



# Rocky Mountain Over The Hill Gang Hill Topics

December 2024



## A message from your section chair:



Hard to believe it's the end of 2024, just one more month! I hope you all had a joyful thanksgiving.

We have a lot of exciting events in the works and are looking forward to the new year. Here is a slight preview of activities and events in 2025.

**RMOTHG Open House** at the new CMC Basecamp (15605 W 32nd Ave, Golden, CO 80401). We do not have a date for this event yet, as the staff is still working on getting the building ready to receive members. Watch for a notice in future newsletters.

**RMOTHG Facebook page** is coming. In the new year, we will launch a closed Facebook page for RMOTHG members. More information will be coming but, in the meantime, brush up on your Facebook skills so you can join and add pictures of your most recent hikes.

**RMOTHG Activity Survey**: The Over the Hill Gang would like to hear from you about what kinds of activities you'd like to do above and beyond our three main events (the open house, the summer picnic, and our annual meeting) and outdoor trips. If you have an idea, please share it here on the [Activity Survey](#).

**Snowshoe/winter hiking and Nordic Skiing trips**. We are gearing up for the upcoming winter season. We have two new coordinators, Jeanne Eiss who is the new Snowshoe/winter hiking coordinator and Andrew MacGregor who is the new Nordic Skiing coordinator. Watch the newsletter and website for new trips that are coming up, and if you have any questions, please reach out to our coordinators. Email addresses or on the last page of the newsletter.

Wishing you and your family an enchanting holiday season!  
Warmly, Kathy

# SOCIAL COMMITTEE UPDATE

**Holiday Happy Hour, December 9th from 4:00 p.m. to 6:00 p.m. at the Colorado Tap House in Arvada.** See old friends, welcome new members, and celebrate the season together. The last happy hour of the year.

The Tap House is located at 14982 W. 69th Avenue, Arvada, right next to the Ralston Creek Trail. The Tap House serves beer, wine, and cocktails, as well as non-alcoholic beverages. Food trucks will be available starting at 4:00 p.m. and the Tap House has great snacks, including hummus plates, chips and salsa, and sandwiches. The event is currently full, but sign up for the waitlist and you'll probably get in.



Check out their website at [www.coloradotaphouse.com](http://www.coloradotaphouse.com).

Please sign-up on the CMC website. There is no charge to sign-up but you are responsible for your own beverages and food. Easy vehicle parking.

[CLICK HERE TO REGISTER](#)



**Note:** Happy Hours are for everyone! Many, many RMOTHG members are non-drinkers. We don't come to drink, but to make new friends and see old ones.

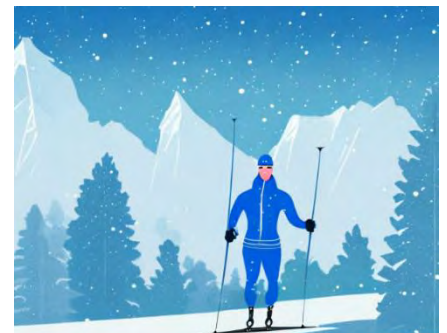
\*\*\*\*\*

## Nordic XC Skiing Trips and Trip Leader Opportunities

We have been working to revive an RMOTHG Nordic skiing program, both on easy backcountry trails and at Nordic centers. We are currently limited in terms of qualified Nordic XC Trip Leaders, but hope to alleviate that problem in early January, and start posting weekday trips announcements. There are three things that we ask of you.

- 1) If you wish to be advised of Nordic XC postings by email and did not previously fill in the Survey posted in the summer, please complete it at [Nordic XC Skiing Survey - Google Forms](#)
- 2) If you are interested in training, as of Nov. 25th there were 2 places still available in the [Back Country Nordic Ski School](#) which starts on Dec. 4th. Log into CMC and search for BNSS.
- 3) If you are already an RMOTHG Trip Leader with Nordic XC competence, please email [andrew.d.macgregor@gmail.com](mailto:andrew.d.macgregor@gmail.com) and let's see about qualifying you to lead Nordic XC trips.

Andrew MacGregor, RMOTHG Nordic XC Skiing Coordinator.



# LET IT SNOW, LET IT SNOW, LET IT SNOW!!!



Welcome to the 2024/2025 Winter Hiking/Snowshoe Season!!!

Are we ridiculously lucky to live in Colorado or what??? We don't have to get on an airplane, adjust to altitude, figure out where to hike in unfamiliar territory ... we live here!!! We just hop into a car and after a short drive arrive in a Winter Wonderland!!!

I used to think hiking was closed for the season once there was ice on the trails. But, then in 2007 MICROspikes were invented, revolutionizing the winter hiking

industry!!! These tiny little crampons, if you will, bite into the snow and ice making the winter hiking world a safer place for all, hallelujah!!! There are several reviews for "Ice Cleats" on the internet if you are curious where and what to buy. I highly recommend the type with actual points that dig into the ice. If you have more questions or want to know what I really think, email me - [jeanne.eiss@gmail.com](mailto:jeanne.eiss@gmail.com). Yes, my last name is pronounced "ice", that's why you can trust me on this one ;) ;)

Figuring out what winter traction device to buy is fairly simple. But, what about the snowshoe-avoidant/apprehensive-types??? We've got a solution for you ... Beginner Snowshoe School. For more information click [here](#). Registration opens December 14th. So many classes available, so many nice instructors with a snowshoe kit for you to borrow. YOU CAN DO IT!!!

Last, but not least, don't forget all of our winter hike leaders are ATA Certified. ATA stands for Avalanche Terrain Avoidance.

There, now you have no excuses, I have alleviated any anxiety you might have ... come join us on our winter hiking adventures!!!

Snow Long - Jeanne Eiss



# Here We Come A-Caroling



This December 12<sup>th</sup>, Frank Burzyski, Daniel Schweissing and Kathy Crawford will offer a RMOTHG beginning snowshoe at Echo Lake.

We hope folks will come join us and want to participate in some holiday songs at the end of the hike. The trip opens for sign-ups on December 1st. Sign up early, we will travel through a wilderness area, so the group size is limited.

Click here for more information and to register

<https://www.cmc.org/education-adventure/trips/find-trips/rmothg-trip-2013-echo-lake-park>



## A Huge Thank You to our Summer Hiking Leaders

As the RMOTHG hiking season draws to a close it is time to thank our leaders that made it possible. The following leaders and co-leaders made the hiking season a success: Suzy Allexan, Bob Barday, Dave Bebell, Carol Bennett, Jan Brady, Frank Burzynski, Kathy Crawford, Suzanne Dysard, Jeanne Eiss, Jeff Flax, Jim Guerra, Karen Guerra, Wayne Howell, Linda Jagger, Elaine Kallos, Melanie Levin, Andrew MacGregor, Pat McKinley, Durrie Monsma, Robbie Monsma, Martha Mustard, David Riter, Jerry Rowe, Ken Ruiz, Daniel Schweissing, Elaine Shirley, Susanne Spandau, Carroll Steger, and Gail Wells. THANK YOU, THANK YOU!

Martha Mustard



# Frank's Best of Photo Album is now available



Once again Frank Burzynkis has gifted us with his Best of 2024 photo album set to music! Click below to watch the video. It is about 3.5 minutes in length. Enjoy this holiday gift!

[https://fburzynski.zenfolio.com/2024\\_best\\_images/slideshow](https://fburzynski.zenfolio.com/2024_best_images/slideshow)

\*\*\*\*\*

## CMC Denver Group recognizes Our Outstanding volunteers

At the CMC Denver Group Annual Meeting on October 19, three RMOTHG leaders were recognized for their outstanding contributions to the Club. Congratulations to our Outstanding Volunteers:



Kathy Crawford,  
Frank Burzynski, and  
Wayne Howell.

They were presented with plaques at the Denver Group Annual Meeting. When you see them tell them congratulations and thanks for all your hard work! Without the hard work of our volunteers there would be no Club!!

**PLACES WE'VE BEEN**



*Reynolds Park led by Jeanne Eiss, co-led by Wayne Howell.*



*And we're off around the Orbital Trail! The first Denver Orbital Trail hike, Monday, Nov. 11. Suzanne Dysard led the hike and Kathy Crawford was the co-leader. Peggy Schafer was the photographer.*

## Full Moon Hike Nov. 15

Here are a couple of pictures that Frank Bursynski took on Suzanne Dysard's Full Moon Hike on Green Mountain on Friday, Nov. 15. The second photo was created by our group photo using a long exposure/multiple pictures while we moved our headlamps.



*Photo below: Chapman Drive to May's Point Hike led by Jeanne Eiss, co-led by Frank Burzynski.*



# Rocky Mountain Over The Hill Gang

A Section of the Colorado Mountain Club Denver Group

## RMOTHG SECTION BOARD 2024 - 2025:

Chairperson	Kathy Crawford	<a href="mailto:kathy@cefpeeps.us">kathy@cefpeeps.us</a>
Vice Chairperson	Open position	
Secretary & Emergency Contact	Andrew McGregor	<a href="mailto:Andrew.d.macgregor@gmail.com">Andrew.d.macgregor@gmail.com</a>
Treasurer	LeAnn Donovan	<a href="mailto:La_donovan@hotmail.com">La_donovan@hotmail.com</a>
Membership	Elaine Shirley	<a href="mailto:erashirley@gmail.com">erashirley@gmail.com</a>
Communications	Colleen Miller	<a href="mailto:colleenemiller23@gmail.com">colleenemiller23@gmail.com</a>
Members at large	Linda Dermyer	<a href="mailto:dermyerl@gmail.com">dermyerl@gmail.com</a>
	Ginny Kier	<a href="mailto:gjkeir@gmail.com">gjkeir@gmail.com</a>
	Ginny Gelbach	<a href="mailto:giddsmom@comcast.net">giddsmom@comcast.net</a>
	Dave Coren	<a href="mailto:d.coren@comcast.net">d.coren@comcast.net</a>
CMC Denver Council Liaison (non-voting position)	Jim Guerra	<a href="mailto:joguerra77062@gmail.com">joguerra77062@gmail.com</a>

## RMOTHG ACTIVITY COORDINATORS:

Snowshoeing	Jeanne Eiss	<a href="mailto:Jeanne.eiss@gmail.com">Jeanne.eiss@gmail.com</a>
	Jeff Flax	<a href="mailto:Jeff.flax@gmail.com">Jeff.flax@gmail.com</a>
Cross Country Skiing	Andrew McGregor	<a href="mailto:Andrew.d.macgregor@gmail.com">Andrew.d.macgregor@gmail.com</a>
Biking	Wayne Tomasello	<a href="mailto:wtomasello@outlook.com">wtomasello@outlook.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 Co-Chairs	Lou Ann Dixon	<a href="mailto:looanngie@comcast.net">looanngie@comcast.net</a>
	Gina Bischofs	<a href="mailto:ginagailmail@gmail.com">ginagailmail@gmail.com</a>
Newsletter	Linda Dermyer	<a href="mailto:dermyerl@gmail.com">dermyerl@gmail.com</a>

**DOWNLOAD NEWSLETTERS** [here](#)

[Over the Hill Gang Newsletter Archives](#)

**READ BOARD MINUTES** [here](#)

**READ BYLAWS** [here](#)