DENVER BOTANIC GARDENS TOUR

SATURDAY, APRIL 21 ~ 10:30 am

Register by FRIDAY, APRIL 13 in the CMC calendar

1007 York St, Denver, CO 80206   (720) 865-3500

Learn about the plants at the gardens!! Did you know they have some plants that are endangered – meaning they are only seen in our botanic garden?

MEET INSIDE THE ENTRANCE TO THE GARDENS BY THE GIFT SHOP AT 10:15 A.M. The tour will be provided by a docent inside the Conservatory so weather won’t be a problem. The docent will show us the Conservatory and explain the Garden’s activities and the plants we observe.

After the tour, an optional lunch is on your own at the Off Shoots Restaurant right by Garden Observatory.

Cost, $14 for the tour and docent. Members with Garden membership still must pay the $14 docent fee. DBG requires a head count a week in advance. Thanks!

Questions? please contact Lou Ann louanndixon@gmail.com, 720-935-5895

LAST CALL!

CO STATE PARKS ANNUAL PASSES
PURCHASE AT QUANTITY

DROP DEAD DATE FOR CONFIRMING YOUR INTEREST TO ME BY EMAIL IS MON. APRIL 16.

State Parks offers a discount on annual passes if purchased in quantity. We need only purchase 20 or more passes at one time, for each person to obtain an annual pass for $56.00 (20% discount), instead of $70.00 if purchased individually. I am Kathy Kurtz, RMOTHG member, & will be the point person to collect money, purchase and distribute passes. Please reply SOON! Check the March newsletter Parks Pass item for more details or contact me.

I will email everyone who responded to me by Tues, April 17 to verify the amount and final details. I will email you all earlier if I get 50 responses before then, I only need 5 more to get the 50% discount ($52.50).

IMPORTANT TO ALL: That message will include my mailing address, information on how to proceed as well as the check amount needed. The amount depends on whether we get over 49 responses, which would reduce the price even more.

Contact info for Kathy Kurtz: kmkurtz47@gmail.com
303-512-3006; 809 Union St., Lakewood, CO 80401.
REGISTRATION INSTRUCTIONS FOR TURQUOISE LAKE CAMPOUT ARE COMING IN OUR MAY NEWSLETTER.

Be prepared to mail in a personal check and information to the address provided in that newsletter. Postmarks determine which fees arrive first, and campers are selected first come, first serve. In the past, all campsites have filled immediately.

In 2003, the annual Campout was started by Lynn Forsberg and George Collins. Many different campgrounds were used over the years, but eventually the campers fell in love with Turquoise Lake and Baby Doe campground. Today we continue to reserve our sites at the Lake for an outing that is sure to please everyone.

We will be at Turquoise Lake for 3 nights. Campers arrive Monday, August 13 and check out on Thursday, August 16.

Your camping fee of $47 provides for a shared campsite, steak & chicken brats for 2 dinners, and wine and beer at no additional charge. There will be happy hours each night, and possibly guest speakers. Campers will be assigned to bring hors d’oeuvres, salads, veggies & desserts to share. During the day, folks may hike, bike, fish, kayak, and relax, maybe!

Since this is a campout for RMOTHG members, all campers must be members. The camp fees were partially paid by RMOTHG in past years. However, this year our campers will be sharing all the costs.

We are working to make this the best camping trip ever. Please let me know if you have any questions.

Martha Delporte  sabona51@comcast.net

REGISTRATION will begin in LATE APRIL OR EARLY MAY, AS SOON AS YOU RECEIVE YOUR MAY NEWSLETTER.
DO YOU KNOW A DYNAMIC SPEAKER?

Your input would be great....... WE ARE SEARCHING FOR AN INFORMATIVE PRESENTER FOR OUR NEXT ANNUAL MEETING.

Got ideas?  THE EVENT IS SUNDAY, SEPTEMBER 16th.

The guest speaker is given about 45 minutes to present. They get to enjoy a great brunch and are offered an honorarium. The speaker also gets to meet a great group of RMOTHG members.

PLEASE EMAIL ME IF YOU HAVE A SUGGESTION.  Ida Sansoucy, Social Committee, iderann@q.com

It is hard to believe that spring has arrived! I do not know about you, but I cannot believe how quickly winter has passed. Cold weather activities are about over, and we will soon be getting into our summer adventures. Trip leaders are busy putting together hiking, biking and camping schedules. Their dedication to making RMOTHG great is so appreciated.

Besides our trip leaders, the social committee of Ida Sansoucy, Lou Ann Dixon, Ronnie Knueven, Ginny Keir and Ava Navin are organizing events for us to enjoy. The schedule now contains a tour of the Denver Botanic Garden, the Turquoise Lake campout, a Rockies Game and many more happenings. Ideas from members are always welcome to add to our social calendar. I hope you can take advantage of these social outings. They are a lot of fun and you get to meet other members.

One of the things I need to mention deals with the refund policy on trips and activities where there is a charge. If you sign up for a trip or social activity and pay your money on the CMC website, the fee will only be refunded if the request for refund is received by the CMC office before the sign-up deadline date. There is no refund if the request is received on or after the deadline date. There will be a $10 processing fee to refund the money to absorb the processing costs to CMC. If RMOTHG cancels the trip/social activity a full refund will be given.

Soon you will be receiving a survey from RMOTHG.  We, as board members, are trying to visualize what RMOTHG will look like in the future. How do we provide the best service to our members?  What can we do to enhance the enjoyment of our activities for our members?  When you receive the survey, if you would take a few minutes and fill it out, it would be greatly appreciated.

Here’s to spring, longer days, warm weather and more activities to enjoy together.

Scott Kramer – Vice Chair

Fun at Dazzle Jazz Lunch
Besides being the unpredictable month of hiking with mud, snow or rain surprises, April is also our transition between end of snowshoe season and start of summer/fall hiking. Summer/fall hike leaders meet early April to plan the schedule for 2018 hikes starting in May. Jeff still sends out Friday emails so keep checking, but we have fewer hikes in April. Leaders may add a hike when they can, so you might receive an extra, non-Friday email to let you know about spontaneous hikes!

We’ve luckily had good snow for some of our snowshoe treks, used spikes for others, but we’ve enjoyed snowshoe season & hope you have too. We’ve also delighted in meeting many of you new members who’ve recently joined our happy snowshoe/hiking bunch. We hope you’ll continue hiking with us this summer! If you’re not yet on Jeff’s email list for Friday emails about upcoming Wednesday spring/summer hikes, let him know at Jeff.Flax@gmail.com. Thanks for another positive, enthusiastic, fun, RMOTHG snowshoe season!

IT'S SNOWING at MILLS LAKE!
Let's see, the weather is warming up, I've seen hardcore cyclists out on the roads, the calendar says May is a month away, and I went looking for my bike. The Rocky Mountain Over The Hill Gang (RMOTHG) biking season must be getting close. Our regular cycling season is from the first Friday in May through the end of September.

The morning rides are usually on paved, level bike paths in the Denver and Boulder areas. Sometimes we encounter hills and gravel trails. We also go west to Summit County. Occasionally, we have spontaneous, out of season outings when the weather is favorable. Routes usually start at a neighborhood restaurant with an optional lunch following the ride for more sociability.

There will be two riding groups: Hares and Terrapins. Hares ride approximately 20 to 30 miles at a speed of 10 to 12 mph. Terrapins ride approximately 10 to 15 miles at a speed less than 10 mph with more stops. About 20 to 25 bikers participate weekly.

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, ID and a medical card. The wearing of a helmet is mandatory.

Email notices are sent out several days prior to the excursions to describe the weekly ride. The meeting time is usually 8:30 am with departure at 9:00 am. If you are interested in riding, please contact Pete Spandau 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 weekly email reminders to sign up at www.cmc.org.

See you on the trails,

Pete Spandau

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The CMC Denver Group’s Wilderness First Aid School (WFA) is offering two separate 2 ½ hour ECSI nationally certified CPR and AED (automated external defibrillator) evening classes at the AMC/CMC, on Mon, April 9th, Mon, June 4th, and Mon, August 13th (take one class only). Both classes are from 6:30 to 9:00. The class also covers how to relieve choking victims. The classes are posted for sign-up on CMC.org calendar. The 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 available on the CMC calendar at https://www.cmc.org/Calendar.aspx.
**Intro to Hiking Safety Seminar**

FIVE 2018 SESSIONS, APRIL 11, MAY 23, JUNE 20, JULY 25, SEPTEMBER 19, 6:30 – 9:00 PM

- **Contact**: Art Hogling, director, ahogling@aol.com
- **Location**: AMC, Golden
- **Fee**: CMC member $5, non-member $10
- **Registration**: cmc.org/calendar/classes or membership services at (303) 279-3080
- **Invitation to a CMC seminar on hiking safety.**
- **Learn how to be safe in the backcountry.**

Learning how to be safe in the backcountry is a major reason many members join the CMC. So we’ve developed a **ONE-EVENING seminar especially for new members and others 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), cold weather gear, staying warm, hypothermia and cold weather injuries, and being stranded overnight,
- how to avoid, how to 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.

For more information, go to [www.hikingdenver.net/schools](http://www.hikingdenver.net/schools)

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**Annual Picnic ~ Saturday, June 9**

Staunton State Park ~ lunch at 12:30

~ in the Ranch Hand Group Picnic Area shelter.
~ a state park pass is required on all vehicles entering the park. The daily fee is $7.00.

Staunton is about 40 miles southwest of downtown Denver, north of US Highway 285, and about six miles west of Conifer. For more information regarding Staunton State Park, see staunton.park@state.co.us or cwp.state.co.us.
FUN PHOTOS

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

Exercise is a Celebration of what your body can do!! Not a punishment for what you ate!
ROCKY MOUNTAIN OVER THE HILL GANG
A Section of the Colorado Mountain Club Denver Group

RMOTTHG SECTION BOARD

Section Chair                   Kirsten Tollefsen
                                kmt1950@comcast.net

Section Vice Chair             Scott Kramer
                                skramer@trinitymgtconsulting.com

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

SEE BOARD MINUTES
http://www.rmothg.org/BoardMinutes.aspx

READ BYLAWS

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