Happy May!!
To All:

Last month I started my article with “this is not the new normal.” I once again want to emphasize that is true for the foreseeable future. We have now been asked to stay home for over 30 days and I am sure we are all ready to get out and enjoy the Colorado outdoors as a group. We cannot. CMC directors are closely monitoring the situation and will let us know when it is safe to bring back our activities. Everyone doing their part in social distancing will make this happen quickly.

I hope you can get out individually for a local hike or bike ride keeping social distancing in mind. At least, for me, getting fresh air improves my mental state greatly. It is not the enjoyment I get hiking or biking with friends, but it has to do for now.

One bright thing has happened during this time. We have a new addition to our household named Henri. He is an 8-year-old Shepard mix from a rescue called PawsCo. The three of us that can now enjoy our hikes together. See a picture of Henri below.

CMC, like every other non-profit organization, is struggling financially. Fortunately, we have secured some funding to facilitate keeping our great staff on the payroll. However, this will only go so far. Two ways to help would be to make a donation or to renew your membership early.

The May RMOTHG board meeting will be held virtually on Monday, May 11th at 1:00 PM. If there is anything you want the board to consider or think we should address, please contact me.

In closing, my heart goes out to all of you, hoping you are safe and healthy. You have heard this before, “together we will get through this.” I know we will.

I look forward to seeing you soon on the trail.

Scott Kramer

WATCH THIS VIDEO!

HE'S 94 & SHE'S 91.
THIS IS WHERE WE ALL WANT TO BE !

https://www.youtube.com/watch?v=-QiM38Knyio
THINGS TO LOOK FORWARD TO

DENVER GRAFFITI WINE & WALL TOUR
JUNE 25

ANNUAL PICNIC AT STAUNTON PARK
JULY 18

TURQUOISE LAKE CAMPOUT
AUG 10-13

CHECK THIS OUT!
FRANK BURZYNSKI'S NATURE PHOTOGRAPHY VIDEO
https://www.youtube.com/watch?v=9kq8d4Xtqcs

SEPT 20  ANNUAL MEETING / BRUNCH
DEC 5  HOLIDAY PARTY
FEB 10-12, 2021  JAY'S CABIN HUT TRIP
HOW WE'RE GETTING THROUGH THIS . . .
ONE DAY AT A TIME

DEBBIE ENTERED A ROCK PAINTING CONTEST

MARTHA IS MASTERING JIGSAW PUZZLES

AND SO IS ED – DOING HIS QUARANTINE WORK

ELAINE IS POSTING POETRY ALONG THE HIGHLINE CANAL

AND JANICE REFLECTS:
Occasionally I find myself sitting on the couch next to my dog, Chloe, and watching all the people walking or riding their bikes on the no-longer-busy street in front of my house. It's somehow meditative and comforting, though I worry that I'm turning into Mrs. Kravitz from Bewitched while sheltering in place.
AND SUE REFLECTS:

I am not sure if everyone else is like me but my file of places to go and explore is getting quite large since we are having to stay home!

I appreciated all who joined on the Full Moon Virtual Hike we did. The moon was gorgeous to see afterwards from my own front yard. I really enjoyed seeing and talking with a few people, we even had a couple from out-of-state show up! I want to thank Frank Burzynski for helping with the technical stuff. Ron Hileman had a beautiful full moon photo he shared.

Until I see you on the trails again – stay safe, keep your fingers crossed and plan to help on the July Trail Crew Trip near Salida!
AND PETE REPORTS:

When staying at home is the thing to do, one is always looking for something different to do. On the evening news, Cory Reppenhagen was explaining the history of snow depths. He commented about Stapleton and DIA being past and current weather observation stations. That triggered the thought: where was the weather station before Stapleton? So I sent him an email and he responded in a short time. See:

**Official Weather Observations in Denver**

The first official weather observation in Denver was taken at 5:43 AM on November 20, 1871. That was at the Signal Service of the U.S. Army located at Larimer St. and 16th St. The station moved to the Department of Agriculture on July 1, 1891. Then in January 1916, the Weather Bureau moved into the Post Office Building at 19th St. and Stout St. During 1947 the station moved to Stapleton Airport and then on to Denver International Airport in 2005.

I wouldn't be surprised to see the official climate data moved back to Stapleton where that station continues to operate. They may also go to a system that uses more than one site as the official climate station.
Greetings RMOTHG Hikers

May marks the beginning of the hiking season. Well, usually it does. With the lifting of the Colorado Stay-At-Home order and Denver metro shifting to Safer-At-Home in a few weeks, there are still lots of questions regarding what activities are permitted and, beyond that, what is prudent. As I write this, CMC has cancelled all trips through April 26. We are aware that CMC is researching how best to begin resuming gatherings and activities. We will be following their recommendations and policies as the CMC moves forward. Remember, many of us are in the high-risk category.

That being said, I’m sure you are as anxious as I am to get back out on the trails. When CMC allows trips again, leaders will start to put trips into the schedule and we will begin our Friday (or other day) e-mail notifications. Meanwhile, please avail yourselves of CMC’s free on-line university at https://cmc.org/ClassesandCourses/CMCOnlineUniversity.aspx and webinars and virtual hikes. See the CMC calendar for the webinars and virtual hikes.

Special thanks to Jeanne Eiss for her virtual hike series!

~Martha Mustard
I am looking forward to a great cycling season, which normally begins the first Friday in May and runs through the last Friday in September. Besides myself, Ed Scutellaro, Kirsten Tollefsen, Pete Spandau, Carole Adler, Bob Barday, Jerry Rowe, Scott Kramer, Jeff Flax, Robert Richards and Roger Wendell (our Bike Trip Leaders) have already organized and “tentatively” scheduled our favorite rides.

RMOTHG biking is shut down for the foreseeable future. As I see it, when rides are again posted, they may be limited to 10 or so people, and we may be able to show off our masks, along with our helmets.

We will be sending out notices for the rides when we are allowed to do so. If you are interested in riding and being on the list for biking notifications, please contact Wayne Tomasello 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 email reminders to sign up at www.cmc.org.

See you on the trails,

Wayne Tomasello
Biking Coordinator

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Psyched to tell you we booked a new speaker for QSS MAY 19th: Rattlesnake Awareness: Mary Ann Bonnell, Visitor Services Manager for Jeffco Open Space. May 19 You can check out the event posting: https://www.cmc.org/Calendar/EventDetails.aspx?ID=50255

What’s the BUZZ? Rattlesnake Safety and Awareness for the Trail. Come spend 60 minutes in the comfort of your own home with Jeffco’s Mary Ann Bonnell. Join us for an overview of prairie rattlesnake identification, biology and ecology. We’ll also discuss essential safety tips, risk mitigation, and first aid for pets and humans.

Mary Ann is the Visitor Services Manager for Jefferson County Open Space. Mary Ann holds a Bachelor’s Degree in Biology from the University of Colorado, Boulder. Mary Ann’s work focuses on supporting the team that manages seven million annual visitors to 46,000 acres of open space immediately adjacent to the Denver Metro Area. Her interest is in minimizing negative human-wildlife interactions in parks and communities. She’s currently involved in prairie rattlesnake and urban coyote research.

MARY ANN BONNELL
HERE IS THE SCOOP ON HOW-TO BEGIN THAT WORTH WHILE JOURNEY:

- Log into CMCDenver.org, click Tab at top of page entitled “TRIP LEADERS”, choose “HOW TO BECOME A TRIP LEADER”. This will provide the basic information; and then
- Go back 1 page to Tab entitled “TRIP LEADERS” and click “TRIP LEADER SCHOOL.” This will provide details on the prerequisites & how to sign-up for training.

Simple...right? *Except, the current CMC COVID-19 restrictions that prudently prohibit certain activities, including Trip Leader training classes.*

We did contact Jeff Stevens, the Director of Denver Group’s Trip Leader School, and Jeff Flax, Denver Group WFA School Director, for the most current information on the Trip Leader training course offerings:

The next Trip Leader School is “tentatively” scheduled for May 30, 2020. Per Jeff Stevens that May 30th class will not be cancelled. His approach is to reschedule it if necessary.

The next Wilderness First Aid (“WFA”) course offered by the Denver Group is “tentatively” scheduled for October 24 & 31, 2020. Jeff Flax is not sure at this time whether any additional WFA by the Denver Group can be scheduled.

Additionally, Jeff Flax spoke with Keegan Young, CMC’s Executive Director, and his thoughts are to add CMC State WFA classes this year depending on the outbreak status and availability of the new contractor, Backcountry Pulse. Please note that SALT funding is also available for the CMC State WFA classes just as it is for Denver Group WFA. The next “tentatively” scheduled CMC State WFA classes are June 6 & 7 and June 27 & 28.

- Please go to CMC.org, click on the tab “Classes & Courses”, then click on “CMC Leadership Project”, click on “CMC Classes & Schools” and then click on the pictured box entitled “WILDERNESS FIRST AID” to obtain current information on the State’s WFA course and future course dates.

We know you are anxious to begin your training and to be able to lead the trips you love with the RMOTHG folks you most enjoy, sharing Colorado’s great outdoors. If you have any questions about the process, please contact either Kirsten Tollefsen at kmt1950@icloud.com, Elaine Shirley at elaineshirley@q.com or Martha Mustard at mustardo3@comcast.net.

As people shelter in place and streets remain empty, the wildlife is returning to Inverness, Scotland...
WHY I AM A TRIP LEADER

~ Jerry Rowe

I retired a few years ago from a job that required a lot of time flying in airplanes to destinations all over the world. It was a good way to see the world, but really cut into my time to hike, bike, ski, and backpack! So, when I retired, I started doing more of these activities and CMC was a natural place to find people to do them with. I took rock and snow climbing classes to complete the Basic Mountaineering School. The classes were great fun, but I had a goal in mind of doing the Haute Route, which is a 100-mile hut to hut ski mountaineering trip over the Alps from Chamonix to Zermatt. I got that done last April. I found that it was an easy step after taking all the CMC classes to become a trip leader, and it was good fun also.

Being a trip leader allows me to give back to CMC as a volunteer and hopefully help other members have a good time. I joined RMOTHG to go on the bike trips and now can lead them. I enjoy riding with my wife, Laurine, and with all the other RMOTHG bikers. I also enjoy leading mountain biking, hiking, and backcountry skiing trips. It will be great to be done with this current Covid 19 mess and get back to leading some trips and enjoying the company of others!

Q: Trip leaders are sometimes asked to share the contact information of members on their trips with other members so that they can communicate directly with each other. Why is it inappropriate for trip leaders to share this information?

A: We've probably all met someone on a hike, a bike ride or at some other RMOTHG activity whom we would like to stay in touch with outside of official club activities. Keep in mind, however, that you should ask that person directly for their contact information -- it's a matter of personal privacy and also CMC policy.

The Colorado Mountain Club Code of Conduct Policy, adopted by Board of Directors July 17, 2010, states that anyone in a leadership position must "Respect your obligation to the Club's members; use member lists and information about members for Club purposes only."

For many of us, the human connection and camaraderie we experience on RMOTHG trips is as important as the activity itself. So don't be shy. Ask that fellow hiker, biker, skier or snowshoer if they would like to keep in touch and maybe go for coffee, a hike closer to home or a bike ride in the neighborhood. Your trip leader will thank you for not asking them to violate someone's privacy.
Once again *The Washington Post* has published the winning submissions to its yearly neologism contest, in which readers are asked to supply alternative meanings for common words.

The winners are:

1. **Coffee** (n.), the person upon whom one coughs.
2. **Flabbergasted** (adj.), appalled over how much weight you have gained.
3. **Abdicate** (v.), to give up all hope of ever having a flat stomach.
4. **Esplanade** (v.), to attempt an explanation while drunk.
5. **Willy-nilly** (adj.), impotent.
6. **Negligent** (adj.), describes a condition in which you absentmindedly answer the door in your nightgown.
7. **Lymph** (v.), to walk with a lisp.
8. **Gargoyle** (n.), olive-flavoured mouthwash.
9. **Flatulence** (n.), emergency vehicle that picks you up after you are run over by a steamroller.
10. **Balderdash** (n.), a rapidly receding hairline.
11. **Testicle** (n.), a humorous question on an exam.
12. **Rectitude** (n.), the formal, dignified bearing adopted by proctologists (doctors of the colon and anus)
13. **Pokemon** (n.), a Rastafarian proctologist.
14. **Oyster** (n.), a person who sprinkles his conversation with Yiddishisms.
15. **Frisbeetarianism** (n.), (back by popular demand): The belief that, when you die, your soul flies up onto the roof and gets stuck there.
16. **Circumvent** (n.), an opening in the front of boxer shorts worn by Jewish men.
# Rocky Mountain Over the Hill Gang

A Section of the Colorado Mountain Club Denver Group

## RMOTHG Section Board

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<thead>
<tr>
<th>Role</th>
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<th>Email</th>
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## Activity Coordinators

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## Hill Topics

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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.