

**CANADIAN  
WILDERNESS CROSS-  
COUNTRY SKI TRIPS**  
*Guided and Outfitted*

**CABIN-TO-CABIN TRIPS WITH  
FULL BAGGAGE TRANSPORT**

**PAPINEAU-LABELLE**

In a wildlife reserve. Our most popular location. Mostly easy skiing in the beautiful Laurentians. From Ste-Agathe  
4-days: Feb 3 - 6 or Feb 12 - 15: US \$345  
5-days: Feb 18 - 22 or Feb 25 - Mar 1: US \$380

**TRAVERSÉE DE CHARLEVOIX**

Québec's premier 100 km ski trip in the rugged Charlevoix Mountains - the "Switzerland of Québec." From Montreal  
7-days: February 17 - 23: US \$995

**THE CHIC-CHOC MOUNTAINS**

The highest treeless mountains in Québec with 10 feet of snow. We should see caribou as we ski Monts Logan and Albert. From Montreal or Québec City  
8 days: March 17 - 24: US \$942  
8 days: March 31 - April 7: US \$942

**OTHER UNIQUE SKI TRIPS**

**MONT TREMBLANT PARK**

Very wild, but easy skiing with a backpack. From Ste-Agathe  
3-days: December 28 - 30: US \$240  
3-days: January 30 - February 1: US \$240

**SKI WITH THE CREE**

A unique cultural ski trip in the James Bay area with our Cree friends of northern Canada. Learn Cree traditions. Baggage transport. From Ste-Agathe  
9 days: March 7 - 15: US \$1,296

**UAPASHKE (MONTS GROULX)**

A spring ski over beautiful treeless mountains & through virgin spruce forests near Labrador. Base camp in a unique cabin & large heated tent. From Baie Comeau  
8 days: April 13 - 20: US \$1,290

**SPECIAL PRICED TRIPS**



LET US OUTFIT AND GUIDE A TRIP FOR YOU AND YOUR FRIENDS ON YOUR DATES IN PAPINEAU-LABELLE, MONT TREMBLANT OR CHARLEVOIX IN DECEMBER OR JANUARY.

Prices include: Food, guide/cook transportation and accommodations. Taxes are extra.

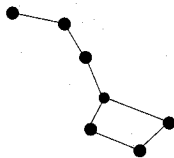
VISIT OUR WEB SITE AT

**www.tuckamor.com**

FOR FULL COLOR ITINERARIES  
TEL: (819) 326-3602 FAX: (819) 326-8617  
e-mail: [bill@tuckamor.com](mailto:bill@tuckamor.com)

**TUCKAMOR TRIPS Inc.**

7123 Lac Noir Rd., Ste-Agathe-des-Monts, Qc., J8C 2Z8, Canada



**Mountain Skies**

**November and December 2001**

In the eastern sky, Saturn and Jupiter again rise to brighten the nights of the coming winter. At the beginning of November, Saturn rises with Taurus around 6:30 p.m. and Jupiter follows in Gemini around 9 p.m. On November 30, the full moon will treat us to a show at 7:50 p.m. when it again occults (hides) Saturn. This is well worth watching, so find a telescope or high-powered binoculars. It will take about a minute and a half for the moon to cover all of Saturn; having watched this phenomenon on the morning of September 10, I can testify to its beauty and wonder. It will take Saturn almost two minutes to emerge from the northwest side of the moon starting at 8:44 p.m.

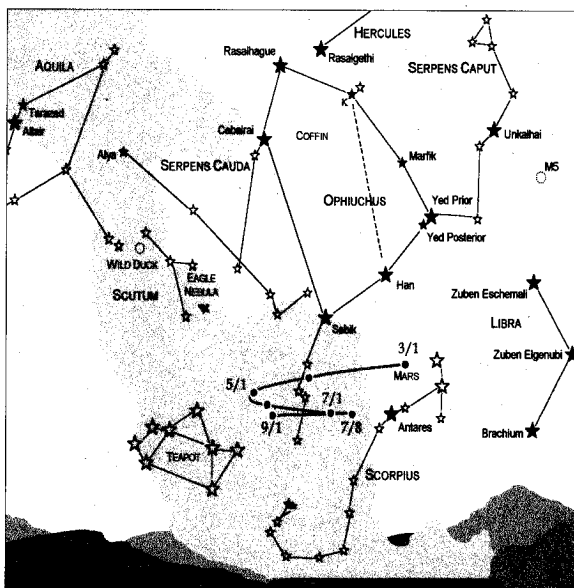
Mars is in the darkening southern skies as November begins. It will hang above the dusk horizon throughout the winter, moving north with the sun after the solstice on December 21. It has just passed out of the constellation of Sagittarius, where it has been since the beginning of September, and will spend November in Capricorn and December

*Just as I spend the nights in my observatory focusing on the light of stars in order to understand them, so must we all spend our days focusing on the light in our fellow human beings in order to understand them and, through that, nurture peace.*

in Aquarius. Thus, Mars can be a guide to these constellations in the evening sky, as it was for Virgo in the morning skies of last November and December.

As dusk darkens into night on November 1, the half-way point between the autumnal equinox and the winter solstice, Mars will appear out of the twilight about 22° (the width of your stretched hand from pinky to thumb at arm's length) above the southern horizon, as shown in the diagram. Above and to its left in our northern skies stretches the constellation of Capricorn, the sea goat. Finding it a challenge to see a "mergoat" (like a mermaid, but with a goat's torso and head), I describe it to my students as an upside down Star Trek communicator pin. Look for the two pair of stars, Algedi (al-GEE-dee, the goat) and Dabih (DAY-bee) to the west (right) and Deneb Algedi (DEN-ebb al-GEE-dee, the tail of the goat as the Deneb in Cygnus is the tail of the swan) and Nashira, then connect them as the wings of two nested triangles. The stars in this area of the sky are not bright, but the two pairs do form a distinctive pattern that is fairly easy to pick out once you locate it. In early November, Mars lines up with the western pair, and joins the eastern pair at the beginning of December.

In mid-November, Mars



Looking southwest at 9 p.m. on November 1, 7 p.m. on December 1, and 5 p.m. on December 31, 2001. Mars is about 10° above the horizon on November 1.

nestles up against  $\Theta$  Capricorni, as though for warmth against the coming winter. Just west of  $\Theta$  Cap. is the position of the winter solstice in 1000 BCE. Because of the slow (26,000-year) wobble of Earth's axis, the winter solstice is now in Sagittarius, but the name of the Tropic of Capricorn dates from that earlier era. The moon is new just after midnight EST on November 15. When the new crescent is sighted, expected to be sometime on November 16, Ramadan, the holy month of fasting for Muslims, begins.

A few days later, a thickening waxing crescent moon joins Mars in Capricorn. On December 3, Mars crosses the boundary between Capricornus and Aquarius. The water carrier is usually pictured looking past an arm extended to the west (right) while water pours from the pitcher to the east.

Three of the brightest stars of this constellation are named for luck since they rise with the sun in early spring after the hardships of winter have passed for the nomadic peoples of Arabia. Sadal Suud (sad-al-SUE-ud), the elbow of the extended arm, means "luck of lucks," Sadal Melik (sad-al-MELL-ick), at the shoulder, means "lucky star of the king," and Sadachbia, in the neck or shoulder, means "lucky star of the tents." The other stars designate the figure. Al Bali, the swallower, at the end of the extended arm indicates that the water pouring out to the east is taken up here. Ancha designates the hip bone and Skat (like our "skate") is the leg. These are all fairly faint stars and the pattern is not simple, so let Mars guide your eye as the sun approaches its current solstice position. On the eve of the solstice, December 20, the crescent moon will again pass Mars and be caught in the flow of water from Aquarius' jug on the night of the solstice, the longest night of the northern year. On the last night of 2001 find Mars dipping into that icy flow.

The names we call most of those stars are Arabic names because it was in Persia that the light of intellect kept shining while Greece, Rome and all of Europe languished in intellectual darkness of war and fear. That darkness has now crept to the east, from which it threatens us again. But no darkness is total. Just as I spend the nights in my observatory focusing on the light of stars in order to understand them, so must we all spend our days focusing on the light in our fellow human beings in order to understand them and, through that, nurture peace. I beg you to join me in seeking this most precious of the lights of the universe so that we can once again look to the sky without fear, to wonder at the stars.

—Aileen O'Donoghue

Limited edition color reproduction of an original painting by

*lynn benevento*

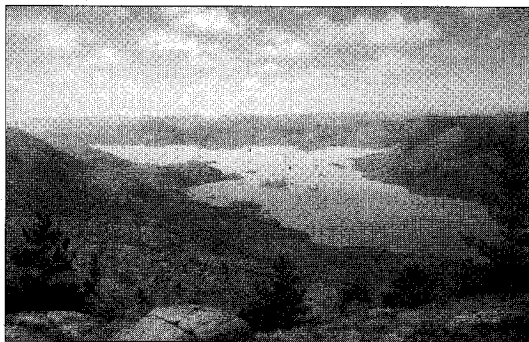


Image size 14 3/4' x 23"

signed & numbered

"Black Mountain  
Vista"

Overlooking Lake George  
\$60.00 unframed

Mail order: Visa or Mastercard, add sales tax and \$6 s/h

*lynn benevento*  
GALLERY

Four Bridge St., P.O. Box 421, Lake Luzerne, N.Y. 12846  
(518) 696-5702 Fax/ Telephone

*All of Lynn's paintings and prints are available at the gallery*

Welcome to ...

## The Glen at Hiland Meadows

The North Country's premier full-service  
retirement living community.

Located on 45 spectacular acres in  
Queensbury, The Glen at Hiland Meadows  
offers independent apartments and  
cottages ... and assistive living  
at The Terrace.



The Glen at  
Hiland Meadows

A joint venture of The Glens Falls Home  
and The Eddy, a member of Northeast Health



Call us at **832-7800**, or toll free  
at **1-866-212-4536**.

39 Longview Drive  
Queensbury, NY 12804

[www.NortheastHealth.com/TheGlen](http://www.NortheastHealth.com/TheGlen)

PRE100ENN



**Willkommen Hof**  
Bed & Breakfast

<http://lakeplacid.net/willkommenhof>

European tradition in the heart of  
the Adirondacks. Pets welcome  
Outdoor spa and cedar sauna  
Dinner by reservation

**MAP Packages available**  
**For Reservations**

800-541-9119 or 518-946-7669  
PO Box 240, Whiteface, NY

**Mountain Meadows**

Bed 'n  
Breakfast



Adirondack High Peaks Hiking/Climbing Center

Warm and welcoming. Come home after a day on  
the trails to relax while you soak in mountain vistas  
and tranquility. Full hiker's breakfast served in  
solarium with breathtaking views.

- Car Shuttles
- Expert help in planning your hikes.
- 10 Trailheads only 5 min. away—  
Great Range trailhead right across the road!

Patricia (Pat) Quinn, Box 735, Keene Valley, NY 12943  
518-576-4771 • Fax 576-9331 Reservations suggested