



# Rocky Mountain Over The Hill Gang

## Hill Topics

November 2023



## A message from your section chair:

It's hard to believe Thanksgiving is just around the corner. Fall is definitely in the air and the variety of beautiful days are upon us, crisp clear autumn-like days, snuggly windy winter-like days and bright sunny summer-like days. The Colorado fall has it all!

This month, we wanted to send out a **HUGE THANK YOU** to all our trip leaders, coordinators, and volunteers! Without you, our "Gang" just doesn't work. Your tireless hours of trip planning, event planning and giving back to RMOTHG is amazing! Thank you so much for endlessly giving of your time, energy and ideas! See the next page for a list of all our wonderful volunteers.

In the Over the Hill Gang there is a place for everyone to get involved, from leading or co-leading trips and activities to other simpler tasks such as helping others navigate the website. In whatever way you want to get involved, let us know by completing this [short survey](#), we always need new trip leaders and other general volunteers. At this time, we are searching for our next social committee chair. Our current social chair, Carol Wier, is leaving that position at the end of December. This is a great project for a highly energetic person or a small group of people. If you are interested, please let me know either in the survey above or by emailing me directly at [kathy@cefpeeps.us](mailto:kathy@cefpeeps.us). We so appreciate all Carol has done over the past year to create a wonderfully welcoming environment. THANK YOU, CAROL!

We also want to encourage you to get outside into the beautiful Colorado mountains with us this fall and winter. There are a variety of trips to choose from, easier casual trips to more challenging trips. As we move into snowshoe weather and hopefully, we'll get a bit of snow this winter, you might want to check out the Beginning Snowshoe class if you are not familiar with snowshoeing.

Please save December 3<sup>rd</sup>, the date of our holiday party. Mark it on your calendar and check out the article in the newsletter about how to sign up.

Looking forward to seeing you out and about!

Warmly,  
Kathy Crawford



# THANK YOU *Volunteers*



## Summer & Winter Hike Leaders and Co-Leaders:

Jeanne Eiss,  
Scott Kramer,  
Bea Slingsby,  
Kathy Crawford,  
Barbara Dey,  
Robbie Monsma,  
Martha Mustard,  
Rico Argentati,  
Dave Riter,  
Elaine Shirley,  
Janice Johnson,  
Jerry Rowe,  
Carroll Steger  
Diana Bliss,  
Linda Jagger,  
Daniel Schweissing,  
Sandy McRae,  
Barbara Schwarz,  
Cheryl Ames,  
Jeff Flax,  
MaryAnn Panarelli,  
Wayne Howell,  
Susanne Spandau,  
Sue Henley  
Carol Bennett,  
Robert Walker,  
Ralph Schroba,  
Bob Barday,  
Frank Burzynski,  
Holly Myers,  
Dave Bebell,  
Tim Lane,  
Co-Leaders Pete Spandau, Durie  
Monsma, and Mike O'Connor.,  
Tom Jagger and Melanie Levin.

## Bike Leaders:

Scott Kramer,  
Kirsten Tollefsen,  
Wayne Tomasello,  
Bob Barday,  
Pete Spandau,  
Jerry Rowe,  
Carole Adler,  
Dennis Baumfalk

## Social Committee Chair and helpers:

Carol Wier (Chair and Wizard of all  
things social),  
Pete and Susanne Spandau,  
Jerry and Laurine Rowe,  
Linda and Tom Dermeyer  
Diana Bliss  
LouAnn Dixon,  
Maggi Parris,  
Michelle Tura  
Ida Sanscoucy,  
Linda Thompson,  
Tammy Kruse,  
Gina Bischofs,  
Martha Delporte.

## Cross Country Trips:

Tom Waymire

## Other Volunteers Who Make This Club

### Great:

Elaine Shirley (Hike and Snowshoe  
trip tracking),  
Kathy Nordine (DG liaison  
and Membership Data Support),  
Andrew MacGregor (RMOTHG  
Name Tags),  
MaryAnn Mayer and Linda  
Dermeyer (Newsletter Editors),  
Vance Cannaday (RMOTHG  
Website Support),  
Barb and Curt Audin (Hut Trip  
Help),  
Kathy Crawford and  
Alice Schiel (Turquoise Lake Help)

### Your Activity

#### Coordinators:

Martha Mustard (Summer Hiking),  
Jeff Flax (Summer and Winter  
Hiking),  
Elaine Kallos (Winter Hiking),  
Frank Burzynski and Daniel  
Schweissing (Hut Trips),  
Wayne Tomasello (Bike Trips),  
Janice Johnson (Turquoise Lake)  
Carol Wier (Social Activities)

THANK YOU!





You are invited to join your RMOTHG friends to celebrate the season at the 2023 RMOTHG Holiday Party:

**Sunday, December 3, 2023, 1-3pm,  
Luncheon**

AMC/CMC 710 10th St., Golden

Catered buffet lunch by Biscuits and Berries, beverages served by our favorite bartenders.

Menu: Herb Seared Chicken Breast, Herb Quinoa Stuffed Pepper, Roasted Fingerling Potatoes, Seasonal Grilled Vegetables, Wine Maker Salad, Sweet Yeast Rolls, Assorted Cookies and Dessert Bars.

Extra hands needed for set up and tidy up afterwards. Please email Carol Wier to volunteer. [carolwier365@gmail.com](mailto:carolwier365@gmail.com).

Register and pay \$20 per member and \$25 per guest on the website. *Registration opens Nov. 1 and closes Nov. 27.* [Registration link](#)

### DONATION OPPORTUNITY

In addition to a delicious lunch and visiting with friends at the Holiday party, you are again invited to contribute to a worthy cause in our community. This year we are offering support to the Holiday Gift Baskets for Seniors being organized by the Colorado Gerontological Society. 350 seniors will receive a basket containing a fresh chicken, a gift, a hygiene kit and an assortment of canned goods, packaged staples, and several pieces of fresh fruit. These will be delivered on Dec. 16 throughout the Denver Metro area. How can you help?

The best way to help is by writing a check (any amount you feel is appropriate) and bringing it to the party to be included in the group donation gift from RMOTHG. Checks should be made out to the Colorado Gerontological Society or CGS. NO CASH. CGS is a 501(c)(3) organization.



### **Going forward, Carol Wier is stepping aside in her role of Social Committee Chair providing opportunity for new leadership in 2024.**

A chairperson and helpers are needed to plan and lead these annual events in 2024:

- Section parties such as the Summer Picnic, the Annual Meeting and the Holiday Party; and
- Smaller, special interest events, like museum tours, happy hours, dancing etc.

Contact section chair Kathy Crawford, [kathy@cefpeeps.us](mailto:kathy@cefpeeps.us), if you are interested in the Social Committee leadership position.

# Hiking News

from Martha Mustard, Hiking Coordinator



Fall foliage season is wrapping up but it is still hunting season (rifle); remember to WEAR YOUR ORANGE OR PINK and/or put it on your pack very visibly.

We've again been lulled into an endless summer but snow could come anytime in the mountains. It's time to keep handy your microspikes and snow baskets for your poles. You may need to be packing extra layers and hot drinks soon.

When selecting a hike to join, please carefully note the full description of the hike, not just the distance and elevation gain or difficulty rating. The leader's notes can provide most useful information; you may need to click on the orange "MORE +" button found below "Meeting place and time" or below "Leader's notes" to get the entire message. Please join a hike appropriate for you and appreciate our beautiful mountains and the wonderful company of other RMOTHG members!



**TENTATIVE NOVEMBER HIKES** – This list is subject to change. Leaders tend to add hikes at the last minute and sometimes trips are changed or cancelled. Last month we had twice as many hikes as were listed in the newsletter. PLEASE search the website for hikes.

- Wednesday, November 1: Lincoln Mountain Open Space – Palmer Divide Ranch Trail (easy hike, casual pace 1.5mph)
- Wednesday, November 15: Walker Ranch Loop (moderate hike, moderate pace)

Please note: the CMC is using a new hike rating system.  
[Click here to see ratings.](#)







# It's time to Snowshoe!!

It's November, and we're thinking snowshoes and snow!

The official RMOTHG Snowshoe Season starts in December but we're eager to start!

If you're new to snowshoeing, this is the month to get ready. REI, and other sports stores will help you find the equipment right for you. Snowshoeing just needs snowshoes (Or spikes for icy conditions/hard-packed snow), poles, and your usual warm winter gear. Even ACE Hardware, and Costco have snowshoes for sale.

If you're a beginner, CMC offers an excellent Beginners' Snowshoe School which they'll announce soon.

RMOTHG's snowshoeing aficionados are a hoot and we welcome you, Beginners or Experienced Shoers, to join us in December!



## Name Badge sets

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 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. [Click here to order name badge set](#)

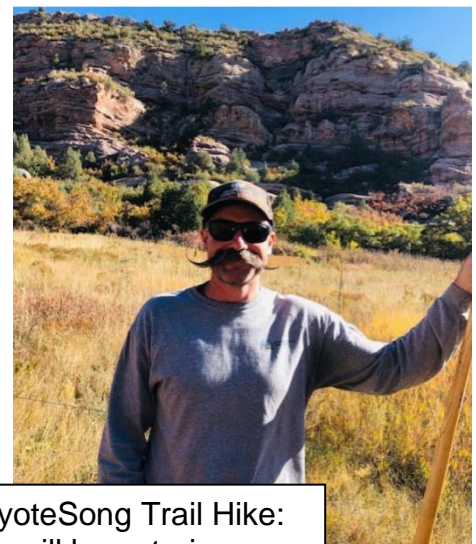


## Bicycling News

Sadly, we're saying goodbye to organized bicycling trips for the year – but we still have lots of beautiful fall days ahead. Get out and enjoy!



Coyote Song Trail



Seen on the CoyoteSong Trail Hike:  
Trail worker who will be entering  
Daytona Florida mustache contest.




# PLACES WE'VE BEEN

This very fun group of folks got to hike at the Ceran St. Vrain Trail (gorgeous trail following the south St. Vrain) after discovering that Hall Ranch – the intended destination - was closed for a prescribed burn. Everyone banded together and made what could've been a dreary day, a day of fun and comradery. Hike led by Bea Slingsley.



## Ceran St. Vrain



This trail is named after Ceran St. Vrain. St. Vrain was born in St. Louis County, Missouri. The fur trade first brought St. Vrain to the southern rocky mountain region in 1824. St. Vrain and business partner Charles Bent established several forts on the Colorado plains between 1830 - 1840. One of these was Fort St. Vrain, built at the confluence of this creek and the S. Platte River. From fur trapping and trading, he progressed to positions of business, military and political prominence that made him one of the leading pioneers of the early west.

1802 - 1870

A section of this trail was constructed by:  
Youth Conservation Corps 1978  
Young Adult Conservation Corps 1979







Lion's head hike led by Jeanne Eiss.



Hike from Hesse TH to Lost Lake. Thankfully the group did not get lost! Led by Cheryl Ames.

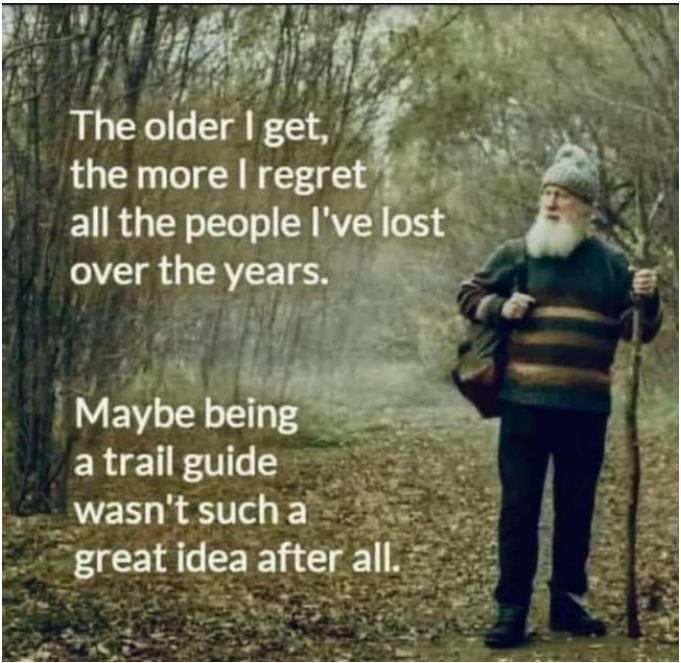




Hall Ranch Open Space led by Jeanne Eiss



Coyote Song Hike led by Barbara Dey



The older I get,  
the more I regret  
all the people I've lost  
over the years.

Maybe being  
a trail guide  
wasn't such a  
great idea after all.

Contributed by Dennis Baumfalk

# RMOTHG SECTION BOARD 2023- 2024:

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

## RMOTHG ACTIVITY COORDINATORS

Snowshoeing	Elaine Kallos	<a href="mailto:Ekallos11@gmail.com">Ekallos11@gmail.com</a>
	Jeff Flax	<a href="mailto:Jeff.flax@gmail.com">Jeff.flax@gmail.com</a>
Cross Country Skiing	Jeff Flax	<a href="mailto:Jeff.flax@gmail.com">Jeff.flax@gmail.com</a>
Biking	Wayne Tomasello	<a href="mailto:wtomasello@outlook.com">wtomasello@outlook.com</a>
	Jeff Flax	<a href="mailto:Jeff.flax@gmail.com">Jeff.flax@gmail.com</a>
Hiking	Martha Mustard	<a href="mailto:Mustardo3@comcast.net">Mustardo3@comcast.net</a>
	Jeff Flax	<a href="mailto:Jeff.flax@gmail.com">Jeff.flax@gmail.com</a>
Social Events	Carol Wier	<a href="mailto:carolwier365@gmail.com">carolwier365@gmail.com</a>
Newsletter	Linda Dermyer	<a href="mailto:dermyerl@gmail.com">dermyerl@gmail.com</a>

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