



# Rocky Mountain Over The Hill Gang Hill Topics September 2023



## Section Chair Message

from Laurine Rowe

My final RMOTHG message of the fiscal year...

It is hard to believe that soon we will be hiking among the beautiful colored foliage in our amazing Colorado mountains.



The year is ending on a high note! Over 60 members enjoyed great food and some perfectly prepared cocktails at the annual meeting held August 27th. Carol Wier and her social committee did such a nice job making this a truly memorable day.

**We honored Maryann Mayer at the annual meeting for her unbelievable ten year run of producing our monthly RMOTHG newsletter. Thank you, Maryann, for your dedication to keeping us all in the know.**

Another ending, the three year board terms for Scott Kramer, Susanne Spandau and Mike O'Connor. Thank you for serving and helping to guide our section. The last board meeting of this year will be September 18, 1:30, held in the Explorer Lab of the CMC building. Joining the board for next year are LeAnn Donovan and Linda Dermeyer.


*In compiling our list of volunteers for this year, we came up with over 60 members that have contributed to hike and bike leading, board service, social activities, hut trip, Turquoise Lake and website support. There is a place for every member to help because the opportunities are vast and varied. Please raise your hand so we can continue to have so many activities for our members.*

We had over 40 different leaders of hikes and bike rides this year. Several of those led more than 10 times including Ken Ruiz, Scott Kramer, Bea Slingsby, Jim Guerra, Kathy Crawford, Barbara Dey, Robbie Monsma, Martha Mustard and Ralph Shroba. **Jeanne Eiss had an astounding 27 leads!**

I appreciate all the support I've gotten from so many RMOTHG members. We have had a few challenges this year, but we have weathered them and are moving forward. Thank you so much...happy trails to all.

# Hiking News

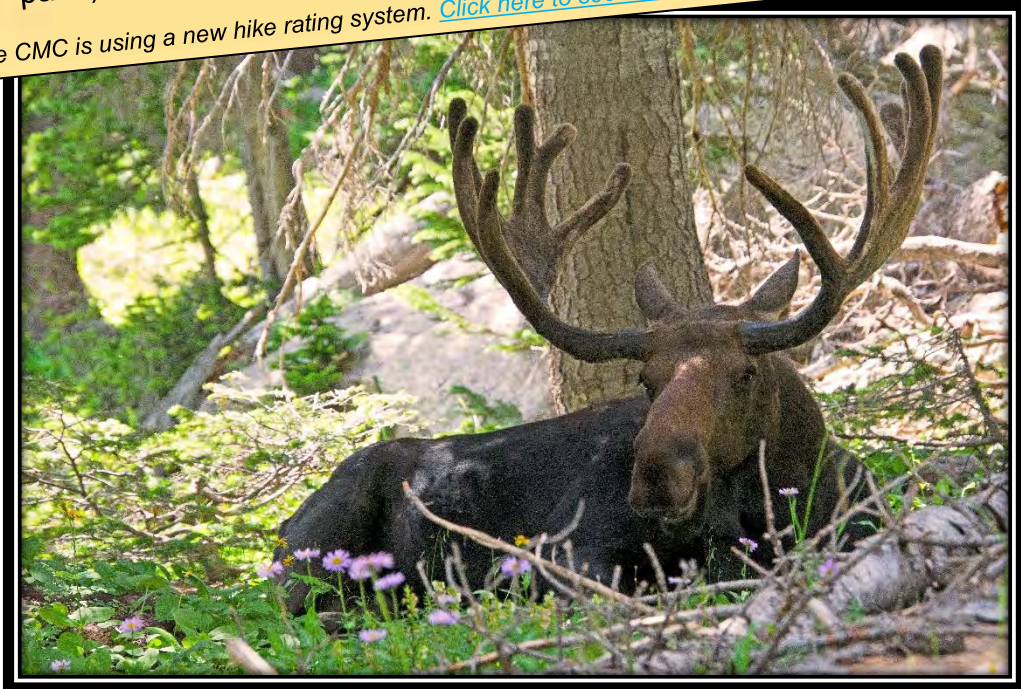
September is here and the kids are back in school so the trails should be a little less crowded. It's starting to feel like fall is just around the corner. The days are getting shorter so hiking down a little lower will be more comfortable again soon. Remember to wear orange or bright pink if you are in an area open to hunting. Get out there and enjoy some fall colors.



**TENTATIVE SEPTEMBER HIKES** – *This list is subject to change. Leaders tend to add hikes at the last minute and sometimes trips are changed or cancelled.*

- Monday, Sept 4 – Forest Lakes (moderate hike, moderate pace)
- Wednesday, Sept 13 – Leader's Choice
- Wednesday, Sept 20 –
  - Shelf Lake (moderate hike, moderate pace),
  - Lenawee Mtn. Trail (moderate hike, moderate pace)
  - And Elephant Butte (moderate hike, moderate pace)
- Monday, Sept 25 – Three Mile Creek (moderate hike, moderate pace)
- Wednesday, Sept 27 – Golden Gate Canyon (moderate hike, moderate pace)

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



*Large Bull Moose seen from the Crater Lake Trail. Photo by Jim Guerra*



## **IMPORTANT NOTE:** **How we sign up for ALL RMOTHG Activities** **has changed. Don't be left out!**

As of September 1, RMOTHG has transitioned away from our e-mail announcements for trip notifications. This is a result of issues with the current website we have been using for those notifications combined with the increased capability of CMC's new website. We want our members to know how to use the capabilities of the new CMC website.

Please read the information provided below and try each action for yourself on your computer. To make sure you have the most current information about the Over the Hill Gang events, know how to set your 'Alerts & Notifications' to the alerts frequency you want, know how to 'Find Trips', and know how to find the RMOTHG calendar. Additional topics are listed below. See the end of this announcement for instructions about setting up your account and using CMC.org. If you need help navigating the website, Kathy Crawford, at [Kathy@cefpeeps.us](mailto:Kathy@cefpeeps.us)

### **#1: "Alerts & Notifications"**

**Why is this important to me?** 'Alerts & Notifications' allow you to select the frequency of email notifications when a trip is added to the calendar. You can select to be notified when a trip is added to the calendar, in a daily digest, or a weekly digest. From this notification, you can see more about the trip by clicking on the trip link.

**Directions:**-Go to 'My Profile' when you hover over you name after you sign into the CMC website

- Find 'My Preferences' in the left-hand menu and click
- Scroll down to 'Alerts & Notifications'
- Select your preference- immediate notification, daily or weekly.

[Link to video](#)

## **#2: "Find Trips"**

**Why is this important to me?** Knowing how to search for trips using RMOTHG, activity type, and a date allows you to narrow your search to just RMOTHG trips, making it easier to find what you are looking for.

**Directions:**-Hover over 'Education & Adventure'

- Select 'Find Trips'

- From the left-hand menu select 'Rocky Mountain Over the Hill Gang' and the type of activity you are looking for. i.e., Hiking, Biking, Snowshoe, etc.

- Enter the date range you are inquiring about. If you are looking for only one date, use that for the beginning and ending date.

[Link to video](#)

## **#3: RMOTHG Calendar**

**Why is this important to me?** Knowing where the RMOTHG calendar is allows you quick access to all RMOTHG activities. It also allows you to register for any activity right from the calendar.

**Directions:**-Under the Donate button, locate the three lines and hover over them

- Select 'Groups & Sections'

- From the left-hand menu select 'Special Interest Sections'

- From the left-hand menu select 'Rocky Mountain Over the Hill Gang'

- The RMOTHG calendar is located on the right-hand side of the page under the gray box

[Link to video](#)

## **#4: Accessing the CMC Website Using Your Phone**

Accessing the CMC website from your phone is similar to accessing it using a laptop or desktop computer. There are just a few items to remember when using the smaller phone screen.

Once you have logged in and are on the website home screen, you will see two dropdown options and the calendar of upcoming events. To get to the website home screen, tap the Colorado Mountain Club icon in the upper left of your phone screen. The dropdown menus are 1. Activities; get outside with us, and 2. Courses; learn outdoor skills. To find upcoming trips by using the dropdown menu, select the activity using the dropdown menu, i.e. hiking, biking, etc. Once on this page, you can tap on the words "Search & Filter" and from here you can refine your search using the search

options. To find the Rocky Mountain Over The Hill Gang calendar, tap the three bars on the right side of your phone screen, just to the right of your name. Tap on the “Groups & Sections” then scroll down to RMOTHG. On this page you will see a button that says CLICK HERE for the Rocky Mountain Over The Hill Gang calendar of upcoming trips and events. The events will display in chronological order.

**#5. Setting Up Your Membership:**

See the article in the December 2022 RMOTHG newsletter (Page 6): [Link to Newsletter](#)

**#6. How to Update My Preferences:**

See the article in the February RMOTHG newsletter (Page 4): [Link to the newsletter](#) or [Link to video.](#)

**#7. Using the Waitlist:**

See the article in the March 2023 RMOTHG newsletter (Page 4): [Link to the article](#)

**#8. Updating or editing your profile:** [Link to Video](#)



*Crater Lake Hike led by Jim Guerra, co-led by Ken Ruiz. Photo by Jim Guerra*

# Biking News



Beautiful bench carved from a tree trunk on the High Line Canal.

RMOTHG Cyclists are having a wonderful summer of bike rides with an average of over 10 participants each week. The trips are Friday mornings and sometimes on other days in the Denver and greater Denver areas, with two styles of riding called the Hares and the Terrapins. Hares ride approximately 20 to 30 miles at a speed of 10 to 12 mph. Terrapins ride at a more leisurely pace of less than 10 mph and go approximately 10 to 15 miles with a few more stops than the Hares. The outings are mostly on paved bike trails and we try to keep the rides fairly flat, but we do encounter some hills and gravel paths.

The essential items for participating are plenty of water, necessary tools to repair a flat tire (replacement tube for your tire size,) appropriate clothing for changes in the weather, ID and a medical card. The wearing of a helmet is mandatory.

The meeting time is usually 8:30 am with departure at 9:00 am. An optional lunch follows at a nearby restaurant. Guests are allowed with the signing of a waiver form. Guests may participate in two of our activities before joining the RMOTHG section and the Denver group of the CMC.

We are no longer sending out the Sunday emails. You can find the rides listed on the CMC calendar by going to [www.cmc.org/events](http://www.cmc.org/events). If you have trouble finding the rides, follow the directions above on page 3 and 4.

See you on the trails,  
Wayne Tomasello



### Tentative September rides:

- September 1 - Farmers Highline Canal, Big Dry Creek, Signal Ditch, Lee Lateral Ditch loop.
- September 8 - Cherry Creek from Challenger Park to Franktown and return.
- September 15 - Cherry Creek North to the Highline Canal and return.
- September 22 - Cherry Creek Reservoir loop.
- September 29 - Aurora Municipal Center Highline Canal to Aurora sport complex and return.



Sometimes - not often, but sometimes - you just have to get off and walk!! Chatfield State Park bike ride.

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



# Turquoise Lake Camping Trip

We had a wonderfully successful annual trip to Turquoise Lake August 7-10<sup>th</sup>! This year celebrates the 20<sup>th</sup> year anniversary of the Annual RMOTHG Camping Trip! 24 people attended and we canoed, hiked, ate and connected with past friends and made new ones during our 4 days camping. Our wonderful RMOTHG leaders led 5 hikes over two days, thank you Martha Mustard, Ken Ruiz, Ralph Shroba, Daniel Schweissing, Diana Bliss and Barbara Dey. We had a mixture of established RMOTHG members and brand new RMOTHG members attend, and it was such a nice blend of established and new energy!

While planning the camping trip and looking through the old archives, we found this wonderful note about the history of our annual trip.

*"In 2003 Lynn Forsberg and George Collins started the annual RMOTHG camping trip. The first few years it was held at different group campsites. As more campers moved to using RVs that had to be parked in the parking lot at group sites, we tried individual sites. We fell in love with Baby Doe campgrounds at Turquoise Lake. It has continued to be held there each year. Many people have given time and effort to keep this tradition going so we can enjoy the outdoors together."* -Lynn Forsberg

If you are interested in joining us next year, 2024, watch the newsletter starting in February for more information. Kathy Crawford



Monday Night campfire 1



Lunch at Mayflower Gulch 1



## **FUN SOCIAL EVENTS - YOU ARE INVITED!**

Join your fellow RMOTHG members for the following social events planned in the coming months.

### **Staunton State Park Historical Cabins tour**

Join us on a private tour Monday, September 11, 9am-11am, of the Staunton cabin. It was built as a homestead in 1918 by Drs. Archibald and Rachael Staunton, two physicians who settled in the area along with their only child, daughter Frances. The cabin was listed on the National Register of Historic Places in 2012.



We will meet at 9am in the Lower Lazy V parking lot. You will see a vault toilet where the HC (Historic Cabin) trail begins that will take us to the cabin tour. We will walk together about a 1/4 mile to the first historic cabin to meet our guide.

Our tour will also include several smaller cabins. But this part of the tour is self-guided (listening to recorded audio at the cabins). The walk from the parking lot to all the cabins and back to the parking lot is estimated to be a little over a mile. Questions? contact Linda Dermyer [dermyerl@gmail.com](mailto:dermyerl@gmail.com) Optional lunch to follow.

Register on the website by Sept. 10, 2023. Max capacity 15. [Click here to register](#)

**Option to carpool:** If you would like to carpool to the Park, please email Linda Dermyer at [dermyerl@gmail.com](mailto:dermyerl@gmail.com). Carpoolers will meet by 8am in the Morrison Park n Ride lot (across from the Phillips 66) on the northwest corner of Morrison Rd. and C-470.



### **Wings Over the Rockies Air & Space Museum** **Tour**

A guided group tour is being offered to explore the background of the world-class aircraft, rocketry and space exhibits displayed and the story of the displays and the people forever linked to them.

Explore the future of aviation and space through immersive events and realistic flight simulators. The hour-long walking tour will allow you to get to know the exhibits, leaving the rest of your visit to explore on your own.

Max Flight Simulators are an additional option to experience. Enjoy 5 action-packed minutes in one of our full-motion Max Flight simulators.

The museum is located in Hangar 1 of the former Lowry Air Force Base in eastern Denver. For more detail on the museum see: [info@wingsmuseum.org](mailto:info@wingsmuseum.org). Museum phone: 303-360-5360

Website <https://wingsmuseum.org/>

When: October 19th (Thurs.) at 10:30am with optional lunch to follow.

Where: Wings Over the Rockies Air & Space Museum, 7711 East Academy Blvd., Denver 80230

Cost: \$8.00 entrance & tour. Additional \$6 for simulator ride. *Register on the website but pay at the door. Registration ends 10/12/23, Max participants 20.*

[Click here to register](#)

Tour contact: LouAnn Dixon , [Looangie@comcast.net](mailto:Looangie@comcast.net)

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**Holiday Party 2023 - save the date**  
**December 3, 2023**  
**Location: AMC/CMC building, Golden**

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**Needed: Volunteers to help create the fun! Contact Carol Wier [carolwier365@gmail.com](mailto:carolwier365@gmail.com).**

**2024 social events - looking for a few people to help organize fun gatherings. How about a Taco tasting tour? Introduction to Tai Chi? What's your idea for an exciting event?  
Let's talk about your ideas! Contact [carolwier365@gmail.com](mailto:carolwier365@gmail.com).**

A good time was had by all at the Breckenridge Brewery tour and lunch.



Whipple's Penstemon,  
Whipple's Beardtongue



Judy Childers celebrated a special birthday with us at the Annual Meeting



Geneva Mtn led by Jeanne Eiss



Herman Lake led by Martha Mustard



*Woods Mtn Hike led by Ken Ruiz & Jim Guerra*



Lake Dorothy Hike in IPW led by  
Jim Guerra & Ken Ruiz



Missouri Lakes Hike led by Ken Ruiz and Martha Mustard



Mayflower Gulch Hike led by Ken Ruiz and Martha Mustard



Now that's a close up! Taken from a car window. Geneva Mtn hike led by Jeanne Eiss



Upper Straight Creek led by Jeanne Eiss



Saddle West of Vasquez peak led by Jeanne Eiss

# Rocky Mountain Over The Hill Gang

A Section of the Colorado Mountain Club Denver Group

## RMOTHG SECTION BOARD:

Chairperson	Laurine Rowe	<a href="mailto:laurinerowe@msn.com">laurinerowe@msn.com</a>
Vice Chairperson	Dennis Baumfalk	<a href="mailto:dkbaumfalk@msn.com">dkbaumfalk@msn.com</a>
Secretary & Emergency Contact	Kathy Crawford	<a href="mailto:kathy@cefpeeps.us">kathy@cefpeeps.us</a>
Treasurer	Bob Barday	<a href="mailto:ribarday@msn.com">ribarday@msn.com</a>
Membership Officer	Susanne Spandau	<a href="mailto:Sespandau@gmail.com">Sespandau@gmail.com</a>
Members at large	Ginny Keir	<a href="mailto:gikeir@gmail.com">gikeir@gmail.com</a>
	Scott Kramer	<a href="mailto:Skramer1016@gmail.com">Skramer1016@gmail.com</a>
	Andrew McGregor	<a href="mailto:Andrew.d.macgregor@gmail.com">Andrew.d.macgregor@gmail.com</a>
	This position is vacant	
CMC Denver Council Liaison	Kathy Nordine	<a href="mailto:kathyscomputer@comcast.net">kathyscomputer@comcast.net</a>

## RMOTHS 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 Dermeyer	<a href="mailto:dermyerl@gmail.com">dermyerl@gmail.com</a>

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A Ptarmigan mom with chicks was spotted on the Shrine Ridge Trail. The chicks are hidden in the grass.