

Nordic Gazette November 2011



<http://www.sfvikingskiclub.org>

Calendar

Wednesday, November 2, General meeting

NEW LOCATION

Bayshore Corporate Center conference room

1710 S. Amphlett Blvd, San Mateo

7:00 PM Board meeting

8:00 PM General meeting

SAVE THE DATE: FRIDAY, DEC 2

ANNUAL HOLIDAY DINNER MEETING

Nick's Rockaway Beach, Pacifica

No-host cocktails 6:30-7:30 PM in the bar area

Dinner 7:30 PM

Wednesday, January 4, General meeting

Bayshore Corporate Center conference room

1710 S. Amphlett Blvd, San Mateo

7:00 PM Board meeting

8:00 PM General meeting

President's Message:

Dear Vikings,

Our next ski season is quickly approaching. The high pressure ridge that has been giving us a beautiful fall is likely to move away later next week, allowing the wet weather to get to us - and the slopes.

Our last work party, cleanup and prepare for winter happened last weekend, the cabin is ready. Come to the meeting and find out what's new.

Dennis Heffley President of the BAC (Bay Area Council of ski Clubs) is coming to our

meeting to tell us about the benefits available. Remember, this is a new location, details below.

Paul

Directions to 1710 S. Amphlett Blvd.

From Hwy 101 South take exit 414B for Fashion Island Blvd. toward Hayward. Follow signs for Fashion Island Blvd. Turn right on Fashion Island Blvd. Continue straight onto 19th Ave. Turn right onto S. Grant St. Take the 1st right onto Concar Dr. Concar Dr. turns left and becomes S. Amphlett Blvd. Destination will be on the right.

From Hwy 101 North take exit 414B to merge onto CA-92 W toward Half Moon Bay. Take exit 12C for Delaware St. Turn right onto Concar Dr. Concar Dr. turns left and becomes S. Amphlett Blvd. Destination will be on the right.

SF Viking Ski Club Annual Holiday

Dinner Meeting

Friday, December 2

Be sure to send in your reservation forms. It is that time again for all of us to get together for the annual Holiday Dinner and Meeting this upcoming December 2, 2011, 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.

Adam Flores will manage our annual raffle, and only fundraising event, which takes place at the

holiday dinner meeting. Please contact Adam if you have any items to donate for the raffle or want to purchase raffle tickets adamflorespt@yahoo.com.

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

As Paul mentions in his president's message, 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

How To Make Your Cabin Reservations

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.)

1. Email mglomstad@comcast.net or call 650-349-7542
2. Give the **nights** that you will be staying at the cabin.
3. Give the makeup of your group (i.e. 3 males, 2 females and guest or member).
4. Bunk or room preference.
5. 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

- 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.

- 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 Margaret Glomstad mglomstad@comcast.net 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. They are available for \$2. The stickers must be displayed in your vehicle when parked at the cabin.

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

<http://www.skimtta.com/>

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

Check out the Donner Summit Historical Society newsletter:

<http://www.donnersummithistoricalsociety.org/PDFs/newsletters/news11/november11.pdf>

Editor's Note

Buy raffle tickets! See you at Nick's in December.

Happy Trails,

Anne Ording

Gazette Editor/Corresponding Secretary

San Francisco Viking Ski Club Officers - 2011/2012

President: Paul Thompson

Vice-President: Margaret Glomstad

Recording Secretary: Bill Kahrau

Treasurer: Mike Masek

Corresponding Secretary/Nordic Gazette

Editor: Anne Ording

Cabin Reservations: Margaret Glomstad

mglomstad@comcast.net

Cabin Chair: Mike Masek/Warren Stewart

Board Members:

Betty Avila

Charles Gresl

Marge Pitkin

Carol Reed

Mark Sorensen

Melissa Targgart

Roger Zeltman

Info: vikinginfo@prodigy.net

Cabin: 530-426-1231

Web Site: <http://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 Margaret Glomstad. Please send your email address as well as contact updates to:

mglomstad@comcast.net

Directions to the VSC Monthly

Meeting:

Bayshore Corporate Center, 1750 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 CHRISTMAS DINNER

FRIDAY, DECEMBER 2ND, 2011

NICK'S RESTAURANT, Rockaway Beach, (Pacifica, CA)

No-host cocktails – 6:30 to 7:30 PM in the bar area.

Dinner at 7:30 PM

**MENU: Choice of one of the following: Roast Prime Rib of Beef, (\$37.00)
Baked Sea Bass (\$35.00)
Half Roast Chicken (\$27.50)**

All dinners come with a mixed green salad with seafood, baked potato with sour cream & chives, vegetable du jour, garlic bread, ice cream, coffee/tea, and of course, WINE.

**CHILDREN'S MENU: (12 and under): Chicken Fingers & Fries, Hamburger & Fries,
Fish & Chips \$12.00**

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, NOVEMBER 29TH, 2011. Any questions, call (925) 837-8664. Any last minute reservations, please call Janet.

Dinner Choices:

Prime Rib _____ Baked Sea Bass _____ Half Roast Chicken _____

Chicken Fingers _____ Hamburger/Fries _____ Fish & Chips _____