



Rocky Mountain Over The Hill Gang

Hill Topics

DEC 2022



★ Peace Love Joy ★

HOLIDAY PARTY

DECEMBER 10

1-4 pm - CMC/AMC building, 710 10th St, Golden

REGISTER FOR THE PARTY BY FRIDAY, DEC. 2

[Register here](#)

- Still time to sign up, but hurry, as registration closes soon! You do not want to miss this annual event to catch up with friends, enjoy good food and drink in a holiday atmosphere. See members' crafts, hobbies and art projects. This event is free, just bring a potluck dish that corresponds with the first letter of your last name

- **A-H desserts**
- **I-R sides (salads, veggies, fruits)**
- **S-Z appetizers**
- Spiral cut ham and fried chicken provided as well as wine, beer and soft drinks



IN THE SPIRIT OF HOLIDAY GIVING, members are invited to contribute to the RMOTHG Holiday Clothing Drive by bringing the following items to the Holiday Party:

- New children's pajamas for any age, or
- New or Gently used CLEAN socks, underwear, gloves, hats or any warm clothing for any age or gender.

All items will be donated to the Action Center. An Action Center representative will be present to accept donations and to provide information on the incredible difference they make to the Denver community.

If you would like to donate but cannot attend the Holiday Party, you can drop off your donations [at](#) the Action Center. Location and hours can be found at their website <https://theactioncenter.org/>

UPCOMING SOCIAL EVENTS

COMING SOON

JAN. 13, Friday 10-3 pm

NATIONAL WESTERN STOCK SHOW AND RODEO

Register on website to pay for a few remaining tickets.

[Register here](#)



FEB 11, Saturday 11:30 am

DIM SUM LUNCHEON, EMPRESS SEAFOOD RESTAURANT

Registration open on the website in January.



MARCH 2023

WINE TASTING

Details to follow.

NAME BADGE SETS NOW OFFERED

We've all been there. At an RMOTHG hike or social event you are introduced to a group of people that you may see only a few times a year. Embarrassingly, just minutes later, you have forgotten most of the names.

We are now pleased to offer **free** RMOTHG Name Badge sets graced with your name & the updated CMC logo. The set includes a double-sided badge, a waterproof holder, a lanyard, and a mini carabiner. To order yours, follow this link: [Order RMOTHG Name Badge Set](#)

BADGE IN TIME FOR HOLIDAY PARTY? Sign up for the holiday party by Dec 4th, and we will create a badge for you and have it ready at the door.





SECTION CHAIR'S MESSAGE

Hello Gang:

What a gift for all the winter lovers out there, a beautiful coating of snow not just in the mountains but also on the flatlands. Some ski areas celebrated their earliest opening dates ever. As an avid skier I am certainly happy about that. A special opportunity we have in Colorado is to host the Birds of Prey World Cup downhill race in Beaver Creek on December 2, 3 and 4. It is a fun event to attend if you have never gone - with music, give aways, plus watching the skiers go very fast and fly very far off jumps!

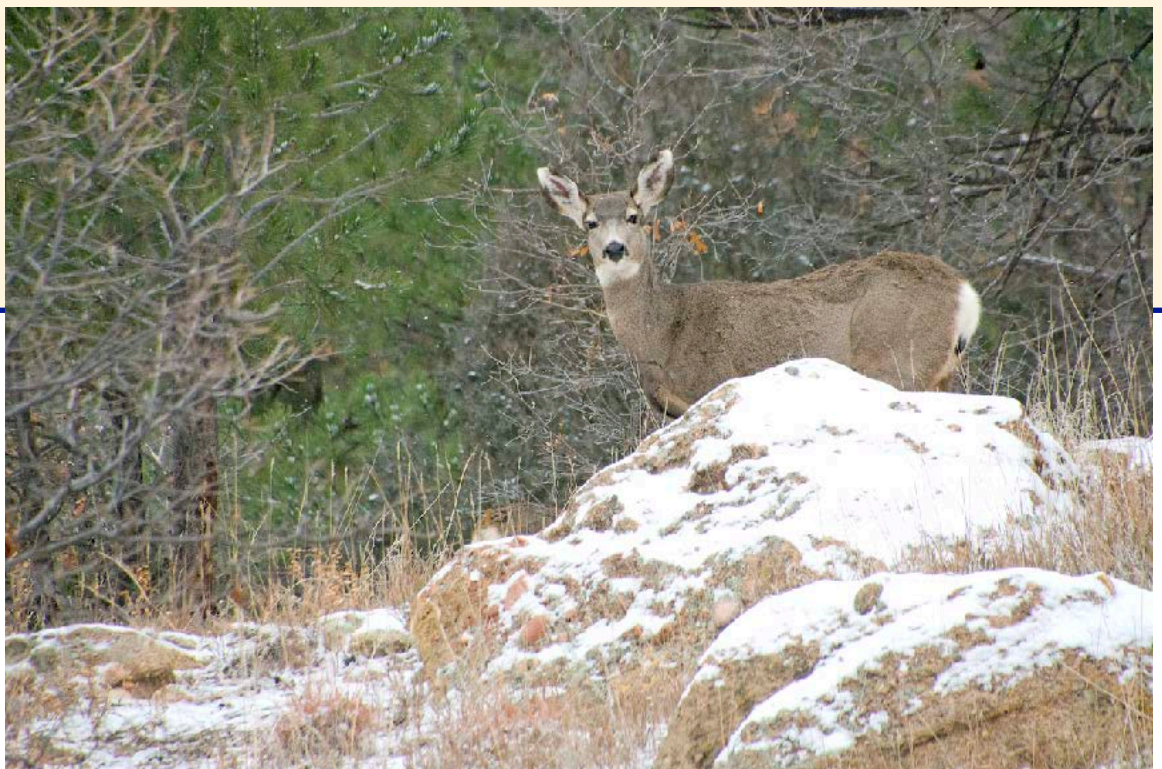
Hope you can all check out a winter hike or a cozy indoor RMOTHG social event this month. Carol Weir retired from her job as chair of our section and volunteered to chair the Social Committee. She has planned a nice holiday celebration and several other social events for you to enjoy. If you have an idea for a social event please share it with any board member.

With new snow falling, backcountry travel in the mountains can be hazardous. Colorado Mountain Club offers classes to help you better understand this hazard and update your skills. An event you might want to look at is the Beacon Bash in Winter Park on December 10.

Colorado Gives Day is December 6. This is a great way to increase your donation to a favorite nonprofit. The website is very easy to use. There are hundreds of nonprofits represented including the Colorado Mountain Club.

I hope that your holidays are pleasant and that your winter activities fill you with joy.

~Laurine
Rowe





EASY SNOWSHOE, CAROLING AND HOT CHOCOLATE RESTHOUSE MEADOWS - WEDNESDAY, DECEMBER 7

HOPEFULLY WE WILL HAVE SNOW - SO LET'S GO SNOWSHOEING, CAROLING, AND DRINK HOT CHOCOLATE!!

We will snowshoe/use spikes from Echo Mountain Stone Pavilion past Echo Lake, then join Resthouse Meadows Trail up to the top and back (620 feet elevation gain, 4.4 miles round trip.) Down again at the Stone Pavilion at Echo Lake, Frank Burzynski will fire up his camping stove for hot chocolate, his wife Cathy will lead us in a few carols (don't worry, Sue Henley will bring the words).

Bring your medical information, ID, snowshoes/spikes, poles, gaiters, water, snack, sunscreen. So far the weather should be ok to snowshoe and drive. We will provide a better weather report the day before OR maybe a closer in site if necessary and if you need spikes versus snowshoes. We will meet at 8:15 am to carpool from Woolly Mammoth Parking Lot BB at I-70 exit 259 to Idaho Springs and then 12 miles up CO 103. Driving mileage about 70 miles. Cold bathrooms are available at the TH. [Register here Nov 30](#)

Questions?

Sue Henley, Trip Leader
303-570-0129

Frank Burzynski, Co-leader
720-254-4096

IN MEMORIAM

We've recently learned that some of our long time RMOTHG members (and leaders) have experienced life events that we'd like to acknowledge and extend our sympathy. Sue Henley lost her mother after a long 97 years of living. Elaine Kallos lost her significant other earlier in the year.

Please see back page of newsletter for contact information if you wish to share news of serious illness or passings with your RMOTHG board.

~Susanne Brooks Spandau



PROOF OF WINTER

FRANK BURZYNSKI'S ANNUAL SLIDE SHOW!

Here is a slideshow
of Frank's favorite
images from 2022

[https://
fburzynski.zenfolio.com/
2022_best/slideshow](https://fburzynski.zenfolio.com/2022_best/slideshow)

DENVER GROUP LEADERSHIP COMMITTEE OPPORTUNITY

Are you interested in joining a committee to manage, promote, and assist Denver Group trip leaders? Besides working issues that affect trip leaders, the Denver Group's Leadership Committee also promotes efforts to increase the number and quality of active trip leaders, as well as furthering the appreciation and acknowledgement of our trip leaders. If the Denver Group's Leadership Committee sounds like something you are interested in, please contact Jim Guerra, Kevin Schaal, or Kirsten Tollefsen, or email the CMC office at office@cmc.org !

Thanks,
Jim Guerra, 720-320-7262



HOW TO USE OUR NEW WEBSITE

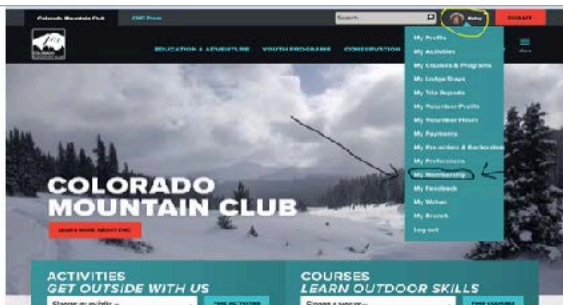
The shift to the new website, Olympus, provides you with many opportunities to manage your membership. There are a few keys to making the new system work seamlessly for you. Below are detailed directions, screen shots, and even a video that shows you how to navigate the website.

The tasks are:

- **Review My Membership**
- **Updating your profile**

MY MEMBERSHIP

Start by logging into the CMC website. Click on your name in the upper right corner, when you see the menu come up select **My Membership**. This landing page will detail your membership renewal date. You may set up an automatic renewal by selecting **View Payments & Receipts** then click on set up automatic renewal. Your active membership of \$75 for the Denver Membership and the \$15 for the Rocky Mountain Over the Hill Gang membership a total of \$90 per person will ensure you receive the RMOTHG monthly newsletter detailing upcoming events and club news.



MEMBERSHIP

[DOWNLOAD MEMBERSHIP CARD](#)

[VIEW PAYMENTS & RECEIPTS](#)

- ▶ Membership Type: Regular
- ▶ Member since: Sep 04, 2021
- ▶ Renewal Date: Sep 30, 2023

MY PROFILE ([click here to watch the video](#))

Next, click on your name again and this time select My Profile. This is where you can edit your membership and ensure your activities and groups are correct, so you receive the most current information connected to the activities you have designated. Under the section of **Member Profile**, scroll down to the secondary header **Group**. Select Denver using the drop-down menu. In the section just below **Activities I'm Interested In**, select all the activities you wish to receive information about.

Email Newsletter Preferences

Scroll down to the section titled Email Newsletter Preference in the teal header bar. Select the plus sign on the right to expand this section. Here you may select the publications you wish to receive, and most importantly, the group news. For **Groups** select Denver, and for **Sections** select Rocky Mountain Over the Hill Gang.

Alerts & Notifications Preferences

You may select how often you'd like to receive emails about your activities. Select your frequency using the radial dials and add the activities you wish to receive notifications for. Ensure you are connected to the Denver group, and select any courses, clinics & seminars you'd like to get notifications about.

Categorization

Finally, to update your **Tags** using the drop-down menu when you click in the box, select all RMOTHG and Rocky Mountain Over the Hill Gang to ensure you receive all notices for this group and any other additional activities you'd like.

If you encounter problems with your account or would like to provide feedback, please complete the [Member Feedback and Issue Reporting Form \(google.com\)](#). You can also reach out to either Scott Kramer (skramer1016@gmail.com) or Kathy Crawford (kathy@cefpeeps.us) for support.

NEXT MONTH WE WILL CONTINUE THE OLYMPUS ARTICLE SERIES WITH ANOTHER VIDEO AND ARTICLE TO HELP YOU NAVIGATE THE NEW WEBSITE.



SNOWSHOEING

December has arrived and so has the start of “official” RMOTHG Snowshoe Season! Want fun outside in winter? Come snowshoe with us - a patient, supportive, lively group of snowshoers! If you’ve never snowshoed before (If you can walk, you can snowshoe!), look for the **RMOTHG Jan 11 or Feb 8, one day Beginner Snowshoe Schools on the CMC website** (other CMC Saturday beginner snowshoe classes also offered so check CMC website). You’ll learn about choosing snowshoes that fit, prepping for a snowshoe trip, techniques for shoeing on-trail or breaking trail, and even recovering from a fall – all helping you gain confidence enough to choose a snowshoe trip from CMC or RMOTHG offerings (OK to check with leader to make sure trip is right for you!) **You’ll also be supplied with snowshoes and poles for the day but sign up now because these Beginner Snowshoe Schools fill fast!** Location and carpool details are announced before class day. If you’re not ready to buy snowshoes for your future adventures, you can rent snowshoes and poles at REI and see if they’re the ones you like.

We also use Yaktrax and Microspikes, traction devices for hard-packed, icy conditions. Yaktrax are cheaper and ok in town but buy the PROs which have a strap across the boot to keep them on in deep snow. Most of us prefer Microspikes by Kahtoola because they’re sturdier, last longer, and offer great traction in icy conditions. We also use poles with snow baskets for balance and checking terrain. Look online for pictures, descriptions. You can find Yaktrax and Microspikes at REI, online sellers, other sport stores, and Yaktrax at some Ace Hardware stores. Price ranges from \$40 to \$65 but definitely worth the money!

If you are not already on our list to receive **Jeff’s Friday, 5 pm emails** announcing the next Wednesday snowshoes and winter hikes, or other-day shoes/hikes when leaders offer them, just send your request to snowshoe.list@RMOTHG.org. *If you’re already on the list, no need to apply again.* Leaders also send you a day-before-trip email with last minute information about weather conditions, changes in meeting times. Come play in snow with RMOTHG this Colorado Winter!

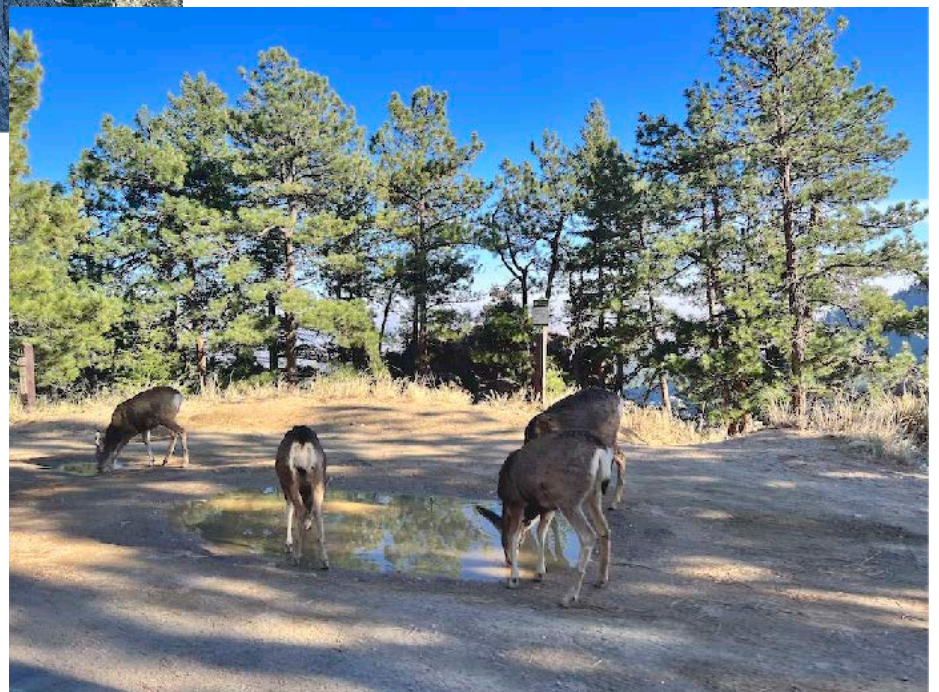
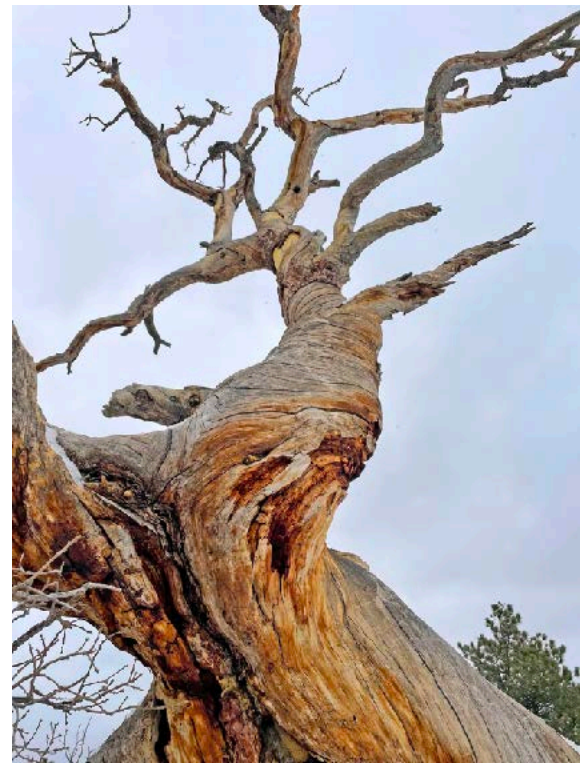
~Elaine Kallos



CASTLEWOOD CANYON



SIGHTS WE'VE SEEN



PLACES WE'VE BEEN



SANDSTONE RANCH OPEN SPACE



FOWLER & RATTLESNAKE GULCH / ELDORADO CANYON



GREEN MOUNTAIN LOOP, BOULDER

ROCKY MOUNTAIN OVER THE HILL GANG

A Section of the Colorado Mountain Club Denver Group

RMOTHG SECTION BOARD

| | |
|--|--|
| Chairperson | Laurine Rowe laurinerowe@msn.com |
| Vice Chairperson | Dennis Baumfalk dkbaumfalk@msn.com |
| Secretary & Emergency Contact | Kathy Crawford kathy@cefpeeps.us |
| Treasurer | Bob Barday rjbarday@msn.com |
| Communications Officer | Kathy Crawford kathy@cefpeeps.us |
| Membership Officer | Susanne Spandau sespandau@gmail.com |
| Members at large | Ginny Keir gjkeir@gmail.com |
| | Scott Kramer skramer1016@gmail.com |
| | Andrew McGregor andrew.d.macgregor@gmail.com |
| | Mike O'Connor mikeoc111@gmail.com |
| CMC Denver Council Liaison | Jim Guerra joguerra77062@gmail.com |

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 | Carol Wier carolwier365@gmail.com |
| Newsletter | Maryann Mayer tophillnews@gmail.com |



DOWNLOAD NEWSLETTER

CMCDenver.org/newsletter
CMC.org/RMOTHG

SEE BOARD MINUTES

CMCDenver.org/board/minutes

READ BYLAWS

CMCDenver.org/bylaws

**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