



January 2024

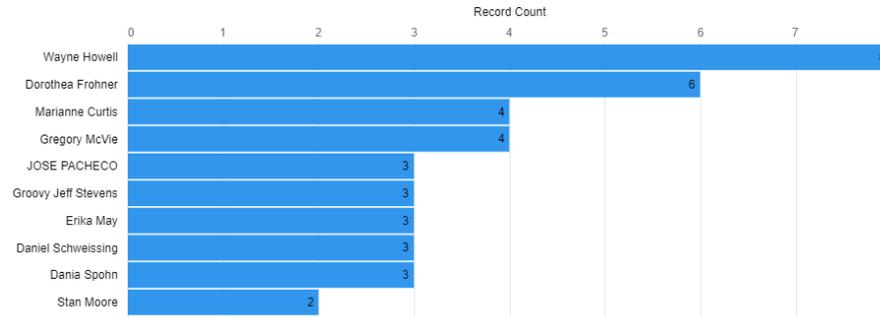


🍷 Cheers to a New Year! 🍷

ACS Instructors Kelly Greaser, Sheryl Lampert, Megan Robertson and Dorothy Kucar toast to a successful completion of the 2023 [Alpine Climbing School](#). The festive end-of-school party at Winter Park parking lot featured mint juleps along with fresh pizza and other potluck contributions.

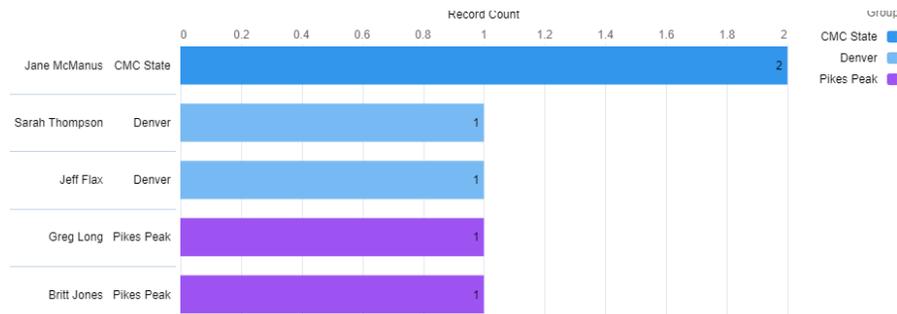
Volunteer Leaderboards from December 2023

Trips



Thank you to everyone that led trips this past month. We are grateful to all of our talented and dedicated volunteers. In particular, **thank you Wayne, Dorothea, Marianne, Greg, Jose, Jeff, Erika, Daniel, Dania and Stan!**

Courses



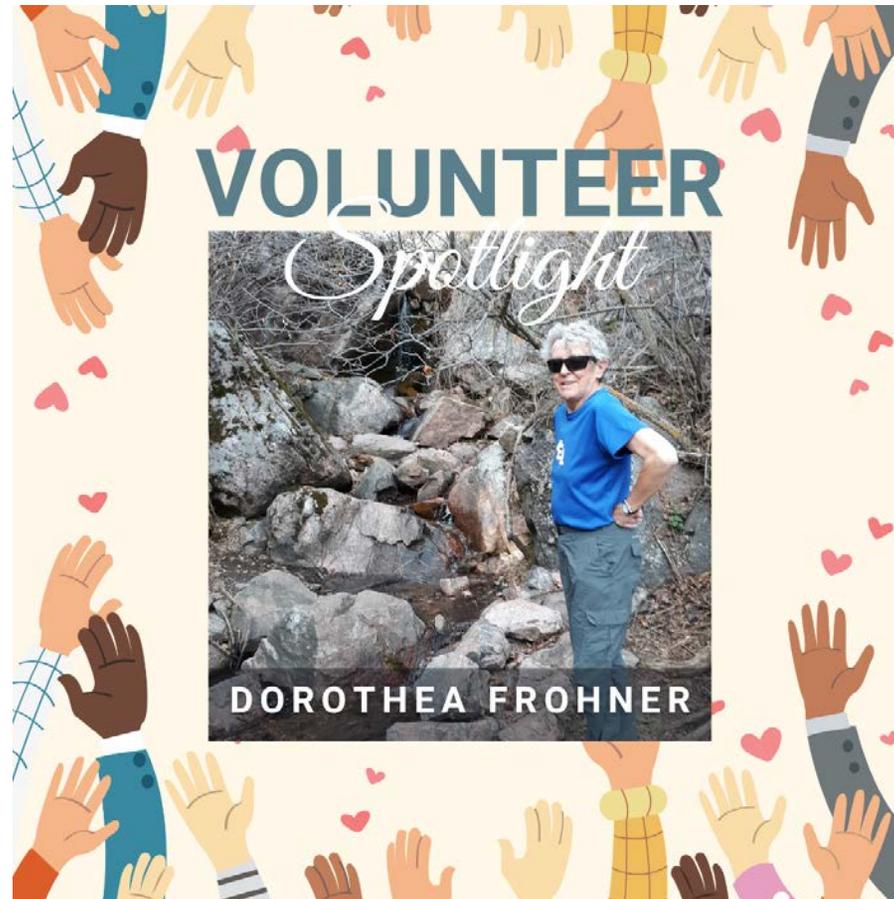
Thanks to everyone that led courses during the month of December! Congratulations to our top performing leaders: **Jane, Sarah, Jeff, Greg and Britt!**

Trip & Course Count: December 2023



Scrambling: 4
Other: 4

Scrambling: 1



CMC Volunteer of the Month:

Dorothea Frohner

Congratulations to CMC Member, Dorothea Frohner for her nomination as the CMC Volunteer of the Month! Thank you Dorothea, for all you do for CMC and the Denver Group. We are lucky to have you!

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Dorthea has been a member since 1977 - 46 YEARS!

Dorthea is a major mountaineer having completed all of Colorado's 14ers and many additional Colorado peaks.

Dorthea is a high-production leader and is currently leading The High Line Canal hike series for the 7th time. She has not only led the hike series over multiple years for CMC participants, but also awards a "HLC pin" for those who complete the the High Line Canal's 71 miles with her.

She highly advocates participants read the High Line Canal Conservancy's 2019 publication Guide of illustrating neighborhood maps and historical narrative of each neighborhood through which the Canal passes.

Through Dorothea's leadership and mentoring six members have been recruited to become CMC trip leaders.

Hats Off to Dorothea Frohner bringing the High Line Canal Conservancy's goal of "Connecting Communities - Connecting Nature From the Foothills to the Plains" to reality for CMC participating members.

Nominate a Deserving CMC Volunteer!



Register Here

Start the New Year with a Mindfulness Meditation Clinic with Michele Walter

During this class, Michele will provide a short talk on what mindfulness meditation is, how mindfulness can become a way of life beyond the meditation chair, and how we can use mindfulness in outdoor activities. She will then lead us through a basic mindfulness meditation practice. There will be an opportunity for questions at the end. Participants also will receive an electronic link to Michele's Mindfulness Foundations Guidebook. You'll leave this class with a deeper understanding of how to seamlessly incorporate mindfulness into your everyday life.





Don't Miss BANFF! at the Paramount Theater!

Showing 3 Nights:
Feb 29th, March 1st & March 2nd

[Learn More](#)



Risk Management Corner - January

An experienced CMC member, encountered an incident during a Basic Snowshoe trip while descending in the Chicago Lakes Basin on November 22, 2023. The incident involved a fall caused by rocks destabilized under the snow, resulting in injuries to the participant.

[CMC Blog](#)

Upskill Your Mountaineering Toolkit with these Courses!



Climb to new heights
(literally) with

CMC's Alpine Climbing School Team Track!

[Register Here](#)

ICE Climbing: Basic, Intermediate, Lead & Mixed

[Register Here](#)

IMPORTANT:

Parking Reminder

Please avoid parking in the parking lot adjacent to the AMC. This is private property and owned and operated by CoorsTek. There has been a recent towing so please park in the American Mountaineering Center.

Again, you may notice brand new green [Park Mobile](#) signs at the AMC. These are to collect payment for parking! **They do not apply to CMC members.** This is a passive payment collection system for public events primarily. There is no penalty for not paying so you don't need anything special in your car just know that you volunteer here and **you don't have to pay.**



Colorado Mountain Club