



UPSLOPE

Newsletter of the NORDIC Ski Touring Section of PATC



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

October 2019

UpComing Attractions In Winter UPSLOPE

- The rest of the 2019-20 Schedule
- YOUR ski stories

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(blue links are live)

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Don't Miss the SKI FAIR!

By Ralph Heimlich

The long summer is over, so now is the time to grab your skis and start dreaming of the COLD season 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 2, 12:30-4:30** at the PATC offices, 118 Park Street in Vienna, VA (directions below).



Sign up for trips photo by Stan Turk

Catch up with old friends and new and be among the first to sign up for trips scheduled from December 2019 through March 2020. STS trips are a travel bargain, fun, friendly and led by members with years of experience. Bring your checkbook because you aren't "signed up" until you've paid.

Listen to presentations from experienced skiers and trip leaders (schedule on [page 6](#)). Buy or swap for used cross country ski equipment at the Fair ([page 6](#)).

Consider yourself a Nord-wannabe? No problem! You can take lessons at many of the Ski Touring Centers at our destinations. Bring your checkbook to sign up for trips (see schedule on [page 6](#)) and begin or renew your membership.

Bring healthy and not-so healthy snacks to share. (For last-minute shoppers, there's a Giant 2 blocks north (RT 128 and Branch Road SE) and a Whole Foods (across Park Street). STS will provide coffee, tea and sodas. Enjoy talks on ski gear, ski destinations and score some bargains on used ski gear while you're at it.

WHERE: The Potomac Appalachian Trail Club (PATC) headquarters at 118 Park Street, Vienna, VA 22180 [less than a block south of the intersection of Park & Maple Sts. (VA Rt.123) in Vienna]

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



Learn about skiing photo by Stan Turk

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FROM THE \$LOPES – Chair Notes

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Our lives, as we know, do not progress in a straight line. If they did, life would be boring. The same applies to weather. Most any Nordic skier I've met in years past acknowledges that meaningful, long-term climate change is upon us. That is the more accurate phrase to use rather than "global warming" since, picking up on the theme above, weather does not progress in a straight line.



Climate change affects various groups and geographic areas in different ways. As cross-country skiers, we experience it up close and personal. It's not just some abstraction or virtual reality on a screen. Being in a biting, wind-driven snowstorm on skis is life; it's not a virtual reality. I can recall many times out in such conditions with others in the Ski Touring Section and suddenly the thought pops into my head: This is Real. This is Life. I am Alive! And I wonder why it is that the other 99 percent of my life suddenly feels so muted, so homogenized, so scripted.

Part of the excitement of the coming winter season is the anticipation of new moments just like that. It doesn't matter whether you encounter them when skiing or snowshoeing in Canaan Valley in West Virginia or in the Laurel Highlands of southern Pennsylvania or on one of the Section's more exotic excursion ski trips out West, up North, or even overseas. I am Alive! No wonder when we describe our winter's recent ski trips at the Section's early spring Après Ski social, our faces radiate with that knowledge.

Back to nonlinear weather. Some members of the Section last fall were worried that their skiing days were over due to climate change. Boy, was that wrong. While some of the mid-Atlantic trips cancelled due to lack of snow, those of us who skied in New Hampshire in January and later in Quebec in February enjoyed wonderful snow conditions!

Here are three photos from New Hampshire this past January. Mount Washington; Bela Mariassy and Ann Hitchcock on the trail; a heavy snowfall at our lodging. How much you ski depends in part on the weather but even more so on the decisions you make to join particular trips.

Look forward to seeing you at Ski Fair on November 2nd!

In Snow,
Rob Swennes, Chair



Farmer's Almanac Predicts Polar Coaster Winter Ahead



Farmers' Almanac Sez: Expect a 'Polar Coaster' and Really Cold Temperatures This Winter

Freezing. Frigid. Frosty. That's what you can expect this winter, according to the Farmers' Almanac.

The 2020 edition of the Farmers' Almanac predicts that two-thirds of the country will face a colder-than-normal winter season. The worst of this year's bitterly cold winter will affect the eastern parts of the Rockies all the way to the Appalachians.

The outlook says the Northeast, including cities such as Boston and Washington, can anticipate colder temperatures than typically expected. The biggest drop will happen in areas across the northern Plains to the Great Lakes.

"With colder-than-normal temperatures in the Northeast and above-normal precipitation expected, our outlook forewarns of not only a good amount of snow, but also a wintry mix of rain, sleet—especially along the coast," the long range forecaster suggests.

People in the western third of the US may be in luck, since the publication forecasts near-normal winter temperatures there.

The coldest conditions are expected to arrive during the last week of January and stick around through the beginning of February.

The eastern half of the US will have a suspenseful start in 2020. The Farmers' Almanac predicts strong and gusty winds. Depending on where you live, January 4-7 and 12-15 could have "copious amounts" of snow, rain, sleet and ice.

The National Oceanic and Atmospheric Administration's official winter seasonal outlook will be released in October.

For more detailed weather forecasts for this winter and beyond, pick up a copy of [The 2020 Old Farmer's Almanac](#)—available now!



Ski Fair (cont.)

(Continued from page 1)

Avenue). Continue in the right-hand lane for about ¼ 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.

From I-66, turn right off Nutley on Tapawingo, then left on Park. No lights, light traffic.

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!



Renew your PATC-STS Membership photo by Ralph Heimlich

STS Membership Renewals Due!!

Yet another membership renewal period is in effect for the Ski Touring Section of PATC. Memberships expiring in 2019 must be renewed before 1 January 2020 for membership to continue into the upcoming ski season. **The countdown is on!** Remember that your modest dues are used to stoke a revolving club account that finances advance payments for trip and excursion lodging. Think of it as an investment in future fun.

If you receive UPSLOPE electronically, look on the email subject line for your expiration date. For those receiving UPSLOPE by U.S. mail, examine the UPSLOPE mailing label. If you see 2019-12, your membership expires on the last day of 2019.

For a membership renewal form with my address and dues amounts, visit <http://www.patc.us/chapters/ski/> and press the FORMS & DOCS link on the top bar of the club's home page. You will find the downloadable and edit-ready MEMBERSHIP PDF file there.

Happy Fall to y'all and hope that the winter is wintry ...Doug Lesar, STS recordskeeper / duesmeister

Work Trip Scheduled



Snow Sawing

A work trip has been scheduled to improve trails prior to the ski season. YOUR help is needed to make things better for EVERYONE.

November 22-24—Whitegrass—November is a long time off, but it is not too early to SAVE THE DATE for the **November** worktrip to Whitegrass WV. Lynn Yates

(towson.lynn@gmail.com) returns to organize the worktrip this year. We are working on plans of where to stay, etc. More details to follow. See the trip schedule on page 7 for details. If you wish to stay in the cabin, please contact Lynn as soon as possible.



Gearing up

Are You Already Part of YAHOO GROUPS? Facebook? MeetUp?

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 at <http://www.facebook.com/pages/Ski-Touring-Section-Potomac-Appalachian-Trail-Club/226549600733615> 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.

MEETUP: You can also join our Meetup, Nordic Skiers of the Potomac Appalachian Trail Club at <http://www.meetup.com/Nordic-Skiers-of-the-Potomac-Appalachian-Trail-Club/> Join this MeetUp group to help ease younger skiers or wannabes into the wonderful world of Nordic skiing!

Cross Country Skiing and Snowshoeing in the Bend/Sisters Area of Central Oregon

The Bend/Sisters area of Central Oregon is located just east of the Cascade divide, about 100 miles southeast of Portland, and 30 miles west of Redmond.

With one of the longest ski seasons in North America, Bend is home to the [Northwest's premier cross country ski team, XC Oregon](#), and is a regular spring training ground for the U.S. Ski Team. But for most of us who just want to get out there and enjoy the beauty of winter, the breathtaking scenery, steady snowfall, and consistent sunshine of Central Oregon, Bend makes the perfect place to learn the sport.

At [Mt. Bachelor](#), explore 56 km of Nordic trails that weave through the Deschutes National Forest, including easy loops for beginners, and double diamonds with 600-foot elevation gains for experts. The [Mt. Bachelor Nordic Center](#) has skis available for rent that are waxed and sharpened daily, along with new equipment and demos from Ros-signal, Madshus and Alpina. The Nordic Center has some of the best instructors in the area teaching both skate and classic style skiing. There are affordable packages for beginners which include rentals, a day pass, and a one-hour lesson.



Cross country skiing at Mt Bachelor Nordic Trails



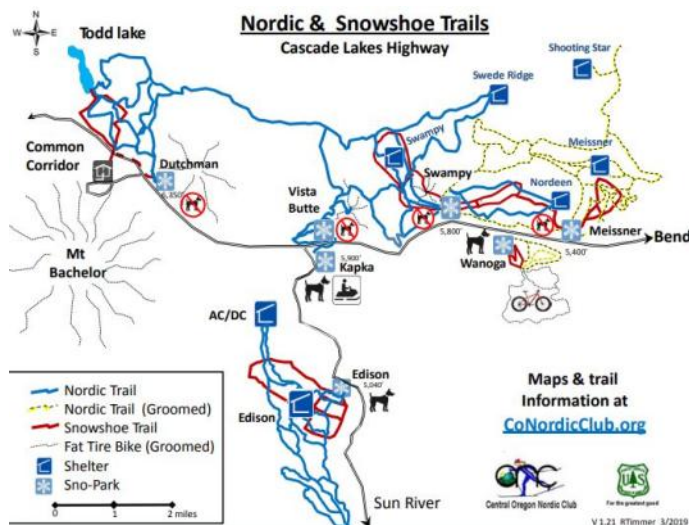
After a few hours of gliding around on expertly groomed trails, plan to have lunch by the cozy fireplace in the Nordic Center. Try one of the freshly made burritos that are known to Mt. Bachelor employees and local skiers alike as the best lunch on the mountain.

There are also a number of Sno-parks off Century Drive on the way up to Mt. Bachelor. The most popular is Virginia Meissner, maintained by [Meissner Nordic](#). The community trails are located at the [Virginia Meissner Sno-Park](#), 14 miles West of Bend, Oregon on the way to Mt. Bachelor along the Cascade Lakes Highway (also known as Century Drive). The area features 40 km of exceptional track, stunning views and a variety of terrain, for both skating and classic technique. There are trails for all levels, from beginners to experienced skiers. The trail system is located on U.S. Forest Service land

and it's managed through a cooperative partnership between the Forest Service and Meissner Nordic. The [Meissner Nordic lodge](#) is adjacent to the parking lot and inside you'll find brochures with trail maps. There's a donation box next to the lodge to support grooming operations, so please help keep us groomed.



Warming hut on Virginia Meissner trails



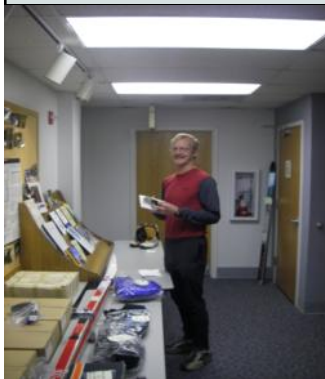
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Preliminary 2019-20 Ski Trips

Below is the 2019-20 STS schedule of trips. There are two trips that needs a leader thanks to those stalwart leaders who have already decided to lead a trip! Let us know if you would like to lead another trip. Jan and Ron Tucker (jandrucker@verizon.net). Bring your checkbook because you aren't "SIGNED UP" until PAID UP.

| Date | Place | Leader |
|------------------------|---|--|
| 2-Nov | Ski Fair, VA. Trip Leader Workshop | |
| Nov 22-24 | Work Trip, Whitegrass, WV | Lynn Yates |
| Dec 28-Jan 1 | Tug Hill Area, NY. | Peggy Alpert |
| Jan 3-5 | SOMEWHERE SNOWY! | NEED A LEADER! |
| Jan 10-12 | Laurel Highlands, PA | Greg Westernik |
| Jan 16-20 MLK | White Mountains, NH. NO Cancel. | Robert Swennes |
| Jan 17-20 MLK | Canaan Valley Ski/Snowshoe/Hike, WV. NO Cancel | Bert Finkelstein |
| Jan 23-26 (Thu-Sun) | Canaan SP Cabin, WV. NO Cancel | Douglas Lesar |
| Jan 24-26 | Laurel Highlands Learn-To-XC-Ski, PA | Greg Westernik |
| Jan 24-26 | Laurel Highlands, Comfort Inn, PA | Val Matthews |
| Jan 27-Feb 2 | Maine Ski/Snowshoe, Cabin/Huts, ME. NO Cancel | Ralph Heimlich |
| Jan 31-Feb 2 | Blackwater Fall SP Lodge, WV. | Brian O'Konski |
| Feb 7-9 | Laurel Highlands, PA | Steve Jarvis |
| Feb 14-17 Pres Weekend | Canaan Valley Ski/Snowshoe/Hike, WV. NO Cancel | Bert Finkelstein |
| Feb 14-17 Pres Weekend | Blackwater Falls Deluxe Cabin. NO Cancel | Lee Greathouse |
| Feb 14-17 Pres Weekend | Ski Dance, Camp Sequanota, Laurel Highlands, PA. Beginner Skiers. NO Cancel | Eliot Applestein and Bob Mathis For more info www.skidance.com |
| Feb 20-26 (Thu-Wed) | Bend/Sisters Area, OR. Rental Home. NO Cancel | Ralph Heimlich |
| Feb 21-23 | Laurel Highlands, PA | Greg Westernik |
| Feb 28-Mar 1 | Tug Hill (?) | NEED A LEADER! |
| Mar 5-9 | Maine Cabin. Ski/Snowshoe/hike. NO Cancel. | Joe Bachman |
| March 29 (Tentative) | Après Ski Party and Annual Meeting | Catherine Payne |

Gear Swap



Got Gear? Got gear to get rid of? Got gear to get so you can ski? You need to hit the tables at our GEAR SWAP at the Ski Fair. If you have used gear in serviceable shape, or new gear that just wasn't your thing, put a tag on it with a price, your name, and any other relevant info (size, sex, etc.) and put it out on the table. If you are looking for gear, bring your wallet or check book and check out some bargains, especially if you are just getting started in XC skiing.

Ski Fair Presentations

There will be a variety of presentations at the Ski Fair on ski locations, upcoming trips, tips and techniques. See the schedule posted in the main room when you arrive.



Trip Descriptions (preliminary)

PATC/STS 2019-20 trip schedule

People not STS members, add \$10 per trip.

Note: STS membership is only \$9 per year!

(*) indicates trips requiring PATC membership

Dates—Nov 22-24, 2019 (Friday and Saturday nights)

Trip—White Grass Trail Maintenance and Clean-up (near Davis, WV)

Lodging—Lovely house near Timberline, or in the White Grass lodge (floor space), camp on grounds at White Grass, or camp at the nearby State Park, with heated showers/bathrooms. There is limited space in the house, and the early birds will get those spaces, if they want them.

Description—Help Chip get the trails at Whitegrass ready for the 2019-20 ski season. Great camaraderie and great cause. Chip provides the tools: or you bring your own favorite tools, chain saw, etc.

Leader—Lynn Yates, towson.lynn@gmail.com, 410-916-8111 Cell-leave message

Cost—No cost for lodging; lunches provided compliments of White Grass. Transportation by carpools arranged by participants. Other meals and personal indulgences extra

Dates—Dec. 28, 2019- Jan. 1, 2020 (4 nights, Sunday-Wednesday) Cancels if no snow

Trip—Tug Hill Region, New York

Lodging—The Lodge at Headwaters, Booneville, NY. Includes breakfast, micro wave and refrig in each rm., 5 miles from BREIA trails, 22 miles to Oseola

Description—Skiing and snowshoeing the BREIA Trails (free) in Booneville, at Oseola ski touring center, Winona State Forest and Barnes Corners in the Pulaski area. Enjoy a New Year's Eve pot luck party. Transportation by carpooling arranged by participants, based on roster info. Roster will be emailed to all participants once info is received.

Leader—Peggy Alpert, 301-946-4497, elefinch93@gmail.com

Cost—TBD

Dates—Jan 3-5, 2020 (Friday-Sunday, 2 nights) Cancels if no snow

Trip—Laurel Highlands, Somerset, PA Or Canaan Valley, WV

Lodging—TBD

Description—Leader—NEED A LEADER!

Cost—TBD

Dates—Jan 10-12, 2020 (Friday-Sunday, 2 nights) Cancels if no snow

Trip—Laurel Highlands, PA Area Cross Country Ski Weekend

Lodging—Econo Lodge, downtown Somerset PA

Description—Join fellow Nordic skiers gliding at usual and less-traveled favorites in the Highlands of SW PA (e.g., Laurel Mtn, Laurel Ridge, Roaring Run, North Woods, Laurel Hill) with more kms of trails and choices than time for event, plus option of night skiing near Lodge (snow permitting). Still the one with \$0 to \$10 budget-busting trail use fees and walk option to meals. Way cooler and almost heaven!

Leader—Greg Westernik, gmwester@gmail.com or phone 571-575-0695

Cost—\$80 covers only lodging (double occupancy) plus free continental breakfast.

Dates—Jan 16-20, 2020 (Thursday- Monday, 4 nights) MLK Weekend No Cancellation

Trip—White Mountains, New Hampshire

Lodging—Home on Attitash Loop, Bartlett NH

Description—Ski one of the most scenic venues on the East Coast—the White Mountains of N.H. at cross-country ski touring centers such as Jackson (<http://www.jacksonxc.org/>), Bretton Woods (<http://mtwashington.com/xcountry/ski/>) and Bear Notch (http://www.xcskinh.com/bear_notch.cfm) in Bartlett, NH. Many backcountry ski and snowshoe trails are in the area, such as near the AMC lodge at Pinkham Notch and the various ski centers. Our lodging will be in a modern home that the Section has stayed at since 2009. Great kitchen and living area! House capacity is 9 - 10 skiers. Any wishing to join us but not able to get space in the house can arrange their own lodging in the area and join us for all meals and socializing for \$100.

Leader—Rob Swennes, 703-405-8232, robertswennes@hotmail.com

Cost—\$395, which covers four nights of lodging and all in-house meals. Skiers pay for any flights, ground transportation in NH, outside meals, ski center fees, and miscellaneous costs.

Dates—Jan 17-20, 2020 MLK Weekend (Friday–Monday, 3 nights) No Cancellation

Trip—Canaan Valley, WV, Ski/Snowshoe/Hike

Lodging—TBD

Description—TBD

Leader—Bert Finkelstein, bertanamo@gmail.com or (703) 282-0170

Cost—TBD

Dates—Jan 24-26, 2020 (Friday–Sunday, 2 nights) Cancels if no snow

Trip—Laurel Highlands, PA, Learn-to-Cross Country Ski Weekend

Lodging—Econo Lodge, downtown Somerset, PA

Description—Join fellow nordic skiers and wannabes enjoying 2 days of beginner+, free instruction in cross-country skiing from seasoned volunteers, ranging from dry land to fixed stations to instructional tours, emphasizing safety and fun. We will glide at two favorite nordic ski areas in Laurel Highlands. Learn more in two days than years of nordic skiing on your own.

Leader—Greg Westernik, gmwester@gmail.com or phone 571-575-0695

Cost—\$85 covers only lodging (double occupancy) plus free continental breakfast and free XC ski instruction.

Dates—Jan 23-26, 2020 (Thursday–Sunday, 3 nights) No Cancellation

Trip—Canaan Valley State Park, WV

Lodging—Canaan Valley State Park Cabin w/complete kitchen for breakfast, pot luck and/ or individual dinner. We need 2 couples for this trip. 2 rooms have 1 queen bed in each room. 2 rooms with 2 double beds in each room.

Description—One of the most convenient lodging locations in Canaan Valley for skiing at White Grass, the downhill resorts, and points in between. Good trip for eclectic skiers open to a mixture of on-trail cross-country and off-trail backcountry. Snowshoeing or winter hiking are possibilities if conditions dictate.

Leader—Doug Lesar, 301-520-9516, desar@comcast.net

Cost—Cost \$175 (double occupancy) per person lodging only, assuming minimum of 8 participants. Note three-night stay and carpooling to be arranged.

Dates—Jan. 24-26, 2020 (Friday-Sunday, 2 nights) Cancels if no snow

Trip—Laurel Highlands Ski, Laurel Highlands, PA

Lodging—Comfort Inn, Somerset, PA (http://www.tripadvisor.com/Hotel_Review-g53711-d96836-Reviews-Comfort_Inn-Somerset_Pennsylvania.html)

Description—Lots of opportunities here for skiers and snowshoers. Groomed ski trails at Laurel Ridge State Park, Laurel Mountain State Park, and Kooser State Park. Rentals available at Laurel Ridge State Park and a shop outside Somerset. At least three backcountry areas with very well-marked trails in Forbes State Forest. And snowshoers looking for something a little more challenging can try the Laurel Highlands Hiking Trail covered with a foot or two of snow.

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The position of Webmaster for the PATC-STC is currently vacant. If you have web skills and would like to help out the club with a couple of hours every few weeks, we NEED YOU!! Duties include keeping the website up to date with schedule changes and altering the look and feel as needed to present our best face to the world. See our website at <http://www.patc.us/chapters/ski/>

To volunteer, contact John Tichenor at H: johnjohn5670@yahoo.com

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Leader—Valerie Matthews, valerie-matthews@verizon.net, 301-580-8634

Cost—\$125 per person, double occupancy. Covers only lodging and hot breakfasts.

Dates—Jan 27-Feb 2, 2020 (Monday-Sunday, 6 nights) No Cancellation

Trip—Maine Ski/Snowshoe Hut-to-Hut

Lodging—Maine Huts and Trails, with 1 night in Portland, ME, coming and going

Description—Stay first night in Portland. Drive 3 hours to Maine Huts and Trails trailhead and ski 3.3 miles to Poplar Hut. Stay 1 night at Poplar Hut. Ski 7.8 miles to Stratton Brook Hut. Stay 2 nights, skiing in the Bigelow Preserve. Ski out 6.7 miles to trailhead and drive 3 hours to Portland. Spend last night in Portland and fly out next afternoon.

Leader—Ralph Heimlich, 240-472-8825 (cell), heimlichfamily@comcast.net

Cost—\$550 per person, double occupancy in hotels and common bunk in Huts. Does not include airfare, your share of the cost of vehicles and your food in Portland.

Dates—Jan 31-Feb 2, 2020 (Friday-Sunday, 2 nights)

Trip—TBD

Lodging—TBD

Description—TBD

Leader—NEED A LEADER!

Cost—TBD

Dates—Feb 7-9, 2020 (Friday-Sunday, 2 nights)

Trip—Laurel Highlands Ski, Laurel Highlands, PA

Lodging—Comfort Inn, Somerset, PA 12 participants max (http://www.tripadvisor.com/Hotel_Review-g53711-d96836-Reviews-Comfort_Inn-Somerset_Pennsylvania.html)

Description—Lots of opportunities for skiers. Groomed ski trails at Laurel Ridge State Park, Laurel Mountain State Park, and Kooser State Park. Rentals available at Laurel Ridge State Park and a shop outside Somerset. At least three backcountry areas with very well-marked trails in Forbes State Forest.

<https://www.paccsa.org/lmwebcam> <https://www.paccsa.org/rwebcam>

Leader—Steve Jarvis, jarsnv7@msn.com 703-282-6752

Cost—\$125 per person, covers only lodging, double occupancy and free hot breakfast.

Dates—Feb 14-17, 2020 (Friday-Monday, 3 nights) Presidents Day; No Cancellation

Trip—Canaan Valley, WV, Ski/Snowshoe/Hike

Lodging—TBD

Description—TBD

Leader—Bert Finkelstein, bertanamo@gmail.com, 703-282-0170

Cost—TBD

Dates—February 14-17, 2020 (Friday-Monday, 3 nights) Presidents Day; No Cancellation

Trip—Blackwater Falls Skiing

Lodging—Blackwater Falls Deluxe Cabin

Description—For all skier levels. Ski Blackwater Falls State Park with twenty + miles of trails, Canaan Valley trails, and White Grass Ski Touring Center. Sledding hill is available when snow is sufficient. Skis, poles, boots and sleds can be rented at Sled Run & Cross Country Ski Center.

Leader—Lee Greathouse

Cost—

Dates—Feb 14-17, 2020 (Friday-Monday, 3 nights) Presidents' Day; No Cancellation

Trip—34th Annual Ski-Dance Weekend sponsored by STS and Sierra Club

Lodging—Camp Sequanota, PA

Description—Cross-country ski in the Laurel Highlands during the day and contra dance at night to live music. At a new location at the foot of Laurel Mt. State Park in PA at Camp Sequanota. They offer both motel style rooms and cabins. Prices range from \$90 to \$285 depending on your accommodations and age. Trip begins on Friday evening with an informal potluck supper and dance and ends on Monday with breakfast; 7 meals included. Camp Sequanota has over 300 acres available for cross-country skiing, slopes for sledding and several different types of habitat. Laurel Ridge, Laurel Mts. and Forbes State Forest areas are nearby. Check website, <http://www.skidance.com> for more information and registration form.

Leader—Bob Mathis, 301-589-7539, talibob@starpower.net

Cost—\$95 to \$300 depending on your accommodations and age. See www.skidance.com for more information.

Dates—Feb 20-26, 2020 (Thursday-Wednesday, 7 nights) No Cancellation

Trip—Bend/Sisters, Oregon Ski/Snowshoe

Lodging—Rental House, Couples preferred due to bedding arrangements

Description—Skiing with AMPLE snow at Mt Bachelor Nordic Center, and from numerous SnoPark trailheads on U.S. Forest Service trails.

Leader—Ralph Heimlich, 240-472-8825 (cell), heimlichfamily@comcast.net

Cost—\$300 lodging only, NOT including airfare, your share of rental cars and food eaten out.

Dates—Feb 21-23, 2020 (Friday-Sunday, 2 nights) Cancels if no snow.

Trip—Laurel Highlands, PA

Lodging—Econo Lodge, downtown Somerset, PA, 10 participants maximum.

Description—Join fellow Nordic skiers gliding at usual and less-traveled favorites in the Highlands of SW PA (e.g., Laurel Mtn, Laurel Ridge, Roaring Run, North Woods, Laurel Hill) with more kms of trails and choices than time available, plus option of night skiing near Lodge (snow permitting). Still the one with \$0 to \$10 budget-busting trail use fees and walk option to meals.

Leader—Greg Westernik, gmwester@gmail.com or phone 571-575-0695

Cost—\$80 covers only lodging (double occupancy) plus free continental breakfast. Transportation by car pool to be arranged.

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Trip Descriptions (cont.)

(Continued from page 8)

Dates—Feb 28-Mar 1, 2020 (Friday-Sunday, 2 nights)

Dates—Mar 5-9, 2020 (Thursday-Monday, 4 nights). No cancellation

Trip—Maine Ski and Snowshoe*

Lodging—Rental home near Sugarloaf Mountain, Maine.

Description—The snow sill hangs around in March in the far north around Maine's high peaks. We'll be surrounded by over twenty 4,000 footers. Nordic ski areas at Sugarloaf (<http://www.sugarloaf.com/activities-and-nightlife/outdoor-center>) and Rangeley (<http://rangeylelakestrailscenter.com>), plus groomed backcountry trails as part of the Maine Huts and Trails system (<https://mainehuts.org>). Snowshoe or ski to the top of the mountain with a view of the Bigelow Range, and have a hot lunch served at the hut! Other trails access frozen waterfalls and lakes and the deep North Woods. Bring your passport, and check out the backcountry at Mont Megantic and Mont Gosford just across the border in Quebec. All of this, and it's only a 3-hour drive from the Portland, Maine airport.

Leader—Joe Bachman, Joseph.bachman@verizon.net, 410-446-8501.

Cost—\$385, which includes 4 nights of lodging and all in-house meals. Participants pay for flights to Portland, Maine and ground transportation (rental vans) in Maine, trail fees, outside meals, etc.. Leader will arrange rental van carpools from the Portland International Jetport. Participants can also travel to the site on their own.

Dates—Tentative Date Mar 29 (Sunday)

Trip—Après Ski

Lodging—Catherine Payne's House in Great Falls

Description—Join us for a recap of the season, pot luck dinner, and our Annual Meeting

Leader—Rob Swennes

Cost—Your pot-luck contribution and BYOB.

Updated 9/25/2019

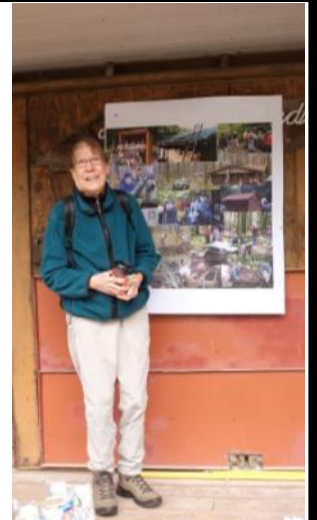
ERMA CAROLYN CAMERON

August 7, 1944 - December 9, 2018

Long-time PATC-STC member Erma Cameron passed away last December. She was actively engaged in STS, leading trips, especially work trips to Laurel Ridge and other ski venues, participating in many trips, and an active participant at Ski Fair, most recently organizing the food table.

Born in Saskatoon, SK. Worked at USPTO (United States Patent and Trademark Office). Hiker, skier, backpacker, climber, world traveler. Smithsonian Volunteer. Funeral services were private.

Published in The Washington Post on Jan. 16, 2019

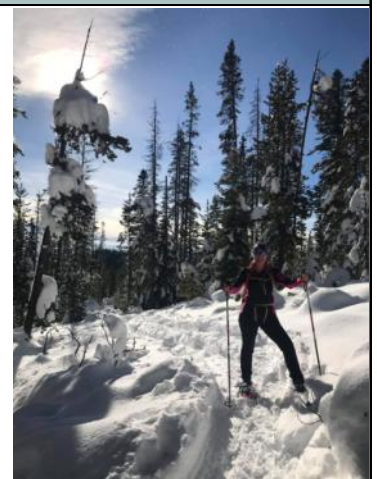


Bend/Sisters, Oregon Skiing (cont.)

(Continued from page 5)

Meissner is connected through a series of trails to the Swampy Lakes Sno-park, two miles further up Century Drive. Pack a lunch, and relax and refuel in one of the many warming huts with fireplaces throughout the trail network maintained by the [Central Oregon Nordic Club](#).

There is a wealth of cross country skiing and snowshoeing opportunity in the Bend/Sisters area of Central Oregon!



Snowshoeing near Bend

Backcountry shrimps at Todd Lake near Mt. Bachelor

SKI Dance: Ski All DAY—Dance All Night!

By Bob Mathis

So what is this annual ski-dance weekend? When did it all begin? Who started it? What do you do there – dance with your skis; isn't skiing hard enough? These are all good questions which I'll attempt to address.

Ski dance is one of the oldest STS sponsored events. It started around 1987 (but due to my faulty memory) I'm not sure of the exact year. I do remember that a bunch of folk dancers from the DC area were skiing at Blackwater Falls in West Virginia one weekend and decided that it would be fun to cross country ski during the day and to do some folk dancing at night. Consequently, Peter Fricke, Richard Galloway and myself met and put together a weekend getaway at Camp Soles, in western Pennsylvania. We had a very supportive committee and over mulled wine, hot cider and Peter's freshly baked apple pie, we created a learn to ski weekend coupled with an evening dance that would appeal to many people in the Folklore Society of Greater Washington, the Ski Touring Section of PATC, and the local Sierra Club.



Skiers dancing, photo by Ralph Heimlich

The first weekends in the late 1980s initially had several ski instructors from STS. Instruction was in the morning and we often skied around Camp Soles. The dancing was English dancing (think Jane Austin) and was led by Peter Fricke over President's weekend. Before the dance we had a sing-along. By the early 1990s, a second ski dance event was added over the Martin Luther King, Jr. weekend in January that included mostly contra dancing (think of square dancing in lines).

The skiing was led by members of the Ski Touring Section. Many STS members taught small groups the basics of Nordic skiing. Who could forget Dave Holton showing another person how to snow plow down the hill in front of the lodge at Camp Soles? At Camp Soles there was a wonderful lake to ski around and mountain climb! Others would venture off to ski at Laurel Mountain or at Laurel Ridge State Park. Most of us came back a bit tired and ready for a good meal. However, the evening was just beginning with music, song and dance!

The sing-alongs started out fairly simple. A person would volunteer to lead a song. Most of us would be terrific on the first phrase or verse and then simply mumble some words and sing "la di la, la di la." The solution was to purchase the wonderful song book, "Rise Up Singing" which was filled with hundreds of songs and their lyrics. Then in January of 1993, a young David Wiesler brought his guitar to the sing a long and the rest we shall say is history. Dave could play just about any song that people could hum. In addition to being a wonderful song leader he is a brilliant pianist, guitarist and composer! Since 1994 Dave has been at every ski dance weekend leading the music (both singing and leading the dance bands for the evening dances.) How does the sing-along work? People grab a book and then scream out a page number of their favorite song. Dave starts strumming and we all join in. On a rare occasion Dave might say, "Help me out here; I don't know that song but could you just sing a few bars?" Before you know it – Dave is playing the chords perfectly and we've all joined in on the song.

After the sing-along we have always have a dance and a caller/teacher. We encourage people who have two "left feet" to get out on the dance floor and to follow



Tuning up for the Sing-Along photo by Ralph Heimlich



More dancers photo by Ralph Heimlich

the prompts. Both the English and the Contra dancing are

social dancing, meaning you have a partner and dance up and down the sets. The figures/steps are repeated and there is a great deal of smiling and laughing. Initially ski dance was attended mostly by single dancers from the Folklore Society of Greater Washington. There were no children and no married folks. However, as life would have it – some folks actually met at ski-dance weekend and subsequently got married! In fact, the official dance used to go until 11:00 pm and then there would be a late night dance that went until mid-night or later. Sometimes it would be swing music and the occasional tango was even done. In short, it was a pretty wild scene.

However, time and events changed. First, the energy for organizing two events a year dissipated so the English weekend was dropped. Couples started bringing their children (myself included!) so a children's program was added. Who can ever forget Marta Vogel leading the children dancing with their decorated pillow cases? Or the time we were desperate for snow and farmer invited us to ski on his fields. We found a patch of snow and a song was written, "Dancing with Cows!" Or the blizzard of 2003 when we got snowed in and had

(Continued on page 11)

SKI Dance: Ski All DAY—Dance All Night!

(Continued from page 10)

to stay another day at camp where we did what else – skied and danced!

Most years we ski but when there is no snow – we play and hike! Over the years we have found there is plenty to do in and around the Laurel Highlands (Johnston Flood Museums, the Flight 93 National Memorial and hiking in Laurel Mountain) We had to change venues and moved to Camp Harmony in 2003. In 2014, we moved to Camp Sequanota which offers us some private rooms as well as cabins. Food is plentiful and delicious (remember: this is camp food!) In addition to changing location, in 1999 Eliot Applestein assumed the major leadership role in running the camp and still does today.

The weekend is meant to be all about fun, meeting new friends and greeting old ones. You don't have to be dancer or a strong skier to enjoy this weekend. We still offer a beginner's lesson in the morning. So, this year, think about signing up for ski dance weekend, February 14 – 17. We can only accommodate about 55 participants so sign up early (in December). For more information go to skidance.com or call Bob Mathis at 301-589-7539. Hope to see you there!



The band photo by Ralph Heimlich

Skiing Maine: Hut-to-Hut

By Ralph Heimlich



Flagstaff Hut, Maine Huts and Trails

(or snowshoe) to two of the [Maine Huts and Trails](http://MaineHutsandTrails.com) systems huts and access the trails in the [Bigelow Preserve](http://BigelowPreserve.com). We will fly up (2 hours) and spend a day in



Hut bunk room

Thanks to Joe Bachman, PATC-STs has discovered a great area for cross country skiing and snowshoeing that is easy to access from the Washington DC area: The Carrabassett Valley in Maine. There are two great trips to see and ski this area on our schedule this year. On January 27-February 2, I'll be leading a trip that will ski (or snowshoe) to two of the [Maine Huts and Trails](http://MaineHutsandTrails.com) systems huts and access the trails in the [Bigelow Preserve](http://BigelowPreserve.com). We will fly up (2 hours) and spend a day in Portland, ME, before driving up to the trailhead, skiing into Poplar Hut, spending a night, then skiing on to Stratton Brook Hut, spending 2 nights skiing the Bigelow Preserve, then skiing out for the drive back to Portland. You will have an optional night in Portland before flying out, or catch a late flight and make it home. Staying in the Huts is NOT a rustic outing. They serve freshly cooked meals (beer and wine available for purchase), have hot showers and drying rooms for your gear, congenial lounging spaces for relaxation and conversation, and you sleep in 4 or 8 person bunk houses.

Joe Bachman is leading a trip on March 5-9 that will lodge in a rental house, with a full kitchen, in the Carrabassett Valley area and utilize the Sugarloaf Outdoor Center's Nordic trail, Rangely Lake Trails, and other ski trails in the area.

Either luxury house or hut-to-hut, come with us to Maine this season and experience the deep and reliable snow of the far North!



Poplar Hut dining room



Warming Hut at Sugarloaf Outdoor Nordic Center

PATC-Ski Touring Section**c/o Doug Lesar****2507 Campbell Place****Kensington, MD 20895****White Grass Ski Touring Center****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: _____ Cell 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:

☐ STS Officer☐ Publicity☐ XC Ski Instructor☐ Web Content Assistant☐ Ski Trip Leader☐ Special Events Coordinator