TIS THE SEASON! COME JOIN THE FUN AND MEET YOUR FELLOW MEMBERS!

December 9  
CMC Building - 710 10th St, Golden  
3pm Drinks and snacks  
4pm Pot luck dinner

Please contribute to the potluck according to the first initial of your last name:  
A-D Salad  
E-K Appetizer (can you bring them by 3PM?)  
L-Q Dessert  
R-Z Side dish

We provide: napkins, plates, flatware and glasses.

Beverages: We will have wine, beer, water, coffee, tea.

After dinner group activity: Bring a wrapped gift (less than $15) if you want to participate in a gift exchange. (NOT A WHITE ELEPHANT)

Optional Toy Donations to the Action Center's Santa Shop program: We will collect and deliver to the Action Center. These toys allow parents and guardians to select toys for their children. Gift ideas: remote controlled cars, dolls, action figures, footballs, soccer balls, nail polish kits, arts and craft kits, stuffed animals, infant/toddler toys, bike helmets (No toy guns please) The toys should be UNWRAPPED but you may donate paper to get the gifts wrapped.

Sign up on the CMC web site by Monday December 3.

VOLUNTEERS NEEDED:  
3 turkeys, 3 hams (table ready)  
Set up at 2pm  
Clean up

Please contact Ida at iderann@q.com for volunteering, questions, suggestions.
Hi Everyone.

Thanks for all the well wishes for attaining my 50 years in the Colorado Mountain Club. I’ve had a great time and have met and played with some really wonderful people (The RMOTHG included.) It was fun sharing my history at the CMC Annual Dinner on November 4th. Too much to tell here. It has really gone by fast and I’m sure it will continue to do so. Although I am a “retired” leader I will continue to support good leaders by being a good follower.

See you on the trail!

Judy Childers

PETE SPANDAU RECEIVES DENVER GROUP SERVICE AWARD

Our very own Pete Spandau - RMOTHG trip leader, biking coordinator, and past-treasurer - was honored by CMC’s Denver Group with a 2018 Service Award. He was one of only five recipients of the award this year. The Denver Group Service Award is given to members who perform a vital service to the club on a continuing basis. Please thank Pete for all of his efforts on behalf of RMOTHG members!
The hiking and snowshoeing coordinators have a new way to announce the Wednesday RMOTHG hiking and snowshoe trips. Currently several trips are announced on Friday at 5:00 pm, which doesn't give members time to read descriptions for the trip they might want. This is not an issue for hikes or snowshoe trips on other days besides Wednesdays as there is generally only one trip and no advanced choice is necessary.

Starting in December, members can preview the next week's Wednesday trips before signing-up on Fridays. Just go to CMC.org at 5:00 p.m. on Thursdays to read details for trips listed for the following Wednesday. Members won't be able to sign up until Friday at 5:00 p.m. when Jeff opens trips for registration. (Some of the Wednesday trips are not added to the CMC calendar until Fridays. Therefore, there may be times that not all of the Wednesday trips are available to preview on Thursdays.) Once you decide on the trip you would like to join, be prepared on Friday at 5:00 pm to sign up as you normally would. Please sign up for one trip only (including waitlists) as per our normal process.

Note: You will still not be able to sign-up for trips until Fridays at 5:00pm for trips on the following Wednesdays.

Feel free to contact Jeff Flax at Jeff.Flax@gmail.com with any questions regarding this new method for the viewing the details of Wednesday trips.
My-oh-my how did we get to December already! I guess the saying “time flies when you’re having fun” must really be true, particularly for the RMOTHG. We have had a great year with many beautiful hikes, snow shoes trips and bike rides in the mountains and all over the greater Denver area. Also, let’s not forget all of the fun social events offered this year, including the picnic at Staunton, happy hours, Dazzle Jazz Club and my favorite - lawn bowling at Washington Park.

We’ve had very good participation in the many activities offered in 2018 and I know you join me in again thanking all of our Coordinators, Trip Leaders, Social Committee members, and my fellow Board Members! You all made this one of our best years ever!

I want to especially acknowledge Maryann Mayer, our dedicated Newsletter Editor who collects all of our articles, spruces them up in a great format and distributes the final product to each of you every single month, and has done so for over five years. Communication is the backbone of successful organizations and Maryann does a great job for our Section. Thank you very much Maryann!

Looking to our RMOTHG future:
Please be sure to read Jeff Flax’s article describing a new process that will allow for an early notice and review prior to signing-up for snow shoe and hiking trips.

Based upon the RMOTHG Survey’s feedback we received from you, our membership, the Board is currently exploring new ideas to improve the ability for members to participate in our activities. I am excited about this process and for the opportunities that will grow out of it.

If you haven’t done so already, please sign-up and join with us at the RMOTHG Holiday Party on December 9th. This party is all about sharing a bit of the holidays with our RMOTHG friends, and indulging in some really fine food. I am preparing a turkey…what are you going to bring?

Happy Holidays to each of you and your families!

Kirsten Tollefsen
RMOTHG Section Chair

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<th>Event Calendar</th>
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JOIN US FOR A DIM SUM DINNER AT KINGS LAND CHINESE SEAFOOD RESTAURANT!

There will be an open bar at 5:00 and dinner will be served at 6:00. It is a set menu with lots of variety. The cost is $25 per person. This includes the meal, tax and tip.

The restaurant does not have a website, but you can find info on google: Kings Land Chinese Seafood Restaurant, 2200 West Alameda Ave, Denver 80223 (near Zuni and Alameda) 303 975 2399.

You must sign up on the website by January 20th. After that date, I will send out directions to the restaurant as it is a little hard to find.

Any questions, contact Ginny Keir at 303 751 2906 or gjkeir@gmail.com

WILL BE FUN AND A NOVEL EXPERIENCE!

Refund policy:

Per CMC, no refunds will be given on or after the sign-up deadline provided herein. Any requests for refunds received by the CMC office before the sign-up deadline date will have a $10 processing fee deducted from the original fee.
December starts RMOTHG Snowshoe Season 2018 - 2019!
Why snowshoe? We’re outside in beautiful Colorado winter, we keep fit, and except for driving/park pass costs we share, it’s free!
We accommodate newbies or regulars as we hike or shoe a casual or moderate pace on a scenic trail for about two hours, enjoy lunch in a pretty area, and return. Optional snack stops after snowshoes/hikes get us better acquainted as we talk about our day! We love big, fluffy snows, but when no snow, we spike-hike (microspikes, essential for icy trails, hard-packed trails, available at REI, other sports stores, Amazon -- https://www.rei.com/product/890608/kahtoola-microspikes-traction-system.)

Jeff Flax sends emails **Fridays at 5 p.m.** letting us know what snowshoes/winter hikes are offered the following Wednesday (Trip descriptions let you know which trip fits you best!). But please look for the **New Way of Trip Announcements for RMOTHG Wednesday Activities** article in this newsletter which offers RMOTHG members a more practical, easier way to plan Wednesday snowshoes -- you’ll be able to preview trips the night before! If you’re not currently on the list for emails, write Jeff.Flax@gmail.com.

New to snowshoeing or a regular getting your pack ready for winter? Google this link: https://www.rei.com/learn/expert-advice/snowshoes.htm, click on “snowshoeing” in blue at top. You’ll find excellent articles: Beginners Guide to Snowshoeing, How to Choose Snowshoes, Snowshoe Day Hiking Essentials, videos and links to other valuable information. We’re safety conscious, and prepare for any weather conditions (No jeans, cotton – a hypothermia issue.) Leaders check CDOT for road conditions, weather.gov for weather conditions. If we can’t get you there and back safely or if weather is miserable and unsafe, we cancel. Tuesday night emails alert us to important information for Wednesday’s trip. We’re safe but we also have great times in snow!

Join us this snowshoe season!

**DECEMBER SNOWSHOE/WINTER HIKES**

| Wed, Dec 5       | - Hall Ranch
|                 | - Elk Meadow
| Wed, Dec 12     | - Lake Helene RMNP
|                 | - Hicks Trail or Deer Creek
|                 | - Windy Peak – Golden Gate Canyon State Park

| Wed, Dec 19     | - Mt. Galbraith
|                 | - Roxborough South Rim/Willow
|                 | - Staunton State Park

| Wed, Dec 26     | - Grizzly Gulch
WILDERNESS FIRST AID COURSE (WFA)
MARCH 17 & 24

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a **two-day course** on March 17 and 24, 2019, at the AMC/CMC. An ECSI WFA two-year certification card is issued upon successful completion of the course. (The certification time period changed in 2018.) See [https://cmcdenver.org/schools-2/wilderness-first-aid](https://cmcdenver.org/schools-2/wilderness-first-aid) for more details about the course.

The course tuition is $100 and is available to all CMC members (Denver Group leaders can apply for SALT scholarships, which covers the cost of the class — see [https://goo.gl/DhBZfM](https://goo.gl/DhBZfM)). Registration sign-up will be available on December 15, 2019, on the CMC calendar at [https://www.cmc.org/Calendar.aspx](https://www.cmc.org/Calendar.aspx)

Additional WFA and WFA recertification/refresher classes will be available in 2019. Contact Jeff Flax, Denver Group WFA School Director, for more information about the course — [Jeff.Flax@gmail.com](mailto:Jeff.Flax@gmail.com).

CPR/AED FOR OUTDOOR RECREATIONISTS

DEC 5, JAN 29, MAR 11
(SIGN UP FOR ONE CLASS ONLY)

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering two separate 2.5 hour ECSI nationally certified CPR and AED (automated external defibrillator) evening classes at the AMC/CMC, on Wednesday, December 5th; Tuesday, January 29th; and Monday, March 11th (sign up for one class only). The classes are from 6:30 to 9:00. The class also covers information on how to relieve choking victims. The classes are posted for sign-up on CMC.org calendar. The tuition is $20 for the December class, and $30 for the January and March classes. A two-year CPR/AED certification is included with the class.

(Denver Group leaders can apply for SALT scholarships, which covers the cost of the class — see [https://goo.gl/DhBZfM](https://goo.gl/DhBZfM). For more information, contact Jeff Flax, Denver Group WFA School Director, at [Jeff.Flax@gmail.com](mailto:Jeff.Flax@gmail.com). Registration sign-up is available now on the CMC calendar at [https://www.cmc.org/Calendar.aspx](https://www.cmc.org/Calendar.aspx).
CONTEMPLATING THAT BEER...

"STOP BY A BAR AFTER A LONG RUN. A BEER OR TWO ALONG WITH WATER IS AS EFFECTIVE AT REHYDRATING YOU AS WATER ALONE."

~Journal of the International Society of Sports Nutrition

PLEASE Email YOUR photos to Maryann - tophillnews@gmail.com

CHRISTMAS BIKE TREE - ROTORUA, NEW ZEALAND
ROCKY MOUNTAIN OVER THE HILL GANG
A Section of the Colorado Mountain Club Denver Group

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www.rmothg.org/UploadedUserFiles/nlarchive.aspx
http://www.cmc.org/RMOTHG

SEE BOARD MINUTES
http://www.rmothg.org/BoardMinutes.aspx

READ BYLAWS

IF A FELLOW RMOTHG MEMBER HAS A SERIOUS ILLNESS,
INJURY, OR HAS PASSED AWAY,
please contact our RMOTHG
secretary to send a friendly note
to that member/member’s family