

Nordic Gazette November 2013



<http://www.sfvikingskiclub.org>

Calendar

NOTE SMALL CHANGE IN LOCATION

Wednesday, November 6 – General Meeting

Bayshore Corporate Center conf. room #221

1670 S. Amphlett Blvd, San Mateo

7:00 PM Board meeting

8:00 PM General meeting

ANNUAL HOLIDAY /AWARDS

DINNER/MEETING, Friday, December 6

6:30-7:30 No-host cocktails/7:30 PM Dinner

Nick's Restaurant, Rockaway Beach, Pacifica

NO MEETING IN SAN MATEO

Wednesday, January 8 – General Meeting

Bayshore Corporate Center conference room

1710 S. Amphlett Blvd, San Mateo

7:00 PM Board meeting

8:00 PM General meeting

New Keys

The front entrance to the cabin has been re-keyed. The new keys are stamped "3" and replace the old keys stamped "8". New keys are \$3 each and will be available at our regular meetings.

Raffle Prizes Needed!

As the ski season approaches it's once again time to prepare for our Holiday Dinner and Raffle at Nick's in Pacifica, which will be held the evening of Friday, December 6, 2013. Thank you for your support if you have donated raffle items in the past. Remember, the success of the raffle depends largely on member generosity and creativity. Please take this opportunity to get into the holiday spirit by

pitching in so together we can make this year's raffle the best ever! Notify raffle organizer, Adam Flores, what item or items, big or small, you can contribute. (adamflorespt@yahoo.com)

SF Viking Ski Club Annual Holiday Dinner Meeting, Friday, December 6

It is that time again for all of us to get together for the annual Holiday Dinner and Awards Meeting on December 6, Friday night, at our favorite restaurant: Nick's at Rockaway Beach, Pacifica (see attached flyer for details). Sure hope all you Vikings can make this dinner. It's a great way for old and new members to meet and to start off the holiday season with a bang!!! Children are welcome as Santa always pays us a visit.

For those of you that like to "cut a rug" Nick's always has a great band playing out in the bar area after our dinner. Past years have seen some pretty fancy footwork out on the dance floor by Vikings. And, as wine flows freely, you may consider staying overnight at the Sea Breeze Inn, right next door to the restaurant. Sure looking forward to seeing all of you at the dinner.

Ski and Snowboarding Tips

Ski season is upon us. The following tips are from the National Ski Area Association.

Tips for Prior to Hitting the Slopes

- Get in shape. Don't try to ski yourself into shape. You'll enjoy skiing more if you're physically fit.
- Obtain proper equipment. Be sure to have your ski or snowboard bindings adjusted correctly at

a local ski shop. You can rent good ski or snowboarding equipment at resorts.

- When buying skiwear, look for fabric that is water and wind-resistant. Look for wind flaps to shield zippers, snug cuffs at wrists and ankles, collars that can be snuggled up to the chin and drawstrings that can be adjusted for comfort and keep wind out. Be sure to buy quality clothing and products.
- Dress in layers. Layering allows you to accommodate your body's constantly changing temperature. For example, dress in polypropylene underwear (top and bottoms), which feels good next to the skin, dries quickly, absorbs sweat and keeps you warm. Wear a turtleneck, sweater and jacket.
- Be prepared. Mother Nature has a mind of her own. Bring a headband or hat with you to the slopes, 60 percent of heat-loss is through the head. Wear gloves or mittens (mittens are usually better for those susceptible to cold hands).
- Wear sun protection. The sun reflects off the snow and is stronger than you think, even on cloudy days!
- Always wear eye protection. Have sunglasses and goggles with you. Skiing and snowboarding are a lot more fun when you can see.

Tips for while on the Slopes

- Take a lesson. Like anything, you'll improve the most when you receive some guidance. The best way to become a good skier or snowboarder is to take a lesson from a qualified instructor.
- The key to successful skiing/snowboarding is control. To have it, you must be aware of your technique, the terrain and the skiers/snowboarders around you. Be aware of the snow conditions and how they can change. As conditions turn firm, the skiing gets hard and fast. Begin a run slowly.
- Skiing and snowboarding require a mental and physical presence.
- If you find yourself on a slope that exceeds your ability level, always leave your skis/snowboard on and side step down the slope.
- The all-important warm-up run prepares you mentally and physically for the day ahead.
- Drink plenty of water. Be careful not to become dehydrated.

- Curb alcohol consumption. Skiing and snowboarding do not mix well with alcohol or drugs.
- Know your limits. Learn to ski and snowboard smoothly—and in control. Stop before you become fatigued and, most of all have fun.
- If you're tired, stop skiing. In this day and age of multi-passenger gondolas and high-speed chairlifts, you can get a lot more time on the slopes compared to the days of the past when guests were limited to fixed grip chairlifts.
- Follow the "Your Responsibility Code," the seven safety rules of the slopes:

Your Responsibility Code

Skiing can be enjoyed in many ways. At ski areas you may see people using alpine, snowboard, telemark, cross country and other specialized ski equipment, such as that used by disabled or other skiers. Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce. Observe the code listed below and share with other skiers the responsibility for a great skiing experience.

1. Always stay in control.
2. People ahead of you have the right of way.
3. Stop in a safe place for you and others.
4. Whenever starting downhill or merging, look uphill and yield.
5. Use devices to help prevent runaway equipment.
6. Observe signs and warnings, and keep off closed trails.
7. Know how to use the lifts safely.

KNOW THE CODE. IT'S YOUR RESPONSIBILITY.

This is a partial list. Be safety conscious.

Officially endorsed by: NATIONAL SKI AREAS ASSOCIATION.

Prepared by the National Ski Areas Association

Interested in Shaping the Future of the Vikings?

As you'd expect, you combine a bit of wine and margaritas with a group of Vikings and you get some pretty good conversations started. At our August meeting, we had an opportunity to talk

about the future of the Vikings, the concerns about recruiting new members, revitalizing the social elements of the club, and addressing some of the financial concerns when our lease comes due.



Stephanie LaCarrubba and John Fox are looking for a few good Vikings to work on a long term plan on how to make our club more fun, better able to attract promising new members, and ensure we're ready to meet the costs of our upcoming lease renewal. It will require 3-5 working sessions over a 6 week period.

When we're done, we should have a range of options to share with the board and our members. Want to join us?

If so, send either Stephanie acusteph@yahoo.com or John jtfoxdesign@yahoo.com an e-mail by September 26th about your interest. We plan on starting the process in October.

Pilots will tell you that you need to plan your flight and then fly your plan.
It's time for us to start planning our flight.

How To Make Cabin Reservations

Please indicate VSC or cabin reservations in subject line, so that your email does not get deleted due to large volume of email.

Due to the increased usage of the cabin especially during holiday periods please use the following information to ensure we can get maximum usage of the cabin. Reservations must be made year round. (Work party reservations should be made with the cabin chair or person leading the work party.)

- Contact Diane Kemsley/Janet Neilsen
Email janneilsen@juno.com
or call **925-837-8664 before 8 PM.**
- Give the **nights** that you will be staying at the cabin.
- Give the makeup of your group (i.e. 3 males, 2 females and guest or member).
- Bunk or room preference.
- If you do not receive confirmation within 48 hours email or call again.

Guests:

Guests can get bumped from the cabin based on the needs of the members. The official deadline for bumping guests, per cabin rules, is the Thursday before the weekend of your reservation, but the reservations person will try to inform you before then.

Cancellations:

If you are unable to make it to the cabin or need to change the nights of your stay, it is very important to inform the reservations person as soon as possible. This will allow for members/guests who might be on a waiting list to get a bunk in the cabin.

Rooms and Bunks:

Requests for specific bunks or rooms will try to be accommodated. Unfortunately there will be times that your request will not be able to be fulfilled due to the needs to accommodate as many members/guests as possible. Once at the cabin, if you would like to change your assigned bunk/room see the weekend chair before making any changes to the bunk list.

Weekend Chair:

Each weekend or holiday period, a weekend chair is assigned. The weekend chair assigns the chores, collects the nightly fees and mails them to the treasurer, and makes changes to the bunk list as necessary. They are also there to resolve any issues that might come up during your stay.

Important Information and Reminders

- Please leave the water heater pilot lights on by turning the control to pilot.
- Turn off the upstairs furnace and close the doors to the dorms and Alpine and Donner. There are no water pipes upstairs subject to freezing.
- Leave the downstairs furnace on. It should be set to 35, enough to keep the pipes from freezing without breaking the budget.

- The first person at the cabin should take chore #1: shoveling the stairs to the solarium and removing the ice. This must be done at the beginning of your stay, and touched up while people are there. (Have cabin chair assign it to a second person if a storm comes through.) The stairs are our fire escape, and must be kept free of ice for safety. Also, shovel and remove the ice at the entrance.

- Don't forget to clean out your food locker.
- The blue trash bags are for recycling only. They are sorted out by the trash company after they are picked up. The heavy duty white trash bags are for the compactor only.

- Please mark your skis, snowboards and bedding. Names should be on all bedding in the solarium cupboards. Unmarked bedding and sleeping bags will be disposed of. It would be a good idea to also mark jackets and gloves.

- Please initial your chore after you have completed it, it is easy to forget and many of us do forget.

- We have a "bear" box for the garbage which means we don't have to take garbage home with us! However, we still have to put it into the garbage can and put the can into the box. The waste disposal company will only take garbage in the can. Recycling, in a blue bag, can be set next to the can, or in the can, space available.

To recycle cardboard, it needs to be in a blue plastic bag. If the garbage collector has to pull out loose items that are not either in the trash can or a blue bag we are charged extra fees. Even stacks of cardboard that are bound together must be in a blue bag.

The box is located out by the road on the cabin side of the parking lot driveway. It's painted grey-blue and raised on stilts to keep it above the snow, so someone has to lift the can to get it in (ask for help if you need it.)

- Please keep Barbara Sorensen barb@barbsorenson.com and Anne Ording ording.anne@gmail.com informed of your current address, phone number(s), and email so that important information reaches you.

- We have Viking Ski Club stickers available for \$2. The stickers must be displayed in your vehicle when parked at the cabin.

- Cabin keys are available from Mike Masek for \$3.

- Keep the front door to the cabin closed and locked at all times. Do not leave the door open with the expectation that someone else will close and lock it.

- If you are staying in one of the smaller rooms, please remember to vacuum the room as well as your assigned cabin chore before you leave.

Links to Ski Organizations

There are many ski organizations that organize trips, publish newsletters, etc. Here are a few to check out online if you wish:

<http://www.skibac.org/index.html>

<http://www.fwsa.org>

<http://auburnskiclub.com/>

<http://www.fis-ski.com/>

<http://www.nationalskiclubnews.com/home.html>

Truckee Donner Land Trust Events

<http://www.tdlandtrust.org/news-events>

Check out the Donner Summit Historical Society newsletter:

<http://www.donnersummithistoricalsociety.org/PDFs/newsletters/news13/october13.pdf>

Editor's Note

Winter's almost here. Get your skis ready! I have it on great authority – there is snow in the Sierras.



Happy Trails,

Anne Ording

Gazette Editor/Corresponding Secretary

San Francisco Viking Ski Club Officers - 2013/2014

President: Mike Masek

Vice-President: Barbara Sorenson

Recording Secretary: Alice Masek

Treasurer: Paul Thompson

Corresponding Secretary/Nordic Gazette

Editor: Anne Ording

Cabin Reservations: Diane Kemsley/Janet Neilsen

Tel: 925-837-8664 e-mail: janneilsen@juno.com

Cabin Chair: Mike Masek/Warren Stewart

Board Members:

Betty Avila

Adam Flores

Charles Gresl

Bill Kahrau

Stephanie LaCarrubba

Carl and Lynn Mortensen

Mark Sorensen

Info: vikinginfo@prodigy.net

Cabin: 530-426-1231

Web Site: www.sfvikingskiclub.org

Club Meetings are held at 8:00 PM on the first Wednesday of every month at the Bayshore Corporate Center in San Mateo, unless otherwise noted in the Gazette or on the website.

The Nordic Gazette, the newsletter of the San Francisco Viking Ski Club, is published monthly. Items for publication should be submitted to the editor by the 20th of the month.

Please send all submissions via e-mail to the Nordic Gazette editor: Anne Ording

ording.anne@gmail.com

The Club Roster is maintained by Barbara Sorenson. Please send your email address as well as contact updates to: barb@barbsorenson.com

Directions to the VSC Monthly

Meeting:

Bayshore Corporate Center, 1710 S. Amphlett Blvd., conference room, San Mateo, is off Hwy 101 just northwest of the intersection of Hwy. 101 and CA-92. Please see the Viking website for more detailed directions.

Postmaster:

Please return undeliverable mail to:

SAN FRANCISCO VIKING SKI CLUB

c/o ANNE ORDING

PO BOX 330484,

SAN FRANCISCO CA 94133-0484

SAN FRANCISCO VIKING SKI CLUB

ANNUAL HOLIDAY DINNER/AWARDS MEETING

NICK'S RESTAURANT, ROCKAWAY BEACH, (Pacifica), CA.

FRIDAY, DECEMBER 6, 2013

DINNER: 7:30 PM.

NO HOST COCKTAILS: 6-30 -7:30 PM

MENU: Choice of one of the following: Prime Rib of Beef au Jus, Roasted whole half Chicken, Grilled Halibut Steak. All dinners come with a mixed green salad with seafood, baked potato with sour cream and chives, vegetable du jour, garlic bread, ice cream, coffee/tea and of course, WINE.

COST OF DINNER: PRIME RIB \$38.00, GRILLED HALIBUT STEAK \$35.00

ROAST CHICKEN \$30.00 per person, which includes the tax, tip, corkage and wine.

CHILDREN'S MENU: Choice of one of the following: Chicken Fingers, Fish and Chips, Hamburger and Fries. COST: \$12.00 per person.

Please mail your check (made payable to the SF VIKING SKI CLUB, and reservation form to Janet Neilsen , 2974 Limestone Road, Alamo, CA 94507

Deadline for Reservations: TUESDAY, DECEMBER 3, 2013. Any questions and/or last minute reservations, please call Janet at (925) 837-8664.

MENU: Grilled Halibut _____ Roast Chicken _____ Prime Rib of Beef _____

CHILDREN'S MENU: Chicken Fingers _____ Hamburger _____ Fish & Chips _____

REMINDER: Attending the dinner counts as a required meeting attendance. There will be no general meeting on Wednesday December 4, 2013, at the location in San Mateo.