CLICK HERE TO WATCH THIS FUN VIDEO! AND TURN UP YOUR VOLUME.

Age is just a number.
**UPDATED CMC TRIP & SCHOOL PROTOCOLS**

In accordance with Governor Polis' Executive Order D 2020 044, we have eliminated the 10-mile radius requirement for CMC programs.

Effective Monday, June 1, CMC programs can travel across the state to access outdoor recreation. CMC program participants, trip leaders, & school instructors must comply with all local and county level closures, which may differ from the state-wide regulations.

As CMC programs resume, please consider smaller mountain towns when deciding where to recreate. We ask you to please take care of each other & our wider mountain community by adhering to CMC protocols, created following expert advice from CDC, state and local public health departments, guidance from our elected state and local officials, as well as input from Golden Fire Department, first responders, land managers, CMC volunteer leadership, and our members.

To read the entire protocol, go to [https://www.cmc.org/COVID-19andCMCProgramming.aspx](https://www.cmc.org/COVID-19andCMCProgramming.aspx)
To All:

As the State of Colorado opens, so does CMC. The state has established rules for a slow opening and CMC is following these mandates very closely. The CMC staff is doing a marvelous job of putting together rules for us to follow on hiking and biking to keep us safe. We can help stop this contagious virus from spreading any further with these rules. These new guidelines limit the size of groups, forcing us to cancel some of our activities for the summer. Unfortunately, the summer picnic has been canceled and we may also cancel the Turquoise Lake camping outing. We are looking at how we change the format for the annual meeting in September to meet our requirement of having an annual meeting. We do miss you and want to get together any way that we can within the limitations we have.

I know this seems very restrictive and it will be harder to run our activities, but it is important that we follow them. We at Over the Hill Gang are in the highly susceptible group to the virus and we must be incredibly careful that we do not expose ourselves in any way.

The hardest new rule to follow will be the limitation on the group size. I am sure you, like me, miss our get togethers and the companionship of hiking or biking. I know these restrictions will eventually be lifted, and we will be able to get back and enjoy hiking and biking together. We need to be patient. It will get better.

Janice Johnson has a request in the newsletter for you to provide a picture of yourself as a coordinator, leader, social committee, board member or volunteer in any way to help us. She will create a gallery of volunteers. If you are a volunteer, please send pictures to Janice.

In closing I want to note how important it is that if you are feeling well, exercise is an important component of both mental and physical health. Please try to get out to enjoy a hike or biking. Jeff Flax and Kevin Schaal have provided us a couple of links to articles that are interesting. They are listed below.

**Wilderness Medical Society Covid-19 Updates** -- scroll down to section called “COVID-19 and Outdoor Recreation” April 6, 2020

https://wms.org/magazine/1259/covid-19-updates

**Outdoor Alliance on How to Get Outside**


Please stay safe and well. We look forward to seeing you on the trail.

Scott Kramer
CALLING ALL VOLUNTEERS!!  PLEASE SEND YOUR PHOTO!

In anticipation of having a virtual RMOTHG Annual Meeting this year we’re asking all volunteers (Trip Leaders and Coordinators, Board and Social Committee members, Denver Group Liaison, TopHill News Editor, our IT Specialist ... have I forgotten anyone?) to send a photo of yourself to Janice Johnson at jajohnson1952@gmail.com. The photos will be used to create a picture gallery that we can display during the virtual annual meeting to recognize and thank you for all that you do.

CALLING CANDIDATES FOR RMOTHG BOARD

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 Dennis Arndt, Marty Pfefer and Scott Kramer 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!

CALLING CANDIDATES CMC DENVER GROUP

Volunteering to serve on CMC’s Denver Group Council is an excellent way to support the CMC. Councilors participate in the discussion and implementation of critical decisions affecting the almost 5000-member Denver Group. In addition to a chair, there are nine councilors who serve a 3 year term each. Three councilors rotate off each year to maintain continuity. E-elections occur in early September, with new Councilors attending the October meeting.


For questions regarding the Council duties, please contact one of the following nominating committee members.

Sue Holden, suholden@yahoo.com
Martha Delporte, sabona51@comcast.net

Please submit your bio and a picture to Sue Holden (Secretary) at milehighmountaineer@gmail.com. These will be published for Group Members to review prior to September voting. **Deadline for submission is July 31st.**
WHAT WE'VE BEEN DOING ...

This is a time of physically distancing, not socially distancing. In the spirit of keeping socially connected, please share what you've been doing and thinking with the Gang.

PLEASE SEND YOUR CONTRIBUTIONS TO tophillnews@gmail.com for next month's newsletter. THANKS!

Judy Childers: What have I been doing to keep sane? Walking, fishing, and art.

Debbie Richardt: I do volunteer work for Adams County Animal Shelter and we were honored for Mothers Day in their newsletter.

Frank Burzynski: I had a photograph selected to be part of a display at Denver International Airport, there is now a virtual exhibit of all the 35 images about Colorado (past, Present and Future.) It can be viewed here: https://www.youtube.com/watch?v=uqd5J4bQREY&feature=youtu.be&fbclid=IwAR3xRmFV9fGBnUvSf2W29XahT-EmKeA9N3zF5vdsaqCrJvI0YaZmnl6k28

... and the humorous side of things...

What jokes are allowed during quarantine? Inside jokes of course! 😄
POETRY BY ELAINE KALLOS

HAWK WINGED BY MY SHOULDER

While walking the Highline one afternoon, suddenly, a whir of air, and on my left, close enough to touch if arm outstretched, a hawk from above, displaying superior flying prowess, winged warp-speed, down, whizzing past my shoulder to a hidden something on grassy mass below.

DUST DEVIL

Suddenly, while walking the Highline, a dust devil, odd small tornado of pale dust and sand, materializes and whirls its whimsical way, zigs and zags down the path, skims the surface, and amazes me till unexpectedly, it evaporates into nothing.

Such ephemeral delights gift sight and memory and small poems don’t let them fade, keeping them for days when delights are.

Kirsten Tollefsen: My CMC scarf has become the 11th essential on my bike ride!

Linda Thompson: 

http://www.lovetheoutdoors.com/camping/puzzles/hikingws.htm

HIKING WORD SEARCH PUZZLE

To Play – Print Out This Word Search Puzzle 
Solution to Puzzle

Ida Sansoucy: "Those who have a 'why' to live can bear with almost any 'how.' Victor Frankl
Jeanne Eiss:

**VIRTUAL HIKING**
Stories/photos shared
Getting better acquainted
Fifteen years ago the Rocky Mountain Over the Hill Gang Section (“RMOTHG”) of the Colorado Mountain Club was formed. It has not only grown as a viable CMC membership of older adult outdoor enthusiasts continuing their active pursuits, but as an example to our fellow albeit “younger” CMC members that they too can continue to enjoy Colorado life to its fullest for a long time to come.

Here is a little history as to how our RMOTHG Section began ...

The "Over The Hill Gang" began as a skiing club located at Copper Mountain, which club still exists today. A few members of that club split off and formed a for-profit entity called "Over The Hill Gang International," which was headquartered in Colorado Springs. That club’s primary purpose was to run downhill ski trips to various places nationally and internationally. In addition, they established volunteer ski hosts/guides in several Colorado ski locations. They had 11 chapters throughout the Country. The Denver chapter called the "Rocky Mountain" was the largest of that organization and focused on hiking and biking in the summer, skiing in the winter and social events in between.

In 2005, due to insurance issues, Over the Hill Gang International decided to discontinue their chapters. With only one month’s notice each chapter had to figure out what to do. Most chapters formed their own separate clubs.

We, the "Rocky Mountain" chapter, had about 235 members at the time. Several of us who were involved with the Rocky Mountain Board began searching alternatives. Our primary concern was how we could continue all of our activities and provide the necessary liability insurance coverage for leaders and board members. It became obvious that going it alone was going to be expensive and we would have no source of finding new members. We talked to CMC and found they were already wanting to create a section for their "more mature" members. So ultimately we decided our best option was to merge with CMC. Only about 85 of the original members transferred, but we had lots of interest from current CMC members.

In the intervening 15 years we have grown to somewhere north of 900 section members and are a significant force within CMC Denver Group. Look what us “older adults” can and still do!!

Memories brought to you by Sandy Curran, Wayne Tomasello and Kirsten Tollefsen
SOCIAL COMMITTEE NEWS

It’s hard for the Social Committee to be unsocial, but until “social distancing” is lifted - no social events. With a heavy heart, we canceled our Graffiti Tour in June and our Annual Picnic at Staunton State Park in July. The Annual Meeting in September will be held virtually.

But optimistically, the Holiday Party is still scheduled for in person Saturday, December 5th, and we will celebrate in style!

In the meantime, please let me know of how you want to celebrate when we all get back together. Feel free to email me at knuevenru@comcast.net with your wonderful ideas.

Ronnie Knueven, Co-Chair

CMC ACTIVITIES

CMC is working on making some trips available as of June 1. Keep your eye on the CMC Calendar for available trips.

NEW REQUIREMENTS - STATE WILDLIFE AREAS

The Colorado Parks and Wildlife Commission requires a valid hunting or fishing license to access all State Wildlife Areas and CPW-leased State Trust Lands, as of July 1. You can learn more here.

ROCKY MOUNTAIN NATIONAL PARK

Rocky Mountain National Park will begin a phased re-opening on May 27. Preliminary details have been announced, and updates can be found here.

GRAFFITI TOUR

The Graffiti Tour in Denver’s RINO District originally scheduled for June 2020 has been cancelled due to the COVID-19 restrictions currently in place. We appreciate the interest a few of you have expressed in this social event and hope to offer it in the future.

STILL TO COME

SEPT 20 VIRTUAL ANNUAL MEETING
DEC 5 HOLIDAY PARTY
FEB 10-12, 2021 JAY’S CABIN HUT TRIP

BREAKING NEWS

Wearing a mask inside your home is now highly recommended. Not so much to prevent Covid-19 but to stop eating.
WHY I AM A TRIP LEADER

~ Ken Ruiz

Like many of you, I was asked to contribute to our newsletter this month and to answer the question: “Why did I become a trip leader?” As I sit here in my social isolation contemplating why, I don’t really know. Perhaps it was just my upbringing. As long as I can remember, I have volunteered to support different groups and have always felt I get more out of giving some of my time than I probably give. Some of these experiences have been a better fit than others – I quickly learned that volunteering for your homeowners association is not for the faint of heart! The CMC has been a great fit for me, and has provided an opportunity to get outside and connect with many other wonderful people. I’ve spent most of my life recreating in the outdoors. My father taught me navigation at an early age and I always felt comfortable wandering by myself. With these lifelong skills and the need for trip leaders, it was an easy decision to become one myself. I still prefer to go on other leader’s hikes and experience interesting places that I haven’t seen, and I hope that the trips I lead provide those same unique experiences for others. Being a trip leader isn’t that daunting. I am certainly glad that we have so many folks from the medical profession who love to hike and volunteer, so I know we always have medical support. Perhaps most importantly, those who sign up for the trips are always appreciative, supportive, and will help out when needed. All of that makes leading just another walk in the woods.
Greetings RMOTHG Hikers

CMC is starting to open up from the pandemic shutdown but it is a very gradual and conservative approach. Trips can be scheduled in June but with very strict limitations. Restrictions include temperature checks for each participant, no carpooling, face masks, distancing of at least six feet while hiking, a trip limit of eight, and more. The protocols for June trips can be found at https://cmc.org/Portals/0/Documents/COVID-19%20Protocol%20for%20CMC%20Trips%2005_28_2020.pdf. In addition, the Safer at Home guidelines request that those in at risk categories (including those over 65) still stay home. So don’t expect lots of actual in-the-outdoors trips in June but we will send out an e-mail notice of any that are scheduled. Send an e-mail to hiking.list@rmothg.org to get on the e-mail notification list if you are not already on it.

Just because we aren’t going out in large groups doesn’t mean that you can’t get out there on your own for some exercise while abiding by the governor’s rules and any other jurisdictional rules that apply to you. Remember if you do go out that the rattlesnakes and ticks are now active so take precautions. If you see a rattlesnake, stop and let the snake move away. If it doesn’t move, give the snake a wide berth and look out for any other snakes where you are now walking. Ticks congregate on grass and brush along paths and they can detect heat, changes in CO2, and odors. Wearing long sleeves and long pants and applying insect repellent with DEET may help repel a tick but this time of year you should always do a tick check when you get home. Placing your hiking clothes in the dryer at high heat for 20 minutes is recommended to kill any ticks that remain on your clothes. If a tick lands on you it may take several hours for it to travel around before it burrows in. Do not use petroleum jelly or a hot match to remove a tick because this may increase the chance of pathogen transmission. If you find a tick, use tweezers to pull it straight out AND THEN THOROUGHLY WASH YOUR HANDS AND THE BITE AREA and apply antiseptic to the bite. Ticks carry many diseases but the most commonly transmitted here is Colorado tick fever. If you should feel ill with symptoms of fever, chills, fatigue, nausea, and other flu-like symptoms after you have been bitten by a tick, make sure to let your doctor know of your contact with the tick. For more information go to coloradoticks.org.

Hopefully we will be able to safely get out together on some hikes soon.

~Martha Mustard
Happy June 2020 Bikers!

Are your tires pumped-up, your spare in the bike bag, and your helmet dusted off? Better yet, have you had a chance to put on a mask and take your bicycle out for a ride near your home...perhaps just to get your biking body toughened up, or at least one specific body area toughened up?

It has been hard for all of us not to be able to ride together with our RMOTHG friends. Well, as of June 1 CMC is allowing some activities to resume under specific prudent and safe rules. This means that there will be some bike rides scheduled by our Bike Trip Leaders! Yeah! That being said, there will be changes to our regular biking schedule, the number of participants on each ride, social distancing adherence, no post-ride lunches and all of the other current CMC COVID-19 rules shall apply. (Please refer to CMC.org Home page for “COVID-19 and Colorado Mountain Club Programming,” including “Protocols for CMC Trips”.)

Since rides may be scheduled for any day of the week (not always Fridays) an email notice will be sent to everyone on the biking group list to notify them of the upcoming ride and when registration for the ride will be open on the CMC Trip Calendar. The on-line trip posting will give details about the ride and the leader’s direct requirements.

This is good news to those able and comfortable in riding with RMOTHG. Remember, we want to keep all of our RMOTHG friends and families as safe as possible, so we know all participants will follow the rules set forth and the guidance of our trip leaders.

Wayne Tomasello
RMOTHG Biking Coordinator
**RMOTHG SECTION BOARD**

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- **Section Vice Chair**: Deborah Richart
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- **Secretary & Emergency Contact**: Carol Zurcher
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- **Treasurer**: Dennis Arndt
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**ROCKY MOUNTAIN OVER THE HILL GANG**

*A Section of the Colorado Mountain Club Denver Group*

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**DOWNLOAD NEWSLETTER**
CMCDenver.org newsletter
CMC.org RMOTHG

**SEE BOARD MINUTES**
CMCDenver.org board minutes

**READ BYLAWS**
CMCDenver.org bylaws

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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.