



## MAY 2023 NEWSLETTER

### MAY DINNER

**What:** It's Thai Time - Buffet dinner catered by Zheng Asian Bistro

**When:** Thursday, May 25th  
~ 5:00 - BYOB Cocktail Hour -  
Please, no early arrivals. Our room  
will not be available until 5:00

**Where:** Colorado Mountain College  
Blake at 14<sup>th</sup> Street - Senior Room

#### MENU

**Appetizer:** Avocado Spring Rolls

**Salad:** Asian Chopped Salad with  
Sesame Ginger Dressing

**Entrees:** (GF available on request)

**Bangkok Beef** - Sliced flank steak  
and fresh veggies in a brown sauce  
with Thai basil

**General's Chicken** - Tempura  
chicken breast tossed in a sweet &  
spicy brown sauce, served over a  
bed of broccoli

**Madras Curry Tofu** - Tofu and  
veggies in a mild Indian style  
coconut yellow curry

**Sweet & Sour Shrimp** - Steamed  
shrimp, tomatoes, carrots, jicama,  
pineapple and bell pepper in a light  
sweet and spicy sauce

**Dessert:** Assorted & homemade!  
Water & Coffee

Please mail checks for \$25pp  
payable to 100 Club to Anne Sale  
at 2307 Bennett Court, Glenwood  
Springs, 81601 to arrive NO LATER  
THAN MAY 19. Or you can use  
Venmo - @GWS100Club. Please  
indicate your entree selection(s)  
with your payment.

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Get ready for our **Birthdays Bash** at  
Veltus Park on June 22nd!! IF your  
birthday (this year) ends in "0" or  
"5", please email Renee Miller at  
ralidam748@gmail.com.

**Prospective member of the 100  
Club?** If you wish to join, please  
visit our **Home Page** for more in-  
formation and whom to contact.

### MAY HIKES

May 1 – **Burnt Tree Ridge**,  
9:00 at NN. Located at the east end  
of the Glenwood Canyon bike path,  
you can either ascend the ridge or  
follow a spur trail to the left that  
leads to a Canyon overlook.

May 8 – **Colorow Trail Com-  
plex**, 8:30 at MM or 8:45 at Alder  
Park. On the north side of New  
Castle, this extensive trail complex  
has a variety of easy to moderately  
difficult options.

May 15-19 – **Fruita Trip**, 7:30  
at RR. We'll kick off our 5-day  
overnight trip with a hike near the  
Visitor Center in Colorado National  
Monument. You can hike the **Black  
Ridge Trail** up to 5.5 miles one-way  
out and back or hike through to  
Rim Rock Drive with a car shuttle.  
The remainder of the Fruita hike  
schedule will be published online  
one week prior to the trip.

May 22 – **Glassier/Buckhorn  
Loop**, 8:30 at RF. South of Willits at  
the Hooks Lane TH of the Rio  
Grande trail. Ascend Glassier to the  
Buckhorn Traverse, descend Buck-  
horn back to the Rio Grande trail,  
and follow it back to the TH.

May 29 – **Forest Hollow**, 8:00  
at RF or 8:15 at Lookout Mtn. Rd.  
TH. Follow an undulating 4WD  
road on foot 2 miles to the eastern  
Forest Hollow TH and hike out and  
back up to 5 more miles each way.

May 31 – **Keyser Creek/Blue  
Lake**, 7:30 at MM. Our first  
Wednesday hike of the year fol-  
lows a lightly used trail through  
mixed forest from Canyon Creek to  
an alpine lake at 10500'. Due to  
our record snowpack this winter,  
persistent snow cover at higher  
elevations may necessitate replac-  
ing this hike on the schedule with  
**Arbaney-Kittle**. In that case, the  
Keyser Creek hike may be post-  
poned until later in the season or  
canceled.

### BICYCLING

It's cycling season! Can't be soon  
enough for me. Though thankful  
for all the much-needed moisture  
this past winter, I'm happy to see  
the snowmelt beginning. Let's look  
forward to some great days like we  
had last year for biking! Bike rides  
will be every other Wednesday,  
alternating with Wednesday hikes.  
E-bikes welcome.

Here is the tentative schedule for  
May/June, weather permitting:

May 10 – **Harvey Gap Loop**.  
Meet at the City Market parking lot  
in New Castle next to Alpine Bank  
for a 10:00 am start. Ride through  
Castle Valley continuing on to Har-  
vey Gap & looping back through  
New Castle. Approximately a 25-  
mile loop. Meet at Tapatios after  
the ride for lunch. I will not be  
able to join you, Deb Korbel will be  
your leader on this day.

May 24 – **Independence Pass**.  
Take advantage of this beautiful  
ride after the snow has been  
cleared, but before the road opens  
to motor vehicles. Meet at the  
winter gate on Hwy 82 east of As-  
pen for a 10:00 am start to the 14-  
mile climb to the top! Or go as far  
as you want! Bring a chair & lunch  
for a tailgate in the parking lot af-  
terward. We shall celebrate!

June 7 – **Glenwood Canyon  
Trail**. Meet at No Name rest area  
for a 9:00 am departure. Potluck  
at Donelan's afterward.

June 21 – **Colorado River  
Road**. Meet at the parking lot in  
Dotsero for a 10:00 am start. Ride  
to the end of the pavement &  
back. Lunch at the Brew Pub.

I will email everyone the day or  
two before the ride with any up-  
dates. If you're new to the club,  
and want to be included on my  
cycling email list, please email me  
at pattisundermann@gmail.com.

Also, if you have any rides you are interested in doing this summer, or would like to lead a ride, please let me know.

Happy Cycling!  
Patti

### **TENNIS ANYONE?**

We play mixed doubles tennis at Sayre Park courts Fridays at 10am, weather permitting. All skill levels welcome. Glenwood Springs has adopted a reservation system for tennis courts, but it remains to be seen what, if any, impact this will have on our weekly matches. To be placed on John Burg's email list, text him at (970) 355-9104 or email [johnfburg@gmail.com](mailto:johnfburg@gmail.com).

### **PEOPLE'S BRIDGE**

Men's Bridge and Ladies' Bridge has become People's Bridge. People of all sexual orientations are invited. We meet two Thursday evenings each month, starting at 6:30, and ending about 9:00 p.m. Games are hosted by players at their homes. COVID shots are required, while masks are optional. However, if you have any COVID or flu-like symptoms, please stay home.

If interested, email Steve Huber — [shuber@uh.edu](mailto:shuber@uh.edu).

### **ROSTER CHANGES FOR MAY**

#### **NEW MEMBERS**

Prendergast, Kelly | 100 Autumn Ct., Erie, CO 80516 | 303-886-7778 | [kelly.prendergast@gmail.com](mailto:kelly.prendergast@gmail.com)

Spidell, John & RuthAnn | 4210 Sky Ranch Drive, Glenwood Springs CO 81601 | 970-230-9257/719-337-2546 | [spidelljw@aol.com](mailto:spidelljw@aol.com)/[spidellra@aol.com](mailto:spidellra@aol.com)

Turner, Nancy | 472 Original Rd., Basalt CO 81621 | 303-554-8535 | [kalbturner@gmail.com](mailto:kalbturner@gmail.com)

#### **REINSTATEMENTS**

Reining/Kingman, Joe & Michele | 561 Canyon Creek Dr., Glenwood Springs CO 81601 | 970-947-1361/719-660-3431 | [joreining@aol.com](mailto:joreining@aol.com)/[meking1105@gmail.com](mailto:meking1105@gmail.com)

Loth, Nicki | P.O. Box 2164, Glenwood Springs CO 81602 | 303-944-3481 | [JNFisher35@gmail.com](mailto:JNFisher35@gmail.com)

#### **CHANGES**

MacDougal, Karen | new phone 970-618-0495 | [kmacd29@comcast.net](mailto:kmacd29@comcast.net)