 19 & Aug 10

CPR/AED Classes Offered by Denver Group’s Wilderness First Aid School -

TWO CLASSES AVAILABLE

TAKE ONE CLASS ONLY

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering 2 three-hour American Heart Association Heartsaver CPR and AED (automated external defibrillator) evening classes at the AMC/CMC ~ Monday, June 19 and Thursday, Aug 10. The class also covers how to relieve choking victims. The class tuition is $20 (Denver Group leaders can apply for SALT scholarships, which covers the cost of the class - see https://goo.gl/XuhvKm ). For more information contact Jeff Flax, Denver Group WFA School Director, at Jeff.Flax@gmail.com. Registration sign-up is be available on the CMC calendar at http://www.cmc.org/Calendar/Classes.aspx.
Twenty one members had a fun and an educational experience while touring our Judicial Center and our State Capitol. We were also privileged to meet and be greeted by our Supreme Court Chief Justice Nancy Rice.

**Fun Photos**

PLEASE Email YOUR photos to Maryann - tophillnews@gmail.com

**Supreme Court Chief Justice Nancy Rice**

**The Columbine Motif, Present All Over the Judicial Center**

**The Blue Bear, Watching Over Denver**

**RMOTHG Members Join the Bench**
### RMOTHG SECTION BOARD

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<thead>
<tr>
<th>Role</th>
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<th>Email</th>
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<tbody>
<tr>
<td>Section Chair</td>
<td>Elaine Shirley</td>
<td><a href="mailto:elaineshirley@q.com">elaineshirley@q.com</a></td>
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<tr>
<td>Section Vice Chair</td>
<td>Kirsten Tollefsen</td>
<td><a href="mailto:kmt1950@comcast.net">kmt1950@comcast.net</a></td>
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<tr>
<td>Secretary &amp; Emergency Contact</td>
<td>Jane VanderKolk</td>
<td><a href="mailto:jane.vanderkolk@comcast.net">jane.vanderkolk@comcast.net</a></td>
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<tr>
<td>Treasurer</td>
<td>Pete Spandau</td>
<td><a href="mailto:pete80007@gmail.com">pete80007@gmail.com</a></td>
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<tr>
<td>Members at large</td>
<td>Vern Bass</td>
<td><a href="mailto:vembass03@gmail.com">vembass03@gmail.com</a></td>
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<td></td>
<td>Diana Bliss</td>
<td><a href="mailto:dbliiss5030@gmail.com">dbliiss5030@gmail.com</a></td>
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<td>Joanie Broder</td>
<td><a href="mailto:jrb51@comcast.net">jrb51@comcast.net</a></td>
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<td>Jennifer May</td>
<td><a href="mailto:jamay65@comcast.net">jamay65@comcast.net</a></td>
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<td>CMC Denver Council Liaison</td>
<td>Colleen Landy</td>
<td><a href="mailto:colleen91050@gmail.com">colleen91050@gmail.com</a></td>
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### ACTIVITY COORDINATORS

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<th>Social Events</th>
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**Hill Topics**  
**JUNE 2017**  
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In case of a serious illness or death, please contact Jane VanderKolk to send out a note to our members from RMOTHG. Her email is jane.vanderkolk@comcast.net.