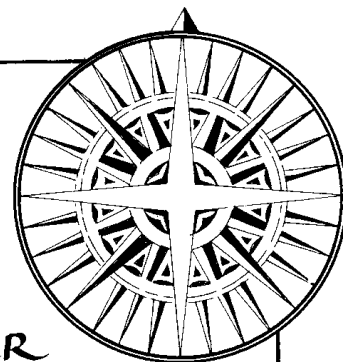




Compass

THE BOULDER GROUP NEWSLETTER



Volume XX Number 2

February 2004

No Monthly Program in February

If you want to arrange a presentation of your own or perhaps suggest a good presenter you'd like to see, contact Bob Guthrie, Monthly Program Coordinator, at rbguthrie@yahoo.com, or phone the Clubhouse at 303-554-7688.

Spring/summer trip info due

Trip leaders, once again it's time to submit trips for the spring/summer *Trail and Timberline Activity Schedule*. This schedule will include trips from May 1st through October 31st, 2004.



Trips must be submitted to the following trip schedulers no later than February 27th, and if you can get them in earlier it is always helpful.

AB trips: Ruth Eastman,
rutheastman@yahoo.com,
303-652-3097

CD trips: Ann Keane,
a_keane@indra.com, 303-258-9390

Rock climbs: Chris Glascock,
the14erclimber@earthlink.net,
303-664-1464

If you have other questions about leading or scheduling trips, contact Tom Wilson at tomw@csd.net, 303 247-1450.

Spring 2004 Boulder Mountaineering School

The Spring Boulder Mountaineering School starts March 30 with the first of seven lectures, and the first of five field trips will be on the weekend of April 17. BMS is offered by the Boulder Group of the Colorado Mountain Club. Instructors are all volunteers, members of the CMC, and have completed BMS themselves.

Lectures cover mountain environment, conservation, climbing techniques, knots, clothing, footwear, nutrition, weather, medical emergencies, avalanche-awareness basics, and navigation with map and compass. Field trips cover knots, rope handling, belaying, rappelling, prusiking, climbing techniques, snow travel, self-arrest, and navigation.

Many BMS graduates go on to become instructors and continue as advanced climbers tackling difficult routes, big walls, ice climbing, and alpine expeditions.

Attendance at all field trips and lectures is required; missing a field trip may prevent you from continuing the course. If you cannot attend all of the lectures and field trips

— continued on page 2, see **BMS**

Raptors of the Front Range slide show/lecture and field trip

Beverly Gholson, a naturalist, retired environmental lawyer and chair of the Boulder Group's Conservation and Trails Committee, will present a slide show and lecture on Front Range Raptors and lead a field trip driving tour of Boulder county.



The free slide show and lecture will be at 7 p.m. Feb. 18 at the American Mountaineering Center in Golden.

The field trip begins at 9:30 a.m. on Feb. 21. Learn about birds of prey habitats, eco-

— continued on page 2, see **Raptors**

Mountain Mania Membership Campaign starts March 1

The Colorado Mountain Club kicks off its "Mountain Mania Membership Campaign" on March 1 to encourage members to invite friends to join, and then to mentor those new members through the first year by inviting them on their first trip and to their first program or event.

The CMC's mission is to excite and educate people about the mountains, but many people don't know the work we do to educate adults and youth, preserve the alpine environment, and publish books and an informative magazine.

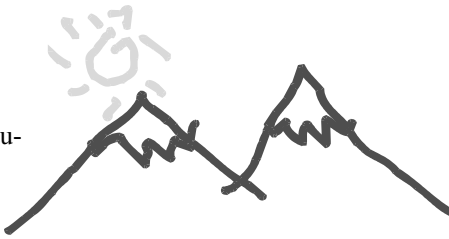
Most new members who don't renew their membership after one year say it's because they never got involved. It's hard to sign up for the first trip or attend a program where you don't know anyone.

— continued on page 2, see **Mountain Mania**

— **BMS**, continued from page 1

please take the course another time.

Participants will attend either all Saturday or all Sunday field trips. At the second lecture each student signs up for a group, made up of three instructors and up to six students. Groups stay together for all field trips.



Field trips last from approximately 7:00 a.m. until 5:00 p.m., and are held regardless of weather. Dogs, guests and electronic devices such as cell phones and pagers are not allowed on field trips.

In addition to the required field trips and lectures, there will be a variety of optional activities to choose from throughout the year, including peak climbs, rock climbs, and other optional field trips such as ice climbing, ski mountaineering and winter camping.

To graduate from BMS students must attend all lectures, participate in all five field trips, pass the final test, complete five climbs (one must be a rock climb and one must be a high peak with snow), complete a day-long conservation activity, and obtain a First Aid card. The Boulder Group honors BMS graduates at its annual dinner in November.

Lectures will be on Tuesdays, March 30, April 6, 20 and 27, May 4, 11 and 18. Note there is no lecture the Tuesday after Easter. Lectures run from 6:30 p.m. until 9 p.m. at the Boulder Group Clubroom, 633 S. Broadway Unit N.

Field trips will be on the weekends of April 17, April 24, May 1, May 8 and May 15. Note there is no field trip on Easter weekend.

To register you must be a CMC member, be at least 14 years old by April 17, be able to hike comfortably for up to 12 miles with 2,500 feet of elevation gain, complete an application, sign a liability waiver, and pay the registration fee of \$100. Students with no specialized climbing gear should expect to spend \$80 more on equipment (not including clothing and footwear). Helmets and ice axes (required) are available to borrow during the class.

Applications may be obtained from the Boulder Group Clubroom, and may be submitted in person 5:30 - 8:30 p.m. on Thursday, March 4, or during any normal Clubroom office hours thereafter. Applications may also be mailed to the Boulder Group Clubroom, 633 S. Broadway Unit N, Boulder, CO 80305

If you aren't a current CMC member, please request an application and submit a separate check for the CMC membership fee. You will be charged a \$20 fee if you withdraw from the school after March 22. If you withdraw after the school begins you forfeit the entire \$100.

For more information please contact the Clubroom at 303-554-7688, or Ken Vogler, BMS Director, at bms@cmcboulder.org.

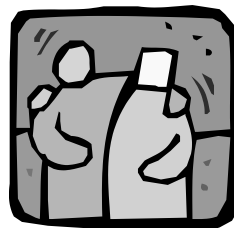
— **Mountain Mania**, continued from page 1

You can help by taking your friend on the first trip or to a meeting or program. Check back with them a few times that first year. Once they get started, they'll love the CMC as much as you do.

For every new member you bring in between March 1 and May 31, the CMC will give you \$5 in CMC Bucks, which can be applied to your dues, a CMC Press book, an event ticket, or anything in the CMC Gift Shop.

Ask for a Mountain Mania Membership Packet from your Group Chair, Membership Chair or the CMC office. Inside will be lots of great ideas and the forms you need to invite your friend to join CMC.

For more information, please call CMC at 303-996-2742 or 800-633-4417 and ask for Kristy Judd, ext. 102, juddk@cmc.org; Alison Conrad, ext. 109, conraa@cmc.org, or Julie Beckwith, ext. 124, beckwj@cmc.org.



— **Raptors**, continued from page 1

logical niches, predator/prey relationships, survival threats, and key characteristics for identification. We hope to see eagles, wintering and resident hawks, harriers, and possibly owls and falcons during the field trip. The \$20 fee includes van transportation during field trip, instruction and materials. Credit of 0.5 has an additional cost.

Antarctic Extravaganza

Shackelton, Penguins, Seals, Glaciers, Volcanoes, Aurora Meteorite and more

Come hear a unique presentation about South Georgia and the Antarctic on Friday, Feb. 6 at 7:00 p.m. in the Boulder Group Clubroom.



In a fast-paced hour-and-a-half, the speakers will present a slide show about South Georgia Island, Deception Island, the Antarctic Peninsula and the main Antarctic Continent.

Kim Malville spent a year in Antarctica as part of the International Geophysical Year in 1957. Wes LeMasurier has been on the main continent seven times doing geological research. Joyce Gellhorn, Dave Robertson and Jan Robertson recently returned from a cruise to South Georgia and the Antarctic Peninsula.

Ice cubes will be served afterward. For more info, contact Sheila Delamere at 303-554-7688.

Compass

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Clubroom hours: Open Monday thru Thursday, 5 to 7 pm (Voicemail always activated.)

Telephone: 303-554-7688

E-mail: bcmc@bcn.boulder.co.us

Web Page: <http://cmcboulder.org/>

For membership info, call the Clubroom.

We welcome announcements, articles, letters, artwork, and photos. Please submit material by the second Monday of the month for inclusion in the following month's issue.

E-mail: Compass.Newsletter@earthlink.net.

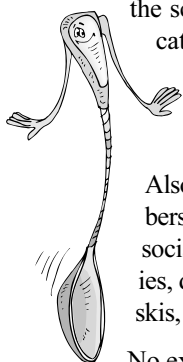
Conservation grant deadline March 1

The Boulder Group has funds available for trails and conservation projects, and the deadline for applying is March 1, 2004. If you have a conservation project you'd like to have funded please contact Beverly Gholson at bvgholson@aol.com or 303-443-9139. Look at <http://bcn.boulder.co.us/recreation/bcmc/farleyfund.html> for application details.



Plan dinner, be social!

Even though it doesn't happen until November, volunteers are needed now for the Annual Dinner committee. The committee needs a few people to help behind the scenes interacting with the caterer, planning publicity, organizing the volunteers, helping locate a speaker, etc.



Also, we're looking for members interested in a NEW social committee to plan movies, dinners, social hikes and skis, etc.

No experience is necessary. If you like planning parties, these are terrific opportunities to have a great time and help the CMC as well.

For more information, call Marilyn Fellows at 303-499-6099.

Refer a BMSer, be a winner!

Win \$100 to spend at Neptune Mountaineering

Boulder Mountaineering School (BMS) is awarding a \$100 Neptune's gift card to the individual referring the most new students to this spring's Mountaineering School.

Winner must refer two or more students; any tie to be resolved by a drawing.

BMS registration begins March 4 at the Boulder Group Clubroom.



Boulder CMC Comments on Brainard Proposal

— by Beverly Gholson, Chair, Conservation and Trails Committee

On January 8, the Boulder CMC submitted comments on the U.S. Forest Service proposal for changes at the Brainard Lake Recreation Area. In this proposal, the Forest Service hopes to reduce the impacts on the Indian Peaks Wilderness Area by moving usage from the Wilderness to the eastern part of the Area. One idea to protect wetlands on the south side of Brainard Lake is to close that road, making the road to the Mitchell and Long Lake trailheads a one-lane road. This change would result in closing those parking lots and utilizing shuttle service. Other ideas include converting the Pawnee Campground near Brainard Lake to a parking lot and building a visitor center and larger parking lot in the eastern portion of the Area.

The Boulder Council generally agrees with the idea of protecting the Wilderness from overuse. However we have concerns about accessibility for our trips into the Wilderness. We have no problem with walking the extra distance from Brainard Lake but want to be sure there is adequate parking there or frequent early and late shuttle service. We also recommended that the gate be open longer in the spring and fall.

If you would like a copy of our full comments, send e-mail to bvgholson@aol.com.

JOIN CMC's Conservation Alert List to learn about and get involved with upcoming events, issues, etc. Send an e-mail to conservation@cmc.org with a message saying you want to sign up.

Trip Changes/Additions

■ Yankee Doodle Lake, Saturday 2/21: The date for the trip has been changed to February 14 (trip #24122).

■ February 28, 2004 — Haystack Mountain (11,771); Adv. I Ski Tour; Joint trip: Denver Group.

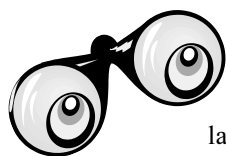
Follow the South Boulder Creek SW into a broad bowl between James Peak and Haystack Mtn. Ascend Haystack via the west ridge and ski around the peak north towards Rogers Pass Lake. Descend the steep and deep powder through the forest between cliffs or over them if preferred and capable. Full avalanche and wind gear required. Deep powder skis with metal edges recommended. East Portal/Empire 9/2,560'. Cleve Armstrong, 303-427-0845.

Don't forget! BMS Tele/AT Backcountry Ski Clinic

Learn basic backcountry/peak skiing safety skills.

- Feb. 11 Lecture # 1
- Feb. 22 Survival Skills field trip
- Feb. 25 Lecture # 2
- Feb. 29 Survival Skiing field trip
- Mar. 9 Lecture # 3
- Mar. 14 Skiing A Peak field trip

Details can be found in the *Trail & Timberline*, or contact Cindy Gagnon at 303-938-8564 or gagnonc2@comcast.net for more information.



Coming up!

Be on the lookout for the Boulder Group's new map! The latest edition of the full-color map of the hiking trails west of Chautauqua will be available soon.

February 2004 Boulder Group Trips

Sunday, February 01, 2004

West Face, Whales Tail

I Climb, 5.2

Enjoy a 5.2 crack system, amid views of the Bastille, Redgarden Wall, and Wind Tower, easily accessed in Eldorado Canyon. Bruce Immele 303 665-0888

Lake Helene

Mod. II Ski Tour

Ski from Bear Lake to Lake Helene and Odessa Lake and down to Moraine Park w/ a car shuttle. Andy Moore 303 494-3490

Ice Climb, Leaders Choice

Ice conditions change rapidly so the destination of this trip will be determined by the leader as the trip approaches. Cynthia L Gagnon 303 938-8564

Commando Run Adv. III Ski Tour

If you are in shape for it, come enjoy this Colorado classic. Nearly 19 miles in length with almost 3000 ft of climbing. Telemark skis, skins and avalanche gear required. Bring money for refreshments and the cab shuttle back to Vail Pass. Ken Baugh 303 666-6941

Tuesday, February 03, 2004

Lecture #5, AMS, 7 p.m.

Lecture and slide show covering several mountaineering topics. For registered AMS students. Wesley K Berg 970 207-0724

Wednesday, February 04, 2004

Mt. Sanitas 6,863' After Work Hike Difficult A
A short, hard hike that has rewarding views of the plains from the top of a rocky ridge at the mouth of Sunshine Canyon. Fritz Neufeld 303 332-7131

Ice Climb, Leaders Choice

Ice conditions change rapidly so the destination of this trip will be determined by the leader as the trip approaches. Tom Walker 303 666-7199

Ice Climbing Techniques, Fixed Lines, AMS

Advanced Mountaineering School students practice vertical ice climbing techniques with a top rope on water ice. Climbing and leading techniques are covered. In addition, students learn to ascend and rappel high angle fixed lines on water ice across multiple anchor points. Crampons required. Wesley K Berg 970 207-0724

Sat, February 07 to Sun, February 08

Winter Camping/Snow Structures Field trip

Geared toward those with minimal winter camping experience. Emphasis on site selection, cooking, staying warm & dry. Put up tents, build kitchens, snow-walls, and an emergency snow shelter if time and weather permit. Those with previous experience will put up a tent and build snow cave which they may choose to sleep in. Prerequisite: Winter Camping/Snow Structures lecture. Anne M Fiore 303 499-5038

Sunday, February 08, 2004

Forest Lake Mod. II Ski Tour

From East Portal Trail, ski to lower and upper Forest Lakes, returning the same way for a fast downhill run. Charles Smythe 303 499-0222

Tuesday, February 10, 2004

Peak Planning Session, AMS Special

Advanced Mountaineering School students plan a one or two night winter peak ascent. Wesley K Berg 970 207-0724

Wednesday, February 11, 2004

3-day Tele/AT Backcountry Ski clinic Lecture #1

This mandatory lecture provides an overview of the 3 field trips. Various technical topics will be discussed including gear requirements, curriculum, and field trip details. For registered 3-day Tele/AT Backcountry ski clinic participants. Ronald M Pasquini 303 641-8514

Saturday, February 14, 2004

Saints John Easy II Ski Tour

Drive to Montezuma and ski an old mining road to the ghost town of Saints John on the slopes of Bear Mtn. After a moderately steep half mile, the trail proceeds gradually up the Saints John Valley. Carol Saunders 303 499-3731

Bierstadt Lake Easy II Ski Tour

Start at Bear Lake trailhead in RMNP. Climb Bierstadt Moraine, which is somewhat steep for the first 1/2 mile then a rolling gentle downhill glide to Bierstadt Lake. Additional side adventures depend on group and weather. Peter Gowen 303 494-5420

Sat, February 14 to Sun, February 15

Student Peak Climb, AMS Field Trip #4

Advanced Mountaineering School students perform a one or two night peak ascent in winter conditions. Wesley K Berg 970 207-0724

Sunday, February 15, 2004

Brainard Lake (south trail) Easy II Ski Tour

We'll ski both in and out on the easy South Trail to bask in the warmth of our cabin. Bring a lunch and \$1 for cabin fee. Louis F Genduso 303 530-3795

Estes Cone (11,006')

Hike from Longs Peak campground to Estes Cone via Storm Pass. Scramble a short distance to the summit, which has great views of RMNP peaks. Longs Peak, 7/1600 feet, 140 miles. Phil Congdon 303-926-1408.

Friday, February 20, 2004

Brainard Lake (south trail) Easy II Ski Tour

We'll ski both in and out on the easy South Trail to bask in the warmth of our cabin. Bring a lunch and \$1 for cabin fee. Tom Walker 303 666-7199

Group Discussion, AMS Special

Advanced Mountaineering School students discuss the various peak ascents done during the previous weekend. Wesley K Berg 970 207-0724

Fri, February 20 to Sun, February 22

"Little Roman Slave Girl" Hut Trip Adv. II Ski Tour

To Friends Hut from Crested Butte. 11 mile ski to a remote hut located between Crested Butte and Aspen. Previous hut trip experience required. David Weinstein 303 499-7382

Saturday, February 21, 2004

Yankee Doodle Lake

Mod. III Ski Tour

Start at Eldora Ski Area, then ski up Jenny Creek to Yankee Doodle Lake for a good day of skiing. Bob Lewis 303 232-9587

Carpenter Pk 7,205'

Moderate A

Climb this peak in Roxborough State Park via a winding trail. Panoramic views from the summit. Park admission fee will be shared. Rada Perovic 720 635-7453

Saturday Social for Spirit and Sweat Moderate A

A half-day hike with a social spirit and a sweaty end. Meet at Einsteins at the corner of Broadway and Baseline. Arrive at 9 am and help decide our destination. Come prepared to hike in any weather. Marilyn Fellows 303 499-6099

Peaceful Valley or Hessie

Easy II Ski Tour

The area we choose will depend on snow conditions. For beginners who have attended the ski clinic or have equivalent experience. We'll aim for 6 miles RT and 600 feet elevation gain. Peter Birkeland 303 442-0304

Sunday, February 22, 2004

3-day Tele/AT Backcountry Ski clinic, Field trip #1, Survival skills

Winter survival skills are crucial for all levels of ski mountaineering. Ski into the backcountry to practice general backcountry survival skills. For registered 3-day Tele/AT Backcountry ski clinic participants. Prerequisite: 3-day Tele/AT Backcountry Ski clinic #1. Ronald M Pasquini 303 641-8514

Wednesday, February 25, 2004

3-day Tele/AT Backcountry Ski clinic, Lecture #2

No matter what your skiing level, you'll experience terrain or snow conditions that are too hard to handle. Ski navigation offers some unique problems from poor visibility to challenging terrain. Lecture will overview survival skiing and ski navigation techniques. For registered 3-day Tele/AT Backcountry ski clinic participants. Cynthia L Gagnon 303 938-8564

Ice Climb, Leaders Choice

Ice conditions change rapidly so the destination of this trip will be determined by the leader as the trip approaches. Tom Walker 303 666-7199

Saturday, February 28, 2004

Forest Lakes to Rollins Pass Rd Mod. III Ski Tour

Ski from East Portal to Forest Lakes and Rollins Pass Rd. Steve Priem 303 499-9024

Sunday, February 29, 2004

3-day Tele/AT Backcountry Ski clinic, Field trip #2, Survival skiing

(See lecture description, Feb. 25) This field trip teaches techniques to handle these situations. For registered 3-day Tele/AT Backcountry ski clinic participants. Prerequisite: prior lectures and field trips Cynthia L Gagnon 303 938-8564

White Ranch Open Space

Difficult A

Hike one of many trails in this beautiful Open Space area, Leader's Choice. Plan on a late start and bring lunch; gaiters may be needed. Fritz Neufeld 303 332-7131

Coney Flats

Easy II Ski Tour

Ski from Beaver Reservoir up to Coney Flats for views of Sawtooth Peak and the Continental Divide. Patricia Butler 303 440-0586

Bear Lake to Hollowell Park

Easy Snowshoe

Shuttle cars. Starting at the Bear Lake parking lot, a short but steep climb to Bierstadt Lake and out to Mill Creek Basin and Hollowell Park. Ruth Eastman 303 652-3097

Wildlands Restoration Volunteers

Wildlands Restoration Volunteers, a Boulder-based non-profit, has two events planned in March.

WRV organizes about a dozen volunteer projects per year, for habitat restoration and conservation work in Boulder County and the northern Front Range. They collaborate closely with the Boulder CMC and would love to have your help! No experience is required.

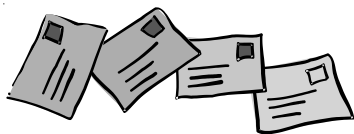
Crew Leader Training March 11 (evening) and 13 (field day): You'll learn team-building skills, situational leadership skills, proper tool usage, volunteer care and safety, and get hands-on practice.

Marlatt Pond, Boulder County Parks and Open Space March 20 (rain date April 3) Activities: Wave force reduction and willow planting to stabilize the pond banks; enhancement of fish habitat; construction of 800' of post-and-dowel fence; removal of invasive knapweed and Russian Olive. Lunch will be provided.

Volunteers needed: Approximately 60.

Description: This is a new open space property near Hygiene that will soon be open for hiking and fishing. It has several ponds with excellent fishing potential. This reclaimed gravel pit area has suffered from bank erosion on its eastern shore due to wind-generated waves. More than 500' of pond bank is collapsing and sloughing.

To register for WRV projects, send e-mail to wrv@ecomail.org or call 303-543-



Mailing party February 19

Come to the Boulder Clubroom and help mail out the **Compass**! This is a relaxed way to meet people and give something back to your favorite club.

The next issue will be ready to mail on Thursday, February 19, at 5:30 p.m., so please just drop in. Phone 303-554-7688 for more information.

Boulder Group 2003 activities

Just reading about it is enough to wear you out. The Boulder Group logged more than 1,900 hours of conservation work, conducted more than 380 trips and schooled more than 180 people in outdoor skills last year.

The 2003 activities report includes:

Conservation. Perhaps our best area this year. Under the guidance of conservation chair Beverly Gholson, the group put in 1,980 hours maintaining trails, pulling noxious weeds and restoring native vegetation. We also made \$9,400 in conservation grants.

Trips: Our trip leaders conducted 385 trips, including 167 hikes, 109 rock and ice climbs, 37 ski and snowshoe trips and 72 other events, including cabin hosting days, special meetings and field trips.

Schools: The Boulder Group conducts schools in hiking, mountaineering, advanced mountaineering, rock leading, ice climbing and ski mountaineering.

Some attendance breakdowns: hiking, 37 students (spring session only); mountaineering, 96 (spring and fall); advanced mountaineering, nine; backcountry skiing, 40; ski mountaineering, six.

Monthly Programs: We held 11 monthly programs in our clubroom featuring an adventure of some sort. Some presentations were by CMC members and some by guests. Attendance averaged 15.

Annual Dinner: The dinner and awards program attracted approximately 200 people. The keynote speaker was Malcolm Daly. Awards and recognition included:



60-year member: Dave Waddington.



50-year members: Eva and Kurt Gerstle.



40-year members: Stanley Cristol, Robert Kamper, Cindy Carey, Mary Anna Dahm, Nancy McCaffrey, George Langer and Paul Poitras.

Special recognition: To Ken Nolan for climbing all the 12,000-foot-plus peaks in Colorado.

First Aid: We offered first aid basic, MOFFA and refresher courses for members to keep their CMC leadership requirements current.

Confident Cruising

Sailors and authors Lin and Larry Pardey will present a lecture/slide show and an all-day seminar on sailing to reach hiking, biking and climbing destinations around the world.

The slide show will be at 7 p.m. Feb. 21, at the Denver Marriott West Hotel. Admission for CMC members is \$15.

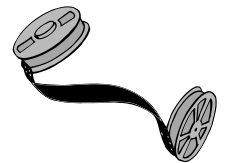
The seminar will be from 9 a.m. to 5 p.m. on Feb. 22. Admission for CMC members is \$50.

Attend both events for \$60.

Register at http://www.landlpardey.com/Seminars/Denver_Registration.html.

For more information, call the CMC office at 800-633-4417.

Best of Banff Mountain Film Festival Tour



The Best of Banff Mountain Film Festival Tour stops at the Paramount Theater in Denver at 7 p.m. on March 5.

The world's best mountain films include climbing, mountain expeditions, remote cultures and the world's last great wild places.

Ticket are \$12 and go on sale Feb. 1 at all REI Denver-Boulder stores. Proceeds benefit the CMC.

In the third week of February, watch for a playlist at www.REI.com/RetailStoresandEvents.



Concert Series at the American Mountaineering Center

The CMC and Swallow Hill Music Association will present a concert series in Foss Auditorium at the AMC. Concerts begin at 8 p.m. Tickets are \$10 in advance or \$12 on the day of the show. CMC member price is \$8/\$10. Tickets: Swallow Hill, 303-777-1003.

Bob Turner & Friends

Feb. 26

Turner's repertoire includes country, folk, contemporary pop and light rock. Raised in Denver, he recorded and performed with The Greenwood County Singers before solo recordings for ABC Records and Electra Records. He has toured extensively, sharing a stage with Jerry Lewis and Andy Griffith and performing for President Gerald Ford. In the mid-70s, he returned Colorado and now plays ski resorts throughout the region and clubs in the Denver area.



John Davis

March 11

An accomplished finger-style guitar player and songwriter, Davis delivers his songs with his signature Southern drawl. On his new CD, he plays acoustic, electric and resonator guitars, mandolin, banjo, harmonica and autoharp on the CD.

Rebecca Folsom

April 22

Folsom is a native of Boulder who started writing and performing at age 13. Her third CD, "Across the Sky," was inspired by a vision quest in the wilderness and the loss of a friend to cancer. The album is about letting go, the freedom inherent in that release, and the wisdom of uncertainty.

Advertise in the Compass

Help pay our production costs and let 1,600 of your friends know about your business!

The Compass newsletter is now accepting up to one full page of advertising per issue. Prices are: full page, \$400; half-page, \$250; quarter page, \$150; eighth page, \$80; business card, \$70 (nothing smaller than a business card will be accepted). All layout work must be done by the advertiser and ads must be submitted and pre-paid one month in advance for the following issue. Call the Clubroom at 303-554-7688 or e-mail the Compass at Compass.Newsletter@earthlink.net.

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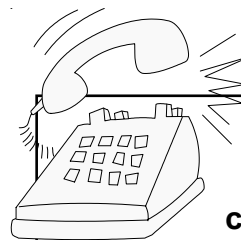


Get on the list!

The weekly *GPS* electronic newsletter contains 5 to 10 paragraphs of timely announcements & other useful information. Our e-mail currently has a little over 500 members. Since the Boulder Group of the CMC has over 1,600 members, this means we aren't reaching everybody by a long shot.



To be included on the list, simply send e-mail to *GPS* editor Steve Gendron, sdg0325@aol.com, with the words "GPS E-mail Newsletter" in the Subject area. You can include a message if you want, but it isn't necessary.



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current**

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