Presidentially Speaking
Dave Richards • 407-491-4357 • drichards0901@gmail.com

Do Something That You Like to Do – It Is the Best Medicine!

One of the first “jobs” I had as a young lad was being an altar boy at St. Joseph’s Church in Ashtabula. At the time, I was in the fourth grade and because I chose to do this, I figured I needed to be the best I could be (where have I heard that before?). I had to learn a whole lot of Latin so I could make the right responses to the priest. Thus, I had my first experience with independent thinking and acting, as I was the only one accountable for my actions (no one to blame). Being an altar boy had a lot of “perks” such as getting out of school to serve at funerals (who wouldn’t want to get out of school). But the best time was serving at weddings when we actually got paid real money. The peak of the altar boy hierarchy was being a “master of ceremonies,” which in those days meant a lot more responsibility during the occasional solemn high mass. Being an MC was a tough job because you had to know everyone else’s job as well as where the priest was supposed to be at all times so you could assist him when needed. I look back on that experience and recount how volunteering to do something has always meant that I was more committed to the task.

Well, we come again to the time of our goal setting for 2013. Last year I proposed several goals and monitored our progress. This year my plan is to start setting up actions to try to drive toward the targets. In 2012, we tried to do this by making members aware of our goals and where we stood. So here are the 2013 goals with 2012 actual results:

<table>
<thead>
<tr>
<th>Objective</th>
<th>Goal</th>
<th>Target</th>
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<tbody>
<tr>
<td>1. Encourage members to hike</td>
<td>1. Number of members hiking at least once per month</td>
<td>1. 500 members per month (2012 avg. = 463 up from 443)</td>
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<tr>
<td>2. Maintain members</td>
<td>2. Number of members retained</td>
<td>2. 90% retention from 2012 (960) (2011 = 954/2012 = 932)</td>
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<td>3. Encourage members to hike</td>
<td>3. Number of members hiking at least a mile a day for 9 months</td>
<td>3. 200 members (2012 = 186)</td>
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<td>4. Maintain financial responsibility</td>
<td>4. Adherence to budget</td>
<td>4. &lt; 5% variance per budget item (2012 overall under budget)</td>
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<td>5. Conduct hikes safely</td>
<td>5. Number of injuries requiring medical treatment</td>
<td>5. &lt; 10 per year (2012 = 11)</td>
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<td>6. Provide support to hiking-related activities of others</td>
<td>6. Raise funds via donations and can collections</td>
<td>6. $1,000 per year in contributions to hiking-related events (2012 = $1,500 donated)</td>
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Because we did not have a quorum at the February 2 General Meeting, the CHC Board has met electronically (via e-mail) to consider and approve four motions that would have been brought to the membership: (1) approval of the March and April hiking schedules; (2) approval of an excursion in May 2013; (3) approval to move the May General Meeting date; and (4) authorizing $1,000 of outreach funds to be spent on grants for inner city students to attend a CVNP program. These motions were approved on February 7.

NOTICE: The May 2013 General Meeting date has been changed to the second Saturday in May (May 11) so that we can honor those who complete the 40 mile hike on May 5.
Members Hiking Mile-a-Day in January 2013 (217)

Gayle Shroy  •  chcmembers@yahoo.com  •  440-209-0289

402 Laszlo Prisko
389 Terry Marquard
322 Rose Prisko
203 Ken Howard
201 Mary Kurtz
200 Sandra Phillips
195 Annette Hueter
195 Sharon Tadaj
185 Doug Hardman
175 Bill Miller
161 John Barnard
160 Peter Carlsson
151 Patricia Irvine
150 Alan Ceol
150 Alice Kruse
150 Marlene Snowbrick
147 Ron Hueter
147 Sherrie Wooden
144 John Gabrovsek
142 Kathy Miki
140 Merryl Carlsson
140 Bob Rosenthal
136 Joan Prentice
126 Matt Collings
125 John Sech
124 Barb Appel
124 Dee Behrens
121 Arthur Lieberman
121 Sue Portny
118 Ed Dooner
116 Nancy Konrad
112 Rita Gabrovsek
111 Gayle Shroy
110 Jeanne Henry
109 Antonina Knapper
109 Richard Knapper
108 Doreen King
108 Janet Orban
106 Leo Deininger
105 Patty Abdennour
105 Ed Meleason
102 Janet Rybicki
102 Carrie Ellington
103 Barb Palumbo
102 Don Hoffman
102 Tim Ruh
102 Pat Spoth
101 Mary Hornsby
101 Rhonda Skalsky
100 Linda Barnard
100 Sharon Horvath
100 Denise Tobiasz
98 Patricia Sharkey
97 Bob Shroy
96 Judi Krahn
95 Karen Cogley
91 Elsie Davies
91 Michael Sasarak
90 Lucy Erba
90 Jim Lahman
88 Robert Bayt
85 Julie Wojcik
82 Ann Roberts
80 Marianne Ellis
80 Debbie Wood
76 Kel Young
75 John Gallin
75 Ilse Hrach
75 Joan McDermitt
75 Sharon Uhl
75 Karen Weber
73 Joseph Kosir
73 Doris Kurit
72 Betsey Luce
71 Barbara Laughman
71 Barry Pepper
71 Ken Stovarsky
70 Mary Bradshaw
70 Ellen Ruh
66 Lil Baratko
66 Wendy Tully
66 Dan Zaniewski
65 Kathleen Crippen
65 Adela Kuc
65 David Ritchie
64 CJ Keyes
64 Bob Warner
63 Darlene Wiegandt
62 Gordon Mann
62 Tim Rocco
61 Beth Arcady
61 Randall Brundage
61 Janet Christen
61 Gary Doich
61 Carol Peffer
60 Mary Del Heron
60 Len Hueter
60 Arlene Kitchen
60 Maryann Lahman
59 Karen Leary
59 Beverly Dahms
59 Melinda Saulson
58 Dan Ezra
58 Ralph Kneale
58 Bob Maruna
57 Larry Clager
57 Kent Geist
57 Judith Muzzy
57 Ralph Qualtiere
56 Ed Steigerwald
56 Donna McCafferty
56 Rita Stroemple
56 Varsha Jhala
55 Lynn Brantley
55 Alicia Haja
55 Ray Matthiesen
55 Ellen Newton
55 Jim Spoth
55 Dick Wiegandt
54 Susan Wright
52 Smiljava Bosnar
52 Bill Rettig
50 Rick Benesh
50 Nina Fried
50 Mary Jo Hobc
50 Jan Linert
50 Bonnie Wallis
50 Gabriel Zerkowski
50 Tom Overall
49 Deborah Hamzah
49 Cedric Plavney
48 Rich Kennedy
48 Fran Jacobs
47 Dottie Lima
46 Pete Kenney
46 Tim Klonick
46 Janice Snyder
45 Kathy Driscoll
45 Gail Holian
45 Michele Lanza
45 Carol Perry
45 Chris Rettig
45 Diana Stack
45 Kris Welch
45 Paul Zacharias
45 Claudia Zalar
44 Harvey Hanna
44 Ruth Skuly
43 Jane Hill
43 Kathy Mates
43 George Baker
42 Frank Klaus
42 Mila Mandic
42 Linda Tobin
41 Peter Arcady
41 Marilyn Brundage
41 Michele Klaus
41 Brenda Lett
41 Carol Lindblom
41 JoAnne Samuels
40 Ellen Carter
40 Margaret DeMarco
40 Wendy Gillund
40 Dan Herris
40 Claire Jencson
40 Christine Krol
40 Jeff Lennartz
40 Karen Matthiesen
40 Joan Reidy
40 Marty Ritzert
40 David Sagerser
40 Dave Tobiasz
39 Ethel Horvath
39 Connie Kearns
39 Jerry Polizzi
38 Leroy Wilson
38 Gail O'Brien
38 Margaret Rynard
38 Dieter Sems
38 Richard Toth
37 Sue Knirsch
36 Pamela Fenn
36 Gregory Kruszka
36 Susan Kruszka
36 Jessica Lees
36 Karen Pressman
36 David Richards
35 Karen Datko
35 Giovanna DiLauro
35 Antoinette Dyko
35 Trudy Hutchinson
35 Veronique McMillan
35 Latha Pillai
35 Gerry Rau
35 Margot Richter
35 Tammy Sech
35 Diane Soukup
35 Kim Woodward
35 Lori Wright
35 Edwin Harstine
34 Linda Heiden
34 Sherry West
33 Kathy Meluch
33 Ralph Meluch
33 Lee Nageotte
33 Lee Schiemann
33 Lou Shainker
33 Patricia Tsevods
32 Dorothy Asherson
32 Suzanne Bellini
32 Louise Hayes
32 Nancy Kewish
32 Ron Konieczynski
32 Kathy Wilmer
31 Marilyn Richards
31 Frank Skala
31 Gary O'Meara

Mile-a-Day Correction for December:
46 Susan Wright

HIKING SCHEDULES

Didn’t get a schedule? Lost a schedule? Want more schedules?
Go to the website, www.Clevelandhikingclub.org, to download and print a schedule exactly like the hard copy.
January 2013 Statistics

| Total number of hikes entered        | 282 |
| Members hiking at least once        | 422 |
| Members per local hike (average)    | 13  |
| Total number hikers (members)       | 3,743|
| Total member miles hiked            | 18,443|

Most members on a hike               72
(1a. Leader Dave Richards)

Most miles on a hike                  360
(1a. Leader Dave Richards)

Local hikes with 30 or more members  9
(22a.)

Number of hikes canceled              1

Mileage Awards for January 2013

| 35,000 | Bill Miller |
| 31,000 | Laszlo Prisko |
| 19,000 | Sharon Horvath |
| 17,000 | Jeanne Henry |
| 7,000  | Suzanne Bellini |
| 7,000  | Merryl Carlsson |
| 6,000  | Ilse Hrach |
| 6,000  | Mary Kurtz |
| 6,000  | Kathy Miki |
| 5,000  | Annette Hueter |
| 5,000  | Sharon Uhl |
| 4,000  | Dottie Lima |
| 4,000  | Janice Snyder |
| 3,000  | Mary Bradshaw |
| 2,000  | Marianne Ellis |
| 2,000  | Janet Orban |
| 1,000  | Marlene Snowbrick |
| 500    | Giovanna DiLauro |
| 500    | Karen Weber |
| 500    | Paul Zacharias |
| 100    | Pat Burkinshaw |
| 100    | Pat O’Toole-Ayers |
| 100    | Melanie Satanek |
| 100    | Gary Schuster |
| 100    | Frank Skala |
| 100    | Trish Stuart |

Membership Report

Veronica (Roni) Pavia • 330-468-3706 • halroni@roadrunner.com

New Members

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440-231-0248
hnoble1234@yahoo.com

Continued on page 4
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ekinanne@gmail.com

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kelyoung90@gmail.com

Karl Zaman  
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440-865-0158  
kbzaman@aol.com

Diane Centolella  
180 Clyde St, Rear  
Paul A Centolella  
Chestnut Hill, MA  02467  
dianecentolella@columbus.rr.com

Jean-Luc Devis  
944 11th St  
Valerie Grigg Devis  
Corvallis, OR  97333  
jean-lucd@hotmail.com

Mary P Kurtz  
14299 Settlers Way  
Strongsville, OH  44149  
440-670-0604  
mary.kurtz@nocseagles.org

Barry B Peppler  
216-280-4525

Moving? Changing your Marital or Membership Status? New Phone, E-mail?  
Be sure to notify the Membership Co-chair,  
Veronica (Roni) Pavia, 8016 North Gannett Road, Sagamore Hills, OH 44067  
Phone: 330-468-3706; E-mail: halroni@roadrunner.com

March Birthdays

Veronica (Roni) Pavia • 330-468-3706 • halroni@roadrunner.com

<table>
<thead>
<tr>
<th>1</th>
<th>Jackie Minor</th>
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<td>Helga Balta</td>
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<td>Virginia Thomas</td>
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Wilma Howard

Wilma Howard passed away early on the morning of January 23. This marked the end of an era for the Cleveland Hiking Club. Wilma joined the CHC in 1953 and quickly became part of the leadership group that set the foundation for who we are today. That post-WWII group of hikers believed in hiking for health and recreation, but they also valued fun, food, friends, and frugality!

Wilma may be remembered by many current members as one of two people (Joe Mayer was the first) to have completed forty 40 mile hikes. She completed her first in 1954 and her last in 2000. In her years with the Club, she was Recording Secretary for over 20 years, a Director for many years, and Corresponding Secretary. In this last post, she could be seen carrying out her duties by passing out Newsteps on hikes to save postage. (We were a much smaller club at the time!) Many Saturdays, she could be found mowing the grass at Camp! Along with her late husband, Don, she started the can recycling program that continues to this day.

Wilma was the matriarch of a CHC family. Don Howard joined the Club in 1954, and it was not too long after that they were married. In 1960, Wilma’s parents, Henry and Ann Jatzek, and Don’s mother, Dorothy, joined the Club. Sons Ken and Brian learned to walk on the trails. Grandson Austin later joined the family on hikes. As far as we know, this is the only family to have four generations on a hike. In the 1970s, the Howards became the first family to complete the Buckeye Trail. In the 1990s, Wilma was one of 6 hikers to finish the Hike the County series. She logged 31,096 miles with the Club, mostly at a time when CHC was not nearly as active as it is today.

Those of us who knew Wilma will remember her for her smile, her positive attitude, and her willingness to help in any situation. Those who did not know her can be grateful for the foundation that she helped to secure for the Club.

“Blues for Greens” Benefit
March 9, 2013

Jeff Lennartz • 216-398-5852 • jefflennartz@sbcglobal.net

To help support its mission of urban land conservation, West Creek Conservancy (formerly West Creek Preservation Committee) will host its biggest event of the year, “Blues for Greens,” on Saturday, March 9, from 6:00 p.m. to 11:00 p.m.

It will be a fun evening of great food (buffet), wine, live blues and jazz music, major prize raffles, and a silent auction. It happens at Sava Event Center in Broadview Heights. Tickets are $40 each ($20 tax deductible) or $75 per couple. Contact Jeff Lennartz for tickets or buy them online at www.westcreek.org. (Also contact Jeff if you have any questions about West Creek Conservancy!)

The CHC has long supported West Creek Conservancy. Since its inception in 1997, WCC has protected or restored several hundred acres of land in Greater Cleveland, most notably the land that created West Creek Reservation in Parma. It has also helped in the development of several trails in the area, including those in West Creek Reservation, Treadway in Cleveland, and the Lake-Link trail in the Flats. Rights-of-way for a 20-mile loop trail connecting to the Towpath Trail are nearly complete. There are dozens of other land and trail projects around Cuyahoga County that this nonprofit is working on.

Help WCC continue such work to improve our hometown, and enjoy a fun evening that helps our waterways and our communities. Join us at “Blues for Greens” for a Greener, Greater Cleveland!

Soup Supper at Camp Onwego
March 24, 2013

Janet Orban • 216-402-6683 • orban.janet@gmail.com
Committee: Patty Abdenour, Liz Kroepel, Janet Orban, Sandy Paliga

Soup’s on! Come celebrate the arrival of spring and enjoy a bowl of comforting, delicious, homemade soup! We will have a selection of soups, breads, salads, and yummy desserts at our annual Soup Supper at Camp Onwego on March 24 at 4:00 p.m.

We are asking for volunteers to make a crockpot of soup. Please call Patty Abdenour at 216-228-4178 or Janet Orban at 216-402-6683 to let us know what kind of soup you would like to make. We hope to have a good variety for people to choose from! If you don’t want to bring soup, please bring either a salad, dessert, or good bread/muffins/rolls.

For non-soup-makers, contact Sue Portnoy at 216-464-0926 by March 20 to make reservations for the Soup Supper. Remember to bring your own non-disposable place settings, and don’t forget a bowl! The Club will provide coffee, tea, cream, and sugar. There will also be a 5 mile hike from Camp at 2:00 p.m.

Appalachian Trail, Southwest Virginia
May 9 to 25, 2013
Jim & Pat Spoth • 440-543-3398

We can see the light at the end of the tunnel, after 20 years of hiking the Appalachian Trail! Our motels are in Abingdon, Virginia, not far from Damascus and the Mt. Rogers National Recreation Area. You may do a week or a few days, depending on your schedule. Contact the leaders if interested.
St. Patrick’s Day
Parade and Hike
Sunday, March 17, 2013
12:45 p.m. (subject to change)
Sandy Paliga • 216-524-8217 • spaliga@yahoo.com

Everybody is Irish on St. Patty’s Day! This is our 14th year to march in the big parade. We will meet in the parking lot of the Emperor’s Palace Restaurant at 12:45 p.m. The restaurant is at 2136 Rockwell Ave. Access Rockwell off of St. Clair, as Superior (the parade route) will be closed.

CHC enjoyed this beautiful restaurant after the President’s Hike on New Year’s Day. They offer an extensive lunch menu for $6.95 and allow BYOB, but you must bring your own opener and glass, as they do not have a license. If you prefer Irish fare, there are plenty of choices nearby. We will be proudly carrying our 25 foot CHC banner. Join us for this traditional hike and experience the excitement and applause as we pass the cheering crowd.

Note: Watch and listen for possible meeting time change.

Planetarium Program and Hike
March 23, 2013
Linda Heiden & John Heidenreich • 440-937-5580

Come join us Saturday, March 23, 2013, for an enlightening Planetarium Program at the Lake Erie Nature & Science Center, 28728 Wolf Road in Bay Village. Tickets are $3 and are sold on a first-come, first-served basis, so it is recommended that you arrive in time to purchase your tickets no later than 20 minutes before the 1:00 p.m. show. The planetarium doors close promptly and late admittance is not permitted. You can come earlier, or return to the Center after the hike, to see the many interesting exhibits and live animal displays, both inside and in the outdoor courtyard.

After the 1-hour program, please join us on an optional 5 mile sidewalk hike beginning at approximately 2:15 p.m.

The Monthly SkyQuest program for March is: “Ancient Astronomy – come explore the sky the way our ancient ancestors used to. Meet the earliest astronomers from around the world as we venture from Egypt to England to Central America. How did these long-lost cultures use monuments like Stonehenge and the Great Pyramids to view the stars? See how the stars above us now have changed since the days of antiquity … or have they?”

Can Committee Report
Alice Kruse • 440-247-6049 • alicekruse@sbcglobal.net

Thank you for collecting cans in January. It would be great to recycle more this year than last year. Barb Palumbo went the extra step again, taking a neighbor’s cans directly to the recycler.

Here is the list of collectors for January:

Rachel Abernethy  Arlene Kitchen
Connie Abood  Aggi and Ron Konieczynski
Dee Behrens  Sue and Greg Kruszka
Mika Bosnar  Mila Mandic
Debbie Brindza  Joan McDermitt
Larry Clager  DeAnn Munks
Matt Collings  Sandy and Steve Paliga
Kathleen Crippen  Eloise and Cedric Plavney
Elsie Davies  Chris and Bill Retting
John Gabrovsek  Margaret Rhyndard
Marlene Goldheimer  Marty Ritzert
Mary Del Heron  Ann Roberts
Jane Hill  Melinda Saulson
Gail Holian  Sharon Tadz
Connie and Jeff Kearns  Janie Vocil
CJ Keyes  Darlene and Dick Wiegandt
Doreen King  Julie Wojcik

Potluck and Side x Side at Camp Onwego
Aggi Konieczynski • 440-842-8109 • apkoni@yahoo.com

Please mark your calendars and join us for a potluck dinner on Saturday, April 13, 2013, at Camp. The evening’s entertainment will be provided by the musical duo Side x Side. The social hour will begin at 5:30 p.m., followed by dinner at 6:30 p.m. and entertainment at 7:30 p.m.

Side x Side is a husband and wife team, Thelma Feith and Jim Taylor. During their musical careers, as members of ballet, opera, and chamber orchestras, Thelma and Jim sat next to each other for over 30 years (side by side). Thelma played string bass and Jim the trombone. Despite playing hundreds of performances together, the two seldom exchanged more than cordial greetings. Recently, their personal circumstances changed and they were married. Now in retirement, they share their talents and love of music with over 65 different nursing homes, assisted living facilities, hospitals, and senior groups in northern Ohio.

This presentation is a prize awarded to Chris Retting, Judy Gaume, Denise Tobiaz, and Aggi Konieczynski by the Cleveland Photographic Society for being a winner in their photo scavenger hunt. Members of the Cleveland Photographic Society scavenger hunt committee will be our guests at the potluck.

Reservations are limited. Please call Sue Portnoy at 216-464-0916 by April 8.

NEWSTEPS deadline is the 10th of the month.
Send information to akwoodward@aol.com (please include “Newsteps” in subject line). Trip details should be no more than ½ page. Photos are welcome.
Safety Notes: Overuse = Self-Abuse!
Karen Pressman • Queen6RN@hotmail.com

Spring is just around the corner, which means warmer temperatures, more hours of daylight, and increased numbers of hikers coming out of hibernation. And best of all? Just over the horizon, the Cleveland Hiking Club is gearing up for its annual long hikes of 20 miles, 26 miles, and 40 miles! Whether you’re just beginning to hike with us, or getting ready to train for your 30th marathon, please remember to progress at the right pace to meet your goals and avoid injuries.

Overuse injury is a broad term that encompasses many conditions that can be caused by taking on too much physical activity too quickly. Some of the most common overuse injuries involve blisters, Achilles tendonitis, plantar fasciitis, shin splints, hip bursitis, and stress fractures, as well as strains and sprains of the knees and ankles. Overuse injuries can strike anyone, but getting older and having certain medical conditions can predispose you.

To keep you happy and healthy on the trail with us:

- Address any medical concerns/chronic pain issues with your doctor.
- Use proper gear; consider replacing your hiking boots or shoes at least every 6 months.
- Consider using one or two hiking poles.
- Pace yourself. A good starting point for beginning hikers is 2-1/2 hours of moderate aerobic activity per week or 1-1/4 hours of vigorous aerobic exercise weekly spread throughout the week. More experienced and die-hard hikers need to stick to the Ten Percent Rule: increase your activity and strength training in gradual increments — no more than 10% each week — until your goal is reached.
- Mix it up. Doing a variety of activities (cross training) allows you to use different muscle groups. Try bicycling, swimming, or yoga to enhance your core stability, flexibility, strength, and balance.

Whichever tips or guidelines you follow, always remember to listen to your body and react to the warning signs before you injure yourself further. If you believe you’re doing more than you can safely handle, slow down, modify your regimen, and rest to accommodate your body’s needs.

Please note: I’d like the focus of next month’s article to involve the pearls of wisdom/advice/preparation that hikers do prior to the 20, 26 and 40 mile hikes. After all, completing these marathon hikes is as much mental as it is physical. The goal is to compile a list that fellow hikers might find useful, even entertaining. So, how do you do it? Moleskin? Vaseline? Power Bars? Ibuprofen? Headphones? Self-hypnosis? I will be grateful and appreciative for all responses. I want to hear from you! Please e-mail me at Queen6RN@hotmail.com.

Trail Tales
Karen Leary • kglgowalk@gmail.com

Hiking can be good for what ails you! Read on ...
Wild by Cheryl Strayed (315 pages)

At age 22, Cheryl Strayed thought she had lost everything. In the wake of her mother’s death, her family scattered and her own marriage was soon destroyed. Four years later, with nothing more to lose, she made the most impulsive decision of her life: to hike the Pacific Crest Trail from the Mojave Desert through California and Oregon to Washington State — and to do it alone. Told with great suspense and style, sparkling with warmth and humor, Strayed vividly captures the terrors and pleasures of one young woman forging ahead against all odds on a journey that maddened, strengthened, and ultimately healed her.

Happy trails, happy reading!

Looking Backwards: A Canoe Trip
Donna Pounds • donnapnds@yahoo.com

I have fond memories of a canoe trip on the Portage Lakes that was led by Wilma Howard in 1989. We started at Burch’s Landing, paddled to Turkey Foot Lake for lunch and a swim, and ended the day with dinner at Belgrade Gardens. Wilma told us that it had been an annual event for over 30 years, and, indeed, I found it on schedules clear back to the 1950s. It was fortunate that I went that year, because it was the last year it was offered. A wonderful tradition came to an end. In 1972, it even inspired poetry:

“The CHC canoed on the Portage Lakes in the rain, Feeding ducks, four canoes paddled to lunch at the State Park, Then on our way to blackberry picking was our aim, Our next stop was swimming and fun with the towel ball, Then canoed back to Burch’s Landing in sunshine a joy to all, And then to Belgrade Gardens for supper before dark.”

Matilda Varga
Newsteps, September 1972

CHC Mind, Body, and Soul Expo
Barb Siegel • 216-351-2642 • smallfry6301@cox.net

Maintaining a balance of mind, body, and soul is necessary to live a happy and fulfilled life. Please plan to join us on Saturday, June 15, at Camp Onwego for a day of wellness, rejuvenation, and relaxation. Event and registration details to follow.

For additional information or if you are interested in helping out, please contact Barb Siegel at 216-351-2642 or via e-mail at smallfry6301@cox.net.
“How to Scout a Hike” Hikes
Darlene Jacobson • 440-391-9921 • djacobson577@gmail.com

There will be 3 hikes in the Cleveland Metroparks South Chagrin Reservation listed as “how to scout a hike” in the hiking schedules for March and April. Each of the hikes will concentrate on a section of the South Chagrin Reservation to assist potential hike leaders in getting comfortable in the park. We will hike the main trails and explore smaller trails along the way to assist members in preparing to lead hikes in South Chagrin. A Metropark trail map will be provided. Hikers should have a pen or pencil to make notes on their trail maps as we go. These hikes will include stops for discussion and to point out landmarks and decision points, so they will take longer than an everyday hike. These hikes are not for those wanting to finish quickly and earn miles; we will take our time, as these hikes are for learning the trails, so plan to be on the trail longer than 2 hours.

If we have a sufficient number of hikers, we will divide into energetic and moderate groups to explore separately. More than one seasoned hike leader with knowledge of the park will be at each of the hikes. If anyone has any questions, call Darlene Jacobson at 440-391-9921 or e-mail at djacobson577@gmail.com.

Hiking and Tobogganing in Mill Stream Run
Ron Hueter • 440-887-1990 • ronhueter@gmail.com

On Saturday, March 2, come on out for a 5 mile hike at 2:00 p.m. and then spend the rest of the afternoon tobogganing at the Chalet Toboggan Chutes in Strongsville. The cost is $10 per person, and the Chalet is located in the Mill Stream Run Reservation at 16200 Valley Parkway. If you don’t want to hike, come at 4:00 p.m. for the tobogganing.

The two 1,000 foot refrigerated ice chutes operate with or without snow. Best of all, you do not have to carry your toboggan back up the stairs; there is a conveyor belt — new this year — to pull the toboggans back up to the top.

Social Whirl
Rhonda Skalsky • 216-227-1311 • rhonskal@yahoo.com

Unless otherwise noted, reservations for all CHC events should be made by calling Sue Portnoy at 216-464-0916 between noon and 7:00 p.m. or by e-mail to sport23@sbcglobal.net (put “CHC” in the subject line). Checks made out to Cleveland Hiking Club should be sent to Sue at 27060 Cedar Road #206, Beachwood, OH 44122.

Sunday, March 24: Soup Supper at Camp Onwego
4:00 p.m. See details on page 5. Hostesses: Patty Abdenour, Janet Orban, Liz Kroepel, and Sandy Paliga. (NdPS)

Saturday, April 13: Potluck and Entertainment at Camp Onwego
Social Hour 5:30 p.m., Dinner 6:30 p.m., Entertainment 7:30 p.m. “Side x Side” – Music of the Classics from the 1920s to the 1960s. See details on page 6. Hostesses: Aggie Konieczynski, Judy Gaume, Chris Rettig, and Denise Tobiasz. (NdPS)

Saturday, April 27: Potluck and Line Dancing at Cabin
Social Hour 5:30 p.m., Potluck 6:00 p.m., Dancing 7:00 p.m. Line dancing with instructor Eunice Kollar. See details on page 9. Hostess: Louise Melnik. (NdPS)

Sunday, May 11: General Meeting/Potluck at Camp Onwego
Hostesses: Sandy Paliga and Ellen Newton. (NdPS)

Saturday, June 15: CHC Mind, Body, and Soul Expo
See page 7 and watch for more details.

Saturday, June 22: Gear Swap
It’s not too early to start gathering your unused or gently used hiking gear to sell at the Gear Swap on Saturday, June 22, at the cabin.

NdPS: Bring your non-disposable place setting.

Bird-Away 2013
Ruth Skuly and Leo Deiningier • 216-371-9535 • rjskuly@att.net

Join us for 3 days of birding and hiking May 13 to 15, 2013. As in previous years, we will begin at Shaker Lake at 8:00 a.m. with Leo’s Monday morning bird walk. We will have lunch and continue birding at Sandy Ridge and Bacon Woods, staying overnight in Port Clinton. We will bird Magee and other western marshes on Tuesday and Wednesday, stopping at Sheldon Marsh and Old Woman’s Creek on the way home. We usually average about 25 miles of hiking at a birding pace for the 3 days.

Our base in Port Clinton will be the Best Western Motel, 1734 East Perry Street. Call the motel directly at 419-734-2274 by April 26 to book your room at the Cleveland Hiking Club.
Club group rate of $65.44 plus tax for a double. Ask for the “Skuly Block.” All rooms have refrigerators and microwaves.

Bring binoculars, scopes if you have them, bird field guides, a daypack for water and snacks, and a cooler for lunch. Breakfast is included at the motel. All lunches will be in the field, and dinner will be on your own at local restaurants in Port Clinton.

Please call or e-mail Ruth or Leo if you plan to attend all or part of the trip.

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Line Dance Potluck

Louise Melnik • 330-225-5240 • lamel8@aol.com

Greetings, guys and gals, get your dancing shoes ready for our annual Line Dance Potluck!

We’ll all be Boot Scootin’ and Man Stompin’ on April 27, 2013, at the CHC Cabin, 2477 Kellogg Road in Hinckley. Social hour starts at 5:30 p.m., followed by the potluck at 6:00 p.m., and dancing at 7:00 p.m. Along with your dancing shoes, please bring a covered dish that serves at least 6 to 8 people and your own dinnerware and beverage. Coffee and tea will be provided.

Once again, Line Dance Instructor Eunice Kollar will be leading us in some of the most popular dances as well as other fun steps. Eunice teaches both beginner and advanced line dance classes at the Brunswick Rec Center and is planning an evening for beginners as well as more experienced line dancers. So, don’t be afraid to come if you have never line danced before; with Eunice’s instruction, you will be dancing along with the best. Although partners are not necessary for this type of dancing, we’d love to have you bring them along.

In addition to being a great deal of fun, line dancing is considered a form of low impact aerobic exercise, which is a recommended exercise to maintain a healthy heart. A dance instructor once said, “Moving to music is nourishment for the soul,” so come to the Line Dance Potluck for nourishment for both the body and soul!

Hostess for the evening is Louise Melnik, and if you have any questions or requests, she can be reached at 330-225-5240, 330-416-4576, or lamel8@aol.com. Please make your reservations by calling Sue Portnoy at 216-464-0916.

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Memorial Day Weekend at Pike Lake State Park

Ruth Skuly • 216-371-9535 • rjskuly@att.net

Pike Lake State Park is located in what is known as the bluegrass region of Ohio. Because of the limestone base, its geological formations and flora are different from the rest of Ohio. The area is quite beautiful. The club has reserved 7 preferred cottages for Memorial Day weekend, May 24 to 27. Each non-smoking cottage has two bedrooms — one with a queen-size bed, the other with two twin beds — and a sleep sofa in the living room. The kitchen is fully equipped. Check out the park on the state’s website www.dnr.state.oh.us/parks. Use the “Select A Park” drop-down list to select Pike Lake.

We are planning a weekend of hiking, socializing, swimming, and just relaxing. Hikes on Saturday, Sunday, and Monday will include scenic walks in some of the Arc of Appalachia Preserves (www.arcofappalachia.org) including Highlands Sanctuary and Fort Hill, as well as in the state park and possibly the Buckeye Trail. Distance and difficulty will depend on those who attend. There will be a group cook-out on Sunday evening, so bring your own main dish and something to share.

The cost of a cabin for the weekend is $305.25 ($275.55 if the primary occupant has a Golden Buckeye Card). To reserve, send a check for the entire amount made out to the Cleveland Hiking Club to Ruth Skuly at 1965 Morning Lane #12, Cleveland Heights, OH 44106. Indicate the names of all the occupants of the cabin, the Golden Buckeye Card number of the principal occupant if applicable, and if the cabin is full (at least 4 occupants) or if you are looking for additional cabin mates. If you are a single or couple and have not arranged to join a cabin, give Ruth a call (or better yet, an e-mail) to see if you can join a cabin that has room. Reservations will be taken on a first-come, first-served basis. If we run out of space, a wait list will be created or we can suggest other lodging options in the area.

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Downtown Hike and Cleveland Clinic Art Collection Tour

May 18, 2013

Judy Muzzy • judithmuzzy@yahoo.com

On Saturday, May 18, we will meet at 9:00 a.m. at the Moses Cleaveland Statue on Public Square. We will hike east on Euclid Avenue 4 miles to the Post Office at 101st and Euclid. We’ll just be peeking in at the Post Office. I’m sure many Clevelanders don’t even know it’s there, but the space is pretty impressive. Then we will hike back to the Clinic’s main entrance, where we will have a docent-led tour of the Clinic’s art collection at 11:00 a.m. The tour will take about an hour, and then we will hike back to Public Square. I expect to get back to the square no later than 1:45 p.m. Lunch is not included, so plan your packs accordingly.

Come see the progress of the development of the Euclid Corridor, where the famous Gust Gallucci Market is located, as well as the extensive art collection of the world-famous Cleveland Clinic. There is a limit of 24 hikers, so you must contact the hike leader to reserve a spot (e-mail is preferred). Mileage credit for the hike will be 8 miles. Contact Judy Muzzy with questions. This could be an opportunity to get the east and west sides together.
Meeting started at 7:00 p.m. There was not a quorum in attendance so no Club business could be conducted.

**Status of 2012 Member Survey items**

Dave Richards reviewed the 2012 member survey and presented the top 10 items for the Club to work on:

1. Attract new younger members: Bob Shroy provided a link for smart phones to download hiking schedules. Bob and Kent Geist are also working on a Facebook page (demonstrated later in the meeting).

2. Communication to parks: The Club needs a strategy/relationship to keep more open lines of contact (e.g., relating to damage and closures after Hurricane Sandy).

3. Fire escapes at the cabin: Bill Miller reversed all door openings. This item is closed.

4. More volunteers to maintain Camp: Dave announced he is still looking for new Camp Chair, as well as new volunteers.

5. Continue to expand the number of hike leaders: Ron Hueter and Pathfinder Committee are always seeking new leaders. The Club is scheduling a hike that will help teach map reading and scouting for potential new leaders.

6 & 7. Work on computer usage in the Club: Dave still compiling information.

8. Mailing of Newsteps: The Board has worked on the timing issues,

9. Safety tips in circle-ups: New Safety Chair, Karen Pressman, is helping with this. Dave reiterated that everyone needs to remain vigilant of potential dangers when hiking.

10. Publicize trail work sessions: Carol Lewanski will keep us posted. Trail work sessions to start up again in March.

**Proposed Goals for 2013**

Dave Richards discussed his goals for 2013 in comparison to 2012:

1. Encourage more hiking: Goal was for 500 members to hike at least once per month. In 2012 the count was 463. Dave reported that approximately 125 members made the mile-a-day list each month in 2012. He also noted that about 200 members hiked a mile-a-day for 9 months and proposed this as a goal.


3. Add new members: In 2012 there were 129 new members.

4. Adhere to the budget: In 2012 the Club was under budget.

5. Hike safely: In 2012, 11 hikers needed EMS or a visit to the ER.

6. Provide donations: The goal is $1,000 for children to go to summer camp. Club received $2,778 ($778 from the can collections).

**Facebook Proposal**

Bob Shroy and Kent Geist showed their Facebook demo page. The advantages include recruitment, communication, and increase to the Club experience. They stated there would be at least 1 or 2 members as administrators of the page. The administrators would make sure that all guidelines and policies set in place are enforced. No personal or contact information would be allowed to be posted. Future discussions will follow.

**Officer and Committee Reports**

Treasurer: Doug Hardman was not present but did report to Dave Richards that the funds are solvent. Also, the new tables for the cabin are scheduled to be delivered this week.

Chief Pathfinder: Ron Hueter announced that there are several potential new hike leaders — 2 for the east side and 5 for the west side. The Club has been averaging 275 to 300 hikes per month.

Membership: Suzanne Bellini and Roni Pavia reported as of January, there are 1,067 members. The Club had 71 visitors in January, 13 new member applications were mailed out, and 32 new members joined.

Excursions: Kathy Driscoll presented a proposed excursion on the Appalachian Trail; dates: May 9 to 25, 2013; leaders: Jim and Pat Spoth; approximate cost: $1,200 ($600 for 1 week). Board will have an emergency electronic vote in the next week to approve.

Social: Ron Hueter reported for Rhonda Skalsky, who was absent, that the Soup Supper at Camp on March 24 will be hosted by Janet Orban and Patty Abdenour. Denise Tobiasz also reported that April 13 Potluck at Camp will have a performance by the group Side x Side.

Directory: Ethel Horvath stated she is working on the 2013 Club directory and hopes to have it ready for the printer by the end of February.

Merchandise: Denise Tobiasz is working on the spring collection; she will be adding bandanas and is open to other suggestions from members.
Photography: Denise Tobiasz announced that winning entries from the 2012 photo contest will be posted on the Club’s website.

**Announcements**

Annual Report 2012: Dave Richards stated that the Club’s report is also posted on the website.

Discussion over moving May General Meeting to May 11 to be after the 40 mile hike. Despite comments that the Club’s constitution requires such a change be made at a general meeting, this issue will go to the Board for an emergency electronic vote within the following week.

Meeting ended at 8:10 p.m.

*Submitted by Alicia Hajba, Recording Secretary*

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### Rules for Dogs on Hikes

**From CHC Standard Operating Procedures**

1. Dogs must be leashed at all times and leash shall not exceed 6-feet in length nor be extended beyond 6-feet, if of the extendable type.

2. Dog handlers are expected to keep their dogs under control and be mindful that fellow hikers may not appreciate dogs. Dogs must be kept back out of the "circle" at the beginning of the hike and shall remain at the rear of the hike at all times.

3. Dogs are prohibited on hikes where the hike description in the Schedule of Activities includes the following words: Strenuous, Off Trail, or "No Dogs."

4. Hikers are limited to one dog per individual on a hike.

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**REMINDER:**

If you would like to receive the *Newsteps* electronically, e-mail a note to Roni Pavia • 330-468-3706 • halroni@roadrunner.com. This is entirely optional. You will still receive election ballots and directories by mail.

### Hiking Schedules for Your Smartphone

Let your smartphone tell you where to go — just scan this QRcode to get an online hiking schedule specially formatted for viewing on your smartphone.

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**Be a Guest Editor!**

*Kim Woodward • 216-252-7968 • akwoodward@aol.com*

If you’ve ever wondered how *Newsteps* is put together, here’s your chance to find out by helping with the June issue. You would need to be available for a few days in early to mid-May. The only software you need is Microsoft Word. Contact Kim Woodward if interested.

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With standard postage rates, which is how *Newsteps* is mailed, the post office does not forward mail. Mail that the post office returns costs us first class postage rate. If you move, travel to warmer places for a few months each year, or take extended vacations, please notify Roni Pavia of your address change for those months (or if you want to stop delivery for that time).
# Excursion Calendar

**Kathy Driscoll • 440-973-4440 • kathydriscoll@wowway.com**

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CANCELLED

NS = Newsteps, 9/04 = Issue and year, Page 4 = Descriptive article on Page 4. Please do not call excursion leaders before full trip description in Newsteps.

For an Excursion planning form, contact Kathleen Driscoll – kathydriscoll@wowway.com or 440-973-4440