STAUNTON STATE PARK
ANNUAL PICNIC

BRONCOS STADIUM TOUR
Saturday August 24 10:30

Let’s see what goes on behind the scenes. It will be a professionally guided tour from 75-90 minutes. Cost is $15.00. Parking is free. **You must sign up by Saturday August 3.** Directions will be sent out for parking and light rail before the tour.

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 $35.00 processing fee deducted from the original fee or deposit amount refunded. Refunds are issued by checks. Please expect 2 to 4 weeks for payment. The registering member, by submitting the payment required for this event, confirms that they have read and hereby agree to this Refund Policy.
YOUR 2019 BOARD CANDIDATES

JANICE JOHNSON

Although I’m a Colorado native, I hiked only occasionally until a close friend introduced me to the Rocky Mountain Over the Hill Gang. I had always known how fortunate I was to live in Colorado but I didn’t truly appreciate the wonders of our state until I started hiking and snowshoeing on a regular basis. It’s important to me that I support the group that has enriched my life over the past eight years.

For the past two years I’ve represented the RMOTHG at the Denver group’s monthly New and Prospective Member meetings and I became a Trip Leader in the Fall of 2017. This past year I was asked to fill a vacancy on the RMOTHG Board and was honored to do so. As a member at-large, I helped develop the new Q & A section of the newsletter and I look forward to working with the Board on this and other initiatives to serve our membership.

DEBORAH L. RICHARDT

My husband & I moved to Colorado from New Jersey last year. In New Jersey, I was an active member of the Appalachian Mountain Club (AMC,) and a hike leader for a large non-affiliated group (The Wedhikers.) My love for Colorado goes back several decades as I have family here, and often participated in the great activities that this state offers. My interests include running, hiking, biking, swimming, and skiing.

Prior to retiring, I was Senior Director of Meeting Services for the American Thoracic Society and the American Lung Association for 25 years. In this capacity, I served on several boards, including the Denver Customer Advisory Board, which was formed to help make Denver a more desirable location for large conventions. I also served on advisory boards for other cities, as well as the Professional Convention Management Association Board, which awarded me Member of the Year in 2009.

My husband, Robert, is a newly-minted trip leader for CMC. You’ll see me on his and other CMC hikes. We both enjoy biking with the club on Fridays, and we’ve made many new friends through CMC.

I hope to be able to use my knowledge and skills to contribute to the RMOTHG as a board member.

CAROL WIER

Since my 1972 arrival in Colorado, I have consistently enjoyed hiking, skiing, camping, & biking in this great state. Sometime around 2006 I joined the CMC and took advantage of the excellent educational programs - WTS, WSS which enabled me to participate in challenging hikes. The Adventure travel program took me hiking in Ireland and the tour around Mt. Blanc.

Through my association with the CMC, I volunteered for the Fourteener's Initiative and for ORIC. About a year ago I joined the RMOTHG to do the weekly bike rides and midweek hikes. All of these experiences have enriched my life and have provided a good understanding and appreciation for the work of the CMC.

It is now a good time to give back. I am an energetic team player. I will work for positive actions to support the club. I look forward to getting to know the board members and learning from them.
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 committee 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.

*By the way…. If you know someone else who fits the above description and you think would be great at leading this committee… talk to them and encourage them to volunteer!*
HAPPY SUMMER EVERYONE!

It was fun to see so many members at our annual picnic held at Staunton State Park on June 15th. There were happy folks from the morning’s hikes and the bikers were feeling good having completed their pre-picnic ride in sunshine. Although the weather could have been better, I think it is fair to say we all enjoyed ourselves, ate a lot of great food and visited with many of our new and long time friends. A huge thank you goes out to our Social Committee, but in particular Veronica Knueven and her crew of volunteers for organizing, purchasing supplies, cooking burgers/dogs, setting up and cleaning up ~ all the work that made this such a fun event.

Our next “big” event will be the RMOTHG Annual Meeting & Brunch held at the Mt. Vernon Country Club on September 8, 2019. If you haven’t had an opportunity to attend a function at this Club you are in for a treat. The food is delicious and the view from the deck is wonderful. We begin the event with beverages as we mill around visiting with friends on the deck. This is followed by a buffet brunch in the lovely dinning area. You won’t go away hungry. We take a portion of the time to hold our “official” annual meeting wherein the Board shares highlights of the year, but most importantly we are able to recognize all of our volunteers (Trip Leaders, Coordinators, Social Committee, etc.) that are the heart and soul of our Section. Last, but not least, there is entertainment ~ a performance entitled “The Legendary Ladies” “Unconventional Women of the West.” Look for details in newsletters between now and then. I know I am looking forward to attending and seeing you all there!

A shout-out to all Trip Leaders who have led hikes and bike rides so far this season. You guys “ROCK!” It’s wonderful to see not only our Wednesday hikes and our Friday bike rides scheduled each week (notwithstanding the weird weather,) but also how great is it when the emails go out with added hikes and rides due to availability of trip leaders.

Your Board meets on the 8th of July with a full agenda of items to discuss, including the nominees for the 3 Board positions you all will vote on in August, the approval by Safety and Leadership of two new LIT Instructors for our Section making it that much easier to get certified after passing the required classes to become trip leaders, and other various tasks leading up to the end of our fiscal year in September. Remember, we volunteer for YOU and welcome any comments, suggestions or recommendations you feel would enhance our Section.

See you out on the trails!

Kirsten Tollefsen
RMOTHG Section Chair
WHY I AM A TRIP LEADER - by Bob Barday

My first experience with the Colorado Mountain Club was as a college student in the early 1960s. During a summer break I took the rock-climbing course (TCS today) and climbed Capital Peak with the club. I still have fond memories of these experiences.

After many years during which my primary recreation activity was bicycling instead of hiking, my wife Judy and I joined RMOTHG 3 years ago to give us many more opportunities for both bicycling and hiking together with people our own age. We promptly took WTS and have truly enjoyed the activities and people we have met since then.

Prior to joining CMC, I had led a few bicycle rides for a local bike club, so when I learned that there was a shortage of leaders for the RMOTHG bike rides, I felt that volunteering to be a leader was a good way for me to give back to the club.

Although there is significantly more training involved in being a CMC trip leader than I had previously experienced, I enjoyed both the training and the people I met in the required classes.

Since becoming a leader, I have led several hikes and bike rides and look forward to leading many more. Being a leader has significantly increased my enjoyment of both activities. I particularly like planning the trips and the positive feedback I get from the other participants. I would strongly encourage anyone to consider being a trip leader.
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 at jajohnson1952@gmail.com.

Q: What is the proper way to cancel my spot on a trip?

A: It’s important to cancel your spot, even if you are on the wait list, as soon as you know you won’t be able to make the trip. Follow these steps to cancel:

- Log in to CMC.org
- Select the My Membership tab
- Click on My Trips
- Click on the trip you want to cancel
- Scroll to the bottom and click on Cancel Reservation

If you are cancelling after you have received an email from the Trip Leader, it’s also a good idea to send a short email letting the leader know you cancelled.

---

Event Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>JULY 8</td>
<td>CPR/AED</td>
</tr>
<tr>
<td>JULY 28</td>
<td>CPR/AED</td>
</tr>
<tr>
<td>AUG 24</td>
<td>BRONCO STADIUM TOUR</td>
</tr>
<tr>
<td>SEPT 8</td>
<td>ANNUAL MEETING BRUNCH</td>
</tr>
<tr>
<td>OCT 19</td>
<td>TRIP LEADER SCHOOL</td>
</tr>
<tr>
<td>OCT 20 &amp; 27</td>
<td>WILDERNESS FIRST AID</td>
</tr>
<tr>
<td>NOV 5</td>
<td>MONET EXHIBIT</td>
</tr>
</tbody>
</table>
With all the late snowfall we have been a little later this year getting up into the high country. But summer is finally here so let's bring out the sunscreen, sunglasses, sun hats, and maybe some bug dope. The summer temperatures generally decrease 3-5 degrees Fahrenheit for every 1000 feet in elevation gain due to adiabatic cooling. And not only may it be a respite from the heat but we'll see different wildflowers as we change altitude. UV exposure increases with altitude at a rate of about 4% per 1000 feet of elevation gain and is strongest in the middle of the day. Also, the North American Monsoon starts in July so be prepared for those afternoon thunderstorms. The joys of being above treeline must be tempered with the possibility of lightning usually starting around noon. That's why we have to leave so early when we are going high. Remember that the weather can change very fast in the mountains and always be prepared with layers of clothing and rain gear.

~ Martha Mustard

TENTATIVE JULY HIKES

July 3 - Windy Peak GGCSP and Butler Gulch

July 5 FRIDAY - Square Top Lakes

July 8 MONDAY - Sandbeach Lake

July 10 - Lake Dorothy IPW, Arapaho Glacier Trail IPW, Leader's Choice, and Shrine Mountain Trail

July 15 MONDAY - Straight Creek

July 17 - Buchanan Pass, Columbine Lake IPW, Mt. Goliath Alpine Wildflowers, Silver Dollar Lake and Shelf Lake

July 24 - Butler Gulch, Shrine Pass, Hell's Hole, and Lake Dorothy IPW

July 31 - Lake Isabelle IPW, Mayflower Gulch, Chief Mountain, and Bear Creek Trail to Panorama Point
WHAT TO BRING ON A BIKE RIDE?

Various hiking guides have lists of basic equipment needed for every hike, such as the "10 Essentials." The RMOTHG cyclists have found through experience that the following items are important for every trip. Please carry them in your gear bag on every biking outing and do not rely on the leader to have extra water, food, or equipment for your use.

10 Essentials for Cycling with RMOTHG
1. Helmet
2. Water
3. Snacks
4. Sunscreen/lip balm and sunglasses
5. Identification and medical card
6. Clothing for changes in the weather
7. Flat tire repair kit (replacement tube for your bike tire size)
8. Small tool kit (to perform minor bike adjustments)
9. First aid kit (to stop the bleeding from road rash)
10. Map/Smartphone (for finding the most direct route back to your car)

Got a AAA card? AAA will transport you and your bike to a nearby bicycle shop for repairs or to your car. Credit card and/or cash to pay for expenses.

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 to sign up at www.cmc.org.

Wayne Tomasello

TENTATIVE JULY RIDES

JULY 5  TOLLGATE, CHERRY CREEK, HIGHLINE LOOP
JULY 12  IDAHO SPRINGS TO GEORGETOWN
JULY 19  BOULDER 360
JULY 26  CLEAR CREEK, EASLEY ROAD, RALSTON CREEK LOOP

STAUNTON STATE PARK
**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 September 9th (take one class only.) The classes are from 6:30 to 9:00. The course also covers information on how to relieve choking victims.

The classes are posted for sign-up on CMC.org calendar at [https://www.cmc.org/Calendar.aspx](https://www.cmc.org/Calendar.aspx). A two-year CPR/AED certification is included with the class. For more information and the registration links, see [https://cmcdenver.org/schools-2/wfa-cpraed](https://cmcdenver.org/schools-2/wfa-cpraed).

The course tuition is $30 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](https://goo.gl/DhBZfM)).

For more information, contact Jeff Flax, Denver Group WFA School Director, at [Jeff.Flax@gmail.com](mailto:Jeff.Flax@gmail.com).

---

**WILDERNESS FIRST AID COURSE (WFA)**

**OCT 20 & 27 (TWO DAY COURSE)**

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a two-day course on October 20 and 27. The course will be open for registration in mid-July on the CMC calendar at [https://www.cmc.org/Calendar.aspx](https://www.cmc.org/Calendar.aspx). An ECSI WFA two-year certification is issued upon successful completion of the course. (The certification time period changed in 2018.)

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](https://goo.gl/DhBZfM)).

For more information and links to register for the course is available at [https://cmcdenver.org/schools-2/wilderness-first-aid](https://cmcdenver.org/schools-2/wilderness-first-aid).

Contact Jeff Flax, Denver Group WFA School Director, for more information about the WFA courses — [Jeff.Flax@gmail.com](mailto: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

Section Chair
Kirsten Tollefsen
kmt1950@icloud.com

Section Vice Chair
Scott Kramer
skramer1016@gmail.com

Secretary & Emergency Contact
Carol Zurcher
carolz80239@gmail.com

Treasurer
Dennis Arndt
dwa2bus1@gmail.com

Members at large
Diana Bliss
dbliss5030@gmail.com
Lue Fratantuono
fratantu@comcast.net
Janice Johnson
jajohnson1952@gmail.com
Marty Pfefer
inspmarty@aol.com
Jane VanderKolk
Jane.vanderkolk@comcast.net

CMC Denver Council Liaison
Kathy Kurtz
kmkurtz47gmail.com

ACTIVITY COORDINATORS

Membership
Lue Fratantuono
fratantu@comcast.net

Snowshoeing
Elaine Kallos
ekallos11@gmail.com
Jeff Flax
jeff.flax@gmail.com

Cross Country Skiing
Jeff Flax
jeff.flax@gmail.com

Biking
Wayne Tomasello
wtomasello@outlook.com
Jeff Flax
jeff.flax@gmail.com

Hiking
Martha Mustard
mustardo3@comcast.net
Jeff Flax
jeff.flax@gmail.com

Social Events
Ida Sansoucy
iderann@q.com

Newsletter
Maryann Mayer
tophillnews@gmail.com

ACTIVITY COORDINATORS

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

READ BYLAWS