



Slopes & Trails

January 2011 www.buckridgeskiclub.org

2010-2011 SEASON OPENER A BIG SUCCESS!

The 2010 Hunt For Snow trip went off without a hitch, thanks to a great group who pitched in to kickoff our ski season at Woodbridge Lodge. Everything worked like a charm and the Lodge was in fine shape thanks to our Fall Colors work party last October.

A special thanks to Darcy Canu who cooked up a fabulous feast for us all on Saturday night consisting of a huge scrumptious Shepherd's Pie, fresh salad, and ice cream and cake for desert (we celebrated our 65th in style). Thanks to Darcy's guest Niles

who brought the wine and beer and shared some of his piloting stories with us. My hat's off to Wayne and Mike who were great carpool buddies as well as cooking and preparing two breakfasts. We were all on pins and needles listening to recent new member Warren Miles tell us about his profession as a Acupuncturist. Bob Beach was out all day on a winter hiking trip on the AT and other trails near Stratton Mountain. He reported that his crampons did not work to well on the rocks and had the sore knee to prove it! Linda, and her



Standing left to right, Warren Miles, Linda Rosenfeld, Jessica Rosenfeld, Niles Pullin (Darcy's dinner guest), Darcy Canu (new member), Bob Beach, Wayne Michaelchuck; seated Mel Stiles and Mike Fernandez.

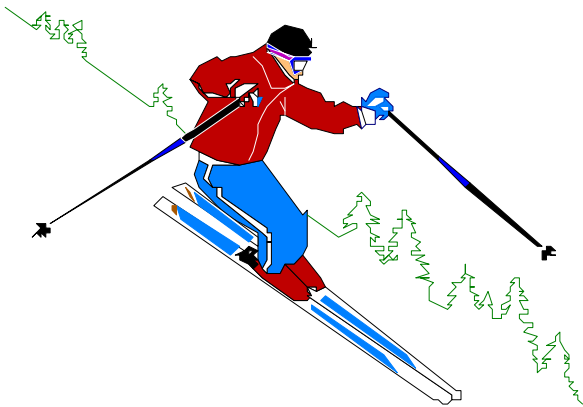
daughter Jessica seemed to enjoy each other's company with their mother and daughter reunion, stopping every 100 yards or so to chat all the way down the mountain :-), ahh, mother and daughter bonding. We were a little disappointed that we didn't get to ski with new member Darcy who had to do her duty at Mount Snow ski school, but we did see her here and there - wow she sure could give the Energizer Bunny a workout with all of that energy! She assures us, however, that we will have more opportunities to catch up to her this season - she wants to meet as many Buck Ridgers as she can.

Thanks to all for being good "clubbers" and pitching in and doing your part on the Lodge housekeeping and making my job a piece of cake (w/ice cream). I hope everyone enjoyed their trip and please put it on your calendar for next year, after all, we never really have to "Hunt For Snow" any more with the terrific fan snow guns at Mount Snow.

Mel Stiles

Ed. note: While natural snow cover is light in southern Vermont, at Mount Snow conditions and open terrain were some of the best ever for HFS thanks to the many new fan guns. The skiing was superb on mostly man-made powder and packed powder, helped out by a fresh inch of natural snow on Friday night. Check out our upcoming trips and make your Lodge reservation now to take advantage of what looks to be an excellent season!





Deadline for articles for the Slopes and Trails is the 15th of the month. Send submissions to:

Michael Fernandez
1118 Kings Highway
Swedesboro, NJ 08085
Phone: 609-254-8461
Email: amf.snj@gmail.com

For a paper copy of the monthly newsletter, please contact Bill Raney at 610-356-5199 to be placed on the mailing list, or download from the web site.

OFFICERS OF THE BUCK RIDGE SKI CLUB

President	Dave Singer dsinger26@comcast.net	856-261-7187
Vice-President	Michael Fernandez amf.snj@gmail.com	856-467-5189
Secretary	Pat Beccia	610-664-9506
Treasurer	Linda Bailey lbailey1@verizon.net	610-789-6823

COMMITTEE CHAIRS

Activity Treasurer	vacant	
Biking Chair	John Theodore johntheo9@yahoo.com	610-623-3737
Paddling Chair	Michael Fernandez amf.snj@gmail.com	856-467-5189
Hiking Chair	Jim Calkins Jbcalkins@verizon.net	610-558-6862
Lodge Chair	Mel Stiles melstiles435@comcast.net	609-230-5046
Program Chair	Wayne Michaelchuck wmichaelchuck@verizon.net	856-423-2179
Ski Chair	Dan Aronson d.l.aronson@att.net	215-643-7252
EPSC Council Rep.	MaryAnn Thomas mat_ski_stuff@msn.com	610-648-0249
Welfare	Glenn Weisel glennweis@comcast.net	215-822-9459

WOODBRIIDGE LODGE

Permanent Reservation Chair

Joan Strachota — ph. 610-558-2384
535 Gradyville Rd, G145, Newtown Square Pa 19073
jstrachota@comcast.net
Lodge Telephone Number 802-464-6591

Only if you have been repeatedly unsuccessful contacting the reservation chair for a key should you contact the following people:
Judie Sheffer 610-461-1848
Glenn Weisel 215-822-9459

MEMBERSHIP

BRSC is an outdoor club for people of all ages who enjoy companionship in outdoor activities. For a membership application and procedures for joining, visit our website (www.buckridgeskiclub.org) or contact: Mary Ann Popma, Membership Chair
1037 Warren Road, West Chester, PA 19382
email: mapopma@verizon.net / ph. 610-692-5928

CHANGE OF ADDRESS

If you are moving or changing your email address and want to keep *Slopes & Trails* in your mailbox or inbox, please notify:
Merle Roemer
4 Anser Lane
Lewes, DE 19958
E-mail: mroemer27@mchsi.com

REGULAR MEETINGS ARE THE SECOND WEDNESDAY OF THE MONTH, 8 pm AT SPRINGFIELD MASONIC HALL ON RT 420, SPRINGFIELD (DELAWARE CO.) PA. NO MEETING IN JUNE, JULY, OR AUGUST.

ACTIVITIES & TRIPS

SKIING

Trip Updates

The **Mid-Week Lodge** trip has been cancelled due to lack of a trip leader. The lodge will be available for general use that week.



For our major club trips, the only one with space remaining is **Sunday River**. Get your reservations in soon — the deadline is January 20! We should have more details coming on potential shuttle options from New England airports for those interested in flying (Southwest has very attractive pricing to the area) or for those interested in extending their stay. Its been some time since the club has been to Sunday River, and the trip is planned for a time that traditionally has some of the best skiing conditions in New England.

Eastern Pennsylvania Ski Council

Council News

The EPSC lift ticket discount voucher program has gone "on-line" this year. Go to the EPSC website at www.easternpaskicouncil.org and click on "EPSC Benefits" under the "About EPSC" drop-down menu. You can select your lift ticket vouchers and print your order form to send in with payment.

The following area also offer special council benefits:

Gore Mountain (NY) Council Appreciation Days

Fri Jan 14 / Mon Feb 28 / Fri March 18 / Sat April 9

\$40 per lift ticket with photo ID & club / council card. Tickets must be purchased at the ski rental shop in Northwoods Lodge.

Mount Snow Ski Council Awareness Days

Fri, Jan 7 - \$40 / Sat, Jan 8 - \$47 / Sun, Jan 9 - \$45
 Fri, Feb 25 - \$40 / Sat, Feb 26 - \$47 / Sun, Feb 27 - \$45
 Fri, Mar 11 - \$40 / Sat, Mar 12 - \$47 / Sun, Mar 13 - \$45

You can only take advantage of these special low lift ticket rates if you present a valid ski club or council membership card at the Group Services office in the Sundance Base Lodge. One discounted lift ticket per membership card per day.

Bear Creek, PA Club Nights

Each Wednesday (non-holiday) is Club Day: All ski and snowboard club members receive a **\$15 Extended Day Lift Ticket** (With valid ID card)

SNOW SAFETY

With more skiers heading west to ski powder, it's important to remember that deep powder in the west can have a completely different set of safety concerns than "powder" in the east. Foremost among these are tree wells.



A tree well is the hole or depression that forms around the base of a tree. Evergreen trees can have large, deep tree wells that form when low hanging branches prohibit snow from filling in and consolidating around the base of the tree. These holes are hidden from view by the tree's low hanging branches, and are commonly found in ungroomed areas. They can be death traps for the unwary—a good reason not to ski alone out west!

For a detailed discussion of the topic, visit this website: <http://treewelldeepsnowsafety.com>.

Treewell information courtesy of NW Avalanche Institute and Mt Baker Ski Area; thanks to Dave Singer for bringing this to our attention.

Bolton Valley (VT)

Ski club members with valid ID can ski or ride for just \$35 any time—no weekend or blackout date restrictions. They also feature special council member ski and stay packages starting at \$59. Contact Cindy Bailey at BV for details (ph 877.8BOLTON) or email cbailey@boltonvalley.com

Sno Mountain (PA)

Ski or ride for \$28 midweek/\$38 weekend or holiday. Must show a valid ski club and photo ID.

Belleayre, NY Discounts

\$10 off full day or 1/2 day lift ticket prices with club membership card.

Stowe, VT Club Appreciation Days

January 10-12 & March 16-20, 2011

Adult Lift (13-64 yrs) / Child/Senior Lift (6-12 & 65+)

1 day = \$42 / 1 day = \$33

2 day = \$63 / 2 day = \$38

3 day = \$95 / 3 day = \$54

Must bring valid ski club card and ID to Spruce Camp Base Lodge. Special lodging discounts also available.

MEMBER UPDATE

New members

Darcy Canu

245 Queen Lake Rd., Phillipston, MA 01331

Returning members

Nikki Marx

2134 Saint James Street, Philadelphia PA 19103
 (H) 215-963-9377; e-Mail: nikkimarx@hotmail.com

Gary Anszes

621 Beatty Road, Springfield PA 19064
 (H) 610-328-2522; (W) 610-213-0096
 e-mail: 490b24th@gmail.com;



Sunday River

Buck Ridge Ski Club is going back to Sunday River!

Sunday River consists of eight mountain peaks: White Cap, Locke Mountain, Barker Mountain, Spruce Peak, North Peak, Aurora Peak, Oz, and Jordan Bowl. Each mountain has runs for all abilities and beautiful views including views of the Presidential Mountains in New Hampshire from atop

Jordan Bowl. Sunday River has 16 lifts including a hybrid chairlift/gondola called the Chondola, four high-speed quads, five fixed quads, three triples, one double, and two surface lifts for an uphill capacity of approximately 40,000 passengers per hour. Sunday River averages over 167 inches (14 feet) of snowfall a year and has one of the most advanced, comprehensive snowmaking system on the planet covering 92% of the resort's trails (299 acres). For more detailed information including restaurants, shopping and rentals and getting there, check out the Sunday River website at www.sundayriver.com

When: March 20 to 25, 2011 (ski Mon – Fri, stay Sun – Thur)

5 Night/5 Day package includes: 5 Nights lodging at the Snow Cap Inn; 5-Day lift ticket; 5 Complimentary adult Perfect Turn Clinics; 5 Continental breakfasts at the Snow Cap Inn

Cost: Adults (13-64) \$330 per person, double occupancy; Jr/Sr (6-12; 65+) \$310 per person, double occupancy; single supplement (1 person per room) \$164.

Lodging: 2 guests per room, with queen beds; 1 security deposit required per room upon arrival; single supplements required for private room; check-in by Sunday 6 pm guaranteed; check out by 10:30 am Friday (changing room will be available).

Cancellation policy: 50% of trip cost refunded for cancellations between 1/17/2011 and 3/7/2011. No refund after 3/7/2010.

Payments: Initial deposit of \$50; Second payment of \$150 due 11/1/2010; Final payment of \$130 due 1/1/2011.

Transportation options: Car pooling (call for trip sign-up list); air, bus and train service is available.

Questions? Call or email Mel Stiles, 609-230-5046 or melstiles435@comcast.net

SUNDAY RIVER—MARCH 20-25, 2011

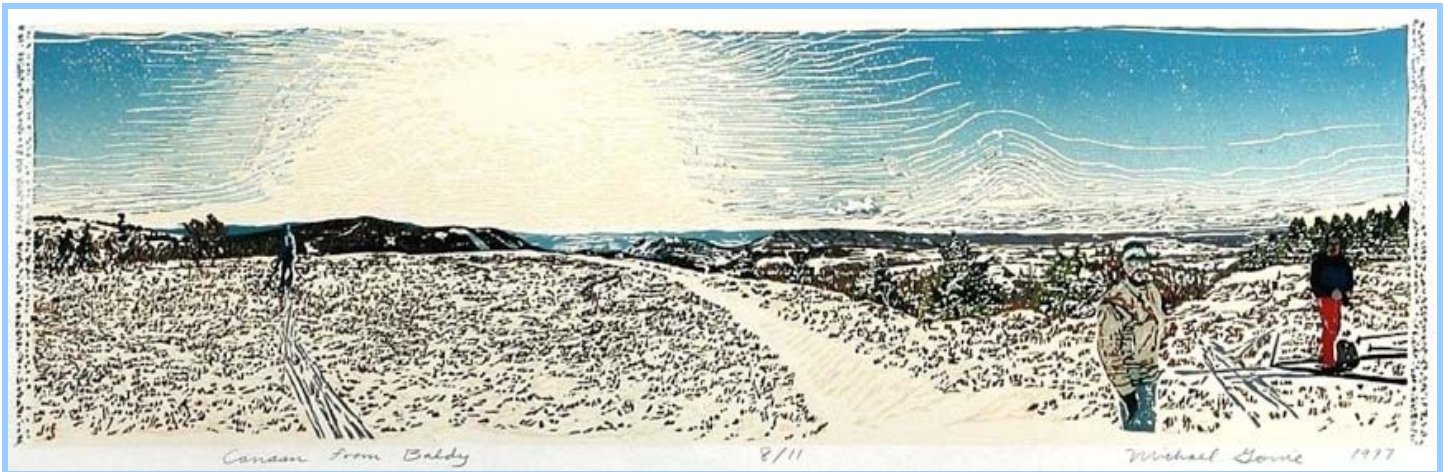
Please fill out and return with initial deposit (\$50) and receive trip sign-up information packet. Make check to Buck Ridge Ski Club and send to: Mel Stiles, 435 Country Way, Mickleton NJ 08056

Name (s): _____

Address: _____

Phone (Home) _____ (Cell) _____

Email _____ Room-mate preference _____



With our upcoming XC Weekend at the Woodbridge Lodge, the following article, reprinted from the Catamount Trail News, seems timely. Spanning the entire length of Vermont for 300 miles across a mix of public and private lands, the Catamount Trail is the longest trail dedicated to cross-country skiing and snowshoeing in the country. It is managed by the Catamount Trail Association; for more information about the trail visit their website at www.catamounttrail.org/



On The Trail: 12 Tips for Comfortable Ski Touring

by Amy Kelsey, Trail Management and Protection Director, Catamount Trail Association
Reprinted from the Winter 2010-2011 Catamount Trail News

Even when we are diligent in our trail clearing efforts, Mother Nature always throws us some challenges we aren't anticipating. As a backcountry traveler, it's important to have the knowledge, skills, and equipment to cope with an ever-changing environment. Whether you swear by mittens or by gloves, waxable or wax-less skis, natural fibers or synthetics, here are a dozen tips to help keep you comfortable this winter on the Catamount Trail.

1. Adjust your layers early and often. If you can keep yourself dry by minimizing perspiration, you will be warmer throughout the day. Wear just a base-layer if you are warm enough. Add insulation (fleece/down) and a windproof layer (shell) when you stop. This holds all the heat you are producing in, and can help dry off the layer next to your skin that may be wet due to perspiration or precipitation.

2. Invest in some wicking undergarments, and I don't mean your long johns! Ladies, go find a lightweight synthetic or wool jog bra or cami that provides sufficient support but doesn't turn into a wet sponge next to your body, and get some matching bottoms. Men will benefit from wicking boxers or briefs as well, and may appreciate wind-blocker briefs on the coldest days. I recommend Ibex wool seamless underwear.

3. Carry extras gloves or mittens. I use a pair of lightweight fleece or wool gloves to climb, then switch to mittens for descents or less strenuous traverses. Because the climbing gloves get the most wet, I carry an extra pair of glove liners, just in case. Cold hands put a real damper on fun.

4. Use a thermos, or two. You need as much water on the trail in the winter as you do in the summer, but it can be difficult to ingest ice-cold water in winter. Be kind to yourself and carry some hot water or herbal tea in a thermos. Caffeinated beverages may taste great, but they are diuretics and will not hydrate you well. Consider carrying a wide mouth thermos full of hot soup for lunch. It's worth the added weight.

5. Carry a small foam pad in your pack. You can sit or stand on it at lunch, insulating your seat, or your feet, from the cold snow below.

6. Store your water bottles upside down in your pack. They will freeze from the top down, so storing them upside down will prevent the threads on the lid from freezing, allowing you easy access when it's time for a drink.

7. For cold fingers and toes, spend a minute vigorously swinging your arms in large circles, then spend another minute swinging each leg back and forth from the hips, like a pendulum (remove your ski to do this!). It won't be long before you will feel the warmth rush back into your extremities.

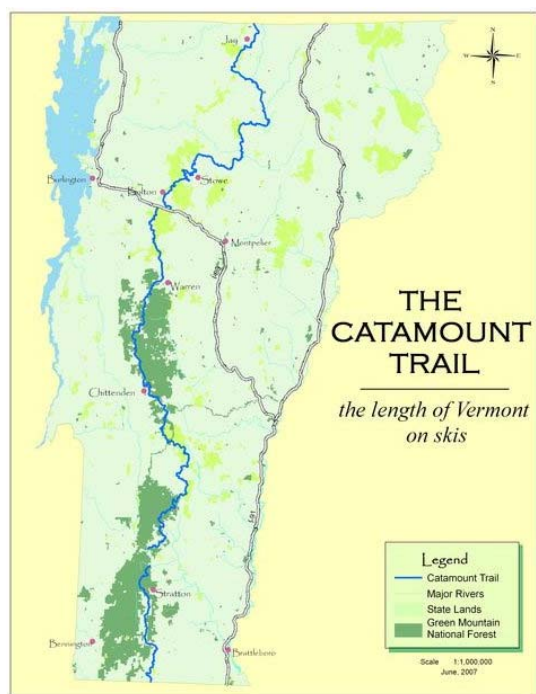
8. Keep your climbing skins warm by storing them against your body between uses on a day tour. Cold, frozen skins will not adhere to your skis well. Tuck them inside your jacket, and be sure your jacket is snug so they don't fall out. Dry climbing skins thoroughly each night and before storing to keep the adhesive in good condition.

9. Be sure your snacks contain some fat and protein. While sugar and carbs are great for quick energy, fat is the slow burning fuel you need to keep your energy and temperature up all day.

10. Adjust your pole length for climbing and descending. If you don't have adjustable poles, you can grab below the grips to make your poles shorter. This can be particularly helpful when contouring along a side-hill. It will be more comfortable and efficient.

11. When skiing downhill through trees, take your hands out of your ski pole straps. If the basket catches on something, being in the straps can lead to a dislocated thumb or shoulder. Wear glasses or goggles to protect your eyes from tree branches.

12. Bring a plastic or metal scraper to remove ice buildup underfoot.



BUCK RIDGE SKI SCHEDULE 2010-2011

Ski Chair: Dan Aronson – 215-643-7252

DATE	TRIP NAME	LOCATION	LEADER	DEPOSITS*	
				MEMBERS	GUESTS
Dec 17-19 Fri-Sun	Hunt for Snow I	Vermont Lodge	Mel Stiles 609-230-5046	\$40	\$60
Jan 7-9 Fri-Sun	January Junket	Vermont Lodge	Keith Richards 802-334-1254	\$40	\$60
Jan 21 -23 Fri-Sun	Cross Country Weekend	Vermont Lodge	Mike Fernandez 856-467-5189	\$40	\$60
Jan 26-30 Wed-Sun	ESPC Winter Carnival	Waterville Valley, NH	Dave Singer 856-261-7187	See Flyer	3 Nights \$382 4 Nights \$491
Jan 30-Feb 4 Sun-Fri	Sugarloaf Mid Week	Sugarloaf, ME	Glenn Weisel 215-822-9459	See Flyer	Approx. \$345
Feb 6-10 Sun-Thu	Vermont Mid Week	Vermont Lodge	T B A	\$80	\$120
Feb 10-14 Thu-Mon	Family Weekend	Vermont Lodge	Kevin Amey 610-593-2492	\$80	\$120
Feb 25-27 Fri-Sun	Paddlers' Weekend	Vermont Lodge	Lev Barinov 610-668-8996	\$40	\$60
Feb 26-Mar-5 Sat-Sat	Western Ski Trip	Jackson Hole, WY	Mike Fernandez 856-467-5189	See Flyer	Approx. \$1185
Mar 20-25 Sun-Fri	Sunday River Trip Mid Week	Bethel, ME	Mel Stiles 609-230-5046	See Flyer	Approx. \$330
Apr 14-18 Thu-Mon	Tuckerman Inferno	Mt Washington, NH	Mel Stiles 609-230-5046	See Flyer	

Woodbridge Lodge 2010-2011 Season	* Member's Rate	\$ 20.00 Per Night Winter	Member's Rate for Family of 3 or more is \$60 Per Night Winter
	* Guest's Rate	\$ 30.00 Per Night Winter	

To sign up for ski trips, please send a (signed) release form to the trip leader along with your registration form and deposit for each Buck Ridge ski trip. NOTE: Above deposits are based on the lodge fee times the maximum number of days in the trip. Please adjust deposit to account for the number nights that you will be staying. There is no deposit required for children age six and under, but the trip leader needs to know his/her name.

REGISTRATION FORM

TRIP NAME:	DATE OF TRIP:
NAME(S):	
ADDRESS:	
CONTACT EMAIL / TELEPHONE #:	
OPTIONAL: Please indicate your roommate preference (s):	

RELEASE FORM

In consideration of the benefits derived by me from membership in the Buck Ridge Ski Club and the use of its facilities, I release said club and its members from all responsibility on account of personal injury to me or my minor children, or damage to my personal property which may occur by reason of my/our participation in the activities of the club.

SIGNATURE(S):	DATE:
SPOUSE (or Guardian) SIGNATURE:	

WOODBRIIDGE LODGE – RESERVATION FORM

Note: Ski season reservations may only be made after October 1.

WOODBRIIDGE LODGE USAGE RATES (effective 9/1/2010)

Season	Nov 1 – Apr 30	May 1 – Oct 31
Members	\$20.00	\$10.00
Guests	\$30.00	\$15.00

Rates are the same on weekends and weekdays. Children 6 and under are free.

A family of three or more pays a maximum of \$60 per night, but all family members must be listed..

Member's Name	Date: (nights)	COST
1.		
2.		
3.		
4.		
5.		

TOTAL: _____

GUESTS are welcome when accompanied by a member. Maximum three (3) guests per member.

Inviting member is responsible for guests complying with the Lodge rules and regulations.

Guest's Name	Accompanying Member	Dates: (nights)	COST
1.			
2.			
3.			

TOTAL: _____

Name, phone number, or Email where you can be reached:

Make checks payable to "BRSC LODGE". Mail reservation form and payment to:

Joan Strachota, 535 Gradyville Rd , G145
Newtown Square Pa 19073

Key Deposit - \$75. Issue a **SEPARATE CHECK** and send with reservation form & payment.

- Enclosed is my check for \$75. I understand that this key is due back **within 2 weeks after my planned trip** or my deposit check will be cashed. My check will also be cashed if key is lost in the mail.

Signed: _____

Any questions, email jstrachota@comcast.net

RESERVATIONS will be CONFIRMED after payment In full is received.

PLEASE USE THIS FORM FOR ALL RESERVATION REQUESTS



Inside this New Year issue:

- Hunt for Snow Report —p. 1*
- Activities & Trips —p. 3*
- Last Call for Sunday River—sign up on p. 4*
- Snow Safety — EPSC Discount Vouchers Program*
- Membership Updates—p. 3*
- Ski—Touring Tips—p. 5*

UPCOMING MEETINGS

- January - Winter Board Meeting.*
No program, but all members are welcome to attend
- February—West Virginia skiing*
- March—Sailing the Chesapeake*
- April—Trekking in Nepal*

Buck Ridge Ski Club
c/o M Fernandez
1118 Kings Hwy, Swedesboro, NJ 08085