POST PANDEMIC PARTY

May 24

Let’s celebrate the closing of this past pandemic year and seeing friends with a HAPPY HOUR!!

WHEN: Monday, May 24, 3 - 6 pm

WHERE: Next Door American Eatery

10155 East 29th Drive, Denver CO 80238 (Eastbridge)

LOCATION: ½ block west of King Soopers by the Martin Luther Blvd/Havana Street intersection

Next Door American Eatery is part of The Kitchen Restaurant Group founded by Kimball Musk. Yes – Elon’s brother. It’s a casual farm-to-fork fare & craft beers in a comfy space with a communal vibe. There is lots of parking, outside dining areas both covered and uncovered plus inside seating of the weather gets funny.

Nextdooreatery.com

Everyone is responsible for their own bill. Next Door Eatery prefers to be paid with credit cards vs cash.

Please sign up in the calendar for CMC.
https://cmc.org/Calendar/EventDetails.aspx?ID=52496

It’s Spring!!!

May 5 CPR/AED Class
May 24 Happy Hour Lunch Outside
June 9 Creekside Winery, Evergreen - Wine Tasting
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.
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.

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 six students. Each student will be socially-distanced by at least six feet apart. A separate mannequin and AED trainer will be provided to each student to work individually on CPR and AED skills. Students will not work in groups as is done in our normal, pre-COVID-19 CPR/AED classes. 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.
WINE TASTING AT CREEKSIDE CELLARS - WINERY

WEDNESDAY, JUNE 9 - 3-5 PM

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 at https://www.cmc.org/Calendar/EventDetails.aspx?ID=52479 no later than June 2nd. For more information, please email Ronnie at knuevenru@comcast.net.

E-BIKE DEMONSTRATION

JUNE 22

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 sign-up on CMC website no later than June 15!

For more information contact event chair, Kathy Tandy, at kathyatandy@gmail.com.
SOCIAL COMMITTEE NEWS ~ The Social Committee has been busy planning fun social events as you will see in this newsletter. Your Social Committee is composed of Judy Barday, Anita Connors, Barb Edwards, Sue Henley, Ginny Keir, Kathy Tandy, Linda Thompson, and Co-Chairs Lou Ann Dixon and Ronnie Knueven. If there is anything you would like us to plan or are interested in joining the Social Committee, please let Ronnie Knueven know at knuevenru@comcast.net.
I hope you are as excited as I am about the summer season of biking and hiking. It'll be fun to catch up with people whom we haven’t seen for a year! Last year at this time I was telling everybody that this was not the normal. We were living through covid. It is hard to believe that it became the normal for a full year but now we’re all ready to get back to our old normal.

Activity coordinators and trip leaders have been busy creating plans to get back to hiking and biking. At the present time there are still some restrictions in place. CMC is doing the best job it can to try and follow covid requirements and let leaders know what to expect. If you have been following it at all you know that it has been very confusing, especially right now because the state has turned over this responsibility of rules/protection to counties. CMC activities will open up completely as soon as it is safe.

Special thanks to Jeanne Eiss and Bev Slingsby for their efforts during this winter to keep some activity going for us. Jeanne lead 7 virtual hikes and Bea lead 14 snowshoe hikes. Thank you both for giving our members the chance to enjoy what CMC is all about.

As we head into summer, we are always looking for new leaders. If you’re not already a trip leader, please consider being one. CMC provides outstanding training that is not only useful for our trips but will enhance your own knowledge of safety in outdoor activities. We weren’t able to hold a new leader event this last year because of COVID but look forward to planning one soon. These events introduce you to what it’s like to be a leader.

The next board meeting will be virtual on May 10th starting at 1:00 PM via Zoom. If there is anything that you want to address, please feel free to contact me. We will be looking for some new board members starting in September so watch for the announcements in next month’s newsletter and feel free to contact any of us board members to discuss joining our board.

I am now truly looking forward to seeing you on the trail soon.

Scott
Hello fellow cyclists,

I am looking forward to a great cycling season, which begins the first Friday in May and runs through the last Friday in September. Besides myself, Kirsten Tollefsen, Pete Spandau, Carole Adler, Bob Barday, Jerry Rowe, Scott Kramer, Jeff Flax and Roger Wendell will be organizing and scheduling their favorite rides. So hopefully there will be more variety and some new outings.

Due to Covid restrictions, we will be limited to 10 riders per group weekly, riding on bike paths & quiet city streets throughout the Denver & Boulder areas. Sometimes we go west to Summit County. Occasionally we encounter some hills and gravel trails. The Friday morning rides are finished with an optional lunch at a nearby restaurant.

Currently there will be two styles of riding groups: Hares and Terrapins. Hares ride approximately 20 to 30 miles at a speed of 10 to 15 mph. Terrapins ride approximately 10 to 15 miles at a speed less than 10 mph with more stops. There has been talk about an additional group called the Gazelles. Watch for emails about Gazelles rides.

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. Wearing a helmet and a mask 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.

If you are interested in riding, 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 weekly email reminders to sign up at www.cmc.org.

See you on the trails,

Wayne Tomasello
Bea has been offering a hike every Wednesday and we look forward to other leaders adding to that list. Our hike offerings will be slowly increasing as more members are vaccinated and more leaders feel comfortable leading.

Whether on an RMOTHG hike or hiking with friends, we look forward to some beautiful wildflowers from all this snow.

Of course, every season has its hazards and this is the season for ticks and rattlesnakes. Ticks tend to 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. If a tick lands on you it may take several hours for it to travel around before it burrows in. If you find a tick, use tweezers to pull it straight out. 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. Rattlesnake are also waking up and abound in the areas where we usually first start hiking in the spring. Be on the lookout for snakes and give them a wide berth if you see one. And if you see one, remember that another may be very close so don’t just go off trail blindly to get away from the first one. Don’t let ticks and snakes keep you away from a beautiful time in our foothills and mountains. Every week is a new adventure with new growth and new flowers appearing.

Enjoy some beautiful spring hiking!

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**TENTATIVE MAY HIKES!**

May 5 -  Reynolds Park &
Evergreen Mountain in Alderfer/Three Sisters

May 12 -  The Wild Animal
Sanctuary & Castlewood Canyon East

May 19 -  Raspberry Ridge &
Matthews/Winters & Brookside-McCurdy

May 26 -  Geneva Mountain

May 27 - (Thursday) - Lair o’
the Bear

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**LATE SPRING HIKE! MAYFLOWER GULCH**
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!

Daniel Schweissing has been enjoying springtime in the Rockies at White Ranch Park

Sandy McRae has been watching elk enjoying breakfast in Genesee
Frank Burzynski has been a "hairy hiker among the hoar frost"

Martha Delporte has been photographing wildlife. A Bull Snake at Matthews Winters and Western Painted Turtles at Belmar Park.
# 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>
<th>Name</th>
<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>
<td>Janice Johnson</td>
<td><a href="mailto:jajohnson1952@gmail.com">jajohnson1952@gmail.com</a></td>
</tr>
<tr>
<td>Secretary &amp; Emergency Contact</td>
<td>Carol Zurcher</td>
<td><a href="mailto:carolz80239@gmail.com">carolz80239@gmail.com</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Mike O’Connor</td>
<td><a href="mailto:mikeoc111@gmail.com">mikeoc111@gmail.com</a></td>
</tr>
<tr>
<td>Communication Director</td>
<td>Carol Wier</td>
<td><a href="mailto:carolwier365@gmail.com">carolwier365@gmail.com</a></td>
</tr>
<tr>
<td>Members at large</td>
<td>Lue Fratantuono</td>
<td><a href="mailto:fratantu@comcast.net">fratantu@comcast.net</a></td>
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<tr>
<td></td>
<td>Ronnie Knueven</td>
<td><a href="mailto:knuevenru@comcast.net">knuevenru@comcast.net</a></td>
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<tr>
<td>CMC Denver Council Liaison</td>
<td>Kirsten Tollefson</td>
<td><a href="mailto:kmt1950@icloud.com">kmt1950@icloud.com</a></td>
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## ACTIVITY COORDINATORS

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<th>Snowshoeing</th>
<th>Cross Country Skiing</th>
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<th>Social Events</th>
<th>Newsletter</th>
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<td></td>
<td>Susanne Spandau</td>
<td>Elaine Kallos</td>
<td>Jeff Flax</td>
<td>Wayne Tomasello</td>
<td>Martha Mustard</td>
<td>Lou Ann Dixon</td>
<td>Maryann Mayer</td>
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<td><a href="mailto:tophilnews@gmail.com">tophilnews@gmail.com</a></td>
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## Activity Coordinators
- **Membership**: Susanne Spandau (sespandau@gmail.com)
- **Snowshoeing**: Elaine Kallos (ekallos11@gmail.com)
- **Cross Country Skiing**: Jeff Flax (jeff.flax@gmail.com)
- **Biking**: Wayne Tomasello (wtomasello@outlook.com)
- **Hiking**: Martha Mustard (mustardo3@comcast.net)
- **Social Events**: Lou Ann Dixon (looangie@comcast.net)
- **Newsletter**: Maryann Mayer (tophilnews@gmail.com)

### Hill Topics

**MAY 2021**

## 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.