



THE CHARLES RIVER WHEELMEN

131 MOUNT AUBURN STREET • CAMBRIDGE, MASSACHUSETTS 02138

SUNDAY, NOVEMBER 5, 11:00 A.M. Leisure ride of 25 miles through Burlington, Billerica, Wilmington and Woburn. Meet at Jordan March in Burlington Shopping Mall at junction of Rts 128 and Middlesex Turnpike. Leader: Erving Pfau, 969-5965.

SATURDAY, NOVEMBER 11, 7:00 A.M. AYH sponsored 100 mile ride. Meet at the parking lot of the Milton Town Hall on Canton Ave., Milton. Leader: Dave Bailey 868-3529.

SUNDAY, NOVEMBER 12, 9:00 A.M. Intermediate ride of 70-75 miles out Rt 16 toward the vicinity of Uxbridge and Douglas. Meet at the duck feeding area at the junction of Rts 128 and 30. Leader: Jim Kunkemueller, 785-0567.

SUNDAY, NOVEMBER 12, 10:00 A.M. Leisure ride of 25 miles through Belmont, Lexington and Winchester. Meet at Fresh Pond, Cambridge, entrance nearest to junction of Alewife Brook Pkwy. and Huron Ave. Leader: Janet McBride, 354-1552.

SUNDAY, NOVEMBER 19, 11:00 a.m. Leisure ride of 25 miles through Bedford, Concord, Acton, Chelmsford and Billerica. Meet at the home of Don Blake, 1 Gleason Rd., Bedford. From Rt 128 take Rt 4 and 225, watch for Rt 62 bearing left. Follow it to the first right, Davis Road. Second right off Davis Road is Gleason Rd. Leader: Don Blake, 275-7878.

SUNDAY, NOVEMBER 26, 11:00 a.m. Leisure ride of 25 miles through Somerville, East Boston and Revere. Meet at Somerville High School, Highland Ave. Ask direction to the high school upon entering Somerville. There will be a refreshment stop planned. Leader: Al Basso, 666-8571.

SUNDAY, DECEMBER 3, 11:00 a.m. Leisure ride of 25 miles through Milton, Canton, Quincy and Randolph. Meet at Trail Side Museum on Rt 138 in Canton near the intersection of Rts 128 and 138. Leader: Norm Satterthwaite, 773-3068.

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C. R. W. BICYCLE ATLAS - by Keith French

I have written the following letter to a number of more experienced club members, asking each of them to submit a bicycle ride to be included in the atlas. If for some reason I missed your name and you'd like to help out in this endeavor, then please don't hesitate to contact me. Only hitch is that I expect to be out of town most of November, which means it's probably best if you simply write up your favorite route (where ever that may be) and I'll send you the appropriate maps to mark up at a later date. My address is 67 Highland Ave., Apt 6, Cambridge 02139 and phone number is 868-8723.

"As you probably know, the Charles River Wheelmen has recently begun work on a bicycle route atlas and I've volunteered to be in charge of the project. I hope we can put something together this winter so we'll get some use out of it next season. My immediate goal is fifty rides varying in length from 20 to 80 miles and located within about a 50 mile radius of downtown Boston. This list of rides should be a good start for what eventually will include hundreds of rides all over the state (assuming cooperation from other bike clubs in compiling the information).

Such an atlas can be useful in a number of ways. First and most important it will help to acquaint novice riders with some of the better cycling roads in the state, making their own riding more enjoyable and maybe turning them into more committed cyclists as well. Second, it will help the CRW in the scheduling of a wide variety of rides which can be taken right from the atlas if necessary. Third, the atlas could be a source of funds for the CRW if copies were sold for profit.

Of course, this project will require an immense effort, so I've decided to spread the work around a bit. I am writing to you and a number of other more experienced club members to each contribute at least one ride. I've divided eastern Massachusetts (that is, Middlesex, Essex, Norfolk and Plymouth counties) into geographical subunits, each of which is to be represented by at least two rides, one leisure intermediate (20-40 miles) and one intermediate-advanced (40-80). I presume that the area you know best is right around your home, so I am asking you to devise a bike ride in your home territory.

I'd like you to do the following:

1. Plan a route of the length and within the area described below. A loop (or series of loops) is preferable to a route going and coming the same way. All rides should start at some readily identifiable spot, like Harvard Square, Lexington Common, Duck Feeding Area, etc. Write it out as a series of instructions in as brief a form as possible, yet making certain that all turns and crucial intersections are adequately described. See the enclosed copy of last year's century run as an example of what I have in mind. If the street name or route number is not prominently displayed at a turn or important intersection, please put the name or number in parentheses at the end of the instruction.
2. Put down the mileage covered at each turn to the nearest 1/10 mile. You can do this with a cyclometer or by measuring the map.
3. Mark out the route with a red pencil on the enclosed maps (which can be pieced together). If your route goes off the map slightly, just mark it approximately in red pencil. I would appreciate it if you wouldn't get too far off the map, however, lest your route overlap too much with someone else's. (Of course we can expect to overlap more as we add to the atlas in the future, but right now I'm trying to get these rides evenly distributed so all areas are represented.)

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4. Briefly describe the route in terms of difficulty (hills, etc.), traffic, overall quality of roads (pavement), scenic values, specific points of interest along the way, and anything else you can think of.

I'm sorry I'm getting this letter out so late in the cycling season, but we've still got six weeks left. Probably only one day of cycling and taking notes "in the field" is necessary if you don't already know a route by heart. Much of the work can be done in the warmth and security of your home.

I would appreciate receiving your completed bike route write-ups by the first of next year at the latest. If for some reason you don't think you can handle this, please contact me before November and I'll try to get someone else to do it (phone 868-8723). Thank you very much for helping out. If I don't hear from you earlier, I'll be giving you a call sometime in December to see how you're making out. "

CLAMBAKE CANCELED

The Clambake was canceled due to lack of interest - only seven paid reservations were received. Are you at all interested in activities of this sort? Please let me know - I can't plan activities unless I know what kind of activities you want.

NOVEMBER MEETING - Thursday, November 16

Location - "Midget Restaurant", 1712 Mass. Ave., Cambridge

The "Midget" is located on the left heading towards Porter Sq. from Harvard Sq. between Linnaean Street and Shepard Street, on MBTA line. telephone - 354-8556.

Time - 6:00 - 7:00 for those who wish dinner. A complete meal averages about \$3.00. As the proprietor is charging us a very minimal fee for use of the meeting room, it would be nice if as many members as possible would have dinner there prior to the meeting.

7:00 - 7:30 Business Meeting

7:30 - 8:00 Ski touring movie

8:00 - 9:00 Larry and Sara Berman will talk to us about ski touring from beginners on up. This is a good chance for those who are contemplating taking up the sport of ski touring to find out just what it's all about. They will be more than happy to answer any questions you may have.

AWARDS BANQUET

The date for the first annual awards banquet has been changed from Thursday, Jan. 18 to Saturday evening, Jan. 20. This will be by reservation only and if there is enough response, will be a sit-down dinner held at a hotel in the Cambridge-Boston area.

If you are at all interested in having a banquet of this sort, please send a

check for \$7.00 along with a stamped, self-addressed envelope no later than Monday, November 13th to Mary Jane Bohlen, 30 Baker Street, Foxboro, MA 02035. If there is enough of a response, we will go ahead with the plans for the banquet and all details will appear in the December bulletin. If there is not enough response, we will return your checks on November 13.

After checking with some of the local hotels, I find the cost should be in the vicinity of \$7.00 including tax and gratuities.

If you have any ideas or suggestions, please call Mary Jane Bohlen at work between 9:00-4:30 at 266-2681. If no interest is shown the awards will be part of the regular monthly meeting.

Many people verbally said they wanted to go to the Clambake but did not reserve by check. The decision whether or not to have the banquet will be based on reservations by check only. ... Again - reservations by Nov. 13th at the latest.

... FROM THE SKILLS & TRAINING CHAIRMAN

Most people will agree that knowledge and proficiency contribute significantly to the motivation and enjoyment of most any activity, including bicycling. Each of us has found ourselves overwhelmed, ignorant, or just plain behind. Possible solutions include quitting, convincing yourself you are having fun when you are really not, or addressing yourself to improvement.

Improvement doesn't just happen; but is more likely the result of a conscious effort such as a club organized skill development program. Such a program will help cyclists develop proper cycling techniques necessary for tireless rides and genuine bicycling enjoyment.

The heart of the program is a series of informal how-to-do-it classes held monthly in an open paved area free of traffic. The classes would be conducted at four skill levels, through which each cyclist progresses at his own pace:

1. Basic skills
 - a. Familiarizing and fitting the bike
 - b. Safety: equipment and techniques
 - c. Confidence exercises in low gear mount - go - stop
one-hand exercises, signaling
looking about while in motion.
 - d. Introduction to gearing
extreme high and low gear riding
optimum middle cadence.
 - e. Ankleing
practice in high gear
equipment recommendations.
 - f. Leisure road run
practice skills and safety - low traffic streets

2. Developing skills
 - a. Gearing theory and practice - inch theory
 - b. Cadence drill continued - extreme high and low gears optimum cadence. - ankling
 - c. Advance confidence drill - creep pace - straight line riding
 - d. Road run - moderate hills.

3. Proficient skills
 - a. Extended drill: cadence - ankling - posture
 - b. Pack riding: safety - draughting
 - c. Sustained exertion: feeding - pack pressure pacing - groups composed of equally skilled cyclists - higher gearing, higher speeds - HILLS

4. Advance skills
 - a. Drill: jump acceleration - high gear running wind sprints
 - b. Advance rides: coordinated with leisure rides non-competitive but timed.
 - c. Personal aerobic program

A second program run in parallel with the skill development classes are the proficiency time trials held regularly but at different times and places. These non-competitive events pit the individual against his previous best time and become a motivating measure of accomplishment. Times recorded over a regular monthly distance such as 25 miles enable cyclist to set his pace for the regular rides. Although these events take on certain aspects of competition, they should still emphasize, personal accomplishment, proper techniques, and just plain fun.

The third program covers the supportive skills such as maintenance, accessories, navigation, first aid, safety, and fitness. These classes are easily integrated into the off-road CRW events.

The program is still in the development stage and is intended for implementation in the Spring. So far many have responded with many excellent suggestions. Throughout the winter the monthly bulletins and meetings should help maintain the brainstorming and communication of more ideas.

Most importantly, the program requires the active participation of experienced cyclists who are willing to lend a helping hand to other cyclists. All indications are that CRW members need and desire this help.

If you have any ideas, you can pass them on to David Cary, 423-5554.

WHAT DARK AGES? by Dalton Harrow

George Bailey's article on "the Dark Ages" of bicycling caused me to send him some information on activities that took place then. Howard Moore's series caused me

to reminisce. So ...

In the early 20s when I was a high school student, we rode bikes to school and we had a small club. I also had one thing in common with Major Taylor. We both rode Iver Johnsons. I used to go to Nat Butler's track in Revere at every opportunity. Bike shops were often in garages then. Sinnott's garage in Melrose had a six-seater. I often wonder what became of it.

However, in the late 20s we had a period of prosperity. My friends began to go to motorcycles and I followed suit. For competition I indulged in hill climbs and Motorcycle Polo. We played outdoors in the summer and in the Boston Arena in the winter. In 1929-30 everyone began to feel the pinch, so gradually it was back to the bikes or walk.

My brother-in-law opened a good sized bike shop in Melrose. He had two large stores, one of which was devoted to sales and service and the other to rental. He had 35 American, 15 English bikes, 2 American and 1 English tandem for rent. They were always busy - and none were stolen that I can remember.

We met and rode from his shop for a long time before I encountered the Boston Wheelmen. At this time I was riding a Raleigh Golden Arrow, which had a 74 and 85 gear depending on which way the rear wheel was in. It weighed about 30 lbs. as I remember. Ugh! This is the bike I rode in the BAR series and also in the hundred mile race Howard spoke of, where my prize for coming in 19th was a saddle. I still have it too!

We had rides from the Bi Ex every Wednesday night. Live lights front and rear were required. Most of us used carbide. I'm sure we had many more riders on Wednesday nights than we now have on a weekend. One Wednesday night, a boy showed up with a fancy rig known as a Silver King. It weighed in at 96 lbs. It was amazing how far he rode before he fell out. Another memorable night comes to mind. After the ride we broke up into groups riding in the same direction. No one had a car, of course. It was then we discovered this lone girl, who just got her bike that night, was headed for Swampscott. So Howard and I and one or two others decided to see her home. Her mother was much relieved to see her, especially in such good company. As a reward we were fed copious amounts of ice cream. It was about 3 a.m. when I arrived home and my cyclometer indicated an evening ride totalling 75 miles. Howard must have been quite taken with this young lady for he never forgot her name. Hope Hyde, where are you now?

Along with BAR rides, which were great fun, we also had sprint races at Franklin Park and a 3 mile race at South Boston Settlement House. Another event was the Gypsy Tour to Purgatory Chasm. It was a 135 mile ride from Melrose and while there we had slow rides and obstacle races, etc. Another event that I remember was a century ride from Bi Ex up into New Hampshire and back. My buddy, on a Record Ace, and I were out to show those road runners a thing or two. In Nashua a wild thunderstorm broke and seemingly everyone holed up somewhere. Al and I chose a drugstore with an attractive young lady behind the counter. Somehow or other we

forgot to watch closely enough and my fat, old (younger than I am now, I guess) brother-in-law slipped past in the downpour. Imagine our chagrin as we sprinted into the Bi Ex to find Henry sitting there awaiting us. Tortoise and Hare again!

The Cambridge Sport and Cycle Club had a nice meeting hall in Porter Square. Rides started there instead of Bi Ex. I frankly prefer our present method. The last night I remember riding with them was in the late 40s and was a Century run. I well remember that because at the moment I was without a car and rode from Westwood to Cambridge and back as well as the Century. Never could cope with Howie and his 160 to 180 miles. Another event we had in those dark days was a hill climb at Prospect Hill in Waltham.

In 1939 I found myself in the Hartford, Ct. area. I tried a race which included an ascent of Avon Mt. I considered myself quite a hotshot then, having graduated to my brother-in-law's Paramount track bike. Believe me, it didn't take Armando long to make a Christian out of me on Avon Mt. This is the same Armando of Mt. Washington fame. There weren't many derailleurs around then. Mostly single speed and close ratio Sturmey-Archers, these latter for the well-heeled gentry.

I well remember Dr. Ralph Galen DDS and his look of disapproval when I first showed up at a CRW ride with my Paramount and single 74 gear. But he seems to view this arrangement with more equanimity nowadays. Anyone who has trouble with handle bar tape should try the old sleeves we used to slide on with brute force and soap.

Another event of the 30s was the bike races in the Boston Garden. Along with the regular riders, there were motor-paced and tandems. The tandems and pace machines were the same used by Nat Butler's Revere track. The stokers on the tandems sat right over the rear wheel as I remember. An interesting thing was the fact that the times of bike races were never announced. It seems that they were faster than the midget cars that alternated with the bikes! To advertise these races several of us used to ride large wooden rollers in the concourse of the North Station. Since I worked across the street, I rode before and after work and at lunch time.

In the early 40s I was roaming the country again on the US Coast and Geodetic Survey. My bike was such an oddity that it was on display in Corey, Pa. In Reading, Pa. I learned first hand about that new hazard known as catch-basins with parallel bars. However, it was in Gettysburg that I had my greatest adventure by bike. There I chanced to meet the cycling Conors family. Helen's maiden name, by the way, was Conors. Need I say more?

There weren't so many gold platers in those days, but it was far from a "dark age."

In closing I would like to mention last Labor Day. While riding toward Hull Gut someone called from a car, "Is that Dalton?" It turned out to be Gerry and Al Lochr who were members of the West Roxbury Cycle Club. I wonder if Howie remembers them. On hearing about our upcoming Martha's Vineyard ride, they dusted off their old Raleigh trucks with the oil bath chain covers and came along. They rode these things 32 miles out there in spite of being out of shape. What a chore! Thanks for listening!

SAFETY ... by Al Basso

Well, here we go again. The cold weather is coming in so we must talk about cold weather cycling.

Cold weather cycling can be just as enjoyable as warm weather cycling, but a few improvisations must be put into effect. First, don't forget that we lose our daylight earlier and it stays darker longer in the morning, therefore proper lighting and proper colored clothing **MUST BE USED**. The more lights and the brighter the clothing the safer you will be.

Night riding requires EXTREME caution.

As far as cold weather riding goes, let me say this: I think every individual knows his or her endurance capabilities. I couldn't begin to tell everyone how to dress. All I can say is make yourself as warm and as comfortable as possible in cold temperatures. Cold temperatures seems to affect everyone on three parts of the body - they are the hands, feet and face.

No one I have talked to really has the solution as to how to keep the feet warm. Therefore, I am going to experiment this year with a pair of battery operated heated stockings. I saw a pair for \$5.00. I'll let you know how I make out.

I saw a nice pair of snowmobile mittens I'm going to try; these cover most of the forearm and are very comfortable, also around \$5.00.

As far as the face, all I can suggest is a ski mask (you can get some good buys on these in Army surplus stores), or cover your face with a scarf and let your own breathing keep your face warm.

I don't have to tell you how dangerous it is riding in the snow or after the streets have been plowed with all the ruts and ice conditions. I very strongly do not recommend riding in these conditions.

I gather a lot of our members do a lot of skiing in the winter months. This sport is equally dangerous. Please be careful - we want each and every one of you back in one piece.

Have a safe, happy Thanksgiving holiday. Keep to the right and straight ahead.

Al Basso

p. s. Wear your helmet. Also, how about some volunteers for the Safety Committee?

Dear Editor:

As a relatively new member (joined last May), I would like to ask some questions that I believe must occur to most of us greenhorns. Perhaps you could answer them in next month's bulletin.

Incidentally, the bulletin just has to be one of the finest I have ever seen. Every bit as good as the old "Touring Club of New England", one put out by Larry Reid back in the 50s. On to the questions:

1. Are CRW members also members of LAW? I heard that we were, but I have never been told this by an official of CRW.
2. If we are LAW members, do we receive membership cards, patches, bulletins, etc. I never have.
3. Are there CRW patches, hats, decals, etc. available? If so, from whom?

Well there it is. You might say, where has this guy been, everyone knows these answers, presuming this, of course, is why we don't. Keep up the good work

Galen M. Wentworth
Danvers, Mass.

Dear Galen:

Thank you for your letter. It is always nice to receive some encouragement and I hope we can continue to do a good job with the bulletin. (I guess I belonged to the TCNE after the Larry Reid era!) To answer your questions:

1. Yes, CRW members are also members of LAW. Actually \$5 of the CRW dues goes to the LAW. I might say that in my case I joined in August, and did not hear from the LAW until November. I would suggest that if you do not hear from the LAW this month, you contact Dr. Ralph Galen, 131 Mt. Auburn Street, Cambridge, MA 02138.

2. From the LAW you will receive a membership card, a patch, and a monthly bulletin.

3. Yes, there are CRW patches, hats, jackets, etc. available. There is a policy still in effect, I believe, by which you receive one hat free for participating on a ride. (Provided, of course, that the person with the hats happens to be on that ride!) In any case, if you have been on a ride since last May, if you write to Norm Satterthwaite, 74 Sixth Avenue, Quincy 02169, I'm sure he will send you one. Or, for a dollar, if you haven't been on any rides. Your questions prompt me to suggest that perhaps one person ought to have all the items for sale (hats, patches, decals, etc.) and that they should be listed in the bulletin each and every month along with the price of each and where to send for them.

ASSOCIATE MEMBERSHIP EXPANDED . . . by Rod Huck, President

With pleasure we welcome as new Associate Members the Bicycle Peddler and Mike Farny's Lincoln Guide Service.

CRW Associate Members are listed below:

The American Wheel Shops
38 Central St., Natick, MA 01760
653-3042

The Bicycle Exchange
3 Bow Street, Cambridge, 02138
864-1300

Lifecycle
1005 Mass. Avenue, Cambridge
354-8595

Waltham Cycle
723 Main St., Waltham 02154
893-9426

Mike Farny's Lincoln Guide Service
Lincoln Rd & Lewis St
Lincoln, MA 01773
259-9204

The Bicycle Peddler
832 Commonwealth Ave., Boston 02215
731-3550

CALENDAR OF COMING EVENTS

November

- 5 11 am 25 mi ride in Burlington, Wilmington area
Erving Pfau 969-5965
- 11 7 am 100 mi ride sponsored by AYH, start in Milton
Dave Bailey 868-3529
- 12 9 am 70 mi ride towards Uxbridge. Jim Kunkemueller 785-0567
- 12 10 am 25 mi ride Belmont, Lexington area. Janet McBride 354-1552
- 14 7:30 pm Board of Directors Meet at Club Headquarters
- 16 7 pm November Meeting devoted to Ski Touring
- 19 11 am 25 mi ride Bedford-Concord area. Don Blake 275-7878
- 26 11 am 25 mi ride Somerville-Revere area. Al Basso 666-8571

December

- 3 11 am 25 mi ride Canton, Quincy area. Norm Satterthwaite
773-3068
- 14 7 pm Monthly meeting.

January 1973

- 3 First Frostbite Ride
- 20 CRW Awards Banquet - NOTE DATE CHANGE!
See bulletin for details.

EXPIRATIONS -

Norma Baldani
Bob Bohlen
Harold Brilliant
Francis Callahan
A. Lindsay Carroll
John Cassidy
Orin Cunningham
George Douglas
Mary Horgan
Gloria Jaffe

Sally Lewis
Allan Mason
Mary McGough
Joan Metcalf
James Nicholson
Erving Pfau
E. Rasmussen
Catherine Wilkalis
Arthur Winne
Nelson Woodward
Gerald Zecker

ADD - NEW MEMBERS

Barry H. Sacks 40 Linnean St Cambridge, MA 02138	492-1852	Richard Garrant 11 Locust Ave. Lexington, MA 02173	862-4192
William L. Black 14 Pulsifer St Newton, MA 02160	527-0325	William & Lorraine Hocking 13 Hodges Rd Foxboro, MA 02035	543-5260
Jane Taylor 57 Leamington Rd Brighton, MA 02135	787-4777	Bette Greene 338 Clinton Rd Brookline, MA	232-9855
Modkh and Gloria Ali 11 Hawthorne St West Medford, MA	483-4244	Bernis M. Hanlon 18 Norman Rd Saugus, MA 01906	
Victoria C. Nass 18 Buena Vista Park Cambridge, MA 02140	491-6244	John J. Rosato 12 Blueberry Lane Lexington, MA 02173	
Edward F. Readyhough 22 Putnam Ave. Cambridge, MA 02139	354-0687	Joan Carruth 285 Davis Road Bedford, MA	275-2415
		Janet Belsky 285 Davis Rd Bedford, Ma	275-2415

CHANGE OF ADDRESS -

Joseph Stanewick 31 Havanna St Roslindale, MA.	325-4218	Gerald M. Tye 1086 Commonwealth Ave, #405 Boston, MA 02115	738-6661
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