



nordic ski news

Volume 30, No. 4 December 2003

Thursday, December 4th Meeting – 7:00 P.M.
Twelve Corners Presbyterian Church, 1200 Winton Road South,
Town of Brighton
(A smoke-free alcohol-free environment)

DECEMBER MEETING

7:00 PM: HOLIDAY PARTY/POTLUCK

Please bring a dish to share for an end of year Holiday party.
Come early so you have plenty of time to socialize and sample goodies.

7:30 pm: Brief discussion of where to rent and purchase cross country skis locally

7:35 pm: Biathlon Presentation by Bill Lilly
The Western new York Empire State Game Qualifier, a NYSSRA
Event, will be held at Brooks Rochester during January

**SINCE THE JANUARY MEETING WOULD NORMALLY BE HELD ON JANUARY
1 THIS YEAR, THE MEETING DATE HAS CHANGED**

**THE JANUARY MEETING WILL BE HELD
WEDNESDAY, JANUARY 7**

Enjoy socializing and refreshments. Hope to see you!

PRESIDENT'S MESSAGE

Enjoy the Holidays...

By the time you get this message Thanksgiving may have already passed and hopefully you all will have had the chance to get out and ski. With luck one of these monsoon fall rain showers will be cooled into a nice little snowstorm.

We all must also remember it is the season of the hunter. If you wander out into the wild, please wear a very bright color. The dear season does not end until mid December so extreme caution is warranted.

Our December meeting will be another potluck gathering with a talk on Biathlon skiing. We had a preview at the last board meeting, very interesting.

A number of activities are starting to show up on the calendar. Please take the time to look at the sign up sheets at the December meeting. If you have some free time do not be afraid to sign up!! The events are always fun!!

Happy Holidays to all!!
Mark

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 15th (change from normal schedule due to holidays)
The **mailing party** will be held on the 17th. 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
300 Full Page	\$75 Full Page
\$150 Half Page	\$50 Half Page
\$100 Business Card	\$30 Business Card

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

Membership Notice

URGENT: Don't let your membership expire. If your mail label says "Last Issue—Renew Now", Remember to renew your membership. You must renew this month to continue receiving the newsletter. Membership form on second to last page.

Pick up your membership card at the meeting.

Upcoming Monthly Meetings

- | | |
|------------------------|---|
| December 4, 2003 | Holiday Party |
| January 7, 2004 | Massasagua Rescue Group (rescheduled to February)
(note change from normal 1st Thursday of the month) |
| February 5, 2004 | Bicycling Across the US (perhaps rescheduled to January) |
| March 4, 2004 | Vacation in New Zealand |
| April 1, 2004 | Elections; Wrap-up social |

Monthly Board Meeting

December Board Meeting Thursday, December 11th, 7:00 p.m.
For location contact president@rochesternordic.org

All members are welcome to attend.

Editor's Notes

Remember to sign up for **that cross country ski trip** you want to take this year! See the sign up sheet in this issue.

DayTrip leaders are needed. Where do you want to ski this year? Where have you always wanted to go locally? Call Sharon Galbraith and volunteer to lead a trip, co-lead a trip

Contact Gretchen Schauss if you are interested in the call list for **weekday ski trips**.

Want to do something about **County parks**—send a letter to Maggie Brooks and let her know how you feel.

WANTED

Publicity Personality

This is a critical position that is open in the club. Responsibilities include: ensuring club activities are included in local newspapers, handling of questions from perspective members, interfacing with local winter shops to promote our club.... Does this sound fun to you??

Please contact president@rochesternordic.org if you are interested in this fulfilling position.

The February Meeting...

Massasauga Search and Rescue Team is a volunteer non-profit organization that provides skilled Field and SAR Management personnel to assist public safety agencies in searches for lost or missing persons in wilderness, urban, and water settings. The team and its specialized resources, including K-9 SAR units, stand ready to respond 24 hours a day to all locations in New York State and to assist other teams in the Northeast. Massasauga also promotes awareness of outdoor safety through educational demonstrations for the general public, youth groups, and schools.

Capabilities

- | | | |
|--|---|--|
| <input type="checkbox"/> Search Management | <input type="checkbox"/> K-9 Search Unit | <input type="checkbox"/> Rope Rescue |
| <input type="checkbox"/> Grid Search Unit | <input type="checkbox"/> Mantracking | <input type="checkbox"/> Mobile Command Post |
| <input type="checkbox"/> Water Search | <input type="checkbox"/> Mountain Bike Unit | |
| <input type="checkbox"/> | | |

- The Team is capable of assisting with and, if requested, managing non-fugitive search operations in any type of terrain or weather.
- Team members are required to complete the New York State Department of Environmental Conservation Wilderness Search and Rescue training course or its equivalent. Many members have completed the HYSDEC Crew Boss Course and are trained to lead inexperienced volunteers in the field. Several members are certified EMTs and First Responders.
- Team members are trained in and regularly practice search techniques, clue awareness, crime-scene preservation, search crew leadership, wilderness navigation with map & compass and GPS, survival techniques, and basic first aid.
- Should situations arise, individuals trained for high and low angle technical rescue and swiftwater operations are available.
- Equipment and trained personnel are available to conduct safe K-9 units conduct regular training sessions to develop and maintain skills in wildlands, water, snow burial, cadaver, and building search scenarios. These units operate using track-trail or air scent methods in either discriminating or general scent modes.
- The Team is equipped with FM communications, topographical maps of New York, New England and Mid-Atlantic states, technical rescue gear, mobile command trailer, and other support items.

Calls for Volunteers

Call for Volunteers for the **WXXI Telephone Pledge Campaign**. This year, our date will be December 2, 2003 from 7:00 pm to 11:00 pm. at the WXXI studio on State Street across from Kodak Office. The program for that evening will be James Taylor and the BG's. Should be a popular evening. A sign up sheet will be at our November meeting. You can also sign up by calling Ken Hann @ 586-5205

Call for Volunteers at Please add February 21, 2004 as a Call for Volunteers Day at the **Genesee Country Village** on February 21, 2004 to lead a XC ski lesson effort that day. Help is needed with extra instructors and people to lead ski tours. A sign up sheet will be available at monthly meetings. Volunteers can also sign up by calling Ken Hann @ 586-5205. It has been indicated that Genesee County Museum will open the village for ski tours and that RNSC members would get in free that day to ski

Call for Volunteers to help at the **Mendon Ponds Park Winterfest** on January 25, 2004. Help will be needed to staff club information tables, teach XC skiing and lead ski tours. Sign up sheets will be available at monthly meetings. You can also sign up by calling Ken Hann @ 586-5205.

Call for Volunteers to help at the **Monroe County Winter Special Olympics**. Mark Maas will be leading this. The games will take place on Saturday, February 7, 2004. Help is needed between the hours of 8:00 am and 1:00 pm to set up the race course, sort ski equipment, help the competitors with the equipment, get them to the line and then, as necessary, offer assistance getting the competitors down the course. Also, lots of encouragement and cheering is needed too. All are welcome. Call Mark Maas to help.

Ski Center Websites

Byrncliff	www.byrncliff.com	Garnet Hill	www.garnet-hill.com
Hardwood Hills	www.hardwoodhills.on.ca	Lapland Lake	www.laplandlake.com
Osceola	www.tughillregion.com/ski-osceola	Winona Forest	www.tughillskiclub.com
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

ROCHESTER NORDIC SKI CLUB

SKI LESSONS 2003-2004

CLASSES

Holiday Week BEGINNER: Dec. 27, 28, 29	Jackie Cannizzaro at Mendon 1PM	\$20
Monday Night BEGINNER: \$25 Jan. 5, 12, 19, 26	Coleridge Gill at Cobbs Hill 7PM	
Saturday Beginner: Jan. 3, 10, 24, 31	Jackie Cannizzaro at Mendon 10AM	\$25
Saturday Intermediate: Jan. 3, 10, 24, 31	Ruth Hyde at Mendon 10AM	\$25
Tuesday Advanced Beginner:	Ruth Hyde at Mendon Jan. 6, 13, 20, 27	\$25 1PM
Late Start Beginner: Jan. 24, 31, &Feb. 7	Jackie Cannizzaro at Mendon 1PM	\$20

WORKSHOP

DIAGONAL STRIDE: Sat. Jan. 17 and Sun. Feb. 8 (\$13 for both)	Jim Vallino at Mendon 1PM	\$7
---	------------------------------	-----

Workshops in skating and telemark can also be scheduled.

To register, send a check made out to Rochester Nordic Ski Club to Ruth Hyde, 61 Fernboro Road, Rochester, NY 14618
Please include your phone no. and e-mail address.

For additional information including exact meeting places for lessons, call Ruth at 461-9266 or e-mail her at lessons@rochesternordic.org.

PLEASE NOTE: THESE PRICES ARE FOR MEMBERS ONLY.

Day Trips

Jan. 10, Saturday. Tug Hill (Winona State Forest) Car pool from Bushnell's Basin Park & Ride, 8:00am. Bring lunch and water. Please call if you plan to come. Jo Taylor, 473-6729 or Sharon Galbraith 872-0327.

Jan. 11, Sunday. Cummings Nature Center. Carpool from Bushnell's Basin Park & Ride, 9:30am. Bring lunch and water. Trails easy/intermediate. \$3.00 trail use donation. Hike if no snow. Call Chris Baron, 315 986-1134.

Jan. 24, Saturday. Genesee Country Museum Nature Center, Mumford, NY. 4.5 miles of groomed trails. Call Bill Pakulski 889-7694 for details.

Jan. 25, Sunday. Winterfest at Mendon Ponds Park. Call Ken Hann, 473-7888 for details. Jackie Cannizzaro will lead a trip this day also.

Jan. 31, Saturday. Weilers' Trails, beginning/intermediate. Meet 1pm at Weilers, 7829 W. Henrietta Road, Rush (1.5miles south of exit 11 on Rt. 390). Hike if no snow. Weilers, 533-1438.

Feb. 1, Sunday. Genesee County Park. Meet 10am at Holidome, west side parking lot. Bring lunch and water. Please call Ruth Hyde, 461-9266.

Feb. 7th, Saturday. Cummings Nature Center. Chris Baron. See details for Jan. 11 trip.

Contact Sharon Galbraith about signing up to lead additional trips

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

**Remember to renew your membership.
Membership form on second to last page.**

Overview of This Season's Trips

South Meadow Farm Lodge, Lake Placid, New York - 1/16-1/19, \$200, (3 nights),
Sharon Galbraith (872-0327) and Jo Taylor (473-6729).

Mount St. Anne, Quebec, Canada - 2/14-2/21, \$640, (7 nights),
Carol MacInnes (924-4077).

Ottawa Winterlude Weekend – 2/6-2/9 (2 nights),
Bock Tours (624-3410)

Skiwelt, Austria - 2/13-2/21, \$1225, (8 nights),
Ruth Hyde (461-9266) and Jackie Cannizzaro (425-1934).

Tug Hill Plateau, Sandy Creek, New York - 3/6-3/7, \$39-46, (1 night),
Coleridge Gill (442-8634).

TRIP SIGN-UP (*Contact trip leader for address*)

TRIPS REFUND POLICY: If the trip produces an “overage” of \$10-\$20 per person, there will be a \$10 rebate per person. If there is a \$20 “overage”, any excess or \$10 will be refunded. Some of the trips are calculated to break even at 12 people and we actually get 18 or 20 and the cost per person goes down. If we get 10, the cost per person goes up. There are variables in the cost and unforeseen events as we are all non-professional trip planners. The intent is not to make money, but to keep from going into debt.

DRIVERS: All passengers will share equally in the cost of gas and tolls.

Trip Name:
Your Name(s)
Your Address

Your Phone Numbers:
Your e-mail:
Best time to call:

Are you able to drive or otherwise help the leader?

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	Coleridge Gill	442-8634	publicity@rochesternordic.org
Publicity	Open		
Social	Open		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

Rochester Nordic Ski Club
 PO Box 22897
 Rochester New York 14692

www.rochesternordic.org