Please join us at the Staunton State Park in Conifer, Colorado on Saturday, June 15th. It 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. A daily fee is $7 or an annual State Park Pass is required on all vehicles entering the park.

We have reserved the Ranch Hand Group Picnic Shelter from 11 to 4 pm. Lunch will be served around 12:30 pm. We will be grilling burgers and dogs (unless there is a fire ban.) Paper products and condiments will be provided. Alcohol is permitted in the park (3/2.) Please bring your own beverage & a dish to share, assigned by your last name: A-L side dish or salad, M-R appetizer/chips/snacks, S-Z dessert. You might bring your own cooler to keep these dishes and your own drinks cold while you hike or bike or nap.

The shelter is handicapped accessible. Check out the park’s website. There will be hikes and bike rides available through RMOTHG, but you must sign up separately for those “trips.” You can sign up for the picnic under the CMC event site. Deadline for sign-up is June 10th.

If you are bringing a guest, please indicate when you sign up for event so we can have enough food to accommodate everyone. To recap: Sign up 2x - once for the picnic, once for a group exercise option - bike or hike.

We need volunteers to help with cooking burgers and hot dogs, set-up and clean-up. Please contact Ronnie Knueven if you can help or have questions. Contact Ronnie at knuevenru@comcast.net or 303-588-4526.

A lively group was enjoying lawn bowling, learning the wicked curve of the bowls and how not to be tossers. Then a sprinkle gave way to thunder, and hard rain became mixed with ice and snow. Good sense prevailed, and we called it a day. Considering all the events on the calendars of both RMOTHG and the Wash Park Lawn Bowling Club, our first available make-up date is Saturday, June 29, from 10 to noon. Please sign up on the CMC calendar for that date; the $20 fee is payable at the park. If that make-up date doesn’t work for you and you’ve already paid the fee, please let me know and I’ll zip you a refund as quickly as I can manage. And if you couldn’t make the May date and would like to join us, we’d love to have you.

Ava Navin  ava.navin481@gmail.com
RMOTHG BOARD CANDIDATE SEARCH

The RMOTHG Section Board is composed of nine (9) members each of whom serve for three years, with one-third retiring each year. An annual election will be completed by electronic ballots in August. The Section Board meets every other month beginning in November of each year.

The Nominating Committee, comprised of Diana Bliss, Jane VanderKolk and Janice Johnson, is seeking three candidates to run for the RMOTHG Section Board this August. We know that of our almost 900 members there are many of you who have knowledge, expertise and great ideas you could share by joining our Board.

If you are ...or you know another RMOTHG member who is .... interested in helping lead this Section by serving on our Board, please contact any of us on the Nominating Committee or any Board member (see contact information on last page of this newsletter,) no later than June 28th. If you would like more information about the Board, its work and the process, any of us would be happy to provide more details.

What are you waiting for? You know you want to come-a-BOARD!

HOW ABOUT BECOMING THE NEXT RMOTHG SOCIAL COMMITTEE COORDINATOR?

Are you someone who likes to be around people? Are you friendly, accountable, do you enjoy discovering and sharing interesting events or places around your community? If any of this sounds like YOU, please consider joining our RMOTHG Social Committee as the coordinator beginning in September 2019.

Aside from the Coordinator, this committee is currently made up of four other dedicated and friendly volunteers who put together monthly social activities that are offered to the RMOTHG membership. Three of these events each year include our Section’s Picnic, Holiday Party and the Annual Section Meeting & Brunch.

Like our other activity coordinators, the Social Committee Coordinator’s primary responsibility is to organize, help schedule, promote and work with other volunteers to provide social activities as an extension of our Section’s overall benefits.

According to vocabulary.com the word social comes from the Latin socius meaning "friend." When you’re being social, you’re everyone’s friend. Go to a social, or mixer, and you might make a lot of new friends.

Help us be “social” by volunteering or recommending another member for this position. Just contact Kirsten Tollefsen or any of the Board members listed on the last page of this newsletter.
FRANK AND CAROLE ARE GOING ON ANOTHER ADVENTURE APRIL 1-5 2020.

Arches National Park in Moab, UT is the destination. This is tent camping at Devil's Garden Juniper Basin group campground.

Hikes that will be done are

1. Devil's Garden – 8.1 miles
2. Tower Arch – 4 miles
3. Delicate Arch – 6 miles
4. Fisher Towers – 6 miles

You do not have to go on all hikes.

This is not like hiking in Colorado. There will be some rock scrambling and poles are not recommended. Sand will be heavy at times. Gaiters are recommended.

Please sign up at https://www.cmc.org/Calendar/EventDetails.aspx?ID=47126

Cost of trip is $34.00 which you will have to pay when you sign up.

There will be no refunds, but I will keep a waitlist if you find out that you can’t make it.

Hope you can join us!

Any question please give one of us a call

Carole Adler – 303-204-0105
Frank Burzynski – 720-254-4096
Hello fellow RMOTHG friends!

Isn’t it great that we have had so many hike and bike rides already this season? You may have noticed that some trips have also been offered on different days of the week. Oh yes, there was also an inaugural mountain biking trip that took place in May, which resulted in rave reviews. Thanks Jerry Rowe for blazing a new trail for us. Watch out, RMOTHG trips leaders are on fire!

We have several members who have become official CMC trip leaders this year, and without hesitation immediately began running trips. Thank you to all our new and seasoned trip leaders for giving us more opportunities to play. YOU are all making the difference!

On behalf of the Board, I would like to thank Pete Spandau for his many years of leadership as our Biking Coordinator. Pete led and organized the bike trip leaders, making sure we had bike rides scheduled every Friday throughout the summer. He also instigated pre and post season rides that I know we all appreciated and enjoyed. Pete recently handed over the Coordinator responsibilities to Wayne Tomasello and Jeff Flax, but never fear, we will find Pete on the biking and hiking trails this summer, as he is still one of our valued RMOTHG Trip Leaders. Again thanks Pete for all your time and effort!

The Board had the privilege of speaking with Keegan Young, CMC’s Executive Director, at our May meeting. He shared his background, the approach he has taken so far in assessing CMC’s strengths (i.e. large volunteer base, educational programs) and some possible focus points for moving CMC to the next level. Of note was the quest to raise the awareness of CMC in the larger community so that it is truly recognized as “the” premier outdoor and mountain club of Colorado. An interesting perspective is that he looks at membership totals not so much as the “goal,” but as a “measurement” that equals the validity of why we exist. Makes sense to me. Aside from being complementary to our RMOTHG Section, we truly appreciated the time he took to meet with us, and look forward to supporting him in his positive goals for our organization.

A few of the on-going projects of your Board include changes stemming from last year’s survey, communication ideas, new leader initiative, and nominations for next year’s Board. Just a reminder that the Board minutes are available to you through the RMOTHG website, http://www.rmothg.org/BoardMinutes.aspx, and that any member is welcome to attend our meetings held every other month…the next one being July 8th.

Have a great June and enjoy which ever trail you are on!

Kirsten Tollefsen, RMOTHG Section Chair
WHY I AM A TRIP LEADER - by Rico Argentati

I have been a CMC trip leader since 1995. After joining the CMC, I started taking courses including wilderness trekking, the first aid course (called MOFA back then), BMS and some other training. The instructors encouraged me to become a trip leader, so I made it a goal. I knew that the process of becoming a trip leader would really expand my horizons and it was a way to give back to the club. I don’t remember taking a course like they have now called Trip Leader School, but I do remember going on leader-in-training hikes. I went on some of Mike Foster’s hikes and the helpful training that he provided really impressed me. Once I started leading CMC hikes, I found I really enjoyed it and it was a good opportunity to practice my leadership skills. I always liked route finding and finding interesting routes and I found that many CMC hikers really liked to go to more remote spots that required some route finding skills. It is fun taking people to places that they would never go to or find on their own. Of course it is somewhat easier now with the GPS tracking apps. In the old days we had to plan hikes six months in advance, now things are a lot easier using the CMC web site to schedule hikes.

I have probably learned more from the CMC members who have joined my hikes, than they have learned from me. Usually CMC hikers have a lot of depth as far as training, and in areas such as safety, first aid, route finding, equipment, food, etc. Often you may have a geologist, a flower expert, someone with EMT or nursing training, a math expert, etc. Group dynamics and camaraderie really can make it a pleasure to lead a CMC hike.

I find that planning and organize a hike, communicating the plan, organizing logistics and rides, emphasizing safety and then leading the hike so people have fun and are safe is really rewarding and beneficial mentally and physically. New leaders sometimes worry about being able to lead a group whose skill level and ability can really vary and where some members may be more or less fit or experienced. I have found that members adapt and generally really support and help the leader which makes it fun. Generally the group appreciates direction and lots of communication.

I definitely encourage others to become a trip leader too.
IF YOU’VE GOT QUESTIONS…

WE’VE GOT ANSWERS…

This section of our monthly newsletter will address comments and questions from the RMOTHG Fall 2018 Survey and from the membership at large. Please email questions you would like to see answered in this section to Janice Johnson jajohnson1952@gmail.com.

Q: Why doesn’t RMOTHG offer weekend hikes?
A: As CMC members, RMOTHG members can choose to sign up for any of the many hikes offered on the weekends by other CMC groups. Our focus on weekdays provides our members with the opportunity to hike when the trails aren’t so crowded.

Q: Could you start trips later?
A: As you know, more people are hiking during the week to avoid the crowds on the weekends. In many cases, there is limited parking available near the trailheads so arriving early reduces the possibility of the lot being full and having to add additional mileage to the hike.

Perhaps more importantly, an early start is often necessary for safety reasons. Leaders want to avoid getting caught in one of Colorado’s afternoon thunderstorms and/or having to cut the hike short because of threatening weather.
ON AUGUST 16-18, the inaugural CMC VOLUNTEER LEADERSHIP CONFERENCE will be held. All CMC trip leaders and instructors are being invited for a weekend of collaboration, learning, and celebration in Golden at the American Mountaineering Center. They will have a gear expo, clinics, speakers, awards, and a chance to hang out with fellow leaders at the CMC!

Each Trip Leader should have received an invitation to this Conference via email on May 1, 2019, but if not please let me know. Registration is now open.

This conference is part of a statewide program (“CMC Leadership Project”) organized to invest in CMC volunteer trip leaders and school instructors and to recognize their hard work for this organization.

As a CMC Trip Leader I will be attending. I hope many of our RMOTHG Trip Leaders will also plan to take part in this conference.

Kirsten Tollefsen
RMOTHG Section Chair

This event is only for CMC certified Trip Leaders and instructors, however, if in the future you would like to participate in the Leadership Project functions please contact Kirsten Tollefsen, Martha Mustard or Elaine Shirley (“RMOTHG New Leader Initiative Committee”) for information on becoming a Trip Leader.
I don't know about anyone else but I am getting sick of the winter weather. Don't the weather gods know that we are only a month away from the summer solstice? As I write this, we have had to postpone or cancel about a third of our hikes in May so far. I think that somehow Wednesdays in May had a curse put on them. So now we are due for some good weather Wednesdays.

The late snows this year will have a lasting effect past those cancelled trips in May. We may be hiking lower down for longer than we are used to. Here's hoping that we will be packing our sun protection and bug spray soon instead of our microspikes. Remember there are still hazards at the lower elevations. The rattlesnakes are out and rattling. Stay alert and give them a wide berth. I've heard that the antivenom for their bites can be very expensive so being bitten may have a dual negative effect on both your health and your pocketbook. Ticks will still be active. Old structures may be housing rodents carrying the hanta virus. And, of course, there's the ever present possibility of a thunderstorm. We've even had thunder snow this year!

So let's look forward to better weather in June to safely enjoy our beautiful state.

~ Martha Mustard

TENTATIVE JUNE HIKES

**June 5** - Apex Park, Leader's Choice, Russell Peak, Panorama Point, and Carpenter Peak

**June 12** - East Kenosha, Roxborough State Park, Leader's Choice, and Leader's Choice (quiet hike)

**June 15** (picnic) - Bear Paws

**June 19** - Eldorado Canyon State Park, Walker Ranch Loop, Golden Gate Canyon State Park, Mt. Sanitas to Lion’s Lair, and White Ranch

**June 26** - Shrine Pass, Leader’s Choice, and Carpenter Peak
Rocky Mountain Over The Hill Gang (RMOTHG) has bicycling rides on most Fridays during the summer months. Our RMOTHG biking enthusiasts participate on these weekly trips, which are primarily on designated bike paths throughout Denver and the Front Range. Sometimes we head west into the foot hills or up to Summit County for rides. Occasionally, there may be rides offered on days other than Fridays. Email notices regarding all bike rides are sent out to RMOTHG Members who have requested to be placed on our Biking Lists.

Generally, there are two styles of riding groups: Hares and Terrapins. Hares ride approximately 20 to 30 miles at a speed of 10 to 13 mph. The Terrapins ride approximately 15 to 20 miles at speeds less than 11 mph and take a few more stops than the Hares. Also, watch for notifications when a new Gazelle riding group trip is offered. Gazelles will ride farther and faster than our Hares group. The rides take place in the mornings and finish with an optional lunch at a nearby restaurant. Most of our trips are on paved, level bike paths, however, we may encounter the occasional city streets, some hills and gravel trails.

Additionally, please be aware that there will be some mountain bike rides led by Jerry Rowe. Jerry has stepped up and filled a greatly needed spot by leading mountain bike rides, as well as some Gazelle rides. A big thanks to Jerry!

The essential items for participating in our rides 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 bike excursions, which describe the ride and the meeting location. On most Hare and Terrapin rides the groups will start at the same time and hopefully finish together. Most meeting times are 8:30 AM with departure at 9:00 AM. Guests are allowed with signing a waiver form. Guests may participate in two of our activities before joining RMOTHG section and the Denver Group of 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.

Wayne Tomasello
CPR/AED FOR OUTDOOR RECREATIONISTS

JULY 8 OR SEPT 9 (TAKE ONE CLASS ONLY)

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering 2 ½ hour ECSI nationally certified CPR and AED (automated external defibrillator) evening classes at the AMC/CMC, on Monday, July 8th and Monday, September 9th (take one class only). The classes are from 6:30 to 9:00. The class also covers information on how to relieve choking victims. The classes are 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.

INDEPENDENCE MOUNTAIN

INVITATION TO A CMC SEMINAR ON HIKING SAFETY

ONE-EVENING SEMINAR ~ JULY 17

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 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 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 courses offered in the CMC Denver Group’s adult education curriculum.

The next session will be held at the CMC in Golden on July 17 at 6:30 at the CMC building. The price is just $10.00 for members and $15.00 for non-members. The final session for 2019 will be held on August 28.

To learn more, or to register for the seminar, go to http://www.cmcdenver.org/schools/introduction-to-hiking-safety
Many of you have 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 [http://www.freespiritwear.com/](http://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 accompanying photo. I have some sample jerseys and jackets in a variety of sizes.

I highly recommend trying on before ordering because this is custom made clothing and cannot be returned. Note that women’s sizes tend to run smaller. Windjackets are Unisex or Men’s sizing. Once we have a minimum of 10 orders, we can purchase at the wholesale price. For those of you who would like to try on the samples for sizing, please contact me at 303-512-3006.

I will have the sample jerseys at the RMOTHG summer picnic at Staunton State Park on Sat. June 9 so that is an opportunity to see them and try them on.

**Prices jerseys/jackets:**

- Unisex (Men’s) & Women’s SHORT sleeve $43
- Unisex (Men’s) & Women’s LONG sleeve $49
- Unisex Windjackets $51

If you are interested in ordering, notify me of your interest or with questions at rmothjersey@gmail.com

Kathy Kurtz
IT’S WILDLIFE TIME!

TWO BIG BULL SNAKES right along Mesa Trail. Very active - fighting or making whoopie!

BIG HORN SHEEP IN WATERTON CANYON

BEAR TRACK ON INDEPENDENCE MOUNTAIN

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

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Hill Topics
JUNE 2019

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
https://www.cmc.org/Groups/SpecialInterestSections/RMOTHG.aspx.

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

READ BYLAWS