



Volume 30, No. 6 February 2002

Thursday, February 7th Meeting – 7:00 P.M.

Twelve Corners Presbyterian Church, 1200 Winton Road South, Town of Brighton

FEBRUARY MEETING

7:00 - Social Gathering

7:30 - Business Meeting & Presentations

WINTER IN MENDON PONDS

Judy Babinski (club member) will share and discuss winter pictures she took last year in Mendon Ponds. These pictures are unique in that they are in black and white (a color medium that we rarely see).

XC SKI CLOTHING

A short history and exhibit

Enjoy socializing and refreshments. Hope to see you!

Hot Line 234-5808
www.rochesternordic.org

PRESIDENT'S MESSAGE

Hi, where is all of the snow? Seems as though, there are only two places to ski in the area, Harriet Hollister and Cummings Nature Center. Of course , there is the old standby, Tug Hill - Winona State Forest. There is always snow at Tug Hill.

At this months meeting, I intend to bring two products that I mentioned some time ago for the prevention of frost bite. they are Bag Balm (available at Walmart in the pet dept.) and Udder Wize (available at Wegmans Pittsford Plaza in the skin care dept.) Over the years, these products have worked very well for me all year round.

During February, we have several community activities and ski races planned. Your participation in these activities would be greatly appreciated. (see details inside)

Also, we are looking for members to work on this year's nomination committee. This committees function is to find members to fill officer and committee chair vacancies for next year. If you are interested in working on this committee please contact Ken Hann 586-5205 or Dan Wilson 352-0196. This is an opportunity to meet and work with some great people.

Following is a letter that I received from one of our past club presidents (Peter Van Demark and his wife Kate). I thought you would enjoy reading this holiday note which highlights their activities this past year.

See you on the trails,

Coleridge

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This was a year that U.S. citizens and others were forced to take more seriously freedoms and privilege that are easily taken for granted. Freedom of thought, freedom of movement, and the freedom to shape one's future are precious. We cannot let our freedoms be restricted by fear. We must also share with those who lack these freedoms and privileges.

This was a year when it was important to connect with family and friends, and to appreciate our blessings. This year we celebrated our 20th anniversary. Because Kate was teaching attending physician for the second half of October, we needed to have our celebration at another time. Peter had never toured Crater Lake, so in late September we flew to Portland OR, visited relatives, then drove down for two wonderful nights at Crater Lake Lodge,

on the edge of the lake. We hiked up peaks on the crater rim and down to the lake's edge as we drove around the lake. Dinner at the lodge, with a view of the lake as the sun set, was special. We even saw an eagle cruising over the lake. It was a special place to enjoy a special milestone, and it was grand to see our "healthy elders."

Peter continues to enjoy helping to develop new and evolve existing products at Caliper Corporation, as well as being senior editor for the documentation. This year we shipped major upgrades of the main software products, Maptitude and transCAD Together they have well over 2000 pages of documentation, all of which gets turned into on-line help as well. The goal is always to make a product that is as easy to learn and use as possible, with good

documentation. Training classes and other materials are needed, of course, but the focus is to empower users to do mapping and geographic analysis with as few barriers as possible. It is fun pursuing that goal, and getting positive feedback from satisfied users.

Peter traveled to New York City (in February, getting there by train), Charleston WV, Atlanta (where he visited second cousin Eric Ranney and family), Minneapolis twice (visiting grad school friends Jane Ladky and Charlie Vogel, and Paul and Jeana Ogren), and Long Beach CA for conferences and training.

He has continued to volunteer on the Schooner Adventure in Gloucester, helping especially to serve breakfast on deck in the summer. Hopefully, it will be sailing again in two years. Peter has also stayed active with church committees and the partner church program, and hopes to go back to Transylvania next summer.

Peter has also read with pleasure historical fiction, especially two series by the Scottish author Dorothy Dunnett: the House of Niccolo (set in the late 1400s) and the Lymond Chronicles (set in the mid 1500s). The books range all over Europe, Africa, and the Near East, and made places and times come alive. He ended the year, along with Kate, reading the Harry Potter novels, which are not just for teenagers.

Kate is enjoying the flexibility that working part time brings. She still has intense times when she is on the wards, but now there is time for other interests. She has taken a number of adult-ed courses, including drawing and Latin, and has done lots of reading. Genealogy is her newest avocation, and she has taken full advantage of the New England Historic Genealogy Society. She uses their research library, volunteers there, and has taken their research trips to Washington DC and Salt Lake City. Peter went on the latter trip, and we both came back with new-found relatives and connections.

Trips this year tended to be shorter, with one longer trip to Scotland. We skied several times at Bretton

Woods, near Mount Washington in New Hampshire, and got back to that state for the Celtic Crossroads music weekend in May and Highland Games in September. We had a number of visits to Peter's mom in Canandaigua, where she has moved into Ferris Hills, a new retirement complex just five miles from her lake house. We will be with her at Christmas.

The spring trip to Scotland focused on the Borders, south of Edinburgh. While the foot and mouth outbreak restricted our hiking, we were able to get to most historical sites. We stayed first in the heart of Sir Walter Scott country at St. Boswell, visiting abbeys, going to concerts, and reveling at Scott's View. Though we had planned to visit Edinburgh the great weather drew us to the country, where we visited Rosslyn Chapel, Traquair House, Dawick Gardens, Tantallon Castle, and other wonderful sites. We spent the last two days at the tiny fishing village of St. Abbs, walking the beaches and taking a boat trip to see the puffins and other birds nesting on the cliffs of St. Abbs Head.

We spend as many weekends as possible at our cottage on Cape Ann. The gardens expanded in several directions this year, and the raspberries gave their first good crop. Birding is a year-round delight, with everything from forest birds to seabirds (and the occasional seal). Several weekends Kate stayed there on Monday and Peter took the train from Rockport back to Boston, a pleasant way to commute. Over Labor Day we stayed for the Schooner Festival, when several dozen ships assemble for a race off the Gloucester Harbor; Peter got to go out on the Harvey Gamage, a former fishing schooner that is now a floating classroom.

We hope that your year was fulfilling and that you will have very happy holidays and a wonderful new year!

Peter and Kate Van Demark

For Sale - Nordic Ski Club Jackets

We have 6 blue jackets for sale at \$45. They have the club logo on the front and a skier and the club name on the back in white. Sizes: 2 small, 2 medium, 1 large, 1 extra large.

www.rochesternordic.org

Contact Ruth Hyde 461-9266

Nordic Racing Column

Despite the lack of snow, skiing has been abundant in the Rochester area since Christmas. Harriet Hollister has allowed me to ski nearly every day since Christmas day. Wally Dyer has done some excellent grooming and the base must be nearly one foot thick.

None of the Rochester Nordic series races have occurred as of this date. Mendon was only skiable for three days in early January and there is no telling when we will ski there again. I have been reluctant to move the series to Harriet Hollister as I am afraid that most skiers won't feel motivated enough to drive that far on a weeknight after dark. Please let me know if you feel different.

The Chocolate Race did happen on Sunday, January 13. The turnout was moderate and that was expected since many skiers unfamiliar with Harriet Hollister couldn't believe that we really had good snow. Those that did participate had a good time and were able to use their best equipment on all the racing trails.

The 25th anniversary edition of the American Ski Marathon Series begins January 19 with the running of the Pepsi Challenge in Biwabik, Minnesota. Unfortunately, John Sackett, a long time U.S. nordic skiing supporter was killed in a car accident on his way to that race. He was traveling with Jim Fredericks, the Rossignol representative, who suffered a fractured leg. Yet another reminder on how bad this ski season has been.

On a more positive note, the major marathons are beginning and soon the Olympics will be in full swing. Our club members begin their 'real' racing on January 26 with the running of the 20th anniversary Lake Placid Loppet. Mt. Van Hoevenberg has wonderful snow and this promises to be an exciting event. The following weekend we shall be in Sun Valley, Idaho for the Boulder Mountain Tour. An update will be forthcoming in the next issue.

Finally, conditions at Harriet Hollister Park and Mendon Ponds are updated often on my web site. Go to www.drvalvo.com <Error! Bookmark not defined.> and click on 'Nordic Racing'. Then click on 'ski conditions'.

David Valvo

2002 Rochester Race Series

Races start **promptly** at 7pm. **Races start on time!** You must be registered and signed in with race coordinator before race time.

Check the Nordic Extreme website (<http://home.earthlink.net/~skitrax>) for location information.

Venue sites, race distances and dates are subject to change depending on weather conditions. Status of race and trail conditions confirmed at 11 PM night prior to each race on the Nordic Extreme website (<http://home.earthlink.net/~skitrax>) and the Rochester Nordic ski club phone line (234-5808) by 11 p.m. the night before.

February 6	Freestyle sprints
February 13	5K classic
March 7 (Thursday night)	Relay
March 13	5K freestyle

REMAINING TRIPS FOR THE 2002 SEASON

Trip Chairperson: Jackie Cannizzaro, 425-1934, JRCOOKIE551@aol.com

Stokely Creek, Ontario, Canada	2/18 - 2/24	Carol MacInnes 924-4077	\$595/635
Seefeld/Innsbruck, Austria	2/22 - 3/2	Ruth Hyde 461-9266 Jackie Cannizzaro 425-1934	\$1099
Tug Hill, NY	3/9 - 3/10	Coleridge Gill 442-8634	\$39 - 46

Call the trip leader if interested.

Community Affairs Events

Additional volunteers are still needed for the Mendon Ponds Winter Fest (Feb. 10). Call Ken Hann (586-5205). Also for the event at the Genesee Country Museum on Feb. 17. Call Bill Pakulski (889-7694).

Cross Country Skiing at Bristol Harbour Resort

Bristol Harbour Resort in Canandaigua is now offering cross country skiing. There is no charge for use of the marked and groomed trails. Ski and snowshoe rentals are available. The Lodge Restaurant & Tavern and the new Inn are open year round. Weather permitting, they are planning on hosting a Cross Country Open House on February 16th. Call the resort at 396-2200 for details.

Cross Country Skiing at Wesley Hill Preserve

The Finger Lakes Land Trust's Wesley Hill Nature Preserve, located above the eastern shores of Honeoye Lake is open to the public and suitable for skiing, as well as snow shoeing, or hiking. The Land Trust is offering a series of guided nature tours on the second Sunday of each month, starting at noon. The February tour is at the Great Hill Preserve (not suited for skiing). The March tour will be at the Wesley Hill Preserve. Depending on the snow depth and your preference, you can bring hiking boots, snowshoes, or skis. For more information, visit the land trust web site at www.flit.org or call Jim or Sara Kersting at (716) 367-2301.

Cross Country Skiing on the Genesee Greenway

Friends of the Genesee Greenway member Linda Mattice will be leading a series of Sunday cross country ski outings on the Greenway in Livingston County. Ski one way, or, for more miles, round trip.

Sunday, Feb. 3, Canawaugus Park to Route 20, 8.0 miles one way. Meet 9 a.m. for breakfast buffet at Avon Inn, 55 E. Main, Avon, or 10:15 a.m. at the trail head Route 20, Caledonia.

Sunday, Feb. 17, Pentagass Road, Nunda to Upper Falls (Letchworth State Park) then back to Parade Grounds entrance, 9.0 miles. Meet 9 a.m. Nunda for pancake breakfast sponsored by the VFW, or 10:15 a.m. Parade Grounds entrance, Letchworth State Park.

Sunday, March 3, Piffard to Mount Morris, 8.5 miles one way. Meet 10 a.m. Greenway Motel parking lot 6459 Sonyea Road (Rte. 36), Mount Morris.

For more information, contact **Linda Mattice** at **716 768-4999**.

Thanks to Barbara Weiler for contributing these items.

Snow Shoeing at Mendon Ponds Park

You can rent snowshoes at the Mendon Ponds Park Nature Center every day this winter (weather permitting) from noon to 4:00. The cost is \$2.00 per hour. Park Snowshoe Enthusiast Eric Johnson is also leading various snowshoe events this winter:

Snowshoe Open House from noon to 4:00 every Monday with basic lessons and tips for beginners.

Intro to Snowshoeing Clinic, Monday, Feb. 18 2:00 - 3:30 p.m. \$4.00 per person includes snowshoe rental.

Snowshoeing Night Hikes by moonlight. \$3.00 per person includes snowshoe rental. 6:00 - 7:30 p.m. Monday, Feb. 11 and Monday, Mar. 11

For more information or to register for a hike or clinic, call 256-4956 or 334-3780.

www.rochesternordic.org

Nordic Ski Club Day Trips - 2002

February		
Sat Feb 2	<p><u>Bear Swamp</u> Meet at Ramada Inn in Geneva at 9:30. Bring lunch. Hike if not enough snow. Please call to confirm.</p>	Darlene Trytek 315-789-8267
Sun Feb 3	<p><u>Genesee County Park</u> Meet at west side of Holidome (Jefferson Rd. and E. Henrietta) at 9:30 a.m. to car pool to Genesee County Park. Bring lunch. To enjoy this trip, you should be able to hold a snow plow on a fairly steep slope. Sledding hill is available. Please call or E-mail Ruth Hyde if you plan to come. (461-9266 or reyhyd@eznet.net)</p>	Ruth Hyde 461-9266 reyhyd@eznet.net
Sat Feb 9	<p><u>Tug Hill (Winona State Forest)</u> Car pool from Bushnell's Basin Park & Ride 8:00. Bring lunch and water. Ski the north trails from Mannsville Road parking lot.</p>	Jo Taylor 473-6729 Sharon Galbraith 872-0327
Sun Feb 10	<p><u>Mendon Ponds Winter Fest</u> 11:00 a.m. to 4:00 p.m. Horse drawn sleigh rides, cross-country skiing, sledding, snowshoeing, winter trail hikes, ice fishing, storytelling, children's crafts and more. Participants include the Rochester Nordic Ski Club, Seneca Park ZooMobile, "Send in the Clowns", Sheriff's K-9 Unit and Mounted Patrol, Heberle Stables, EMS, Pack Paddle & Ski, and the Rochester Orienterring Club. Call Ken Hann (586-5205) if can help out for a while; then spend some time enjoying the festival.</p>	Ken Hann 586-5205
Sat Feb 16	<p><u>Bristol Harbour</u> Muxworthy's Ski Loft Cross Country Open House They are currently planning a Cross Country Open House (weather permitting). The plan is to have citizen's races (with prizes) and open skiing, demos, etc. Refreshments will be available in the lodge on a "pay as you go" basis.</p>	For information: Bristol Harbour 396-2600 Muxworthy's 586-9390
Sun Feb 17	<p><u>Mendon Ponds Variety Trip</u> Ski various trails with Jackie. Meet at 1:00 pm at Quaker Pond (Lookout Shelter).</p>	Jackie Cannizzaro 425-1934
	<p><u>Genesee Country Museum Nature Center</u> Group ski at 10:30am. Entry fee waived for club members. Nature Center has 4.5 miles of groomed trails. Introduce a friend to cross country skiing. Rental skis are available. Volunteer to offer cross country ski tips from noon to 4 p.m.</p>	Bill Pakulski 889-7694
Sat Feb 23	<p><i>No leader. We may organize an impromptu outing. Watch the web site for details, or call Jo Taylor (473-6729) to find out what the plans are. Also call Jo if you wish to organize a trip for this date.</i></p>	
Sun Feb 24	<p><u>Harriet Hollister</u> Meet in parking lot at noon. Call Ali at 243-7664 for details.</p>	Ali & Fred Pethick 243-7664

Rochester Nordic Ski Club 2002 Membership List (supplement)

Lastname	Frstname	SecndName	Type	Yearjoin	Street	City	State	Zipcode	Homephone
BARCLAY	JANET		I	00	232 GOULD ST	ROCHESTER	NY	14610	(585)473-8639
BASAMANIA	CAROL		I	02	8 WHITMORE ST	ROCHESTER	NY	14620	(585)271-4589
BERSON	ROBERTA		I	02	160 HEATHERSTONE LN	ROCHESTER	NY	14618	(585)442-8788
CLARK	ROBERT		I	02	1729 EMPIRE BLVD APT 22	WEBSTER	NY	14580	(585)671-0386
CRIVELLO	LEAH		I	02	9 - C PAMELA LN	ROCHESTER	NY	14618	(585)244-3368
DUNN	MICHAEL		I	00	4 SPLIT ROCK RD	PITTSFORD	NY	14534	(585)381-2955
GORSKI	BARBARA		I	86	141 ARBORDALE AVE	ROCHESTER	NY	14610-1407	(585)482-9541
GUCKER	GAIL		I	86	60 NICHOLSON ST	ROCHESTER	NY	14620-2151	(585)271-2892
HARDIES	SCOTT		I	94	8 PAMELA LN APT A	ROCHESTER	NY	14618	(585)271-4834
HIMES	SHERRIE	S. PYLE	F	87	1837 W BLOOMFIELD RD	HONEOYE FALLS	NY	14472	(585)624-1446
HYDE	RUTH		I	86	61 FERNBORO RD	ROCHESTER	NY	14618-1713	(585)461-9266
KANE	MOLLIE		I	01	702 FIVE MILE LINE RD	WEBSTER	NY	14580	(585)787-2842
LEE	SUSAN		I	02	225 HAMPTON WAY	PENFIELD	NY	14526	(585)385-0464
McCLARIN	DEBBIE		I	86	21 BERRY LN	NORTH CHILI	NY	14514	(585)594-0732
PYLE	STEVE	S. HIMES	F	97	1837 W BLOOMFIELD RD	HONEOYE FALLS	NY	14472	(585)624-1446
RAIMAN	IRIS	ROBERT	I	02	90 TROTTER DR	HENRIETTA	NY	14467	(585)334-0972
RAKOV	DAVID		I	88	202 DALEY BLVD	ROCHESTER	NY	14617-3822	(585)338-7520
SEELER	TIM	TERESA	F	02	17 COBBLE CREEK RD	VICTOR	NY	14564	(585)742-1138
SHEARN	TERRY		I	02	323 JEFFORDS RD	RUSH	NY	14543	(585)533-9197
SILVERMAN	DONNA		I	86	92 FRENCH WOODS CIR	ROCHESTER	NY	14618	(585)244-2784
VALVO	DAVID		I	99	31-G ERIE CANAL DR	ROCHESTER	NY	14626	
VOELKEL	JOE		I	02	431 FRENCH RD	ROCHESTER	NY	14618	(585)242-9632
WEATHERALL	LAURA		F	02	59 SHOREHAM DR	ROCHESTER	NY	14618	(585)442-4041
WILSON	DANIEL JOHN		I	98	402 S UNION ST	SPENCERPORT	NY	14559	(585)352-0196
WORMUTH	DAVID	EMILY	F	01	229 HEMINGWAY DR	ROCHESTER	NY	14620	(585)256-3873

Mendon Ponds Snow Conditions: 359-1433

For all address changes and corrections, call Stan Perry, the maintainer of the mailing list.

ROCHESTER NORDIC SKI CLUB OFFICERS, BOARD and COMMITTEE CHAIRS

President	Coleridge Gill	55 Fairmeadow Dr	Rochester NY 14618	442-8634	xcski81506@aol.com
Vice Pres.	Ken Hann	8 Old Settlers Drive	Pittsford NY 14534	586-5205	kehann@frontiernet.net
Secretary	Carol MacInnes	8037 Main St Fishers	Victor NY 14564	924-4077	CCarolmac@aol.com
Treasurer	Sue Henion	54 Old Stonefield Way	Pittsford NY 14534	586-3113	ssh411@aol.com
Board	Jackie Cannizzaro	8 Tilegate Glen	Fairport NY 14450	425-1934	JRCOOKIE551@aol.com
Board	Linda Easton	116 Mayfair Dr	Rochester NY 14617	544-1926	
Board	Barbara Weiler	7829 W. Henrietta Rd	Rush NY 14543	533-1438	rweiler@frontiernet.net
Board	Donna Silverman	92 French Woods Cir	Rochester NY 14618	244-2784	dgsilverman@cs.com
Board	Dan Wilson	402 S. Union St.	Spencerport NY 14539	352-0196	
Comm Affairs	Ken Hann	8 Old Settlers Drive	Pittsford NY 14534	586-5205	kehann@frontiernet.net
Day Outings	Jo Taylor	967 Meigs St	Rochester NY 14620	473-6729	jhtaylor@frontiernet.net
Historian	Barbara Weiler	7829 W. Henrietta Rd	Rush NY 14543	533-1438	rweiler@frontiernet.net
Hot Line	Donna Silverman	92 French Woods Cir	Rochester NY 14618	244-2784	dgsilverman@cs.com
Instruction	Ruth Hyde	61 Fernboro Rd	Rochester NY 14618	461-9266	reyhyd@eznet.net
Maps	Dayle & Rick Lavine	360 Rockingham St	Rochester NY 14620	442-6358	lavine@math.rochester.edu
Membership	Geri Lessig				
Membership	Stan Perry	36 Round Trail Dr	Pittsford NY 14534	586-8732	StanPerry@compuserve.com
Newsletter	Jo Ann Ardell			323-2893	Joann.Ardell@excellus.com
Programs	<i>Open</i>				
Publicity	Coleridge Gill	55 Fairmeadow Dr	Rochester NY 14618	442-8634	xcski81506@aol.com
Publicity	Donna Silverman	92 French Woods Cir	Rochester NY 14618	244-2784	dgsilverman@cs.com
Racing	David Valvo	2400 Elton Rd	West Bloomfield, NY 14469	657-7662	skitrax@earthlink.net
Web Master	James Vallino	61 Southridge Trail	Fairport NY 14450	425-1102	rnsr@rochester.rr.com
Social	Donna Silverman	92 French Woods Cir	Rochester NY 14618	244-2784	dgsilverman@cs.com
Summer Pgm	<i>Open</i>				
Weekend Trips	Jackie Cannizzaro	8 Tilegate Glen	Fairport NY 14450	425-1934	JRCOOKIE551@aol.com

Rochester Nordic Ski Club
PO Box 22897
Rochester New York 14692

HOT LINE 234-5808
www.rochesternordic.org