FRIDAY LUNCH JAZZ JAM

DAZZLE JAZZ CLUB

FEBRUARY 15, 11:30

deadline to sign up: Feb 12

Come join us for another musical event on Friday, February 15th at 11:30 am.

Dazzle Denver Jazz ~ 1512 Curtis St Denver ~ 303 839 5100

The music is great, the lunch menu is inexpensive and good!

This is a free event. Please sign up on the CMC website.
Deadline is February 12th.

Questions? Ida iderann@q.com

Find out more at www.DenverDazzle.com


BOWLING PARTY

FRIDAY, MARCH 8 ~ 5:30 pm

DEADLINE FOR SIGNUP MONDAY, MARCH 4

At Round 1 at Southwest Plaza (Cross Street entrance, back of Mall) 8501 West Bowles Avenue, Space 1183, Littleton, CO. We will gather at 5:30 pm and bowling starts at 6 pm. Bring a friend. Please make your reservations on CMC website (www.cmc.org). Price of $25 includes bowling for 150 minutes, bowling shoe rental, pizza, wings and soda. Adult beverages (not included) are available at the bar. Check out the Round 1 website at www.round1usa.com. Karaoke, billiards and arcade games are also available at your cost. Deadline for signup is Monday, March 4. Questions? Email Ronnie Knueven (knuevenru@comcast.net) or Ida Sansoucy (iderann@q.com).
We would like to update you on the progress the board has made on taking the comments from our last survey and forming a direction to address them. If you took the time to respond to the survey, thank you so much. It has provided the board with a great starting point of how we can improve the experience with RMOTHG.

There have been two committees setup to explore ideas for addressing your comments. One committee will focus on how we can provide more access to activities. This includes ways to encourage new leaders, more trips and new activities. The second will focus on communication. We feel the better we can communicate with our members, the better we can serve you.

In response to your comments we have instigated early notification of hikes/snowshoeing events so you can decide before registration opens. As you may know, Jeff Flax has initiated the posting of the hikes on the Wednesday before the Friday reservations. We thank Jeff for this effort. I think it has been very well received and helpful for all of us on our hiking/snowshoeing decisions.

There is much more work to do. In the coming months, we will provide updates of our plans and progress. We greatly appreciate your input and we are dedicated to improve where ever we can.

Scott Kramer - Survey Committee Chair

ANNUAL PICNIC

SATURDAY, JUNE 15TH at STAUNTON STATE PARK.

Mark your calendars now!

Volunteers will be needed. Contact Ronnie Knueven (knuevenru@comcast.net) if you are interested in volunteering.

FEB 5,6,7 VANCE’S CABIN
FEB 23 DIM SUM DINNER - cancelled!
MAR 8 BOWLING
MAR 11 CPR/AED
MAR 17 & 24 WILDERNESS FIRST AID
APRIL GO KARTS
MAY LAWN BOWLING
JUNE 15 ANNUAL PICNIC
NOV 5 MONET EXHIBIT
Hello fellow Over the Hillers,

You may wonder why my message this month is in **RED**. Yes, February contains Valentine’s Day, but as it turns out it also contains Rose Day, Chocolate Day, Hug Day and Kiss Day…who knew. Additionally and most importantly February is “American Heart Month”.

So I am kicking off this month by wearing Red on February 3rd to raise awareness for heart health and to remind myself and others to take action by getting screened, eating a heart healthy diet, and to get moving with our RMOTHG friends on the trails for exercise and friendship.

Another thought is to learn or revisit CPR, which as it turns out is easy to do by signing up for CMC’s class entitled “CPR/AED for Outdoor Recreationists.” The next class is scheduled for March 11, and is open for registration by going to CMC.org.

Of course, while you are considering taking a CPR class why not really dive in and check out taking courses to become a CMC Trip Leader? Quite a few of the issues raised during our Survey last year would be aided by RMOTHG having more fine leaders … like YOU!

- The steps to becoming a Trip Leader are clearly described on CMCDenver.org. Go to CMCDenver.org => then click “Trip Leaders” => then click “Steps to Becoming a Trip Leader and Technical Trip Leader.” OR
- You are always welcome to contact any of us on the Board or our Activity Coordinators listed on the last page of this Newsletter for help in getting started.

Congratulations goes out to **Victoria Gits** for becoming our latest new Trip Leader!!!!! So when you see Victoria on a trip thank her for volunteering and for that matter “THANK YOU” to all our Trip Leaders from all of us RMOTHG Members…we appreciate you.

Scott Kramer, Vice-Chair, has been leading the RMOTHG Board’s work stemming from your RMOTHG Survey. Committees have been formed to analyze different focus areas that your suggestions and comments have raised. Improvements and changes are afoot. Stay-tuned as Scott and his committees roll out their results.

I wish you a wonderful, active and fun month!

*Kirsten Tollefsen*  
RMOTHG Section Chair
LYNN FORSBERG

It is with a heavy heart that I must tell you of the passing of Lynn Forsberg on January 30, 2019. Lynn was a personal friend to many of us and a good friend of RMOTHG Section. She was the the President of the Denver Chapter of OTHG International when we chose to merge that club with CMC in 2005, and with that transition Lynn became our first Chair of RMOTHG Section. Lynn was very instrumental in the process of assimilating the original group into CMC.

Lynn was a great ambassador of our Section, enthusiastically encouraging new membership and making a point to warmly welcome all who joined. Even after her chairmanship ended she remained very active within our Section. For example, Lynn, along with George Collins, started the annual Camping Trip, which is still one of our most popular annual events. She pitched in to help when her dear friend, Joan Waldheim (now a Social Guest Member) was a Social Coordinator for our Section, and she was an active biker who hosted the biking group for lunch at her home. More recently, Lynn was helpful when we established our “Social Guest Membership” category, so that when members no longer are able to physically participate in the activities of our Section they can choose to remain with their RMOTHG friends on a social level.

Thank you Lynn for your leadership, encouragement and most of all your friendship!

- Kirsten Tollefsen

(At this time we do not have information on Lynn’s service or any suggested remembrances.)
Come snowshoe or spike-hike with us this winter as we trek snowy Colorado trails together! Every Thursday at 5 pm, you can preview trips that leaders post. Then at 5 pm every Friday, Jeff Flax sends out an email describing the next Wed trips with links to CMC so you can actually sign up for the hike/shoe you want. Each trip is unique so read descriptions carefully. Often we shoe for two hours at a casual pace, enjoy lunch, return (Length of hike, winter conditions, and leader preference determine pace of trip.). We also offer optional after-trip snack stops so folks can get further acquainted. We welcome newbies and experienced shoers, and we support and help each other. If you’re not yet on Jeff’s email list telling about next week’s trips, email Jeff.Flax@gmail.com and come join us! Snowshoeing or spike-hiking in winter is one of life’s great pleasures for us outdoor enthusiasts!

NOTE: We understand wait list frustrations when our trips fill so fast the moment Friday emails arrive. Our continuing challenge is to find enough CMC trained and certified leaders to meet the interests of our members. Our current volunteer winter leaders do lots in finding neat trails to hike and make sure our trips are safe as well as fun! But we still encourage you to sign up on wait lists because “churn” (when folks cancel) happens and your name may move from wait list to roster. Just keep the trip on your calendar and check your status on CMC.org on my membership page. When your name comes off the wait list onto our rosters, leaders also email you just in case CMC doesn’t. However, only sign up for one Wednesday trip or one wait list to be fair to all members trying to get on a trip! Thanks for always appreciating our leaders! We appreciate you, too!

FEBRUARY

(Weekly emails will let you know when other trips are added!)

**Wed, Feb 6-8:** - Vance’s Hut
**Wed, Feb 13:** - Lair O The Bear
- Forest Lakes
- Leader’s Choice
**Wed., Feb 20:** - Jim Creek
- Spruce Creek
**Wed, Feb 27:** - Matthews Winter
- Leader’s Choice
**WILDERNESS FIRST AID COURSE (WFA)**

**MARCH 17 & 24**

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a two-day course on March 17 and 24, 2019, at the AMC/CMC. An ECSI WFA two-year certification card is issued upon successful completion of the course. (The certification time period changed in 2018.) See https://cmcdenver.org/schools-2/wilderness-first-aid for more details about the course.

The course tuition is $100 and is available to all CMC members. (Denver Group leaders can apply for SALT scholarships, which covers the cost of the class — see https://goo.gl/DhBZfM) The March course is open for registration on the CMC calendar at https://www.cmc.org/Calendar.aspx

A one-day WFA recertification/refresher (WFAR) course is scheduled for May 5, 2019. The class is available to members who have taken WFA or WFAR within the past 2 years. Registration for the WFAR class will open on February 1. The tuition is $90 - SALT scholarships are also available for this class.

Additional WFA and WFAR are scheduled later in 2019.

Contact Jeff Flax, Denver Group WFA School Director, for more information about the course — Jeff.Flax@gmail.com.

**CPR/AED FOR OUTDOOR RECREATIONISTS**

**MARCH 11**

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, March 11th. The classes are from 6:30 to 9:00. The class also covers information on how to relieve choking victims. The class is posted for sign-up on CMC.org calendar. The course tuition is $30. A two-year CPR/AED certification is included with the class.

(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.
PLEASE Email YOUR photos to Maryann - tophillnews@gmail.com
ROCKY MOUNTAIN OVER THE HILL GANG
A Section of the Colorado Mountain Club Denver Group

RMOTHG SECTION BOARD

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<tr>
<th>Position</th>
<th>Name</th>
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<tr>
<td>Section Chair</td>
<td>Kirsten Tollefsen</td>
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<td>Kathy Kurtz</td>
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ACTIVITY COORDINATORS

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IF A FELLOW RMOTHG MEMBER HAS A SERIOUS ILLNESS, INJURY, OR HAS PASSED AWAY,
please contact our RMOTHG secretary to send a friendly note to that member/member’s family.

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

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

READ BYLAWS