

North Penn *Ski Club*



Speaking this month ...

is another one of our own members, Mindy Zhang. She is enthusiastic about nutritional supplements from Market America. From their website: "JR Ridinger founded the company in 1992. The company employs over 200 in their main Greensboro, NC facility and over 600 people worldwide including international operations in Austria, Canada, Hong Kong, Taiwan and the US. Over three billion dollars in personal care, health, beauty and other retail products have been sold."

What makes these supplements unique from the normal is that the products are in liquid or powder form and you mix them with liquid and drink them. This delivery system allows the nutrients and vitamins to be absorbed without effort by the body. Recent articles have documented that many supplement, vitamin tablets, and capsules are eliminated from the body because they were not broken down in the stomach. So some of that hard-earned money was used to purchase those supplements quite literally go down the drain.

Mindy will share her and her family's experiences with these products and



how they have gone from what they felt was normal to feeling supercharged. Mindy is passionate about finding optimal health and about helping others find their optimal health too. Her son will be in attendance at the meeting as an example of how these supplements have helped him.

There will also be a discussion on the barriers that prevent us from seeking optimal health. Do we really know what it feels like to be at our very best or are we just accepting what is usual and normal for our bodies? We say we feel fine, but is that just saying that we feel like usual? Mindy may also bring some supplements for us to try.

In addition to our speaker, there will be our monthly raffle, announcements of upcoming activities, and much more.

See you there!

Downhill Times

 *March 2011* 

LOCAL EVENTS

- **March 6:** EPSC Family Fun Day, Bear Creek Mountain Resort
- **March 9:** NPSC day on the slopes at Blue Mountain
- **March 13:** Pond skimming & Slopestyle contests, Bear Creek
- **March 19:** Night at the Races, Elk Lodge, Colmar PA
- **March 20:** Proposed last day of the season for Blue Mountain
- **March 31:** Must return all rentals to Buckmans stores
- **April 14:** NPSC "Spring Fling" end-of-season awards banquet

MEETING INFO:

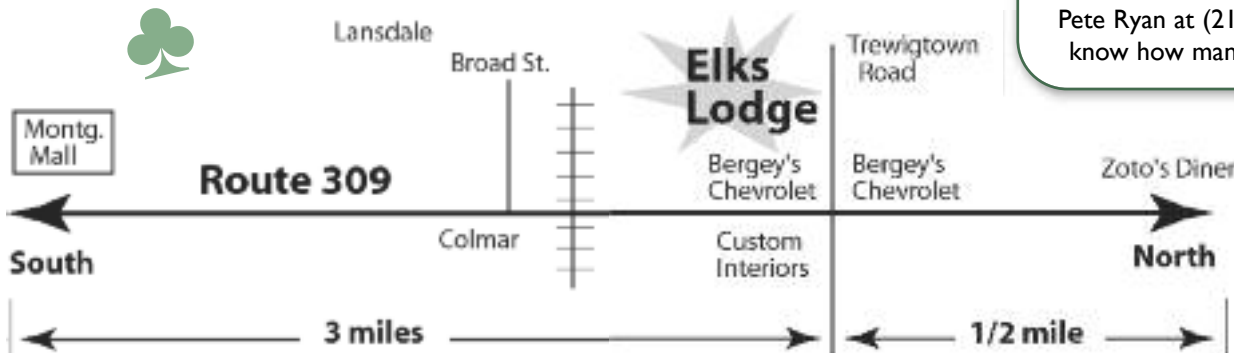
Thursday, 
March 10

7:30pm Elks Lodge,
Trewigtown Road,
Colmar PA 

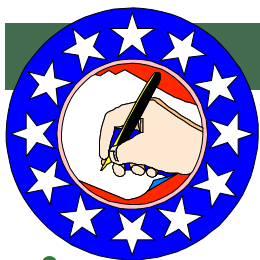
Dinner Invitation

Meet fellow members for dinner at Giuseppe's at 6pm (next to the Fortuna train station, at Broad Street and Cowpath Roads, Lansdale). Enjoy reasonably priced, good food! If you know in advance you'll be there, call Pete Ryan at (215) 385-1329 so we know how many seats to ask for!

*Inclement weather?
Call an officer for any cancellation information.*



CHECK OUT OUR REVISED WEBSITE! www.northpennskiclub.org



President's Message



Many of you know I am a relatively new skier. I learned to ski at the Monday night lessons offered by EPSC at Spring Mountain in January 2003. I remember that by the second lesson I had developed a strong liking, and by the third had developed an addiction.

In the beginning of that February, I went up to Nestor's in Quakertown and bought ski boots. The goal in fitting beginner skiers with boots is comfort. No beginner skier is going to continue skiing if her boots don't feel comfortable. From February 2003 to February 2011 those boots served me well. I figure that I skied about 150 days on them in those eight years.

I knew that the boots were nearing their end last year, and they took a sharp turn for the worse when I was up in Maine. I put off getting new boots here to wait to get new boots at Sugarloaf this season. I would be there for a week, the boot shop there is very good, and I thought I might be able to catch a sale. So I waited.

First thing Monday morning, I put on all my gear (it was very cold, about -5° with 30 mph winds) and clomped into the boot shop at the base lodge. Chuck, the boot fitter, measured my foot and asked me a bunch of questions about my skiing ability. And back he went. He came

back some minutes later empty handed and told me that he didn't have a boot for me. He had the fit, but the boots he had were too soft for my ability. So again I waited.

When I got back from my trip the following Sunday, I was all gung ho to drive up to Nestor's on Monday night for boots. Daughter and employee duties, as well as the fact that my emergency rations were running out, kept me from my appointed stop until after the February Elk trip. That Saturday I was a woman on a mission. I walked into Nestor's in Whitehall a little before Noon and announced that I was there for boots.

My bootfitter, Brad, was very nice. He spent a considerable amount of time evaluating my foot and current footbed and decided my custom footbeds that I had been using for the past eight years still fit and adjusted my foot very well. He brought out two pairs of Head boots. The black boots fit better than the white, so they went away. Then he said I have one more pair for you to try. It wasn't until I had them on that I said to Brad, I never would have thought you would put me in a pair of ...

(To be continued.)

Suzanne



BIRTHDAYS!

Ron Gottshalk	March 6	Spencer Dech	March 24
Anne Moore	March 7	Barbara Landis	March 24
Will Lapp	March 13	Pat D. Smith	March 25
Butch DeBonis	March 19	Jeffrey Spicer	April 3
Annette Heinsheim	March 15	Marlena Samuelson	April 4 ★
Josh Heinsheim	March 15	Ed Murphy	April 8
Michael Long	March 23	Duane Darrell	April 11

President

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267-735-4987

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215-646-0266

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215-262-9450

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Diane Dunn
215-822-8382

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215-646-0266

Ways & Means

Tom Chambers
215-822-0286

ASIA teaching

Les Bucher
610-287-8067

Scott Landis
215-234-0358

Web Master

OPEN POSITION
needs a volunteer!

Racing Rep

Jeff Moore
215-361-1045

EPSC Rep

Tom Chambers
215-822-0286

Disc. Lift Tix

Larry Kirschner
215-646-0266

Trip Committee

Tom Chambers
215-822-0286

Bruce Shaffer
215-368-1462

Newsletter Editor & Staff

JoAnne Landis
215-234-0358

Gail Shaffer
215-368-1462

Cheap Tickets!

For Sale: 2-day, 2 person lift ticket vouchers for Whitefish Mountain Resort for 2010/11 season purchased for \$130. I would be glad if someone wants to buy and use them, and would consider a lesser amount (maybe \$70) if you would want to buy them. Contact Sally Hallman at bsgt@epix.net. Keep in mind that Whitefish's regular rate for a two-day pass is \$58 per person!



Classifieds ... Our club is looking for a **new logo design!** If you have ideas on what our new club logo should look like, please submit an entry to Suzanne Hartley at sjh_faith@yahoo.com.

NPSC also needs a **WEBMASTER** — someone to act as club contact for our web company and filter inquiries generated from visits to our website to the appropriate person in NPSC. Minimal time involved; volunteer needed! Contact any board member for more details.

Graphic Design

JoAnne Landis

(215) 234-0358

joscott49@verizon.net

brochures • logos • magazine ads
newsletters • flyers

Have a creative pro
design your promo materials!
Samples, resumé, and
references are available.



Quiet, this is a secret.

You have been pigged; yes, I said pigged! This is a game of "Pass the Snow Pig". Pass the pig to another member at any club event. The pig should attend all NPSC events. Once you have successfully passed the pig, notify the newsletter editor (JoAnne Landis) that you have been pigged. (Only one pigging per event.) Thanks for the enthusiastic participation!
You have been forewarned!

Our latest recipient in the game:
?? — who has the pig??!



Who gets pigged next?!

Save these dates! ★

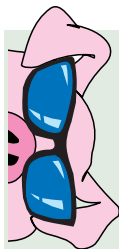
MARCH 9: Club members are getting together to ski at Blue Mountain. We will meet in the upper lodge near the bar area at 9am. Let Suzanne know you are coming so we know who to look for. Buy tickets on your own that morning or through EPSC discount tickets - NOW.

MARCH 19: The Elks Lodge in Colmar (where we hold our meetings) is hosting a "Night at the Races". NPSC members are welcome to attend and join in on the fun!

APRIL 14: Annual NPSC "Spring Fling" banquet at the Elks Lodge in Colmar. Keep an eye out during club trips for photos and stories to share that night!



Elk Mountain one-day adventures



Well, if you didn't attend either of this winter's Elk Mountain trips, you really missed out as we enjoyed fantastic skiing both days! In January, we had a good turnout and our more mature members enjoyed a "Super Senior Tuesday" discount rate. In February, we had record numbers with 44 people on the bus, and a few more meeting us at the mountain! More and more folks are also taking advantage of the second pick-up location in Quakertown. February's trip was not only filled with lots of people on the bus, but also lots of great skiing (on trails and off piste), good snow conditions, and record numbers of donuts and snack crackers consumed! Be sure to include at least one of our weekday Elk trip in your vacation plans next winter!



Win \$50 back!

NPSC members who signed up for the **February Elk trip** and paid in full **MORE THAN** one week in advance are eligible to win \$50 back. At the April banquet, one winner's name will be randomly drawn from all eligible participants.

Northern Websites & Phones

www.belleayre.com	1-800-942-9604
www.goremountain.com	1-800-342-1234
www.greekpeak.net	1-800-365-7669
www.windhammountain.com	1-800-SKI-WINDHAM
www.killington.com	1-800-422-3261
www.mountsnow.com	1-802-464-2151
www.okemo.com	1-802-228-5222
www.loonmtn.com	1-603-745-8100

2013 Winter Carnival

January 30 to February 5th, 2013

Québec City is chic and distinct with lots of European charm, and is known for its wonderful ski areas, fantastic restaurants, nightclubs and theatres, and exclusive shopping centres. EPSC will hold the 2013 Winter Carnival in Quebec City and surrounding area during the first weekend of Quebec's own famous Winter Carnival, the third largest Carnival in the world. Ski at Mont-Sainte-Anne, Stoneham and Le Massif de Charlevoix. The Charlevoix region combines the majesty of mountainous landscapes with the splendor of the St. Lawrence as it changes from a freshwater river to a saltwater estuary. The views are amazing! This Carnival will be "an event" unlike previous Carnivals. Several other Ski Councils may collaborate on the event and it may be the biggest thing ever coordinated at EPSC. It should be great!!

Mt. Snow Council Awareness Rates

Date	Window	Group	Council
Friday, March 11	\$72	\$47	★ \$40
Saturday, March 12	\$79	\$60	★ \$47
Sunday, March 13	\$79	\$52	★ \$45

Discount lifts ... are available to all members of EPSC clubs (such as NPSC), for local PA mountains and several New England resorts by ordering online on EPSC's website. Complete the form and e-mail it to skierzz@comcast.net. Ken Foster verifies your club membership and gets tickets to you ASAP. Show your membership card when redeeming vouchers as resorts are cracking down on fraudulent use of vouchers. Be prepared to confirm club/council membership! **ALSO: Only order what you're sure to use or pay a "Return Fee" for unused tickets!**

Steamboat.



2012 Winter Carnival January 21 - 28, 2012



Next year's week-long Winter Carnival is already plotted out and preliminary info is posted on Council's website (look under the "EVENTS" tab). Here's a detailed first look at what is included:

- Airfare from Philadelphia to Hayden
- Lodging Options (Hotels, condos – TBD)
- Lift Tickets (5 of 7 day pass)
- Arrival night welcome party w/light fare, Bear River Bar 8-11pm.
- Orientation buffet-style breakfast first morning
- Apres-ski party and/or drink specials
- Free race gate practice runs – Tuesday
- Carnival race – NASTAR – Wednesday
- On Mountain BBQ
- On-mountain fun event (scavenger hunt, poker run, etc.)
- Discounts on ski/snowboard rentals and storage
- Pass holder Privileges – 10% off food all over mountain all week long! Special après food and drink pricing for EPSC at Bear River
- Champagne Powder Room at Thunderhead: Theme Banquet at top of Gondola! Music by Sundog w/dancing.
- Cash Bar for welcome reception and farewell banquet
- Thursday – apres-ski celebration exclusively for EPSC
- Farewell Dessert Buffet with awards, 7:30-9:30pm, Friday
- All current Taxes & Gratuities

OPTIONAL ACTIVITIES

- Free group Mountain Tours on first day of skiing. Offered to intermediate and above skiers only.
- Guided snowshoe tour options include: a guided tour on Mt. Werner with gourmet lunch included, Half-day and full-day tours at various locations and a Full Moon tour.
- Nightly tubing on Headwall via chairlift
- Sleigh ride dinners - Horse-drawn sleigh ride to cozy log cabin for dinner, country music, and dancing. Colorado's best rib eye steak, baked potato, ranch rolls, cowboy beans, frosted brownies, and hot and cold drinks.
- Snowmobiling Colorado's Continental Divide or scenic ride thru Routt National Forest & Upper Elk River Valley
- Steamboat Springs Health/Recreation Ctr: 3 hot mineral pools, an olympic-size lap pool, kid's pool, fitness center
- Strawberry Park Hot Springs: Soak in natural hot springs by fantastic scenery. Includes transportation to and from the hot springs.

ADDITIONAL ACTIVITIES AVAILABLE:

Snowmobiling, horseback rides, ice skating, dog sledding, cross country skiing, hot air ballooning.

Steamboat boasts the most easily accessed resort in North America with visitors flying from Philadelphia directly into a newly expanded and convenient Steamboat/Hayden airport only 22 miles away from downtown!

Mark your calendars; you won't want to miss this trip!!

Ski Resort News ... and more!

Early Mountain Access: Squaw Valley's new Dawn Patrol First Tracks program includes breakfast at High Camp and pre-public access to Shirley Lake's 200 acres for 30 minutes on weekends for \$49. Squaw's new owners, Colorado-based KSL Capital Partners, have three major mountain planners preparing competing design proposals for the \$50 million mountain improvement program, which will include expanded opportunities for boarders and beginning and intermediate skiers.

Appreciation Weekend Cancelled: The Annual Ski Club Appreciation Weekend at Mammoth Mountain that had been scheduled for April 15-17 has been cancelled due to budget constraints.

Local Websites & Snow Phones

www.bcmountainresort.com	610-682-7100
www.skibluemt.com	610-826-7700
www.skicamelback.com	1-800-233-8100
www.elkskier.com	1-800-233-4131
www.jfbb.com	1-800-475-SNOW
www.shawneemt.com	1-800-233-4218
www.snomtn.com (montage)	1-800-GOT-SNOW
springmountainadventures.com	610-287-7900

Retro Day: Skiers and riders are encouraged to assemble a crowd-pleasing costume from their most ridiculous out-of-fashion ski clothing. Neon one-piece suits, denim jackets, unwieldy wigs, and fanny packs are specifically encouraged.

Express your unspoken yet long-simmering desire to wear that pink and teal lycra suit collecting dust in your closet by celebrating Retro Day at Bolton Valley, VT on Saturday, March 5! Put on your best garb from days past, dig out your old wigs, and go find your fanny packs, because those sporting the best costumes will be rewarded. Come dressed to impress — and to party! Awards begin at 12:30pm and winners will be determined based on a "Cheer-O-Meter" standard: whoever gets the loudest applause from the crowd wins. Prizes will be given in the following categories: Best hair, Best one piece, Best sweater, Best overall costume, and Best kids' costume.



For Sale: Burton Forum Youngblood snowboard, 140cm, with bindings and carrying bag, \$145 OBO. Scotty Landis, 215-234-0358

YIKES! LIFT TICKET PRICES HIT \$100

For those not lucky enough to ski with a club, Vail and Breckenridge raised the price of lift tickets to over \$100. Aspen promised not to top \$100 this season, so a ticket at the window during high season is "only" \$99. Vail's ticket at the window cost \$102 from December 17 through Christmas Day, then went up to \$108. Breckenridge's top price was \$102. Makes you glad you ski with a club and that we get group discounts, doesn't it?

Bear Creek: SPRING FLING WEEKEND DETAILS

The USASA Mid Atlantic Super Series is coming to Bear Creek on March 12-13. March 12th features two boarder-cross/skiercross events; on March 13th, a Slopestyle competition. In addition, the weekend's festivities will include:

Cardboard Box Race — Saturday, March 12

- Sleds can only be made out of cardboard, duct tape, zip-ties and paint, and must be registered in advance by Thursday, March 10 via email to garyk@bcmountainresort.com with the sled name and riders' names.
- Sleds must have a minimum of 2 riders (you can have more), and all sleds must be named. Keep it tasteful and clean. Other than that, anything goes!
- Check in at sled pit area for inspection at 9:30am. All sleds must be in pit area by 11:30am for judging.
- Sleds need to be durable enough for multiple heats. Prizes awarded for fastest sled, best distance, and most creative.
- Live music playing from Noon – 3pm; drink and food specials will be featured on the deck.

Pond Skimming — Sunday, March 13

- Registration begins at 9am on the first floor of the lodge. Event begins at Noon.
- Contestants will attempt to make it across the pond. All those that successfully clear the pond will have their name thrown in a hat. One name will be drawn from the hat and will win an unlimited season pass for 2011-2012. Special prizes also awarded for best crash and best costume.
- Live music from Noon – 3pm featuring the reggae sounds of Trouble City All-stars; drink and food specials on the deck.



Waterville Valley

★ LOVE IT.

The EPSC Winter Carnival was held this year at Waterville Valley in New Hampshire. As usual, there was plenty of fun and good times as skiers from many clubs gathered under the not-too-cold White Mountains. Many people took the Hagey motorcoach, and that, my friends, is the way to go, especially if the weather is bad (which it wasn't this time).

In case you missed it on Sportscenter, North Penn had two race teams in this year's friendly competition. On paper, it looked like NPSCI would be faster than NPSC2, but no one counted on what happened shortly out of the starting gate.

My sources tell me that it seems one of our own, (who shall remain nameless), was so caught up in the environmental movement that he couldn't bear to leave his ski pole on the mountain, even though he was separated from his pole during the race! Yes, he stopped, climbed back up, retrieved the pole, and continued on. Needless to say his time wasn't the best (photo-winning time was under 20 secs) and NPSC I paid the price for these somewhat unorthodox actions. (Ronnie Shaak didn't race for NPSC I due to illness, but that's another story.)

The banquet, with awards, good food, plenty of dancing and laughing, is always a good time. Bob Smith and Dave Schoneker have been putting on these Carnivals for 19 years! Congratulations! It's a lot of work and aggravation, but, in the end, the participants always have a good experience with lots of memories and smiles...

Larry



More Ski Related News!

Belleayre Mountain: Did you know this ski area is a year-round outdoor recreation area in the Catskill Mountains operated by the New York State Department of Environmental Conservation? And, the folks who manage and operate it do a fantastic job! (personal experience)

On March 5, Belleayre hosts a special mogul competition open to all ages, but especially for kids! This year's event is sponsored by the American Red Cross. The first 200 contestants to enter and donate to the Red Cross will



receive a \$25 lift ticket that goes to a worthy cause. Contestants are judged on the ability to ski bumps with rhythm, to stay in the fall line with the fewest deviations, and overall technical ability. Entry fee is \$10 per person, and lift tickets are not included but required. Entry includes cake and event t-shirt. Entry forms are available at Belleayre Mountain Overlook Lodge Guest Services. Don't miss this fun event!



Lauren Schoneker (left), all grown up and following in her Dad's and brother's racing footsteps with a NASTAR medal!

Poor Dave! He will never live down the outcome of THIS race!



NPSC's winning race team, left to right: Larry Kirschner, Janet Amacher, Len Forte (honorary member from Ptarmigan Ski Club), and Betty Jane Moyer.

NORTH PENN SKI CLUB

MEMBERSHIP APPLICATION

Membership effective January 1-December 31

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: () _____ Work #: () _____

E-Mail: _____

(this information is required if you wish to receive your newsletters via e-mail -- please print clearly)

- New Member Family \$25
 Renewal Individual \$20
 Change of Address

How would you like to receive your monthly newsletters? (check one)

- via E-mail via Postal mail

ACKNOWLEDGEMENT OF RESPONSIBILITY AND RELEASE OF LIABILITY

The North Penn Ski club is a year-round social/sports club providing a variety of activities for its members. Most of the activities are, to a varying degree, hazardous. By making application for membership, I voluntarily assume the risks involved. By assuming all risks involved, I agree not to hold THE NORTH PENN SKI CLUB, its Officers, or Board Members liable for any accident or injury resulting from my (or other family member) participation in a club activity. After reading and understanding this Release of Liability, I hereby apply for membership in the NORTH PENN SKI CLUB.

MUST BE SIGNED BY ALL APPLICANTS AGE 21 AND OVER.

Family membership includes any child, regardless of age, who is enrolled in an institution of higher education during the period of such enrollment. Upon graduation, any person who is 21 years of age or older may become an individual member.

Signature: _____

Date: _____

Signature: _____

Date: _____

Please send application to (or bring it along with you to one of the meetings):
 NPSC — Larry Kirschner
 PO Box 119
 Gwynedd Valley, PA 19437

SPECIAL INTERESTS

Enter your # next to all interests that apply

- 1. Alpine Skiing ___ ___ ___ ___
- 2. Alpine Racing ___ ___ ___ ___
- 3. Cross Country ___ ___ ___ ___
- 4. Ski Instructor ___ ___ ___ ___
- 5. Ski Patrol ___ ___ ___ ___
- 6. Sailing ___ ___ ___ ___
- 7. Golf ___ ___ ___ ___
- 8. Volleyball ___ ___ ___ ___
- 9. Tennis ___ ___ ___ ___
- 10. Water Skiing ___ ___ ___ ___
- 11. Hiking ___ ___ ___ ___
- 12. Biking ___ ___ ___ ___
- 13. Canoeing ___ ___ ___ ___
- 14. Rafting ___ ___ ___ ___
- 15. Camping ___ ___ ___ ___
- 16. Backpacking ___ ___ ___ ___
- 17. Ballooning ___ ___ ___ ___
- 18. Swimming ___ ___ ___ ___
- 19. Theater Trips ___ ___ ___ ___
- 20. Photography ___ ___ ___ ___
- 21. Snowboarding ___ ___ ___ ___

22. Other: _____

MEMBER INFORMATION	EXPERIENCE	
	SKIING	SNOWBOARDING
1	Name	___ Novice ___
	Occupation	___ Beginner ___
	Date of Birth	___ Intermediate ___
		___ Advanced ___
2	Name	___ Novice ___
	Occupation	___ Beginner ___
	Date of Birth	___ Intermediate ___
		___ Advanced ___
3	Name	___ Novice ___
	Occupation	___ Beginner ___
	Date of Birth	___ Intermediate ___
		___ Advanced ___
4	Name	___ Novice ___
	Occupation	___ Beginner ___
	Date of Birth	___ Intermediate ___
		___ Advanced ___

This section to be completed by NPSC officer: Cash Check # _____ Amount Paid: \$ _____
 Membership Card issued _____ (date & initials) memapp 2005

Council Cup Family Fun Day

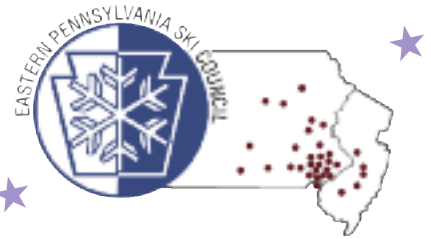
Here are some details regarding the EPSC Council Day at Bear Creek on Sunday, March 6:

Meet everyone in the Mountain Ballroom, located just off the main lobby of the hotel. From the base lodge, go between the cafeteria and The Grille restaurant, then take either the steps or elevator up to the next floor. The Mountain Ballroom is on the right before the hotel lobby.

NO SKI OR SNOWBOARD BOOTS will be allowed to be put on OR worn in the Mountain Ballroom!! There will be chairs in the Pre-Function hallway, just out side of the Mountain Ballroom, to put on AND take off ski and snowboard boots. Your help is appreciated in abiding by Bear Creek's request.

Be sure to take advantage of Bear Creek's FREE ski check. It is located in front of the base lodge next to the steps to enter the lodge.

This is a Council Day event! Come up and enjoy a day of skiing and riding that includes breakfast and lunch for only \$55! (Food available to the first 100 participants only.) The price is the same for all Council Cup racers as well. To ski or ride only (NO food), the lift ticket is \$23. Those who have a Bear Creek season pass OR are not skiing or riding and would like the food option, the cost is \$32. There will be a table set up in the ballroom to pay for the lift ticket and/or food options. CASH or CHECK ONLY! Checks are payable to: Eastern PA Ski Council.



For those participating in the Council Cup race, it will be held on the Timberline trail, and is a NASTAR qualifying race. ALL racers MUST fill out the entire NASTAR form. As in previous Council Cup races, the dual course will be set with single poles as a modified slalom/giant slalom format. All racers MUST go through regular lift line corrals – no cutting lines! Personal NASTAR awards and Council Cup trophies will be awarded after lunch in the Mountain Ballroom.

Council Day is really fun, so head up to Bear Creek to enjoy friends from our club and EPSC! Racing is not mandatory. Having FUN on the snow with EPSC friends is the main focus!

Visit our newly revised site! www.northpennskiclub.org

North Penn

Ski Club

819 Chestnut Street

Lansdale, PA 19446

