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## AYH Golden Triangle



PITTSBURGH COUNCIL
AMERICAN YOUTH HOSTELS

JANUARY December 1986 VOLUME 38 NUMBER 1



# PITTSBURGH COUNCIL AMERICAN YOUTH HOSTELS 6300 FIFTH AVENUE PITTSBURGH, PA. 15232

AYH Headquarters is located at 8300 Fifth Averue, must to the Pittsburgh Center for the Arta. Open House is held every Thursday evening. The building opens at about 8 pm and the slide show starts at 8:15. Heakly trip evaluations are made immediatly following the slide show. Come out and join us!

AYH PROGRAMS FOR JANUARY 1987

January 1: Have a Safe Holiday and Visit AYH Next Week For Our First Program of 1987.

January &: Let's Go Cross-Country Skiing With Fred Parker and Friends

January 15: Climb the Rugged Seutooth Mountains with Glern Oster

January 22: Come Enjoy a Colourful Seling Movie Tonight!

January 29: Hike Along Some of the 900 Miles of Florida Trails with Cliff and Marilyn Ham.

#### NEW PASS SELLING AGENCY

You can now buy (or remen) your AYH membership at: Travel Agents International 1746 Machington Road Upper St. Clair, PA 15241

Gravel Agents International is located near South Hills Willage Shapping Center. Find out what hours they're open by calling (412) 835-8070.

#### CAMPUS DISTRIBUTORS SOUGHT.

The Pittsburg Council of AMM is looking for students or teachers throughout the estimate Permaylvania and northern West Wirginia to help post/display NYM info on compuses. This would take very little time and would help spread the word about AYM. If you think you could help with posters, brockers, newletters, etc., please drop us a line describing your locale and reads. Writes AYM HELP, 6300 Fifth Ave., Pittsburgh, PA 15232.

#### DANGARY ACTIVITIES BOARD MEETING

The Activities Shard will meet January 7th at 8 pm. The meeting will be held at the "Fireplace Lounge Room" at the Racquet Club at Monroeville Mail. All interested AYM members are selected to attend. For more info, call Joe Moschner at 373-3403.

#### AYH MEMBERSHIP APPLICATION

AYH memberships are available at Open House meetings on Thursday nights. If you cannot attend a meeting fill out the application below and send it along with \$1.00 to cover postage for each membership ordered and your check made payable to Pittsburgh Council, AYH, to:

AYH Membership 6300 Fifth Avenue Pittsburgh, PA 15232

Allow 3-4 weeks for delivery of your hosteling pass. Membership also sells <u>International Hostel Guide</u> to Europe for \$8.00 by mail or \$7.00 at Headquarters.

Note: Memberships run from Oct. 1st to Dec. 31st of the following calendar year.

Amount and Membership Types Available (check one):

	\$10.00 Junior (17 years and under).
	\$10.00 Senior Citizen (60 years and over).
	\$20.00 Senior (18 years and over).
	\$50.00 3 year Senior (18 and over).
	\$30.00 Family (includes children under 18 yrs.)
	\$200.00 Life (Individual lifetime membership).
Tipe or	\$18.00 Foreign Nationals (including Canadians).
	X \$1.00 Postage (for each membership ordered).
100	The same of the sa

CITY	STATE		ZIP	
PHONE. ( )				
BIRTHDATE Month		Day		Year_

#### MEMBERSHIP BENEFITS:

International Hostel Membership Card

USA Mostel Handbook
"The Knapsack", National AYH Travel Newsletter
"The Golden Triangle" Pittsburgh Council Monthly News
Open House every Thursday night at 8pm at Headquarters
Access to national programs and leadership training

THE GOLDEN TRIANGLE

February Issue Deadlines: January 8 all submissions

January 29 Production

Lake team of their

March Issue Deadlines: February 12 all submissions

February 26 Production

The GOLDEN TRIANGLE is the monthly publication of the Pittsburgh Council of American Youth Hostels. Contents are at the discretion of the editor.

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#### A SHORT FEISTY NOTE

Bids and piecest to Langratulations to Fred and Chris Parker, who had one of the nicest wattings that I've ever attended. And that church... you sure could hang a lot of namoes from those rafters!

and I though that Harriet Ann Seiner and Steve Martin (bouquet and parter catchers, respectively) made a unique couple at the Parker sedding. Also, former Pittsburgher Donna Leban looks good in real clottes (I lest saw her in a Halloween costume)!

\*\* X\_C Ski lips In all the rush to get ready for a x-c trip -- proper clothing, wax, hip bag, hat, gloves, etc. - remember to put in your skisi

\*\*Thanks to Bill Johnston and Elaine Mormer for organizing this year's clackwater falls weekend. I know that they've invested a lot of time and effort towards making it a success.

\*\* Do pecole in other AYH councils really take themselves as seriously and I think they do?

- January Comping Tip: Don't! (It's cold outside!)



#### WHITHER THE PITTSBURGH COUNCIL?

The Board of Directors, as a result of the work of the Goals Committee, will soon deliberate the future and structure of the Council. Your input is welcome. Some of the questions to be considered: Is our present two-board system serving our administrative needs? What structures will be needed to serve our projected growth? In particular, should we look to hiring paid staff in the future?

Some of the debate will surely center on a recent proposal to reconize the existing split in the nature of our membership by creating a "Hostel Club," whose members, for half the usual fee, would have only local membership benefits. (They could go on trips, but could not independently stay in hostels.) The discussion will be lively. Is not see all to played an

If you would like to express an opinion, written statements are due to Cathy Lynch by January 6th (to allow time to reproduce them for the meeting). Or if you prefer, you may express your views to any member of the Board of Directors before January 14th, the date of the meeting.

Major changes, if there are any, will be referred to the Activities Board and the membership before they are enacted. Members of the Board of Directors are Barry Govenor, Don Hoecker, Mike Hurwitz Bill Johnston, Larry Laude, Cathy Lynch and Roy Weil.

#### OUTLETS NEEDED

Does your favorite outfitter, bookstore, gift shop, park info center, etc. carry our guidebooks? Not if they don't know about AYH.

Publicity chairman Joe Hoechner is looking to "spread the word" about our AYH canoeing guide, hiking guide, AYH Outdoor Food Book etc. If you can provide him with a complete name and address of potential outlets he can send sale information their way. Keep in mind that most our books are of local interest. Our "AYH Food Book" is an item which could be sold nationwide. Contact Joe Hoechner at Headquarters on Thursday nights or call 373-3403.

#### BIKE/FED Lives!

It's back! After several years of relative inactivity, the Bicycling Federation of Pennsylvania has been reactivated and is gearing up to work toward improving bicycling in the state. Bike/Fed is an organization of individual/family bikers, bike clubs, bike shops, and bicycle suppliers. Its mission is to do what these people/groups cannot do seperately... It keeps a legislative watch on the government to make sure laws and regulations are in cyclists interest. They publish a quarterly newsletter with "news you can use." Membership costs \$5/year for individuals/families, \$10.00 for clubs and shops. Write: Bike/Fed, 413 Appletree Rd., Camp Hill, PA 17011. Include your name, address and phone number.

(Please read this!)

At the November Board of Directors meeting the 4987 budget was passed with some minor changes; primarily additions to the membership budget for the purchase of a portable computer and to the publicity budget to permit the publicity chair to attend the Eastern Region AYH meetings. Cathy Lynch was elected as Chairperson of the Board of Directors and Barry Govenor was elected as Vice - Chairperson.

At the National AYH Council Meeting: Joe Hoechner, Bill Johnston and I attended the National Council meeting in Florida the weekend before Thankspiving. We attended interesting workshops on computerizing membership, on managing hostels, on the new AYH travel agency and several others. But there were also several vital ones that we could not attend because we did not have enough people there. I plan to ask the Board to fund travel for at least five people to next year's meeting in Boston. We also had an opportunity to interview three people for a possible short-term internship with our council. During the business meetings, motions passed that are relevant to our council. These include: the draft Strategic Plan was adopted, the three year membership was replaced with a new two year membership for \$30, "junior" memberships will now be called "youth" memberships and the "senior" memberships will now be called "adult" memberships, a task force was formed to recommend a new hostel charter agreement, and finally, the two-night \$5 quest membership for hostels has been replaced with a \$3 one-might guest membership and will be implemented nationwide.

PLEASE READ THIS! At the January Board of Directors meeting we will be considering a possible reorganization of Pittsburgh Council. One possibility is the Pittsburgh Outdoor Club idea proposed by Joe Hoechner. This would be a "hostel club" as defined by National AYH, and would permit people to participate in Council activities as a member for a reduced annual membership fee of \$10, instead of the \$20 now charged for a full membership. The Pittsburgh Outdoor Club members would get this newsletter, but not the Knapsack, or the hostel handbook, and they would not be able to stay at hostels unless they purchase a quest membership or a full membership. Please think about this and give your comments to me or any member of the Board of Dir-...Larry Laude 665-9554 ectors.



THE PRESIDENT'S CORNER

We couldn't get past the prairie dog town near Devil's Tower -- nor any other prairie dog town for that matter. Pat Tieman would never have forgiven me.

The Jagged Sawtooth Mountains, Part III continued

Lunch at Sundance, Wyoming will stick in my memory, or rather the look of incredulity on the waitress' face when David Ruppel. our 18 year old star hiker, ordered a second full meal -- and dessert. (His lunch cost three times as much as mine) Her reaction was, "Oh my gosh -- I have an eleven year old son, is this what I have to look forward to? I'll be put in the poor house!"

On to Mt. Rushmore. Those who hadn't seen it before were impressed, and for the others it provided a chance to see things missed on earlier visits. The presidents' heads were sunlit just enough for photos.

We got away from Rushmore on time and returned to I-90 on our way to the Bedlands. By the time we arrived the sun was shining intensely on that wast scene of rugged but picturesque land of wall to wall erosion. On our way back to I-90, we stopped to visit another prairie dog town. They popped up everywhere. Curious, happy little creatures.

And who can get by that part of the country without visiting Wall Drugs -- I'd have had a full blown mutiny on my hands. Dinner there and on to Belvidere for a night's rest.

We were at the eastern extremity of the Rocky Mountain time zone and it was singular to see how bright the morning light was when one Bill Johnston sounded the rise and shine alarm at 5:10. We got an early start and made good time on the last leg of our journey. We reached home by early afternoon the following day, several hours ahead of schedule.

As I reflect on the trip, it was super. Tough, but truly rewarding. And a more congenial group you could never find to travel and hike with -- 5,000 miles of travel and 70 miles of hiking including 11,000 feet of climbs and a corresponding 11,000 feet of descents - and everyone remarkably cooperative and good natured. It was fun! Now, what will we do for an encore?

Glenn Oster October 7, 1986



#### THE JAGGED SAWTOOTH MOUNTAINS

#### Part III

\*This is the concluding article by Glenn Oster in a three-part narrative of a backpacking trip that a group of AYH members made to the Sawtooth Wilderness in Idaho last July.

On the way to Yellowstone we went by Lewis Falls and Lewis Lake, stopped to photograph a big bull moose and later plenty of elk. In fact, moose and elk became so common that we quit stopping. Last year we saw no moose and only three elk — and they were hundreds of yards away. However, this year we saw no buffalo whereas they were out doing their thing in various sections of the park last year.

Old Faithful made a very good showing against a blue sky—
the pictures everyone took turned out very well. From there we headed
to West Yellowstone (no campsites available in established park camparounds and we could get no permits to hike in a short distance for
a backcountry site) to a commercial campground.

Then came dinner at Rustler's Roost and a tour of the tour.

Just try to get a group like this gathered up when they are visiting best in user, backpacking and book stores, gift shops and soft ice grant stores.

The weather the next day was heavily overcast and raining at the chich jaded our views of Firehole River Falls, Gibbon Falls, further Geyser dasin, Mammoth Hot Springs, the petrified tree and ower Falls (the time honored large rock at the top of Tower Falls has fallen). The great Yellowstone Falls and the colorful valley are just not the same in overcast and rainy conditions. We visited the Mud Volcano area with all its fury and headed for Yellowstone lake - by now beautiful in sunlight - and on East to Wyoming across a truly scenic mountain and along high red rock cliffs eroded into strange shapes.

At Eddy we had dinner at the White Buffalo and drove on to Sheridan - you should have heard the songfest - Rick prodded us with meindies and Tom Kaveney knew songs none of us had ever heard. It was fun.

Dropping down about 5,000' from the high mountain to Sheridan was something I'll always remember. I want to do it again sometime in daylight.

The next day was our last day of sightseeing before the long push home. We made it to Devil's Tower before lunch and our climbers were entranced. There's no doubt in my mind that next year will see a combined backpacking and climbing expedition. They'd probably ski too if the season would just change a little for them.

"Whose woods these are I think I know His house is in the village though; He will not see me stopping here To watch his woods fill up with snow"

Many of us memorized this famous poem by Robert Frost and have dreamed of this serene winter scene. It's especially appealing after the hectic shopping and partying of the Holidays or after frustrating days at work. But why only dream of snowy woods? Why not go to "Robert Frost Country"? Exercise and relaxation work wonders for stress and "post holiday blues". What better way to indulge in them both than to take a ski vacation to romantic Stowe, Vermont!

There's a Youth Hostel/Ski Lodge located only a few miles from the center of town. And there are plenty of opportunities there for both exercise and relaxation. Magestic Mt. Mansfield looms in the background and begsto to be contemplated or skied. Nearby pristene wooded tracked trails long to share their serenity with a harried traveler. There are sleigh rides and ice skating, and lots of old-fashioned country stores in Stowe. In the hostel, there are two cosy common rooms with working fireplaces to ward those frigid toes and fingers and soothe that aching body. And you needn't be concerned about meals on this vacation because the overnight fee of \$24 includes breakfast and dinner.

So pick up that overstressed, overworked and overweight body and take it to Stowe where you can enjoy the beauty of winter.

For more information about the hostel in Stowe, contact Cheryl Arnold, c/o Pittsburgh Council AYH or call or write:

Hanford Ferris, Hostel Manager Vermont State Ski Dorm RD 1, Box 2030 Mountain Road Stowe, Vermont (802)253-4010 or 253-4014

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New Year's Resolution #428: SKI — Don't Shuffle!

Concentrate on getting your weight up and over the gliding ski
to hat you're actually skiing on one ski at a time. This requires
halonce, out too often we incorrectly use the nois plant for this
malence. Instead, after the kick, shift your weight out over the
bliding ski before planting the pale. Then, plant your pole to
continue the momentum of the glide chile keeping that skt flat.

Films of skiing greats like Sweden's Gunde Svan, show now only to the experts get good weight shift up and over the gliding ski, at that they ride a flat ski as well. Swen looks like a flamingo liding on one foot — no woobles and no muscles move until he plants he pole to continue the gliding momentum prior to kicking to start in whight shift to the other ski. A flat ski milks the momentum has adding generates friction and slows you down.

our shoes! Are they worn down on the inside or outside? While the ing or walking are your feet parallel, or to your toes point the in? Skiing all day or even for an hour or two on parallel racks will be much more tiring for those whose tody is not proved while the parallel tracks will be much more tiring for those whose tody is not proved without. Next time you're standing in line, driving, sitting, an alking, get those feet parallel and flat. Went to practice talance? then one foot, then close your eyes. Or, when walking, palse were one foot before shifting your weight and pausing over the other out A religious track or any other type of balance beam makes this has even more effective.

Practicing weight shift, balance, or riding a flat ski doesn't eed snow - just some imagination!



tell-period estimics by Class - Date one of the training the training of the manufacture parts on the any to Vallout was not by the Falls and Louis Lucy AND EQUIPM the stated surf of the gary had have a sout average estable and define his middless suffices and entremitat from in en a ni cotto es atlanes on Jag blues es bos Monara. 11 he want from test bate

ONSATRIAN SHOULD SEE CANAL ON

Lou Conley 681-8321 Ray Yutzy 341-5682

There will be no scheduled AYH trips between September and May. Trips may be organized informally at the Thursday night open house meetings by those who are properly equipped for cold weather paddling.

#### CROSS-COUNTRY SKIING

Rick Ulaky 422-0849 Fred Parker 824-2638 Steve Tubbs 751-2158

All cross-country ski trips are on a "no snow, no go" basis. Most trips leave AYH HQ at 8:30 am. Contact trip leaders for details and ski rentals. In addition to listed trips, there is Thursday evening skiing in Mellon Park from 6:30. Your XC-ski leader may only be able to unlock the back door of HQ, so walk around. Please bring wet skiis through the back door; don't drip them all over the carpet. Attention all XC-ski leaders: There are first aid kits stored in the XC boot cabinet.



## A LITTLE OF EVERYTHING!

Pittsburgh, Pa. 15237 PENDELTON, DUXBAK, Phone 364-5006 AND TURTLE NECKS

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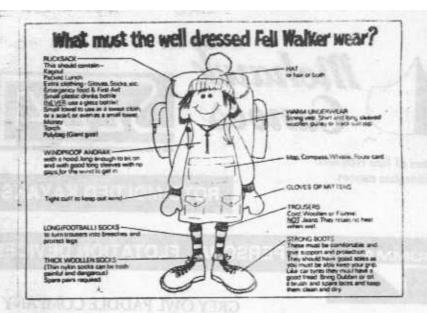






ALCORT SAILBOATS INCORPORATED





#### TRANSLATION:

Fell Walker: Hiker who is crossing the bleak, treeless ridge

tops found in the upland moors.

Kapoul: A hooded windbreaker, "water resistant".

Torch: A flashlight.

Anorak: A step above the kagoul in that it's a pullover,

long, waterproof jacket. (Along the lines of our rain poncho, but without all the material

to flap in the wind.)

Breeches: What we would call "knickers" (Totally different

meaning in England!).

All of the above is for hiking during the brief <u>summer</u> season. Translated from the English by Joe Hoechner.

<u>HELP WANTED</u>: Summer Camp Director - nine week season. Contact Lynn Caffrey, Girl Scouts of Southwestern PA, (412) 566-2570.

THE NEXT AYH FLEA MARKET FOR OUTDOOR GEAR IS THE SECOND THURSDAY

IN MAY!



#### BACKPACKING

Ben Bruguens 736-2751

Plan Your bilderness backpacking Veration Now Hike the scenic Sangre de Cristo Mountains in New Mexico's rudued Pecos Wilderness -- Intermediate/Advanced - 7 to 8 miles per day at elevations ranging from 10,200' to 12,400' with a lay-over day to enjoy the HorseShoe Lake. Travelling will be part of the fun - car carping out and back. Visit such interesting places as Mammoth Cate; Taos, N.M.; Painted Desert; Petrified National Forest; Canyon de Chelly; Four Corners; Mesa Verde (cliff dwellers); the beautiful San Juans; Aspen; Maroon Bells; Garden of the Gods and (time permitting) Pike's Peak. We'll also break up the travelling with day hikes in Natural Bridges National Monument in Otah and the Black Canyon of the Gunnison in Coloredo.

We will leave Pittsburgh on Friday evening, June 19 and return on Saturday, July 4, 1987. Should be inexpensive. Trip will be limited to eight hikers. Last year's roster filled up quickly, so sign up early. For info and reservation, call Glenn Oster at 364-2864h or 234-3967w.

#### CAVING

John Popp 885-2126 Paul Herre -653-7934 Roy Provins 784-9127

#### CLIMBING

Eric Bauer 687-0766 Dale Vilsack 343-8379 Gary Simmons 327-8338

Climbing during the winter tends toward unofficial pickup style trips since the weather (and the climbers) are unpredictable.

Climbers start to go into hibernation right about now and are likely to be found in their favorite cave, the Evergreen Bar (on Penn Avenue near South Braddock), after the regular Thursday night meeting.

#### HIKING

Dan Martt 921-4638 Kathy Pacacha 363-2228h 687-2234w

#### Hiking Hint:

Suggested hiking equipment includes adequate footwear, raingear, water, lunch, hat, and clothing for the season. Please be in contact with the group leader for any special requirements.

HET AND WONDERFUL IDEAS !!!!

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PA 935-6667

#### TRIPS & TRAILS

ity. Trip costs include transportation, rentals, and a 75g registration fee (50g per half day or evening). IN ADDITION non-members are charged \$1.50 per day, which may be deducted from the cost of numbership when joining AYH. The registration fee covers insurance \$1.000 medical/\$1000 accidental death or dismemberment).

And trips are led by competent people who volunteer their time and records to financial reimbursement. If you'd like to go on an An trip, carefully peruse the trip calendar, then look under the solivity write up, where you may find more information. After you've read over everything, call the trip leader to reserve space on a trip.

Talk things over with the trip leader. Find out what you need to bring. Auk where you'll be going. How late will you arrive home? that is all this going to cost you? Remember, AYH trip registration runs for pur day for members, \$2.25 for non-members. You are expected to tring arough money with you to cover carpool, registration, equipment retail, and any other expenses (we often stop at a restaurant



STUCK IN A RUT?

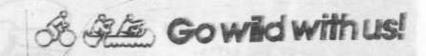
Get out of that rut by planning your 1987 vacation with WORLD ADVENTURE! See the WORLD ADVENTURE 1987 catalog for great cycling and hiking trips in this country and abroad. Take an AYH van trip or ski in faraway mountains.

Get you copy at AYH headquarters or send 88¢ in stamps to: AYH World Adventure, 6300 Fifth Ave., Pittsburgh, PA 15232 QUESTIONS: call Marilyn Ham at 687-4520 or Bill Johnston at 687-4893. Get out of your rut and put an AYH trip in your future!



### PITTSBURGH COUNCIL AMERICAN YOUTH HOSTELS

## TRIPS



DATE	DAY	ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
3	Sat	- Ski	All	Rick Ulaky	422-0849	8:30	
4	Sun	Ski	All	Fred Parker	824-2638	8:30	956-4713
4	Sun	Snowshoe/ Hike	Begin	Blanche Asherman	828-6158	8:00	Snowshoe in the Quebec Run Wild Area. Call for information.
10	Sat	Ski	A11	Judy Menosky	242-1573	8:30"	The state of the s
11	Sun	Ski	All -	Eric Bauer	687-0766	8:30	The same that he was an arranged to the same and the same
11	Sun	Hike	Int	Ben Brugmans	736-2751	8:00	Hike in Ohiopyle.
17	Sat	Ski	Inter	Norm Snyder	351-4068	8:30	Ski until dark.
16-18	FSS	Skl	All	Elaine Mormer	521-6404		Blackwater Falls Weekend. SOLD OUT. Those going by bus the bus <a href="Leaves">1eaves</a> headquarters at 6:30 sharp and Allegheny County Airport at 7:00 sharp.
17–18	SS	Backpack	Easy	Glenn Oster	364-2864h 234-3967w	7±30	Hike the Hickory Creek Trail in the recently designated Hickory Creek Wilderness. Call for info and reservations.
17-	Sat	Hike .	Int	Den Mertt	921-4538	8:00	Hike the Roaring Run Nature Reserve on the west slope of the Laurel Ridge.
18	Sun	Sk1	all	Cliff Ham	687-4520	8:30	
18	Sun	Hike	Easy	Wendell Phillips	831-2606	8:00	Hike section 8 of the Baker Trail.
24	Sat	Ski	Novice/ Inter	Joe Hoechner	373-3403	8:30	
24 .	Sat	Hike	Int	Glenn Oster	364-2864h 234-3967ы		Enjoy Moraine State Park in winter. Call for info and reservations.
25	Sun	Ski	All	Bill Johnston	687-4893	8:30	2 2 4 5 Will Will Million and College United Million
30-1	FSS	Ski	All	Bill Johnston	687-4893		Wilderness Lodge Weekend. SOLD OUT. Drivers check with Bill for directions.
31	Sat	Ski	All	Chuck & Lynn Ejzak		8:30	
Feb 1	Sun	Ski	All	Joel Platt	421-4446	B:30	
Feb 1	Sun	Hike	Easy	Ben Brugmans	736-1751	SEL	Groundhog Day hike with Park Naturalist at North Park.