



nordic ski news

Volume 30, No. 8 April 2004

Thursday, April 1st Meeting – 7:00 P.M.
Twelve Corners Presbyterian Church, 1200 Winton Road South,
Town of Brighton
(A smoke-free alcohol-free environment)

APRIL MEETING

7:00 PM:

SOCIALIZING AND REFRESHMENTS

DEATH BY CHOCOLATE

Please bring your favorite chocolate specialties to share!!!

TRIP TO ROMANIA

Ruth Hyde visited Romania shortly after 9/11/2001. She will share slides of her visit, spent exclusively living with Romanians.

ELECTION OF CLUB OFFICERS

This is Your Club; Come to the Meeting and Nominate or Elect Those Who Will Guide RNSC's Future in the Direction You Want

7:30 pm:

Enjoy socializing and refreshments. Hope to see you!

Club Email Addresses for Officers and Committees

You can now **send a message** to president@rochesternordic.org, weekendtrips@rochesternordic.org, newsletter@rochesternordic.org, etc. and be sure that your mail will be directed to the correct person. See the back of the newsletter or the Contact Us page on the club web site for the complete list of addresses.

The **deadline** for the next newsletter is the 19th (change from normal schedule due to holidays)
The **mailing party** will be held on the 23rd. Contact the Newsletter editor for more information.

Thanks to all who contributed articles and items for this issue of the Nordic Ski News. Articles of interest will be considered for future issues. Please e-mail to newsletter@rochesternordic.org. If the item needs to be scanned, please mail it to the webmaster (see list of Officers, Board and Committee Chairs on last page).

Advertisements. Tell businesses that run ads where you learned about them! Rochester Nordic Ski Club is offering advertising space. Please note that all ads are reviewed and are at the discretion of the club for acceptance. Ads must be received before the second Tuesday of each month. Note: We only run one newsletter during the summer time. Please email president@rochesternordic.org with information. Format should be in word form or a tiff document. Rates are as follows:

For Season:	For One Issue
\$200 Full Page	\$40 Full Page
\$150 Half Page	\$25 Half Page
\$ 50 Business Card	\$15 Business Card

Upcoming Monthly Meetings

See you in September!

Your input is needed! What activities would you like the Club to sponsor during the summer. Come with ideas!

Board Meeting

The next Board Meeting will be held at 7:00 p.m. on Thursday, April 22. Contact one of the Officers, Board or Committee Chairs for location.

WHY BE A MEMBER OF ROCHESTER NORDIC SKI CLUB?

- Ski lessons by experienced instructors
- Discounts on ski lessons
- Discounts at stores
- Club information meetings
- Map packets
- Day trips
- Extended trips at group rates
- Learning of new places to ski
- Newsletter
- Community activity involvement opportunities
- Opportunity to promote the sport
- OTHER SKIERS TO PLAY WITH AND MAKE NEW FRIENDS

If you haven't yet, pick up your membership card at the meeting.

The following candidates are nominated for next year's Officers:

President	Ken Hann
Vice President	Open
Secretary	Open
Treasurer	Bob Jurena

Non-elected position

Past President	Mark Maas
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And, for next year's Board of Directors:

Jo Ann Ardell
 Coleridge M. Gill
 Jim Valino

One **Open** Board of Director Position

Non-elected positions

Comm Affairs	Ken Hann
Day Outings	Sharon Galbraith
Historian	Rosie Sepos
Instruction	Ruth Hyde
Map (proposed to be replaced by Trails Chair)s	Dayle & Rick Lavine
Membership	Geri Lessig
Newsletter	Jo Ann Ardell
Programs	Open
Publicity	Salil Athalye
Social	Geri Lessig
Summer Pgm	Open
Web Master	James Vallino
Weekend Trips	Jackie Cannizzaro
Weekday Trip Call List	Gretchen Schauss

Proposed new non-elected (chair) position

Trials (to include maps)	
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Ski Center Websites

Byrncliff www.byrncliff.com
Hardwood Hills www.hardwoodhills.on.ca
Osceola www.tughillregion.com/ski-osceola
Cayuga Nordic Ski Club <http://spidergraphics.com/cnsc/>
Onondaga Ski Club <http://www.osc-ski.org/home.asp>
A nice collection of information, mostly off line: <http://www.footprintpress.com/>
Interesting collection of local information and home to some great photographs: <http://www.rochester-info.com/>
Mendon Ponds Winterfest: www.mendonpondswinterfest.org

For additional XC ski locations and conditions, go to www.rochesternordic.org

Do you know of other websites of interest? E-mail newsletter@rochesternordic.org and webmaster@rochesternordic.org

Extended Trip Reviews

The Return To Mont Sainte Anne

by Carol MacInnes

We all arrived at the Val des Neiges Hotel Saturday night Feb. 14th except the Van Demark's (remember Peter and Kate, long time members of the Nordic Ski Club who moved to Boston?) They traveled from Boston to Canandaigua to visit his mother who was ill, then to Mt. St. Anne arriving on Sunday.

We bundled up to ski in the -20 F degree weather only to start peeling off layers when Coleridge Gill led us over the rolling wooded terrain. All the trails at Mt. St. Anne are meticulously groomed wide trails. We stopped at the Refuge du Ruisseau Rouge (red rooster?), one of the many WARM warming huts along the trails, for lunch, where we could remove sweaty jackets etc. to dry. Even so, the after-lunch syndrome gave us cold fingers and toes when we hurried to return to the ski center, losing Nettie Hauk who stopped for hand warmers. She soon caught up, but after that we learned to count thirteen heads every time we stopped.

The whole sunny week was filled with skiing to our hearts content, some of us along a stream

dotted with marshmallow-like boulders. Gretchen Schauss led a group up a black diamond trail to a mountain lake then to a distant look-out.

Before dinner we got together to talk about the day, sip wine and share snacks. Dinner was an elegant affair with picture perfect appetizers featuring edible flowers, interesting garnishes around delectable shrimp, mushrooms or pate. Then soup or salad before the Entre that was equally as beautiful and delicious. Dessert was creme brulee, cheese cake all served in the French leisurely style.

On Wednesday we took a ski break to go sight-seeing. Some to the shops in old Quebec City, others to see the Ice Hotel, later meeting at the Frontenac Hotel for drinks and to watch lights come on across the St. Lawrence River. Then a short walk to the Clarendon Hotel (oldest hotel in Quebec and sister to the Val des Neiges) for another elegant dinner.

All in all an energetic, gastronomically successful week except that I gained two pounds.

Day Trip Reviews

TUG HILL DAY TRIPS, Feb. 14th and 28th.

Both of these trips were to the Winona State Forest. On the 14th, 3 of us, Debbie Elliott, Jo Taylor, I, and Miki, 8 pounds of ski-crazy toy poodle, left Bushnell's Basin Park & Ride at 8:05am. We were skiing up Wart Rd at 10:15. We had a wonderful day, on great trails, through beautiful scenery. We got back to the car at 3:00, tired and happy.

On the 28th, the 3 of us, Miki, and Ivan Rezanka, left from Bushnell's at 8:45am. This time we set out on Bargey Rd., at 10:50 and skied until 3:15. Again, conditions were great. We had the trails almost to ourselves, seeing only 6 other skiers all day. We did see and "collect" another dog, however. A male pitbull, unleashed, had followed 2 men from the parking lot. Upon encountering us,

by Sharon Galbraith

he switched his allegiance and followed us back to the lot. Poor Miki had to be carried as he was definitely interested in her and we didn't want to take chances. Ivan skied on ahead to the lot, hoping the dog would follow him, but no luck. Try skiing with a dog in your arms! Fortunately, Debbie remembered that she had another leash so she put it on the pitbull. Then Jo went ahead leading Mike while the pitbull towed Debbie the rest of the way to the car! It was an exciting ski adventure!

What none of us understands is why more people don't go on these particular trips. Winona is really worth the drive up and back. Consider joining us next year!

Randonnee Tours

Self-guided winter adventures in Canada - winter adventures located in Manitoba's Whiteshell Provincial Park and in Quebec's Eastern Townships and Laurentians. Randonnee Tours will give our organization a 10% commission on every tour purchased directly from us by one of your members. *(This 10% will be passed on to our members as a benefit of membership).* (Group discounts would not apply - the 10% is greater.)
www.randonneetours.com.

EMS Discount

EMS is offering a 20% discount on everything in the store.
Show a current newsletter with your address label

Get Out & Stay Out Adventure Outfitters Inc

2705 W Henrietta Road
offers a 10% discount to RNSC member

Extended Trip Reviews

Rochester Nordic Ski Club
a NYSSRA club
2003-2004 Membership Application

Each individual family member must fill out a separate form. All family members must use the same mailing address.

Last Name _____ First _____ MI _____ Renewal New

Street Address _____ Town _____ State ____ Zip+4 _____ - _____

Phone (_____) _____ Sex: M F Date of Birth ____/____/____

e-mail address (optional) _____

PLEASE INDICATE: If the club offered electronic newsletter receipt would like to receive your newsletter (check one) via: regular mail (paper) electronic only.

The newsletter is posted to the website. E-mail notices are sent to everyone who provides an e-mail address.

INTERESTS: Racing Day Trips Weekend Trips Instruction

Each member must complete the waiver and release of liability below.

In consideration for the rights and privileges associated with membership in the Rochester Nordic Ski Club (RNSC) and the New York State Ski Racing Association (NYSSRA) – Nordic, Inc I acknowledge and agree to be bound by the following:

1. Identification of Risks. I understand that participation in any skiing activity, including but not limited to, preparation for, participation in, and coaching of activities in cross country ski competitions and clinics, involve risk of serious injury, including permanent disability, death and other losses, due to inaction's or negligence of myself or others.

2. Assumption of the Risk. I agree that I am responsible for my safety while participating in activities associated with RNSC and NYSSRA - Nordic, Inc., and that such responsibility includes participation only; a) when I am both physically and psychologically repaired to participate safely, b) after fully familiarizing myself with the venue before beginning the activity, and c) while using the equipment of a type and condition reasonably necessary to safely participate. I assume all risk connected with responsibility for any injury or loss connected with my participation.

3. Waiver. Aware of the risks and willing to assume them, I hereby waive, release and agree to hold harmless the RNSC and NYSSRA - Nordic, Inc., its affiliates, subsidiaries, officers, directors, employees, agents, coaches, trainers, doctors, officials, event organizers or sponsors (Released Parties) from any and all claims by me for any liability, injury, loss or damage in any way connected with my participation in activities associated with RNSC and NYSSRA - Nordic, Inc., except where caused by the gross negligence or willful or wanton misconduct of any of the Released Parties. I intend for this waiver and release to also apply to any relatives, personal representatives, heirs, beneficiaries, next of kin or assigns who may pursue any legal action or claim on my behalf.

4. Insurance. I currently have, and agree to maintain throughout the time that I train and compete, valid and sufficient medical and accident insurance. I understand that this is my sole responsibility and release all persons and entitles from providing this coverage for me.

Signature: _____ Printed Name: _____ Date _____

For Members of Minor Age:

This is to certify that, as parent/legal guardian of this above named minor, I do hereby acknowledge and consent to his/her agreement to be bound by each of the terms and conditions identified above.

Parent/Guardian

Signature: _____ Parent/Guardian Printed Name: _____ Date _____

Remittance:

\$ _____ **MEMBERSHIP DUES: INDIVIDUAL \$20; FAMILY \$28**

Make checks payable to Rochester Nordic Ski Club and mail to: Rochester Nordic Ski Club, PO Box 22897, Rochester, NY 14692.

Date: _____ Amount paid: cash _____ check _____ # _____

Entered in database: _____

For all address changes and corrections, call or e-mail Geri Lessig, the maintainer of the mailing list, or send change to P. O Box.

ROCHESTER NORDIC SKI CLUB OFFICERS, BOARD and COMMITTEE CHAIRS

President	Mark Maas	482-2679	president@rochesternordic.org
Vice Pres.	Ken Hann	586-5205	vicepresident@rochesternordic.org
Secretary	Mary Ardell	235-5758	secretary@rochesternordic.org
Treasurer	Bob Jurena	266-8512	treasurer@rochesternordic.org
Board	Jo Ann Ardell	323-2893) board@rochesternordic.org
Board	Coleridge Gill	442-8634)
Board	Jim Vallino	425-1102)
Board	Open)
Comm Affairs	Ken Hann	586-5205	community@rochesternordic.org
Day Outings	Sharon Galbraith	872-0327	sharonbillgal@aol.com daytrips@rochesternordic.org
Historian	Rosie Sepos	223-5247	historian@rochesternordic.org
Instruction	Ruth Hyde	461-9266	lessons@rochesternordic.org
Maps	Dayle & Rick Lavine	442-6358	maps@rochesternordic.org
Membership	Geri Lessig	266-3917	membership@rochesternordic.org
Newsletter	Jo Ann Ardell	323-2893	newsletter@rochesternordic.org
Programs	Open		programs@rochesternordic.org
Publicity	Salil Athalye	248-3623	publicity@rochesternordic.org
Social	Geri Lessig	266-3917	social@rochesternordic.org
Summer Pgm	Open		summer@rochesternordic.org
Web Master	James Vallino	425-1102	webmaster@rochesternordic.org
Weekend Trips	Jackie Cannizzaro	425-1934	weekendtrips@rochesternordic.org
Weekday Trip Call List	Gretchen Schauss		gschauss@exnet.net

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