HAPPY BIRTHDAY, BOB!

Bob Becker celebrated his 90th(!) birthday in March this year.

And Bob continues to be a regular on RMOTHG hikes and snowshoes - he just did Shrine Mountain on July 19th. When asked what he does that allows him to keep up his outdoors activity, the self-effacing Bob replied, “A martini every afternoon between about four and five o’clock.” Also, “Keep active”.

Bob grew up on a farm in Minnesota. For the first half of his career, he worked in the mining industry variously as a geologist, a mining engineer, and a research engineer. In his second half he worked on geophysics for the oil & gas industry.

And if you find yourself talking with Bob on a hike, don’t forget to ask him about his latest travel adventure. For someone hailing from a very small town in Minnesota, he’s seen and experienced a lot of the world.

At the Ring of Kerry in SW Ireland

SKY GAZERS . . .

Sky Gazers unite! Sue Henley is going to run 2 easy sky watching hikes/events.

August 12 or 13 (waiting to see which night is cloudless) for Perseid Showers about 6-10:00 pm - hike will be less than 3 miles. Basically we will go to a close, dark meadow and throw out our comfy chairs, pads.

August 21 we will watch the partial eclipse, again a close in meadow - about 8am to noon-ish. Must have solar eclipse glasses. So start buying now!

Questions? Sue Henley 303-570-0129

SOLAR ECLIPSE AUGUST 21!

Go to www.eclipse2017.org for lists of states and towns in the eclipse totality band and for precise details of how much totality you’ll see in a particular town (Varies, but under three spectacular minutes!). The site offers videos of other solar eclipses, explanations of what you’ll see, reasons for seeing it, and viewing glasses you can order ($12 for three mailed to you in a tube)!)

For OTHG readers: American Eclipse by science journalist and Boulder resident David Baron, who became an umbraphile, eclipse chaser, after seeing his first in Aruba 1998 (Umbr is the darkest moon shadow during eclipses.). This entertaining, accessible new release is about the July 29, 1878 solar eclipse and expeditions to the West to gather scientific data about it (Colorado was in the totality path!).
“Oh baby, it’s HOT outside! Yet, hot or not, we RMOTHG folks are out there enjoying our wonderful summer activities. Lots of beautiful hikes have taken place at higher and cooler elevations with more on the schedule to look forward to this month. The Friday biking group has been putting on the miles with lots of new members joining the rides of both the “Hares” and “Tortoises” each week. We may be over 50 years old, but we are crazy busy with the “Gang”.

We on the Board would like to again thank the hard working Social Committee for putting together a great annual picnic in July. We had a good turn out of members at this perfect picnic location. Nice to catch up with RMOTHG friends and lets not forget all the delicious food we shared after our morning bike ride and hikes. Please check out the article in this newsletter to find out what they have in store for us next besides our Annual Meeting that I know you are going to enjoy.

Our RMOTHG numbers have been growing with approximately 899 total members as of July 10th. This is a far cry from the initial membership of 85 people (originally from the Denver Group of Over The Hill Gang International) who 12 years ago this August merged into CMC to form a new Section called Rocky Mountain Over the Hill Gang. Obviously, a good move for both RMOTHG and CMC. It makes it doubly rewarding to see so many new members taking part in our trips and social activities. Of course, we would like to accommodate even more of our members on future activities, but in order to do that we need more Trip Leaders. In the next few months we will be kicking off a “New Trip Leader Initiative” to encourage YOU to become a CMC Trip Leader for our Section. It really is fun to lead and share good times with fellow members...plus the good news is we are going to help YOU all of the way through the process of becoming a trip leader. Stay tuned for that!

We have three dedicated Board Members whose terms are up and are leaving the RMOTHG Board this October. They are Elaine Shirley, Jennifer May and Pete Spandau. We thank them so much for their hard work and leadership. It has been a pleasure to work along side them. Three other members have stepped forward to run for the Board. They are Dennis Arndt, Marty Pfefer and Scott Kramer, whose bios are provided herein for your review. The election ballots will again be sent electronically to each of you with the results officially announced at our Annual Meeting in September.

Enjoy the rest of this newsletter thanks to Maryann Mayer, our editor.

Have a great August out there!

Your Vice Chair,
Kirsten Tollefsen

RMOTHG BENCH

If you want a peaceful, quiet place to reflect, meditate, rest, or just relax, we now have a beautiful location.

The RMOTHG donated money to the Rocky Mountain Conservancy which was then transferred to the National Park Service. Finally after a year in progress our bench is completed.

The location is around Bear Lake Nature Trail. Starting at bear paw #1, walk around the lake and a few steps pass bear paw #16. It will be on the left close to the shoreline.

RMOTHG BENCH AT BEAR LAKE IN ROCKY MOUNTAIN NATIONAL PARK
~ photos Courtesy Rocky Mountain National Park
DENNIS ARNDT

Colorado…the best darn place to live where you can ski, hike, bike and snowshoe, all in your own back yard with like-minded people.

When Virginia, my wife, and I decided to retire, we visited several states to determine the best place for us. It took us only one weekend trip to Evergreen to determine that it was the perfect location. We moved here in 2010 and shortly thereafter heard about the Colorado Mountain Club. We joined and began our mountain adventures.

Before retirement we lived in California where I was a periodontist with a large office for over 30 years. In addition to helping patients I gained the experience of managing a small business with all the attendant issues of personnel, budgets, computers, supplies, mechanical problems and public relations. In addition, I moved through the chairs of the California Society of Periodontists culminating in being President.

It is a true pleasure to be with the people I have met at the RMOTHG activities. The outgoing and positive nature of their personalities inspires me. It would be an honor to be on board of the RMOTHG so I could do my best to serve them and ensure that the activities of the RMOTHG continue to attract and please those people who share the joy of the outdoors and advocate for conservation.

SCOTT KRAMER

I am interested in serving on the OTHG board if I can be of service to the organization. During my short membership with the group I have made new friends along with experiencing many of my favorite activities - biking, snow shoeing and hiking.

Work history: 30 years of design and support of administration software through my company TMC, for the oil and gas industry including accounting, production and lease maintenance. Presently I still work part-time as a consultant in the industry.

Volunteer: Habitat for Humanity of Denver. On a weekly basis, I do critical home repair adding new siding, doors and windows to old homes making them safe and livable. Most of the work we do is in the Globeville area of Denver.

Education: BS in aviation management from Emery Riddle Aeronautical Institute

Personal history: In 1970 I moved to Denver to ski. For the past 35 years I lived in Franktown on a ranch only recently moving to southwest Denver.

Although never involved in leadership positions I find now I have time to take on more responsibility and hope to use my extensive experience to benefit the CMC. I look forward to serving on the Board of Directors of the OTHG.

MARTY PFEFER

I first saw mountains and ocean in 1967 when I was 20 years old and left the Midwest for boot camp in San Diego. Since then my interest in the out-of-doors and environment has been strong. I moved to Seattle in 1989 and joined the Mountaineers.

In 1995 I relocated from Seattle to Denver and joined the CMC in July 1996. I have enjoyed hiking and backpacking all these years. Later, due to medical issues I gave up backpacking. For many years I attended In-State Outings.

I joined the Over the Hill Gang in about 2011 and became much more interested in bicycling, regularly going on the Friday rides. I'm now getting back into hiking as well.

Although never involved in leadership positions I find now I have time to take on more responsibility and hope to use my extensive experience to benefit the CMC. I look forward to serving on the Board of Directors of the OTHG.
The CMC Denver Group’s Wilderness First Aid School (WFA) is offering two three-hour American Heart Association Heartsaver CPR and AED (automated external defibrillator) evening classes at the AMC/CMC - one on Thursday Aug 10 & one on Monday, Sept 11, 6:30 to 9:00.

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.

Note that women’s sizes tend to run smaller. Windjackets are Unisex or Men’s sizing. To try on the samples for sizing, please contact Kathy Kurtz at 303-512-3006 or at kmkurtz47@gmail.com ASAP!

An order will be placed mid-August.

Wholesale pricing for jerseys/jackets -
Unisex (Men’s) & Women’s SHORT sleeve   $43
Unisex (Men’s) & Women’s LONG sleeve     $49
Unisex Windjackets                                       $51

CPR/AED for Outdoor Recreationists
Aug 10 & Sept 11

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.

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Unisex Windjackets                                       $51

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. I have some sample jerseys and jackets in a variety of sizes.

Be sure to try one on before ordering because this is custom made clothing and cannot be returned.

Save the Date
for the 105TH COLORADO MOUNTAIN CLUB DINNER on SUNDAY, DEC. 3 from 6-9 pm at the AMC BUILDING IN GOLDEN.

Our featured speaker is long time CMC member Charlie Winger. Charlie is a prolific mountaineer with a passion for climbing lists of peaks: the 200 highest mountains in Colorado, the 50 state high points, over 100 USGS-named peaks in Death Valley, the 57 ultra-prominence peaks in the lower US, the highest mountains in North and South America, Europe, Africa, and Australia, and many more lists few people understand.

Join us as we recognize our 2017 Volunteer of the Year! More details to come.
We are changing to a daytime event for this year. The Canyon Room and balcony will be open to us at 11 am (as well as a cash bar) with a brunch buffet starting at 12 noon.

Frank Burzynski is our featured guest. Using a multimedia presentation, he will inspire us to continue to enjoy the beauty and majesty of nature in our gorgeous west. You may see one of your favorite destinations or a new enchanting place yet to explore in this land of diversity and picturesque wonder.

Our section chair, Elaine Shirley, will lead this annual meeting. Come meet new members, see familiar faces, and hear all the fabulous things the RMOTHG does and has planned.

**REGISTER ON THE CMC SITE NO LATER THAN MONDAY, SEPTEMBER 11.**
*Registrations will NOT be available the day of the event.*

- Members $20
- Nonmembers and guests $27.25

For directions to the Mount Vernon Country Club, googlemap 24933 Clubhouse Circle Golden CO 80401. www.mountvernoncc.com

**REMEMBER—IT’S A BRUNCH. COME AT 11 AM!**

Contact Ida Sansoucy with questions iderann@q.com.

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**LETTER TO THE EDITOR**

**Thanks to trail maintenance volunteers!**

All hikers benefit from the trail maintenance that volunteers do for us. Those of us on the RMOTHG June 21 hike to Chicago Lakes had an unexpected opportunity to witness this in action. Bob Hunter, one such volunteer, was in our group and requested a 10-minute delay of our hike so that he could saw a waist-high log that was blocking the trail. With the unanimous consent of all in our group and our leader, Bob did so. I took these photos and then helped Bob move the two halves of the log off the trail.

~Bruce Rosborough
The biking season is in full swing. We have ridden 14 Fridays since the beginning of the year with an average of over 30 riders 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.

There are two styles of riding, the Hares and 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 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. 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 waiver form. Guests may participate in two of our activities before joining the 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
August arrives and we’re still hiking, often higher up where it’s cooler! If you haven’t joined us yet, we explore scenic Colorado trails each Wednesday, usually hike a casual pace for two hours to an enjoyable lunch spot and return (Some hikes are faster, longer. Read descriptions!). We also offer optional snack-stops afterwards! On Friday afternoons between 5 – 6 pm, Jeff sends emails listing the following Wed hikes with links to CMC where you can read hike descriptions and sign up for one. If you want to receive those emails, write Jeff at Jeff.Flax@gmail.com.

A reminder: We leave early to avoid summer thunderstorms that appear by noon. We’re safety-conscious so ask that you carry LOTS of water for hydration at altitude, for wetting your hat to keep cool, and in case you stumble and need to wash off a scrape (We start with YOUR water and first aid kit when we help you!). OTHG hikers come prepared with their ten essentials, don’t wear jeans or cotton, and carry rain gear for weather changes – a responsible but lively bunch! **Come join us in August!**
**INTRODUCTION TO HIKING SAFETY SEMINAR**

**SEPT 27**

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 Wednesday, September 27 at 6:30. This will be the last session in 2017.

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](http://www.hikingdenver.net/schools/introduction-to-hiking-safety)

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**Grand Canyon Raft & Hike 2018**

The Grand Canyon, designated a World Heritage Site by the United Nations in 1979, is among the Earth’s greatest ongoing geological spectacles. About 65 million years ago, in Earth’s shifting a huge area of land was lifted a mile and a half above sea level, forming what is now the Colorado Plateau. For the last 6 to 10 million years, the Colorado River has been slowly carving its way down through the center, exposing 2 billion years of geological history. There are also prehistoric traces of human adaptation to a particularly harsh environment.

This unique trip to the Grand Canyon offers participants the opportunity to experience this World Heritage Site on a motorized raft for 188 miles through the best of the canyon, departing from the historic Lee’s Ferry and ending with a helicopter ride from Whitmore Wash and a plane flight back to the start. It is especially ideal for those who would like to hike in areas that can be reached only from the river, and those who have always wanted to experience the canyon but who do not wish to make the 7 mile, 4500’ trek in and out.

**ONL Y 4 SPOTS LEFT FOR THIS TRIP OF A LIFETIME!**

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**Event Calendar**

<table>
<thead>
<tr>
<th>AUG 10 &amp; SEPT 11</th>
<th>2 CPR/AED Classes</th>
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</thead>
<tbody>
<tr>
<td>SEPT 17</td>
<td>RMOTHG ANNUAL MEETING &amp; BRUNCH</td>
</tr>
<tr>
<td>DEC 3</td>
<td>CMC ANNUAL DINNER</td>
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<tr>
<td>DEC 10</td>
<td>HOLIDAY PARTY</td>
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PLEASE Email YOUR photos to Maryann - tophillnews@gmail.com

FUN PHOTOS

FUN AT TURQUOISE LAKE ANNUAL CAMPOUT

WILDFLOWERS ON TRAIL TO DIAMOND LAKE

WHITE BOG ORCHID

MEADOW ANEMONE
ROCKY MOUNTAIN OVER THE HILL GANG
A Section of the Colorado Mountain Club Denver Group

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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