



Volume 30, No. 3 October 2001

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**Thursday, November 1<sup>st</sup> Meeting – 7:00 P.M.**  
Twelve Corners Presbyterian Church, 1200 Winton Road South, Town of Brighton

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## ***NOVEMBER MEETING***

**7:00 - Social Gathering**  
**7:30 - Business Meeting & Presentations**

The Rochester Nordic Ski Club  
presents

"Fire on the Mountain"

a video presentation about the inception and ski training  
in 1941 of the U.S. Army's

### **10th Mountain Division**

The only military organization ever based on a sport,  
our sport. Join us for exhibits, refreshments, and a  
chance to socialize with local veterans who were  
actually there.

**Hot Line 234-5808**  
**[www.ggw.org/NordicSki](http://www.ggw.org/NordicSki)**

Enjoy socializing and refreshments. Hope to see you!

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## **PRESIDENT'S MESSAGE**

Hi, I'm excited, tonight's forecast calls for wet snow in the higher elevations of the Bristol Hills. Yes, the time is soon coming when we will be gliding across the snow on our rock skis. This is an appetizer.. the main meal and dessert are fast approaching. So, now is the time to get ready.....see the enclosed article "Equipment and You It's Time To Get Ready".

Special thank you to Geri Lessig for volunteering to be our new Membership Chairperson and to Jo Ann Ardell for volunteering to be our new Newsletter Editor. However, we are still looking to fill the following Committee Chairs - Summer Events and Program

Over the next several months there will be a number of ski sales that will provide opportunities for you to upgrade your equipment and clothing. Do not forget to patronize our local ski, clothing and equipment shops.

We are also going to provide the opportunity for you to receive the club newsletter via e mail, i.e. electronic format versus paper. We will fill you in on the details next month.

Do not forget to renew your membership, bring a friend to the next general membership meeting, and vote on Election Day

Within the next sixty days there will be opportunities to ski.

Coleridge

### Day Trip

#### **Swedish Hill Winery's "Champagne and Dessert Wine Festival"**

w/complimentary desserts!

Saturday, November 10th

Rain date: Sunday, Nov.11th

(noon-5pm both days)

If you wish, begin the day with breakfast at Bruegger's Bagels in Bushnell's Basin (Rt.96) at 9 AM, followed by a short hike in Powder Mill Park.

Carpool leaves at 11 AM sharp

from Bushnell's Basin "Park & Ride" on Rt. 96 near the Bushnell's Basin exit from 490.

Swedish Hill Winery is about an hour's drive.

Directions: Take Interstate 90 E to Exit 41. From Exit 41 take 414 S. to Romulus, NY and follow the signs to Swedish Hill Winery.

There are many wineries and eateries nearby, along with the National Women's Rights Museum only 8 mi. from Swedish Hill Winery in Seneca Falls.

Winery website: [www.swedishhill.com](http://www.swedishhill.com)

**Contact person: Donna Silverman 244-2784**

Received from the Ski For Light (SFL) organization...

*SFL is a weeklong cross-country skiing vacation for active adults with visual and mobility impairments. Held at a different U.S. location each year, SFL pairs nondisabled "Guides" with "Skiers" and draws more than 250 adults from all age groups and occupations. The 27th annual event will be held January 27 - February 3, 2002, in Granby, Colorado.*

### **"Everybody's Talkin'"**

Word of Mouth Promotes Ski for Light

by Cara Barnes

"I'm going skiing in Alaska," my friend, Michael Lucas, announced as I sat down next to him on the transit bus. Michael, a Regional Planning Coordinator for the California Department of Transportation, then told me about a cross-country skiing program for visually- and mobility-impaired adults called Ski for Light (SFL).

"So who do I call? Get me a number!" I shouted after Michael as he and his guide dog, Candy, descended the steps of the bus. A few months later I found myself boarding a plane bound for Anchorage, Alaska, having no idea what adventures lay ahead.

Each year, Ski for Light, an all-volunteer non-profit organization, hosts a weeklong international event at a different U.S. location, as well as weekend regional programs throughout the country. Visually- and mobility-impaired participants ("Skiers") are matched with volunteer nondisabled Guides to share an unforgettable cross-country skiing experience. Many return year after year and, when asked how they first learned about this unique program, most say through word of mouth.

Almost everyone had a word of mouth story to share, beginning the moment I entered the dining room on my first evening. Anita, a Skier from Southern California, heard about SFL from a man whose daughter attended the same pre-school as her granddaughter. Anne, a Guide from Minnesota, laughingly said she married into the organization. Greg, a first-time Skier from Washington, was sponsored by his SFL Regional Guide Brenda Seeger's story shows how some SFL enthusiasts will take advantage of any opportunity to involve others in the organization. "I asked a local photographer to take our family picture" recalls Brenda. The photographer, longtime SFL Guide Vicki Van Gelderen, told Brenda about the program during the session. "She expediently sent an application along with the proofs of our family pictures. Both turned out great. I still have the pictures and will guide as long as I am able."

"When I first moved to Seattle, I didn't know anyone who cross-country skied" says Doug Sundberg. "A woman I was dating at the time told me her roommate was involved with a blind skiing group" remembers Doug. "'What a curious thing,' I chuckled. 'I wonder how that works?' So, she told me about SFL and I thought, well, this might be kind of fun." Doug hasn't missed a regional event in his area since and has attended several international events.

Betsy McCann of New Hampshire heard about SFL from a visually-impaired friend. "She said 'I'm just thinking about doing this really neat, exciting thing and I think you should do it with me.'" recalls Betsy. "Being the person I am, I just said 'Okay, sign me up!'" laughs Betsy. "And now I'm hooked!"

The 2002 Ski for Light will be held January 27 - February 3 in Granby, Colorado. Skiers and Guides from across the U.S. and around the world will participate in six days of skiing along with a host of evening activities. As an all-volunteer organization, meeting the demand for Guides always proves challenging. This year is no exception. To find out more about being a Guide, contact Brenda Seeger at 507-274-5502 or [brenda@sfl.org](mailto:brenda@sfl.org). Visually-impaired Skiers may contact Donna Permar at 919-302-2319 or [donna@sfl.org](mailto:donna@sfl.org), while mobility-impaired Skiers may contact Jeff Pagels at 920-494-5572 or [jeff@sfl.org](mailto:jeff@sfl.org). SFL, a registered non-profit organization, also maintains an extensive Web site, with application forms, at [www.sfl.org](http://www.sfl.org).

*Reprinted from the November 1999 newsletter*

**EQUIPMENT & YOU  
IT'S TIME TO GET READY  
by  
Coleridge M. Gill**

Now is the time to get out your ski equipment and check it out so that when the snow flies, you'll be ready to ski and have fun.

**BOOTS**

They are the most important piece of ski equipment. If your feet hurt, your whole body hurts!!! Get them out and clean them. After they are dry, the leather and seams should be treated with a leather protectant or sealant, e.g., Sno - Seal. Laces for boots and gaiters can also be washed and coated, as well. This is also the time to put on your boots and get your feet reacquainted with them. If your boots have nylon uppers, wash and clean that area with a brush. After they dry, spray the uppers with Scotch Guard or Silicone. This will help to shed away the snow. You can do the same thing with your gaiters. After skiing, don't forget to clean off the mud and salt on your boots and gaiters. This will help to prolong the life of your boots and gaiters.

**Poles**

Sharpen the tips with a sharpening stone. Check for loose tips, baskets and grips. Use hot melt glue to reattach. Also coat the straps with a sealant. This will help them to stay soft and flexible. If any of these items are damaged or severely worn, replace them. Nothing, like being three miles out on the trail and losing a grip or breaking a strap or a basket. So get ready!!

**SKIS**

Check to see if bindings and heel plates are secure. If not, tighten them up or replace if damaged. Also, check tops and sidewalls for damage. I use clear finger nail polish to cover these nicks and scrapes. Works well and it's inexpensive. After you have finished checking and cleaning the bindings and heel plates, spray them with silicone. This will prevent rusting, squeaking and snow build up in this area of your skies.

**CLOTHING**

Get out your ski clothing and check it out for missing buttons, worn areas, faulty zippers or buckles etc,.....and replace, sew or fix as needed. Afterwards, store all of your ski clothing in one place. When the snow flies, you'll be ready because you'll know, what you have and where it is.

**EQUIPMENT & YOU**  
**IT'S TIME TO GET READY**  
**Continued**

**OTHER**

The following catalogs carry a wide variety of xc skiing equipment, clothing, waxes, tools, books and/or videos:

Eagle River Nordic  
PO box 936  
Eagle River, WI 54521  
800-423-9730

Reliable Racing  
643 Upper Glen St.  
Queensbury, NY 12801  
800-223-4448

New Moon Ski Shop  
PO Box 591 XC  
Haywood, WI 54843  
800-754-8685

REI  
PO Box 88125  
Seattle, WA 99188  
800-426-4840

Campmor  
PO Box 999  
Paramus, NJ 07653  
1-800-CAMPMOR

Akers Ski  
Akers, ME 04216  
207-392-4582

L.L. Bean  
Outdoor Winter  
Freeport, Me 04033  
800-221-4221

High Peaks Cyclery  
331 Main St  
Lake Placid, NY  
518-523-3764

Also, if you feel a little rusty or unsure of your flat, uphill, downhill or fall down and get up skills .....sign up for a lesson.

**SUMMARY**

It's time to get your ski equipment ready for skiing and fun in the winter wonderland!!!!

**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.



## 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! ~~**

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#### 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?

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

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	rns@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)**