



# Rocky Mountain Over the Hill Gang

A Section of the Colorado  
Mountain Club

April 2025 Newsletter



## A Message from Your Section Chair:

Spring is beginning! The leaves are starting to sprout around town and soon the high country will be in full blossom! We are so blessed to live in a place where we can be outdoors all year long, experiencing Mother Nature at her finest!

Even though the trails are a bit sloshy and muddy right now, I want to thank the trip leaders who have been leading trips this month:

Suzanne Dysard

Robbie Monsma

Jeanne Eiss

Wayne Howell

Tim Lane

Andrew MacGregor- Led our FIRST Nordic ski trip this year

Daniel Schweissing

Elaine Shirley

Louise Campbell Blair

Barb Audin

*We Love Our  
Leaders!*

Thank you leaders! If you think you might be interested in becoming a trip leader, check out the [CMC Trip Leader School](#).

Hope to see you on the trail this spring!

Kathy



## April 2025 Happy Hour

In April, the ever-popular RMOTHG Happy Hour will move to the **Colorado Tap House in Arvada**. Come on out to make new friends and visit with some of your “old” favorites.

When: **Monday, April 14, 4:00-6:30 pm**

Where: **Colorado Tap House, 14982 W. 69th Ave, Arvada**

Click [here](#) to register.

This month's Icebreaker: Be prepared to tell us about **your favorite or most memorable vacation**. This is a well-traveled group—we know you'll have some good stories. Click [here](#) to check out the Colorado Tap House and their terrific menu of alcoholic and non-alcoholic drinks, snacks, and the food truck scheduled for that date.

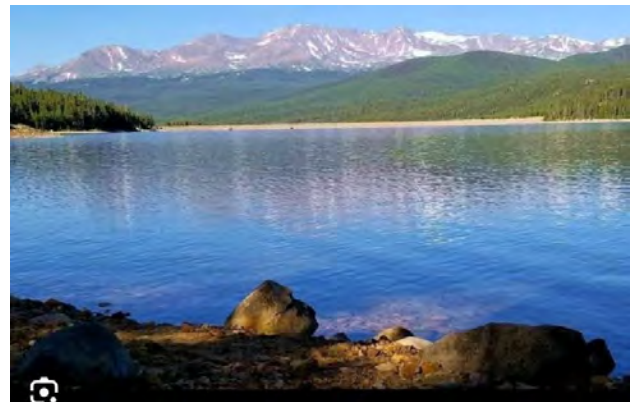
(If you're feeling extra-smart, the Colorado Tap House also hosts a Trivia Night that evening, beginning at 6:30.)

**Questions?** Contact Lori Main 303-594-1188, [balance5280@yahoo.com](mailto:balance5280@yahoo.com)

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## Turquoise Lake Update

Thank you to all who have completed the Turquoise Lake Lottery Registration for this year's camping trip! A quick clarification, **even if you are planning on staying in a hotel room for the camping trip, please complete the lottery registration**. You will not be entered into the campsite lottery, but you will be included in all communications about the camping trip by signing up on the [Lottery Registration](#).



The [Lottery Registration](#) deadline is April 30, and the lottery results will be emailed to individuals no later than mid-May.

If you have any questions, please contact a member of the Turquoise Lake planning committee.

Barbara Dey ([dev@gmx.com](mailto:dev@gmx.com))

Janice Johnson ([jajohnson1952@gmail.com](mailto:jajohnson1952@gmail.com))

Kathy Crawford ([kathy@cefpeeps.us](mailto:kathy@cefpeeps.us))

# Call for Volunteers



**The Rocky Mountain Over the Hill Gang Needs YOU!** We have a number of volunteer jobs that need a champion and that could be you...

**Editor for our newsletter**- Linda Dermyer, who has been our editor for the past 2 years is retiring in June. We need someone who has computer skills and an interest in continuing our long standing newsletter presence. If you are interested in learning more, please contact Linda Dermyer at [dermyerl@gmail.com](mailto:dermyerl@gmail.com)

**RMOTHG Board Members** - we are in need of three new board members in August. If you have a desire to be in a leadership position for -our section, please contact Kathy Crawford at [kathy@cefpeeps.us](mailto:kathy@cefpeeps.us)

**Turquoise Lake Planning Committee**- we need a new planning committee to continue the Turquoise Lake camping tradition. This will be the 22<sup>nd</sup> year of the Turquoise Lake camping trip and the current committee is retiring. For this tradition to continue, we need new volunteers to help plan the event. Contact Janice Johnson, ([jajohnson1952@gmail.com](mailto:jajohnson1952@gmail.com)) or Kathy Crawford ([kathy@cefpeeps.us](mailto:kathy@cefpeeps.us)) for more information.

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## 2025 Backcountry Incident Management School

Although rare within the CMC, backcountry incidents when they do happen are stressful, confusing, and the wrong activities can potentially compound to make a bad situation even worse. For those who have always wanted a means to review, practice, and improve the skills needed to successfully manage the initial aspects of an unforeseen incident, the CMC offers the Backcountry Incident Management School.



The BIM School instructor team is looking forward to your participation. Classes for this all-day event will occur:

- Sept 13: **Primary** Student Session
- Sept 20: **Potential** date only if there are sufficient students on the 9/13 Wait List

Prerequisites:

- Successful completion of a recent Wilderness First Aid course

Enrollment will begin in June.

Course tuition: \$30

Enrollment will open in June.

To enroll, within the CMC Website navigate to the BIM School 9/13 activity entry.

Please visit the BIM School homepage for more info: [Backcountry Incident Management School — The Colorado Mountain Club](#)

For additional information: Contact Wayne Howell: [wjh59@pm.me](mailto:wjh59@pm.me) Please reference BIM School in the subject line.

# DON'T PUT YOUR SNOWSHOES AWAY FOR THE SEASON ... NOT YET!!!

Years ago, at Deadhorse Creek, a cautionary tale was told to us by our trip leader; the gifted and talented Frank Burzynski. I have never forgotten this true story ... and neither should you!!!

*It was a dark and stormy night.... in fact, it was actually a rapidly warming spring afternoon, and the route did not have avalanche danger for the first few miles, so what could go wrong?*

*Upon arrival at East Portal Trailhead, I assembled my gear, admired the sunny skies and unseasonably warm temperatures. I then made the decision to leave my snowshoes in the car as this area sees a lot of traffic and I was fairly certain that most of the trail would be solid packed snow. The familiarity of the trail was comforting, it was hardpack for the early segments as I had anticipated, and I was moving at a good pace.*

*I arrived just shy of Heart Lake and reviewed the potential for avalanche risk; the warm sun had caused numerous "rollers" to cascade down the slopes above. I elected to stay conservative and not proceed any further up the valley and found a nice sunny spot to take my break. It was approaching 3pm when I decided to head back down.....*

*Shouldering my weighty winter pack, I began the trek back to the trailhead. After just a couple of steps, I broke through the consolidated snow sinking to my upper thigh. I struggled to get on top of the snowpack, then resumed my steps only to break through again after a couple of strides.... Ooooph! After another repeat of the same cycle, it dawned on me that leaving the snowshoes behind was a poor choice.*

*I could feel adrenaline flowing and took some breaths to calm myself. I remembered Wilderness Survival School taught that your most valuable survival tool is - your mind! I have too much weight for these conditions, I reflected, but the gear all seemed necessary should I have the misfortune of injury. I used two large black trash bags to wrap my pack and before securing them I cinched two hiking poles to each side using the compression straps. Tugging the pack behind me on top of the snow as a travois, the difference in weight allowed me to limit post holing into the melting snowpack and make it back to the trailhead safely without succumbing to exhaustion!*

**Lessons Learned:** Bring your snowshoes regardless of trailhead conditions, don't forget to pack some black trash bags and poles but, especially calm yourself enough to use your head!

Jeanne Eiss, Snowshoe Coordinator

P.S. There are several good videos and tutorials online on how to attach snowshoes to a backpack. Practice at home to see which method you like best.

# PLACES WE'VE BEEN



*At left, is one of our Happy Hour Coordinators, Lori Main. (Linda Sexton – not pictured – is the other coordinator). Thank you, Lori and Linda, for all the work you put into making our happy hours happen! Center is Kathy Mallory, newest member of the RMOTHG Board. Thank you Kathy for volunteering to help lead our Club!*



A good time was had by all at the March Happy Hour. The Yard House accommodated our large thirsty and hungry crowd. Many interesting hobbies were shared,



*Andrew MacGregor shows his rock collection.*



And more photos of fun:



*Hike up Legault Mtn led by Tim Lane*



*Coney Flats led by Elaine Shirley and co-led by Mike O'Connor*



*Burning Bear led by Tim Lane*



*Lost Lake led by Jeanne Eiss*



*Carpenter Peak led by Jeanne Eiss*



*Lunch on Carpenter Peak*



# 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>
CMC Denver Council Liaison (non-voting position)	TBD	

## **RMOTHG ACTIVITY COORDINATORS:**

Snowshoe/Winter Travel	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>
Newsletter	Linda Dermyer	<a href="mailto:dermyerl@gmail.com">dermyerl@gmail.com</a>
Social Events	Kathy Crawford	<a href="mailto:kathy@cefpeeps.us">kathy@cefpeeps.us</a>

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