



Rocky Mountain Over the Hill Gang

A Section of the Colorado Mountain Club

February 2025 Newsletter



A message from your section chair:

Happy February! Hope you and your family/friends are safe and warm.

Many of you have been asking about the progress of opening up Base Camp (5605 W 32nd Ave, Golden, CO 80401) for classes and events and I have been extremely curious as well. On the CMC landing page, there is a blog updating the progress including a video of the most recent zoom meeting held December 18th. I encourage you to check this out if you are interested. At this time, there is not an anticipated opening date for hosting classes or events. With this information in mind, we will (unfortunately) postpone our Open House plans for the immediate future. The office **is** open for members during regularly scheduled business hours, Tuesday-Thursday 10-6 and Monday/Friday by appointment. Stay tuned for more information about volunteer opportunities to help get the building ready for full opening.

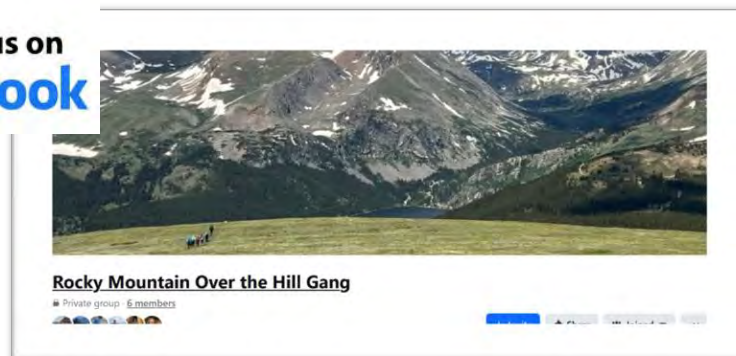
Hope to see you on the trail soon!

Warm regards,

Kathy



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[A Call for Volunteers](#) [RMOTHG Needs Help!](#)

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...

1. Editor for our newsletter- Linda Dermeyer, 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 Dermeyer at dermyerl@gmail.com
2. RMOTHG Board Member- 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
3. Turquoise Lake Planning Committee- we need a new planning committee to continue the Turquoise Lake camping tradition. This will be the 22nd 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) or Kathy Crawford (kathy@cefpeeps.us) for more information.

[State Capitol Tour](#)

[February 20, 2025, 1:45 – 3:00](#)

Back by popular demand – Ginny Gelbach and Mary Bradley will lead a second tour of the State Capitol in February. The legislators will be in session by then. We can observe them in the chambers as we tour this beautiful building.



We will meet at the Visitor Service desk on the first floor at 1:45 and begin the tour at 2:00.

The total time for the tour is one hour. We will tour all three floors and end at the dome for a beautiful view of the mountains and Denver. There is elevator access to all floors except to the dome. You'll have to walk up 99 steps to see the views. It's a Capitol Climb!

Optional Happy Hour after the tour at The Art Hotel which is a short walk from the Capitol.

Register at this [link](#). There were 9 available spots as of publication of this newsletter.



More fun times ahead...

By Lori Main and Linda Sexton,
RMOTHG Happy Hour coordinators.

We're so excited to get to know our fellow RMOTHG members and have a blast at various venues around the Denver Metro area for our happy hours.

The venues will offer a variety of food and drinks (with and without alcohol) at reasonable prices.

Dates and times may fluctuate due to each individual venue's schedule and staff availability.

Keep your eyes peeled on the RMOTHG Newsletter and the CMC activities calendar to *RSVP* for the upcoming happy hours.

We're a group of friendly, fun, positive, active, welcoming, and young-minded people who share a love for the outdoors and nature and we especially look forward to meeting new members. Please join us and let's hear some of your best stories!

See you soon! Linda & Lori

Our next Happy Hour will be themed

"Your First Car"

Bring stories or photos of your first car.

Where: **Tap and Dough**, 12622 W. Ken Caryl Ave., Littleton.

When: **Monday, February 10, 2025 from 2 to 5 pm.** Please arrive promptly.



Members will pay their own bill for their food and drink. Visit the Tap and Dough website to look at the menu. <https://www.tapanddough.com/> For Google driving directions [click here](#) Note that if you are coming from the east, you can't turn into the restaurant from Ken Caryl. Turn on Shaffer Pkwy and drive around behind the restaurant. It can be a bit tricky so be sure to check your driving app.

[Click here to register](#)

Remember that happy hours are not about drinking but about fellowship and engagement for our members. See old friends, meet new ones, and have fun!

RMOTHG SNOWSHOE HAIKU

Boots in snowshoes tight,
Winter wonderland delight!
Old friends, new friends, hike!!!



Years ago, I remember dropping a friend of my teenage daughter's off at her house after taking her snowshoeing. Her father opened the door and said, "So you really went out there in this cold??? And you actually hiked in the snow??? And you think this is fun???" We just laughed and laughed, especially about the "and you think this is fun comment." Of course, we think this is fun...tons of fun!!! It's like we get a whole new set of mountains every year since they look so different from our summer or fall mountains!!!

I've heard reports about how much fun people are having in Beginner Snowshoe School. Sounds like we're getting a bunch of converts, yes!!! If you're still on the "snow fence" about whether you should take the course or not [Click here](#) for all the information you'll ever need on the subject. It's still free, they provide the snowshoes and poles, and we have wonderful, kind, patient, knowledgeable teachers!!! Come join us!!!

Happy Valentine's Day - Jeanne Eiss 😊

Wilderness Trekking School

Starts April 8

Hiking may not be as easy as it looks! Do you know all you need for staying found, for braving Colorado's rapidly changing weather, for handling an emergency? 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 comprehensive course on day hiking in the mountains, with no prerequisites. 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. It is also a great introduction to the Colorado Mountain Club and a place to meet new friends. Student ages range from 18 to 80, with about half under 40. WTS is a prerequisite for Backpacking School, Alpine Scrambling Course, and Technical Climbing Schools.


For more information, including a complete schedule of lectures and field trips and enrollment instructions, please visit our web site at [Wilderness Trekking School](#), or search "wts denver" on [CMC.org](#). Information is also available by calling the CMC office at 303-279-3080.

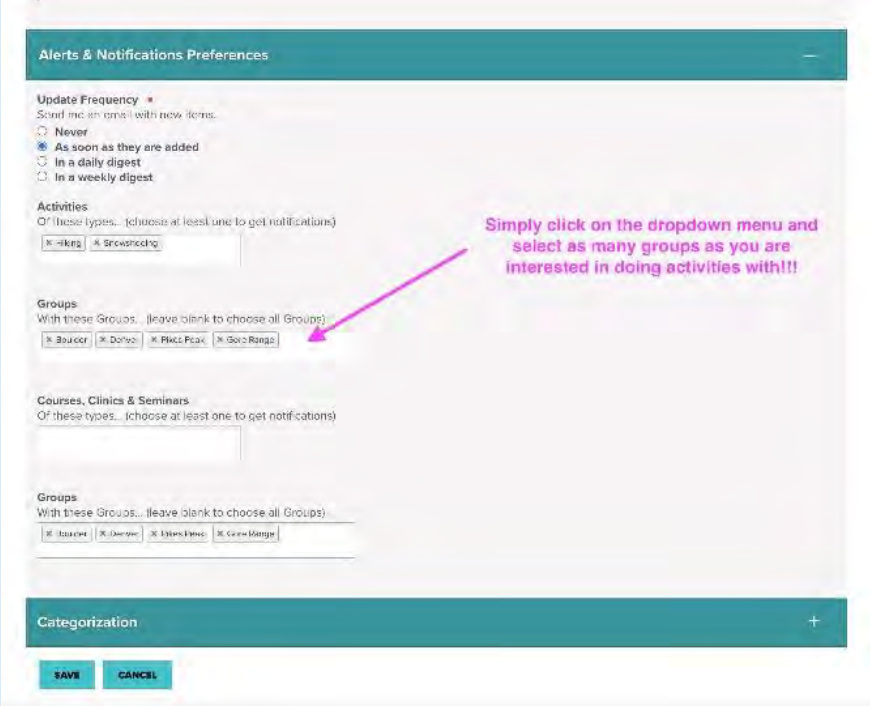
"This course is way beyond what I thought it was going to be - it has challenged me physically and emotionally (I have overcome many fears)." –WTS Student

Don't Miss Out!


How to add other CMC groups to your profile.

When a Trip Leader posts a hike, they have to pick a Group, i.e. "Denver", "Boulder", "Gore Range", "Pikes Peak", etc. in their profiles just like you did. Because of this, when a Trip Leader, (for example), is a part of the "Boulder" group and you only have "Denver" selected in your "Alerts & Notifications" Section, you will not receive an email alert notifying you that a trip is available.

The way to remedy this problem is simply add "Boulder" to your Groups in your Activity Section of "Alerts & Notifications". Here is a visual on what this looks like. 



Alerts & Notifications Preferences

Update Frequency 
Send me an email with new items.

Never
 As soon as they are added
 In a daily digest
 In a weekly digest

Activities
 (These types... choose at least one to get notifications)

Hiking Snowshoeing


Groups
With these Groups... (leave blank to choose all Groups)

Boulder Denver Pikes Peak Gore Range

Courses, Clinics & Seminars
Of these types... choose at least one to get notifications)

Groups
With these Groups... (leave blank to choose all Groups)

Boulder Denver Pikes Peak Gore Range

Categoryization 

SAVE CANCEL

If you have forgotten what your "Alerts & Notifications" section even looks like ... [Click here](#) for an excellent video tutorial on how to set "My Preferences" which includes the "Alerts & Notifications" Section within it.

One last thing - If you are a trip leader already and would like to lead for RMOTHG, please get in contact with Jeanne Eiss, Snowshoe/Winter Trip Leader Coordinator. We would love to add you to our Trip Leader list!!!

Hope this helps, if you need additional help, send me an email - jeanne.eiss@gmail.com

It is with a heavy heart that we announce the passing of Jane VanderKolk. She was an avid hiker and snowshoer, social committee member and board member (2017-2019). She is survived by her son, Mike VanderKolk and Daughter-In-Law Maria and two grandchildren. We wish her family love and peace during this sad time.

Nordic Skiing Update

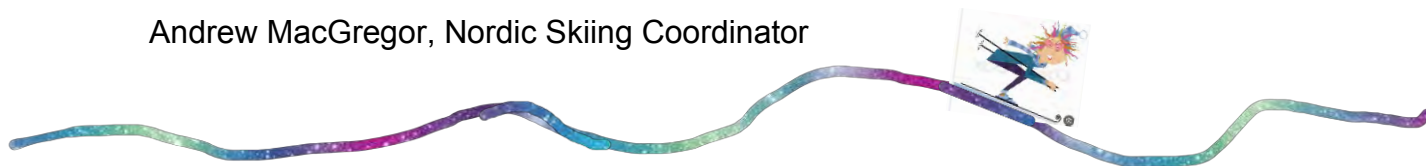
Lack of available Leaders is still limiting RMOTHG Nordic trips. I am now qualified, but unavailable until late February. Denver Group has been posting some trips.

To ensure that you are emailed when trips get posted, check that in your **Member Profile**, under **Activities I'm Interested In**, you are listing **Backcountry Nordic Skiing** as well as **Nordic Skiing**. As

necessary, check trip suitability to your skill level by contacting the Leaders of posted trips.

Do the same under **Alerts and Notifications Preferences > Activities** and **> Courses, Clinics and Seminars**. Under **Groups**, in addition to **Denver**, consider selecting **Boulder** and **Northern Colorado**, if only to see what is going on.

Andrew MacGregor, Nordic Skiing Coordinator



Dates Set for Turquoise Lake Campout 2025

**Save the Date: 22nd Annual Turquoise Lake Camping Trip
August 4-7, 2025**

The Turquoise Lake planning committee is hard at work securing campsites for the 22nd Annual Turquoise Lake camping trip August 4-7, 2025. Because this event is dependent on how many campsites we are able to reserve, sign up will be completed through a google form in the March newsletter.

In the past 2 years, we have been able to provide a spot on the camping trip to everyone interested, however, in the case of more participants than camping spots, we will host a lottery process. Please sign up on the form in the March newsletter even if you are just pondering attending the camping trip.

Urgent Help Needed on the Turquoise Lake Planning Committee - We need new volunteers to take over the planning of the Turquoise Lake camping trip. The committee of 3 is going to retire after this year and we need new volunteers to take over the planning. The committee has done a wonderful job of organizing the planning process and it is a relatively small lift. If you are interested in being a part of the planning committee and taking over the process next year, please contact me at kathy@cefppeeps.us

PLACES WE'VE BEEN



Maxwell Falls Spike Hike led by Tim Lane and co-led by Joanne Stanton



Mount Falcon hike led by Elaine Shirley



Orbital Trail Segment #8. Two groups, one led by Suzanne Dysard and one led by Robbie Monsma, started at opposite ends and met in the middle for lunch.



Orbital Trail Segment #9 led by Suzane Dysard. A second group was also led that day by Robbie Monsma but we have no picture for that group.



Orbital Trail Segment #10 led by Suzanne Dysard

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RMOTHG SECTION BOARD 2024 - 2025:

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

RMOTHG ACTIVITY COORDINATORS:

Snowshoe/Winter Travel	Jeanne Eiss	Jeanne.eiss@gmail.com
	Jeff Flax	Jeff.flax@gmail.com
Cross Country Skiing	Andrew McGregor	Andrew.d.macgregor@gmail.com
Biking	Wayne Tomasello	wtomasello@outlook.com
Hiking	Martha Mustard	Mustardo3@comcast.net
	Jeff Flax	Jeff.flax@gmail.com
Newsletter	Linda Dermyer	dermyerl@gmail.com
Social Events	Kathy Crawford	kathy@cefpeeps.us

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