COME A-BOARD!

RMOTHG NEEDS YOUR HELP, EXPERIENCE & EXPERTISE

There will be 3 vacant board positions available in the fall. These position openings provide you an opportunity to volunteer to become a RMOTHG board member.

Meetings are every other month for a maximum of 2 hrs, and responsibilities vary with each role.

Questions? Please contact one of the individuals leaving the board for more information and/or to volunteer. Those 3 contacts are Carol Zurcher, secretary, Lou Fratantuono, member at large, Kirsten Tollefson, CMC Denver Council Liaison. Any other board member would also be happy to provide additional information about the fun and duties of being on the board. Contact information for board members is included in the last page of the newsletter.

Candidates are asked to make their interest in the board known by July, so that their bios can be published in the August newsletter. Voting will take place via SurveyMonkey by August 31. The new board members will be introduced at the September Annual Meeting.

Carol Wier,
Communications

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June 2       CPR/AED
June 9                   Creekside Winery, Evergreen - Wine Tasting
June 10     CPR/AED
June 22                 E-Bike Demonstration and Lunch Outside
July 10                  Annual Picnic at Staunton State Park with hikes and bike rides to be scheduled prior
August              Happy Hour - TBD
September 12   Annual Dinner Meeting/Awards at Mt. Vernon Country Club
October          TBD
November        TBD
December 5      Holiday Party

We are always open to suggestions and ideas. Please forward to Ronnie Knueven at knuevenru@comcast.net.
I am happy to report that the “light at the end of the tunnel” is a beautiful spring with activities at RMOTHG coming up to speed. Special thanks to our trip coordinators, Martha Mustard and Jeff Flax for hiking, and Wayne Tomasello for biking, for their efforts in planning our trips. During the past month we have sponsored 11 hikes and 9 organized bike rides. It is starting to look normal and it feels so good to get out with friends and enjoy their company on these activities. The first post pandemic social event at the Next Door restaurant drew 26 members.

At this point the board feels that it is time to sunset Connections. Connections was put together to help us get through the pandemic and be a way for members to find somebody to share hiking. Group hikes are now able to operate under near normal conditions, therefore we feel it is no longer important to have Connections. I hope that some of you were able to use it to help you get through the past year.

The RMOTHG board needs 3 new members as we go into the 2021/2022 fiscal year. Please consider joining us on the board. You can be a help in planning the direction of the club and to keep us active and growing. It is a nice bunch of people that work together with the common goals.

Once again, I would like to shout out to Maryann Mayer. Through the past year she has continued to publish this newsletter. It has been a delight seeing it each month to remind us of why we joined the group and what we could look forward to once this pandemic is over.

The social committee, spearheaded by Ronnie Kneuven, has been actively planning something for each month. I hope that you take the time to participate in several of these activities. The summer picnic is on July 10. There will be biking and hiking to enjoy plus plenty of good food. Hope to see you there.

I hope to see you all soon on the trail now that we’re getting back to normal.

Scott
The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a 2 & 1/2 hour CPR and AED (automated external defibrillator) evening outdoor class at the AMC/CMC. There are limited spaces for this course. The cost of the course is $40. Click here for more information and registration links for CPR/AED courses or go to https://cmc.org/Calendar.aspx and search “CPR/AED Denver Group”

Students receive a two-year CPR/AED certification upon completion of the class. The ECSI course is comparable to the American Heart Association’s (AHA) HeartSaver certification, and meets the latest 2020 AHA CPR Guidelines. The ECSI course is recognized as meeting industry standards for CPR/AED courses.

The class will be held indoors at the CMC with a limit of up to 10 students. We now teach hands only (chest compression) without mouth-to-mouth breaths. Our certified CPR/AED instructor, Laura Zaruba, will also be teaching the class. Students completing the class will receive a two-year Adult CPR/AED certification from ECSI. Please note that the CMC State WFA course does not include CPR/AED certification (although CPR/AED is discussed during the course.)

NOTE: Leaders and prospective leaders seeking to have their CPR costs covered under the Support Aid for Leader Training (SALT) program, should NOT register here. Rather, you MUST first apply through the Denver Safety and Leadership committee – see https://goo.gl/DhBZfM for the SALT application and tuition coverage program. SALT does not provide for reimbursements for students who self-pay in advance of the class.

This course includes CPR in wilderness environments. The class also covers how to relieve choking victims. (Please note that this course does not qualify for the AHA Basic Life Support (BLS) for Health Care Professionals). The course is taught by a Wilderness First Responder.

Please contact WFA School Director Jeff Flax at Jeff@JFlax.com, or CMC Membership Services at 303-279-3080, ext.2, for additional information regarding Wilderness First Aid and WFA CPR/AED course.
Come join in the tasting of Creekside Cellars wines overlooking Bear Creek. Just a mere 30 minutes west of Denver, Creekside Cellars provides a special place to celebrate at 28036 CO-74, Evergreen, CO. For the price of $25, it includes the tasting, a history of winemaking by Creekside’s winemaker, Michelle, and their wonderful antipasto. For more information, please see creeksidecellars.net, or for reviews - tripadvisor.com, yelp.com, coloradowine.com.

Please sign up on the CMC website CMC.org/calendar/eventdetails.aspx?id=52479 no later than June 2. For more information, please email Ronnie at knuevenru@comcast.net.

What: Electric Bike Benefits Presentation, demo bikes and mini bike maintenance clinic by Good Turn Cycles in Aspen Grove.

Where: 7301 S. Santa Fe Drive, Suite 342, Littleton - Aspen Grove

When: June 22 - 10:00 am - 11:30 am with optional lunch to follow.

Lunch: The Rice Bistro - In the Aspen Grove Shopping Center, outside patio, weather permitting. Pay individually.

This will be open to 10 people.

Good Turn Cycles is extremely Covid safety conscious. This is an outdoor event behind the shop. They are a nonprofit company and will accept individual donations. The company sells e-bikes and repairs all types of bikes. Good Turn Cycle trains young adults who struggle with traditional schooling, work environments, or finances. They train them in bicycle repair, customer service, etc. The employees do this by pairing them with a mentor who teaches life and work skills through their program. For more information on the work they do, please go to GOODTURNCYCLES.ORG.

Please click here to sign-up on CMC website no later than June 15!

For more information contact event chair, Kathy Tandy, at kathyatandy@gmail.com.
Please come join us at Staunton State Park for our Annual Picnic on Saturday, July 10, 11:30 to 2:30. Staunton State Park is located at 12102 S. Elk Creek Road, Pine, CO 80470. It is about 40 miles southwest of downtown Denver, north of US Highway 285, and about 6 miles west of Conifer. For more information regarding Staunton State Park, see staunton.park@state.co.us or cwp.state.co.us. A daily entrance fee of $10 or an annual State Park Pass is required on all vehicles entering the park (your responsibility.)

We have reserved the Ranch Hand Group Picnic Shelter from 11 am to 4 pm. Lunch will be served starting at 11:30 am. This year, as a treat to you, our loyal RMOTHG members, for sticking with us during the pandemic, your lunch is being provided by the Pink Tank Food Truck (eatpinktank.com). You will be able to choose from Finger Lickin' Waffles & Chicken, The Sassy Classy burger, The Dog About Town, or Stuffed French Toast (especially for the vegetarian). Sides of Salted Caramel Sweet Potato Fries or Cheese Fries will be available at a cost of $3 to you.

**There is no charge to CMC RMOTHG members for this event. If you wish to bring a guest, the charge is $15. We also ask that you bring your appetite and your own beverages – that means you bring your own water, soft drinks, beer or wine.**

There will be hikes and bike rides available through the RMOTHG, but you must sign up separately for those “trips” on the CMC website.

There will be horseshoe games available at the picnic site – no sign up necessary. If you have corn hole games, please bring along.

**Please sign up on the CMC website under events [CMC.org/calendar/eventdetails.aspx?id=52482](http://CMC.org/calendar/eventdetails.aspx?id=52482)**

no later than July 3.

If you have questions, please contact Ronnie Knueven at knuevenru@comcast.net.
The CMC has resumed Wilderness First Aid (WFA) classes with our new WFA partner, Backcountry Pulse (BCP). The 16-hour (two-day) classes are over most weekends at the AMC/CMC in Golden.

The Denver Group is no longer offering WFA classes and SALT is no longer available for the WFA course. Eligible members may apply for free tuition for the State’s WFA course - see below. (Please note the CMC State Board of Directors has determined the 8-hour WFA Refresher course does not meet the 16-hour WFA training requirements for CMC leaders or school instructors.)

The WFA courses provide a two-year certification, which includes EpiPen training. See https://www.cmc.org/Classes/CMCClassesandSchools/WildernessFirstAid.aspx for more information on the WFA courses. Information specific to leaders is at the bottom of the page.

Leaders and members working toward becoming leaders may apply for free tuition through the CMC at https://coloradomountainclub.formstack.com/forms/freewfa.

The cost for the class is $200 for leaders who do not apply for free tuition, $225 for CMC members and $245 for non-CMC members.

For additional information, please contact Jeff Flax at Jeff@JFlax.com, or CMC Membership Services at 303-279-3080, ext. 2, for additional information regarding Wilderness First Aid and WFA CPR/AED course.
Rocky Mountain Over The Hill Gang (RMOTHG) has bicycling rides on most Fridays during the summer months. Our RMOTHG biking enthusiasts participate on these weekly trips, which are primarily on designated bike paths throughout Denver and the Front Range. Sometimes we head west into the foothills or up to Summit County for rides. Occasionally, there may be rides offered on days other than Fridays. Email notices regarding all bike rides are sent out to RMOTHG Members who have requested to be placed on our Biking Lists. Generally, there are two styles of riding groups: Hares and Terrapins. Hares ride approximately 20 to 30 miles at a speed of 10 to 13 mph. The Terrapins ride approximately 15 to 20 miles at speeds less than 11 mph and take a few more stops than the Hares. The rides take place in the mornings and finish with an optional lunch at a nearby restaurant. Most of our trips are on paved, level bike paths, however, we may encounter the occasional city streets, some hills and gravel trails.

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

Email notices are sent out several days prior to the bike excursions, which describe the ride and the meeting location. On the Hare and Terrapin rides the groups will start at the same time and hopefully finish together. Most meeting times are 8:30 AM with departure at 9:00 AM.

Guests are allowed with signing a waiver form. Guests may participate in two of our activities before joining RMOTHG section and the Denver Group of CMC.

If you are interested in riding, please contact me by email, 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.

Wayne Tomasello
It's been wonderful to finally do another RMOTHG hike. The wildflowers are out. And the sun is shining. Yeah! Remember the sunscreen and bug repellent. And still keep a watch out for rattlesnakes and ticks. But above all else, just join a hike and enjoy our beautiful mountains and share the experience with other RMOTHG hikers.

Martha

TENTATIVE JUNE HIKES!

June 2 - Meyers Ranch or Centennial Cone
June 9 - Walker Ranch
- Matthews/Winters
June 30 - Iron Fens
- Horseshoe Trail to Fraser Meadows
- Flying J

CASTLEWOOD CANYON EAST

O'FALLON / INDEPENDENCE

UTE PASS
Join the Climbing Smiths for a free online panel discussion as they introduce their father’s book, "The Bark of the Cony: Not If, But How—A Philosophy of Life."

*The Bark of the Cony* follows the tale of the 1960s local legends, the Climbing Smiths—a father and four sons who together climbed all the Colorado 14ers, finishing while the youngest, Tyle, was just eight years old.

In his memoir, George Nash Smith tells of key life experiences that led to his attitude of challenging himself and the development of his unique life philosophy, *Not If, But How*. Through mountain climbing he learned a love of nature and imparted his life philosophy to his four sons. In 1969 they finished climbing all 67 peaks over 14,000 feet in the contiguous 48 states while forging strong family bonds, learning important values, and setting records along the way.

Flint, Quade, Cody, and Tyle—the four remaining Climbing Smiths—will share excerpts from the book, tell stories, and show photos from climbing all of the 14ers in the 1960s.
ROCKY MOUNTAIN OVER THE HILL GANG
A Section of the Colorado Mountain Club Denver Group

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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

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