WHERE IN THE WORLD IS THIS?
see answer on last page of newsletter!
And please submit other Mystery Mountains to tophillnews@gmail.com for next month’s newsletter. THANKS!

DON’T WORRY, BE HIPPO! ... ANOTHER GREAT VIDEO ~ click below to see baby hippo Fiona having a whale of a good time! https://youtu.be/LOgygyKwKS8

Remember. Rapunzel was quarantined and met her future husband. Let’s think positive here.
TURQUOISE LAKE CAMPSITES AVAILABLE!

While we have had to cancel our group campout this August, there are ten sites available for individual RMOTHG member’s use. For more info, see the Chair’s Message by Scott Kramer.

JULY 13  VIRTUAL BOARD MEETING
SEPT 20  VIRTUAL ANNUAL MEETING
DEC 5  HOLIDAY PARTY
FEB 10-12, 2021  JAY’S CABIN HUT TRIP

Ohhh! The joy of it all!
To All:

As the country opens up from COVID-19, so does CMC. New protocol has been established to allow us to start to enjoy hiking and biking. I know how disruptive it has been for all of us but I feel we are now on the right track to be able to get outdoors. The CMC staff deserves credit for the tireless effort they have spent on getting us to this point with safely in mind.

As you may know there is an election coming up to replace three of our board members. We would encourage you, if you have not already done it, to join us on the board to help with planning and guidance for our group. If you have any questions about becoming a board member, please feel free to contact myself, Marty Pfefer, or Dennis Arndt. Our contact information is on the last page of the newsletter.

Unfortunately, because of the restrictions we currently have in place, we have had to cancel the Turquoise Lake outing planned for August. The cancellation has left us with 10 extra sites at the Baby Doe campground reserved for this activity. We want to make these sites available to our members who want to take advantage of them. The dates for the reservations are 3 nights, August 10th to August 13th, with a total cost per site of $47 for 3 nights. If you would like to utilize one of these sites please email me at skramer1016@gmail.com. If there are more than 10 people interested, we will hold a lottery to choose the recipients. Please email me by July 10th if you are interested in one of the sites. If selected, I will contact you and request a check for the site.

I realize activities have been very limited and leaders have gone out of their way to engage the group during this time. We thank you so much! The virtual trips have been a great experience and I hope you have had a chance to enjoy them.

The next board meeting will be on July 13th, at 1 pm via Zoom. If there is anything you could like us to address, please contact any of the board members with your thoughts.

I hope to see you on the trail soon.

Scott Kramer

HELP CMC WEATHER THE STORM

In the 108 years since its founding, the CMC has weathered some serious storms—two world wars, Spanish Flu, the Great Depression, the Vietnam War, the Cold War. These events were separated by decades, but they had something in common: the CMC survived each of them because of our dedicated community. Now we are in a new storm - the novel Coronavirus Pandemic. And we need your help. Will you help us weather this storm?

Link: https://secure.qgiv.com/for/cmc
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) ASAP. 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 FOR CMC DENVER

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!

I rode the Ride to End Alzheimer's, 2020, 51.5 miles from Golden, to Westminster & Arvada. I had hoped to have members of the RMOTHG Biking group join my team, but the virus prevented it. JOIN ME NEXT YEAR! Hopefully, next year we'll be able to ride together, instead of having a virtual ride. For more photos, see https://photos.app.goo.gl/gqbktSWzJ2fciv2G8

~Kathy Tandy

The pandemic has changed my world.......... I must ask myself more than once a day..........what day IS it?? And another challenge for me.......when DID I take a shower And does it really matter......

But I will say I have not let this virus affect my fashion sense

Safety to all ~ Ida Sansoucy

I've been hiking with my Significant Other and although I sure miss seeing everybody I've learned to appreciate a tiny group; we actually hear the birds singing and see some wildlife! And I've been doing LOTS of yardwork, especially trying to salvage some bushes that almost lost the good fight with the really low dip in temperature in April. And, of course, there are always more murder mysteries to be read.

~Martha Mustard
We are spending time in the Black Hills and Mt. Rushmore of South Dakota. We rode an incredible rail trail called the George S. Mickelson Trail. This rail trail goes for over 100 miles on crushed stone. It was originally built in the early 1800's and was converted to a bike trail in 1991. It has tunnels and bridges that make this ride scenic through the Black Hills. For those wanting to do a fun ride only 6 hours drive from home.

~Debbie & Robert Richardt

Steve and I camping at Tarryall Reservoir. ~Carole Adler

I have been mountain biking and scrambling with my husband/isolation partner … here’s a picture from the Boulder Flatirons.

~Cyndi Lehr

~Sandy McCrae IDing wildflowers at Kenosha Pass
AND LOTS OF US HAVE BEEN ENJOYING WILDLIFE!

A CUTE MARMOT ~ Carol Zurcher

A TURTLE LAYING EGGS ~ Pete Spandau

A MOOSE, A CHIPMUNK, A BUTTERFLY ~ Martha Delporte
WHY I AM A TRIP LEADER

~ Pete Spandau

As a nine, ten year old, I was riding my bike to friends’ homes in the neighborhood. Then, in Junior High, I delivered 70-80 newspapers, after school, Monday through Saturday, up and down the hills of Pacific Palisades, CA. The love of riding a bike was always part of my life…except for the time between getting a driver’s license and retiring. Pacific Palisades overlooks the Pacific Ocean so during High School I rode my bike most summer days to the beach to hang out with guys and gals. We lived the Beach Boys songs. I’ve always loved the outdoors. I camped year-round with Boy Scouts and continued backpacking the High Sierras as an adult. We built a mountain cabin in California when our kids were tiny babies and sold it after 30 years of great times. That precipitated our move to Colorado. We were welcomed warmly on our first hike and bike ride. When inquiring about a snowshoe group we discovered RMOTHG did not have one yet (this was soon after OTHG joined CMC.) I was encouraged to take CMC Leader Training and start a group. I thought, “I can do this”, thanks to leadership training as Patrol Leader in Boy Scouts, Officer training in the Army and working as a supervising field engineer in water management. Please know that I was a complete NEWBIE in snowshoeing but CMC Leader Training gave me the confidence to post outings and lead a small group of enthusiastic snowshoers. If not for that early start in CMC leading, Susanne and I would still be snowshoeing all by ourselves! Having been mentored by a great leader in California and then by our own Wayne Tomasello, I realized it was time to help out again and became a bike leader. When my cranky heart started keeping me from riding my road bike full speed I bought an e-bike as I just couldn’t imagine not being out on the bike paths with my biking buddies. Becoming a leader was my way of saying “Thank You” to CMC for introducing me to Colorado’s great outdoors. I am thankful I listened to those who welcomed and encouraged me when first joining RMOTHG…many thanks to Lynn Forsberg, Marion Dries, Jim Stookesberry, Jeff Flax and Wayne Tomasello. And thanks also to all of you who are friends on the trails.

I invite others to join me when I go adventuring because my wife does not want me going by myself.
I think I can freely say on behalf of everyone that we yearn for the day that the Coronavirus Pandemic has faded into mere memory and we can resume our active unrestricted lifestyles.

Of course, the cautious reopening of some activities here at CMC have been most welcomed, but what you may or may not know is how much work has been going on behind the scenes to keep improving our club and planning for its future while we wait out this pandemic.

There are two significant changes to be aware of that involve the training required to become a CMC Trip Leader and to improve the flexibility/availability of completing this process for you, our future Trip Leaders. More specific information will be forthcoming, but as a heads-up:

1) **TRIP LEADER SCHOOL.** Per Jeff Stevens, the Director of Trip Leader School, all CMC members, and not just Denver Group members, will soon be able to start taking an online version of Trip Leader School at any time. The online class material is identical to both the traditional in-person class and the new webinar class, both of which have specific dates.

Traditional on-the-ground Leader-In-Training (“LITs”) will still be required and arranged with the appropriate qualified leaders.

2) **WILDERNESS FIRST-AID (“WFA”).** Per Jeff Flax, WFA School Director, the Denver Group WFA School is merging with CMC State’s new WFA contractor, Backcountry Pulse, whose program Jeff feels is very impressive. They hope to start WFA classes in mid-July. The class initially will be four hours of video lectures and four hours of Zoom or Google Meet lectures. The remaining eight-hour scenarios and exercise class will be held once it is safe to complete the class with hands-on programming. Denver Group instructors will still have a role with the school, primarily as it relates the Incident Management system and scenarios.

Of note to all current certified Trip Leaders and new prospective leaders:

1) The one-day refresher class previously required every 2 years to keep your WFA certification effective will no longer be offered. CMC has adopted training standards for WFA, which require a 16-hour course (this is the industry standard.)

2) Trip Leaders and our prospective leaders will still have the tuition cost covered by the Club, although probably with some agreement to lead a certain number of trips.

What does all this really mean? It means that very soon you can get started on your journey of becoming a Trip Leader, joining our other volunteers in continuing this wonderful organization we all value.

Any questions please feel free to contact the RMOTHG New Leader Initiative committee: Kirsten Tollefsen at kmt1950@icloud.com; Martha Mustard at mustardo3@comcast.net; and Elaine Shirley at elaineshirley@q.com.
Greetings RMOTHG Hikers

Summer is officially here and we’ve actually had a few outdoor hikes thanks to David Ritter, Sue Henley, and Susanne Spandau! CMC has loosened their guidelines only slightly, in keeping with advice from CDC, state and local health departments, and others. So don’t expect lots of outdoor hikes soon but we will review and open for registration any RMOTHG trips that our leaders decide to lead. And we’re continuing to have our virtual hikes thanks to Jeanne Eisse and others.

The snow is melting so hopefully we can get up in the high country more and avoid some of the heat. 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! Did you know that 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? So break out the sunscreen, sunhats, sunglasses, and shirts with UV-protection. 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 raingear.

Cheers! Martha Mustard

Debbie Richardt in the Black Hills

Carol Wier at Fern Falls RMNP

Sandy McRae, Barb Schwarz & Kathy Malone at Kenosha Pass
Hello RMOTHG Bikers

I hope you are all enjoying summer so far and have been able to get out on your bicycles to do a few miles somewhere on the Front Range. So many trails...so much to explore.

I would like to thank Pete Spandau and Scott Kramer for kicking off our season with a few fun Friday rides this June.

Just to remind you that there have been changes to our regular biking schedule, the number of participants on each ride (currently 10 including the leader), 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

While we are all still feeling our way through this unusual year, with many of us still not yet comfortable riding in a group situation, I am betting most all of us miss the camaraderie of our RMOTHG friends. So if you are out on the trails with one of our Trip Leaders or out on your own think about sharing those experiences by sending a picture and/or a brief note about the ride you took (i.e. where you went, what you enjoyed, what you saw along the way, what challenged you, how good you felt.) Please send me those pictures and bike ride stories, which I will then include in the upcoming newsletters. We can’t wait to hear about your rides!

If you have any questions about our biking program, about becoming a bike trip leader or any suggestions for the group contact me at: wtomasellob@outlook.com.

Wayne Tomasello
RMOTHG Biking Coordinator

WHERE IN THE WORLD IS THAT MYSTERY MOUNTAIN?
Mt. Rainier, Washington State

CYCLING WHILE SOCIAL DISTANCING!
ROCKY MOUNTAIN OVER THE HILL GANG
A Section of the Colorado Mountain Club Denver Group

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Section Vice Chair  
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CMCDenver.org newsletter  
CMC.org RMOTHG.

SEE BOARD MINUTES  
CMCDenver.org board minutes

READ BYLAWS  
CMCDenver.org bylaws

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

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