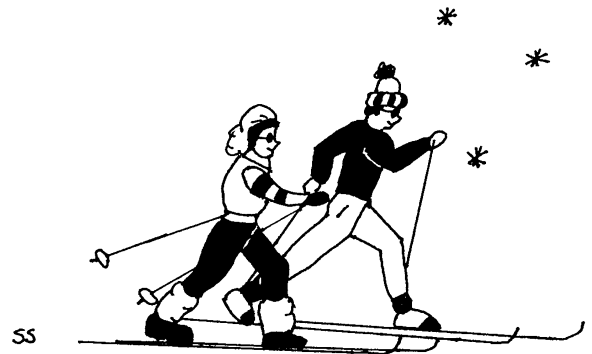


# New Mexico Cross Country Ski Club Newsletter



March 2002



## Meeting Schedule for 2001-2002

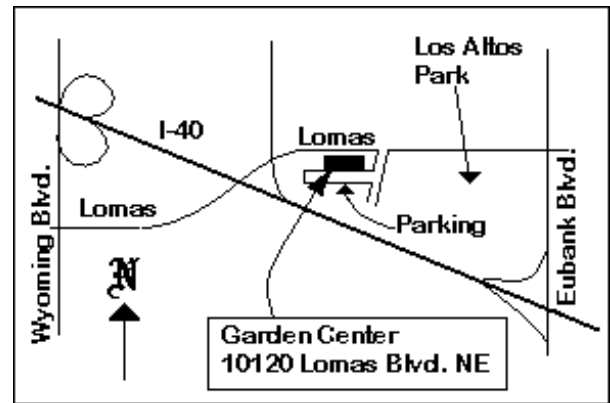
Next meeting: Thursday March 21, 7:30pm

- **Ratification** (or not!) of new Bylaws! See proposed bylaws update on page 3.
- **Election of Officers** and Committee Chairs! Throw out the current scoundrels and get new leadership for the Club! Nominations from the floor will be taken. See the present list of candidates on page 2.
- **Drawing** for various prizes (ski-related items)! Just put your name in the hat at the meeting.
- **Refreshments** including cheesecake, our traditional treat for the last meeting of the year.

### Monthly General Meetings

October 18	January 17
November 15	February 21
December 20	<b>March 21</b>

Meetings are held at 7:30pm on the third Thursday of each month, October through March, at the Albuquerque Garden Club Center, 10120 Lomas NE. Look for the sign on Lomas at the entrance to the Center. Please park on the east side of the building and enter through the east entrance.



**Get your newsletter from our Web site!  
Save money for your Club!**

If you would be willing to skip the mailed copy and just download the newsletter from our Web site, **please contact Jean Hanson, Our Lady of the Mailing Labels.** You'll feel good, you'll get your newsletter several days earlier, and your Club will thank you!

*If you've signed up for the Yahoo Groups email system (check with Debbie O'Callaghan for this), you'll get a reminder email each time a new newsletter is posted.*

Visit the NMCCSC Web site at  
[www.naturediscovery.org/nmccskiclub](http://www.naturediscovery.org/nmccskiclub)  
newsletters, updated trip info, and more!



## *Elections*

- Elections of officers and committee chairs are held at the March general meeting each year. These volunteers take office immediately and serve through the following season. The officers and committee chairs together comprise our Board of Directors.
- The Board, through a combination of cajoling, wheedling, and outright begging, prepares a list of candidates. Board members hoping to relinquish their position work hardest at this. This year’s list appears below. In the event additional victims are discovered at the last minute, nominations may be made from the floor.
- Officers, once elected, receive absolute obeisance and unwavering adulation from the membership. Committee chairs receive conditional obeisance and intermittent adulation.
- Committee chair positions listed below are those given in the proposed bylaws revision. (If the bylaws fail ratification, we’ll do a real-time reconfiguration of the listing!) The new bylaws group some related jobs into logical categories, while recognizing that some positions may require more than one person. Thus, the listing has several positions where the “candidate” is actually a team of people running as potential co-chairs.

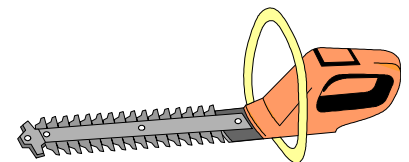
<u>Position</u>	<u>Current Officeholder</u>	<u>2002-2003 Candidate</u>
President	Bob Swan	David Ploor
Vice President	Katie Crawford	Janie Gilmore
Secretary	Yolanda Ploor	Patricia Kerr-Sanders
Treasurer	Don Mullen	Don Mullen
Day Trips	Mike Martin	Mike Martin
Long Trips	Susan Swan	Susan Swan
Overnight Car Trips/Hut Trips	Jon McCorkell	Jon McCorkell
Publications Committee	{ Lester & Sharon Byington Dianne Cress	Lester & Sharon Byington Dianne Cress
Instruction Committee	Guy Miller	Guy Miller
Membership Committee	{ Carol & Jim Deal Jean Hanson	Gene and Donna Lisotto Jean Hanson
Programs Committee	John Thomas	Wayne Kirkby
Refreshments Committee	{ Louise Broadbent Phyllis Pryor	Holly Noland Phyllis Pryor
Trails Committee	{ Sam Beard Roger Breeding	Sam Beard
Web Site and Email Group	Lester Byington Debbie O'Callaghan	Lester Byington Debbie O'Callaghan



### **Club Volunteer Trail Maintenance Program**

*by Sam Beard*

The Club is an official Adopt-a-Trail organization with the Jemez and Sandia Ranger Districts. We are responsible for maintaining the marked cross-country ski trails in these districts. Four outings are planned for late Spring and also for early Fall. We cut fallen trees, prune branches, and nail blue diamonds to trees to mark the routes. Contact Sam Beard, 828-0673, if you have questions or are interested in working on the trails.



## *Proposed*

### Bylaws of the New Mexico Cross Country Ski Club

#### I. Name

The name of this nonprofit club shall be the NEW MEXICO CROSS COUNTRY SKI CLUB ("NMCCSC" or "Club").

#### II. Purpose

The purpose of the Club shall be to promote cross country skiing as a recreational activity in New Mexico and elsewhere.

#### III. Officers

1. There shall be four officers: President, Vice-President, Secretary, and Treasurer. These four officers will make up the Executive Committee.
2. The President shall preside at Club meetings, represent the Club at official functions, and assist with the planning of meetings and activities. The President shall be the chairman of the Executive Committee and the Board of Directors.
3. The Vice-President shall temporarily assume the duties of the President if the President is not available, be in charge of publicity, maintain a history of the Club, and chair the nominating committee.
4. The Secretary shall record minutes of Board and general membership meetings and provide copies to the officers and Board, provide notice of Board meetings to Board members, and update and maintain the official copy of the Club bylaws.
5. The Treasurer shall deposit dues and fees, keep an accounting of the Club finances, and write checks for expenditures.
6. Election of officers shall be at the March general membership meeting. If possible, there shall be at least two nominees for each office. Election shall be by a show of hands unless a majority of the Executive Committee decides that the election shall be by secret ballot. A simple majority of the members present and voting shall decide the winners. The new officers and Board of Directors shall assume their duties immediately after the March meeting.
7. Should an officer resign or require replacement, an election shall be held at the next general meeting in accordance with the provisions of Section III.6. The newly elected officer shall assume his/her duties immediately.

#### IV. Board of Directors

1. The Board of Directors and the Officers shall establish policy and provide guidance for the Club, deal with Club problems, and nominate officers and directors for the next year. Each director shall chair one of the standing committees. A director may chair or be a member of more than one committee. Committees may have co-chairs.
2. Election of directors shall be in accordance with Sections III.6 and III.7.
3. The standing committees and their responsibilities shall be:
  - a. Day Trips - to obtain day trip leaders, plan the trip schedule and keep a record of trips, leaders and participants.
  - b. Long Trips - to plan and be responsible for activities necessary for multi-day trips by common carrier transportation, and to keep a record of trips, leaders and participants.
  - c. Overnight Car Trips including Hut Trips - to coordinate multi-day trips on which transportation is by private vehicles and to keep a record of trips, leaders, and participants.
  - d. Publications Committee - to collect input for the Newsletter, and to lay out, copy, and distribute the monthly Newsletter.
  - e. Instruction Committee - to organize beginning and intermediate ski instruction for the Club when needed.
  - f. Membership Committee - to collect membership dues and transfer these funds to the Treasurer, to maintain membership records, provide mailing labels for the Newsletter, and forward email addresses to the Email Group Manager.
  - g. Program Committee - to plan and make arrangements for programs for the general meetings in conjunction with the Officers and Board of Directors.
  - h. Refreshments Committee - to plan and make arrangements for refreshments for the general meetings.
  - i. Trails Committee - to plan and obtain leaders for the Club's volunteer trail activities and to coordinate the interaction of the Club with government agencies and the public in matters related to the trails.
  - j. Web Site and Email Group Committee - to maintain the Club's Web site and manage the Email Group activities.
4. The President shall appoint special committees to handle Club activities not encompassed by the standing committee.
5. Specific duties of each officer and director are defined in a separate document entitled "Duties of NMCCSC Officers and Board Members." This document may be changed by the Board of Directors.

V. An Officer, Board Member, Committee Chair, or Committee Member may be removed from office for cause, such as unsatisfactory performance of duties. Removal proceedings will be started only after a committee appointed by the Board has had an opportunity to negotiate with the individual to improve performance or obtain a resignation from that position. If performance is not adequately improved after negotiations, the individual may be removed from office by a ¾- majority vote of all Board members.

VI. Meetings

1. General membership meetings shall be held monthly from October through March unless the members are notified otherwise by the monthly Newsletter or by special notice.
2. Officers and the Board of Directors shall meet monthly from September through March unless decided otherwise by a majority of the Officers and Board of Directors. These meetings shall be open to members and invited guests.
3. Special meetings shall be called by the President or a majority of the Board of Directors.
4. Members shall be notified of the time and place of meetings either by the monthly Newsletter or by special notice.
5. Meetings shall be conducted according to Roberts Rules of Order.

VII. Finances

1. The Officers and Board of Directors shall propose an annual budget and dues. The budget shall be approved by a simple majority of the members present and voting at the October meeting. Proposed changes in the dues must be published in the Newsletter and approved by a majority vote of the members present and voting at a monthly general membership meeting.
2. A signed, current membership form and annual dues are required to join the Club. Memberships must be renewed by November 30 of each year in order to continue receiving the Club Newsletter, to participate in Club activities, and to receive the Email Group password. The membership year shall be from December 1 through November 30 of the next year.
3. Lump-sum expenditures exceeding \$100.00 and not included in the budget shall be approved by a simple majority of those members present and voting at a general meeting.
4. All Club checks require signatures of two members of the Executive Committee.

VIII. Amendments to the Bylaws

1. The Board of Directors may propose changes to the bylaws by a simple majority. The proposed changes shall be published in the Newsletter. The revised bylaws must be ratified by a simple majority of the members present and voting at the subsequent general meeting.
2. Changes in the bylaws shall be effective immediately after ratification.

IX. Miscellaneous

1. Decisions related to matters not covered by these bylaws shall be made by the Officers and Board of Directors.
2. Resolutions and executive decisions extracted from the minutes shall be attached to the official copy of the current bylaws.

These bylaws were revised and ratified on March 21, 2002.

Signed \_\_\_\_\_  
President



## Trip Reports

### Pagosa Springs – Feb 25-27

by Yolanda Ploor

**Wow – What a Trip!!** Every once in a while you get more than you expected – and Michon Johnson’s trip to Pagosa Springs was just that.

OK, for you hard core skiers, the skiing report: The group explored the Turner Pond area, the Power Line trail, the West Fork campground and the prepared nordic track at the Wolf Creek downhill ski area. There was sufficient snow for skiing, albeit a bit icy in spots, but mostly with a layer of soft stuff on top to make it enjoyable.

Now for the off-the-snow

report: Imagine waking up in the morning to the smell of freshly brewed coffee wafting up to the second and third floor bedrooms.

Downstairs at the industrial-sized stove are Nancy and Gilbert of Davidson’s Country Inn

preparing, appropriately enough, an industrial-sized breakfast of pancakes, eggs, or French toast with all the fixings including fresh strawberries and whipped cream. We were stoked for a full day of skiing, dude!!

It doesn’t get much better than this – thank you, Michon for arranging a delightful getaway.

*[Ed. note: This purported trip report has 62 words about skiing and 72 words about food. Is this the Ski Club or the Société Gastronomique?]*



### Fritz’s Hut – March 2-6

by Mike Martin

The Club's second and final hut trip of the year was a success, thanks to cooperation from Mother Nature, great participants, and the 10<sup>th</sup> Mountain Division Hut Association. Fritz's Hut is located south east of Aspen, Colorado at just under 11,004 feet at the edge of the Hunter-Fryingpan Wilderness. "Hut" is a misnomer as this is a cozy cabin with some beautiful rustic and modern architecture, comfortably sleeping ten. Fabi's hut sits next door and sleeps an additional six. Our group of seven left Albuquerque on Saturday,



March 2<sup>nd</sup> and drove to Glenwood Springs, spending the night at a hostel. A small snowstorm had passed through the day before, leaving time for the plows to clear the road over Tennessee Pass and dust the trail with some fresh powder.

Originally we were eight, but group leader Guy Miller was unable to go. I sadly hoisted a beer in his honor at the end of our trip and took lots of pictures that he could weep over later. Two members had never been on a hut trip before and judging from the smiles on their faces, they will be loyal converts as the rest of us were. We reached the trailhead at 9:00 and were soon skiing up Smuggler Mountain Road through stands of Lodgepole pine with occasional views of Aspen Mountain to the west. By late afternoon we had reached the hut and were basking in the sunshine on the deck, tired but happy. John Thomas prepared a delicious group dinner that night and we chatted with our two other hut mates from Colorado and California before turning in.

The next day dawned clear and warm and we left for a day trip after a leisurely breakfast. We attempted to reach Smuggler Mountain via a pack trail but turned back after two hours as it became steep and deep. The group broke into two parties, John Thomas leading five around Williams Lake and I leading our two hut mates to Hill 11,640 with nice views of the Maroon Bells. The weather stayed beautiful and we returned to the hut around 4:00. Wayne “Kamikaze” Kirkby prepared another delicious group dinner and we crawled into bed early to the crackle of the wood stove. Wayne received his moniker on the ski out as he didn't don climbing skins like the rest of us to slow down but pointed his skis straight downhill, in some places melting deep parallel grooves into the snow.

We said goodbye to Fritz's hut on Tuesday, taking 3½ hours to ski back to the trailhead. It was quite warm with the snow melting fast on the exposed areas, the soft snow helping slow our descent. We drove to Salida, had dinner at Il Vicino, and soaked in the hot tub before turning in. Driving back to Albuquerque the following day, we were already planning next year's hut adventures.



## Articles of Interest

### Long Bus Trips

by Susan Swan

Well, 2002 will not go down on our record as one of our better snow years. BUT, we did have enough to ski, we had occasionally great timing with respect to the snow storms, and we had wonderful people to be with! I am now doing the investigating for next year's trips. Several new places have been suggested. I'm now checking out hotels on the Internet. I will let everyone know the results by the end of August so you can start saving your money.



### Winter Park trip

by Lester Byington

There has been serious interest in a 4-day Winter Park trip from 11 people, and casual interest from a few more. This isn't nearly enough to make it part of the long bus trip schedule, but is fine for a car or van trip. I will be working with Jon McCorkell and the potential participants to set a date and other details. We will consider using a rental van to make the driving more sociable and less tiring.



### Hut Trips Update

by Guy Miller

For those who may be reading about hut trips for the first time, a brief explanation: Throughout much of Colorado (and a little bit of northern New Mexico) there are several systems of backcountry "huts" which can be rented by groups of skiers for overnight stays. Some of the more adventurous skiers can do a "hut-to-hut" ski, going from one hut to the next for as many days and nights as they can handle. For the most part, the "huts" are actually very well furnished and equipped cabins, well heated and insulated with comfortable furnishings and propane powered stoves and lighting, supplemented by solar powered lights.

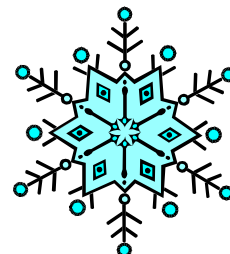
Late last season our Club voted approval of an experiment to make hut trips part of our regular activities. With a loan of \$300 in club funds, coupled with a telephone campaign, we were able to schedule two hut trips for this season. We added a \$5.00 per night per person surcharge to the nominal

cost of the hut trips, thus adding a couple of hundred dollars to our Club kitty to help pay our advance reservation fees next season.

The first trip was written up in detail in the January newsletter, and this edition contains an account of the second trip. At our last Board meeting, the Board voted to budget hut trips for the coming season. Our Club has a membership in the 10th Mountain Hut Association and is therefore able to make early reservations for the coming year. I plan to lead another beginner hut trip, hopefully right around New Year's Day, just as we did this year. We will try to snag space in a sauna-equipped hut that some of us scouted late last year. There will be at least one other, more advanced, hut trip, possibly in late February. If I get enough interest, I may try to schedule even a third trip, possibly to the yurts near Lake City (thanks to Susan Rogowski for the idea).

For those who may consider signing on, please be advised that while technical expertise is by no means a requirement, hut skiers must be beyond the beginning skier level. Ability to snowplow, turn, stop, and, if necessary, to get up from a fall (or from numerous falls) is required. Skiing with a full pack is not terribly difficult, but it is a different experience and it does require more stamina than a casual day trip to the Sandias. While I don't want to scare off anyone who might be able to do this type of activity, I also don't want anyone to underestimate the requirements. If you have an interest, call me to discuss the matter. Otherwise, watch for that first newsletter (only 7 months away!!!!) for announcements. Be planning ahead and prepared to commit when a trip is announced.

I wish to thank everyone who has been supportive of hut skiing as a Club activity, including our "Hut Cherries" who boldly stepped forward and went for their first hut trip with us this year. Also, I have a special thank-you for Mike Martin and John Thomas who helped with the planning and assumed leadership of our second trip on short notice.



Franz Friggenhutz says, "Ski ya next year" !!



**Climbing Skins –  
encumbrance or necessity?**

*by Guy Miller*

Many Club members have heard me nagging about buying, carrying, and using climbing skins, especially on bus trips. For those unfamiliar with this piece of equipment, skins are strips that are applied to the bottoms of skis to provide gripping friction that allows the skier to climb even the steepest slopes without sliding backward. Some skiers occasionally use them to slow their descent down steep, narrow trails where traversing is not an option. Most climbing skins are made of fabric, although there is a cheaper vinyl alternative that I do not recommend. They come in varying lengths, from “kickers,” which are intended to cover the middle third of the ski, to three-quarter length, to full-length (I even bought a set of “kickers” and cut them down to about 10 inches in length for use on days when no amount of waxing can make my skis work). The longer the climbing skin, the more traction is provided. The trade off is that the longer ones naturally are heavier, bulkier, and provide less glide ability.

There are different methods of attaching the climbing skin to the ski. The most common type, at least in our area, seems to be the “stick-on” variety. “Stickers” have a gluey muck on them that allows the skier to simply slap them on to the bottom of the ski and pull them right off when they are no longer needed. The adhesive is very durable and will last the average skier several seasons. The skins can be re-glued as needed, and most skiers who purchase a can of replacement muck will die before the can is completely used up.

Mechanical skins utilize a steel buckle which has to be mounted on to the ski. They are harder to put on, especially with cold hands, but one need never worry about needing more sticky stuff, nor is there any mess with which to contend. Unfortunately, this variety seems to be hard to find these days, and may not be even made anymore.

With the exception of the vinyl skins (Voile makes a variety known as SnakeSkins), climbers are a bit pricey, costing between about \$60 and \$90, depending on length and width. However, and here comes my pitch, a set of skins is one of those items

that, when you need it, your REALLY, REALLY need it, and nothing else will do.

Our bus trips normally take us to areas that feature superb backcountry skiing opportunities, but trip leaders are not always able to predict the exact conditions that will be encountered. There simply are times when we run into slopes that are more difficult than anticipated. The same is true, of course, on many of the day trips that we feature during the season. I won’t even try to count how many times I’ve seen people vainly struggle, trying to herringbone, or worse, to side-step up long hills. This is not only an exhausting effort, but it is also terribly time-consuming and can hold up the rest of the group, possibly at a cost of failing to reach a destination.

I will posit that anyone who can afford ski equipment can afford climbing skins. I urge everyone who hasn’t already done so to break down and buy a set of skins. They should be carried routinely in your pack, because one can never tell when they might be needed; an innocent little detour can sometimes result in unanticipated difficulties. I most especially implore those of you who go on bus trips to add climbers to your equipment list and to carry them with you. Why risk ruining your outing because you were unwilling to spring for a one-time purchase?

If you find yourself balking at the price, they should be going on sale right about NOW, so go shopping and buy yourself a present. If you can’t get them on sale, just set aside \$3 a week and you’ll have more than enough to buy a set in time for our first meeting in October. You can bring them and rub them in my face!!



**Avalanche Beacons**

*by Guy Miller*

Our new-found enthusiasm for hut trips and other backcountry adventures has renewed an interest amongst some of us for purchasing avalanche beacons. Mike Martin and I have been shopping for bargains (Susan Swan et al, take note!!) and we are trying to interest as many people as possible in getting them. There is safety in numbers, and the more people who carry beacons, the safer all of us are. Please note that possession of beacons in no



way implies that we will be more willing to ski dangerous terrain; the limited safety margin that beacons provide does not justify increased risk. The fact is, however, that even on some of our easier outings, particularly on bus trips, we sometimes cross potentially dangerous slopes. There are times when we are unable to see the danger because higher, steeper slopes are sometimes concealed by trees or by smaller slopes in our immediate field of vision. A slide can start higher up and carry down past a lesser slope to unsuspecting skiers below.

For those unfamiliar with avalanche beacons, they are a simple radio transceiver that skiers, hikers, and snowshoers (boo, hiss !!) wear close to their bodies. Everybody in a group sets out with the beacon set on "transmit". If a slide occurs, those who are still left standing change their beacons to "receive" and immediately start a search. Keep in mind that a buried skier has only a 50% chance of survival after 30 minutes, so every second is critical.

Mike Martin has discovered a source for used beacons. They are rental units that have been used for one season and ring up for \$190 (the usual cost

is around \$300). These particular beacons are the latest type that do not require the rescuer to search in a complicated grid fashion; instead, it functions in "no-brainer" style as it guides the rescuer directly to the buried victim. The tradeoff is that they have a shorter range than the more traditional style, but our feeling is that with most of our group, we would not have the organizational discipline to train and practice together as is required to be really effective in grid searches.

We have dibs on the first two, but if there are any more left, we want others to have access to them. If you can't find them on sale, you are still strongly urged to consider making a purchase of this magnitude. Naturally I want as many people as possible to be in a position to save ME, but keep in mind that if you don't have a beacon I can't save YOU. It would be a shame for someone to die because he or she didn't want to buy a beacon.

As this newsletter goes to press, we are attempting to determine how many beacons are available at the sale price. Contact myself or Mike Martin for details. Our phone numbers are listed in the bulletin.



## Day Trips & Overnight Trips

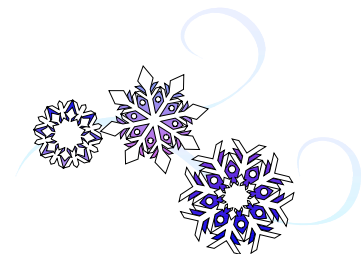
### Mike Martin – Day Trips

### Jon McCorkell – Overnight Car Trips

Although skiing is mostly over for this year, it's good to do some advance thinking during the next six months about trips for next Winter, especially longer or more complex ones. Activity is known to be underway for next year's long bus trips and hut trips. Please contact Mike or Jon if you are interested in leading a trip. If you have never led a trip but would like to, these gentlemen can assist in selecting an area or providing how-to's on trip leadership. Remember, each time you lead a trip your name is added to the hat for a free bus trip drawing.

Mike Martin  
3920 Lafayette Dr NE  
Albuquerque, NM 87107  
michael.martin@kirtland.af.mil  
872-9268 (H)  
846-2273 (W)

Jon McCorkell  
9709 Euclid NE  
Albuquerque, NM 87112  
peakbag@nmia.com  
260-0706



### Dept. of Never-Say-Die

Fri-Sun Apr 5-7 Chama/Cumbres Pass  
Class ??

Leader: John Thomas, 298-5234

I am *still* entertaining the idea of a several day trip to the Cumbres Pass area in the April 5-7 timeframe. If there is enough interest, I could probably get us reasonable rates at the Cumbres Suites B&B in Chama. This is an attractive, non-smoking B&B. Springtime skiing offers longer, warmer days but with the possibility of fresh snow. If interested, contact John Thomas.



New Mexico Cross Country Ski Club  
 PO Box 8425  
 Albuquerque, NM 87198-8425

Return Service Requested

<u><b>March 2002</b></u>	
<b>Meeting Schedule .....</b>	<b>1</b>
<b>Election of Officers; List of Candidates .....</b>	<b>2</b>
<b>Proposed Bylaws .....</b>	<b>3-4</b>
<b>Trip Reports .....</b>	<b>5</b>
<b>Articles of Interest .....</b>	<b>6-8</b>
<b>Day Trips/Overnight Trips .....</b>	<b>8</b>



**NEW MEXICO CROSS COUNTRY SKI CLUB  
 2001-2002 OFFICERS AND COMMITTEE CHAIRS**

<b>Officer Position</b>	<b>Name</b>	<b>Phone</b>	<b>Email Address</b> <small>new ↘</small>
President	Bob Swan	294-1720	BobSwanABQ@aol.com
Vice-President	Katie Crawford	254-2255	katiecrawf@aol.com
Secretary	Yolanda Ploor	822-8650	yploor5@aol.com
Treasurer	Don Mullen	294-1202	mullendl@aol.com
<b>Committee Chairs</b>			
Membership	Carol Mochel & Jim Deal	255-4890	cmochell@aol.com
Mailing Labels	Jean Hanson	298-5234	jh87111@worldnet.att.net
Newsletter – Editor <i>also Webmaster</i>	Lester & Sharon Byington	286-9100	lester@byington.org
Newsletter – Mailing	Dianne Cress	298-0085	dcress@sld.state.nm.us
Programs	John Thomas	298-5234	jt87111@worldnet.att.net
Refreshments	Louise Broadbent Phyllis Pryor	829-3840 255-7972	louise@sulphurcanyon.com ppryor8@comcast.net ←
Day Trips	Mike Martin	872-9268	michael.martin@kirtland.af.mil
Overnight Car Trips	Jon McCorkell	260-0706	peakbag@nmia.com
Long Bus Trips	Susan Swan	294-1720	SSSwan515@aol.com
Instruction	Guy Miller	294-7940	Xcskiboy@aol.com
Trails	Sam Beard Roger Breeding	828-0673 844-1532	Edwina42@aol.com Noreen@spock.unm.edu
Yahoo Groups email	Debbie O’Callaghan	266-0713	docalla@hotmail.com