



UPSLOPE



Newletter of the NORDIC Ski Touring Section of PATC

Visit Us On the WEB at <http://www.patc.us/chapters/ski/>

September 2012

UpComing Attractions In Winter UPSLOPE

- YOUR Ski Trip Reports
- More Trips and Tips

Don't Miss the 2012 Ski Fair—Saturday, November 3, 2012

By Jennifer Bine

It's been a long hot summer, and maybe you've caught yourself gazing longingly at your skis, dreaming of the cool seasons ahead. You are not alone! Join the Potomac Appalachian Trail Club's Ski Touring Section as we kick off the coming season with our annual Ski Fair. Whether you're looking for basic information about cross country skiing or gear, want to know more about local destinations, or are interested in joining one of our regional or out-of-area trips, you'll find it on Saturday, November 3, 12:30-4:30 at the PATC offices, 118 Park Street in Vienna, VA (directions below).



Signing up for trips—Trip Coordinator Kathy Brumberger mans the desk

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(blue links are live)

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Ski Fair

**Saturday, November 3, 2012
12:30-4:30**

WHERE: The Potomac Appalachian Trail Club (PATC) headquarters at 118 Park Street, Vienna, VA 22180 [directly in front of the Safeway which itself is on the corner of Park & Maple Sts. (VA Rt.123) in Vienna]

Catch up with old friends and new and be among the first to sign up for trips scheduled from December 2012 through February 2013. STS trips are a travel bargain, fun, friendly and led by members with years of experience. Consider yourself a Nord-wannabe? No problem! We have learn-to-ski trips designed just for you. Bring your checkbook to sign up for trips and begin or renew your membership, and buy or swap for used cross country ski equipment at the Fair. Bring healthy and not-so healthy snacks to share. (For last-minute shoppers, there's a Safeway and a Whole Foods nearby.) STS will provide coffee, tea and sodas. Enjoy talks on ski gear, ski destinations and score some bargains on Open Air Wear ski clothing while you're at it.

WHERE: The Potomac Appalachian Trail Club (PATC) headquarters at 118 Park Street, Vienna, VA 22180 [directly in front of the Safeway which itself is on the corner of Park & Maple Sts. (VA Rt.123) in Vienna]

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The Weather Outside Will be Frightful...We All Find That Delightful!

What does Old Man Winter have in store for us in 2012-13? Nobody really knows, but here's what the venerable Farmer's Almanac has to say:

"We predict that real winter weather will return to areas from the Great Lakes into the Northeast. Most eastern states – as far south as the Gulf Coast – will see snowier than normal conditions and cooler temperatures. We are "red flagging" February 12–15 and March 20–23 for major coastal storms along the Atlantic seaboard; storms bringing strong winds and heavy precipitation."



Check it out yourself at <http://www.farmersalmanac.com/weather/2012/08/26/will-winter-return-with-a-vengeance/> or [Get a more detailed forecast for your region in the 2013 Farmers' Almanac!](#)

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FROM THE SLOPES – Chair Notes

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UPSLOPE

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The weather in the mid Atlantic area has not cooled very much yet, but we know (because the Farmer’s Almanac sez so) that winter is coming, and with it, snow. So the leadership of the Ski Touring Section has been working hard to develop a list of prospective trips that will delight and meet the needs of the members of the Section. See [page 5](#) for a listing of those trips.

Our annual Ski Fair is scheduled for Saturday afternoon, November 3rd, this year, and that is the best time to sign up for trips. We’re presenting the tentative ski schedule now to give you time to cogitate and figure out which ski locales you want to visit during the winter months. As always, we have a wide range of “local” trips to Canaan Valley and Pennsylvania. We also have one or more to Western Maryland, but as of the time I write this several do not yet have leaders. “What!?!”, you say. “What about New Germany State Park and Harrington Manor State Park—two of several wonderful skiing locations in Garrett County, Md.?” I agree. If you have been to these locales more than once, are you willing to lead a trip there so that others as well as you can enjoy them? If so, then contact Kathy Brumberger, Trip Coordinator, right away at kathybrum@verizon.net. If you aren’t willing to step forward, who will? If not NOW, when?

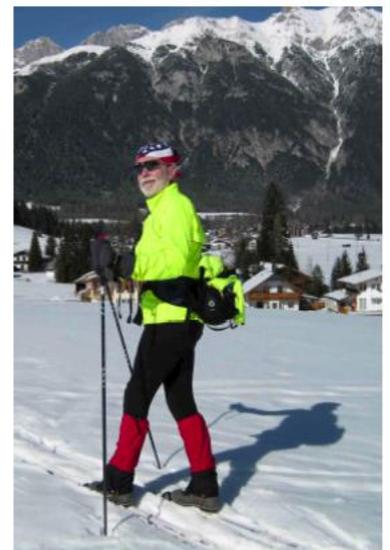
We also need a volunteer to lead a Laurel Highlands “Learn to Ski” trip and several to Black-water Falls and Laurel Highlands.

For another opportunity to give back to the STS community, you can help improve trails at Laurel Mountain (Oct 5-7) and Whitegrass (Nov 9-11).

As usual, we have a number of excursion trips planned. By “excursion trips” we mean those to locations outside of the mid-Atlantic area. All participants on these trips must be current members of the Potomac Appalachian Trail Club and not just the Ski Touring Section. At the end of December and the first few days of January, Peggy Alpert and Steve Brickel will be leading a trip to the Tug Hill plateau north of Syracuse, New York. I will be heading up a trip to the White Mountains area of upper New Hampshire over the Martin Luther King, Jr. holiday week-end in mid January. Peggy and Steve will also host an excursion trip to Stowe, Vermont in mid February. I will also be rounding out our excursion offerings with a ski trip up to the Tug Hill area of New York the last days of February. Not familiar with some of those spots? Google them and see what the winter sports opportunities are and see which will fit into your winter plans!

Let me end in with a pitch for the Section’s mid-January trip to New Hampshire. We’ve been offering this trip annually for over a decade, and we have NEVER been without some amount of snow. This winter we will be staying in the same beautiful lodgings we did four years ago at the time of the last presidential inauguration. You can come and relive that experience or enjoy it for the first time.

In Snow,
 Rob Swennes, Chair



Are You Already Part of YAHOO GROUPS? Facebook?

If you haven’t joined Yahoo Groups, make sure to do it.

Go to <http://groups.yahoo.com/group/PATC-STS/>

Ask to join the group. You will get a confirmation message in your email.

FACEBOOK: Please sign on to the STS Facebook page and "Like" us. You can easily locate it by putting the phrase "Ski Touring Section" into the search box at the top of the Facebook page. "Likes" are critical for getting status on Facebook and thus for helping others find us when they want information on Nordic skiing.

Start Planning your Upcoming Ski Season

We have expedition trips to far away places where there is SNOW if you GO!



Skiers at Yellowstone National Park



Skiers at Garnet Hill, Adirondacks

You can GIVE BACK to the cross-country ski community by helping prepare and repair X-C trails at Laurel Mountain or Whitegrass



White Grass Work Trip,

Or you can ski at one of our local haunts in Caanan Valley



Top of Whitegrass



Laurel Ridge

or Laurel Highlands! Come to the SKI FAIR and find out what's in store.

Classified Ad



I am renting my Stowe, Vermont, condo Week #3, (January 19, 2013 5pm to January 26, 2013 10am) timeshare Guest House; Unit 17C for \$999!!! Over \$900 in savings! The Guest Houses are traditional Tyrolean chalets. Enjoy get-togethers with family and friends at the hearth or along a number of onsite crosscountry trails! The Stowe condo has 2-bedrooms, two full baths, a fully equipped kitchen, living room with a wood-stove and pull-out queen sleeper sofa. These cozy chalets are perfect for family or group getaways. Located on the hillside just below the main lodge, they offer spectacular views. Week #3 includes MLK and also usually encompasses Winter Festival which hosts fantastic ice sculptures throughout Stowe. <http://www.trappfamily.com/accommodations/guest-house>

The Posted Rates for January 2013 are \$1900 for the week! I am offering the chalet for \$999 firm. I can be reached at: cathinme@aol.com

Ski Fair!

(Continued from page 1)

By Car: Once you find the intersection of Interstate 66 and Interstate 495 (alias the Washington Beltway), take the Nutley Street North (VA Rt. 243) exit just outside the Beltway. Go north just over 1 mile passing two traffic lights. When you get to the third light, turn right onto Route 123 (alias Maple Avenue). Continue in the right-hand lane for about ¾ mile or count traffic lights. When you reach the fourth light, turn right onto Park Street. The PATC headquarters is the second building on the left, a red brick two-story structure with parking in front. There is ample parking in the area.

By Bike: Yes, many of our members enjoy other forms of self-propelled transportation, and reaching PATC headquarters couldn't be easier. Take the Washington & Old Dominion Trail to Vienna. Where the trail crosses Park Street, turn north and ride roughly a block and a half until you see the headquarters on your right at 118 Park Street. Lock up, and come on inside; helmet hair and Lycra are welcome!



Lots of folks will be at the Ski Fair

Don't forget to bring and share healthy snacks to the Ski Fair. See you there!



Hear a talk by an expert



Open Air Wear will be back—Doug Tilton shows a parka



Swap or sell ski gear



Reader Ad—Giveaway

I have a Nordic Track Skier (the wood one) that needs new drive rollers (\$80-100 on Ebay) that I want to give to anyone who wants if and can fix it. Ron Tucker
jandrtucker@verizon.net

Be Part of UP\$LOPE

Send me your comments, pictures, poetry, stories and articles. I will be happy to publish them.

Contact: Ralph Heimlich
(heimlichfamily@comcast.net)

Preliminary \$\$ Schedule 2012-2013

We have a full season of trips scheduled from December and through February. Some of our longer trip destinations include Stowe, VT, Tug Hill, NY (two trips), and the White Mountains, NH. We also have trips scheduled for Canaan Valley and Blackwater Falls, WV, as well as the Laurel Highlands, PA area. Blackwater Falls State Park has new deluxe cabins similar to the ones at Canaan Valley State Park. We were fortunate to be able to reserve 2 weekends there. Other trips to Blackwater Falls will stay in the Lodge. In addition, two work trips are scheduled. Erma Cameron will lead a group to the Laurel Mountain area on Oct 5-7 and Peggy Alpert will lead a work trip to White Grass on November 9-11. However, 4 of our trips are without a leader at this point. Please consider leading one of these trips so that we do not have to cancel them. Contact me as soon as possible if you have any questions and think you might like to lead a trip. Trip leader's lodging is free!

If you want to lead a trip other than what are listed, please contact me with the details so it can be added to the schedule.

Don't miss the Ski Fair to be held at PATC headquarters in Vienna, VA on November 3. Many of the trips fill up at the ski fair so try to be there!

Think SNOW!
Kathy Brumberger
Trip coordinator

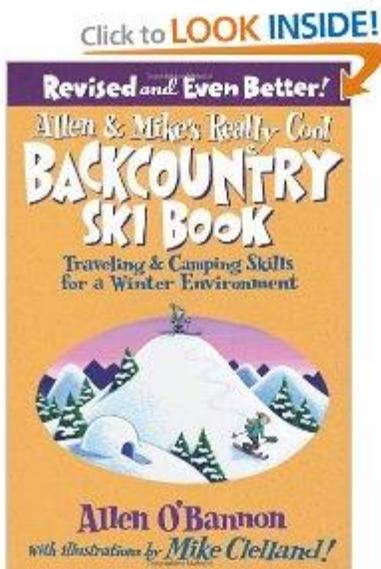
Date	Place	Leader
Oct 5-7, 2012	Work Trip, Laurel Mountain, PA	Erma Cameron
Nov 3	Ski Fair, Vienna, VA	Jennifer Bine
Nov 9-11	Work Trip, Whitegrass, WV	Peggy Alpert
Dec 28–Jan 1	Tug Hill, NY	Peggy Alpert and Steve Brickel
Jan 4-6, 2013	Laurel Highlands, PA	Greg Westernik
Jan 4-6	*Blackwater Falls, WV	Leader needed—how about you?
Jan 11-13	Laurel Highlands Learn-to-Ski	Leader needed—how about you?
Jan 11-13	+Blackwater Falls Deluxe Cabin	Ralph Heimlich
Jan 17-21 MLK	Jackson, NH White Mts	Rob Swennes
Jan 18-21 MLK	Laurel Highlands, PA	Brian O'Konski
Jan 24-26	**Canaan Valley Deluxe Cabin, WV	Doug Lesar
Jan 25-27	*Blackwater Falls, WV	Julie Nash and Marcie Schubert
Feb 1-3	*Blackwater Falls, WV	Jennifer Bine
Feb 1-3	Laurel Highlands, PA	Greg Westernik
Feb 7-12	Stowe, VT	Peggy Alpert and Steve Brickel
Feb 8-10	Laurel Highlands, PA	Leader needed—how about you?
Feb 8-10	+Blackwater Falls Deluxe Cabin	Kathy and Elliot Brumberger
Feb 15-18 Presidents Week end	Ski Dance, Laurel Highlands, PA	Eliot Applestein
Feb 15-18 Presidents Week end	***Blackwater Falls, WV	Laurie Welch
Feb 21-25	Tug Hill	Rob Swennes
Feb 22-24	W MD Oak-Mar Motel	Leader needed—how about you?

Reservations have been made at these lodges/cabins:

- * Blackwater Falls Lodge, 2 nights, 4 rms., double beds, Canyon Side, Cancel 3 days
- ** Canaan Valley State Park Deluxe Cabin, sleeps 12, 3 nights – Cancel 30 days
- *** Blackwater Falls Lodge, 3 nights, 4 rms., double beds, Canyon Side – Cancel 3 days
- + Blackwater Falls Deluxe Cabin, 2 nights– Cancel 30 days

Review: "Allen & Mike's Really Cool Back Country Ski Book"

By John Tichenor



Upon seeing the book illustrations I thought "Well, this is a beginner book". But they are really cool drawings, and funny. Upon reading it, however, I found several really good ideas I'd never thought of and a lot of items that would be of use to PATC-STC club members. The Everett (WA) Mountaineers uses this book as their only recommended Backcountry Ski course book.

This book on being prepared and enjoying winter skiing covers how to use and modify your equipment, safety, snow camping, snow shelters, spring skiing and a lot more for all areas of the country. It is not a how to ski skate nor a XC ski technique manual. Ok, so most of us will not be doing what the pictures illustrate. But, when you read the text you will find practical hints on almost every page for the every day XC ski tourer.

I know most of you have seen plenty of those "What to Bring" lists. This is a book on how to use those items that you bring with you and adapt them to be their most useful. Do you know why crackers, fruit and chocolate make good trail food and cheese and nuts are best for main meals? Does your pack poke you in the back when skiing? Well, a good closed cell foam pad suitable for seating on the snow works as a back pad in your pack. They recommend [ENSOLITE](#) closed cell foam, so buy the type that will not crack in the very cold temperatures. (normally blue in color) Also ENSOLITE pads are used in first aid classes.

Everyone damages a ski pole sooner or later. Why not carry duct tape and store it as STSer Steve Brickel does, wrapped around the pole as an extra lower handle on your ski pole and get those five different ways to hold your poles mentioned in the book.

The only thing I wish was true per this book is the \$1.00 nylon liner gloves from your local grocery store. Liner gloves are good for sticky metal and handling keys. I'm reminded about the need to carry a frozen car door lock kit. I'd like someone to tell me how the PVC pipe mentioned works as a heel lift (Page 36).

With this book, you will be well prepared for the enjoyments of winter. Yes people really do put their feet on other people's bellies (emergency foot warming for frostbite). Best of all I found the book a joy to read and unique among the many ski books available.

This book was revised in 2007 by lawyers warning about what dangerous things we do and the current official standards of hypothermia treatment.

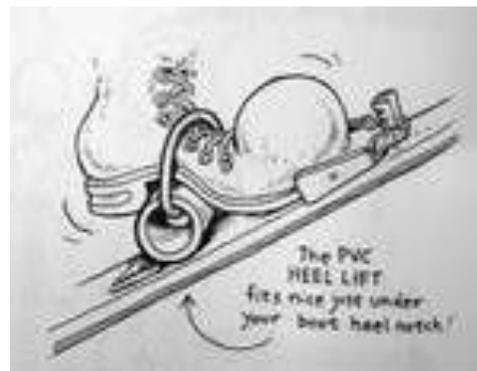
If you like this, they also have books on back packing, ultralight backpacking and telemark tips.



Allen O'Bannon



[Allen & Mike's Rally Cool Backcountry Ski Book](#) by Allen O'Bannon and illustrations by Mike Clelland. Paper Back Falcon Guides Cost \$12.95 per the 2007 back cover. But from Amazon you pay just \$9.63 with qualifications and cheaper used.



Drawings by Mike Clelland

MINUTES BECOME DAZE

Or Annual Meetings Only Seem to happen Once a Year for Some Reason

Minutes of the 2012 Annual Meeting, PATC Ski Touring Section

The STS held its 2012 Annual Meeting on April 21 at the home of member Catherine Payne. The Chair called the meeting to order. The Sofa said, "No way". Pandemonium ensued. Since the Section conducts its annual meeting under Robert's Rules of Order, Mr. Swennes took over, and the meeting proceeded. Rob welcomed everyone, and remarked on the scant snow and mild temperatures that constituted winter this year on the East Coast.

Approval of Minutes from 2011 Annual Meeting. Rob Swennes noted that Secretary Al Larsen's minutes of the 2011 Annual Meeting had been published in "Upslope", the STS newsletter, the previous month, and so were presumably fresh in everyone's minds. The minutes had also been published last May, right after that year's Annual Meeting, so presumably the assembled multitude had quite their fill without the need to have them read in person, thank you very much. In any event, it was moved and seconded to approve the previous minutes, and the motion carried without audible dissent.

Treasurer's Report and Budget. The next item of business was the Treasurer's Report from Brian O'Konski, which also included a proposed budget for the coming year. The report shows that Section funds, in savings and checking accounts, are similar to the amounts in recent years, while "Deposits" have swelled. This latter fact is the result of numerous trips from this past winter having been cancelled, so the Trip Coordinator rolled over deposits for certain trips next year to the same venues, such as Blackwater Falls State Park. Therefore, club funds are already on deposit at those locations. So, yes, it is true that we are taking a leap of faith that the State of West Virginia will not apply our STS funds to bridge any state budget gap. But, hey, we are already taking a leap of faith that there will be snow in the mid-Atlantic region next year, so why not? The Treasurer's Report was accepted by voice vote.

The membership then considered the Treasurer's proposed budget for 2012-13. It anticipates revenues and expenses consistent with those of recent years. With neither Tarot cards nor Farmers' Almanac to provide any contrary guidance, the membership voted to accept the budget without amendment.

Membership Report. Membership Chairman Doug Lesar, acknowledging the pressure he was under to unveil his annual mordant metaphor, outdid himself with his self-labeled "Extensive Table of Useless Data"-- which left everyone speechless (whether stupefied or stultified was never clear). But, useless does not mean uninteresting. More than a few nuggets could be found among the overburden (you mountaintop removal mining enthusiasts know that means there are valuable materials among the piles of dirt that get moved). For example, among those renewing their memberships last year the % choosing the 2 or 3 year options was trending lower, with more choosing the single year option. Secretary Larsen surmised that, with the age of the membership trending upward, maybe they were just hedging their bets so as not to waste money on those out years. Doug's charts also show that the number of members choosing to receive the newsletter in hard copy by mail was essentially unchanged from the previous year, because most of those who dropped memberships had been receiving electronic delivery. Also of interest: the number of people joining the Yahoo Group (the club's new list serv) was greater than the number on the old STS list serv, but almost half of those in the Yahoo Group are not STS members. So, depending on whether you are a glass-half-full or a glass-half-empty type of person, you'll either see a bunch of lurkers or a lot of prospective new members. Finally, summing up all of the data, nuggets and overburden, half-full or half-empty, the fact is that STS membership numbers over time yield a trend line showing a 6-7 percent annual decline.

The membership accepted the membership report. Is that redundant? They accepted it in the sense of acknowledging, "That's correct", but not in the sense of, "That's acceptable". To that point, Rob Swennes noted that STS is now on Facebook, and, not surprisingly, those using that resource tend to be younger.

Trip Coordinator's Report. Sensing that the astute crowd before her would wheedle it out of her eventually, Trip Coordinator Kathy Brumberger broke through the suspense and announced that this had been a very poor snow year. To back up her subjective conclusion, she produced a chart that showed only 6 out of 20 ski-only trips went out this past season (i.e., not counting those that were billed as going regardless of whether there was snow). As mentioned in the Treasurer's Report, the Trip Coordinator rolled over deposits for 4 Blackwater Falls State Park trips for next year.

There was discussion about trying to be better prepared to pull off impromptu outings next year. That is, rather than just giving up if and as scheduled trips get cancelled one-by-one for lack of snow, be ready to jump on short notice when a Wednesday forecast says "snow on Thursday night". The correct response would be to send out a note on the Yahoo Groups list saying (depending on whether one is from Virginia or further north): "Hee haw, who wants to go on Friday night to such and such destination."



(Continued on page 8)

Minutes (cont.)

(Continued from page 7)

Then, Rob thanked Al for doing his part to ensure snow next season by having ridden his bike to Catherine's house for the meeting. Uh, sure. Exactly. Al confessed he was not aware of that particular correlation effect, until Rob explained he was referring to reducing the STS carbon footprint and its contribution to global warming. Just in case, though, Kathy thought that having some number of out-of-region trips might also help increase the percentage of trips that do out next year.

Election of Officers. Rob stated that the four elected offices are: Chair, Vice Chair, Treasurer and Secretary, and that all four incumbents had agreed to serve for the coming year if re-elected. He said no one else had either expressed an interest in serving, or had nominated someone else. Rob then called for nominations from the floor, or volunteers to be on the ballot, and there were none. Al Larsen gave a reverse-campaign speech, saying that while he was willing to serve one more year, he thought it helpful to have other people participate more actively in the club by serving as officers. He said it has allowed him to meet many more club members and to get to know them better. He asked people who might be thinking about whether they could serve, but were not ready yet to step forward, to talk to him, however surreptitiously they deemed necessary, about doing it next year. [Secretary's note: please take this invitation seriously. It is actually a lot of fun, and more fulfilling when you have the ability to put into action all those ideas that you have developed while observing how things have been done (while you've been thinking there is a better way for this or that to be done).]

With no additional nominations, the offered slate was elected by unanimous voice vote:

Chair: Rob Swennes
 Vice Chair: Jennifer Bine
 Treasurer: Brian O'Konski
 Secretary: Al Larsen

Rob then announced the following appointments to other non-elected leadership positions:

Trip Coordinator: Kathy Brumberger
 Membership Coordinator: Doug Lesar
 Newsletter Mailing Coordinator: Randy Kerr
 Webmaster: Stephen Brickel

Lastly, Ralph Heimlich has agreed to be Upslope Editor for the coming year, and Rob welcomed him back to the job—noting that people have to get material for the newsletter to Ralph, otherwise there will be no newsletter. And, speaking of the editor position, many, many thanks to Mariamalia Araya, who served as editor this past year, and who delivered her final issue just ahead of delivering her new baby. Thanks, Maria!

New Business. Rob asked if anyone had new matters to be considered.

The group discussed possible trips for next year. Of course as always, the key is a leader who is willing to lead a trip somewhere. Among the destinations suggested were Norway, Northern Wisconsin, Western Canada (BC or Alberta), and the Pacific Northwest of the US. Several people had other generalized ideas, without a great deal of detail. Rob solicited their thinking about, and perhaps researching and fleshing out the ideas, for future years.



There were several trips that leaders anticipate offering this coming year:

New Hampshire—Rob, probably in January
 Quebec (which STS has not done for several years)--perhaps Rob would lead such a trip next February.

Just like the ski season itself, the meeting ended early and abruptly. In discussing next year's venues, Doug Lesar said "Dolly Sods", but Yvonne Thayer thought she heard, "Bully! Suds!", and the stampede to the refreshments could not be held back.

respectfully submitted,

Alan S. Larsen
 Secretary

It's Time to Pay Your Dues Again!

This emailed UPSLOPE has the expiration date for your membership in the subject line. UPSLOPE mailed through the U.S. Post Office has a numeric code in the mailing label with your membership expiration. If your email subject line denotes 2012 or if the mailing label string is 2012-12, your membership is expiring this coming New Years Eve (12/31/2012). Information on how to renew and a renewal form is on final page of this UPSLOPE.

Doug Lesar,
 Membership Chair

Ski/Dance Weekend: Ski All Day/Dance All Night!

In 2011 over Presidents Day weekend, I, along with 50 others, traveled to Somerset County, Pennsylvania for the famous Ski/Dance Weekend. Now, I've only attended this storied event for two years, but Bob Mathias has been going since approximately 28 years ago when he organized the three sponsors: The Folklore Society of Greater Washington, Sierra Club along with STS. He felt that traditional dancing fit perfectly with cross-country skiing.

Staying at Camp Harmony, the beautiful retreat belonging to The Church of the Brethren, is part of the fun. We slept four people to a room, or up to 20 in the dormitory. Sitting around the big fireplace with our new best friends, using the kitchen, or taking that delicious shower after a day of cross country skiing was a wonderful treat.

At the lodge we would eat hearty breakfasts prepared by long-time employees of Camp Harmony, put our own lunches together with the fixings laid out for us, and then head off for the the first half of the main event. This involved driving to either Laurel Mountain State Park, Laurel Ridge or just skiing right out the front door, around the trails of the Camp and adjoining reservoir. Did I mention the warming-hut that has a fire burning all day and the hot chocolate?



There's more fun in store during the evening. The first night we arrived, a giant potluck dinner was shared by all. On the other nights we were served buffet style with lots of vegetarian (my favorites) and meat dishes, with all the trimmings. After the chairs are set up in a semi-circle, and the folk song books are distributed, [Dave Weisler](#) stood in front of the fireplace and lead us in the best Sing Along I ever sang along to. There must be over 1,000 songs in that book, and when someone chooses their favorite, we all have the words, and Dave plays the tune. It's a joyful sound we make, and the hour ends way too soon.

But, of course, it's time for the dancing. Many of the folks dance at Glen Echo regularly, and see one another there. These American folk dances have precursors going back 200-300 years, originating from European cities and country sides. Bob says that Contra dancing builds a community feeling among people, and helps create traditions. I would have to agree, and add that it's a glorious feeling to be swinging and swirling the night away. For the past 8 or 9 years we've had [Laura Light](#) and George Paul join

Dave as our trio. The caller is well-known Robbin Marcus from Atlanta. Whether you are following the dance, or just sitting and listening to the band, you'll enjoy the beautiful music and happy people.

Many folks are thinking that if the snow doesn't show there won't be anything to do--but they are wrong. Along with the nightly events, we can hike, go to the Johnstown Flood Museum, the Steel Museum, or the just-opened 911 Memorial in Shanksville. Bob, along with Eliot Applestein, who has been co-leader for the last 12 years, report a number of romantic matches that have resulted in marriages, and the numerous kids that have been attending so long that they've become college students.

The Ski/Dance weekend should be on everyone's list. It's too good to miss.

Arleen Richter



More Skiing and Dancing—Last year I attended a ski-dance week at Craftsbury Outdoor Center in Vermont. It was sponsored by Road Scholar. The week is a great cross country experience. There were five instructors for about 30 participants. We were divided according to skill levels. Each group had an instructor who gave continuous instruction, skied with us all day, and guided us around the extensive trails. If needed, rental of all equipment is free. On two days we had the choice to get instruction in skate skiing. Rental of skate skis and boots was free. All three meals were included--very generous cafeteria style. Rooms are spartan but clean. I decided to pay a little more for my own room. Every night after dinner there were group country music dancing lessons and live music until about 10 PM. The snow was good--they make tons of snow and use it to repair thin spots.

For some reason, the two ski-dance weeks are not listed in the latest Road Scholar catalog. However, I telephoned Craftsbury and they said six weeks are on their schedule: January 13 through March 1, 2013. Sign-up is through Road Scholar at <http://www.road scholar.org/n/program/summary.aspx?id=1-5Q51QN>

I plan to attend one of these weeks.

Len Henzke

PATC-Ski Touring Section

c/o Doug Lesar

2507 Campbell Place

Kensington, MD 20895



To:

PATC Ski Touring Section Membership Form

The PATC/STS provides quality services and benefits to its cross-country skiing members while promoting and supporting the PATC and cross country skiing in general. Whether a novice, recreational, citizen racer or telemark skier, STS has something for every XC skier. Imagine yourself floating on the snow, climbing across hill and dale in the quiet of winter, stopping for lunch in brilliant sunshine on a vista with a view of snow-covered ridges and valleys stretching to the horizon, and then making a descent back to home. Our membership enjoys ski touring in the hills with the comradeship and safety of a group. When you become a member, you receive all issues of the club's newsletter UPSLOPE and other useful information. UPSLOPE is published six times a year by PATC/Ski Touring Section, a non-profit, educational and recreational group of cross-country skiing enthusiasts based in the Maryland, DC, Virginia, PA and West Virginia areas. UPSLOPE provides information about STS trips and events (e.g., Learn-To-XC-Ski weekends, Telemark instructional clinics, and mini-week ski trips). One year membership runs from October 1st through September 30th of the next year. If you join in April or later, your one year membership will run through September of the next year. To insure uninterrupted membership for more than one year, you may provide advance dues for up to three years. To join, select your desired membership category and term from the table below, complete this Form legibly, and send it with a check appropriate to your membership choice (payable to PATC Ski Touring Section) to:

PATC-Ski Touring Section, c/o Doug Lesar, 2507 Campbell Place, Kensington, MD 20895

Membership Classes

<u>Membership Categories</u>	<u>1 Year Only</u>	<u>2 Years</u>	<u>3 Years</u>
Individual	\$ 9	\$17	\$25
Family	\$13	\$24	\$35

PLEASE PRINT or TYPE THE INFORMATION BELOW !!!

Name(s): _____ Request is for: - NEW Membership: _____

Address: _____ Today's Date: _____ - New Address: _____

City: _____ State: _____ Zip: _____ - Renewal: _____

Home Phone: _____ Work Phone: _____ Email Address: _____

- Add me to Annual member directory but do not list my: Home Ph.: ___ ; Work Ph: ___ ; Email: ___;Postal Address: ___
- If checked, add me to New Yahoo Group so I can get infrequent, adhoc announcements of local XC Ski activities: ___
- If checked, send my UPSLOPE only electronically (no paper copy) to save the club copying and postage: ___

STS is an all-volunteer organization. We cannot function without the assistance of our members. If you are interested in volunteering to help STS in any of the following areas, please check the box and you will be contacted:

- | | | |
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| <input type="checkbox"/> STS Officer | <input type="checkbox"/> Publicity | <input type="checkbox"/> XC Ski Instructor |
| <input type="checkbox"/> Web Content Assistant | <input type="checkbox"/> Ski Trip Leader | <input type="checkbox"/> Special Events Coordinator |