Let's get together for some socialization and brews at the Lowry Beer Garden (www.lowrybeergarden.com), celebrating Colorado's craft beer culture, for happy hour on Monday, August 16 from 4 to 6 pm. The Beer Garden is nestled in its very own park with more than 9,000 square feet of outdoor garden with open-air seating Octoberfest style, offering casual fare with locally-made gourmet brats and sausages. It is located at 7577 E. Academy Boulevard, Denver, east of Quebec and north of Alameda.

Please sign up no later than August 9 on the CMC website at www.cmc.org/calendar/eventdetails.aspx?ID=52963 so that reservations can be made.

If you have any questions, please contact Ginny Keir, chair of event, at 303 619-5074 (call or text) or gkeir@gmail.com.

Learning how to be safe in the backcountry is a major reason many members join the CMC and the RMOTHG. So we've developed a one-evening seminar especially for 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), cold weather gear, staying warm, hypothermia and cold weather injuries, and being stranded over night,
• how to avoid, prepare for, and how to respond to safety challenges,
• an introduction to the extensive program of in-depth, hands-on safety training offered in the CMC Denver Group’s adult education curriculum.

The price is just $10.00 for CMC members and $15.00 for non-members.

Our one-evening seminars for the remainder of the year will be held on August 24th and September 15th.

To learn more or to register for a seminar, go to www.cmcdenver.org/schools/introduction-to-hiking-safety
The Board of the Rocky Mountain Over the Hill Gang are anxious to celebrate the last year at our Annual Meeting and Awards Banquet at Mt. Vernon Canyon Club, 24933 Clubhouse Circle, Golden, Colorado on Sunday, September 12th, starting with cocktails (cash bar) at 4:30 pm and dinner and program starting at 5 pm.

This year we will be entertained by the Candlelight Mystery Players providing the clues to a murder mystery. This is not a stage presentation. This will be a live improvisational theater. Their troupe of veteran actors mingle and interact directly with the audience, answering questions and providing clues to “who dun it” and why.

Our plated dinner selections are:

- **Roasted Vegetable Risotto** (GF) with fennel, carrots, parsnip and cremini mushrooms;
- **Chicken Marsala**, sauteed chicken breast, garlic mashed potatoes, wild mushroom marsala sauce, and seasonal vegetables; or
- **Steak Au Poivre**, sliced beef medallions with brandy peppercorn sauce, garlic mashed potatoes and seasonal vegetables.

Our plated dinners include **Mixed Green Salad** (GF), mixed greens, blue cheese crumbles, granny smith apples, and pecans served with maple vinaigrette dressing; **Coffee, Tea, and Iced Tea; Assortment of Breads and Butter.** Dessert is **Cheesecake with Strawberry Sauce.** *(Mt. Vernon will honor special requests, if possible.)*

There will be a cash bar: Host Call Brand Mixed Drinks - $8, Host Glass of House Wine - $7, Host Bottle of Imported/Micro Brew Beer - $6, Host Bottle of Domestic Beer - $5, Host Soft Drinks per glass/can - $3.

**The cost is $30 for RMOTHG members, and $45 for non-members.**

**Deadline for signup is Tuesday, September 7 at** [https://cmc.org/Calendar/EventDetails.aspx?ID=53351](https://cmc.org/Calendar/EventDetails.aspx?ID=53351).

Please make your dinner selection on website.

**Dress is business casual.**

For more information, contact Ronnie Knueven at knuevenru@comcast.net.
I joined CMC and RMOTHG in 2015 with my husband, Jerry. He found his volunteering home as a biking and hiking leader. I think that helping on the RMOTHG board would be a good volunteering fit for me. I retired to be a mom in 1988 when our daughter was born, and we expanded the family in 1993 when our son was born. Often when asked about my employment, I replied driver. Now I really enjoy driving my bike with the gang!

Somehow, during retirement, I became the treasurer for almost every organization I was a part from ladies golf to several PTSAs. I have an MBA and a Computer Science degree so numbers are my strength. In 1989, I started volunteering for the National Sports Center for the Disabled in Winter Park, a job I enjoyed for 17 years. I also volunteered with the Shining Stars for 10 years. This is another outstanding Colorado nonprofit that provides recreation and other opportunities for children facing life altering illness.

The CMC is wonderful Colorado resource we are lucky to have and I would be very happy to help the organization by serving on the Over The Hill Gang board.

LAURINE ROWE

I grew up in Southern California & lived for brief periods in Florida, Washington, Oregon, New Mexico & Utah, but have lived in Colorado most of my life. While a student at the CO School of Mines in the early 60s, I learned about the Colorado Mountain Club, through which I took the basic rock-climbing course and climbed my first 14er. During my first full-time job with Shell Oil Company in Farmington, NM, I continued climbing some of the more interesting 14ers in Colorado. After starting a family, I took several short backpacking trips, but bicycling became my primary outdoor activity. My wife Judy would probably call it an obsession. I have participated in several ultracycling events, and for the last 28 years Judy and I have vacationed regularly in Europe with our Bike Friday tandem.

After our two daughters left home and Judy retired from nursing, we joined RMOTHG in order to jointly participate in hikes and bike rides with likeminded people at our level of fitness. We have greatly enjoyed those activities and the circle of friends we have met through the club.

When Pete Spandau and Wayne Tomasello said they needed leaders for the Friday bike rides, I did not hesitate to volunteer. Leading bike rides & hikes for the club has proven to be a rewarding experience. I am ready to step up and serve on the RMOTHG Board.

BOB BARDAY

I grew up on a farm in Nebraska. My family moved to Colorado when I was a young lad in 1966, where we enjoyed being outdoors. We did frequent trips to the mountains for picnics, fishing, camping and skiing.

Later in life, I expanded my outdoors activity to include hiking, fly fishing, road & mountain biking, backcountry skiing and snowshoeing, including trips to 15 of the 10th Mountain Division Huts.

I held various positions during my career. I worked 30 years in banking managing their purchasing and other administrative functions. I then worked for the Postal Service for 15 years in their Supply Management division.

When I took early retirement in 2015, most of my friends still had jobs and couldn't get out during the week, so I decided to join the CMC, to meet other people who shared my love for the outdoors.

I was amazed how much the CMC had to offer its members. I've completed CPR/AED, Wilderness First Aid, WTS, WTS Assistant Instructor and Group Trip Leader School.

I'm currently an active member of the RMOTHG, enjoying hiking, biking, fly fishing, and mountain biking.

I have met so many great people in the RMOTHG. I hope to be able to give back and contribute to a group that I truly enjoy.

DENNIS BAUMFALK
It is hard to believe that it's almost the latter half of summer. After last year's lockdown this is a new beginning for us to be hiking, biking and socializing with friends. Special thanks go to all the leaders for both hiking and biking who have posted trips for us to enjoy. A special thanks goes to our social committee, led by Ronnie Knueven, for the excellent job on the summer picnic. If you missed the picnic, you missed a good time.

Two things of note are in this issue. First you will read the BIOS of the three people who have elected to join our board. They are Bob Barday, Dennis Baumlalk, and Laurine Rowe. We thank them very much for their willingness to spend time with us on the board to advance our section. You will see in this newsletter a link to vote for these three people for our board. Even though there are only three openings this year, it is a responsibility based on our bylaws, that we have an election, so please take a few minutes and click on the link to vote for our new board members.

Second, our annual meeting will be back in person. September 12 is the date for the meeting, so please put it on your calendar and plan to join us. It will be a great opportunity to see friends and hear about what RMOTHG has done over the last year plus what our future holds. You will also be introduced to the new board members and officers for the coming fiscal year. Having the annual meeting in person should allow us to feel that normalcy is back.

Besides running for the board, we would like to welcome Dennis Baumlalk as a new leader for both hiking and biking. Thank you for taking the time and effort it takes to become a leader.

The next board meeting will be September 7th, in the Drumwright Room at the American Mountaineering Center at 1 pm. If you have any items that you would like us to consider, please feel free to contact any of the board members listed on the last page of this newsletter.

I look forward to seeing you on the trail.

Scott
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/]. 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 photo below. 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 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.

Prices jerseys/jackets:
- Men’s Unisex) & Women’s SHORT sleeve $43
- Men’s (Unisex) & Women’s LONG sleeve $49
- Unisex Windjackets $51

If you are interested in ordering, notify me of your interest by the end of August (sooner is better) or with questions at kmkurtz47@gmail.com

Kathy Kurtz

GOOD NEWS!

It was considered the best photo of this century. A lioness and her cub were crossing the savannah but the heat was excessive and the cub was in great difficulty walking. An elephant realized that the cub would die and carried him in his trunk to a pool of water walking beside his mother. And we call them wild animals.
ANNUAL PICNIC AT STAUNTON STATE PARK

Saturday, July 10 was huge success. Nearly 100 people participated, with many enjoying bike rides and hikes beforehand. Pink Tank (Rashad and Jessica) served us with a smile their delicious and different entrees.
WE FIND ALL KINDS OF INTERESTING THINGS ON OUR RIDES!

ADMIRING NATURE

IRON FENS

GENEVA MOUNTAIN
RMOTHG offers hikes primarily on Wednesdays but occasionally on other weekdays depending on leaders’ availability. We try to offer a variety of hikes each week. Our Wednesday hikes are open for sign-up on the preceding Friday at 5pm on the CMC website. They can be viewed on the CMC calendar on the preceding Thursday for our members to research the hikes and decide which one might be right for them. Only sign up for one trip per day. Please bring your ten essentials on whatever hike you choose. The leader will send an e-mail to the roster before the trip as a reminder and to provide any special information. Carpooling is generally available but is not an official part of the trip. PLEASE be prepared for hot weather wherever you hike. Bring a sunhat, bandana to wet down for cooling, and lots of water. Join a hike and appreciate our beautiful mountains and the wonderful company of other RMOTHG members!

Thanks,
Martha
RMOTHG Cyclists are having a wonderful summer of bike rides with an average of over 20 participants each week. The trips are Friday mornings and sometimes on other days in the Denver and greater Denver areas, with three styles of riding called the Gazelles, the Hares and the Terrapins. Gazelles ride at a fast pace at about 15 mph. Hares ride approximately 20 to 30 miles at a speed of 10 to 12 mph. Terrapins ride at a more leisurely pace of less than 10 mph and go approximately 10 to 15 miles with a few more stops than the Hares. The outings are mostly on paved bike trails and we try to keep the rides fairly flat but, we do encounter some hills and gravel paths.

The essential items for participating are plenty of water, necessary tools to repair a flat tire (replacement tube for your tire size,) appropriate clothing for changes in the weather, ID and a medical card. The wearing of a helmet is mandatory.

Email notices are sent out several days prior to the excursions to describe the weekly ride. The meeting time is usually 8:30 am with departure at 9:00 am. An optional lunch follows at a nearby restaurant. Guests are allowed with the signing of a waiver form. Guests may participate in two of our activities before joining the RMOTHG section and the Denver group of the 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.

See you on the trails,

Wayne Tomasello
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

<table>
<thead>
<tr>
<th>Role</th>
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<th>Email</th>
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<tbody>
<tr>
<td>Section Chair</td>
<td>Scott Kramer</td>
<td><a href="mailto:skramer1016@gmail.com">skramer1016@gmail.com</a></td>
</tr>
<tr>
<td>Section Vice Chair</td>
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</tr>
<tr>
<td>Secretary &amp; Emergency Contact</td>
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<td>Treasurer</td>
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<tr>
<td>Communication Director</td>
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<tr>
<td></td>
<td>Ronnie Knueven</td>
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<tr>
<td>CMC Denver Council Liaison</td>
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### ACTIVITY COORDINATORS

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<td>Snowshoeing</td>
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<td>Jeff Flax</td>
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<tr>
<td>Biking</td>
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<td>Martha Mustard</td>
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<td>Jeff Flax</td>
<td><a href="mailto:jeff.flax@gmail.com">jeff.flax@gmail.com</a></td>
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<tr>
<td>Social Events</td>
<td>Lou Ann Dixon</td>
<td><a href="mailto:looanngie@comcast.net">looanngie@comcast.net</a></td>
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<tr>
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<td>Ronnie Knueven</td>
<td><a href="mailto:knuevenru@comcast.net">knuevenru@comcast.net</a></td>
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<tr>
<td>Newsletter</td>
<td>Maryann Mayer</td>
<td><a href="mailto:tophilnews@gmail.com">tophilnews@gmail.com</a></td>
</tr>
</tbody>
</table>

## ACTIVITY COORDINATORS

### Membership

- Susanne Spandau
  - sespandau@gmail.com

### Snowshoeing

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

### Cross Country Skiing

- Jeff Flax
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### Biking

- Wayne Tomasello
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  - Jeff Flax
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### Hiking

- Martha Mustard
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  - Jeff Flax
    - jeff.flax@gmail.com

### Social Events

- Lou Ann Dixon
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- Ronnie Knueven
  - knuevenru@comcast.net

### Newsletter

- Maryann Mayer
  - tophilnews@gmail.com