



Lift Lines



Volume 4 Issue 1

Bucks Mount Ski & Snowboard Club

January 2000



Wayne C. MacMath
President

Happy Holidays, Merry Christmas, Happy Hanukkah, Seasons Greetings, Happy New Year. Hope no one was slighted, just trying to be politically correct.

Greetings from the MacMath family, (together for about one month anyway), and Best Wishes and Many Happy Returns to all from the Bucks Mount Ski Club. As I have reiterated on numerous occasions before, **you are the greatest.**

As you share the holidays with your family be ever mindful of how lucky we are to live where we do and to have the freedom to choose what we enjoy doing. If possible, take the time to share either your time or your money with someone less fortunate.

The Bucks Mount Ski Club does not expect to suffer any serious side effects from the Y2K bug. We have withdrawn the treasury money for safekeeping, knowing that the banks may not reopen on time. However, if you visit our website and see Vern or me on a warm Caribbean Island, fear not, for your money is safe. We'll return in time for the first trip.

Ski season is here again. Let us rejoice together and thank the Snow Gods for their generous gifts of white powder. Soon we will be together on the slopes, enjoying each other's company, swapping stories about our greatest fall or a run of the day. See you soon. Remember, lifts open at 8:30 and close at 4:00. No wimps – the Death March is back!!



Our 31st Year

Discount Lift Tickets

Save \$10 or more off your lift ticket for Blue Mountain, Montage, Elk, Jack Frost and Big Boulder by purchasing discount lift tickets. The tickets are for weekdays (they can be upgraded for weekends at the ticket window) and are good for the 1999/2000 ski season. Carol Evans (215) 443-0959 will have a supply of tickets at our meetings. Unused tickets are refundable before the end of the season.

Free Lift Tickets

A prize of one free lift ticket to each of the two people who bring in the most new members by January 19th. Let us know which trip you want to use the prize on and we'll arrange your free day of skiing!

Membership

The 1999-2000 ski season is off and running. Our eight meetings this Fall have been well attended by the regular membership and by many new and prospective members as well.

We thank everyone for spreading the word by putting out flyers and brochures about the club. Membership now stands at 149 and is still growing.

Applications for membership can be obtained through Vern Shaw, Treasurer; Rita Murtha, Secretary; or Maureen MacMath, Trip Director.

Renewal Rates*:	\$15.00 single
	\$25.00 family
New Member Rates:	\$20.00 single
	\$35.00 family

* This rate applied only until the first meeting, which was held on 9/22.

2000 Club Meeting Schedule



Save Me

- January 5----- Pizza & Beer Night meeting starts at 8:30
(7:15 Pre Tignes Trip)
- January 19 ----- Hoagie Night
- February 2 ----- Nachos & Wings Night
- February 16 ----- Italian Sausage Night
- March 1 ----- Hors d'Oeuvres Night
- March 22----- Sundae Night on Wednesday

Meetings start at 8:30 pm at the Jesse Soby American Legion Post
Richardson & Bellevue Avenues, Langhorne, PA
Members and non-members are all welcome to attend.

2000 Ski Trips

All day/weekend ski trips include lift tickets, transportation on a lavatory equipped bus, videos and refreshments on the bus, driver tip, lodging, meals, and a box dinner on the return trip home. All weekend trips will depart at 5:00 pm (Quebec-Eastern Province trip at 2:00 pm) from the *Pizza Hut* in Fairless Hills Shopping Center. Most accommodations can be priced for double, triple or quad occupancy. Please indicate your choice on the waiver form when you sign up.

Children 18 years or younger may qualify for rate reductions when staying with their parents. Agreements with lodges vary, so check with Maureen to see what is most beneficial to your family.

PLEASE NOTE that you must be a member to go on overnight ski trips and you must fill out a color-coded waiver form with your initial deposit. **If you make the required 50% deposit 60 days in advance of the trip, you may take a \$10 discount off of the total cost of each weekend trip. Balance is due a minimum of 2 weeks prior to departure.**

Rates listed are per person, tax and gratuities included.

TIGNES, FRANCE	FULL	January 14 - 23
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\$1,504 Single \$1,344 Double \$1,277 Triple \$1,184 Quad

Return to the extraordinary L'Espace Killy – the combined resorts of Tignes and Val d'Isère, with over 100 lifts and 25,000 acres spreading across 6 valleys. An endless choice of ski trails abounds for skiers of all abilities: from the high alpine glaciers to the village below the Tignes dam. We will be staying at the ski-in, ski-out three-star plus Village Montana Hotel. A huge breakfast buffet will be served daily and in the evening gourmet French dinners. Relax in the heated outdoor pool, jacuzzi and saunas. Our last night will be in the beautiful old, historic city of Geneva, Switzerland. A \$350 deposit is due now to hold your reservation.

SUGARBUSH, VT	DRIVE UPS AVAILABLE – BUS FULL	January 21-23
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\$342 Double

Ski 2 days. Six mountains of legendary terrain for everyone. Walk to lifts, shops and entertainment from our condos in the Sugarbush South Village. Relax in the Castlerock or Village Gate condos. Breakfast and dinner at *Chez Henri*. A \$170 deposit holds your reservation.

OKEMO, VT	FULL	February 4-6
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\$310 Double \$303 Triple/Quad

Ski 2 days. Named #1 in the East for grooming by *Snow Country* readers, Okemo boasts nearly 100 trails for skiing and riding. We are happy to return to Trudy Dostal's Austrian style lodge. We have always enjoyed her exceptional meals and warm hospitality. Relax in the cozy lounge or make use of the jacuzzis, indoor pool, ping-pong or pool tables. A \$150 deposit holds your reservation.

SUNDAY RIVER, ME and WILDCAT, NH	OPENINGS	February 18 - 21
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\$384 Double \$376 Triple \$368 Quad

Ski 3 days. The first 2 days explore the 8 peak expanses of Sunday River. The third day relax at scenic Wildcat Mt. This is the 11th year for this Washington's Birthday favorite. Town and Country Motor Inn hosts us with spacious rooms, indoor pool, hot tub, bar and entertainment. A \$200 deposit holds your reservation.

ELK MOUNTAIN, PA	Rita says "seats are going fast". - OPENINGS	February 25
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\$55 Per Person

Ski one day at Pennsylvania's best. Enjoy uncrowded Friday slopes and good company. Price includes bus, lift ticket, juice, Danish and snacks.

MTS. ORFORD and SUTTON, CANADA and JAY PEAK, VT	FULL	March 9-12
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\$298 Double \$268 Triple \$248 Quad

Ski 3 days. Enjoy the great price because of the current Canadian rate of exchange. Our hosts: *une hospitalite de grande classe* at the Auberge Estrimont. They are sending a 58 passenger bus down for us. We will leave at 2:00 pm on Thursday, head straight up Interstate 91 entering the Eastern Townships of Quebec. This location is favored with the most snowfall in the East. All 3 are as known for their glades. A \$150 deposit holds your reservation.

Tales from the Grave

The Death March Is Named

It was a cold, miserable day in New Hampshire (either Wildcat or Attitash Mountain) somewhere between 1990 and 1992. I dragged Donna Theis in for a hot chocolate break. While we were sitting there, Wayne came in followed by a line of wet and frozen people that stretched from the door right on through the cafeteria line. Wayne greeted us and told us they were getting lunch but not stopping to eat in. Vern came along at the end of the line dragging one leg and he looked over at us and said "We're on the Death March..." Donna probably was wishing she was part of that group rather than having hot chocolate with me, but I was very content to be watching them from my warm, comfortable seat.

~ Jill Neffle

I believe it was a bitter, cold day in February at Wildcat some years ago. We rode the first chair up the mountain that morning. About lunch time, after numerous skiers, who had started with the group (led by Mr. MacMath) had fallen by the wayside, we were allowed to walk (march) through the ski lodge (in one end and out the other – NO STOPPING!!!) to get warm. The afternoon is a blur. Never have so few skied so long and gone so far.

~Vern Shaw

Waiting List for Trips

Note: If you find out a trip is full, call Maureen to get put on the waiting list. Depending on the type of vacancy, it is not unusual to go thru a list looking for someone who can fill the spot.



Dick Hagen after a tiresome week of skiing.

Final Payment Due

Final payments for ski trips are as follows:

- January 5 – Sugarbush
- January 19 – Okemo
- February 2 – Sunday River
- February 16 – Elk and Canada

Please make your check payable to the "Bucks Mount Ski & Snowboard Club" and give your payment to Wayne MacMath at the meeting or mail it to him at: 3435 Oakmont St., Philadelphia, PA 19136.

Take a Hot Chocolate Break

Skiers should know that a majority of injuries occur in the afternoon when the snow conditions change and when fatigue sets in. Therefore, good advice for avoiding ski injuries is to stop for a mid-afternoon cup of hot chocolate and get off the hill if you're tired or if snow conditions are bad.

Rule of Threes for Those Who Ski

- Quit before 3:00 PM.
- Go shopping on day 3 of your ski vacation.
- Be suspicious of skis that are 3 inches or more taller than you.
- Be wary of "mountain sickness" when skiing at altitudes higher than 3,000 meters (9,843 feet).
- Begin training 3 weeks before you depart.
- Train at least every third day to condition yourself for skiing.
- Have no more than three alcoholic drinks the night before skiing.
- Have the following three items with you: your insurance number, your credit card and the phone number of your orthopedic surgeon.

Officers for the 1999-2000 Season

President-----	Wayne MacMath -----	(215) 624-7751
V.P. Trips-----	Maureen MacMath -----	(215) 624-7751
Social Committee-----	Ellen Chauncey-----	(215) 357-8548
	Carol Evans-----	(215) 443-0959
	Judy Lott -----	(215) 321-3485
	Kathy Lott-Woltman-----	(215) 788-6036
	Barbara Zurlo-----	(215) 860-8363
Treasurer-----	Vern Shaw-----	(215) 322-4037
Recording Secretary-----	Rita Murtha-----	(215) 355-0374
Newsletter-----	Karl Flesch -----	(215) 493-0676
	Judy Lott -----	(215) 321-3485
Hospitality-----	Barbara Zurlo-----	(215) 860-8363
Publicity-----	Karl Flesch -----	(215) 493-0676
	Bill "Sully" Sullivan-----	(215) 757-6098

Word Scramble

Answers from August Newsletter:

1. Death March
2. Avalanche
3. Downhill
4. Parabolic
5. Snow Board



"Skiers look forward to
WINTER"

Club Hot Line: (215) 364-4790

BM_SKICLUB@YAHOO.COM

<http://www.snowskiclub.com>



Lunch Lines

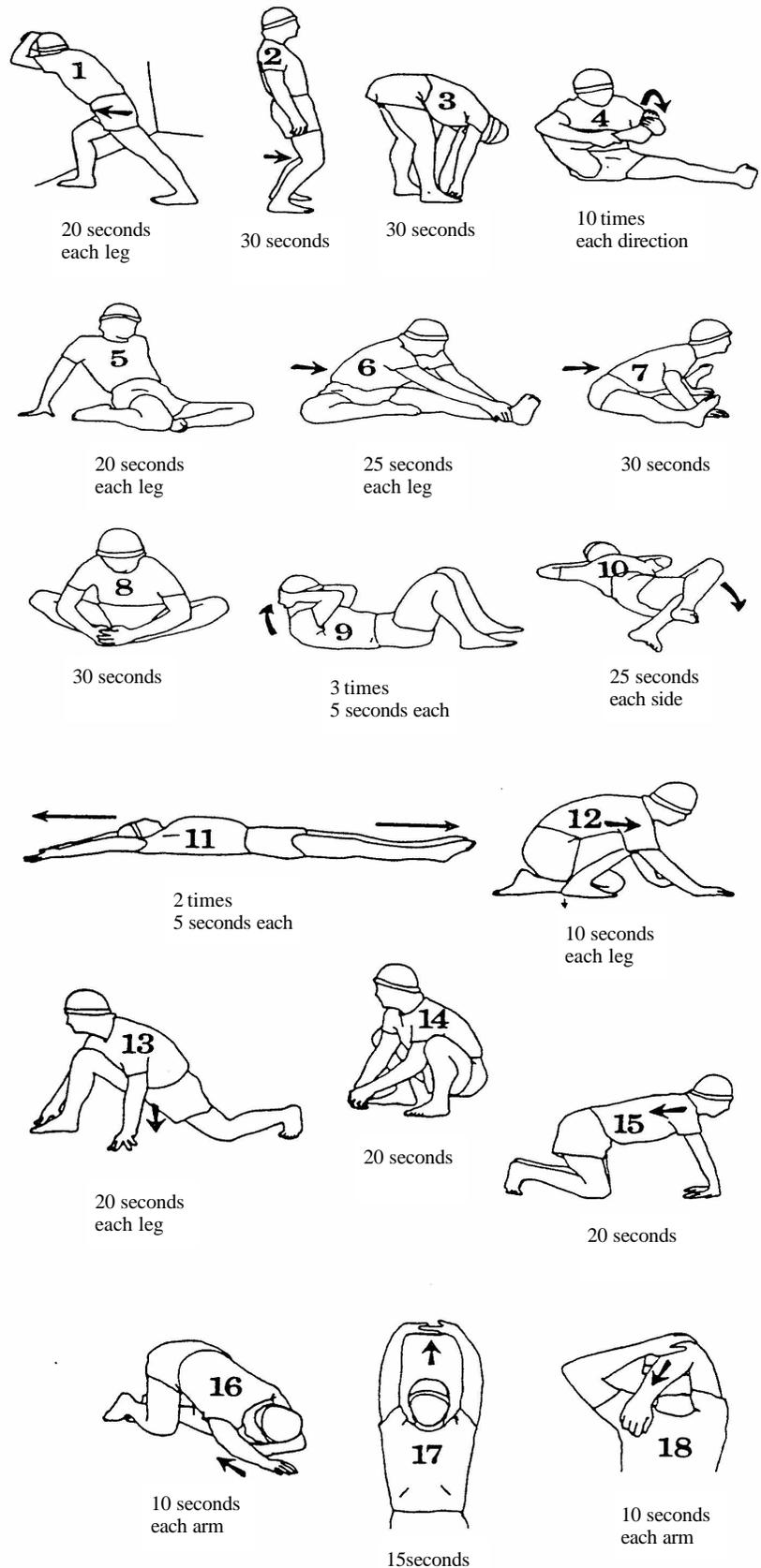
The awesome lunch at *Auberge L'Arolay* in Le Fornet, Val d'Isère. On Thursday, the last day of ski classes in Tignes/Val d'Isère for the last two trips we had lunch at *Auberge L'Arolay*, accompanied by our ski instructors. Karl wants me to tell everyone about the great, fantastic time we all had. Not very easy to find, but a jewel once you've found it. Food is primarily a "cook it yourself" affair with real tender pieces of beef to cook on small tableside grills, tasty meat sauces, salad and Savoyarde style potatoes cooked in a rich cream and cheese sauce. Of course wine and drinks are the order of the day. Most memorable is the after-dinner drink which consists of warm coffee, grappa, lemon, orange and sugar which is set on fire before being served in a communal wooden bowl with spouts. You pass this drink around the table and whoever puts it down first has to pay for it.

Prices are fair, around 150-200 FF per person, including drinks. A very favorable rate of exchange (the best in nearly 10 years) should lower prices this year.

There is simply no good way to explain it – you have to try it. Maybe you will get a peek of Raul's blue long johns or get to watch everyone try to leave the restaurant after all that wine and drink. There are those who took the bus back to Tignes, like Joe and Noreen; and then there are those who tried to ski back like Carol, who had to have her binding loosened by her instructor. He told her that she skied better after all the drinking. Look for a repeat performance of this *Lunch Line* extravaganza on this year's trip to France. Plan on at least 2½ - 3 hours (Wayne would never approve), which is fast becoming a Bucks Mount tradition in Europe. We are looking forward to it. Try it, you will like it. Just ask Karl & Raul. Bon appetit, au revoir et au bientôt!

~Neilan Hagen

STRETCH Before and After Skiing (approximately 10



Pack Like a Pro

For many skiers, packing light is a mystery. They look on in envy at their winter compatriot who arrives at the baggage claim with a backpack, shoulders a duffel, grabs his ski bag with his free hand and heads for the door.

If you're still juggling bags, it's time you learned the secret. First, you probably want to be able to ski in any weather, and arrive at Breckenridge with your boots even if your skis go to Aspen.

It all starts with wardrobe selection. You can't realistically pack different ski outfits for every weather contingency. But you can wear a wind-proof, water-repellent shell on the plane, and with a fleece pullover or jacket underneath and a shirt and T-neck to provide another insulating layer or two you can ski in the coldest weather without the need for a heavy parka or suit.

That brings us to packing, which centers around your carry-on, which in turn centers around your boots. Find a boot bag with back straps or a backpack that will hold your boots while meeting carry-on size requirements. Into this, pack all you

need to ski for the day: boots, ski socks, gloves, goggles, hat, ski pants, underwear. Lip balm, sunscreen, sharpening stone, wax and sunglasses will fit inside your boots.

The rest - T-necks, sweaters, stretch pants, powder suit, extra underwear - will fit into one large duffel. Given the absence of bellmen and elevators in many ski condos, all bags should have either shoulder straps or back straps. If you pack clothing in your ski bag, put it in plastic bags - something we learned when our ski spent a rainy night on the tarmac at the Denver airport while we went on to the mountains.

Since most ski bags are not waterproof, this will not only protect the contents from getting wet but will also protect your clothing from any grease or residue that may be on your skis or bindings.

Finally, when shopping for skiwear, buy with the goal of packing ease and minimizing travel hassles - i.e., how will it fit into the bags you own.

~*Inside Tracks*/September 1998

Snow Flakes...

"Some of you guys wanted something a little stiffer in front..." Evi Paul describing the club's choice of ski hats. "You want me to hold it" referring to the hat (the hard one that is).

The winners of our poker rally bike ride are: Raul Valcarcel and Ryan Waltz. They both received a check for \$20.

Check it out:
www.easternpaskicouncil.com
Snowdrifts is now available on the WEB.

2000's What Do We Call Them?

Surveys to seek out a term for the years 2000 through 2009 that would roll off the tongue without getting caught in the teeth have elicited such suggestions as the **Ohs**, the **Aughts**, the **Aughties**, the **Naughts**, the **Turns**, the **Oh-Ohs** and the **Zilches**. But then, how about nicknames for subsequent decades: Do we say the **twenty-twenties** or the **two thousand twenties**? And what do we call the individual years?

Here's what I think: We should name the new millennium **Millie**, so the first decade would be the **Millie Ohs**. Granted, that sounds a bit like a Swiss yodel or a breakfast cereal, but look how convenient it would be to call each year **Millie 1**, **Millie 2**, etc.,

~Ms. S. Appleman, *Diversion*

Ski St. Anton, Austria

There are still 6-8 seats available on a trip sponsored by Alphorn Tours to St. Anton, March 17th - 26th, 2000. The trip includes: r/t air on Lufthansa from Newark to Munich, motor coach transfers, 7 nights at the four-star Hotel Arlberg with European breakfasts and gourmet dinners, welcome party, and 1 night in Munich, with breakfast. The cost is \$1,395 per person, double occupancy. Not included are international departure taxes, ~\$60 and a 6-day lift ticket, ~\$184. If you are interested in joining a group of 21 club members who are going, call Frank Dattilo at (215) 881-6065. The deadline for signing up is January 19th.



Gary Gagliardi traveling lightly.

WINTER PARADISE by Lindsey Krenzel

The sound of nothing. No squirrels gathering nuts and running up trees. No baseball games. No swimming pools full of children playing. Just the nothing sound of snowflakes gently hitting the white-covered ground.



I hit the slopes on a bitter cold, sunny day before I have to go in for my warm supper. As I go up the lift, I feel as if I am flying like a bird, looking down upon the tall, awesome evergreens. As I click my skis together, I watch the clumps of snow fall upon the branches of the trees and the huge boulders that are hidden within. I just stare at my mitten as the tiny snowflakes cling to it, one unique snowflake after another, until one brisk shake, and they all disappear.

I reach the top of the mountain, where the wind blows harshly against my already wind-burned and sunburned

face. I pull my fleece neck warmer up over my face so that now my whole body is covered, although goose bumps still walk along my arms and my toes are numb from the bitter cold. I look to my choice of trails, a relaxing stroll to the bottom of the mountain, or a brisk, difficult, frightening trail leading only to the bottom of the next lift.

I choose my challenge. Immediately, it becomes my nemesis, my competitor in battle. The wind screams in my ear and the huge moguls, almost my size, look upon me in question, questioning my ability. Oh, no! My defeat is sure to come. With my skis half off the edge, I look upon my challenge, my enemy. I lean forward, just a bit, as I fall forward into the hands of the luminous mountain. I dodge mogul after mogul, one quick turn after another, choosing my line as I go. Beads of sweat migrate from beneath my skin. The bottom is nearly an eyeshot away.

This is it! I've almost won the battle. A few more moguls and a jump to go. Mogul, mogul, mogul, and here comes the jump to complete the course. I bend my knees as I approach, planning the spread eagle of all spread eagles. And . . . UP. I close my eyes as I hit

the air to embrace the moment. The cold wind dries the sweat on my face, sending a shiver down my spine, and I open my eyes as a smile wipes across my face and a chill is sent through my body. My spread eagle was perfect, my poles pointed outward. I clench my fists around my poles and bring my legs together to make the landing.

I land unevenly as my right ski catches an edge on the thick snow, and I tumble forward. Snow up my sleeves and down the front of my unzipped jacket. I am blinded by the snow blanketed on my goggles. My right pole is way ahead of me, my left is way behind. I search for my hat as I prop myself up on my hands and knees. I can already feel the shooting pain in my right thigh as I force myself to stand up. There is another shiny purple bruise to act as a trophy to show off to my friends, as I tell of the enduring battle of the mountain and me. I stand on both feet, using my pole for support. As I am brushing the snow off the front of my jacket and shaking out my mittens, I hear my mother's voice calling me in for dinner. Another battle lost! Same time, same place, tomorrow.

Christmas Party



Over 50 people attended our annual holiday celebration thanks to Rita, Jim and Jeffrey's hospitality. The food was fantastic – prepared by all the great cooks we have in the ski club. Maybe we should start a Chef's club. In true Bucks Mount fashion there was very little left over.

The word is out on Raul's crab and wild mushroom cheese cake. Those of us at the end of the line saw only the empty mold. Lydia's shrimp, cheese, and bacon hors d'oeuvre never made it past 5 feet from the oven. Then there

was the bean and sausage casserole thanks to Joan. They were scraping out every last spoonful. **This is a definite mandate for a Bucks Mount recipe book!** Please bring us your favorite specialty and we'll see who will head the committee.

Ski Club Hats

Two kinds of hats are now available for purchase with the Club's name on them. Both go for \$15. Come to a meeting to see them or call either Chuck Mitchell or Evi Paul at (215) 785-6257.

Trenton Thunder

Mark your calendar now for the Trenton Thunder game on Wednesday, June 14th when the Thunder takes on the Portland Sea Dogs.

Seating is in the picnic area, along the 3rd base line. The picnic includes: hamburgers, hot dogs, Italian Sausage, tossed salad, potato salad, pasta salad, baked beans, pretzels, potato chips, cookies, watermelon and soft drinks. The all-you-can-eat meal begins 30 minutes prior to the game time and ends one hour after the first pitch. The price is \$30 with beer and \$25 without beer. Children under 5 are free of charge if they sit on an adult's lap.

To reserve your seat, give Karl Flesch a call at (215) 493-0676.

Bucks Mount Annual Hike or the *Blair Witch Project, Part Two*

On October 23rd, 16 adults, one child, one baby and two dogs assembled at the Yardley Park'n Ride to make the trek to the Delaware Water Gap for the annual hike. It was a fairly brisk day, partly cloudy, but not raining. The caravan of cars left at 8:30 and made it to our destination in North Jersey at about 10:30. Off we went into the woods, all in high spirits. The question was asked of our fearless leader, Barbara Zurlo as to the whereabouts of our hike (did she have any clue where we were going?) It became obvious there was no plan. After about an hour of walking, some of us realized we were again within eyesight of the parking lot where we began. We had gone in a complete circle.

During the first round, some of



Project, Part Two surfaced. We then made a stab at hiking the trails again. On the second round, the dead beaver was displayed to the rest of the assemblage. At the point of going right or going straight, in true Bucks Mount fashion, the decision was made to eat our lunch. Of course no true Bucks Mounter declines food, so we ate. We did see an amazing forest of half fallen trees by beavers. The assumption was made that the first beaver died from indigestion. This next trip around, we went right instead of straight. This time we met

us discovered a huge dead beaver (did he pig out on eating too many trees?). It was then that the rumor of the *Blair Witch*



success.

During our hike we had sunshine, clouds, rain and hail. No snow. Carol Evans wore her makeshift raincoat. Our leader, Barbara was prepared for a n y a n d everything: flashlight, matches, Swiss Army knife, tent and so forth. Others kept muttering about the *Blair Witch Project*. However, we triumphed in the end, not loosing a single soul and finding our way back to our cars. After bathroom, snacks, etc., we once again formed a caravan to head home. Of course there was a stop for dinner along the way.

~Judy Lott

Ski Tuning 101

Racers are the only skiers who need to tune their skis, right? Not really. Tuning a ski is the best way to insure that you get the best performance possible from your skis. And that's important no matter how advanced or novice you may be.

Everyday wear and tear on your skis constantly changes the base configuration – concave, convex or flat. Dedicated skiers and racers are likely to have their skis tuned for them every time they go skiing. While this may not be necessary, a tuned ski always adds enjoyment to your day. Just as you would never dream of playing golf with a bent club, you should never ski with an untuned ski. Here's why. Skis glide on snow

because friction melts the snow under your ski, causing it to glide. If the base of the ski is totally smooth, you get suction, making turning more difficult. Who needs that? By adding a fine structure to the base, the ski turns effortlessly.

Edges also get dull from use and from those inevitable run-ins with rocks, so they must be sharpened to hold your turn on packed snow or ice. Put together one of today's modern tuning machines with a well trained technician to finish off the job, and there is no reason your skis shouldn't be at their best.

~from the *Cortina Courier*

Chinese Dinner Night

For the 4th year in a row, the ski club is planning an evening at the Chinese Cultural Center, 125 N. 10th St., in Philadelphia. Every year, in celebration of the Chinese New Year, the Chinese Cultural Center brings over a group of chefs from a different region in China to cook their specialties. We hope to get 3 tables for a Saturday evening in early spring. The cost would be approximately \$30 and \$15 will hold your reservation. Seating is limited and will go fast, so call Barbara Zurlo at (215) 860-8363 NOW.



One Ski, Two Skis

Ah that first day of skiing. It seems that no sooner have we hung up our skis at the end of the season, we start dreaming of heading down that perfect mountain trail again. With the Club there is always that teaser, the Club's Picnic; held sometime during the hottest days of summer. Here we are enticed by ski pictures and talk of past hurrahs and talk of trips for the upcoming season as we sit around the pool.

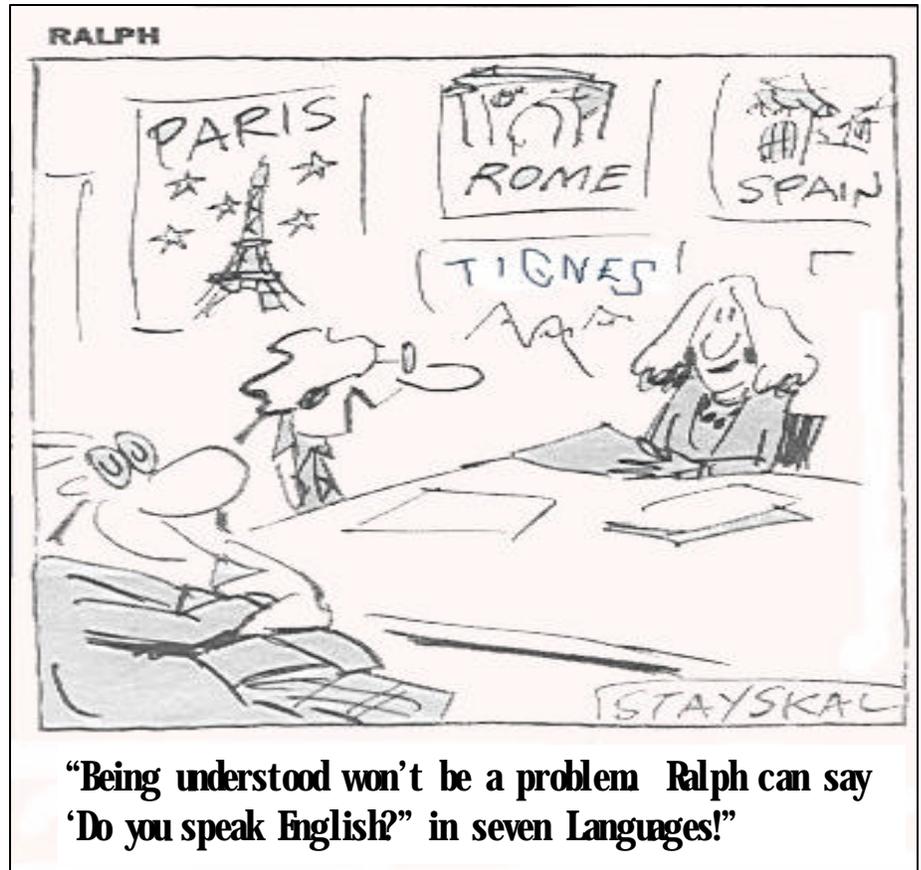
As the calendar draws closer to winter and the start of the season, we fret about "can we still do it". One day forays are planned before that first big weekend or week trip with your peers. Equipment that has been tuned (hopefully during those cheap tune-up days of summer) is dusted off and thrown on top of the car. Driving to the mountain, you feel that you are the only ski nut on the road, as you nervously look for other telltale signs of skis that say "yes" the mountain is open. As you approach the mountain you keep looking for Mother Nature's trace of white. And then there it is, the mountain with ribbons of white streaming down.

Struggling to get our feet into our boots we wonder if our feet got bigger too, as our ski pants/jacket seems just a little bit snugger around the waist then we care to remember. We do a mental check to make sure we have everything (hat, goggles, gloves and sunglasses) and then it is off to the lift line for that first ride up. As we jump into our bindings we suddenly remember a list of exercises to get us in shape for skiing that we neglected to do.

Getting off the chair, we bend over to make some last minute boot adjustments. Placing our poles in hand, we push off. Not too fast at first, as we get our ski legs back. Gradual turns, avoiding the small moguls that are widely spaced. Next, making sure we can still stop. As we rush down the hill the adrenaline flows from the excitement of being free once again. At

the bottom we mentally congratulate ourselves on having not lost it and ride up the hill with plans to do it all again, but just a little bit faster.

~Karl Flesch



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BM_SKICLUB@YAHOO.COM

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