

# North Penn Ski Club

*Downhill Times  
September 2010*

## September Social

*snacks, summer stories, and more!*

It's once again time for our first club meeting of the 2010/2011 season — so you know the much-anticipated snow, skiing, boarding, tubing, and even shoveling is not that far behind!

September's meeting features our annual "Social Night" — so there will be plenty of catching up to do, story telling, snacks to eat, a 50/50 raffle, and details offered on club trips, social events, and activities. So bring your friends and trip deposits, and come join us for some fun!

### MEETING INFO:

**Thursday,  
September 9**

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

Also at September's meeting — There will be a supply of "donation request letters" on hand, that we will be asking each member to take home at least TWO. These letters make it easy for you to ask a business for a donated item for NPSC's auction in November — all the info they need is provided! So take a letter to your favorite business, eatery, sports shop, etc., and ask for a contribution for us to auction off in November.

If you receive a material object or gift certificate right then, please be sure to bring it to October's meeting or arrange for Jenny Hutchison to get it prior to the auction. If they prefer to send us something, the address is listed within the letter. Remember, the more items we have to auction, the better the event will be — so get out there and promote it!

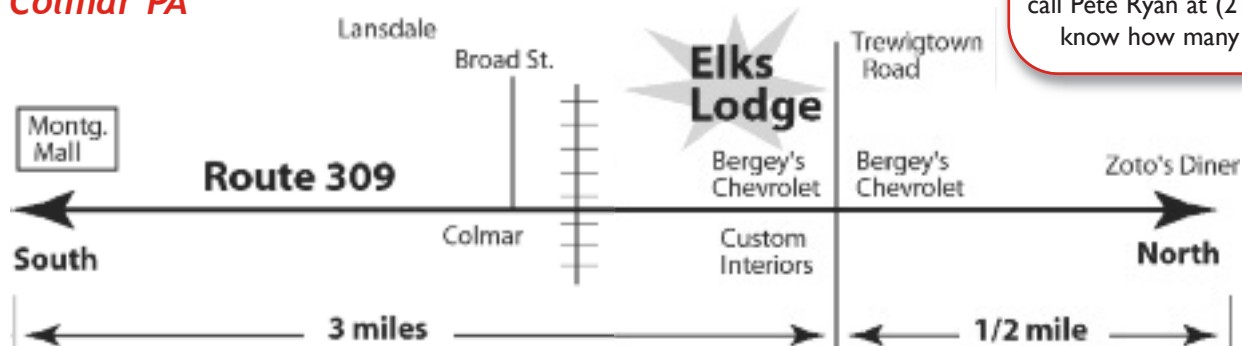
### LOCAL EVENTS

- **Sept 18:** "Harry Naylor Tribute" Breakfast Social, 9am, Country Rose Café, page 4
- **Sept 25:** Bike ride, Perky Trail & Green Lane Park, 9am, page 4
- **Sept 25:** Household hazardous waste and computer/electronics recycling. 9am-3pm, Quakertown Community Pool, 600 W. Mill St.
- **October 1:** all Buckman's Ski Shops open for the new season
- **Nov. 5:** EPSC silent/live auction
- **Nov. 6:** NPSC annual Ski Fest and Auction, 7pm, Elks Lodge
- **January 28-31:** EPSC Winter Carnival, Waterville Valley, NH

### Dinner Invitation

Again, folks who don't go home between work and the monthly club meetings can meet for dinner at Giuseppe's at 6pm (next to the Fortuna train station, at Broad Street and Cowpath Roads, Lansdale).

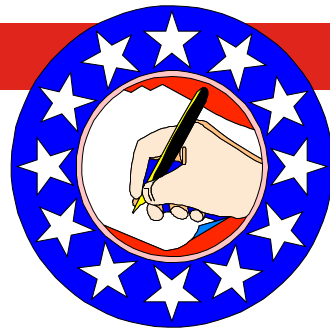
Enjoy reasonably priced, good food! If you know in advance you'll be there, call Pete Ryan at (215) 385-1329 so we know how many seats to ask for!



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

**NPSC WEB ADDRESS: [www.northpennskiclub.org](http://www.northpennskiclub.org)**

## President's Message



**Whoa, Nellie!** Can you believe the unofficial end of summer is almost upon us? It's time to get back into the swing of ski things before too long. Mark those calendars now for the second Thursday of every month so you don't miss our general club meetings!

Our September meeting is the meet-n-greet event. We have a meeting, but the sole purpose of the meeting is to get everyone reacquainted and get any new members acquainted with the rest of us. September is also the membership meeting where most of you decide to save the 44 cents and pay your membership dues that night. It's always a challenging time for the VP. Come loaded for bear, Larry!

For October's meeting, we're hoping to bring a magician in to entertain us. If you remember our lost February meeting last year, it was postponed ironically due to snow. Unfortunately when it was postponed, we lost the magician who was scheduled. But we decided to bring him back, and as long as his schedule allows, he will be at the meeting in October.

Mark your calendars and reserve the first Saturday in November as the NPSC auction is scheduled for the 6th. Letters are being sent out, as I am writing this article, to the reps at just about every ski area in the US. At least Jenny would attest to that estimate.

The auction has to be my favorite non-skiing event that the club puts on. A lot of work is done by many people to put the auction on each year, and each year it seems to grow in attendance. Please begin talking it up to your friends at work, neighbors, and friends in other clubs. It's amazing how many people I find out who ski or have skied in the past who wouldn't mind giving it another shot when I bring up our auction. You can't beat the deal. Of course details will follow, but it can always be counted on as a fun Saturday night.

November's meeting will be a bit of an experiment. Our meeting is the Thursday after the auction. NPSC has always been a staunch supporter of ASIA and the learn-to-ski program at Spring Mountain each January and February. As many of you know, that's where I became addicted back in 2003. At our November club meeting, we are going to have a swap meet. Check out the notice in this newsletter. I don't know all the details, but as we get closer they will get ironed out. If all goes well, maybe this will become an annual event! December's meeting welcomes Santa back again for another night of hugs and laughs. Mark your calendars so you don't miss these meetings.

Some people come into our lives for a season, but I hope my NPSC friends

last a lifetime.

For new members — we don't bite! I hope you can attend at least one meeting this early season.

As the song goes, see you in September!

*Suzanne*



### Club Cash

Speaking of membership, the long-time members of the club know what this Club Cash is all about, but some of the newer members probably haven't picked up on it.

Each year if you renew your membership or submit your application as a first time member before October 31, you are issued \$10 dollars in club cash.

Club cash is only redeemable on an overnight NPSC trip. It is good for 2 years from the date on the front of the bill. It is used as payment towards an overnight trip and can only be used once. It's that simple!

#### President

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#### EPSC Rep

Tom Chambers  
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#### Newsletter Editor & Staff

JoAnne Landis  
215-234-0358

Gail Shaffer  
215-368-1462

## Stoktoberfest ...

is a Ski Film event on October 22 - 23 in Bethlehem, PA, showing films from independent ski film companies such as Meathead Films, Poor Boyz Productions, Level I and TGR. Members of the Meathead crew will be in-house, ready to sign autographs and to chat with fans! There will be many vendors, prizes, and giveaways (think lift passes, skis, tuning clinics, and much more), and even a ceremony for the God Of Winter, "Ullr" and prayers for a winter with tons of snow. Also, don't miss the after parties for those 21 and over and a local brewery. This is an event snow lovers won't want to miss! Visit [www.moviesgamesnmore.org](http://www.moviesgamesnmore.org) for more information. Group rates are available!! Pass this on to anyone who may love snow, skiing, or snowboarding as much as the rest of us.



## La Niña no está Bromeando ... huh?

"She's Looking Pretty Serious"... in fact, NOAA's Climate Prediction Center is calling for a moderate to strong La Niña in the Atlantic through this winter.

Basically, this means that chances for a snowy winter are very good for places out west, like Montana. The long-term forecast for December-January-February is for below-average temperatures and above-average precipitation, which according to their newsletter, Whitefish Mountain Resort hopes will translate to a lot of nice, dry, fluffy powder. The last time a moderately strong La Niña was in effect was 2007-2008, when Whitefish recorded a near-record 426" of snowfall.



## Warrior Dash at Windham Mountain

September 18th and 19th 2010  
Join athletes, Viking wannabes, and those looking for a fun muddy time.  
(Is this a growing ski resort trend??)

This grueling foot race is 3.2 miles up the mountain and includes 13 challenges and obstacles such as the Warrior Wall, Black Forest, Warrior Roast, and Muddy Mayhem. There are over 15,000 participants signed up for the event! For more information see [www.warriordash.com](http://www.warriordash.com)

## Windham Mountain's Homecoming Weekend

October 9th and 10th 2010 — Think you have the best meatball recipe? Join the 4th annual Meatball cook off, roll off, and eat off on Saturday October 9th. Live bands, pumpkin painting and sky ride open all weekend. Bring your old skis to build a "Ski Crow" during Windham Mountain's Ski Crow festival on Sunday October 10th.

## Local History



Elk Mountain's history dates back to 1959, when Elk became one of PA's first commercial ski areas. During its opening year, Elk featured a small lodge (now the picnic lodge), a 2200-foot T-bar and several slopes, as well as rope tows and a small warming hut built a few years earlier by the Scranton Ski Club.

The mountain's first double chairlift was installed in 1961, heralding the development of five expert trails and various intermediate trails from the top. Elk's first expert trail, completed before the chairlift itself, was host to the 1960 PA State Championships. Enthusiastic competitors and gatekeepers actually walked to the summit from the top of the T-bar to run the race.

In 1962, snowmaking was installed and a new A-frame base lodge was built. Skiing at Elk got a lift with the installation of beginners J-bar in '64 and a double chairlift from the lower parking lot to the top of the mountain in '65. The original T-bar was replaced with a chairlift, and the J-bar was retired for a double chairlift in 1973. Skiers saw Elk in a whole new light in 1966, when lighting was installed for night skiing.

The 1980's saw a flurry of activity, with the construction of the ski shop/ski school building, base lodge remodeling, Lehigh and Delaware Trails rerouted, and Tuscarora Trail completed. A wastewater treatment plant was built, and during the 1986/87 ski season, Elk's ambitious tree planting program gained momentum. More than 13,000 trees, most of them Norway Spruce, have been planted since the mid '80's along the edge of the ski trails.

A rapidly growing base of skiers gave rise to the construction of seven new trails and the lengthening of two trails between 1990-96. With these new trails came enhanced snowmaking capabilities, a new pump house, and upgrading of over 50,000 feet of snowmaking pipe.

There's lots more, but you'll just have to visit their website to read the rest!

## Breakfast Socials

Just as the name implies — a gang of us meets somewhere for breakfast and socializes for about 2 hours. It's fun, and we eat at a different spot each month.



Our next Social is a “**Harry Naylor Tribute**”

breakfast, **September 18**, at the Country Rose, Harry's favorite cafe in Hatfield. Located in the Giant shopping center on Cowpath Road, just yards from Orvilla Road and Vinnie's Pizza. Join us for breakfast, laughs, and plenty of stories (about Harry, or not). Let's make this the biggest turnout we've ever had.

Let JoAnne Landis know if you can attend so an adequate number of seats are reserved! (Walk-ins that day are always welcome.)

## November Swap Meet

Many of you have sons, daughters, nieces, nephews, and grandchildren — or know adults that are learning to ski or would like to learn to ski. We all know the cost of purchasing just the bare essentials to get through a season can be prohibitive and much more so in these tough economic times. ALL of us have extra gloves, hats, jackets, pants, old skis, old boots, etc., sitting in the basement that someone who is just starting out could benefit from. Are your grandchildren outgrowing their existing clothes? Is your niece or nephew in need of a new set of first-time skis? Could you use another set of gloves to round out your ski wardrobe? Have you changed jackets and your accessories no longer match your jacket colors?

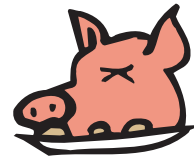
Mark your calendar for November 11. This might be a first-time ever event in the history of NPSC! NPSC wants to encourage participation in the sport we all love. We need to keep everyone coming out to the slopes. No one should turn away because they don't have the right equipment. So our November meeting will be a swap meet! Generally how this event will work is items are either swapped (preferably) or a relatively small monetary amount is paid for an item. Please don't bring your unused items in November with intentions of paying the mortgage on the profits. Rather than taking no-longer-loved items to the tent sales, how about bringing them to the swap meet?



Generally speaking: Clothing should be relatively clean with the price or swap reflecting the condition of the piece. Understand that the “new” items you will be going home with have been used “in the field”. Many of you have been to similar themed events in the past, please let me know of your experiences — hopefully more good than bad. I won't have all the answers, but I want to benefit from your collective experiences with these types of things.

— Suzanne Hartley

## July's Annual Picnic



Fortunately the day of our club picnic was quite warm, but NOT one of those almost-100-degree days! Jenny's yard featured lots of shade trees and picnic canopies to keep us cool, and her large garage provided ample space for food tables, coolers full of iced beverages, and electrical outlets to plug in crock pots and fans. Our turnout was a bit light compared to previous years, but all who ventured out had a good time. There was PLENTY of roast pig to go around, as well as tasty, home-made appetizers, desserts, and side dishes. It's a shame if you didn't join us — you missed out on some good eats! Thanks to all the board members who coordinated this event, and especially to Jenny Hutchison for graciously allowing us to hold the picnic at her home.

## Bike Rides

Next ride is **Saturday, September 25, at 9am**, meeting in the parking lot at the backside of Spring Mountain (where “expert” slopes are — NOT at the lodge). Basically, if you're wiggling your way in from Route 63 and Shelly Road, you'll drive past Spring's first driveway where the main lodge is, and continue to the next lot on the left, just before the bridge at Cabin Craft Sports.

**TAKE NOTE:** the aforementioned bridge is OUT, so there's lots of signage trying to deter you from coming in Spring Mount Road. However, the road IS open up to the ski area. If you're coming via Route 29 into Spring Mount, you just have to take the long way 'round to Route 63 to avoid the closed bridge.

Anyway — we'll be riding on the Perkiomen Trail from Spring Mountain to Green Lane Park, and eventually into the town of Green Lane itself for lunch. Although we do travel a little bit on pavement, most of the ride is on loose gravel — so this ride is seriously just for those with hybrids or mountain bikes. Skinny-tired street bicycles will not have fun on this one! The ride is easy, but does include some minor grades/hills. The scenery around Green Lane Park is very pretty — there's a lake and plenty of areas to lazily tour around, as well as bathroom facilities. Then we'll venture into town for lunch at Chiaro's Pizzeria & Italian Restaurant. Menu includes everything from pizza and traditional Italian dishes to hoagies, sandwiches, wraps, salads, etc. Bring lunch money!!

Not sure how many miles we will ride that day as it depends on how much time we spend at the park/lake, but doubt it will be more than 20. Please let me know if you plan to join us so I know who to look for that morning! (If it's raining that day, the ride is off!) — JoAnne Landis

PS: Would anyone want to continue having a ride in October and November, weather permitting?

## More Ski Resort News!

**Camelback Ski Area:** Now has "TreeTop Courses", which are heart-pounding adventurous obstacle courses set in a natural environment, right on the slopes of Camelback. The games are suspended between trees and guests stay securely clipped into a red safety cable throughout the course. The features include zip lines, suspended bridges, scramble nets, swinging logs and much more. (Can you say Spring Mountain?) There are three different options depending on your skill level and height. Full Course is for guests 12 years old to adult (must reach 5'11" with fingertips), the Half Course is for guests ages 9-11 (must reach 5'11" with fingertips), and the Explorer Course is for guests 7-10 (must reach 4'10" with fingertips). Adult supervision is required. To find out more about these courses and all the other summer activities CBK Mountain Adventures offers, call 570-629-1661 Ext. 1123 or visit their website at [www.skicamelback.com](http://www.skicamelback.com).



**Shawnee Mountain: Pocono Garlic Festival,** Sept. 4-5, 10am-6pm. A legendary local favorite in its 16th year, this event will fill the Poconos with the aroma of garlic-y goodness over Labor Day weekend. Over 50 food/craft vendors offer everything from garlic vinegar and garlic ice cream to garlic-themed pottery and paintings. Local musical talent on three stages, educational demonstrations, and plenty of children's activities make this a great family event.



**Rodeo/Chili Cook-Off,** September 25-26, 11:30am-5:30pm; Rodeo at 2:00pm. It's a real live Rodeo in the Poconos! Experience the thrill of professional cowboys competing in fully sanctioned PRCA events including saddle bronc and bareback bronc riding, bull riding, calf roping, team roping and bull dogging. Professional cowgirls will compete in barrel racing. Live country music, line dancing and craft and food vendors add to the weekend festivities. Come early on Saturday for the 4th annual Chili Cook-Off and sample some of the Poconos' finest chilis!

**Autumn Timber Festival,** October 9-10, 11am to 6pm  
Take a scenic chairlift ride up Shawnee Mountain during prime fall foliage time in the Poconos... and that's just the beginning of this action-packed autumn event! Lumberjack demonstrations, chainsaw sculptures, live music by The Cramer Brothers Band, children's activities, a Sky Diving Exhibition, and food/craft vendors galore. For info on any of these Festival weekends, visit [www.shawneemt.com](http://www.shawneemt.com).

## Local News



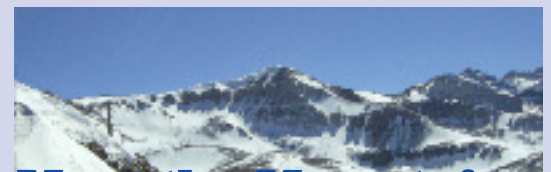
**Bear Creek Mountain Resort:** hosts a delicious brunch in The Grille each Sunday from 11am-2pm, April thru November. Enjoy a variety of foods and live music by local musicians. Menu includes: fresh eggs, made-to-order omelet station, sausage, ham, bacon, potatoes, eggs benedict, fruit/cheese tray, house salad, seafood and potato salad. Assorted entree selections include chicken marsala, seafood medley, carved roast sirloin of beef, roast turkey, ham and more. Desserts and pastries include cakes, pies, cookies, tarts, choice of hot coffee, tea or soft drinks. Menu subject to change. Adults \$19.95, Children 10 & under \$10.95. Reservations requested; contact The Grille at 610-641-7149 for reservations.

LIVE MUSIC has been happening in The Grille at Bear Creek every Tuesday, Friday & Sunday, all summer long! Music takes place Tuesdays outdoors from 7-10pm, Fridays from 8-11pm, and 11am-2pm on Sundays.

Fridays: September 3 & 17 - Joey DeNoble,  
September 10 & 24 - Tim Harakal

Tuesdays: September 7 - Joey DeNoble  
September 14 - Ricky Bell & Ian Frey  
September 21 - Leechboy  
September 28 - Joey DeNoble

For info, contact The Grille at 610-641-7149



## Meet the Mountains

Once again we will be joining Merck and other ski clubs for the "Meet the Mountains" skifest on Thursday, October 21st at the Mainland Golf Club. Vendors from throughout the ski industry attend and let everyone know the latest happenings at their resort or business. Our members have found the "Meet the Mountains" evening to be fun, interesting, and a nice way to get people psyched for the upcoming season.

More details will follow at our club meeting on September 9th.

## Schoneker heads South in search of Snow

As you know, Dave Schoneker does a lot of traveling all over the world for business, but he just hit the jackpot this August. He had to coordinate a seminar in Buenos Aires, Argentina on August 12 and then had to be in Sao Paulo, Brazil to coordinate another conference on August 16 and 17. When he noticed that there was a weekend in between these business meetings AND that August is mid-winter in South America, he decided to take advantage of being down there with a few days off.

Dave decided it might be good to go to Santiago, Chile and ski at Valle Nevado on Saturday, August 14th. Valle Nevado is only 37 miles from the city. And ski he did!! There was lots of snow, sun, and blue skies, and he said it was wonderful ... especially since there was August heat back home!

Valle Nevado offers access to the largest skiable domain in South America – nearly 7,000 acres. The base area sits at about 9400 feet above sea level, and the six peaks go up from there to a height of 12,040 feet. The entire ski area is above the tree line, so the views are amazing! The key to skiing in the Andes is altitude. There is no snow until you get really high up above 7000 feet.



According to Dave, in the morning you start heading up the narrow, windy road that goes from Santiago up the valley, climbing eventually, after 60 hairpin turns on the steep part of the mountains, to the base area of Valle Nevado. The road is one way up in the morning, and one way down in the late afternoon. When you begin heading up the valley, there are lots of cacti growing on the side of the hills in what looks like desert terrain. However, you can see the white peaks of the Andes ahead and you go through a remarkable change in environment as you head up the road towards the ski area.

Once at Valle Nevado, there are snow fields in all directions along with the jagged peaks of the Andes. After Dave rented his equipment, he quickly headed up to the top to get his first experience with skiing in August. Since he was there alone, Dave skied his butt off and covered all the main areas of the resort so he could get a feel for the kind of terrain that is offered. Overall, he said that the area is mainly an advanced intermediate to intermediate resort, although there was some good expert terrain. The true black to double black slopes were limited. However, in August this was just fine!



Dave really enjoyed the opportunity to ski in South America during our summer up here, and he hopes to have opportunities to do this again in the future ... maybe during another business trip!



## Jo's musings

# off season...

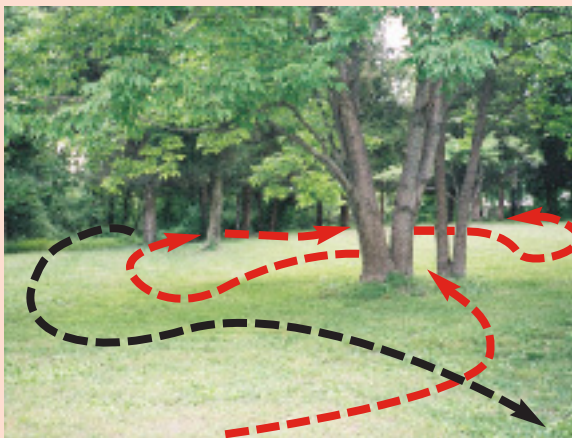
— JoAnne Landis

So, what did everyone do to keep in shape during the "off season", otherwise known as Summer? I'm sure most of our elbows are in great shape after having lifted a variety of cold beverages during our many heat waves! But what else?

If you're like me, every spring you vow to do more during the warm months to stay in shape, or as in my case, get back into better shape, before the next ski season rolls around. I always start out with grand intentions, and this summer was no different in that aspect. However, that's where the summer slump similarities end.

This summer I signed up for a "Cross Fit" workout class at LaCrest Health Center (next door to Lansdale YMCA), in order to further rehab the knees that just didn't cooperate with my skiing desires last winter, and to get all the other muscles in my body fired up. Whew! After the first class, I wasn't so sure I had made a good decision! But this glutton went back twice a week each week for more, and I've been really enjoying it. I still feel like UGH! the next day after each session, but I can also feel a tremendous difference in my overall strength, balance, and mental well being.

But, maybe a gym workout isn't for you? Believe me, I never thought it would be for me either. I much prefer doing stuff outside, which was tough this summer since I hate the 3H's! (Hazy, hot, and humid!) However, on the days when there were less H's, I saddled up my bicycle and rolled. Sometimes it was a leisurely ride on the Perky Trail with Scotty, other times it was my own beginner / learn-to version of "mountain biking" in my back yard.



Try cycling through grass, going up and down embankments, over tree roots, weaving in and out between fairly-spaced trees in order to rack up on only 3 miles. If you haven't done that kind of riding before, it takes quite a while — at only 4 miles per hour, it obviously takes 45 minutes! Now there's a workout!

Why did I do it? One, for the obvious workout. Two, to better my cycling skills. Three, to better my sense of balance. Four, to expand my comfort zone — envisioning that getting comfortable going over roots and between trees on a bike will also make mogul and tree-skiing more comfortable for me. Will it pay off? Well, I'll just have to let you know this winter if it did or not. In the meantime, I still have a couple of months to get even more practice, stamina, and miles under my belt. I'd advise you to do the same, whatever your choice of off-season physicality may be!

## Graphic Design

★ **JoAnne Landis** ★  
(215) 234-0358  
★ [joscott49@verizon.net](mailto:joscott49@verizon.net) ★  
★ brochures • logos • magazine ads  
★ newsletters • flyers

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

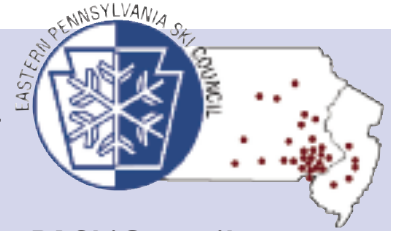
## Programs Wanted

If you have any ideas for a presentation, or know of a good speaker we could have at a monthly club meeting, give one of the Board members your suggestions so they can research and coordinate something for next season! Feel free to step right up and volunteer to coordinate one of our programs with a board member yourself. The more ideas and helpers, the merrier!

## BIRTHDAYS!

- ★ Helen Hans ★ Sept. 2
- Sandy Petrie Sept. 3
- Bob Lorence Sept. 5
- ★ Tom Hans ★ Sept. 5
- Les Sheely Sept. 6
- George Powis Jr Sept. 8
- ★ Tom Francis Sept. 14
- Antoinette Prindle Sept. 17
- Alicia Bell ★ Sept. 18
- Alysia Chaves ★ Sept. 27
- Bruce Schwartz Sept. 28
- Scott Landis Sept. 30
- Richard Ludwig Oct. 2
- ★ Betsey Galli ★ Oct. 8

# Eastern PA Ski Council News:



## Red Goes Green

EPSC's volunteer team had a fantastic time supporting the Phillies' "Red Goes Green" initiative August 7, in which local organizations were asked to form teams to help in recycling efforts by collecting recyclable plastic and aluminum bottles during home games. There was a total of 38 people from EPSC clubs who did the Phillie's 'Red Goes Green' program on August 7th. A good time was had by all, despite the fact the Phillies lost to the Mets that day, 1-0.



*NPSC members helping with the recycling were Dave Schoneker, Diane Dunn, Larry & Helen Kirschner, Eric Reisman, Ron Shaak, & Jenny Hutchison.*



CHECK OUT  
EPSC's NEW  
WEBSITE!!!

[www.EasternPASkiCouncil.org](http://www.EasternPASkiCouncil.org)

The NEW site is up and running with lots of new info, and a discount ticket order form will be available soon.

## Winter Carnival in 2012 at Steamboat

*January 21 - 28, 2012*

Tucked away in Colorado is a small town unlike any other called Steamboat. It is a place where western heritage and genuine friendliness are as honored as the values of a time gone by and a place where little has changed in the last hundred years.

Steamboat is one of North America's largest ski mountains. Nearly 3000 acres of skiable terrain, which includes 1800 acres of legendary tree skiing, 375 acres of groomed terrain daily, and a vertical drop of 3,668 feet down 165 trails helps to make sure Steamboat has something for everyone.

EPSC will be holding our 2012 Winter Carnival at Steamboat, and we expect it to be one of the best Carnivals we have ever had. Steamboat has long been on our short list of desired locations for the Carnival, and now we are finally going there! Many EPSC Clubs are planning to participate in a week filled with lots of fun activities, races, parties and banquets. Make sure you put these dates on your calendar!

## Winterfest Auction, November 5, 2010

EPSC will be holding their 11th annual Winterfest Silent/Live Auction at the Clarion Hotel Park Ridge in King of Prussia. EPSC's auction includes a silent auction on about 50 to 70 lots and a live auction is held for the trip packages. Ticket price includes appetizers, light dinner buffet, desserts and one drink ticket along with a cash bar. Advance tickets can be purchased for \$25 before October 25. After October 25th and at the door, ticket prices are \$30. If you are interested in purchasing a ticket for the EPSC auction, please call Suzanne Hartley 267-735-4987.

## EPSC Golf Outing Saturday, September 25

- 4-person Scramble • Shotgun start 1:30pm

Foxchase Golf Club, 300 Stevens Rd, Stevens PA 17578.

Registration between 12noon and 1pm; dinner follows at 6:30pm.

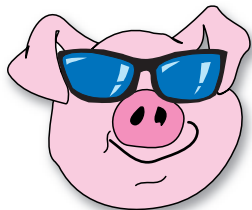
\$75 per person registration fee includes greens fee, golf cart, range balls for the driving range, beverages, dinner, and opportunity to win prizes. You may sign up as a foursome or as a single, groups will be formed accordingly. Dinner is and 8oz steak AND 1/2 grilled chicken breast. Non-golfing guests can attend dinner for \$25 per person. Registration deadline is September 18.

Contact Jon Doman for a registration form, directions to the club, and to arrange payment by emailing [jkdoman@comcast.net](mailto:jkdoman@comcast.net) or calling (717) 572-3457. Event is rain or shine; no refunds.

## *A Ski Club, and So Much More ...*

Hi all — As your newest board member, I have been pondering how we can become more than just a ski club. My first official task is to determine if our club members would be interested in adding some new activities to our schedule. Adventures that come to mind are kayaking, horseback riding, hot air ballooning, camping and hiking. I am looking for some feedback on this issue and welcome your comments.

Please e-mail me at [ddsemail@comcast.net](mailto:ddsemail@comcast.net) if you might be interested in attending these types of events or have any other input or ideas.



Thanks!!

— *Diane Dunn*

## **Sugarloaf USA, Maine**

**January 30 - February 4, 2011**

Drive yourself trip with Buck Ridge Ski Club offering two-, three- and four-bedroom condos for 4, 6, and 8 people. Larger condos available on request. Early reservations have location choices. **INCLUDES:**

- 5 nights lodging in mountainside condos, Sunday - Thursday
- 5 Full day lift tickets, Sugarloaf USA, Mon-Friday
- Monday night welcome party
- Daily adult ski or snowboard lesson in ability groups (age 19 and above)
- Week membership of Sugartree Health and Fitness Club with pool, sauna, & jaccuzzis
- Maine State Lodging Tax

### **ALL THIS FOR JUST \$345 PER PERSON!**

Call for children/teen pricing – age 19 and younger.

A deposit of \$145/person is due 10/23/10, with the balance of \$200 due 11/20/10. Trip price increases to \$375 on reservations received after 11/20/10.

Contact Glenn for a reservation form to complete and send along with your check made payable to BUCK RIDGE SKI CLUB:

c/o Glenn Weisel  
28 East Hillcrest Avenue, Chalfont, PA 18914-2717  
Home: 215-822-9459, Cell: 215-534-6364  
Email: [glenweis@comcast.net](mailto:glenweis@comcast.net)

## ***Congratulations Larry!***



It's been 21 years since my team has won a softball championship... I joined a new team this year after my long-time team succumbed to age and bad backs... our current shortstop, the guy next to me, was 3 months old when I last got to end the season with a victory!

— *Larry Kirschner (bottom left)*

## **So who gets hurt?**

Lock your feet onto a snowboard, and you can expect to fall. But whether or not a fall results in a broken wrist or a separated shoulder depends on a lot of factors, including just how you go down.

Based on information from nearly 2,000 upper extremity fractures and dislocations, researchers in Japan found that snowboarders lacking licensed instruction accounted for 9 out of every 10 injuries — the largest portion of which were to the wrist from a backward fall.

"Many snowboarders think that because the surface is made of snow, it will always be soft," Gregg Davis, a snowboarding instructor at Breckenridge Ski and Ride School in Colorado, noted in an email to Reuters Health. "Most of the time the surface is quite hard and can lead to a strong impact on the extremities," added Davis, who was not involved in the study.

Previous studies have shown that about half of all snowboarding injuries occur to the upper extremities. However, no one ever teased apart the influences of snowboarding stances and fall directions.

Dr. Kei Miyamoto of Gifu University in Japan and his colleagues looked for such details in records of snowboarders treated for injuries at a Japanese hospital between 2000 and 2008 — shortly after the sport's 1998 Olympic debut in Nagano, Japan, and subsequent rise in popularity.

After excluding injuries from jumps, half-pipes, and collisions, they identified 1,918 fractures and dislocations of the wrist, arm, elbow or shoulder.

*(continued on back cover)*

## Banff / Lake Louise

**Feb. 26 - March 5, 2011**

If you're planning on joining the club at Banff and Lake Louise for a week here's what's in store....

We land in Calgary, and then a 1-1/2 hr. motorcoach ride through the beautiful Canadian Rockies gets us to the lovely town of Banff, in British Columbia. We'll be staying at the Caribou Lodge (dbl.occ.) with a full breakfast in the hotel restaurant. We'll be a few blocks' walk from the center of town, with lots of restaurants, shops, and historical attractions. The ski shuttle picks up right in front of our hotel, and you'll ride in comfort to Sunshine Mtn. (10 mins) or Lake Louise (40 mins). Both are worth at least 2 days of skiing.

Non-skiers will find plenty of things to do in Banff. Both Sunshine and Lake Louise have terrain for all levels, and altitude sickness is not a problem!

### Trip includes:

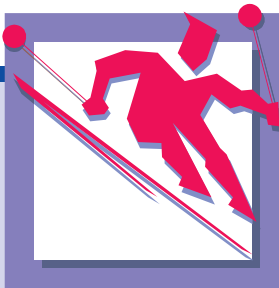
- Round trip transportation
- Lodging at the Caribou Lodge Philadelphia – Calgary in Banff with full breakfast
- 5-day lift ticket
- Transfers, taxes, and gratuities

**\$1385 per person.** Contact Larry Kirschner at (215) 646-0266 or tofa912@verizon.net for details.

**NOTE: This trip is FILLED!** We will take a waiting list from NPSC members, so let Larry know if you'd like to be on the list...

## Katrina help still needed!

As hard as it may be to believe, there is still quite a bit of work to be done in the areas affected by Hurricane Katrina several years ago. People in those storm-ravaged areas are getting by, but are still suffering from drastic home repairs that they just can't get ahead of on their own. If you would like to join the Trinity Lutheran Church's work crews for a week in Mississippi this fall, contact Bruce Shaffer for details at (215) 368-1462. Volunteers are scheduled to donate their time and efforts the week of October 17-23, 2010.



## Eastern PA Ski Council Winter Carnival January 28 - 31, 2011 Waterville Valley Mountain, NH



"Withes & Warlocks" costume dinner banquet Saturday night!

A "sneak peek" at the Carnival location for 2011 proved it to be a great choice, with activities for non-skiers, too! As a joint venture with **Upper Bucks Ski Club**, this trip offers:

- 3 nights' lodging, The Valley Inn – beautiful accommodations, in-room whirlpool tubs, and located convenient to the Conference Center (where Friday night welcome party and Saturday night dinner is held)
- 3 full breakfast buffets at our lodging location
- 3 days skiing Waterville Valley (you pick number of days you wish to ski). World Cup races have been held here!

- Friday night dinner at The Valley Inn (after welcome reception at the Conference Center)
- Saturday night banquet at the Conference Center includes a "Withes & Warlocks" themed dinner party, dancing, awards, and lots of laughter.
- Access to the Waterville Valley Fitness Center (indoor pool, hot tubs, exercise rooms)
- "Just for fun" race competition between clubs (need teams of four guys, two girls)
- Mountain shuttles provide lots of flexibility in your day.
- Option of drive-up or bus transportation

- Camaraderie with your club PLUS many other club members, as well.

Within walking distance to Town Square, this area has:

- Nordic trail for cross-country skiing and snowshoeing (rentals available)
- Full size indoor ice rink – skate rentals, \$4/day
- Saturday night fireworks
- Sleigh rides leave from Town Square. \$13/person, 12- and 20-passenger sleighs. Private rides also available, additional fee.
- Lots of shops and restaurants throughout Town Square.

Since we are sharing this trip with UBSC, there will be limited space available, so get your \$100 deposit in to "lock in your space". Price is **\$590 per person**. Please let us know if you are interested in this trip ... we want to block enough rooms! **Suzanne Hartley 267-735-4987**

# 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  
 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	_____
	_____ Expert	_____
2 Name _____	_____ Novice	_____
Occupation _____	_____ Beginner	_____
Date of Birth _____	_____ Intermediate	_____
	_____ Advanced	_____
	_____ Expert	_____
3 Name _____	_____ Novice	_____
Occupation _____	_____ Beginner	_____
Date of Birth _____	_____ Intermediate	_____
	_____ Advanced	_____
	_____ Expert	_____
4 Name _____	_____ Novice	_____
Occupation _____	_____ Beginner	_____
Date of Birth _____	_____ Intermediate	_____
	_____ Advanced	_____
	_____ Expert	_____

This section to be completed by NPSC officer:     Cash     Check # \_\_\_\_\_    Amount Paid: \$ \_\_\_\_\_

Membership Card issued \_\_\_\_\_ (date & initials)

## So who gets hurt?

(continued from page 9)

According to the investigators, about one out of every 50,000 snowboarder visits to their local Okumino ski area resulted in one of these injuries. Statistics show that US ski mountains welcome approximately 60 million snowboarder visits each year, with 4 to 7 of every 1,000 visits resulting in some type of injury.

"Most of the injuries occur when new snowboarders try to teach themselves or have friends show them how to do it instead of an instructor," noted Davis. "Just a single day's lesson makes all the difference."

Miyamoto's team reports that most of the injured snowboarders (88%) had not taken snowboarding lessons from a licensed instructor. Only about 12% did. Most of the injured snowboarders were beginners.

The researchers found that shoulder and upper arm injuries typically resulted from the front edge of the snowboard catching

the snow and the rider falling forward, while wrists and elbows were more likely hurt with a backward fall. Both fall directions were nearly equally likely, report the researchers in the American Journal of Sports Medicine.

They also found that it did not matter whether the snowboarder slid down the mountain with their left or right foot forward; the latter technique is dubbed "goofy" and is more likely used by a left-handed rider.

"Most of the wrist fractures occurred on the side opposite to the sliding direction, while most of the shoulder dislocations, upper arm fractures, and elbow fractures and dislocations occurred on the same side as the sliding direction," Miyamoto told Reuters Health.

Snowboarders' wrists sustained half of all injuries. The finding jives well with Davis' 18 years of experience as an instructor at Breckenridge. The few injuries he has seen

were "almost entirely" to the wrist due to falling back and bracing with the hands on the snow, he said.

One of the first things Davis teaches his students is to curl their fingers into their hands. "This helps to keep new riders from using the palms to contact the snow," he said. "Instead it spreads potential impacts to the forearms and the entire body when falling."

If a snowboarder falls forward, a headfirst baseball slide works well, adds Miyamoto. For a graceful and injury-free backward fall, Miyamoto suggests taking a cue from the martial art, judo: hit the snow with your back side, arms at your sides, and with a slight jump into the fall at the moment your body loses its balance.

SOURCE: <http://link.reuters.com/quh82m> American Journal of Sports Medicine, online June 3, 2010.



[www.northpennskiclub.org](http://www.northpennskiclub.org)

## North Penn Ski Club

819 Chestnut Street  
Lansdale, PA 19446

our first meeting  
of the season:

Thursday,  
September 9

