



Rocky Mountain Over The Hill Gang

Hill Topics

JAN 2023



Happy New Year !!!

FUN SOCIAL EVENTS

JAN 13, Friday 10-3 pm

NATIONAL WESTERN STOCK SHOW AND RODEO

A few tickets are available for the rodeo. Don't miss this annual Denver signature event. Contact Maggi Parris to purchase your advance ticket 404-428-3063.

FEB 11, Saturday 11:30 am

DIM SUM LUNCHEON, EMPRESS SEAFOOD RESTAURANT

Come and enjoy a multi course lunch - appetizers through dessert for one inclusive price of \$32 (tax & tip included). Beverages and alcoholic drinks extra. Register and pay in advance on the website by January 27. [Click here to register](#) Capacity 20 persons. Questions? Contact Diana Bliss 720-244-5396

MARCH

WINE TASTING

Specifics TBD

APRIL

LINE DANCING?

Let us know what you think! Carol Wier 303-667-7740



SECTION CHAIR'S MESSAGE

HAPPY NEW YEAR!

Out with the old goals and in with the new ones. My start on 2023 goals was to become more familiar with the new website in pursuit of finding out more about volunteer jobs in the Colorado Mountain Club. There is a lot of information available there. Thankfully, we have Kathy Crawford on our RMOTHG board and she is providing tutorials about navigating the website.

Thanks also go out to a huge committee that put on a wonderful holiday celebration for the RMOTHG. Carol Wier did a great job of lining up the food, drink, nonprofit beneficiary and volunteer staffing. Susanne Spandau stepped up with short notice to make sure that the celebration went smoothly.

The RMOTHG is only successful because many people volunteer their time to organize and lead activities. Not everyone can be a trip leader but maybe you could help our wonderful organization with the social committee or the board. Many hands make light labor. Please consider raising your hand in 2023 as a volunteer, there are small and large needs in our organization. If not with us, the CMC also needs volunteers. There is a volunteer section on the website that lists projects as easy as reporting on conditions of our wonderful Colorado outdoor spaces to helping the Youth program. Many of our members have projects that they volunteer with outside the club so talk with those you meet on outings about what they do to stay connected in the community. The power of volunteering your extra time is healing as we recover from these very difficult recent times.

The health emergencies we have been facing are clearly not over but now we understand them (maybe) a little better. We are all over 50 and many members are even better in that area. Please be mindful of your own safety and health situations when attending any events. We want everyone to get out and enjoy nature and fellow RMOTHG members. At the Holiday celebration, an attendee came down with COVID the very next morning. That person self reported, which was the right thing to do. Please follow this example and we will keep your name confidential but inform others at the event of this important information.

Lastly, Maryann Mayer does this newsletter year after year, month after month, with a smile. When she emails her requests to provide information there is always an uplifting message included. She makes me happy every month!

Let's all strive to make someone else happy each day of our lives...a small step toward our own healing and everyone you meet.

Laurine Rowe



SHOULD YOU TAKE THE BACKCOUNTRY INCIDENT MANAGEMENT COURSE?

The short answer is yes, even if you think you are already well prepared to handle an unprecedented backcountry emergency. Most of us have had Wilderness First Aid, and some of the older-version (Denver Group) WFA classes had a sprinkling of incident management activities built in. But that was then and much has changed.

On the other hand, if you think you've got it wired, that you know what to do, then we challenge you to click on the attached link. Read through the scenario to confirm you are that accomplished. Remember, the BIM School is always looking for new instructors... and you could be that person.

Click here: [See the full article](#)



NAME BADGE SETS 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](#)



HOW TO USE OUR NEW WEBSITE

This Olympus article is about **HOW TO FIND YOUR HIKES AND ACTIVITIES**. You can watch the [short video here](#) or read the directions below to learn how to:

1. How to use Find Trips using filter options
2. How to see all events on the CMC calendar
3. How to access the RMOTHG calendar

With the implementation of the new website, the Friday 5pm email to all RMOTHG members will be phased out in 2023, so it is important for you to understand how to find the trips you want to do.

Using the FILTER OPTIONS: First, go to the Education and Adventure tab on the main home page. Select **Find Trips**. You can filter trips using the Rocky Mountain Over the Hill Gang section check box, and narrow your search further using the date selections, activity selections or search bar by entering your favorite leader's last name.

To filter by RMOTHG: using the menu on the left-hand side of the page, scroll down to **Groups/Sections** then select the box next to the ROCKY MOUNTAIN OVER THE HILL GANG.

To filter by DATE: Select RMOTHG for your section and enter a date in the date box. The dates are fully customizable. If you are looking for a hike on a particular day, like the Wednesday hikes, you must enter both a start and end date even if it is the same date. For example, if you are looking for the hikes upcoming on Wednesday, click the date box and use the pop-up calendar and select the Wednesday date you are inquiring about for both the start and end date. Any activity posted on that date will show up in your results.

To filter by ACTIVITY: Select RMOTHG section and activity such as hike or snowshoe - all the events within the RMOTHG and the activity you selected will be in your results search.

To filter by LEADER: Select RMOTHG section and leader - those trips that are designated RMOTHG for that leader will populate your search.

****NOTE** to remember here: any events that are scheduled will show up in your search results. Even if you cannot yet sign up for an event. For RMOTHG events, those will show up on the calendar and in your search starting at 5pm on the Friday prior to the week the events are scheduled. **The email previously sent on Friday at 5pm will stop being sent in the new year.**

CMC CALENDAR

To access the Colorado Mountain Club event calendar, click the three lines above the word more in the upper right corner of the home page. Select **EVENTS**, this will bring up the Colorado Mountain Club event calendar. You can narrow your view of the calendar by selecting the month you are interested in or view by week or day.

ROCKY MOUNTAIN OVER THE HILL GANG CALENDAR

To access the RMOTHG calendar, click the three lines above the word more in the upper right corner of the home page. Select **Groups & Sections**. Next, select **Special Interest Groups** from the menu on the left, then select **Rocky Mountain Over the Hill Gang** under the options on the left. Once on the RMOTHG page, under the dark grey box listing the Upcoming Events and Trips is the light blue link to the RMOTHG calendar.

**** NOTE** that trips in dark blue have passed or are closed, teal-colored trips are upcoming, and trips that are colored red have been cancelled.

To sign up for any trip from the calendar view, select the title of the trip which will take you to the Activity Information page, then select the title again and this will take you to the Activity Sign Up page.





SNOWSHOEING

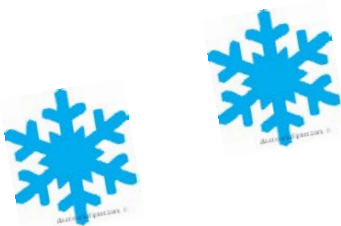


Hope you had happy December holidays and are ready to join us winter hikers & snowshoers in the mountains in January 2023! Let's hope we don't get another deep freeze like December's but have pleasant winter days for enjoying Colorado snow. We cancel trips if weather or driving conditions are adverse, unsafe, or miserable! But the right gear is also essential for enjoying a winter hike or snowshoe. We use Yak Trax or Microspikes, traction devices for hard-packed, icy conditions, so look for those in REI or a sports store.

If you're new to snowshoeing, CMC offers beginner snowshoe classes. Go to cmc.org. In search bar at right top, type in *beginning snowshoe classes*. On the snowshoe page, scroll down to find five beginner snowshoe classes starting in January. The class dates are not in order so watch carefully. Registration is on right side and it tells how many spots are left. CMC snowshoe school helps you decide which snowshoes work best for you, how to prep for a winter hike/snowshoe, and everything you need to know to enjoy snowshoeing or winter hiking with us!

If you are not already on our list to receive **Jeff's Friday, 5pm 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. No need to apply again if you're already on the list. Leaders send you a day-before-the-trip email with last minute information about weather conditions, changes in meeting times, anything extra you might need. Just read the trip descriptions carefully to know if trip is right for you. Call leaders of those trips if you have questions about anything. We look forward to having you join us on our fun winter hikes and snowshoes!

~Elaine Kallos



FUN WE'VE HAD

SNOWSHOE, CAROLS & HOT CHOCOLATE



LAIR O' THE BEAR

Just a few hours before a frigid arctic front was due to hit Colorado, Scott led 6 Over the Hill Gang members on a hike to Lair o' the Bear. The Over the Hill Gang had a broad range of ages from the late 50's to the late 80's. Age didn't cause a problem with the pace of the hike.

This hike is a pleasant hike that was 6 miles and 1077 elevation gain. The pace was moderate at 2.3 mph moving average.

The hikers were treated to a partially frozen creek and panoramic views of the Front Range. There was beauty all around. A lush forest nestled the hikers for the entire hike. Part of the lower part of the trail was icy. There is a large stone structure along the Trail.

This trail is a multi-use route and the participants of the hike passed two women on mountain bikes. There are several technical spots that would be quite challenging for a mountain bike but these ladies were undeterred in spite of conditions.

Is this hike a keeper? Yes! This trail gets busy during the warmer months because it's an easy trail and close to Morrison.



PLACES WE'VE BEEN



TOP OF COUCH MOUNTAIN,
DEER CREEK CANYON



EVERGREEN MOUNTAIN



GREEN MOUNTAIN

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
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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