



Rocky Mountain Over The Hill Gang Hill Topics August 2023



Annual Picnic at Staunton State Park

RMOTHG Dues Collection Headache

Because of problems with the website transition, some RMOTHG members have not paid their dues for this year. If you suspect that includes you, read on for the solution:

When the new CMC website was installed, the software did not have a way to handle club sections such as RMOTHG. Programmers were hired to add this functionality to the website. In doing that, some of the functions to collect dues did not work. First, if your registration was part of a family, when payments were processed only the primary member paying was charged the dues of \$15. Also, if you wanted to join after registration or renewal was completed, you needed to call the office to make your payment.

We now have a short-term fix to handle this payment process. We have created a CMC 'event' called the **RMOTHG Dues Drive**. You can access this event by either entering the name in the search box at the top of the home page or clicking on this link: [RMOTHG Dues Drive](#)

If you are a family member and did not pay or want to renew after you renewed your CMC membership, please use this event to pay your dues. If you have any questions, please feel free to contact Scott Kramer at kramer1016@gmail.com.

Hiking news

A MAJOR CHANGE IS COMING!!

After September 1st you will no longer receive separate RMOTHG emails regarding signing up for hikes (and bike rides). This means no more 5pm Friday emails.

RMOTHG offers hikes primarily on Wednesdays but occasionally on other weekdays depending on leaders' availability. We try to offer a variety of hikes each week. We have been sending an e-mail announcement to those on the hiking e-mail list for each day that one or more RMOTHG hikes are scheduled, usually about five days before the hikes.

However, we will be undergoing a transition in our practices. **We will no longer be sending these announcement e-mails after September 1 due to the closure of the website that supports this function.**

PLEASE SEE THE ARTICLE BELOW EXPLAINING HOW TO BE NOTIFIED DIRECTLY FROM THE CMC WEBSITE WHEN A HIKE IS ADDED AND HOW TO SEARCH THE CMC WEBSITE FOR RMOTHG ACTIVITIES.

The leader will send an e-mail to the roster before the trip as a reminder and to provide any special information. Carpooling is generally available but is not an official part of the trip.

Remember to cancel from a trip if you have decided not to go, whether on the roster or the waitlist. Another hiker further down the waitlist may still be able to go if notified at the last minute. When there are several people that have made other plans and they are ahead of this hiker, the time for those notifications and cancellations may preclude that hiker from getting notification in time.

Join a hike and appreciate our beautiful mountains and the wonderful company of other RMOTHG members!
Martha Mustard, Hiking Coordinator

[Transitioning from E-mail Notifications to Using the CMC Website](#)

Changes are coming...

On September 1 RMOTHG will be transitioning 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. To prepare for this transition, 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. We have detailed instructions and short videos below on each topic so you can learn how to navigate the website like a pro.

Topic #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](#)

Topic #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](#)

Topic #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](#)

Topic #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.

One last item to note:

I have received a couple questions regarding notifications about upcoming trips. I am so glad people are asking questions so we can get the word out to everyone. At this time there is not a way to be notified of ONLY RMOTHG trips. The trip notification selections will notify you of all trips within the groups you belong to. For most RMOTHG members this will include Denver Group trips and RMOTHG trips.

If you need help navigating the website, please feel free to contact me, Kathy Crawford, at kathy@cefpeeps.us.

Tentative Hikes for August

Wednesday, August 2:

Woods Mountain (challenging hike, moderate pace)

Tuesday, August 8 : THESE ARE BOTH HIKES FOR THE TURQUOISE LAKE OUTING

Wheeler Lake (moderate hike, moderate pace)

Lost Man Loop (moderate hike, slow-moderate pace)

Wednesday, August 9 THESE ARE BOTH HIKES FOR THE TURQUOISE LAKE OUTING

Missouri Lakes and Fancy Lakes Loop (challenging hike, moderate pace)

Vance's Cabin Out-and-Back from Ski Cooper (moderate hike, casual plus pace)

Sunday, August 13

Explore Nature at Echo Lake (Meteor Showers) (easy hike, slow pace)

Wednesday, August 16

Crater Lakes ((moderate hike, moderate pace)

Friday, August 18

Rollins Pass (moderate hike, casual pace)

Wednesday, August 30

Leader's choice

Full Blue Moon hike, Wm. F. Hayden Park (easy hike, casual pace)



Full Blue Moon Easy Hike



William F. Hayden Park – City of Lakewood Park – 1000 S. Rooney Road

Wednesday, August 30, 6:00pm. In case of too much cloud cover or stormy weather, we may need to reschedule to the evening of Tuesday the 29th or Thursday the 31st.

Ready to recite your favorite moon poem or answer a few moonly questions? We will walk up 800' elevation, about 2.5-3 miles to the radio tower on a 10' wide dirt and gravel service road on the west side (casual pace I'm a slow uphill leader!). On the way back, hopefully we will see the moonrise about 7:35pm (or grasshoppers, a coyote, Denver City lights). We plan to be out of the park by 8:45-9pm.

This park is run by the City of Lakewood (with Jeffco Open Space). There are bathrooms at the trailhead/parking lot.

You will need a headlamp/flashlight, poles for going down on the little rollie rocks.

Boots are still recommended. Bring water/hot chocolate, a wind jacket or light fleece, the 10 Essentials, and a camera.

Janice Johnson and Sue Henley, Trip Leaders.

Ascending Hikes – Are They For me?

There is a lot of false info out there about who can and cannot join an Ascending Hike trip. The following information will help you decide if an Ascending Hike is for you:

- Ascending Hikes are for CMC Members only. No guests.
- These are “coached” trips to help members improve hiking performance.
- A CMC member does not have to be a AH Section member to join an AH trip. Section membership just puts you on the once a monthly mailing list. To lead an AH hike, you must be a Section Member. Call the CMC office to be added to the AH section.
- Not just for new CMC members. All members are welcome for a seasonal tune-up, injury recovery, surgery recovery, whatever improvement needed, etc.
- If a veteran CMC member “just wants to do this trip,” they are welcome but we ask they wait till a few days before trip day to sign up just to make sure the target audience is accommodated. The trip leader likely will put them to work coaching others.

Contact Robbie Monsma with any questions.
remonsma@gmail.com



Section Chair Message

from Laurine Rowe



Hi all...

We had a nice turnout (and a variety of weather) for the picnic at Staunton State Park. Carol Wier arranged great food from Snarf's and Susanne Spandau and Linda Dermyer provided watermelon to complete the meal. Hike and bike leaders stepped up with a nice variety of activities. Thanks to the many volunteers it takes to have a successful event.

August is the month we elect three new board members. The bios of this year's candidates, LeAnn Donovan, Kathy Gregg and Linda Dermyer, are included in the newsletter. Linda Dermyer is the monthly newsletter editor and agreed to help us out also as a board member for just one year when we were short a candidate. You can vote through August 10 using the link with the candidate bios.

Explorer Lab.

Our next board meeting is August 14 at 1:30. It will be at the CMC building in the

I hope to see many of you at the annual meeting on August 27. It will be different than in previous years but hopefully you will enjoy it just as much. This is when we get to thank all our leaders and volunteers. Our organization would not work without so many generously giving their time and energy to the organization. Enjoy the last month of summer....Laurine Rowe



Board of Directors elections

Vote now for your new board member

We have three people running for the RMOTHG Board of Directors. Their bios are below.

To Vote for the RMOTHG Board use this Survey Monkey link

<https://www.surveymonkey.com/r/GNYXX3N>



Kathy Gregg

Born along the shores of the Pamlico River in eastern North Carolina, I have been an outdoor girl from the time I could walk. Today, six decades later as a Coloradan, I am an outdoor girl more than ever before.

I moved to Colorado in 2020 after spending the previous 38 years as an educator in Florida. I am active in cycling as a member of the RMOTHG group, and am also active in XC skiing, snowshoeing, snowmobiling, whitewater rafting, and wilderness travel. Nature photography and reading are my other hobbies. My very favorite thing to do is go mountain biking when it's snowing.

I joined the CMC in 2018, two years before leaving Florida, making me a member for five years. I would like to serve on the Board to lend my knowledge and expertise to the organization in an effort to promote CMC as an avenue for increasing well-being by exposure to nature. Also, having spent the last 32 years of my career working in one of the largest school districts in the US, I believe my experience as a systems thinker will benefit the organization as it continually strives to increase its efficiency and effectiveness.



LeAnn Donovan

In 2016 I retired after working 35 years in the healthcare insurance industry. I have always been active and began looking for a group that offered outdoor activities for individuals in my age group. I was so pleased to find RMOTHG. I have participated in several hiking, biking and snowshoeing trips and met so many wonderful and interesting people. I have particularly enjoyed the information the leaders have provided about the various places in Colorado where the trips were held.

I think RMOTHG is a great organization that others should know about—a real gem! As a Board member an objective would be exploring initiatives to increase membership. I look forward to contributing to the continued success of the organization in the future. Thank you for your consideration.



Linda Dermeyer

I have been a member of CMC and RMOTHG since 2015 when my husband and I moved here from the flatlands of Kansas to be near our grandchildren. Since then, we have taken the CMC Wilderness Trekking School and participated in many hikes, bike rides and snowshoe outings. The opportunities afforded to us by CMC and especially RMOTHG have enriched our lives in many ways; we have learned much from our leaders, fellow hikers and bikers and enjoyed a lot of laughter and fun along the way. I recently took over editing the RMOTHG newsletter as I wanted to give back to those who have shared so much of their time and talent with me over the years. When I learned that we were short a 3rd person to run for the board this year, I volunteered to run for a one-year position to help. I will actively work to promote the mission of both the CMC and RMOTHG. Our beautiful mountains deserve to be enjoyed with care for our future generations.

Wilderness Trekking School (WTS) Starts **September 5**

Hiking in Colorado's mountains is fabulous recreation! Wilderness Trekking School (WTS) is for all – whether you want to bag a few 14ers – OR – just want to enjoy the scenery. WTS is a great introduction to the Colorado Mountain Club and a place to meet new friends. As the Colorado Mountain Club's largest school, WTS is a comprehensive course on mountain hiking. Students are all ages, from 18 to 80. If you're new to hiking, WTS provides the opportunity to learn how to travel safely and confidently in the backcountry. If you're an experienced hiker, WTS gives you a chance to review and enhance your skills, and possibly to fill in some gaps. WTS also fulfills one of the requirements to take Backpacking School.

The course consists of streaming videos on your own, five Tuesday night small group meetings, five field days, and weekly homework (yes, really!). Students are divided into groups of 9-11 people, based on preferred field day, with consideration as possible for fitness level.

The curriculum includes safe backcountry travel techniques and the opportunity to practice them in a supportive environment. Students plan and complete a CMC trip with their field group. WTS is a great place to learn and practice new skills, make new friends, and become a safer, more confident backcountry traveler.

Tuition is \$170 until August 28 for current CMC Members. On & after August 29, tuition is \$190

For more information, including a complete schedule of lectures and field trips and enrollment instructions, please visit our web site at [Wilderness Trekking School](#), then check out [Course Materials](#). Information is also available by calling the CMC office at 303-279-3080 ext. 1.

FUN SOCIAL EVENTS - YOU ARE INVITED!

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

Breckenridge Brewery tour and lunch - August 10 -only 5 spaces left:



Join us for a brewery tour, tasting and lunch on Thurs., August 10. at 2920 Brewery Lane, Littleton. The tour and tasting starts at 11am, \$4 paid at the brewery. Please arrive by 10:45 and be sure to bring your ID, they will check.

Or just come for lunch at 12:30. You pay for whatever you order. It will be fun! Sign up on the website as we are limited to 20 participants. [Click here to register](#)

Annual Meeting and Brunch: Leader and Volunteer Recognition August 27:

Come to celebrate and enjoy a delicious brunch on Sunday, August 27 at 12pm - 2pm. We will gather in Golden at the AMC/CMC building at 710 10th St.

Cost is \$10 per member and \$15 per guest. The meal will be potluck for salads, pastries and egg dishes. Meat and meat substitutes will be provided as well as adult beverages.

Please bring a dish indicated by the first letter of your last name:

- ✓ A-H. Breakfast pastries (cinnamon rolls, donuts, quick breads, etc.)
- ✓ I-Q. Fruit salad, veggie salads, etc.
- ✓ R-Z Egg dishes - quiche, stratas, frittatas, etc.

Register and pay on the website by August 18 to facilitate planning. Looking forward to seeing you at brunch.

[Click here to register for Annual Meeting](#)



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.

(Continued on next page.)



Continued from Page 8:

The tour will also include several smaller cabins. The walk from the parking lot to the cabins and back to the parking lot is estimated to be a little over a mile. Questions? contact Linda Jagger, lindajagger@yahoo.com

Register on the website by Sept. 1, 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. 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 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@wingmuseum.org. Museum phone: 303-360-5360

- ✓ 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 begins on September 1. Max participants 20* [Click here to register](#)
- ✓ Contact: LouAnn Dixon , Looangie@comcast.net



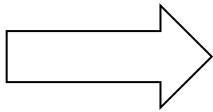
Bicycling News

RMOTHG Cyclists are having a wonderful summer of bike rides with an average of over 20 participants each week.

The trips are usually held on Friday mornings - and sometimes on other days - in the Denver and greater Denver areas, with three styles of riding called the Gazelles, the Hares and the Terrapins. Gazelles ride at a fast pace at about 15 mph. 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 20 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. Wearing 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.



Beginning mid-August, an email notice will not be sent out for the rides the week before. Please see the article above on page 2 of this newsletter to learn how to be notified of bike rides going forward

Here is a list of the rides for August:

August 4th – Farmer’s Highline Canal, Big Dry Creek to Standley lake and return.

August 11th – River Point to Kipling to Dutch Creek loop.

August 18th – deKoevend park Highline Canal to Hampton and return.

August 25th – Mouse Trap loop and Twin Lakes on Clear Creek.

See you on the trails, Wayne



Ralston Creek to Clear Creek 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. To order yours, follow this **UPDATED link** (Our apologies for a non-functional link in a previous newsletter): [Click here to order name badge set](#)



Update from the Denver Group Trails And Conservation Committee

Greetings. We are pleased to announce that we will be scheduling field work on the Squaretop Lakes Trail, on Guanella Pass, for the first three Saturdays in August; 5th, 12th, 19th. These trips should be available for signups on the Club website beginning around July 10.

Our specific project is to do repair work on two sets of steps descending from the parking lot level to the valley below. We will also look at doing additional signage, and erosion control, on the old trail that is parallel to the steps and perhaps on the short stretch of trail leading to the boardwalk. These steps were put in about 11-12 years ago by the former Denver Group Trails Committee led by the now-retired Grover Cleveland. See the included picture.

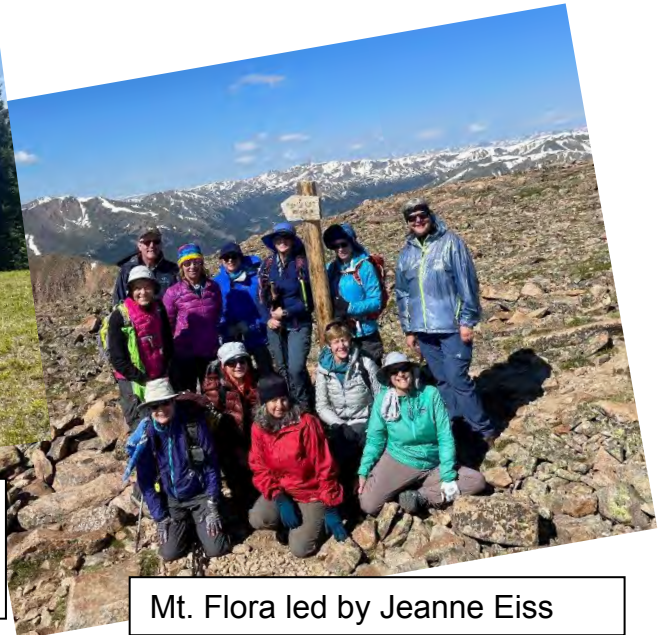


We will add several new steps and replace rock under existing steps. Physical demands will include some bending at the waist, although we encourage people to bend their knees for safety reasons. Movement of smaller rocks with shovels will occur. Rock will be moved from wherever the Forest Service places it in buckets. We ask that participants limit their lifting to 20 pounds. The work site on the trail is within 400' of the parking lot. Thus, it will not be necessary to carry heavy stuff for long distances. Materials are provided by the Forest Service and tools by the Committee. Trip leaders are Steve Bonowski and Jim Mills. Contact Steve; climbersteveb@gmail.com; with any questions.

Rocky Mountain High



Dancing on top of the world. Choreographed by Jeanne Eis. Shot on location at Bowman Shortcut.



Mt. Flora led by Jeanne Eiss



Butler Gulch led by Ken Ruiz



St. Vrain Meadow Saddle hike led by Jeanne Eiss



Forget-Me-Nots on Mt. Flora



One of the hikes at the annual picnic at Staunton SP led by Chery Ames



Après Bike Ride Lunch



RMNP Ouzel Lake (almost) Hike 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	laurinerowe@msn.com
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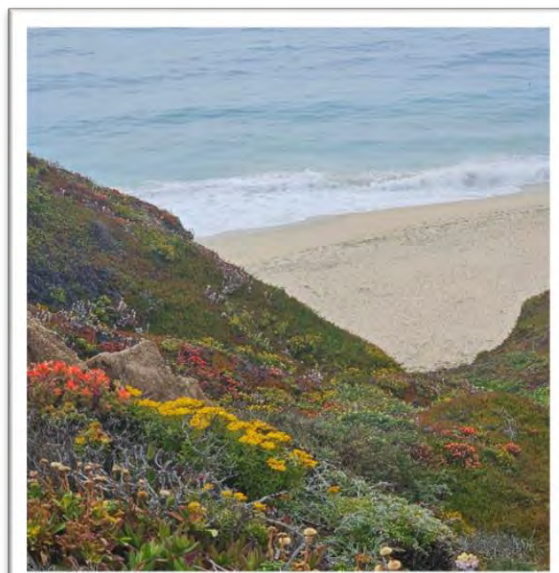
CMC.org/RMOTHG.

SEE BOARD MINUTES

CMCDenver.org/boardminutes

READ BYLAWS

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Monterey Peninsula wildflowers photo by L. Rowe