We are changing to a daytime event again 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.

Our featured speaker is Philip Tedeschi, Clinical Professor and Executive Director for the Institute for Human-Animal Connection at the University of Denver. Mr. Tedeschi's best friends are animals. He has studied and teaches about the intricate relationship between people, domestic and wild animals and the natural world. Research shows that humans' connections with animals offer relational experiences that inform our social, emotional, cognitive, physical, spiritual and psychological well being. Come away with a fresh understanding on how to rethink, improve and deepen our relationships with other non-human animals, and a new sense of being part of a larger community of life.

Our section chair, Kirsten Tollefsen, 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 10. Registrations will NOT be available the day of the event.

- Members $25
- Nonmembers and guests $30

Please note there is a revised refund policy. "No refunds will be given on or after the sign-up deadline date provided herein. Any requests for refunds received by the CMC office before the sign-up deadline date will have a $10 processing fee deducted from the original fee or deposit amount refunded."

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

REMEMBER---IT'S A BRUNCH. COME AT 11 AM!

Contact Ronnie Knueven if questions (knuevenru@comcast.net)
SECTION CHAIR’S MESSAGE

Busy enough out there? Are you loving the great variety of hikes now reaching the cooler high country, the hut trips, camping and of course the bike rides, which will also head to the mountains for a few trips this month? Our trip leaders are ever busy...ever creative ...keeping the fun times going.

The above questions are pretty easy to answer since our trips fill-up each week. The harder questions to answer are: what else could be offered to you, what could be done better, and what could be enhanced to keep this Section of CMC viable for YOU. We want RMOTHG to reflect YOUR interests, so if you have not done so please complete the RMOTHG Survey: https://www.surveymonkey.com/r/RQBK2NT.

At our last Board Meeting Janice Johnson was unanimously elected to fill the board position left by Vern Bass. Janice is an active member and for the past several months has been enthusiastically representing RMOTHG at the CMC New Members’ meetings. We are so excited to have Janice on the Board and look forward to working with her.

I also want to thank Colleen Landy for representing RMOTHG at the CMC Denver Group Board meetings each month. She has done a wonderful job of helping to connect us to that Board and to provide detailed reports back to the RMOTHG Board. Colleen’s term as RMOTHG Liaison to the CMC Denver Group Board is up in September and we are looking for a member to volunteer for this position. The communication between our Section and the Denver Group (which we are a part of) is very important, and the RMOTHG Liaison is a consistent presence between the two Boards. Basically, the Liaison attends the CMC Denver Group Board meeting held 1 evening per month and then provides a report to the RMOTHG Board at/for our meetings held every other month. If this sounds of interest to you, please contact me or any Board member. This is a excellent and meaningful way to contribute to our Section.

Looking forward to September, there will be our Annual Meeting and Brunch at Mt. Vernon Country Club. Not only “yum” regarding the food & the chance to catch up with old & new friends, but your new Board will be introduced, we will celebrate & acknowledge our volunteers and enjoy a very interesting speaker. I hope to see you there.

Last but not least, the Board wants to congratulate Jan Blue for becoming our newest Trip Leader! I happen to know that she is one busy person and yet has spent the time to go through the required training. Thank you Jan!

Enjoy the adventures and keep cool 😎

Kirsten Tollefsen, RMOTHG Section Chair

Event Calendar

| AUG 13-16 | TURQUOISE LAKE CAMPOUT |
| AUG 13    | CPR/AED               |
| SEPT 16   | ANNUAL MEETING AND BRUNCH AT MT VERNON COUNTRY CLUB |
| SEPT 19   | INTRO TO HIKING SAFETY |
| OCT 3     | CPR/AED               |
| OCT 21    | WILDERNESS FIRST AID  |
| OCT 29    | LUNCH AND LEARN:HEALTH AND WELLNESS PRESENTATION BY ORTHOPEDIC SURGEON |
| OCT ?     | DAZZLE JAZZ           |
| NOV 17    | WFA RECERTIFICATION   |
| DEC 9     | HOLIDAY PARTY         |
CAROLE ZURCHER

I grew up in the Pacific NW. I lived there for 32 years. I’ve also lived in So. CA, Illinois, Germany and finally CO. I’ve been here since 2004, when I transferred here from Chicago with United Airlines. I love it here best. CO has so much to offer for those who love the outdoors. Sunshine, hiking, fly fishing and skiing - all things I love to do.

Moving here I did not know anyone. I learned about CMC/OTHG in 2006 and joined right away. I knew this was the place for me. It’s so important to be with people who enjoy the same pursuits.

I have met so many nice, wonderful people. Including a special person on the trail (some of you may know) Marc Hasfjord — one of our leaders. Since retiring a couple of years ago I have time to do some volunteering. I recently completed WFA and Leadership school. After I complete an LIT hike I can lead A hikes. I look forward to leading some hikes, meeting new people and giving back to a group that has given me so much. That’s why I hope you will consider me for the RMOTHG Board.

I have a daughter Michelle, a son-in-law Peter, a granddaughter Brennan and a grand dog Odin! They live in Huntington Beach, CA.

LUE FRATANTUONO

I have been a member of the RMOTHG since January of 2008. I retired from my job after 30 years and was looking for someone to go hiking with. I enjoyed hiking and snowshoeing with my adult children but they worked all week. I discovered the Colorado Mountain Club through a program at the local library and spoke with the club members who invited me to join a snowshoe. That was it, I have been hiking, biking, snowshoeing or enjoying social activities at least once a week since that first outing.

I was a member of the RMOTHG Board from 2010 through 2013 and learned the history of the group and enjoyed watching the membership grow continuously. During and after my term, I planned monthly social activities and worked with others planning trips and outings. It was a great way to meet members that I didn’t see at other functions.

For the past year I have been on the RMOTHG Board filling a vacant position created when a board member moved out of state. It has been a rewarding experience and again I am learning so much about the CMC organization and what it takes to keep it going. I have taken the position of Membership Coordinator and would like to continue to function in that role. I enjoy the contact with new members as well as working with returning members.

KIRSTEN TOLLEFSEN

I have had the privilege to serve on your Board for the last three years and as your Section Chair this past year. In that time I have worked with and been inspired by many energetic and creative Board Members, as well as the many devoted volunteers who continue to make RMOTHG a success.

My husband, Wayne Tomasello, and I have been a part of RMOTHG since its inception at CMC in 2005. However, it wasn’t until I retired from KeyBank (where I was a Commercial Real Estate Banker and National Manager) that I could really devote time to this organization.

I originally hail from the Pacific NW so living in Colorado has been a good fit, but what has made it most special are the very active friends we have made through RMOTHG, who love playing in the outdoors.

Coming from a business background, I find those same principles apply to the business side of this large Section and it’s integral relationship with CMC. Working with other Board members or Section volunteers to improve and enhance our Section, my focus is always keeping RMOTHG viable to its members now and into the future.

This first 3-year term has flown-by and I thank you for having given me that opportunity. It is my hope that you will again allow me to serve on your Board for another term.
The snow is almost all gone and we’re out there enjoying the higher peaks now. And while we encourage you to hike with us as much as you can, we also need you to be considerate of your fellow RMOTHG members and leaders. Handling of the waitlists has been problematic lately. We have had lots more turnover than usual on our trips. In theory, the CMC system will notify you if you move up from the waitlist but that hasn’t always been happening. CMC is aware of the problem and is working on it. Here are some ways you can help:

If you are going to cancel off a trip for any reason other than a last minute sickness or emergency, please plan ahead and cancel by noon Monday for a Wednesday trip. This will give the member who is moving up from the waitlist a reasonable time to plan. To cancel, login in to CMC, go to members, my membership, my trips, and find the trip you are canceling from. At the bottom of the listing it will say “notes:” and a button to cancel reservation.

If you are on the waitlist and still hoping to go on the trip, check your trips often to see if you may have moved up without receiving the notification. Here’s how: login to CMC, go to members, my membership, my trips, and look at the whole description of the trip. If you are still on the waitlist, it will tell you what number you are on the list just above the “Notes:”

If you are on the waitlist but have decided that you probably won’t get in and have made other plans, PLEASE cancel from the waitlist. Once you cancel from the waitlist, it allows the next person on the waitlist a possible opportunity to move up in time to actually go on the trip. If you don’t cancel when you have decided not to go, there is a long delay while you do finally realize you have moved up and then cancel OR, even worse, you may not realize you moved up and the next person never gets moved up.

Of course, the final way to help is to only sign up for one trip and/or waitlist per day.

Thanks for your cooperation!

Martha Mustard

TENTATIVE AUGUST HIKES

August 1: Forest Lakes, Lake Isabelle, and Silver Dollar Lake

August 8: Columbine Lake, Lake Isabelle, Blue and Mitchell Lakes, and Herman Gulch

August 15: Aqueduct Ditch, and Turquoise Lake Campout hikes

August 22: Ouzel Falls, Mohawk Lakes, Mt. Flora, and Wheeler and Lost Lakes

August 29: Peaks Trail Breckenridge to Frisco
RMOTHG Cyclists are having a wonderful summer of bike rides with an average of over 30 participants each week. The trips are Friday mornings in the 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 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. An optional lunch follows at a nearby restaurant. Guests are allowed with the signing of a waiver form. Guests may participate in two of our activities before joining the RMOTHG section and the Denver group of the 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.

See you on the trails,

Pete Spandau
The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a 2 ½ hour ECSI nationally certified CPR and AED (automated external defibrillator) evening class at the AMC/CMC, on Monday, August 13th and again on Wednesday, October 3rd (take one class only.) Both classes are from 6:30pm to 9:00pm. The class also covers how to relieve choking victims. The tuition is $20.

Registration sign-up is available on the CMC calendar at https://www.cmc.org/Calendar.aspx. For more information about the class, see https://cmcdenver.org/schools-2/wfa-cpraed.

(Denver Group leaders can apply for SALT scholarships, which covers the cost of the class — see https://goo.gl/DhBZfM) For more information, contact Jeff Flax, Denver Group WFA School Director, at jeff.Flax@gmail.com.

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CPR/AED FOR OUTDOOR RECREATIONISTS
AUG 13 & OCT 3 - SIGN UP FOR ONE CLASS ONLY

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.cmcdenver.org/schools

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INTRO TO HIKING SAFETY SEMINAR
SEPTEMBER 19 ~ 6:30 – 9:00

- **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.
DENVER GROUP WILDERNESS FIRST AID COURSE (WFA)  Oct 21 & 28 (1 class)

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a two-day course on October 21st and October 28th, 2018, at the AMC/CMC. An ECSI WFA two-year certification card is issued upon successful completion of the course.

The course tuition fee is $75 for CMC members, $55 for Denver Group leaders and senior school instructors. Registration opens on July 1 (the course fills up quickly) on the CMC calendar at https://www.cmc.org/Calendar.aspx.

The course is available to all CMC members, including active Denver leaders through the SALT program (apply at https://goo.gl/DhBZfM) The new 5th Edition of the Textbook will be provided to all students (previous editions are no longer being used).

For more information, contact Jeff Flax, Denver Group WFA School Director, at jeff.Flax@gmail.com. For more information on the Denver Group’s WFA course, see https://cmcdenver.org/schools-2/wilderness-first-aid

WILDERNESS FIRST AID ONE-DAY RECERTIFICATION COURSE (FORMERLY WFA REFRESHER)  NOVEMBER 17

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a one-day WFA Recertification (formerly WFA Refresher) course, at the AMC/CMC. It is limited to participants who have taken the CMC’s ECSI two-day WFA course or the one-day WFA Refresher Course within the past two years. An ECSI WFA two-year certification card is issued upon successful completion of the course. (The certification time period has been changed for 2018). For more information on the course, see https://cmcdenver.org/schools-2/wilderness-first-aid

The course tuition fee is $75 for CMC members, $55 for Denver Group leaders and senior school instructors. The course is available to all CMC members, including active Denver leaders through the SALT program (apply at https://goo.gl/DhBZfM) The new 5th Edition of the Textbook will be provided to all students (previous editions are no longer being used.)

For more information contact Jeff Flax, Denver Group WFA School Director, at jeff.Flax@gmail.com. Registration sign-up will be available in early August on the CMC calendar at https://www.cmc.org/Calendar.aspx

NEW ADVENTURE TRAVEL TRIP TO ICELAND ANNOUNCED

ICELAND - TREK<https://www.cmc.org/AdventureTravel/AdventureTravelTrips/IcelandTrek2019.aspx>

JULY 20-31, 2019

National Geographic named the Laugavegur Trail as one of the “20 Best Hikes in the World!” Come explore this amazing trek and include the Skógar extension, ending at the stunning 200-foot-high Skógafoss waterfall. Your 50-mile trek will start in Landmannalaugar, known for its multicolored rhyolite mountains and hot springs. The breathtaking scenery throughout the 7-day hike includes fields of obsidian, colorful mountains, black sands, geysers, glaciers and glacial rivers. Spend your nights relaxing in mountain huts at beautiful remote locations including one at the foot of the glacier Eyjafjallajokull at the base of a volcano that erupted in 2010 and halted air traffic in Europe.

For More Information Visit www.cmc.org/adventuretravel
When is a ball not a ball? When it’s a bowl, the oddly weighted round object used in lawn bowling, which at times seems to curve with a mind of its own. RMOTHG members learned this term and a few others—rink, jack, hog, wick and double wick—in our social event on July 21 at Washington Park. Thanks to patient coaching from the Wash Park Lawn Bowling Club volunteers, our novice bowlers were able to send the bowl gliding down the rink and then figure out whose was closest to the jack. The concluding “cutthroat game” had us jumping for joy—or despair, depending on the break of the bowl. Despite the heat and the squirrels eager to share our snacks, folks agreed that this event was one to be repeated soon.
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

DOWNLOAD NEWSLETTER
http://cmcdenver.org
www.rmothg.org/UploadedUserFiles/nlarchive.aspx
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http://www.rmothg.org/BoardMinutes.aspx

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