



Rocky Mountain Over The Hill Gang

Hill Topics



January 2024

A Message from your Section Chair...



Happy New Year to all!

It's always nice to put last year in the rear-view mirror and start looking forward to the upcoming year, and I think 2024 is going to be a great year!

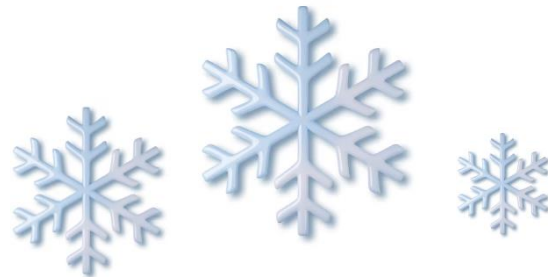
Starting a new year is always a good time to take stock of life and how things are going. Last year I set a one-word intention for the year. That word was connections; to increase my connection with family and friends. As I look back, I am humbled and grateful to see how my focus on this intention has changed my life for the better. I now have stronger connections with my mom, brother and sister-in-law, and we have been able to create some magical moments this past year together. I am so thankful for the incredible friendships I've made with people in the Colorado Mountain Club and Over the Hill Gang. I can't say enough about how much this group has enhanced my life over the past two and a half years. The focus on my intention this past year has helped me move from the COVID ough into a new lease on life with excitement. I haven't quite landed on my intention for this upcoming year yet, but whatever word I choose and focus on throughout the year, I know I will be able to enhance my life in very unexpected ways. If you decide to come up with an intention of your own for this year, share it with a friend, you never know what might make a difference in someone else's life.

I'd like to thank Lou Ann Dixon and Gina Bischofs for volunteering to lead our social committee. This is such an important part of Over the Hill Gang and I am so thankful for these two for stepping up! If you have ideas for an Over the Hill Gang outing or event, please let them know or add your thought to the [Engagement Survey at this link](#). Lou Ann and Gina have wonderful ideas and need your help to offer a plethora of fun events that will interest many of our members. Please see their article later in the newsletter to see what fun they are planning.

I hope to see you on the trail soon!

Warmly,

Kathy Crawford



Social Committee News

THANK YOU THANK YOU THANK YOU

The RMOTHG holiday party was a resounding success in terms of social interaction, good food and generosity to those less fortunate. \$885 was donated by party attendees to support the Colorado Gerontological Society's annual Holiday Baskets for Seniors event. Eileen Doherty, executive director of the Society, reported that 350 baskets were filled and delivered on Dec. 16 throughout the Denver Metropolitan area. These baskets were filled with grocery staples, fresh fruit, a chicken, toiletries and a personal gift.



Your generosity in sharing your resources was most appreciated by the recipients and made the holidays a little bit brighter for them. THANK YOU!

Carol Wier, retiring social chair.

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We have new Social Committee Co-Chairs:

Lou Ann Dixon and Gina Bischofs !!!

A HUGE THANK YOU to Lou Ann and Gina for taking on this commitment. When you see them, say thank you in person.

Following is our first article from the new co-chairs:

The social committee is now being co-chaired by Lou Ann Dixon (looannie@comcast.net) and Gina Bischofs (ginagailmail@gmail.com). We would love input from folks about social events they would like to see included. As an example, these can be anything social from happy hours (at any of our great breweries, pubs or wineries) or dinners at restaurants; sports and games like miniature golf or bowling, attending a Rockies game; educational functions such as tours of local museums or at facilities like NREL, NCAR or the state capitol; giving back to our communities through service projects by a one day group volunteering event at one of our community non-profits.

Please let us know any of your ideas and whether you would join us on the social committee. We anticipate having informal lunch meetings bi-monthly to brainstorm.

Looking ahead, we have 'save the dates' for some of our regular annual get togethers:

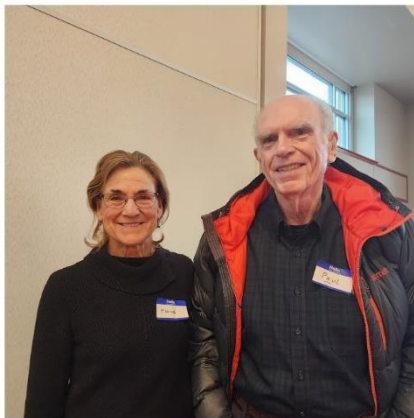
- Annual summer picnic at Staunton State Park either July 14, 2024, or July 21, 2024, depending on which Saturday is available once the reservation system opens at Colorado Parks and Wildlife.
- The Turquoise Lake camping trip August 5-7, 2024.

- Annual Meeting on September 14, 2024, which may be at Mt Vernon Canyon Club or at the AMC building, details pending.
- The Holiday Party at AMC December 8, 2024.

Please let us know if YOU HAVE SUGGESTIONS AND CAN HELP! The social events are a great way to get to know fellow members of the Over the Hill Gang. We can't do it without your input and help.

Sincerely, Lou Ann and Gina

A few pics from the Holiday Party:

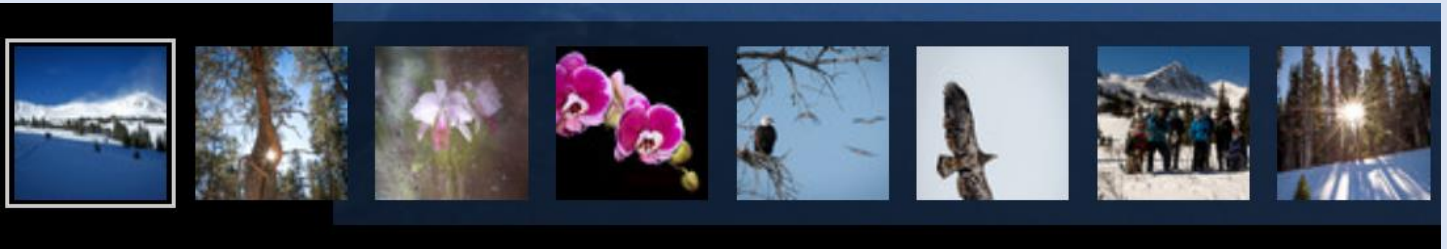


The Year in Review

submitted by Frank Burzynski

Again, this year, Frank Burzynski has created a delightful slide show of the past year.

Please enjoy Franks' compilation of best images from last year in a 3-minute slideshow set to music. Link below to the slideshow.



“Best wishes to everyone for an adventurous and enjoyable new year!” Frank B.

https://fburzynski.zenfolio.com/2023_best_images/slideshow

Thanks to Pete Spandau for the holiday party centerpieces.

Wooden reindeer, handmade by Pete Spandau, decorated the tables at the Holiday dinner.

A lucky person at each table got to take the reindeer on their table home.

The centerpieces were styled by Suzanne Spandau with “snow”, ribbons, and greenery (hand cut by Carol Wier).



Snowshoeing News

from your snowshoeing coordinators



January 2024 has arrived! Leaders have offered many snowshoe trips so lots of you have already donned snowshoes and are now aiming at shoeing in 2024! Because of strong demand, CMC has added 12 CMC-member-only Beginner Snowshoe Classes and more may be added! This includes three Friday sessions on January 12, 19, and March 1.

Don't worry about wait lists as you can sign up for multiple lists. However, if you get ON a roster, be sure to take yourself OFF other rosters where you're listed.

We always say if you can walk, you can snowshoe so if you're new to snowshoeing, take advantage of our CMC classes. Snowshoeing is simply a wonderful way to enjoy Winter in Colorado snow! When snow is not deep and fluffy, we use spikes for hard-packed snow and happily hike along winter trails. Snowshoes or spikes offer you delightful Winter exercise on our beautiful Colorado trails.

Come join your RMOTHG fellow shoers for fun outings this Winter 2024!



PLACES WE'VE BEEN



Snowshoeing and Caroling Outing at Echo Lake



Grass Creek hike led by Robbie & Durrie Monsma



It was a winter wonderland!!
Floyd Hill Hike led by Jeanne Eiss



Lair-O-Bear hike led by Scott Kramer



Spruce MT Octo Hike



White Ranch Ameoba Hike led by Jeanne Eiss.



To spike or not to spike,
that is the question.



Caribou Ranch Hike led by Bea Slingsby

Being a leader requires
wearing several hats at
the same time.



The RMOTHG section Annual Report to the Denver Group

Each year the RMOTHG section submits an annual report to the Denver Group of our activities and events. It's a great way to look back at our year and see what fun we had.

Rocky Mountain Over the Hill Gang (RMOTHG) Section

Submitted by Kathy Crawford, 2022-23

The RMOTHG has had a very successful year in terms of year-round hikes, cycling, and social activities. The group is almost 700 strong and continues to add new members. We noticed a drop in membership between last year and this year due to two conditions. With the transfer to the new website, the ability for more than one family member to pay the \$15 RMOTHG dues was not available and the ability for members to pay RMOTHG dues at another time than at the CMC renewal time was also not available. Because of the drop in collecting the RMOTHG membership dues, we adjusted our offerings to members by moving the Annual Meeting from Mount Vernon Canyon Club to the American Mountaineering Center. We continued to use the \$15 dues to invest back to the members in the form of subsidizing the annual picnic, the holiday party, and other member benefits.

There were 32 cycling trips led by 8 leaders covering 681.2 miles of bike trails and low-traffic streets. Summer and winter hikes were led by 40 leaders over 876.72 miles with an elevation change of 155,157 feet.

The annual Turquoise Lake campout was held Aug. 7-10, 2023. Twenty-four campers enjoyed hikes, kayaking, shared meals, nightly campfires, and memorable camaraderie. Trip leaders offered five hikes over the two days of camping.

One of our largest projects this year has been our Name Badge Offering. The name badges attach easily to a backpack and can be worn around the neck during social events. Our purpose was to increase community on our hikes and create an environment where members would be able to know each other by name. We have provided about 260 name tags for all Rocky Mountain Over the Hill Gang members who have requested one. The name badge includes a double-sided name badge, a waterproof holder, a lanyard and a mini carabiner. Members can order a name badge through a link in our monthly newsletter.

The Social Committee planned and coordinated gatherings throughout the year to bring people together. The 2022 Holiday party pot-luck was held at the American Mountaineering Center. Staunton State Park was the site of the annual summer picnic which attracted about 100 picnickers. Sandwiches, watermelon, chips and drinks were provided. The Annual Meeting was held August 27, 2023, at the American Mountaineering Center. MaryAnn Meyer, our newsletter editor for about 10 years was honored. We continued to send a monthly newsletter to all members as a new editor has volunteered after MaryAnn resigned. A variety of social events were held monthly throughout the year from happy hours, to museum visits, to Dim Sum Dinner, line dancing, and a Stock Show & Rodeo event.

Rocky Mountain Over The Hill Gang

A Section of the Colorado Mountain Club Denver Group

RMOTHG SECTION BOARD 2023 - 2024:

| | | |
|-----------------------------------|-----------------|--------------------------------------------------------------------------------|
| Chairperson | Kathy Crawford | kathy@cefpeeps.us |
| Vice Chairperson | Dennis Baumfalk | dkbaumfalk@msn.com |
| Secretary & Emergency Contact | Andrew McGregor | Andrew.d.macgregor@gmail.com |
| Treasurer | Bob Barday | ribarday@msn.com |
| Communications/Membership Officer | Ginny Keir | gikeir@gmail.com |
| Members at large | Linda Dermyer | dermyerl@gmail.com |
| | Laurine Rowe | laurinerowe@msn.com |
| | Elaine Shirley | erashirley@gmail.com |
| | LeAnn Donovan | La_donovan@hotmail.com |
| CMC Denver Council Liaison | Kathy Nordine | kathyscomputer@comcast.net |

RMOTHS ACTIVITY COORDINATORS

| | | |
|-------------------------|-----------------|--------------------------------------------------------------------|
| Snowshoeing | Elaine Kallos | Ekallos11@gmail.com |
| | Jeff Flax | Jeff.flax@gmail.com |
| Cross Country Skiing | Jeff Flax | Jeff.flax@gmail.com |
| Biking | Wayne Tomasello | wtomasello@outlook.com |
| | Jeff Flax | Jeff.flax@gmail.com |
| Hiking | Martha Mustard | Mustardo3@comcast.net |
| | Jeff Flax | Jeff.flax@gmail.com |
| Social Events Co-Charis | Lou Ann Dixon | looanngie@comcast.net |
| | Gina Bischofs | ginagailmail@gmail.com |
| Newsletter | Linda Dermyer | dermyerl@gmail.com |

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