HOLIDAY PARTY!!
DECEMBER 8 ~ 3 PM

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

CMC BUILDING - 710 10TH ST, GOLDEN

JAY’S CABIN JOURNAL!
The transition from summer to winter has taken place! With multiple feet of snow in the foothills and mountains, winter activities are in full swing. Elaine Kallos and Jeff Flax have done a great job getting snowshoe hikes in full gear. Cross country trips will soon be added to the schedule. I hope you have the chance to join the leaders on a beautiful snowshoe/cross country trip in the foothills and mountains.

At the annual CMC Denver group dinner, two of our members were recognized for their service to RMOTHG. Honored at the dinner were Kirsten Tollefsen and Frank Burzynski. Kirsten has spent countless hours serving on the RMOTHG board several times plus additional hours leading bike trips. Frank is a very active hike and snowshoe leader, in addition to teaching photography. If you have the pleasure of being on one of Frank’s hikes, you can learn about the Ute Indians’ Prayer tree markers that dot our hillsides. You may also be treated to some of Frank’s pictures from the hike or snowshoe. Looking at them always bring back great memories of a day in the mountains.

I hope you have the annual Christmas party in your calendar. It is a great time to spend meeting with your RMOTHG buddies and sharing stories of the challenges you face on the trail. Be sure to remember to bring an unwrapped gift we deliver to the Action Center. Check the sign-up sheet to know what food to share with all based on your last name.

With the New Year coming up, a great New Year’s resolution would be to become a leader. Our leaders make this organization - the more we have, the better we will be.

I look forward to seeing you at the holiday party. Enjoy these great snow conditions on the trail. Happy holidays.

Scott Kramer
CMC 'QUICK STARTS' SEMINAR

Thursday 1/09/2020 - 6:30 PM

“Quick Starts” are a series of seminars that highlight topics about recreating in Colorado. They’re a great place to learn something new, or refresh something familiar!

HOT TIPS FOR WINTER WANDERING

https://www.cmc.org/Calendar/EventDetails.aspx?ID=49121

Location: Colorado Mountain Club, 710 10th Street, Golden, CO 80401 (Baker Room)
Time/Date: Thursday 1/09/19, 6:30 pm to 7:30 pm (Beer/Sparkling Water and Snacks for Early Arrivals: 6:00-6:25pm)
Cost: $10 members, $15 nonmembers, CMC Active* Trip Leaders: Free

Come hear CMC’s own Gyorgy Kereszti take on temperature regulation in the cold weather. Learn about keeping warm and why it matters. With winter upon us, how can we enjoy hiking and other outdoor pursuits. Gyorgy will address the basics of how to lose, retain and gain in the cold environment. How to dress effectively, how to prepare and be comfortable outside, how to “winterize” the 10 Essentials.

Gyorgy Kereszti has served as the Director of CMC’s Winter Camping School for many years. Gyorgy learned how to prepare and deal with cold/winter by spending countless days and nights out in the winter.

Come early for a brew, snacks and meet the speaker Gyorgy Kereszti.

Events

- DEC 8
  - HOLIDAY PARTY
- JAN 4, 2020
  - ATA (Avalanche Terrain Avoidance)
- FEB 1, 2020
  - ATA (Avalanche Terrain Avoidance)
December starts our official RMOTHG snowshoe season! We regularly say if you can walk, you can snowshoe and RMOTHG trips are a good way to start - because of flexible, fun-loving, supportive and patient fellow shoers/hikers! Newbie? Experienced? You’re both welcome! Most of our snowshoe and spike hikes are at a casual, relaxed pace for two hours out on scenic Colorado trails (We carry and use spikes for icy, hard-packed conditions.) We enjoy lunch together in a pretty spot, and return. Some of our leaders also offer more challenging, longer shoes/hikes. Elevation & snow depth can make a trip harder even when trail is flat, so feel free to call leaders when you need more details. We avoid avalanche terrain and safety is big with us, so we ask folks to come prepared with winter gear and equipment (No jeans or cotton – hypothermia issues,) the ten essentials which include water even in winter, a first aid kit, and id/meds/vital info.

Our trip schedules always depend on weather and road conditions which leaders check the day before a trip. We cancel trips if we don’t feel conditions or roads are safe enough to get you out and home, and yes, sometimes weather suddenly improves after cancelling, and we wish we’d been there! If you enjoy being outside getting healthy exercise in winter with lively, active others, we’d love to have you join us! If you’re not on the weekly email list, let Jeff Flax know at Jeff.Flax@gmail.com. Jeff sends emails of upcoming trips out on Fridays at 5 p.m. We look forward to snowshoeing or spike hiking with you this beautiful, Colorado winter!

TENTATIVE DECEMBER SNOWSHOE/SPIKE HIKE SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Hikes</th>
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| 12/04 | 1. Abyss Lake Trail  
2. Brainard Lake – Ski Trail to Waldrop |
| 12/10 | FULL MOON TRIP                                                      |
| 12/11 | 1. Horseshoe Trail Golden Gate St Park  
2. Evans Visitor Center  
3. Leader’s Choice |
| 12/18 | 1. O’Fallon Park  
2. North Rock Creek  
3. Holiday Caroling at Echo Lake |

CHRISTMAS WEEK: Leader’s Choice on Dec 23 or sometime Christmas week!
WHY I AM A TRIP LEADER

~ Ron Hileman

I knew that I would need to ratchet down from my vigorous hobbies of downhill skiing and expedition canoeing hobbies to less physically demanding hobbies. So, I joined the CMC photography section where Dan Orcutt and Frank Burzynski pressed me to get certified so I could lead some photography hikes. At the same time, I went on several hikes with Sue Henley who twisted my arm. I have made many friends on the 45 hikes I have led in the three years. It is a joy to share the great outdoors with very interesting people.
WILDERNESS FIRST AID COURSE (WFA)

MAR 15 & 22
(TWO DAY COURSE)

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a two-day course on March 15 and 22, 2020. The course will open for registration in early December on the CMC calendar at https://www.cmc.org/Calendar.aspx. An ECSI WFA two-year certification is issued upon successful completion of the course. (The certification time period changed in 2018.)

The 2020 course tuition is $125 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). Additional two-day WFA and one-day WFA refresher courses will be offered in 2020.

More information is available at https://cmcdenver.org/schools-2/wilderness-first-aid

Contact Jeff Flax, Denver Group WFA School Director, for more information about the WFA courses — Jeff.Flax@gmail.com.
IF YOU’VE GOT QUESTIONS…

WE’VE GOT ANSWERS…

This section of our monthly newsletter addresses comments and questions from the RMOTHG Fall 2018 Survey and from the membership at large. Please email questions you would like to see answered in this section to Janice Johnson at jajohnson1952@gmail.com.

Q: Why does RMOTHG think it is necessary to send out an e-mail every Friday to members on the hike e-mail list identifying the trips for the following Wednesday? I can understand why an e-mail notification is needed if we have a hike on a day other than Wednesday. But our hikers expect to see hikes every Wednesday. Why can’t they just look on the CMC website at 5pm on Friday without the e-mail notification?

A: According to Jeff Flax, hiking coordinator, the e-mail has a historical basis. Until this year, we did not open the trips for preview on Thursdays so the trips showed up for the very first time at 5:00pm on Fridays. Although many members are now going directly to the calendar to sign up, the email still serves our membership in several ways.

First, the practice of sending Friday emails serves as a reminder for members to sign up as quickly as possible. Given that we all have busy lives, it’s nice to get that reminder before the hikes fill up. I know it’s saved me from a waitlist position more than once.

Second, the email is a convenient way for members to see a short description of all of the hikes in one place, rather than clicking on each of the hikes on the calendar and then deciding which one to sign up for. This can save time for those who forget or don’t have the time to preview the hikes on Thursday.

Third, sometimes leaders don’t add their trips to the calendar until sometime on Friday. The Friday 5 pm email is a good way to make sure everyone knows about all of the trips available for the following Wednesday.

And FYI – there is no cost to send the Friday 5 pm emails!
PLEASE Email YOUR photos to Maryann - tophillnews@gmail.com

FUN PHOTOS

LAIR O’ THE BEAR

ROXBOROUGH

GRIZZLY GULCH

JOHNNY & HIS HAREM AT 3 SISTERS

GREAT HIKES!
ROCKY MOUNTAIN OVER THE HILL GANG
A Section of the Colorado Mountain Club Denver Group

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ACTIVITY COORDINATORS

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.

DOWNLOAD NEWSLETTER
http://www.CMCDenver.org
https://www.cmc.org/Groups/SpecialInterestSections/RMOTHG.aspx.

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

READ BYLAWS