Celebrate Summer at Simms with Happy Hour ~ July 15

Meet at Simms Steakhouse on July 15th Saturday at 4 pm.
1911 W 6th Avenue, Golden CO

Simms is located on the Northwest frontage road of 6th Avenue ~ 303-237-0465

Happy hour prices on drinks and appetizers are from 4-7 PM. Look for familiar RMOTHG faces. Whoever gets there first can save some tables on the patio. It’s pay for your own but please sign up on the CMC website so we have an idea of how many are coming.

We are trying a weekend event to encourage our social membership and non-retirees to participate. Take a break from your usual busy, crazy summer activities to visit and reconnect with each other.

Questions?? Email Lou Ann Dixon at louanndixon@gmail.com or call 303-665-5895

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 elainshirley@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.
Reflecting back over the time since January 2008 when I joined RMOTHG, I am still so amazed and ever grateful for this organization - the opportunities for well-planned and safe outdoor activities, the various social events, interesting and congenial fellow members ...the opportunities to develop many dear friendships as well as to challenge myself to new ideas and skills...and having great fun!

THANK YOU to:
Ida Sansoucy, social committee chair, for her expertly orchestrated summer picnic at beautiful Pine Valley Ranch. Ronnie Knueven and LueAnn Dixon assisted Ida. Earlier in the day Pete Spandau led the bike ride at Foxton with 22 riders and Colleen Landy led a hike with 20 hikers. The picnic had 90 attendees - what a great turnout! (Jose and Charro from Spain were also at the picnic - it was great to see and visit with them again!) Bob Knueven, Margie and Neil Schlieman donned the cooks’ aprons for us.

Still looking for...more volunteers to 1) run for board positions starting in October, 2) join the social committee, and 3) become trip leaders. I know you’re out there - we need you!

The next RMOTHG board meeting will be held on Monday, July 10, from 11:00-12:30 at the Golden Public Library, 1019 10th St. in Golden. All members are welcome to attend.

Elaine

NEW HIKING LEADERS NEEDED!

We have more interested hikers than ever—14 on wait list for one hike in May! It is wonderful to have interested hikers, but this means we need more leaders! Many of you love to hike, are friendly and welcoming. You’re conscientious and have good hiking skills! You’ve also hiked with us; know how we hike, and the rules we follow. You show natural skill in leading. We need YOU as leaders! Yes, leaders are responsible and work is involved but being a leader also means fun scouts (See pics!), fine friendships, and a meaningful way to spend outdoor time leading a great bunch of RMOTHG hikers!

Consider these great benefits in becoming a RMOTHG leader:

- Free leader training workshops! (Info you can use on any hike!)
- Tuition covered for wilderness first aid course and trip leader school, also avalanche training for winter leaders (Info you can use in life!)
- Experienced RMOTHG leaders who will mentor and help you every step or the way, including your leader-in-training hikes
- You choose hikes that you want to do, when you want to do it, the pace you prefer as you share what you love of the outdoors with others!
- Meaning and purpose added to doing what you already enjoy!
The biking season is in full swing with weekly rides on Fridays. It is a great group of welcoming friends who enjoy the exercise and fellowship of the outings.

Our rides are in Denver and greater Denver areas with two styles of riding called the Hares and the Terrapins. Hares ride approximately 20 to 30 miles at a speed of 10 to 12 mph. Terrapins ride at a more leisurely pace of less than 10 mph and go approximately 10 to 15 miles with a few more stops than the Hares. The outings are mostly on paved bike trails and we try to keep the rides fairly flat but, we do encounter some hills and gravel paths.

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. An optional lunch will follow at a nearby restaurant. Most meeting times are 8:00 AM with departure at 8:30 AM during the hotter summer months.

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 to get on 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
July arrives, but snow still rules in some spots and wildflowers may peep out of remnant snow banks! Newbie or experienced, you’re welcome as we hike scenic summer trails at a casual, enjoy-the-flowers-pace for two hours (A hikes), stop for lunch, often with a view, and return. Leaders also offer longer, somewhat faster-paced hikes (easier and moderate B hikes.) For those of you who want a little more challenge, see Bobcat hikes for challenging B and C hikes! Our optional after-hike snack stops give us a chance to get more acquainted or catch up with friends.

Wonder why the early departures? To avoid t-storms and excess heat, we aim at being off the mountain by noon! We also carry plenty of water to wet hats, wash off scrapes, and drink lots, especially at altitude. If you’re new to us, Friday afternoons between 5 and 6 p.m., Jeff sends emails listing hikes we’ll do the following Wednesday, with links to CMC where you can read trip descriptions, and sign up. If you’re not on Jeff’s email list and want to be, let him know at Jeff.Flax@gmail.com. We look forward to seeing you on summer trails!

### JULY SCHEDULE

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<tr>
<td>Wed, July 5</td>
<td>- Lily Pad Lake</td>
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<td>Wed, July 12</td>
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<td>- Herman Lake</td>
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<td>- Iron Fens</td>
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<td>- Neva Mountain &amp; Lake Dorothy</td>
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<td>Wed, July 19</td>
<td>- Diamond Lake</td>
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<td>- Lake Isabelle</td>
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<td>- Shrine Mountain</td>
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<td>Wed, July 26</td>
<td>- Butler Gulch</td>
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<td>- Lake Isabelle</td>
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NEW MEMBER HIKE on either July 15, 26, or 29!
CPR/AED Class
Offered by Denver Group’s Wilderness First Aid School
August 10

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

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a three-hour American Heart Association Heartsaver CPR and AED (automated external defibrillator) evening classes at the AMC/CMC on 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.

Introduction to Hiking Safety Seminar
July 25

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, July 25 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

Event Calendar

JULY 15
HAPPY HOUR at SIMMS
JULY 26-29
TURQUOISE LAKE CAMPOUT
AUG 10
CPR/AED Class
SEPT 17
ANNUAL MEETING & BRUNCH
DEC 10
HOLIDAY PARTY
Our annual summer picnic was a huge success with some great food and fabulous weather. Ran out of burgers and dogs......sorry......more people showed up than planned! But a good time had by all.

Thanks to all who pitched in to help make the day a treat.
### Section Chair
Elaine Shirley  
elaineshirley@q.com

### Section Vice Chair
Kirsten Tollefsen  
kmt1950@comcast.net

### Secretary & Emergency Contact
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- Lue Fratantuono  
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Elaine Kallos  
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### Cross Country Skiing
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### Biking
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Wayne Tomasello  
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### Wednesday Hiking
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Jeff Flax  
jeff.flax@gmail.com

### Social Events
IdaSanSoucy  
iderann@q.com

### Newsletter
Maryann Mayer  
tophillnews@gmail.com

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**RMOTHG SECTION BOARD**

**ACTIVITY COORDINATORS**

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.

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**DOWNLOAD NEWSLETTER**

http://hikingdenver.net
www.rmothg.org/UploadedUserFiles/nlarchive.aspx
http://www.cmc.org/RMOTHG

**DOWNLOAD BOARD MINUTES**

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