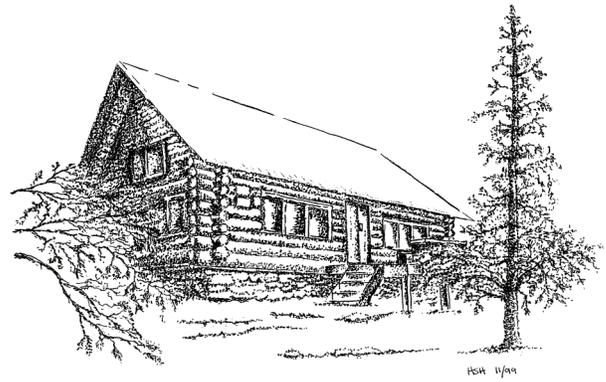


RIDGE LINES



GREEN MOUNTAIN CLUB
BURLINGTON SECTION

www.gmcburlington.org
gmc@gmcburlington.org
802-557-7009

Winter 2013-2014

Join Fellow GMCers for a Video Trek in Nunavut, Canada

The Burlington Section of the Green Mountain Club will hold its annual meeting on Saturday, February 8, 2014. Enjoy a delicious supper with lasagna, garlic bread, coffee and tea - plus potluck appetizers, salads, beverages and desserts. While you're eating, enjoy relaxed conversation with others who share your love of the outdoors, then participate in making important decisions for the Club. Finally, sit back and relax for this exciting program:

Auyiuttuq: The Land That Never Melts

Over 1500 miles north of Vermont lies one of the most remote national parks in North America. Auyiuttuq is located on Baffin Island and is a land of extremes known for its high winds and deep, fast flowing rivers. Straddling the Arctic Circle and lying hundreds of mile north of the nearest tree, Auyiuttuq's summer is compressed into just a few short weeks. Traversing the park is a logistical as well as a physical challenge. The park is accessible only by boat from one of two Inuit villages nearby, and weather is notoriously uncooperative, often resulting in travel delays of several days. Polar bears roaming the north side of the park can hold up a trip as they make their way inland when the sea ice melts. If you are lucky enough to have everything fall into place just right, you will have the chance to hike amidst the highest peaks in eastern North America on a carpet of wildflowers, soak up the midnight sun for days on end, and experience the culture and hospitality of the Inuit people. Paul Houchens will describe how one group fared as they tested themselves against the elements.

See page 8 for details about the Annual Meeting, including what potluck items to bring. Don't forget to bring your own plate, eating utensils, and mug.

Volunteers are needed to set up before the meeting, check people in, and clean up after. Please contact Ted at 557-7009 or ted@ted-albers.net

<p>Also in this issue:</p> <p>YOU Can Be a Trip Leader! - page 2</p> <p>GMC's Business Membership Program - page 2</p> <p>New NEK Trail - page 3</p> <p>Stay Safe Outdoors in Winter - pages 3 and 4</p> <p>Call for Volunteers at the Winter Trails Festival - page 4</p> <p>Opportunity to Get Wilderness First Aid Certification at Half-Price - page 4</p> <p>Outings - pages 5-7</p> <p>Registration Form for Annual Meeting - page 8</p>

GMC Volunteer Trip Leaders Needed

YOU CAN BE A TRIP LEADER!



Do you have a favorite hike to share? Do you love the camaraderie of hiking with others? Are you looking for a way to give back to the Vermont wilderness and the Green Mountain Club? Be a Trip Leader!

Becoming a Trip Leader is fun and surprisingly simple. GMC Trip Leaders are not professional guides. They are GMC members like you. The Burlington Section has a dedicated pool of Trip Leaders, so there are plenty of mentors for newcomers!

Becoming a Trip Leader doesn't require a long-term commitment. Most of our leaders organize between two and four trips a year. (A few just can't stop, and lead six or eight!) But you could lead just one trip per year if that fits your schedule. Trip leaders agree to organize an outing, arrange a meeting place, communicate with attendees, lead a safe outing, and follow up with a short trip report (and photo if available). Trip reports are posted online.

Trip leaders lead outings at the level of ease or difficulty they are comfortable with. As you can see in this issue of *Ridge Lines*, this can include mountain hikes, nature and bird walks, ADK trips, snowshoe trips, bike trips, paddles, overnight camping, etc. You name it - it's your trip!

There is no formal training, and the only requirement is that you are a GMC member. The Burlington Section will provide you with a copy of the Trip Leader's handbook, but most new Leaders learn by watching a current Trip Leader and co-leading a few outings. New Leaders are encouraged to have some basic first aid training. The GMC offers First Aid training classes periodically at a discounted rate to members.

Please contact Ted Albers at ted@ted-albers.net or 802-557-7009 if you are interested in learning more about being a GMC Burlington Section trip Leader.

ARE YOU A BUSINESS OWNER?

Here is exciting information about GMC's Business Membership Program!

In a recent survey of the Green Mountain Club's 10,000+ members, 83% of participants said that they would be more likely to frequent a business that supports the Long Trail. Through GMC's Business Membership program, businesses are given many opportunities to connect with GMC members. Businessmen and women also gain the satisfaction of supporting the club that protects and maintains the Long Trail, Appalachian Trail in Vermont, and Northeast Kingdom Trails. There are four business membership levels providing a range of opportunities for you to reach out to the GMC's membership. If you are interested in enrolling your business, please visit <http://gmc.convio.net/business> or contact GMC's Membership Coordinator Joe Sikowitz at (802) 241-8324 to see which business membership level is right for you. (You can also find a list of current GMC Business Contributors at that website.)

Another Place for XC Skiing and Snowshoeing This Winter!

Press Release: **North Branch Trail Now Open to the Public**

(Brunswick, VT) The Silvio O. Conte National Fish and Wildlife Refuge – Nulhegan Basin Division announced today that the North Branch Trail has been completed and is now available for public use. The four-mile loop trail is accessed from a parking area along Route 105 in Ferdinand, Vermont, approximately one-half mile west of the railroad crossing. It's expected that the trail will enhance opportunities for bird watching, environmental education outings by school children, and especially fishing – with improved access to the North Branch of the Nulhegan River - a high quality cold-water stream. In addition, the parking area will be plowed during winter to allow access for snowshoeing and cross-country skiing – opportunities that are currently lacking on the refuge due to the limited number of access points available to pedestrians during winter.

The rustic trail was constructed during the past two summers, by the Nulhegan Basin Division's Youth Conservation Corps crew, with special assistance from Conservation Corps staff at NorthWoods Stewardship Center.

The new trail and all the Division's lands are open to the public year-round. Maps and other orientation materials are available at entry kiosks and at the visitor contact station in Brunswick.

STAY SAFE OUTDOORS IN THE WINTER

Before heading out

Dress in the **Three W's**. Wear a layer like polypro that will **W**ick moisture away from your skin. Wear a **W**arming layer like wool or fleece. Wear or carry a layer that will protect you against **W**et. (A waterproof shell could literally save your life if it starts raining, sleeting or snowing.) If you know that you'll be working hard and sweating, carry an extra layer of warmth to put on when you stop to rest.

Leave cotton clothing and blue jeans at home. Cotton provides almost no protection from wind, and when it gets wet you might as well be wandering around out there naked.

Consider the possibility that you might be stranded on the trail overnight. Make sure your pack has extra clothes, including hats and gloves.

Don't count on your summer hiking boots. Wear insulated boots designed for winter hiking.

It gets dark early in the cold months. Bring a sturdy flashlight or a headlamp. Even better, bring both!

Let someone know where you're going and when you intend to be back.

Along the trail

Wind can pack snow against tree trunks and completely cover up the blazes you need to help you stay on the right trail. Know where you're going, and bring a good map, a compass and maybe a GPS unit.

High-calorie snacks (gorp, chocolate, cheese, peanut butter) maintain energy and can help avoid hypothermia and frostbite. Carry some even for short winter outings.

Cold fools your body into not drinking. Hydrate often. Drinking cool liquids tends to lower your body temperature, so carry a thermos of something hot; wrap it in a wool sock before putting it in your pack.

Recognizing trouble

Watch out for The Umbles! Be concerned if someone starts ***mumbling, fumbling or stumbling***.

Watch for shivering that the person can't stop voluntarily.

Experienced winter hikers advise stopping, making eye contact with the "umbling" person, and asking very clearly, "Can you feel your toes? Try it now. Tell me. Can you feel your fingers?" (Don't just ask, "Are you OK?") If the person hesitates *at all*, you should stop and deal with the situation immediately.

- continued on page 4 -

STAY SAFE OUTDOORS IN THE WINTER - cont.

What to do if someone is hypothermic

If you can, call 911 for professional help.

1. **Reduce heat loss.** Get the person to a warm, dry location if possible. Insulate the person's body from the cold ground and shield him or her from wind. Remove wet clothing. Cover the person with layers of dry clothing. Use a space blanket if one is available, to hold in body heat. Cover the person's head, leaving the face exposed.

2. **Add heat.** Get the person near a fire or other external heat source. If the hypothermic person can't stop shivering after getting dry and having something warm to drink, share your body heat. Get him or her into a sleeping bag, in dry clothing, with a fellow hiker who has also changed into dry clothes. (Don't do the old naked-to-naked thing. Hypothermic people need to stay encased in a shell of insulation and warmth provided by clothing, blankets, sleeping bags, etc.) You can also apply a warm, dry first-aid compress or a makeshift compress of warm water in a plastic bottle. Apply warmth only to the neck, chest or groin. Heat applied to the arms and legs forces cold blood back toward the heart, lungs and brain, causing the core body temperature to drop. Don't massage or rub the person. **DON'T APPLY DIRECT HEAT.** Don't use hot water on the person's skin.

3. **Add fuel and fluids.** Provide a warm, nonalcoholic, noncaffeinated beverage **IF** the affected person is alert and able to swallow. If the hypothermic person is alert, encourage him or her to heat something with sugars and/or fats.

Note: The above recommendations were taken from various resources. They're intended as broad guidelines only. Classes such as SOLO provide invaluable instruction and practice in dealing with outdoor emergencies.

Join the Fun! Be a volunteer at the 18th Annual Winter Trails Festival

Saturday, February 1, 2014 - 8:30-3:00, followed by a party from 3:00-5:00 (live music, food, raffle)

GMC Headquarters on Route 100 in Waterbury Center

This year's event will feature a full schedule of beginner, intermediate, and advanced trips on snowshoes and x-c skis, as well as geocaching trips. Full-day admission is \$8.00 for members, \$10.00 for nonmembers, and free for kids under 12.

We're looking for volunteers to greet people, work at the registration table, sell raffle tickets, sign up new members, coordinate parking, lead activities for kids, guide hikes both on-site and at more distant locations, and serve food and drinks to hungry trekkers.

To get more information and to sign up as a volunteer, contact Joe Sikowitz at (802) 241-8324 or jsikowitz@greenmountainclub.org

Opportunity to get Wilderness First-Aid Certification at Half-Price!

At least one co-leader for every outing at the Winter Trails Festival has to have Wilderness First-Aid certification, which includes First Aid and CPR training. GMC is offering First Aid training workshops on December 7-8 and January 25-26 from 9 am to 5 pm at headquarters. The cost to registered Winter Trails Festival trip leaders is \$95, which is half price. CPR Training is also available on those same weekends in the evenings for an additional \$35.

Section Outings

Winter 2013 - 2014

Unless otherwise specified, call the trip leader to sign up, find out what equipment you'll need, and learn about any changes. Check with trip leader before bringing your pet along. Human guests are always welcome. Trip leaders often arrange carpooling. If you ride along in someone else's car, we recommend reimbursing the driver at the rate of 10 cents a mile.

December

12/1 (Sun) **Mansfield Loop** Nebraska Notch Trail to LT North to Butler Lodge and then down via the Butler Lodge Trail. Moderate, 6.3 miles. Call Pat at 578-3980.

12/7 (Sat) **Adirondack Surprise Outing** – Location and other details will be available on the Burlington Section website as the date draws near. Count on 8-10 miles at a strong pace, followed by eats in Keene Valley post-hike. Group limit 10. Contact leader by 12/5. Robynn Albert - 878-4036 or robynalbert@hotmail.com.

12/8 (Sun) **Mt. Abraham Via Battell Trail** We'll follow the Battell Trail to Mount Abraham, Vermont's shortest 4000 footer. Moderate difficulty, moderate pace, 5.8 miles, 2500' elevation gain. E-mail leader in advance. Darryl Smith, dsmith.vt.us@gmail.com

12/14 (Sat) **Butler Lodge to Nebraska Notch** Starting from Stevensville, we'll hike the Nebraska Notch Trail to the Long Trail, then follow it to Butler Lodge and return along the Butler Lodge Trail. Moderate hike, moderate to strong pace, 6.2 miles, 1700' elevation gain. Group limit 10. Contact leader by 12/12. David Hathaway, 899-9982 or david.hathaway.78@gmail.com

January

1/4 (Sat) **YOUNG ADVENTURERS' CLUB OUTING** See page 7.

1/4 (Sat) **Mansfield Ridge** From Underhill State Park we'll head up Sunset Ridge to the Mansfield Chin (summit), then follow the ridge to the Forehead and return via Maple Ridge and the CCC road. Difficult hike, moderate to strong pace, 9 miles, 2600' elevation gain. Group limit 10. Contact leader by 1/2. David Hathaway, 899-9982 or david.hathaway.78@gmail.com

1/5 (Sun) **Belvedere Mountain** We'll hike or snowshoe Belvedere from Route 118. Snowshoes and winter gear required. Plan for 3 hours up, 2 down, and 1 thrashing around lost in the usual winter blowdown. Difficult, 6 miles, 2000' climb, winter conditions. Group limit 10. Contact leader by 1/3. Richard Larsen, 878-6828 or larsen007@aol.com

1/11 (Sat) **Camels Hump State Park Bushwack #1** CHSP just south of the Winooski River is my favorite area for wandering the woods. Mature maple forest with stands of large white pines. Crags, huge boulders and rock formations abound. Awesome views of the Winooski Valley and Camels Hump. Moderate to difficult terrain, moderate pace, 6 miles, 1500' elevation gain. E-mail leader in advance. Darryl Smith, dsmith.vt.us@gmail.com

1/12 (Sun) **Camels Hump** We'll snowshoe up the Burrows Trail, connect with Forest City Trail until we get to the Long Trail, and then hike north to the summit of Camels Hump. We'll descend on Burrows Trail. Moderate hike, moderate pace, 5.6 mi, 2300' elevation gain. Wes Volk, 355-4135 or wesvolk@gmail.com

1/18 (Sat) **Hunger and White Rocks** We'll be knee deep (maybe neck deep??) in the white powder! Come on out! 6 miles, group limit 10. Contact leader by 1/16. Robynn Albert, robynalbert@hotmail.com or 878-4036.

1/19 (Sun) **Backcountry Ski on Woodward Mountain Trail** The Woodward Trail follows a ridge down to Little River State Park from the top of Bolton Valley Resort's Vista Quad. This trip will require a car drop and may require the purchase of a single-ride lift ticket. Difficult terrain, moderate pace, 5.6 miles, 2650' elevation loss. Group limit 12. Contact leader by 1/16. Chase Rosenberg, rosemtextpress@gmail.com or 614-425-5027.

1/26 (Sun) **Taylor Lodge** Pleasant snowshoe hike past a large beaver pond to Taylor Lodge, a good place to get out of the wind for lunch. Easy to moderate, slow pace, approx. 4.2 miles (shorter if road is open to Stevensville Road parking lot). Dot Myer, dotmyer@myfairpoint.net

February

2/1 (Sat) **YOUNG ADVENTURERS' CLUB OUTING** See page 7.

2/1 (Sat) **Green Mountain Club's Annual Winter Trails Festival**

8:30 - 3:00 *FESTIVAL* – with Winter Hikes & Nature Walks, Workshops & Demonstrations, free snowshoe demos, and indoor and outdoor activities for all ages, including bonfire, s'mores and cocoa
3:00 - 5:00 *PARTY* – Whole day \$8 for GMC members, \$10 for general public, kids get in FREE!

Become a GMC member at the event and receive FREE admission.

For more information, go to www.greenmountainclub.org and go to News Releases, or call 244-7037.

2/2 (Sun) **Sunset Ridge Trail** We'll snowshoe from winter parking at Underhill State Park to the Chin and then back down. Moderate hike, moderate pace, 6.6 mi, 2600' elevation gain. Call leader in advance. Wes Volk, 355-4135 or wesvolk@gmail.com

2/8 (Sat) **Camels Hump Loop** Forest City Trail, Long Trail, Burrows Trail. A great hike and a bit of a change from the Burrows round trip route. Great look-out spots on the ascent. 6 miles round trip, 2200' elevation gain. Group limit 10. Contact leader by 2/6. Robynn Albert, robynnalbert@hotmail.com or 878-4036.

2/9 (Sun) **President's Hike: Mt. Abe** Snowshoe up the Battell Trail to the top of Mt. Abe. With views for a hundred miles, Mt. Abraham is one of a few classic 4000's in Vermont, famous for its low timberline and 360-degree panorama of the Greens. Of course there will be sharp blue skies - your Section President guarantees it! Difficult hike, moderate pace, 5.8 miles, 2500' elevation gain. Group limit 6. E-mail leader in advance at ted@ted-albers.net

2/15 (Sat) **Camels Hump State Park Bushwack #2** My favorite area for wandering the woods! Mature maple forest with stands of large white pines. Crags, huge boulders and rock formations abound. Awesome views of the Winooski Valley and Camels Hump. We'll take a different route than last month and maybe throw in a beaver pond or two. Moderate to difficult terrain, moderate pace, 6 miles, 1500' elevation gain. E-mail leader in advance. Darryl Smith, dsmith.vt.us@gmail.com

2/16 (Sun) **Mt. Abe** Snowshoe and/or micro spike Mt. Abraham using the Battell Trail and Long Trail. 6 miles round trip. May be difficult due to trail and/or weather conditions. Dress in layers, bring lunch and water and/or hot thermos. Carry hand and toe warmers. Limit 10 people. Dogs are welcome. Contact Carlene Squires at 434-2533 or carlene@gmavt.net

2/22 (Sat) **Adirondack Outing** Location to be determined as date draws near. Count on 8+ miles and a likely visit to a Keene Valley eatery post-hike! Group limit 10. Contact leader by 2/20. Robynn Albert, 878-4036 or robynnalbert@hotmail.com

2/23 (Sun) **Jerusalem Trail** From Jim Dwire Road, we'll hike or snowshoe up the Jerusalem Trail through a beautiful hardwood forest until we hit the Long trail. From there we'll hike south 1.8 miles until we reach Mount Ellen, and then back down the same way. Difficult hike, moderate to strong pace, 8.4 mi, 2500' elevation gain. Wes Volk, 355-4135 or wesvolk@gmail.com

March

2/1 (Sat) **YOUNG ADVENTURERS' CLUB OUTING** See page 7.

3/1 (Sat) **LaPlatte River Marsh Natural Area** Snowshoe the LaPlatte River Marsh Natural area, the Shelburne Bay Clarke Trail and perhaps some of the Ti-Haul trail, all in Shelburne. Easy hike, leisurely pace. Total distance to be determined by the group depending on the trails we take - between four and six miles, mostly flat. This is a chance to get familiar with the walks around Shelburne Bay. Meet at the public boat launch, Shelburne Bay, on Bay Road at 9:00 AM. On Google Maps, search for *1135 Bay Road, Shelburne, Vermont 05482*. The boat launch is ½ mile east of the entrance to Shelburne farms (at Harbor Road and Bay Road.) Contact Ted Albers ted@ted-albers.net

3/2 (Sun) **Taylor Lodge** From the Stevensville trailhead, we'll follow Nebraska Notch Trail and the Long Trail to reach Taylor Lodge, and then return. Easy terrain, moderate to strong pace, 4.4 miles, 600' elevation gain. Group limit 10. Contact leader by 2/28. David Hathaway, 899-9982 or david.hathaway.78@gmail.com

March – cont.

3/8 (Sat) **Camels Hump State Park Bushwack #3** My favorite area for wandering the woods! Mature maple forest with stands of large white pines, crags, huge boulders and rock formations. Awesome views of the Winooski Valley and Camels Hump. We'll take a different route than the past two months, and hopefully we'll encounter more snow and ice formations. Moderate to difficult terrain, moderate pace, 6 miles, 1500' elevation gain. E-mail leader in advance. Darryl Smith, dsmith.vt.us@gmail.com

3/15 (Sat) **Butler Lodge to Nebraska Notch** Starting from Stevensville, we'll hike or snowshoe the Nebraska Notch Trail to the Long Trail, then follow it to Butler Lodge and return along the Butler Lodge trail. Moderate hike, moderate to strong pace, 6.2 miles, 1700' elevation gain. Group limit 10. Contact leader by 3/13. David Hathaway, 899-9982 or david.hathaway.78@gmail.com

3/16 (Sun) **Mt. Hunger and the Reservoir** Snowshoe up the smooth white carpeted Rocky Trail like it was just an easy stroll. Return via a visit to the Reservoir. Moderate hike, moderate pace, 4.4 miles, 2500' elevation gain. Group limit 10. Contact leader for details. Phil Hazen, 355-7181 or philhazen@comcast.net

3/22 (Sat) **Mt. Abraham via Battell Trail** Depending on the weather conditions, we'll hike or snowshoe to the top of Mt. Abraham. The views from the top in winter can be really lovely. If it's icy, crampons or microspikes and poles will be necessary. Difficult hike, moderate pace, approx. 6 miles, 2500' elevation gain. Group limit 12. Contact leader by 3/20. Sheri Larsen, 878-6828 or larsen007@aol.com

3/23 (Sun) **Winter Birding in the Champlain Valley** We'll look for diving ducks on the lake and eagles in the air. Easy, 1-3 miles. Group limit 8. Maeve Kim, 899-4327 or maevulus@surfglobal.net

3/29 (Sat) **Snake Mountain** This small mountain in Addison gives an excellent view of the Champlain Valley and the new bridge to New York State. It has an interesting history and we can see the remains of an old hotel and "dance pavillion". We go up by a trail and back down by an old carriage road. Easy to moderate, slow pace, 1.8 miles, ascent 900'. Dot Myer, dotmyer@myfairpoint.net

YOUNG ADVENTURERS' CLUB OUTINGS

1/4 (Sat) **Snowshoe at Ethan Allen Homestead** The YAC is teaming up with the Winooski Valley Parks district to offer an exciting introduction to snowshoeing for the little ones. The WVPD will have a variety of snowshoes available to use on this outing. We will meander at the children's pace through the fields of Ethan Allen Homestead. Bring some hot chocolate, as it's an excellent motivator in the winter. Weather dependent. Easy, 1-2 flat miles. Contact leader by January 2. Kelley Christie, kelleymchristie@gmail.com or 999-7839.

2/1 (Sat) **Cross Country Ski at the Intervale Center** Kids can be on skis or in a carrier, but let's get them out to enjoy another great winter activity. Easy with easy pace, approximately 2 miles. Contact leader by 1/30/14. Kelley Christie, 999-7839 or kelleymchristie@gmail.com

3/1 (Sat) **Red Rocks Park** Late winter/early spring scavenger hunt at Red Rocks Park. What does your little eye spy? Easy, 1-2 flat miles. Contact leader by 2/27/14. Kelley Christie, kelleymchristie@gmail.com or 999-7839.

BRING A FRIEND INTO THE CLUB! Included with this issue of Ridge Lines is a form for you to hand to friends and relatives as you encourage them to become GMC members. Let them know that Green Mountain Club is the organization that built and maintains the Long Trail as well as many other trails in the state. (An astonishing number of Vermonters think the initials GMC have to do with cars, and nothing else!) Mention the Club's role in preserving thousands of acres of land in the Northeast Kingdom as well as prime cross-country ski trails in Bolton.

DON'T FORGET TO REGISTER FOR THE BURLINGTON SECTION'S ANNUAL MEETING. THERE ARE THREE WAYS TO SIGN UP:

- LEAVE A MESSAGE AT gmcevents@hotmail.com
- CUT OUT OR PHOTOCOPY THE FORM ON THE NEXT PAGE, PUT IT IN AN ENVELOPE WITH A CHECK MADE OUT TO **GMC Burlington Section**, AND MAIL IT TO Maeve Kim, PO Box 1086, Jericho VT 05465
- PUT THE CHECK IN AN ENVELOPE ALONG WITH A FRIENDLY NOTE AND MAIL AS ABOVE

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Green Mountain Club
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Burlington Section Annual Meeting and Dinner

<p>Saturday February 8, 2014 Faith United Methodist Church 899 Dorset Street, South Burlington <i>Please RSVP at gmcevents@hotmail.com</i></p> <p>Or send the following form along with a check made out to GMC Burlington Section to: Maeve Kim PO Box 1086 Jericho VT 05465</p>	<p><i>Potluck assignments, by first letter of last name</i></p> <p>A-G Dessert H-S Salad T-Z Beverage*</p> <p><i>*Alcoholic beverages aren't permitted on church property.</i></p> <p>Adults - \$5.00 Children under 12 - \$3.00</p>
<p>Socializing starts at 5:00, dinner at 5:45. <u>Bring your own plate, eating utensils, and mug.</u> Lasagna and garlic bread will be served, plus potluck extras. <i>When planning your potluck dish, please bring enough for 3-4 people.</i></p>	

Name(s) _____

Number of Adults _____ Number of Children _____

Total Enclosed _____