



Rocky Mountain Over The Hill Gang

Hill Topics



Holiday Greetings to all RMOTHG Members:

December brings snow and the start of cold weather outdoor fun and warm indoor gatherings.

In this newsletter:

- A Reminder about the Holiday Party. Registration is closed but we had 114 members sign up to celebrate the season at Fossil Trace Golf Club!
- RMOTHG has a tradition of donating to a local charity during December. In following that tradition, the RMOTHG Board has designated the Food Bank of the Rockies as our recipient. AND members can donate virtually. See below for all details.
- We have switched over from the summer hiking season to our winter spike and snowshoe hikes. See below for comments from our winter hike coordinator Jeanne Eiss.
- A reminder about our January Book Club Meeting.
- At the November Board Meeting, new board officers were assigned. You can see the list at the end of this newsletter.

**RMOTHG will host the
Holiday Party at Fossil Trace
on December 7th from 3-5pm.**



Let's save paper! Wear your official RMOTHG name badge.

Don't have one? See below.

RMOTHG Holiday Donations

Share

[Join Team](#)

RMOTHG is a subsection of the Colorado Mountain Club

Join us in supporting Food Bank of the Rockies!

The RMOTHG Board is hosting a **virtual** food drive to help Food Bank of the Rockies feed families experiencing hunger. This fundraiser is in keeping with our tradition of donating to a charity at our annual Holiday Party. This year we've gone digital so that all may contribute. Will you help us and contribute to this important cause? Did you know Food Bank of the Rockies can provide enough food for three meals with every \$1 donated? Even a small donation can make a difference when you give through this virtual food drive. Click the Donate button to make your gift. The Food Bank of the Rockies serves all the food banks in the entire metro area so by supporting it you are also supporting your local food bank.

<https://fundraise.foodbankrockies.org/p2p/site/87SP5/page/rGS2qM>

If you wish to remain anonymous you can check the box on the donor page. Also if you do not want to receive further communication from Food Bank of the Rockies, there is an opt-out check-box options.



SNOWSHOE & SPIKE HIKES!

submitted by our Winter Hike coordinator Jeanne Eiss (pronounced 'ice"!)

Welcome to December and Winter Hiking & Snowshoeing!!! Let's all cross

our fingers and toes and wear our pajamas inside out (that's what we were told to do when I worked in an elementary school to make a snow day happen) so that we'll get plenty of snow this season!

As you dust off your snowshoes, practice strapping them onto your boots and make sure they're adjusted good and tight. As you clean off last year's grime from your spikes, quickly make sure those tiny teeth/mini-crampons are nice and sharp, if not, replace them, it's cheap insurance!!!

Do you want to be able to select a SNOWSHOE TRIP off the CMC calendar with confidence??? The **CMC Beginner Snowshoe School** will begin registration December 15th and it's FREE!!! Learn about snowshoe selection and fit, appropriate dress and keeping warm, prepping for a trip, trail techniques, breaking trail, and fall recovery. Click on this link to learn more - and then join in the fun!

<https://www.cmc.org/groups-sections/front-range-groups/denver/course-templates/beginner-snowshoe-school-denver/beginner-snowshoe-school-2026>

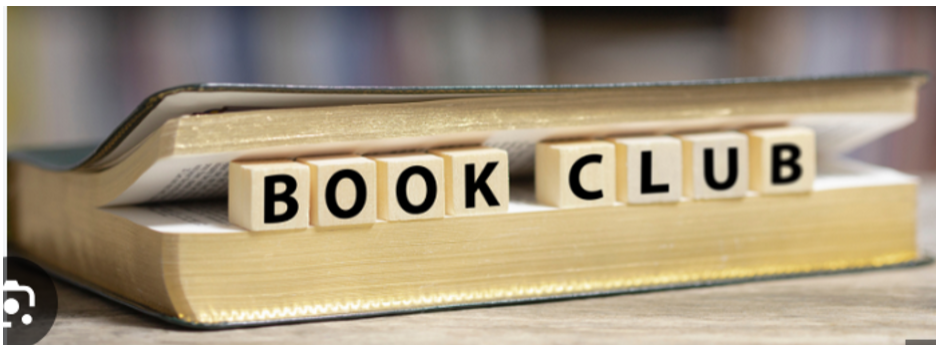
Here are some helpful tips to try when walking on ice:

Wear MICROspikes as they have tiny "crampons" that actually dig into the ice and use trekking poles.

When on the ice, keep your body's center of gravity directly over your feet with knees slightly bent and/or dig in by stomping your feet!!!

Be aware of surfaces, look ahead for potential hazards like black ice, shady areas, wood surfaces (they can be quite slippery)

Now go hit the trail!!! ... Jeanne Eiss



RMOTHG Book Club

We would like to start an RMOTHG book club! Our first book is *The Magnificent Mountain Women; Adventures in the Colorado Rockies* by Janet Robertson. This book was selected to celebrate the first women mountaineers in Colorado, many of whom were active in the

Colorado Mountain Club. All are welcome to the first book discussion in January. This is the pre-announcement so you can get the book and start reading now as the holidays are quickly closing in. More details will come in the January newsletter.



Free name badges for RMOTHG members

We are 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. [Click here to order name badge set](#)

RMOTHG Board Members 2025-2026

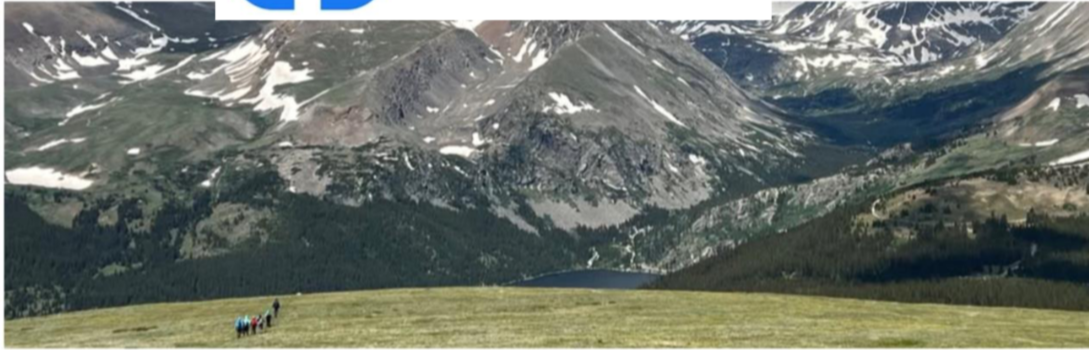
Co-Chairs	LeAnn Donovan and Linda Dermyer
Vice-Chair	unfilled
Treasurer	LeAnn Donovan and Teresa Brandon
Secretary	Andrew MacGregor
Membership	Elaine Shirley
Social Chair	Ginny Gelbach
Communications & Newsletter	Coleen Miller and Linda Dermyer
Denver Group Laison	Kathy Crawford
Member at Large	Jerry Clayton
Member at Large	unfilled

RMOTHG Activity Coordinators

Biking	Carol Wier
Cross Country Skiing	Andrew MacGregor
Summer Hiking	Tim Lane Jeff Flax
Snowshoe/Winter Travel	Jeanne Eiss Jeff Flax



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Rocky Mountain Over the Hill Gang

Private group · 6 members



+ Invite

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