



Volume 30, No. 4 December 2001

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**Thursday, December 6<sup>th</sup> Meeting – 7:00 P.M.**

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

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## ***DECEMBER MEETING***

**7:00 - Social Gathering**

**7:30 – Ski Extravaganza**

The Rochester Nordic Ski Club Welcomes Five Vendors

Nordic Ski Patrol

Jack Hustler

Recruitment, blood pressure, etc.

E.M.S.

Brenda Olshan

Outdoor winter clothing, snowshoes, etc.

Ski Loft, Schoen Place in Pittsford

Gary Muxworthy

The latest downhill and cross-country skis along with winter clothing

Snow Country

Skis, clothing, and demos

Ski Company Mountain Sports

Skis and clothing

Enjoy socializing and refreshments. Hope to see you!

**Hot Line 234-5808**

**[www.ggw.org/NordicSki](http://www.ggw.org/NordicSki)**

## ***PRESIDENT'S MESSAGE***

The leaves are falling along with the daily temperatures. This means that snow is on the way. So it's time to put the finishing touches on getting our clothing, equipment and our engines ready for the ski season. Clothing and equipment are easy but the engine (heart, lungs and muscles) still need to be fine-tuned. This can be done in any number of ways. For example, hiking with ski poles, gets everything working. Brisk walking , light jogging, rowing and cycling are other ways. Don't forget to stretch before and after your tune ups.

We still need a program and summer events coordinator, Call me, if you are interested in either of these opportunities to assist your ski club.

I believe, we will have a wonderful winter for xc skiing and within the next thirty days , you will have opportunities to ski. So, if you feel your technique needs a small or full size tune up or if you want to ski more efficiently, sign up for one of our instructional classes. The price is right and we have great instructors.

A great way to start the holiday season is to bring a friend to the December.

Wishing you and yours a happy holiday and lots of snow!!!!

Coleridge

### ***Contents***

	<u>Page</u>	<u>Thanks to</u>
December meeting	1	Dan Wilson
President's Message	2	Coleridge Gill
From November's meeting		
My Brother and the 10 <sup>th</sup> Mountain Division	3	Mary Lou Walworth Koch
The Video	4	Donna Silverman
Nordic Racing Column	4	David Valvo
Ski Trips for the 2002 Season	5	Jackie Cannizzaro
Day Trips	5	Jo Taylor
Ski Lessons	7	Ruth Hyde
Community Skiing Events	7	Coleridge Gill
Community Affairs Events	8	Ken Hann
Social Events	8	Donna Silverman
Ski Center Websites	8	Jim Vallino
Membership Notice	9	Geri Lessig
Nordic Ski Club Trip Sign-up Form	10	
Membership Application	11	
Officers, Board and Committee Chairs	12	

Thanks to all who contributed articles and items for this issue of Nordic Ski News. Articles of interest will be considered for future issues. Please e-mail to Jo Ann Ardell. If the item needs to be scanned, please mail it to Jim Vallino. (See last page for addresses.) Thank you.

## *My brother and the 10th Mountain Division*

Mary Lou Walworth Koch, 10/28/01

My brother graduated from college when he was twenty to a world at war. I remember him saying, "Well I sure don't want to be in the infantry and end up in a foxhole." So he started to think of the things he loved to do best. Canoeing was one passion picked up when he was a fourteen-year old Eagle Scout at Big Moose camp in the Adirondacks.

That wasn't going to save the world. Next favorite thing was skiing. He found out there was something called the 10th Mountain Division and they skied. The catch was you had to have an IQ of 140 or more to apply. Intelligence was critical given the nature of skiing. The skier while a member of a team, would often go alone, make decisions alone. He was young but he was smart and so he applied and was accepted. He was now just twenty-one and the year was 1941.

This account is being written by his kid sister. I was 14 at the time and lived clear across the country from where he was training at Camp Hale, near Leadville, Colorado. My information comes from 60-year old memories of letters he wrote us.

My brother was Fayette Charles Walworth. The first name was a problem for him as a child and he called himself, Chuck. As an adult it worked because it was his alone and he was known as Fay. He was six feet four and three quarters and, secretly, I wondered how the enemy could miss him.

Before he left for training, my father gave him a watch. It was a Rolex Oyster and had cost my dad a month's salary. He told my brother how much it cost and to bring it back safely.

When Fay first went to Colorado, his nose bled much of the time due to the altitude, and maybe also a result of boxing while he was in college. Eventually, he got acclimated and he wrote about his white ski suit, his white skis and something they called skins, fur strips that attached to the bottom of the skis to facilitate climbing uphill. He said the training was very demanding and the guys were exhausted at the end of the day or sometimes two or three or four days out in the mountains. He was married and his wife Shirley joined him during training. I don't know how much time they had together because he was gone all the time training. It was enough time to produce his first child who was born while he was stationed in the Italian Alps and who he did not see until she was three years old. The couple made lifelong friends there.

He went to the Italian Alps as a supply sergeant and one time he fell backwards with a howitzer strapped to his back. He got crushed discs and the Purple Heart for that. He also got a bronze star for bravery as he took guns and supplies to the guys at the front.

One spring day, not long before the end of the war, he wrote to us during a lull in battle. He was sitting on a hill looking at all the beauty around him. The little white edelweiss were in bloom, between patches of snow grass that was peeking out and he thought of all the buddies who had died and how amazing and how sad it was that he was alive and they were not. We have a snapshot of him at the time and my wise guy brother's eyes were haunted. It hurt to look at the picture.

After he came home, he seldom spoke of his time in Italy. He and Shirley went to 10th Mountain Division reunions but otherwise he didn't want to talk about it. After the war, he worked as an insurance adjuster, studied law, became a lawyer and never skied again possibly due to his back injury. However, I know he never forgot his time in that very special club, the 10th Mountain Division.

## *Video Available at the Rochester Public Library*

The documentary video "Fire on the Mountain" (1995) depicts the 10<sup>th</sup> Mountain Division of the U. S. Army—elite champion skiers, mountain climbers, and ski jumpers and their victorious fight to reclaim Italy's Riva Ridge from the Nazis. The video is available through the Rochester Public Library's online catalog LibraWeb. Access the Rochester Public Library online (Monroe County Library System) to place a Hold for Reserve (HR) on the video. It is available to reserve at the following libraries: Henrietta, Fairport, and Penfield.

### *Nordic Racing Column*

With winter upon us it is time to get the webs out of the lungs, the wax on the skis and your racing suit out on the ski courses. This is the first edition of the monthly nordic racing column and there is so much to talk about.

First and foremost is the upcoming Rochester Nordic Race Series. This year the series is ten races strong and promises to be the best yet. In fact, so many skiers participated last year that there was widespread disappointment when the series ended before winter did. To participate in the series one must only be a member of the ski club. The dues are also the entry fee for all the races. The idea behind this method of race registration is to encourage more people to join the club in order to race. There are all levels of competitors and these races are training races. They are very low key and many first timers come out for each race.

This is also the 25th anniversary of the American Ski Marathon Series. Started in 1978 as the Great American Ski Chase and now run by the AXCS, the AMS is the premier marathon series in the United States. The closest race to Rochester is the Lake Placid Loppet coincidentally celebrating their 20<sup>th</sup> anniversary this season.

Marathon ski racing is an excellent way for career skiers to participate in nordic races without having to feel intimidated by the younger hot shots or the lung bursting all-out 10 kilometer races. Success in marathon ski racing is measured in finishing and personal achievement rather than places overall. It is an excellent way to meet new people and see new parts of the world.

The World Masters Championship is in North American this coming February. Val Cartier, Quebec, hosts the best master skiers in the world and this is an excellent opportunity to race against the best. These races are open to any master racer --so if interested check out [www.xcskiworld.com](http://www.xcskiworld.com) for more information.

This season the club's race team is tentatively planning another extensive marathon season. I say tentatively because of the unfortunate circumstances of the past few months which have changed our plans from a Scandinavian Worldloppet tour to a North American season. Our current plans include the Lake Placid Loppet, Keskinada in Ottawa, the Boulder Mountain Tour in Idaho and the Great Race in Tahoe, California. We are also considering the Canadian Birkebeiner in Edmonton. Anybody interested in doing any of these races should get in touch with me.

The local racing scene is quite cluttered now and there are several weekend races that are within or close to the Rochester area. Three Rochester Empire qualifiers are on the

calendar as is a race in Varysburg and the multiple races at Salmon Hills and Tug Hill. Don't let these races pass you by. Get out there and show us what you've got.

## ***NORDIC SKI CLUB 2002 SKI TRIP BROCHURE***

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

### **TRIPS FOR THE 2002 SEASON**

Bennington, VT	1/18 - 1/21	Diana Nielsen 381-0958 Jo Taylor 473-6729	\$115
Ottawa, Canada	2/1 - 2/4	Bock Tours 624-3410	\$229 (bus trip)
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	3/10 - 3/11	Coleridge Gill 442-8634	\$39 - 46

**~~ We need your signups now! ~~  
Form on page 8**

### ***Nordic Ski Club Day Trips - 2002***

<b>January</b>		
Sat. Jan 5	<b><u>Fishers Park</u></b> Ski a new area of the park with Clyde Glover. Meet at Fishers Park, Main St., Fishers. 10 am. Get together for lunch afterwards at Fishers Station. Suitable for all levels.	Clyde Glover 248-5281
Sun Jan 6	<b><u>Mystery Tour</u></b> Meet at Pittsford Plaza, Charter One Bank parking lot. 11 am. Bring lunch.	Coleridge Gill 442-8634
Sat Jan 12	<b><u>Byrncliff Ski Touring Center</u></b> Trail Fee. Bring lunch or buy it there. Car pool from west side of Holidome (Jefferson Rd. and E. Henrietta), 9:30 am	Jim Vallino 425-1102
Sun Jan 13	<b><u>Tug Hill (Winona State Forest)</u></b> Car pool from Bushnell's Basin Park & Ride 8:00. Bring lunch and water. Ski the south trails from Bargy Road parking lot.	Jo Taylor 473-6729 Sharon Galbraith 872-0327
Sat Jan 19	<b><u>Mendon Ponds</u></b> Meet at Cavalry Lodge, 10am. Intermediate. Race course. If conditions there are not suitable, will ski in Quaker Pond area.	Sue Henion 586-3113

Sun Jan 20	<b><u>Harriet Hollister</u></b> Meet in parking lot at noon. Call Ali at 243-7664 for details.	Ali & Fred Pethick 243-7664
Sat Jan 26	<b><u>Weilers' Trails</u></b> (Beg.-Int) Meet 1:00 at Weilers, 7829 W. Henrietta Rd, Rush (1.5 mi south of Exit 11 on Rt. 390). Hike if no snow.	Barb & Bob Weiler 533-1438
Sun Jan 27	<b><u>Perinton</u></b> Meet at Eastview Mall in front of Ethan Allen store at 10:00. Bring lunch. Will eat inside. Easy to moderate.	Carol MacInnes 924-4077

<b>February</b>		
Sat Feb 2	<b><u>Bear Swamp</u></b> Meet at Ramada Inn in Geneva at 9:30. Bring lunch. Hike if not enough snow. Please call to confirm.	Darlene Trytek 315-789-8267
Sun Feb 3	<b><u>Genesee County Park</u></b> Meet at west side of Holidome (Jefferson Rd. and E. Henrietta) at 9:30 AM 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.	Ruth Hyde 461-9266 reyhyd@eznet.net
Sat Feb 9	<b><u>Tug Hill (Winona State Forest)</u></b> Car pool from Bushnell's Basin Park & Ride 8:00. Bring lunch and water. Ski the north trails from Mannsville Road parking lot.	Jo Taylor 473-6729 Sharon Galbraith 872-0327
Sun Feb 10	<b><u>Mendon Ponds Winter Fest</u></b> Ski tour in conjunction with the Winter Fest. Time and leader TBD. <b>Call Ken Hann (586-5205) if you are willing to lead a tour.</b>	
Sat Feb 16	<b>Open - Leader needed</b>	
Sun Feb 17	<b><u>Mendon Ponds Variety Trip</u></b> Ski various trails with Jackie. Meet at 1:00 pm at Quaker Pond (Lookout Shelter).	Jackie Cannizzaro 425-1934
<b><i>Trips for the remainder of the season will be announced later. Volunteers needed to lead these trips. If interested, call Jo Taylor 473-6729.</i></b>		

## **ROCHESTER NORDIC SKI CLUB SKI LESSONS 2001-2002**

### **CLASSES**

Holiday beginner: Jackie Cannizzaro and Ruth Hyde at Mendon  
Dec. 27,28,29 10:00AM \$20.00\*

Monday night beginner: Coleridge Gill at Cobbs Hill  
Jan. 7,14,21,28 7:00PM \$25.00\*

Saturday beginner: Ruth Hyde and Jackie Cannizzaro at Mendon  
Jan. 5, 12, 19 26 1:00PM \$25.00\*

Saturday intermediate: Ruth and Jackie at Mendon  
Jan. 5,12, 19, 26 10:00AM \$25.00 \*

### **WORKSHOPS**

Brush-up & turn control: Jackie Cannizzaro at Mendon \$7.00\*  
Sunday, Jan.6 1:00PM

Diagonal Stride: Jim Vallino

Tuesday, Jan. 22 7:00PM at Cobbs Hill 1 class \$ 7.00\*

Sunday, Jan. 27 1:00PM at Mendon 2 classes \$13.00\*

Workshops in skating and telemark can also be scheduled.

To register by mail, send a check made out to Rochester Nordic Ski Club to Ruth Hyde, 61 Fernboro Rd., Rochester, NY 14618.

Please include your phone no. and E-mail address. For additional information check our web site at <<www.ggw.org/~nordicski >> or call Ruth at 461-9266, E-mail << reyhyd@eznet.net >>.

\*Rates for members.

### ***Community Skiing Events***

- XC Ski Swap and Sale sponsored by the Tug Hill Ski Club, PO Box 314, Mannsville, NY 13661. Saturday, December 1st, 9am - 1pm, Sandy Creek Central School, Sandy Creek, NY. Web page address: [www.tughillskiclub.com](http://www.tughillskiclub.com)
- Salmon Hills Resort early season Masters Camp. The camp will take place Dec. 7 -9, 2001 and will be conducted by Chris Klein. For additional information call 315-599-4003. Web page address [www.Salmonhillsresort.com](http://www.Salmonhillsresort.com)
- Lapland Lake's 24th Annual Reindeer Roundup Pursuit XC Ski Race will take place Saturday, Dec. 15th at 10am. For more information call 518-863-4974.

## *Save These Dates for the Club's Community Affairs Events*

Dec. 4	WXXI Fundraiser
Jan. 12	Special Olympics
Feb. 10	Mendon Ponds Winter Fest

WXXI Fall Telephone Pledge Campaign - December 4, 2001. 6:45 to 10:00 at the WXXI studio. Answer phones and take pledges.

Winter Special Olympics - January 12, 2002. Set up XC skiing event, support athletes during event. 7:30 to noon at Potter Park in Fairport.

Mendon Pond Winter Festival - February 10, 2002. Staff RNSC information tables, lead tours and offer XC ski lessons. 11:00 to 4:00. Stewart Lodge and Nature Center.

Contact **Ken Hann (586-5205)** to help out with any of these.

## *Social Events*

It was a glorious and sunny day on Saturday, Nov. 10th for the trip to Swedish Hill Winery (Rt. 414) in Romulus, NY. Seven RNSC members attended: Coleridge Gill, Barb and Bob Weiler, Jackie Cannizzaro, Janice Clements, Jo Ann Ardell and Donna Silverman. Donna, Jackie and Janice met at Brueggers on Rt. 96 and then took a 45-minute hike through Powder Mill Park. Jackie, Jo Ann and Donna met up with the Weilers and Coleridge at Swedish Hill Winery which was packed with people for the opening of their Champagne and Dessert Wine Festival. This particular winery along with its sister winery, Goose Watch had Gold-medal award-winning wines. They served cheesecake squares and a chocolate-cherry pudding as complimentary desserts with the wine sampling. From there, we hit the Cayuga Wine Trail overlooking picturesque Cayuga Lake heading south on Rt. 89 and visited Lakeshore, Goose Watch (owned by Swedish Hill), Lake Sheldrake, Lucas, Hosmer, and Americana wineries. On the way back, Jo Ann and Donna found a wonderful diner called Magee's Country Diner near Waterloo and the thruway entrance. It was a wonderful time had by all.

## *Ski Center Websites*

Byrncliff <a href="http://www.byrncliff.com">www.byrncliff.com</a>	Garnet Hill <a href="http://www.garnet-hill.com">www.garnet-hill.com</a>
Hardwood Hills <a href="http://www.hardwoodhills.on.ca">www.hardwoodhills.on.ca</a>	Lapland Lake <a href="http://www.laplandlake.com">www.laplandlake.com</a>
Osceola <a href="http://www.tughillregion.com/ski-osceola">www.tughillregion.com/ski-osceola</a>	Salmon Hills
<a href="http://www.salmonhillsresort.com">www.salmonhillsresort.com</a>	
Winona Forest <a href="http://www.tughillskiclub.com">www.tughillskiclub.com</a>	

Randy French of Pack, Paddle, Ski will post ski conditions at Harriet Spencer to the winter at their website

[www.packpaddleski.com](http://www.packpaddleski.com)

## *Membership Notice*

**URGENT: Don't let your membership expire. Renew now.  
Check the mailing label for your expiration date.  
You must renew this month to continue receiving  
the newsletter.**

## ***NORDIC SKI CLUB 2002 SKI TRIP BROCHURE***

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

### **TRIPS FOR THE 2002 SEASON**

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Tug Hill, NY	3/10 - 3/11	Coleridge Gill 442-8634	\$39 - 46

**~~ We need your signups now! ~~**

### **TRIP SIGN UP FORM**

Use this form to mail in with your deposit to the individual trip leaders for the weekend trips.

Trip Name:    Deposit included:

Your name(s):

Your address:

Your phones(s):

Best time to call:

Are you able to drive a car in the pool or otherwise help the leader?



\*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@servtech.com
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@servtech.com
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	375 Brookview Dr	Rochester NY 14617		geri.lessig@kodak.com
Membership	Stan Perry	36 Round Trail Dr	Pittsford NY 14534	586-8732	StanPerry@compuserve.com
Newsletter	Jo Ann Ardell	447 Rock Beach Rd	Rochester NY 14617	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	rnscc@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.ggw.org/NordicSki](http://www.ggw.org/NordicSki)**

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