

547-4981

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-Newsletter- NEW HOPE NORDIGS

MARCH 1984

VOLUME I, Issue 2

NORDIGS' ADVENTURE TO VERMONT

One of the last things you'd expect to find in Vermont is the "Matterhorn". You'd also never expect to see "Stonehenge" or for that matter, an exuberant Hillary Lee doing her ski bound version of a druid dance in front of it.

Both the "Matterhorn" and "Stonehenge" (dance not included) were available during the Nordics trip to Mt. Snow Vermont, the weekend of March 2-4.

Our trip began at Willow Grove's Boston Sea Party Restaurant and ended at the time chosen by Cas Miller, winning the bus pool-12:18 am. The early arrival gave our group plenty of opportunity for play and hot chocolate and donuts before hitting our individual sacks.

The thermometer read 10°F Saturday morning with a brisk breeze dropping the chill factor to -9°F. This did not stop 26 hardy and determined Nordics from launching an attack on trails at the "White House" in Wilmington, Vermont.

We divided ourselves into two groups for the occasion: beginners to the high road and more advanced members to the low road's trickier trails. Two sets of trails were available at the "White House", on either side of Route 100.

"Waxable skiers" used green wax in the morning and blue klister worked well in the afternoon.

Continued on page 3

TAKE ME TO YOUR LEADER!!!

A volunteer group to act as the Nominating Committee was formed at the general meeting on February 14, 1984. In accordance with the constitution, nominations will be heard on Tuesday, March 13th. You the membership have the responsibility to contact the Committee Members:
Linda Berry 698-8162
Stuart Kline 860-2193
Joyce Yockobishen 493-8326
to suggest nominations. Those nominations suggested to the Committee by phone as well as nominations taken from the floor on March 13th will appear on the April 10th voting ballot. The list will also appear in the April Newsletter. Anyone willing to volunteer may nominate themselves to office.

Offices to be filled are:

- President
- Vice-President
- Corresponding Secretary
- Recording Secretary
- Treasurer

CHARTER MEMBERS

The listing of all Charter Members appears on page 2. These members will have special privileges such as low membership dues. Please look over this listing. If you should be there and are missing, please let us know.

408.73
100.00
100.00
100.00

NEW HOPE NORDICS CHARTER MEMBERSHIP LIST - 1984

Linda Berry	698-8162	Al Krantz	547-7416
Diane Bradley	343-1931	Ann Krantz	547-7416
Dianne Brandt	757-8254	Elaine Lauff	659-5889
Patty Carpenter	609/397-3563	Hillary Lee	493-9681
Carol Clausson	547-1267	Mell Lindquist	757-3341
Bill Cameron	493-5209	Peggy McGraith	968-6931
Carol D. Church	295-0796	Florence Massey	493-1026
Martin Cohen	757-0834	James Massey	493-1026
Rick Cohen	609/397-1177	Michael Massey	493-1026
Dee Collins	968-4954	Mary Master	598-3088
Larry Decker	862-2839	Maryanne McQueen	322-2276
Joseph DeFay	632-7471	Robert McQueen	322-2276
Rita DeFay	632-7471	Cas Miller	348-5170
Jack Ehresman	357-0362	Steve Millmond	487-2285
Judy Ehresman	357-0362	Cindy Mooney	(609)
Barbara Fleming	244-1765	Tom Mooney	466-9067
Shirley Fisher	657-3182	Lee Anne Murphy	547-3034
George Foos	674-3016	Wayne Murphy	598-7291
Elinor Friedman	946-0962	Jerry O'Brien	757-5959
Len Friedman	946-0962	Julie O'Neill	345-5572
Bill Garwood	947-4987	Sam Pagnani Jr.	295-2598
Carol Garwood	947-4987	Mary Pakkila	493-8746
Bob Gaul	968-7848	Donald Reinhard	348-7451
Nancy Gaul	968-7848	Debbie Rodenbach	493-8858
Robin Gaul	674-5870	Michael Seidman	
Warren Goff 348-3222	343-3888	June Snover	348-1219
Howard Goldstein	968-6931	Jim Szumila	945-4551
Constance Guertin	493-1783	Marie Sterner	763-7303
Joan Grow	757-2995	Refael Velez	609/397-2885
Claire Hiller	357-6338	Jeff Venella	609/784-0589
Wendy Histan	757-5959	Frank Theuer	752-8024
Kent Jennings	860-2164	Michael Wacks	295-2152
Claudia Jones	771-1455	Alene Yarnell	598-3088
Brad Kiddle	794-5604	Joyce Yockobishen	348-3722
Paul Kappils	364-2625	David Zuzack	639-3135
Raymond Keller	493-5789	Debbie Delany	609/752-8024
Lorraine Kelly	860-1652		
Louise Kelly	493-9681		
Stuart Kline	860-2193		
Kevin Klopp	493-0895		

Please let us know if your name should be here and is not!!

FOR SALE/TO BUY/TO TRADE

In future newsletters we will include a classified section emphasizing items and services that are ski, snow, bike and/or sports related. Dig into those closets...you'll be surprised what value your "junk" may be to others!

Deadline for these ads (as well as all other material for this newsletter) will be the 20th of the previous month for the issue in which you wish to be included. Please do not phone or "just tell us" the information...we will accept written copy only! Newsletter committee volunteers will take the copy:

Nancy Gaul 968-7848 Alene Yarnell 598-3088
 June Snover 348-1219
 Joyce Yockobishen 348-3722
 or send it to: Linda Berry, 13657-4 Philmont Ave, Phila 19116

VERMONT ADVENTURE Con't.

The conditions were magnificent-
the trails were beautifully
groomed and wound through acres
of hemlock, spruce and fir trees.

Our second day, many X-C skiers
turned to downhillers on Mt. Snow
and all skiers reveled on the
powdered sugar slopes and trails
until early afternoon departure.

Many thanks to Scott and Jane
McCallen for the marvelous organ-
ization (and refunds) through the
Wissahickon Ski Club, and the
Nordics' Joyce Yockobishen for
her patience, hard work and end-
less supply of cooperation to-
ward our member's needs.

*left second
night + \$10
on fund.*

CALENDAR OF EVENTS

March 10th - Mystery Trip
Saturday Leader: Carol Claussen
547-1267

No longer a mystery...
join us for a pot luck
dinner in a New Hope
home that is beautiful-
ly restored. Call her
ASAP for your RSVP.

March 13th - Ski Club Meeting
Tuesday Meet at the Olde Tem-
perance House at 8pm.

April 14th - 2nd Annual Doylestown-
Saturday Carversville Bike Ride
and Apres' Bike Festi-
val

Leader: Warren Goff
343-3888
-and-
Hillary Lee
493-9681
BYOB (means bottle and
bike) Fun for all.
Map will be availa-
ble at the March 13th
meeting.

April - Charter Dinner
Details at the March
meeting.

Summer - Square Dance
Leader: Hillary Lee
493-9681

1-2-3-4 1-2-3-4 1-2-3-4 1-2-3-4

Thanks to the expertise of Duanna
Aichele, none of our members attending
the Feb. 14th meeting should have hurt-
ing muscles again! Duanna, represent-
ing the Central Bucks Family YWCA. re-
viewed warm-ups and strengthening ex-
ercises. Duanna is making available-
through Cas Miller-instructions of all
the exercises she demonstrated. Ques-
tions may be directed to Duanna be-
tween 7am - 9am by calling 348-8131
at the Central Bucks YWCA.

WE'LL MEET YOU AT THE "HOUSE"

The use of Ye Olde Temperance
House comes to
us at no cost.
We all know
that nothing is
free, so show
your thanks &
patronize the
"House" often!



A FINE RESTAURANT
FOR OVER 200 YEARS

TRAIL TIPS from Louise Kelly

UPHILL DIAGONAL STRIDE

Definition: A diagonal stride mod-
ified to climb up a hill.

Purpose: To climb a long, gradual
hill effeciently.

Skills: Similar to the diagonal
stride with the following
modifications:

- a) The stride length is short-
ened and tempo increased to
maintain momentum with lit-
tle or no free glide.
- b) The angle of the slope re-
quires a definite weight
transfer to the forward ski
(that foot is pushed slight-
ly ahead of the knee) to ap-
ply maximum pressure on the
gripping ski.
- c) Push off is quick and explo-
sive to eliminate time spent
on a stopped ski.
- d) The hand moves down as the
pole is pulled and pushed
off in a shorter, more vigor-
ous motion.

Taken from "Teaching Concepts"
American Teaching Method Nordic

The NEW HOPE NORDICS is a club organized to promote the sport of skiing, with an emphasis on Nordic Skiing and the advancement of good fellowship. We meet the second Tuesday of each month at Ye Olde Temperance House in Newtown. All are welcome to join us at 8:00pm to learn about skiing or share your knowledge of skiing!

NEW HOPE NORDICS(L.Kelly)
1768A North Dove Road
Yardley, PA 19067

A VERY SPECIAL LOOK!

At this printing, we have received four entries for the logo contest. Selections will be made and printed in the April newsletter.

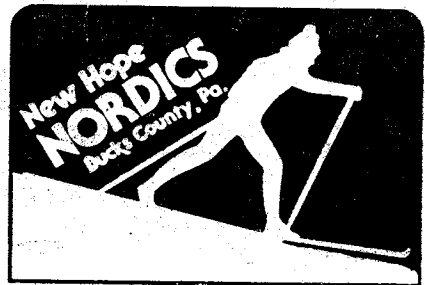
If you wish to submit an entry please contact Linda Berry or Louise Kelly. Deadline is our next meeting (March 13th).

Warren Goff has discovered (the hard way) that the limbo is not to be practiced on the slopes! Watch out for ropes!

160
25
35

1995

NORDIC



NOTES!

Newsletter of *THE NEW HOPE NORDICS* PO BOX #69*DOYLESTOWN, PA 18901

CALENDAR OF EVENTS

- Mar.31 - Third Annual Doylestown-Carverville Bike Trip
Leader: Warren Goff
- Apr.21 - White Water Rafting
Leader: Jim Szumila
- May 4 - Clean the Boat
Leader: Warren Goff
- May 25,26 & 27 - Chesapeake Sailing Weekend
Leader: Warren Goff
- June 8 & 9 - Spring Lake
Leader: Claire Hiller
- June 16 - Sail, Cook, Volleyball
- July 24-27 - White Mountain Hiking Adventure
Leader: George Foos
- Aug.23-25 - Philadelphia Folk Festival Weekend
Leader: Kevin Kopp

NOMINATION TIME AGAIN

Nomination committee Cas Miller, George Foos and Betty Fallath will be looking for nominations for the offices of:

- PRESIDENT
- VICE-PRESIDENT
- CORRESPONDING SEC.
- RECORDING SECRETARY
- TREASURER

Some nominations have already been placed and nominations will be taken from the floor at the March 27th meeting. Additional nominees for any of the elected offices may be placed in nomination by any member of our club in good standing. The elction will be held at the April 9th meeting.

POT LUCK DINNER

On Saturday, March 16th the Nordics had a wonderful Pot Luck Dinner held at the home of June Snover. The food was great as usual and the hat of the night was a giant carrot cake baked by Jim Szumila and his daughter Michelle. This won't be the last. Keep your eye out for the next!

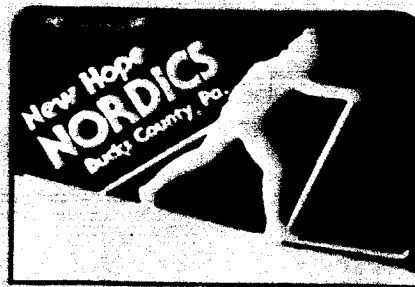
**NORDIC
NOTES**

Editor: Linda LeMin / P.O. Box#69 / Doylestown, PA 18901

PLACE IS:

Just down the road
from the
Temperence
House

NORDIC



NOTES!

Newsletter of *THE NEW HOPE NORDICS* PO BOX #69*DOYLESTOWN, PA 18901

CALENDAR OF EVENTS

June 8-9 -Spring Lake

Leader: Claire Hiller
(215)745-8395

June 11 Meeting 8PM - No Meeting July & Aug.
June 29 - Sail, Cook, Volleyball

July 24-28 White Mountains

Pg.1 Hiking Adventure
Leader: George Foos
(215)674-3016

Aug 23-25 - Philadelphia Folk

Pg.2 Festival Weekend
Leader: Kevin Kopp
(609)737-1366

EVENING BICYCLING ANYONE?

Wednesday evenings at 6:15 meet at Washington Grove parking lot (between canal and river next to Washington Crossing Bridge on the N.J. side) for a 12-15 mile ride (moderate pace). Donna Leban will organize the first several rides. Call at (609)466-3092 the night before the ride for information. We will meet regularly beginning in June in good weather.

ELECTIONS

Elections were held at the April 9th meeting. We would like to take this opportunity to thank those who served as officers last year and to welcome the new officers:

President	Kevin Kopp
Vice-President	Donna Leban
Corr. Secretary	Sheila Quinn
Rec. Secretary	Jim Szumila
Treasurer	David Zuzack

WELCOME ABOARD NEW OFFICERS!!

WHITE MOUNTAINS HIKING

Join us on a trek through the White Mountains on New Hampshire July 24, 25, 26, 27 and 28, 1985. We leave Wednesday after work and return on Sunday. We are staying the AMC Huts (Zealand, Galeward and Greenleaf Huts). Lodging Wednesday, Thursday, Friday and Saturday/Breakfasts Friday, Saturday and Sunday/Dinner Thursday, Friday and Saturday and a \$35.00 carpool allowance are included in the \$195.00 price. Space is limited to ten people. Deposit of \$30.00 is due immediately! Make checks payable to: New Hope Nordics Contact George Foos (215)674-3016 for further details.

FOLK FESTIVAL WEEKEND

Folk music and good times under the summer sun in Schwenksville, PA await us as the New Hope Nordics invade the Philadelphia Folk Festival. This is a laid back trip. Purchase your camping and festival ticket and join us in the campground. Many activities are varied and flexible Contact Kevin Kopp for details.

"HAPPENINGS"

Among our 100 plus members there must always be "Happenings". As the Nordics corresponding secretary you can help us to know each other better by phoning me at home (215) 862-2758 or at my office (201)782-3300 re: awards, weddings, illness, anything of interest, etc.

Sheila Quinn

COME ONE, COME ALL!!:

Come to Nockamixon State Park for a day of sailing, volleyball and fun. Bring your own picnic and BBQ items. We will meet at the picnic grounds on the North shore, look for balloons that will mark the spot. This is all happening on JUNE 29 from 12 noon till dark. Call Louise Kelly for further details at 215-862-2839. No need to reserve - just come prepared for a fun fun fun fun day!!!

VOLUNTEERS NEEDED! to help plan the Winter skiing schedule, ideas and workers. This is not a comitment to lead a trip. Contact George Foos 215-674-3016.

TYPIST NEEDED

We still need a little help with the newsletter. We need someone to type the copy, once a month. It would be greatly appreciated. Kindly contact Joyce Yockobishen at 215-968-8675. Thank You.

*****THINK SNOW - IT'S NEVER TOO EARLY *****

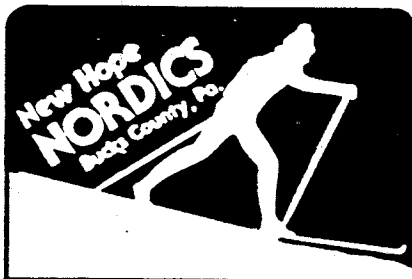
NORDIC NOTES

PHILADELPHIA FOLK FESTIVAL -- AUGUST 23, 24 & 25

FUN, MUSIC, PARTY, MUSIC, SWIMMING, MUSIC, GREAT TIME, MUSIC AND MORE MUSIC. ALL THIS CAN BE YOURS FOR A MERE \$44.90. IF YOU WANT TO GO TO THE FESTIVAL WITH THE NORDICS, SEND A CHECK FOR \$ 44.90 MADE OUT TO THE PHILADELPHIA FOLK FESTIVAL TO:

KEVIN KOPP
RR2 Box 158
TITUSVILLE, NJ 08560

ALL CHECKS MUST BE RECEIVED BY ME (K.KOPP) NO LATER THAN JULY 2nd, YES THATS JULY 2ND. YOU WILL RECEIVE MORE INFO IN THE MAIL AT A LATER DATE. K.K.



NORDIC

NOTES!

Newsletter of *THE NEW HOPE NORDICS*PO BOX #69*DOYLESTOWN, PA 18901

CALENDAR OF EVENTS

- Sept. 10-Meeting
- Oct. 1 -Exec. Council Meeting
- Oct. 6 -Triathalon
- Oct. 8 -Meeting
- Oct. 19- Pot Luck Dinner
- Nov. 5 -Exec. Council Meeting

TENTATIVE WINTER SCHEDULE-GET READY!

Jan. 11-Learn to Ski Day-StillwaterNJ
Lessons & Rentals available

Leader: Kevin Kopp (609)737-1366

Jan. 17-19-Elkmont(central PA)

Cost~\$60-80. Stayover on 1/20, Mon. optional(M.L.King Day)

Leader: Mike Seidman 836-4185

Jan. 25- Moonlight Ski

Jan. 31, Febl, 2, 3-Lake Placid, NY

Cost~\$180 Leader:G.Foos 674-3016

Feb. 14-17-Mystery Hostel Ski Trip
(this is Pres. Day weekend)

Leader: Donna Leban (609)466-3092

DATES & COSTS ABOVE ARE TENTATIVE.

TRIATHALON

This year we're looking to run the triathalon as a group. It will be held in Marshelton, PA on Sun. Oct. 6. The events are biking, canoeing, and walking. Last year's fee was \$10. For further info. contact Warren Gof: 348-3222 after Labor Day.

SKI SALE

Bargain Barn '85, sponsored by the E.Pa.Ski Council, will be held Oct. 19&20 at the Labor Lyceum, Norristown. This is an excellent equip. sale and benefits the EPSC as well. Consignment for indivs. and retailers is on Sat. from 10-4. Actual sale day is Sun. from 9-4. More info. will be available at the meetings or via Louise Kelly 862-3243.

RENEWAL TIME

As fall is quickly approaching, remember that it is time to renew your yearly membership, which expires Sept. 30, 1985. In order to renew for the 1985-86 season, please complete and return the form below. Dig the new reduced renewal rate!!

MEMBERSHIP FORM

NAME _____

PHONE _____ (work)

ADDRESS _____

_____ (home)

Check one:

Single, new member - \$10.00

Single, renew - \$8.00

Family, new member - \$15.00

Family, renew - \$12.00

Mail membership form and check, payable to New Hope Nordics, to:
Membership Chairperson
New Hope Nordics
P. O. Box 69
Doylestown, PA 18901

BIKE RIDES CONTINUE:

Come out and join a group of us on our weekly bike ride, an enjoyable way to get the ol' legs in shape for ski season. We meet at the Washington Grove Parking Lot of Wash. Crossing Park, NJ at 6:15 PM on Wednesdays. For more info. call Donna Leban (609)466-3092

POT LUCK DINNER

Good food and fun will be had by all at yet another infamous pot luck dinner. This one will have a theme. It will be Oriental! Tentative date and place is Sat. Oct. 19 at the new home of Louise and Larry. Contact Louise Kelly, 862-3243

Meetings for 1985-86 will be:
8:00 PM

Tue 9/10	Tue 2/11
Tue 10/8	Wed 2/26
Tue 11/12	Tue 3/11
Wed 11/27	Wed 3/26
Tue 12/10	Tue 4/8
Tue 1/14	Tue 5/13
Wed 1/22	Tue 6/10

at:



Lloyd & Ginger Scarborough

State and Chancellor Street
Newtown, PA 18940
(215) 968-4228



COPY DEADLINE: 1st day of the previous month for the issue in which you wish to be included. Mail to:
P. O. Box 69 Doylestown, PA 18901

HERE'S ONE WAY TO KEEP COOL

This is a belated report on the week-end bus trip to Mt.Snow, VT, Feb.22-24,1985. We had 50° spring skiing conditions both days with occasional light drizzle, but conditions were surprisingly good at the Hermitage Ski Center. The bus rides were eventful, what with the axle-deep muddy roads, narrow bridge into the lodge, and a loose retread tire on the way home.

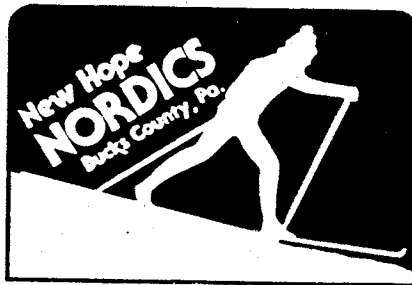
We had a mixed group of cross-country and downhill skiers, all of whom thoroughly enjoyed the week-end.

The downhillers said when they started the trip they had visions of that dry Vt. snow, the kind that throws out a billowing spray of sparkling powder each time you turn. However, their spirits weren't dampened by the slow conditions, either. They just donned their Hefty trash bags and got a good workout on the long trails, with some nifty moves along the way, I hear.

**NORDIC
NOTES**



NORDIC



NOTES!

Newsletter of *THE NEW HOPE NORDICS* PO Box #211, Newtown, PA 18940

CALENDAR OF EVENTS

Nov	2	Trail Building
	9	AT Hike
	12	Meeting
	27	Meeting
Dec	3	Exec Council Meeting
	10	Meeting
Jan	11	Learn to Ski Day
	14	Meeting
	17-19(20)	Elkmont Weekend
	22	Meeting
	31-Feb 3	Lake Placid
Feb	14-17	Hostel Hop
	21-23	Pocano Weekend

TRAIL BUILDING

Nov 2nd will be a workday on the ski trail at Washington Crossing State Park, NJ. Last year NHN blazed the trail, and since that bridges have been built by the Park Service. But earthen ramps need to be built to make for smooth skiing.

Meet in the Green Grove parking lot at 9AM. The park will supply the tools, coffee, and doughnuts. Enjoyable trails need maintenance. Info: Kevin Kopp 609-737-1366.

AT HIKE

Nov 9th. Joint day hike of NHN and the Sierra Club on the Appalachian Trail. The hike will be from Route 309 to Bake Oven Knob. Info: George Foos 674-3016.

LEARN TO SKI DAY

Jan 11th. A fun day of instruction for the total beginner or the advanced skier. Skiing will be at a YMCA Camp in Stillwater, NJ. Meet Saturday at

Washington's Crossing State Park, NJ, Washington's Grove, at 8AM for car pooling. Lessons and rentals available. Approx \$4 trail fee, \$4 lessons, \$4 rental. Info: Kevin Kopp 609-737-1366.

ELKMONT WEEKEND

Jan 17 to 19th (20th). Meet Rex the Quintessential Fat Cat and enjoy a fabulous weekend of skiing the Hankey Ski Trail in North Central PA. Accommodations are in a quiet farmhouse/inn, known for good home cooking, a roaring fireplace, and wake-the-dead coffee. Just North of Worlds End State Park.

This is M L King's Birthday weekend and an optional extra day is available. Space is limited to 12. Cost \$62 (includes \$15 car pool allowance). Add \$20 for the extra day. A deposit of \$47 is due ASAP. Info: Mike Seidman 836-4185.

LAKE PLACID

Jan 31st to Feb 3rd. **THIS IS IT! THE BIG ONE!!** A full three days at Lake Placid, NY. Expect some of the best X-C skiing on the East Coast, bobsledding, ice skating, the luge, the mystique of Lake Placid, and the inspiring High Peaks region of the Adirondacks just to the South.

Lodging will be at the Whiteface Resort on Lake Placid in small rustic cottages. Each cottage will accommodate 2-8 people. All rooms are double occupancy with private bath. Dining is in a central building, breakfasts and dinners are included. Trails on premises. Shuttle busses will go to other areas for skiing.

Bus leaves the New Hope shopping center Friday at 6PM sharp! Return about 11 PM Monday. Cost \$185. A \$50 deposit is due by Dec 1, balance by Dec 27. Info: George Foos or Norma Jones: 674-3016 and 675-2238.

HOSTEL HOP

Feb 14-17th. Spend the Presidents Day Weekend skiing from one of many hostels. The trip will go where the snow is, and location will be announced as snow patterns emerge.

Hostel accommodations are dorm style sleeping with group cooking (everyone helps). The benefits of hostelting (very popular in Europe for years) are the flexibility to go where the best snow conditions are, great skiing, good fellowship, fine food, AND low cost. Cost aprox \$55 without car pool allowance. Info: Donna Leban 609-466-3092.

POCONOS WEEKEND

Feb 21-23rd. Spend a relaxing weekend at Joyce's folk's cabin in the Poconos. Skiing, sledding, and ice skating will be the fare, and a cozy A-frame will be the accomodation for 15 people. Cost will be approx \$40, including car pool. Info: Joyce Yockobishen, 968-8675.

SISTER CLUB

We now have a sister X-C ski club - the New Jersey Nordics. They

meet in Parsippany, NJ. Phone 201-383-6265.

DAY TRIPS

Day trips and moonlight skis will be announced as snow conditions permit. Watch for future announcements or call one of the officer for info.

*** NEW ADDRESS ***

The NHN has a new post office box, please take note of the change:

New Hope Nordics
PO Box 211
Newtown, PA 18940

INSTRUCTORS CERTIFICATION

The Amateur Ski Instructors Association (ASIA) and the Eastern Penna Ski Council will be offering a non-professional certification in cross-country skiing. The course will run two consecutive weekends, Feb 8&9 and Feb 22&23,

1986. The 8th, 9th, and 22nd are precourse instruction, followed by a exam on the 23rd. Classes are to be held at Crystal Lake Camps, Hughesville, PA. Costs are approx \$100 for the class, and \$76 for food & lodging, plus car pooling. The NHN will refund \$25 to the first 8 club members who register, and pass certification.

You will learn how to effectively teach others to ski. For further info call Louise Kelly or Norma Jones.

The New Hope Nordics is a club organized to promote the sport of recreational skiing, with emphasis on Nordic (Cross-Country) adventure.

1985-86 Officers

Pres Kevin Kopp 609-737-1366	Rec Sec	Jim Szumila	945-4551
VP Donna Leban 609-466-3092	Skimeister	George Foos	674-3016
Tres David Zuzack 639-3135	Membership	June Snover	822-3747
Ed Dave Dubs 943-3927	Coresp Sec	Sheila Quinn	862-2758

Meetings are held every 2nd Tue and 4th Wed of each month at Scarborough's in Newtown, PA. The meeting officially starts at 8PM, but why not come out early to enjoy Lloyd and Ginger's excellent fare.

TRIP CANCELLATION POLICY

- 45+ days before a trip: full refund less a \$5 processing fee.
- 14 to 45 days before a trip: full refund less a \$5 processing fee and any deposit.
- 0 to 14 days before a trip: Refund of all recoverable costs, if possible. No guarantee on amount.

A replacement body may be supplied to take your place as long as all fees have been paid to the trip leader. Financial compensation is then between the original registrant and the replacement body.

**NORDIC
NOTES**

NEW HOPE NORDICS PO Box 211, Newtown, PA 18940

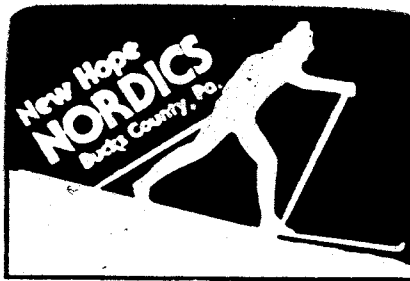
MEMBERSHIP FORM

NAME _____ PHONE _____ (work)
ADDRESS _____ (home)

Check one:

- Single, new member - \$10.00 Single, renew - \$8.00
 Family, new member - \$15.00 Family, renew - \$12.00

Mail membership form and check, payable to New Hope Nordics, to:
Membership Chairperson
New Hope Nordics
P. O. Box 211
Newtown, PA 18940

NORDIC**NOTES!**

Newsletter of *THE NEW HOPE NORDICS* PO Box #211, Newtown, PA 18940

CALENDAR OF EVENTS

- Nov 27 Meeting - open
- Dec 3 Exec Council Meeting
10 Meeting - Xmas party
- Jan 11 Learn to Ski Day
14 Meeting - skiing primer
17-19(20) Elkmont Weekend
22 Meeting
31-Feb 3 Lake Placid
- Feb 8-9 ASIA course
11 Meeting
14-17 Hostel Hop
21-23 Pocono Weekend
22-23 ASIA course
26 Meeting

LEARN TO SKI DAY

Jan 11th. Instruction and skiing for the total beginner or the advanced skier, in Stillwater, NJ. Meet Saturday at Washington's Crossing State Park, NJ, Washington's Grove, at 8AM for car pooling. Approx \$4 trail fee, \$4 lessons, \$4 rental. Info: Kevin Kopp 609-737-1366.

ELKMONT WEEKEND

Jan 17 to 19th (20th). Skiing the Hawkeye Ski Trail in North Central PA. Stay in a quiet farmhouse/inn, just north of World's End State Park.

This is a holiday weekend and an optional extra day is available. Space is limited to 12. Cost \$62 (includes \$15 car pool allowance). Add \$20 for the extra day. A deposit of \$47 is due ASAP. Info: Mike Seidman 836-4185.

As of Nov 13 the Elkmont trip is filled, please patronize other trips.

LAKE PLACID

Jan 31st to Feb 3rd. A full three days at Lake Placid, NY. Expect some of the best X-C skiing on the East Coast, the mystique of Lake Placid, and the inspiring High Peaks region of the Adirondacks just to the South.

Lodging at the Whiteface Resort on Lake Placid in cottages. 2 - 8 rooms/cottage, 2 people/room. Dining in a mess hall, meals are included. Trails on premises. Leave Fri eve by bus, return late Mon, cost \$185. Deposit of \$50 due by Dec 1. Info: Norma Jones 215-675-2238.

HOSTEL HOP

Feb 14-17th. Spend the Presidents Day Weekend skiing from one of many hostels. The trip will go where the snow is. Cost approx \$55 without car pool allowance. Info: Donna Leban 609-882-8559.

INSTRUCTORS CERTIFICATION

ASIA is offering a nonprofessional certification in cross-country skiing. The course will run two weekends, Feb 8&9 and Feb 22&23, 1986. Classes at Crystal Lake Camps. Costs are approx \$100 for the class, and \$76 for food & lodging, plus car pooling. Info: call Louise Kelly or Norma Jones.

POCONOS WEEKEND

Feb 21-23rd. Weekend of skiing at Joyce's folk's A-frame in the Poconos. 15 people, approx \$40, including car pool. Info: Joyce Yockobishen 968-8675.

WEEKEND SKI-LINE

*** 201-782-3300 ***

Sheila Quinn has volunteered the use of her business answering machine in an effort to unite skiers for non-published trips. Here's how it works:

Weekdays: Call Sheila at her Snelling & Snelling agency before 4PM, to find out if a spontaneous trip has been planned, or provide Sheila with the details of where you are going. Any messages left after 5PM will be answered personally the next morning.

Weekends: Details of weekend trips will be compiled during the week for the weekend recording. Copy deadline of 4PM Fri. Further info may be received from trip leaders or area leaders (names to be published in the membership listing).

*** 201-782-3300 ***

** The next newsletter will contain a complete listing of paid-to-date club members. Your community, and phone

number will be included, unless otherwise stated. Those available for midweek, daytime skiing will be marked as such. If you fall into any of the above categories, contact George Foos.

** Dues are due. It's time to settle up with June for the 85-86 season. Only paid members will continue to receive the newsletter.

** All club members participating in any trip will have the opportunity to fill out a standardized "trip report form". This will be filed for inspection. When time and space permit, trip reports will be published.

P.O. Box 211
Newtown, PA 18940

The New Hope Nordics is a club organized to promote the sport of recreational skiing, with emphasis on Nordic (Cross-Country) adventure.

1985-86 Officers

Pres Kevin Kopp	609-737-1366	Rec Sec	Jim Szumila	945-4551
VP Donna Leban	609-882-8559	Skimeister	George Foos	674-3016
Tres David Zuzack	639-3135	Membership	June Snover	822-3734
Ed Dave Dubs	943-3927	Coresp Sec	Sheila Quinn	862-2758

Meetings are held every 2nd Tue and 4th Wed of each month at Scarborough's in Newtown, PA. The meeting officially starts at 8PM, but why not come out early to enjoy Lloyd and Ginger's excellent fare.

NORDIC



NOTES!

Newsletter of *THE NEW HOPE NORDICS* PO Box #211, Newtown, PA 18940

CALENDAR OF EVENTS

- Jan 14 Meeting - skiing primer
 17-19(20) Elkmont Weekend
 22 Meeting
 25 NJ Nordic Races
 31-Feb 3 Lake Placid
- Feb 8-9 ASIA course
 11 Meeting
 14-17 Hostel Hop
 21-23 Pocono Weekend
 22-23 ASIA course
 26 Meeting
- Mar 15 Pot Luck Dinner @ Foos'

ELKMONT WEEKEND

Jan 17 to 19th (20th). Skiing the Hawkeye Ski Trail in North Central PA. Stay in a quiet farmhouse/inn, just north of World's End State Park.

This is a holiday weekend and an optional extra day is available. Space is limited to 12. Cost \$62 (includes \$15 car pool allowance). Add \$20 for the extra day. A deposit of \$47 is due ASAP. Info: Mike Seidman 836-4185.

As of Nov 13 the Elkmont trip is filled, please patronize other trips.

GARDEN STATE WINTER GAMES

This is the first Garden State Winter Games race. It is a NJ Championship race and a Qualifier for the US Ski Ass. Mid-Atlantic Juniors. We expect representation from the highest level to start the races. The NJ Nordics need help on the course, and at the beginning and ending points. Along with the NJ Championship and Junior Qualifier is a Citizens race which is open to anyone who cross-country skis.

Our sister ski club needs your support as a helper, a racer or a spectator. Meet at 9AM at the Blue Mountain Lakes race site. Info: Joyce Huffman 609-637-6676, race sec.

After the race all club members will go to the Walpack Inn for dinner and leave from there on a moonlight tour in the fields behind the inn. Sounds like a great way to meet other skiers.

LAKE PLACID

Jan 31st to Feb 3rd. A full three days at Lake Placid, NY. Expect some of the best X-C skiing on the East Coast, the mystique of Lake Placid, and the inspiring High Peaks region of the Adirondacks just to the South.

Lodging at the Whiteface Resort on Lake Placid in cottages. 2 - 8 rooms/cottage, 2 people/room. Dining in a mess hall, meals are included. Trails on premises. Leave Fri eve by bus, return late Mon., cost \$185. Info: Norma Jones 215-675-2238.

Although Eastern PA has seen little natural snow, New York and all of New England have drifts of the white stuff. Lake Placid is no exception. Ever see the olympic luge run, or the 90 meter ski jump? There are a few seats remaining on the bus. Get those skinny boards waxed up, and hit some real snow.

INSTRUCTORS CERTIFICATION

"I'm too busy to organize a trip". Sound familiar? Ever wonder what you can do to help promote proper skiing, and have fun in the process? Well.... meet the challenge of a non-professional instructor's certification. (continued)

The Amateur Ski Instructors Association is offering a certifying class in cross country skiing. The course will run two weekends, Feb 8&9 and Feb 22&23, 1986. Classes are at Crystal Lake Camps. Costs are approx \$100 for the class, and \$76 for food & lodging, plus car pooling. The NHN is offering \$25 scholarships to members. Deadline Jan 31st. Info: Louise Kelly 215-862-3243 or, Norma Jones 215-675-2238.

HOSTEL HOP

Enjoy X-C skiing the Laurel Highlands of Western PA, staying at the beautiful Schellsburg Youth Hostel, just west of historic Bedford, about 4 hr west on the PA Turnpike.

Skiing is planned at Shawnee State Park, Laurel Mt Ski Area, Laurel Ridge State Park and/or Hidden Valley X-C Center. Great hiking trails are available if there's not enough snow. Deposit is \$20 due by Feb 1st. Trip is limited to 20 people, cost is expected to be about \$50, not including transportation. Info: Donna Leban 609-882-8559.

** The Nordics encourage anyone to attend activities, and subsequently join our membership. Future trips will show a split fee structure; members and non-members. Members will be given preference for trips that fill up quickly.

And for those of you who still have not renewed from last year, why not?! There is a reduced rate for renewing members. Send your \$8 today, to the Nordics mailbox... NOW.

POCONOS WEEKEND

Feb 21-23rd. Weekend of skiing at Joyce's folk's A-frame cabin in the Poconos. 15 people max, approx \$40, including car pool. Info: Joyce Yockobishen 968-8675.

POT LUCK DINNER

George has volunteered to end the ski season with a big you-bring-it you-eat-it dinner on the Ides of March.

WEEKEND SKI-LINE

*** 201-782-3300 ***

Sheila Quinn has volunteered the use of her business answering machine in an effort to unite skiers for non-published trips. Here's how it works:

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*** 201-782-3300 ***

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1985-86 Officers

Pres Kevin Kopp 609-737-1366	Rec Sec	Jim Szumila	945-4551
VP Donna Leban 609-882-8559	Skimeister	George Foos	674-3016
Tres David Zuzack 639-3135	Membership	June Snover	822-3734
Ed Dave Dubs 943-3927	Coresp Sec	Sheila Quinn	862-2758

Meetings are held every 2nd Tue and 4th Wed of each month at Scarborough's in Newtown, PA. The meeting officially starts at 8PM, but why not come out early to enjoy Lloyd and Ginger's excellent fare.

We the executive council, in order to maintain a reasonable facsimile of democratic rule, submit a questionnaire to the general populus of the New Hope Nordics. The questionnaire will be used to evaluate policies and initiate changes in the club. You are required to answer all questions honestly, fold the sheet and mail.

1. Discuss as fully as practical which trips you attended, and critique each. Include opinions concerning price, accommodations, transportation, the underlying mood of the trip, and what corrective action could be taken.

2. Are your expectations met? What more could the club do? Quantity vs quality.

3. How could the meetings be structured differently to:

- A. Fulfill or satisfy needs. Expound on needs or specific program topics.
- B. Improve the attendance.
- C. Feelings about Scarborough's. Suggestions?

5. Are dues prices fair?

6. Are week long trips of interest. Price, place, comments.

7. Comparative interest in summer vs winter activities. Suggestions for summer trips.

8. Would you be willing to serve an office? What positions do you find satisfying?

9. Optional signature.

NOMINATIONS

A volunteer Nominating Committee will be formed at the Feb 26th meeting. Annual nominations will be taken from the floor at the March 11th meeting. Members may also send any write-in nominations to the NHN's PO Box. Elections will be held at the April 8th meeting. Offices to be filled are:

President
Vice President
Corresponding Secretary
Recording Secretary
Treasurer

POT LUCK DINNER

Show off your culinary talent as we "re-hash" one successful ski season. Bring your slides/prints and the delish-dish of your choice to George Foos', 6PM. Please call George or see him at the meeting to inform him of the type of dish you intend to bring. BYOB. Expect another exquisite and fulfilling pot luck evening. 215-674-3016.

AYH'ers?

Please let Kevin Kopp know if you're an American Youth Hostels member. Our club is considering affiliation with AYH.

NORDIC NOTES

NEW HOPE NORDICS PO Box 211, Newtown, PA 18940

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Hello fellow cross country skiers,

We have just completed our most successful ski season yet. Who could forget the great snow and trips we had to Lapland Lakes, Elkmont Lake Placid, Laurel Highlands, Black Forrest, Promised Land and Yellowstone.

We thank you for your participation and we would like to get your input for next season. PLEASE take a few minutes and help us help you. Fill the form out and return it to us as soon as you can. THANKS.

DID YOU ATTEND ___ DAY TRIPS ___ #, ___ WEEKEND TRIPS ___ #, ___ WEEK TRIPS

PROPOSED WEEK TRIPS: INTERESTED IN A WEEK TRIP ___ Y ___ N

MAXIMUM COST: ___ \$500.00 ___ \$ 750.00 ___ \$ 1000.00

LIST TRIPS IN ORDER OF PREFERENCE:

SCANDANAVIA, FINNLAND or NORWAY ___ ; SWITZERLAND or AUSTRIA ___

QUEBEC (LAURENTIANS) ___ ; NORTHERN NEW ENGLAND ___

OTHER _____

WEEKEND TRIPS: PLEASE LIST 6 IN YOUR ORDER OF PREFERENCE

___ STOWE, VT(3)	___ MAPLE HILL, PA.	___ ELKMONT, PA.
___ JACKSON, NH(3)	___ MT. SNOW, VT.	___ TUG HILL PLAT, NY.
___ LAKE PLACID (3)	___ LAPLAND LAKES, NY.	___ LAUREL HIGHLANDS, PA.
___ BLACKWATER FALLS WV. (3)	___ MOHONK, NY.	___ CATSKILLS, NY.
___ ADIRONDACK LOJ	___ BLACK FOREST, PA.	___ CRYSTAL LAKE, PA.
	___ GARNET HILL, NY.	___ STIRE VALLEY, PA.

OTHER: _____

DAY TRIPS: ___ Y ___ N WOULD YOU LIKE TO SEE MORE DAY TRIPS

___ Y ___ N WOULD YOU ATTEND LEARN TO SKI DAY TRIPS

___ Y ___ N WOULD YOU MAKE USE OF CERTIFIED AMATEUR INSTRUCTORS IN
THE CLUB

ADDITIONAL COMMENTS: _____

Thanks very much for your help,

Your Outings Committee

THE NEW HOPE NORDICS
PO Box #211
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**NORDIC
NOTES**



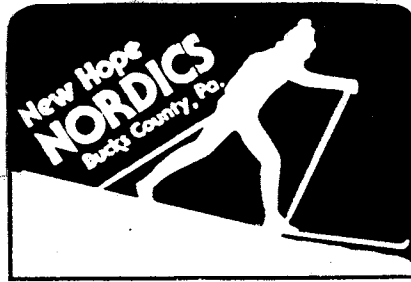
POSITION	CANDIDATE #1	CANDIDATE #2	WRITE IN
President	Scott Berger	Norma Jones	_____
Vice Pres	Jim Murtha	Donna Leban	_____
Treasurer	Dave Zuzack		_____
Coresp Sec	Shela Quinn		_____
Rec Sec	Rita Long	Tom Umbriet	_____

circle the candidates of your choice, clip and mail this absentee ballot to: **THE NEW HOPE NORDICS**, PO Box #211, Newtown, PA 18940

**NORDIC
NOTES**

NEW HOPE NORDICS PO Box 211, Newtown, PA 18940



NORDIC**NOTES!**

Newsletter of *THE NEW HOPE NORDICS* PO Box #211, Newtown, PA 18940

CALENDAR OF EVENTS

- Mar 9 NJN Blue Mountain
Lakes
11 Meeting - nominations
begin
14-16 NJN Brandon, Vermont
15-22 NJN Switzerland !!!
15 Pot Luck Dinner @
Foos'
26 Meeting
- Apr 8 Meeting - elections

Ski season isn't over quite yet. Although we have had poor snow in the beginning, Mother Nature has come through in the end. Lets not end it yet. I am including listings from the New Jersey Nordics. Their Hot Line number is: 201-383-6265.

** The Nordics encourage anyone to attend activities, and subsequently join our membership. Future trips will show a split fee structure; members and non-members. Members will be given preference for trips that fill up quickly.

BLUE MOUNTAIN LAKES

March 9th. NJN. Northern New Jersey. Leader: Steve Spafford, 609-637-6676. Meet Sunday 10 AM in the Blue Mountain Lakes Parking Lot. Ability level: Intermediate.

BRANDON, VERMONT

March 14 to 16th. NJN. Come watch or participate in the Blueberry Hill Annual Pig Roast and Race. Lodging for two nights at the Daubner Family Lodge is \$11/person/night and includes breakfast. Bring own bedding and towels. Call Bunny or Peter Daubner at 609-729-9282 ASAP for reservation. Catch that late snow.

SWITZERLAND?

March 15 to 22nd. NJN. This is the approximate date for the trip. Call Karl Goetz at 609-335-2245.

** Provided below is a compilation of phone numbers to contact for snow related information:

Elk Mountain	800-982-4331
Shawnee	800-982-4010
Poconos in general	800-POC-ONOS

WEEKEND SKI-LINE

*** 201-782-3300 ***

Details of spontaneous weekend trips will be compiled during the week for the weekend recording. Copy deadline of 12 noon Fri. Ask for Sheila Quinn at her Snelling & Snelling agency. Further info may be received from trip leaders or area captains (check the membership list).

*** 201-782-3300 ***

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1985-86 Officers

Pres	Scott Berger	752-3761	Rec Sec	Rita Long	546-3645
VP	Jim Murtha	752-9662	Skimeister	George Foos	674-3016
Tres	David Zuzack	pending	Membership	Sue Liwak	860-8067
Ed	Dave Dubs	331-2965	Coresp Sec	Sheila Quinn	862-2758

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THE NEW HOPE NORDICS

PO Box #211
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**NORDIC
NOTES**

MEMBERSHIP FORM

NAME _____ PHONE _____ (work)
ADDRESS _____ (home)

check one:

Single, new member - \$10.00	Single, renewal - \$ 8.00
Family, new member - \$15.00	Family, renewal - \$12.00

Mail membership form and check, payable to New Hope Nordics, to:

Membership Chairman
New Hope Nordics
P.O. Box 211
Newtown, PA 18940

NORDIC NOTES!

Newsletter of *THE NEW HOPE NORDICS* PO Box #211, Newtown, PA 18940

CALENDAR OF EVENTS

April	08	meeting			
	12	day hike	Jim Szumila	215-945-4551	min
	20	bike @ Ocean City	Paul Kappils	215-364-2625	min
May	03	canoe, pine barrens	Rita Long	215-546-3645	20
	12	meeting			
	17	barbecue	Jan Kurtz	215-750-7282	min
	23-26	backpack Shenandoah	Maureen O'Connor	322-2633	20
June	07	woodcarvers fair	June ^{Hiland} Hasted	215-345-1336	min
	6-8	Assateague, MD	Scott Berger	215-752-3761	40
	09	meeting			
	15	Ricketts Glen	Tom Umbr ot	201-782-4478	min
	21-22	Inn & back	George Foos	215-674-3016	45
July	06	Liberty Century Ride	Donna Leban	609-882-8559	min
	11-13	Mountain bicycling	Rich Keast	609-882-8559	50
	18	eve picnic & hike	H. A. Seiner	215-923-7010	min
August		caving	Scott Berger	215-752-3761	15
	14-17	White Mountains, NH	Sue Klein	215-923-9977	155
	22-24	Phila Folk Festival	Kevin Kopp	609-737-1366	50
September	08	meeting			
	13-14	9th annual Farm Fest	Dave Dubs		min
	20-21	Inn to Inn	George Foos	215-674-3016	70

DAY HIKE - Jim Szumila will be leading a day hike that will be proportional in length to the average skill of the group. Bring a lunch, nasty weather gear, and a camera for the warm spring days. Hike location to be announced. Meet 8AM in the George Washington Inn parking lot, turnpike exit 28.

BIKE @ OCEAN CITY - SUNDAY 20 APRIL. Down to the sea again.... in Bikes? Yes on April's third Sunday. A month into Spring to meet at Ocean City's Music Pier **AT NOON!** Boardwalk ride and then some??? Rentals in O.C. or BYOB. 8:30 Breakfast rendezvous at Goodnoe's in Newtown, then scenic route into NJ. Probably dinner by the sea.

CANOE, PINE BARRENS - Join Rita Long in her romp through the swamp. Well actually a day canoe trip of maybe 10 miles thru the pine barrens. The streams are narrow and gradually wind thru the wilds (?) of NJ. Canoeing experience is not needed, but swimming abilities are. Arrangements will be made for car pooling, lunches, and canoe rental. There is a limited amount of canoe space available, get those deposits in.

BARBECUE - Jan is hosting an early summer pot luck picnic at her Langhorne apartment. The theme is casual. Bring a side dish to share, chair, and BYOB. Barbecued food will be provided. Reservations are requested by phone. 5 PM till ? Rain date Sunday the 18th.

BACKPACK, SHENANDOAH - "Take me home country roads." What better place to regain that inner peace, than in the high country of Virginia. Most of the wild flowers will be in blossom at this time. The car pool will leave Friday afternoon and return Monday evening. Details are being formulated. Deposit of \$20.

WOODCARVERS FAIR - June ^{Histed} ~~Histed~~ is combining a day bicycle trip thru the Amish area of Lancaster County, with a stop at the annual wood carvers fair near Intercourse!!? Meet @ 7:30 @ the Central Bucks West HS. Stop for breakfast on the way. Ride a 30 mile loop. Good legs necessary. Be sure to call June for final details.

ASSATEGUE, MD - Oh give me a home, where the wild ponies roam, and the beer and the ^{canalope of antelope, your choice!} ~~canalope~~ play, where seldom is heard a discouraging word, and the skies are not cloudy all day. Anyhow... Car camp Fri night, then backpack 4.5 mi to (hopefully) secluded, primitive campsites. Sat and Sun swim, explore, and hunt for ponies. Sun hike out. Hiking on sand, no potable H₂O available. Deposit of \$20 holds your limited space. Discuss car pooling and cooking groups at the May meeting.

RICKETTS GLEN - Ricketts Glen is a secluded area with over 20 waterfalls and cascades. The interplay of afternoon sun on the moss and ferns is fantastic. We will be hiking down one leg of the glen and back up the other. This day hike is well worth the three hour drive each way, located in the same general area as Elkmont. Make sure you take insect ^{repellent} ~~repellent~~, water, a lunch, and hiking shoes. Leave promptly @ 7:30 AM form the Friendlies in the Doylestown Shopping Center. Call Tom for exact details.

INN & BACK - George not only has style on the trail (we won't say how much), but class when it comes to biking. George is leading an overnight bicycle trip from Lower Bucks County to one of the historic inns of the Delaware Valley. Join us riding thru some of the same scenic potholes that Washington hit. A minimum of touring equipment is necessary.

MOUNTAIN BICYCLING - Mount your Stump Jumper and go... Over hill, over dale, over rocks, thru streams. This is all terrain riding with you as the motor. Will probably be at Crystal Lake Camps, or thru the Leheigh River gorge. Details to come.

EVE PICNIC & HIKE - Our resident naturalist will be picking a unique area in NJ equidistant to most club members. There will be a relaxed picnic (bring your own basket and bottle), followed by a moonlight hike.

CAVING - If your life is dull and boring, or if you enjoy mud caked in your hair, give this one a try. Scott Berger, Dave Dubs, and Tom Umbreit will be putting together a beginners trip. Probably a day trip to the Allentown area. Date and details to be finalized.

WHITE MOUNTAINS - Hike the White Mts of NH, from the heights of Lake of the Clouds Hut to the waterfalls of Mizpah Hut and the greenery of Zealand Falls Hut. Leave Wed aftn, Aug 13th, return Sun, Aug 17th.

Deposits of \$35 are due by June 1st. Sign up at the April meeting or call Susan Klein @ 215-923-9977. The grand total including huts, motel, and transportation by car pool will be about \$155. Room for only 8 people.

Preparation: walk a lot; find clothes fit for a 20-90°F temp range; have good hiking boots and full rain gear. The huts provide breakfast and dinner. Bring your own lunches and either a light weight sleeping bag or sheet sleeping sack to go under hut blankets. Contact Marge Zabor: 215-295-1470.

PHILADELPHIA FOLK FESTIVAL - Self explanatory. Call Kevin for details on camping and the schedule of musicians.

FARM FEST - The Farm Fest started 9 years ago as a reunion of old college friends. It has grown over the years into a very low key weekend of camping to close out the summer. It is located on private land in North Central PA. Saturday turns into an all day pot luck dinner. Past items have included dutch oven peach cobbler, fresh steamed hardshells, fresh NY trout, and (if the season is late) bushels of corn. Sunday is left for hiking and recovery.

INN TO INN - George does it again, this time for two nights. The ride will probably be in the Cape May, NJ area. Light touring gear is necessary.

*** April is the month for elections in the NHN. Presented within this newsletter is a slate of candidates. General elections will be held at the April meeting on the 8th. A write in ballot is included for members who will not be present. This is your club, **VOTE**. But not twice.

*** NHN will be going into the Summer schedule soon. April, May, June, and Sept have only one meeting, on the 2nd Tues of the month. July and August have no meetings, however a newsletter will be published in the Summer.

~~LOOK~~ → *** The second meeting in March is canceled. It would have been on the 26th of March. See you in April for elections. ← ~~LOOK~~ !!

*** As an addition to the full summer schedule that was presented above, there are open bicycle rides every Wed evening. They leave the parking of the Nelson House at Washington's Crossing State Park, NJ side, at 6:15 sharp. Everyone is welcome. Start the first week in May.

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NORDIC NOTES!

CALENDAR OF EVENTS

					COST
May	03	canoe, Pine Barrens	Rita Long	215-546-3645	\$20
	13	meeting			
	17	barbecue	Jan Kurtz	215-750-7282	minimal
	23-26	backpack Shenandoah	Maureen O'Connor	322-2633	\$35
June	07	wood-carver's fair	June Histan	215-345-1336	\$10
	6-8	Assateague, MD	Scott Berger	215-752-3761	\$40
	08 10	meeting			
	15	Ricketts Glen	Tom Umbriet	201-782-4478	min
	21-22	inn & back	George Foos	215-674-3016	\$35
July (NO MEETING)	06	Liberty Century Ride	Donna Leban	609-882-8559	min
	11-13	mountain bicycling	Rich Keast	609-882-8559	\$50
	19	eve picnic & hike	H. A. Seiner	215-923-7010	min
	27	caving	Scott Berger	215-752-3761	\$15
August (NO MEETING)	14-17	White Mountains, NH	Sue Klein	215-923-9977	\$155
	22-24	Phila Folk Festival	Marge Zabor Kevin Kopp	215-295-1470 609-737-1366	\$50
September	08 09	meeting			
	13-14	9th annual Farm Fest	Dave Dubs	215-946-9060	min
	20-21	Inn to Inn	George Foos	215-674-3016	\$70

CANOE, PINE BARRENS - Join Rita Long in her romp through the swamp. The trip was last week - hope you were there.

BARBECUE - Jan is hosting an early summer pot luck picnic at her Langhorn apartment. The theme is casual. 5PM till ?. Bring a side dish to share, chair, and BYOB. Barbecued food will be provided. Reservations are requested by phone. Rain date Sunday the 18th.

BACKPACK, SHENANDOAH - "Take me home country roads." What better place to regain that inner peace, than in the high country of Virginia. The car pool will leave Friday afternoon and spend the night in Winchester, VA. Return Monday evening. Hiking will be about 6-8 miles each day over varied terrain.

Hikers are responsible for providing own transportation, tent, gear, food, and stove. Open fires are discouraged in the high use areas of the national parks. Cooking groups and car pooling are encouraged; talk to Maureen for details. Some backpacking experience is necessary.

The trip will cost about \$35, with a \$20 deposit at the May meeting. Call Maureen O'Connor, best late at night. Maximum of 10 people.

WOOD-CARVER'S FAIR - June Histan is combining a day bicycle trip thru the Amish area of Lancaster County with a stop at the annual wood carvers fair near Intercourse!!? Meet at 7:30AM at the Central Bucks West HS. Stop for breakfast on the way. Ride a 30 mile loop. Carry your lunch or stop at one of the many home style restaurants in the area. Return by 6PM. Good legs necessary. Be sure to call June for final details, and to make arrangements for car pooling of bicycles.

ASSATEGUE, MD - Car camp Friday night, then backpack 4.5 mi to (hopefully) secluded, primitive campsites. Sat and Sun swim, explore, and hunt for ponies. Sunday hike out. Hiking on sand, no potable H₂O available. Fee of \$20 holds your limited space. Discuss car pooling and cooking groups at the May meeting. Presently the trip is full, place your name on the waiting list in case of a cancellation.

If there is enough interest, a second trip may be scheduled later this summer. Any volunteers to lead?

RICKETTS GLEN - Ricketts Glen State Park is a secluded area with over 20 waterfalls and cascades. The interplay of afternoon sun on the moss and ferns is fantastic. We will be hiking down one leg of the glen and back up the other. This day hike is well worth the three hour drive each way, located in the same general area as Elkmont. Make sure you take insect repellent, water, a lunch, and hiking shoes. Leave promptly @ 7:30AM, Sunday, from the Friendly's in the Doylestown Shopping Center. Call Tom for exact details.

There is an excellent camping area at the state park for those who would like to spend the entire weekend. The campground is located on the shores of Lake Gene, providing swimming and boating.

INN & BACK - George not only has style on the trail (we won't say how much), but class when it comes to biking. Leaving Saturday morning, journey through the rolling hills of Bucks County, from Washington's Crossing State Park to Riegelesville on the River. Return Sunday through Jersey. Lodging, dinner, and breakfast at the Riegelesville Hotel/Inn. Distance each day is about 35 miles (C paced). Cost \$25-35 depending on accommodations. Price includes lodging and breakfast - dinner at your expense. Trip limited to 10 people. Contact George Foes.

LIBERTY CENTURY RIDE - Ride from the Statue of Liberty in New York City to the Liberty Bell in Philadelphia, about 100 miles. You are responsible for meeting all the rules of the ride organizers. Contact Donna Leban.

MOUNTAIN BICYCLING - Mount your Stump Jumper and go.... Over hill, over dale, over rocks, thru streams. This is all terrain riding with you as the motor. Will probably be at Crystal Lake Camps, or thru the Leheigh River gorge. The trip may be a day trip, or we may spend a whole weekend in upstate PA. Details to come. Contact Rich Keast or Dave Dubs.

EVE PICNIC & HIKE - Our resident naturalist, will be picking a unique area in NJ equidistant to most club members. There will be a relaxed picnic (bring your own basket and bottle), followed by a moonlight hike. Call Harriet Ann for meeting place and time. Now on Sat.

CAVING - If your life is dull and boring, or if you enjoy mud caked in your hair, give this one a try. Scott Berger, Dave Dubs, and Tom Umbriet will be putting together a beginners trip. Probably a day trip to the Allentown area. Try to provide your own equipment; loaner hard hats and carbide lamps may be available on a very limited basis. Details to be finalized.

WHITE MOUNTAINS - Hike the White Mts of NH, from the heights of Lake of the Clouds Hut to the waterfalls of Mizpah Hut and the greenery of Zealand Falls Hut. Leave Wed afternoon, Aug 13th, return Sun, Aug 17th. The grand total including huts, motel, and transportation by car pool will be about \$155.

Preparation: walk a lot; find clothes fit for a 20-90°F temp range; have good hiking boots and full rain gear. The huts provide breakfast and dinner. Bring your own lunches and either a light weight sleeping bag or sheet sleeping sack to go under hut blankets.

Room for only 8 people. All spaces have been filled as of printing. A waiting list is being formed. Deposits **MUST** be in at the May meeting.

PHILADELPHIA FOLK FESTIVAL - This is a weekend of folk music and anything else you want to make it. There will be a cross section of Americana, from professionals, to bikers, to burned out hippies. Spend the weekend camping in the sea of humanity or come for a day.

Kevin is planning to go to the Festival on Thursday morning when the camp gates open. If anyone wants to help set up others' tents early to establish the Nordics' space, call Kevin. Deliver your tent Wednesday if you want it set up early.

As for food, drink and cooking, you are on your own. Everyone should bring along enough food to be happy. Most people bring a little something to share: cookies, candy, drugs, whatever. Alcohol is not allowed, so bring plenty. You just have to keep all alcohol out of sight when you bring it through the front gate.

FARM FEST - The Farm Fest started 9 years ago as a reunion of old college friends. It has grown over the years into a very low key weekend of camping, eating, and drinking to close out the summer. It is located on private land in North Central PA. Saturday turns into an all day pot luck dinner. Past items have included dutch oven peach cobbler, fresh steamed hardshells, fresh NY trout, and (if the season is late) bushels of corn. Sunday is left for hiking and recovery.

INN TO INN - George does it again, this time for two nights. The ride will probably be in the Cape May, NJ area. Light touring gear is necessary.

*** As an addition to the full summer schedule that was presented above, there are open bicycle rides every Wed evening. They leave the parking lot of the Nelson House at Washington's Crossing State Park, NJ side, at 6:15 sharp. Everyone is welcome. Rides start the first week in May.

*** I am pleased to present the new slate of officers for the 1986 season. They will be working hard to give you the trips you want and maintain the status of the best cross country ski club in the Delaware Valley.

President	Scott Berger
President of Vice	Jim Murtha
Treasurer	Dave Zuzack
Corresponding Secretary	Sheila Quinn
Recording Secretary	Rita Long

*** NHN will be going into the Summer schedule soon. May, June, and Sept have only one meeting, on the 2nd Tues of the month. July and August have no meetings, however a newsletter will be published in the Summer.

The New Hope Nordics is a club organized to promote the sport of recreational skiing, with emphasis on Nordic (Cross-Country) adventure.

1985-86 Officers

Pres	Scott Berger	752-3761	Rec Sec	Rita Long	546-3645
VP	Jim Murtha	752-9662	Skimeister	George Foos	674-3016
Tres	David Zuzack	639-3135	Membership	June Snover	822-3734
Ed	Dave Dubs	946-9060	Coresp Sec	Sheila Quinn	862-2758

Meetings are held every 2nd Tue, during the summer months, at Scarborough's in Newtown, PA. The meeting officially starts promptly at 8PM, but why not come out early to enjoy Lloyd and Ginger's excellent fare.

THE NEW HOPE NORDICS
PO Box #211
Newtown, PA 18940

**NORDIC
NOTES**

NORDIC**NOTES!**

Newsletter of *THE NEW HOPE NORDICS* PO Box #211, Newtown, PA 18940

CALENDAR OF EVENTS

					COST
September	09	MEETING			
	13-14	8th Annual Farm Fest	Dave Dubs	215-331-2965	minimal
	19-21	Bike Cape May	George Foos	215-674-3016	\$92
October	05	Marshallton Triathlon	Warren Goff	215-348-3222	\$10
	10-12	Fall Backpack	M. O'Connor	215-322-2633	\$20
	14	MEETING			
	18	Bicycle in Poconos	Donna Leban	609-882-8559	\$10
	25	Fall Foliage Hike	George Foos	215-674-3016	minimal
	31	Halloween Party	Dave Zuzack	215-pending	BYOB
November	08	Day Hike in NJ	Jim Murtha	215-752-9662	minimal
	11	MEETING			
	22	Pot Luck Dinner	Rita Long	215-546-3645	minimal
	26	MEETING			
December	09	MEETING/Christmas Party			
	14	Longwood Gardens	George Foos	215-674-3016	minimal
January	13	MEETING			
	09-11	Learn to Ski, Vermont	George Foos	215-674-3016	\$xxx
	17	Learn to Ski Day, NJ	Kevin Kopp	609-737-1366	minimal
	18	Downhill Day Trip	Scott Berger	215-752-3761	minimal
	23-25	Elkmont, PA			\$65
	28	MEETING			
	30-02	Lake Placid, NY	Norma Jones	215-675-2238	\$185
February	06-08	Black Forest, PA	Dave Dubs	215-331-2965	\$100
	10	MEETING			
	13-16	Hostel Hop			\$55
	21	Day Trip			minimal
	22-01	Yellowstone Nat Park	Richard Keast	609-882-8559	\$600
	25	MEETING			
	27-01	Pocono Weekend	J. Yockobishen	215-295-0796	\$xxx
March	10	MEETING			
	25	MEETING			
April	14	MEETING			
May	11	MEETING			
June	09	MEETING			

trip fees do not include any equipment rental costs

YELLOWSTONE SKI YELLOWSTONE SKI YELLOWSTONE SKI YELLOWSTONE OLD FAITHFUL

Reservations have been confirmed for the week of Feb 22nd to March 1st for a total of twenty eight (28) Nordics in Yellowstone National Park. We plan to travel to Bozeman, MN from Phila on Sunday 02-22, stay overnight at a modest motel in Bozeman, ride a bus from Bozeman to Monmouth Hot Springs Lodge on Monday morning and check in at the lodge. We'll spend Mon and Tue at Monmouth, travel by snow cat on Weds morning to Old Faithful Lodge, spend Wed, Thurs, and Fri at Old Faithful and return to Monmouth on Friday afternoon, and spend Saturday at Monmouth with an early morning checkout. Travel home to Phila on Sunday afternoon.

The cost of \$600 includes air fare*, lodging, transportation from Bozeman to lodges, and snow cat transportation. This cost does not include meals. Price based on 2 per room; a cheaper option is available for triple or quad lodging. An immediate non-refundable deposit of \$155 is due to reserve your spot. Bring your check book to the September 9th meeting, or contact Rich Keast 609-882-8559 (h), 215-637-1700 (w).

* Price based on currently available air fare of \$298 round trip to Bozeman from Phila. If air prices change, the trip price will change accordingly.

FARM FEST - The Farm Fest started 8 years ago as a reunion of old college friends. It has grown over the years into a very low key weekend of camping, eating, and drinking to close out the summer. It is located on private land in North Central PA. Saturday turns into an all day pot luck dinner. Past items have included dutch oven peach cobbler, fresh steamed hardshells, fresh NY trout, and (if the season is late) bushels of corn. Sunday is left for hiking and recovery. Primitive facilities. Contact Dave Dubs 215-331-2965.

BICYCLE VICTORIAN CAPE MAY - George does it again, this time for two nights. Spend Friday and Saturday nights at the Chalfonte Hotel in Cape May. Day bike 40-50 miles (flexible) Saturday, and Sunday 20-30 miles (flexible) and beach it. Cost - \$92 includes 2 nights lodging, 2 breakfasts, and dinner Saturday. George needs to make the hotel reservation by Sept 5th. If you plan to go, contact George immediately (as soon as you get this newsletter, before the September meeting). 215-674-3016.

MARSHALTON TRIATHLON - Join the Nordics for a day of fun and exertion for charity. You and a partner will bike 2.5 miles to the Brandywine Creek, board a canoe for a 4 mile paddle, walk (don't run) about 3 miles to bikes and return 2.5 miles to the start. It's a blast and the proceeds benefit charity. Advanced reservations are necessary. Cost approx \$10. Contact Warren Goff, 215-348-3222.

FALL BACKPACK - Hike through the falling leaves on the Loyalsock Trail in North Central PA. Maureen O'Connor leads this expedition through the magnificent foliage of the Loyalsock Creek Valley. Leave Friday evening, return Sunday. Approx cost of \$20 includes a \$15 carpool fee. Contact Maureen 215-322-2633.

BICYCLE IN POCONOS - Join Donna Leban on a 45 mile (optional 60), moderately hilly passage through the New Jersey side of the Delaware Water Gap. Fall colors should be at their peak. The C paced ride will be along the Delaware, and will pass through Dingman's Falls and historic Mill Brook Village. Bring a lunch or snack, rain gear, and funds for an after ride meal. Meet at Washington Crossing State Park, NJ, riverside parking lot, 7:30 AM. Donna 609-882-8559. Call Donna ASAP if you need transportation for your bicycle. Cost \$10 for the carpool.

FALL FOLIAGE HIKE - The Foos leads a 6 mile flat, but very rocky ridge run on the Appalachian trail, from Route 309 to Bake Oven Knob. Great views both North and South of the ridge, especially this time of year. Optional dinner at a Bavarian restaurant will follow. Meet at Friendly's in Doylestown, 9 AM. George Foos 215-674-3016.

HALLOWEEN PARTY !!!!! - Help Dave Zuzack bring proper spirits into his new home. Costume required (no skiers). BYOB and a party snack. 8 PM till ?. Contact Dave at the meeting or Joyce Yockobishen at 215-295-0796.

DAY HIKE IN NEW JERSEY - Day hike prime cross-country ski trails near Stillwater in Northern New Jersey. Check out the trails before the snow flies. Meet at Washington Crossing State Park, NJ, riverside parking lot, 8:30 AM. Jim Murtha 215-752-9662.

POT LUCK DINNER (pre ski-season) - Get warmed up for a red hot ski season at Rita Long's new condo. Be sure to call in advance so we can spread the main dishes, appetizers and, desserts. Call Rita 215-546-3645.

CHRISTMAS PARTY - The December meeting is our annual Christmas/beginning-of-ski-season party. Join us to celebrate the season and to ring in the New Year. Scarboroughs, Newtown, PA.

LONGWOOD GARDENS - George Foos leads a holiday jaunt in search of Season Cheer. George visits the Brandywine River Museum and Longwood Gardens. Trip leaves 1 PM from Oxford Valley Mall near Chi Chi's. Call George 215-674-3016.

*** As an addition to the full Fall schedule presented above, there are open bicycle rides every Wed evening. They leave the parking lot of the Nelson House at Washington's Crossing State Park, NJ side, at 6:15 sharp. Everyone is welcome. Rides continue through October.

*** We are looking for accommodations in North Central PA to rent weekends for skiing. The place may be in the form of a primitive hunting cabin without any heat, water, or electricity; or it may be a fully functional house. This is the time to ask neighbors and relatives if they know of a place. If you have any suggestions or leads, call Dave Dubs 215-331-2965.

*** Our meetings have been somewhat blase' lately. We need someone to take over as program coordinator. There are many excellent topics and people out there. We just need someone to put it together for the meetings. This is your chance to get involved. See Scott Berger.

*** I am pleased to present the new slate of officers for the 1986 season. They will be working hard to give you the trips you want and maintain the status of the best cross country ski club in the Delaware Valley.

President	Scott Berger	215-752-3761
Vice President	Jim Murtha	215-752-9662
Treasurer	Dave Zuzack	215-pending
Corresponding Secretary	Sheila Quinn	215-862-2758
Recording Secretary	Rita Long	215-546-3645
Skimeister	George Foos	215-674-3016
Membership	Sue Liwak	215-860-8067
Publicity	Jan Kurtz	215-752-3761
Newsletter Editor	Dave Dubs	215-331-2965
EPSC Representative	Louise Kelly Decker	215-862-3243
Past President	Kevin Kopp	609-737-1366
Expediter	Joyce Yockobishen	215-295-0796

*** RENEW RENEW RENEW RENEW ***
 Skiing season quickly approaches. Remember it is time to renew your yearly membership, which expires September 30, 1986. Just return the form below along with your check to the NHN mailing address, or pay Sue Liwak directly at the Sept meeting.

The dues are the same as last year, with an incentive for past members to renew. New members are \$10, renewals \$8, and family memberships are \$15, with renewals \$12. The club always welcomes new folks to share in, and add to the fun. Know any prospective members? Bring them along.

*** General membership meetings are held the 2nd Tuesday and 4th Wednesday of each winter month (Nov thru March) at Scarborough's in Newtown, at 8PM sharp. The remainder of the year, and Christmassy December feature one monthly meeting, the second Tuesday.

Executive council meetings generally are held the first Tuesday of each month. Please contact the President regarding meeting place and time. All members are welcome at executive council meetings.

And please - the use of Scarborough's comes to the club at no cost. Knowing nothing is free, kindly show your appreciation, patronize the bar and kitchen during meetings. Some of the members arrive around 6:30 for dinner.

*** Included is a listing of local stores, sales, rentals, etc. Unfortunately, we are a little late in publishing this list, in order to take full advantage of the pre-season sales.

<u>store</u>	<u>phone</u>	<u>rentals</u>	<u>sales</u>	<u>package sales</u>
Wilbergers	215-885-1480	x-country downhill	mid August	always
Kiddle	215-794-8958	x-country	10/18 grand opening for downhill	always
Sports Haven	215-348-5624	downhill	til 9/1	always
Langs'	609-883-1970	both	til 9/1	always
PS&S	215-672-0202	both	til 9/1	always
Hermanns'	215-757-1528	none	mid Sept - call	always
Langhorne	215-757-3113	both	tent sale, mid Oct, call	always
Pelican	201-534-2534 609-771-1834	both	til 9/1 - call about other sales	always
I. Goldberg	215-925-9393	none	mid Sept pre-season sale on clothing	no skis
Appalachian Trail Outfitters	215-348-8069	none	nothing planned	only x-c

The New Hope Nordics is a club organized to promote the sport of recreational skiing, with emphasis on Nordic (Cross-Country) adventure.

1985-86 Officers

Pres Scott Berger	752-3761	Rec Sec	Rita Long	843-4064
VP Jim Murtha	752-9662	Skimeister	George Foos	674-3016
Tres David Zuzack	788-0781	Membership	Sue Liwak	860-8067
Ed Dave Dubs	331-2965	Coresp Sec	Sheila Quinn	862-2758
		Memb @ Large	Joyce Y.	295-0796

Meetings are held every 2nd and 4th Tuesday of the Winter months, at the American Legion in Langhorne. The post is located 1/2 block South of the red light in Langhorne's business district. The meeting starts promptly at 8 PM. Anyone with an interest in X-C skiing or the outdoors in general is welcome to attend meetings. Bring a friend.

THE NEW HOPE NORDICS

PO Box #211
Newtown, PA 18940

GENERAL TRIP POLICIES

- * Day trips are open to members and non-members.
- * Trips for which the club arranges either lodging or transportation will be open to members only. Just pay the membership fee and you are welcome.
- * Reservations for trips are confirmed only upon receipt of deposit.
- * Please make all checks payable to New Hope Nordics, not the individual trip leader.
- * Unless otherwise noted, all trips go, snow or no snow. Bring hiking boots.

TRIP CANCELLATION POLICY

- * Cancel more than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is greater.
- * Less than 35 days, and the trip runs full, lose 10% or \$10, whichever is greater.
- * Less than 35 days, and the trip does not run full, lose deposit or any non-refundable costs, whichever is greater.
- * Refund amount will be determined only after trip is completed.



NORDIC

NOTES!

Newsletter of *THE NEW HOPE NORDICS* PO Box #211, Newtown, PA 18940

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*   NEW MEETING PLACE:   Langhorne Jesse Soby Post, American Legion   *
*
*   NEW MEETING DAYS:    2nd and 4th Tuesdays of the Winter months   *
*
*   MEETING TIME:        Start promptly at 8 PM                       *
*
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CALENDAR OF EVENTS

					COST
October	31	Halloween Party	Dave Zuzack	215-788-0781	BYOB
November	02	South Mt Hike, NJ	Tom Umbreit	201-782-4478	minimal
	09	Day Hike, NJ	Jim Murtha	215-752-9662	minimal
	11	MEETING	Lake Placid slides		
	22	Pot Luck Dinner	Rita Long	215-843-4064	minimal
	25	MEETING	X-C clothing		
December	09	MEETING/X-mas Party	member's slides		
	14	Longwood Gardens	George Foos	215-674-3016	\$15
January	13	MEETING	hardware demo		
	09-11	Lapland Lakes, NY	George Foos	215-674-3016	\$115
	17	Learn to Ski Day, NJ	Kevin Kopp	609-737-1366	minimal
	18	Downhill Day Trip, PA	Scott Berger	215-752-3761	minimal
	23-25	Elkmont, PA	Rita Long	215-843-4064	\$65
	27	MEETING	first aid		
	30-02	Lake Placid, NY	Norma Jones	215-675-2238	\$185
February	05-08	Black Forest, PA	Dave Dubs	215-331-2965	\$105
	10	MEETING	stretching		
	13-16	Hostel Hop, PA	Donna Leban	609-882-8559	\$70
	21	Day Trip	Grace Jacob	609-695-1634	minimal
	21-01	Yellowstone Nat Park	Richard Keast	609-882-8559	\$600
	24	MEETING	member's slides		
	27-01	Pocono Weekend	J. Yockobishen	215-295-0796	\$40
March	10	MEETING			
	24	MEETING			
April	14	MEETING			
May	12	MEETING			
June	09	MEETING			

trip fees do not include any equipment rental costs

HALLOWEEN PARTY !!!!! - Help Dave Zuzack bring proper spirits into his new home. Costume required (no skiers). BYOB and a party snack. 8 PM till ?. Contact Dave at 215-788-0781 for directions, or Joyce Yockobishen at 215-295-0796.

SOUTH MOUNTAIN HIKE - Day hike Nov 2nd with Tom Umbreit on an easy trail in the South Mountain Reservation, North Jersey. Meet at 10 AM at the Flemington Outlet Store on Route 202. Leader Tom Umbreit 201-782-4478.

DAY HIKE IN NEW JERSEY - Day hike prime cross-country ski trails near the Delaware Water Gap in Northern NJ, the Blue Mt Lakes Trails. Check out the trails before the snow flies. Meet at Washington Crossing State Park, NJ riverside parking lot. Leave @ 8:30AM sharp. Cost \$7 for carpool, with optional dinner. Get back mid evening. May join the NJ Nordics if we get there in time. Contact Jim Murtha: 215-752-9662. *Note change of date from Nov 8 to Nov. 9*

POT LUCK DINNER (pre ski-season) - Get warmed up for a red hot ski season at Rita Long's new condo. Be sure to call in advance so we can spread the main dishes, appetizers and, desserts. Call Rita 215-843-4064.

CHRISTMAS PARTY - The December meeting is our annual Christmas/beginning-of-ski-season party. Join us to celebrate the season and to ring in the New Year.

LONGWOOD GARDENS - George Foes leads a holiday jaunt in search of Season Cheer. George visits the Brandywine River Museum and Longwood Gardens. Trip leaves 1 PM from Oxford Valley Mall near Chi Chi's. Call George 215-674-3016.

LAPLAND LAKES - Join George in the Southern Adirondacks for a weekend of Finland in the USA. Lapland Lakes is the family run resort of Olarvi Hirvonen, former Olympic skier, and is a perfect place for the beginner or novice skier to get introduced to the sport. There are also plenty of intermediate and advanced trails for the seasoned skier. Price of \$115 includes double occupancy rooms (6 people per cabin), transportation (van or bus), meals (excluding lunches), trail fees, one lesson and above all the wood fired sauna. Bring your own sheets and towels. Limit of 24 people. Deposit \$40, due on sign-up, balance due Dec 9th. Leaders Peter Borowiec 215-659-8966, and George Foes 215-674-3016.

LAKE PLACID - Join Norma Jones as we do a repeat of our highly successful 3 day trip to Lake Placid and Mt. Von Hovenberg. Accommodations will again be at the Whiteface resort with a mix of multi room chalets and motel rooms; all rooms double occupancy. We're hoping for last year's cold, crisp weather and perfect snow. The trails at Von Hovenberg are perfect for all levels of skiers (beginners thru advanced) and there is always bobsled and luge to watch if you get tired. Cost of \$185 includes lodging, transportation, and meals. \$40 deposit, and balance due at the Dec meeting. Bus leaves promptly at 5:45 PM on Fri, and returns approx 10:30 PM Monday evening. Leaders are Norma Jones 215-675-2238 and Ed Walton 215-946-6785

BLACK FOREST TRAILS - The Black forest trails are located on one of the higher plateaus in the state (>2000'), roughly 40 miles North-West of Williamsport. If there is snow anywhere, it will be here. There are trails for all skill levels, maintained by the Forestry Department. We will be staying in a cabin, with the overflow staying in the Gibson Hotel across the street. All meals will be group prepared and served in the cabin. Leave your car at home, two vans will be taken.

The trip is three days (optional two). We meet Thursday in Lower Bucks County, and get there about midnight, then three days of the white stuff. The 2-day people will leave Friday. Meals, transportation, and lodging cost only \$105 for three days, and \$90 for two. A \$40 deposit is due upon sign-up. There are no ski rentals, and participants should be capable of skiing varied terrain and unbroken trails. For info, call Dave: 215-331-2965.

HOSTEL HOP - Take the 3 day Presidents Day weekend (Feb 13th to 16th), skiing in Western PA's Laurel Highlands. Stay overnight at the Schellsburg and/or Ohiopyle youth hostels. Cost of trip about \$70 includes \$15 car pooling fee, lodging, and meals, except for Sunday eve out. Trails vary from well groomed to tricky wooded courses. Don't miss out this time, last year was great. Deposit \$20. Contact Donna Leban: 609-882-8559.

YELLOWSTONE NATIONAL PARK, WYOMING - Reservation have been confirmed for the week of Feb 21st to March 1st for 14 New Hope Nordics in Yellowstone National Park. Saturday we fly from Philadelphia to Bozeman, MT, stay at the Mammoth Hot Springs and Old Faithful Lodges, and return the following Sunday afternoon. Cost of \$600 includes air fare*, lodging (double occupancy), transportation from Bozeman to Yellowstone and back, snow cat from Mammoth to Old Faithful. Cost does not include meals. Deposit \$175 is due on signup, balance due 12-09-86. Bring your check book to the Nov 11th meeting, or contact Rich Keast 609-882-8559 (h), 215-637-1700 (w).
*Cost based on air fare of \$278 round trip from Philly to Bozeman.

POCONO WEEKEND - Feb 27th to March 1st. We are going to give it a second try at Joyce's folk's A-frame cabin. Cozy accommodations for 15 people. Enjoy skiing, sledding and ice skating. Cost of \$40, includes car pool and meals. Contact Joyce Yockobishen: 215-295-0796.

*** **RENEW** **RENEW** **RENEW** **RENEW** ***
Unless you have paid your '86-'87 dues this will be the last NHN newsletter you will receive. Just return the form included in this newsletter check, to the NHN address. The newsletter is your passport to our many club activities. Don't let your membership slide.

< The next newsletter will have a complete membership listing. Name, address, home phone, and work phone will be listed. If you do not want any of this information made public, please contact Sue Liwak, or the Editor.

< Also, you need to sign a trip waiver each year. If you've paid your '86-'87 dues, but have not signed this form, please contact Sue Liwak, 215-860-8067.

< The NHN has again moved its meeting place. Hopefully the meetings will be a lot less noisy, and more of a club meeting, not a competition with the bar. All meetings are now Tuesdays. There is no food served at the Legion post, but they do not mind food being brought in. There is a complete cash bar with cheap drafts. The room rents for \$35 per meeting, a hat will be provided to defray the costs. No more Scarborough's.

< The NHN has a few sets of new, very reasonably priced skis for sale. Call Jan 215-752-3761.

< Executive council meetings generally are held the first Tuesday of each month. Please contact the President regarding meeting place and time. All members are welcome at executive council meetings.

< We have a sister club called the New Jersey Nordics. In case you missed the presentation by the NJN rep at the Oct meeting, there is a hot-line for info about their club activities. Call: 201-383-6265.

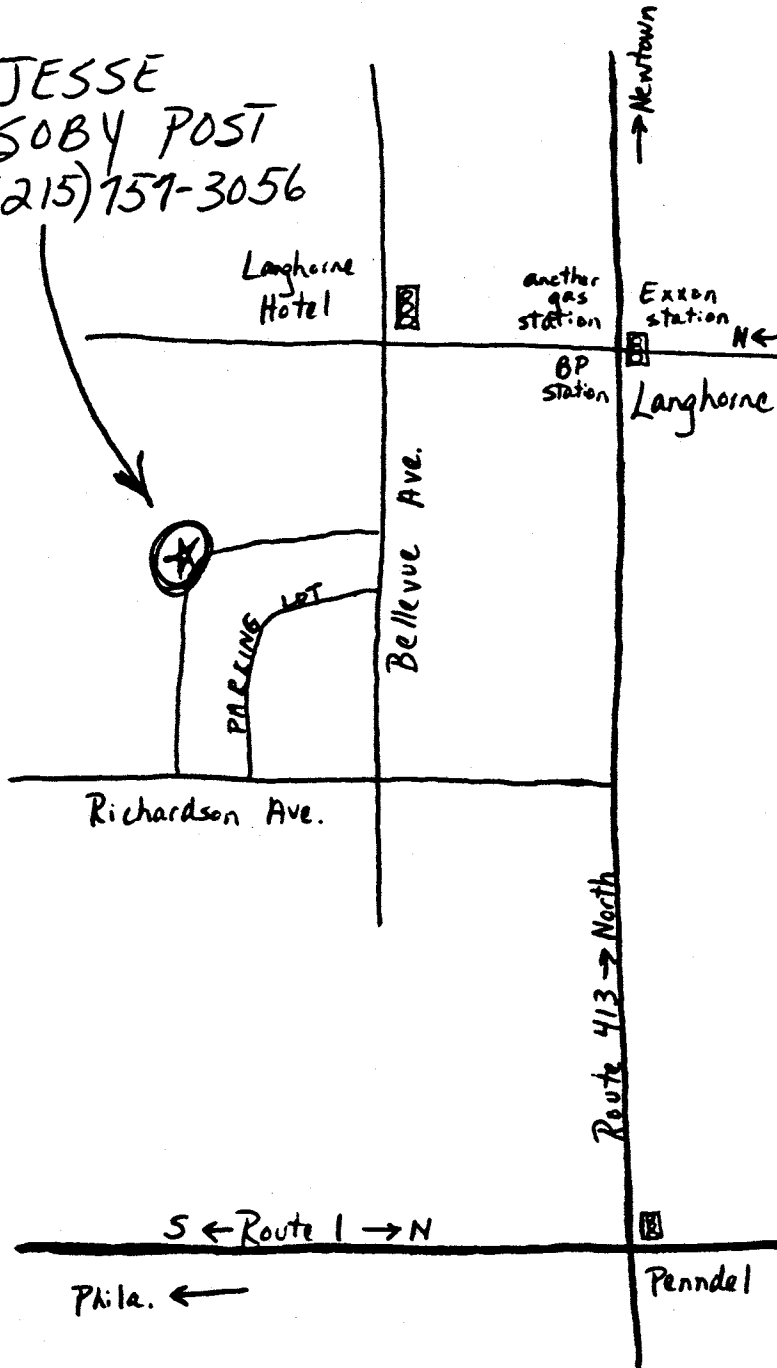
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TRIP CANCELLATION POLICY

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- * Refund amount will be determined only after trip is completed.

JESSE SOBY POST
(215) 757-3056



DIRECTIONS TO THE JESSE SOBY POST OF THE AMERICAN LEGION, Bellevue & Richardson Aves. Langhorne, PA 215-757-3056.

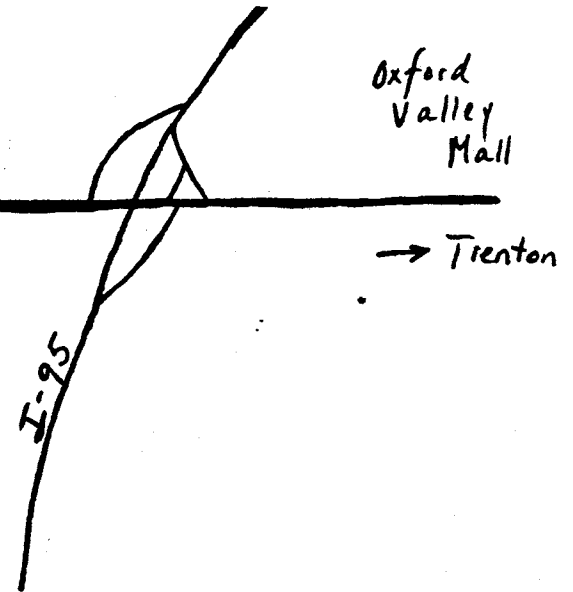
From northbound 413:

Turn left onto Rt. 213 (Maple Ave) **At first light, turn left onto Bellevue. Turn rt. into 1st parking lot (about 50 yds. from intersection). If you miss this, the next intersection is Richardson. Turn rt. onto Richardson. Take rt into 1st parking lot. This is the other end of the same L-shaped lot. The Jesse Soby Post is the 2-story white bldg. at the corner of "L". Go down sidewalk and enter 1st door on rt.

From southbound 413:

Turn rt. onto Rt. 213 (Maple Ave) Continue from asterik ** above.

Note: Map is not to scale.



The New Hope Nordics is a club organized to promote the sport of recreational skiing, with emphasis on Nordic (Cross-Country) adventure.

1985-86 Officers

Pres Scott Berger	752-3761	Rec Sec	Rita Long	843-4064
VP Jim Murtha	752-9662	Skimeister	George Foos	674-3016
Tres David Zuzack	788-0781	Membership	Sue Liwak	860-8067
Ed Dave Dubs	331-2965	Coresp Sec	Sheila Quinn	862-2758
		Memb @ Large	Joyce Y.	295-0796

Meetings are held every 2nd and 4th Tuesday of the Winter months, at the American Legion in Langhorne. The post is located 1/2 block South of the red light in Langhorne's business district. The meeting starts promptly at 8 PM. Anyone with an interest in X-C skiing or the outdoors in general is welcome to attend meetings. Bring a friend.

THE NEW HOPE NORDICS
PO Box #211
Newtown, PA 18940

MEMBERSHIP FORM

NAME _____ PHONE _____ (work)
ADDRESS _____ (home)

check one:

Single, new member - \$10.00
Family, new member - \$15.00

Single, renewal - \$ 8.00
Family, renewal - \$12.00

Mail membership form and check, payable to New Hope Nordics, to:
Membership Chairman
New Hope Nordics
P.O. Box 211
Newtown, PA 18940

Newsletter of *THE NEW HOPE NORDICS* PO Box #211, Newtown, PA 18940

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*      NEW MEETING PLACE:      Langhorne Jesse Soby Post, American Legion
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*      NEW MEETING DAYS:      2nd and 4th Tuesdays of the Winter months
*
*      MEETING TIME:          Start promptly at 8 PM
*
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CALENDAR OF EVENTS

				COST
December	09	MEETING/X-mas Party	member's slides	\$2 or \$1
	14	Longwood Gardens	George Foos 215-674-3016	\$15
	28	Boardwalk Bike	Paul Kappils 215-364-2625	minimal
January	13	MEETING	hardware demo	
	09-11	Lapland Lakes, NY	George Foos 215-674-3016	\$115
	17	Learn to Ski Day, NJ	Kevin Kopp 609-737-1366	minimal
	18	Downhill Day Trip, PA	Scott Berger 215-752-3761	minimal
	23-25	Elkmont, PA	Rita Long 215-843-4064	\$65
	27	MEETING	first aid	
	30-02	Lake Placid, NY	Norma Jones 215-675-2238	\$185
February	05-08	Black Forest, PA	Dave Dubs 215-331-2965	\$105
	10	MEETING	stretching	
	13-16	Hostel Hop, PA	Donna Leban 609-882-8559	\$70
	21	Day Trip	Grace Jacob 609-695-1634	minimal
	21-01	Yellowstone Nat Park	Richard Keast 609-882-8559	FULL
	24	MEETING	member's slides	
	27-01	Pocono Weekend	J. Yockobishen 215-295-0796	\$40
March	10	MEETING		
	24	MEETING		
April	14	MEETING		
May	11	MEETING		
June	09	MEETING		

trip fees do not include any equipment rental costs

CHRISTMAS PARTY - The December meeting is our annual Christmas/beginning-of-ski-season party. Join us to celebrate the season and to ring in the New Year. Don't eat before the meeting, there will be a mostly cold buffet provided, beverages at the cash bar. Everyone is requested to bring a paper snow flake, some type of Christmas dessert (cookies), and club pictures. \$2 to get in, and \$1 if a food donation is brought. Guests and prospective members are always welcome.

Please bring a few of your photos and/or slides of NHN events from 1986, both with and without snow. There will be a screen, carousel and stack-loading projectors, and photo album sheets. Bring both slides, prints, and a party attitude. For info call Marian Racette: 215-668-1356.

LONGWOOD GARDENS - George Foos leads a Sunday holiday jaunt in search of Season Cheer. George visits the Brandywine River Museum and Longwood Gardens. Trip leaves 1 PM from Oxford Valley Mall near Chi Chi's. Cost is about \$15, includes car-pool, and the two admissions. Call George 215-674-3016.

BOARDWALK BIKE - Get rid of all those extra calories with some exercise. Join Paul for an off season look at the boardwalk in Ocean City, NJ. Caravan down or meet at the Music Pier on the boardwalk at 12 noon. Bicycling, and an optional shore dinner later. Call Paul, 215-364-2625.

LAPLAND LAKES - Join George in the Southern Adirondacks for a weekend of Finland in the USA. Lapland Lakes is the family run resort of Olarvi Hirvonen, former Olympic skier, and is a perfect place for the beginner or novice skier to get introduced to the sport. There are also plenty of intermediate and advanced trails for the seasoned skier. Price of \$115 includes double occupancy rooms (6 people per cabin), bus transportation, meals (excluding lunches), trail fees, one lesson, and above all the wood fired sauna. Bring your own sheets and towels. Limit of 24 people. Deposit \$40, due on sign-up, balance due Dec 9th. Leaders Peter Borowiec 215-659-8966, and George Foos 215-674-3016.

LEARN TO SKI DAY - At the Stillwater YMCA Camp. Carpool leaves 7:45 AM from Washington Crossing State Park, NJ, Riverside Parking lot. Aprox cost with lesson \$12, only trail fee \$5, skis are available, but suggest prior rental. Wide trails and just a lot of skiing. Excellent place to learn, and fun for the experienced skier. Take lunch, return by 6 PM. Leader needed, contact Kevin Kopp: 609-737-1366.

DOWNHILL DAY TRIP - OK folks, get it out or your system. We will be downhill skiing at Camelback for ca \$35 including car pooling. For you hard-core cross country folks, telemark skiing rentals and lessons are available for an additional cost. Please sign up by January 7th. Scott Berger: 215-752-3761.

ELKMONT - Ski the Hawkeye Ski Trail in North Central PA. Stay in a quiet farmhouse/inn, just north of World's End State Park. There is room for 14 people. Fantastic snow, impressive scenery, great skiing, and Rex. Contact Rita Long for information and pricing, 215-843-4064.

LAKE PLACID - Join Norma Jones as we do a repeat of our highly successful 3 day trip to Lake Placid and Mt. Von Hovenberg. Accommodations will again be at the Whiteface resort with a mix of multi room chalets and motel rooms; all rooms double occupancy. We're hoping for last year's cold, crisp weather and perfect snow. The trails at Von Hovenberg are perfect for all levels of skiers (beginners thru advanced) and there is always bobsled and luge to watch if you get tired. Cost of \$185 includes lodging, transportation, and meals. \$40 deposit, and balance due at the Dec meeting. Bus leaves promptly at 5:45 PM on Fri, and returns approx 10:30 PM Monday evening. Leaders are Norma Jones 215-675-2238 and Ed Walton 215-946-6785

BLACK FOREST TRAILS - The Black forest trails are located on one of the higher plateaus in the state (>2000'), roughly 40 miles North-West of Williamsport. If there is snow anywhere, it will be here. There are trails for all skill levels, maintained by the Forestry Department. We will be staying in a cabin, with the overflow staying in the Gibson Hotel across the street. All meals will be group prepared and served in the cabin. Leave your car at home, two vans will be taken.

HOSTEL HOP - Take the 3 day Presidents Day weekend (Feb 13th to 16th), skiing in Western PA's Laurel Highlands. Stay overnight at the Schellsburg and Ohio Pyle youth hostels. Cost of trip about \$70 includes \$15 car pooling fee, lodging, and meals, except for Sunday eve out. Trails vary from well groomed to tricky wooded courses. Don't miss out this time, last year was great. Deposit \$20. Contact Donna Leban: 609-882-8559.

YELLOWSTONE - The trip is not full, call Rich Keast for information. You never know, you in Yellowstone....!!!!!! 609-882-8559(h), or 215-637-1700(w).

DAY TRIP - We will go to Blue Mountain Lakes, near the Delaware Water Gap. Meet at Washington Crossing SP, Riverside parking lot, NJ side, at 8AM. There is no trail fee, and no rentals. Trails are natural and ungroomed. Bring a lunch and \$3 carpool fee. Return 6-7PM. Call Grace for info: 609-695-1634.

POCONO WEEKEND - Feb 27th to March 1st. Cost of \$40, includes car pool and meals. Contact Joyce Yockobishen: 215-295-0796. Waiting list only.

POT LUCK DINNER - Relax after the ski season with one of our (almost) famous pot luck dinners. Join the picture looking, gorging, and fellowship in one of our indoor adventures. Contact Barb for details, 215-493-1734.

< **PRE-ARRANGED SPONTANEOUS SKIING** - If one of the trips is full and a quick day trip is being put together, give Jim Murtha a call. There may be other club members who would like to join you; or by car pooling, a drive to where snow is may be practical. Call if you are going somewhere or if you want to go somewhere.

< **NIGHT TRIPPING** - Kevin Kopp will run an impromptu evening ski at Wash. Cross. SP, NJ, the first night we have skiable snow. Call Kevin 609-737-1366.

< **Congratulation** to the "First Couple" of the NHN. Scott and Jan were married Dec 21, and we wish them all of the best.

< **FOR SALE** - Norma Jones has a pair of 50mm boots ladies size 7.5. Jim Szumila has a pair of 75mm ladies size 6 boots. For info and price call Jim or Norma.

< **ELECTIONS** - This is a call for interested people to serve on the nominating committee. Nominating committee formed 1st meeting in Feb., nominations close 1st meeting in March, elections are held 2nd meeting of March, with the new Pres. assuming responsibility for the summer schedule after the June meeting.

THE NEW HOPE NORDICS
PO Box #211
Newtown, PA 18940

NORDIC

NOTES!

Newsletter of *THE NEW HOPE NORDICS* PO Box #211, Newtown, PA 18940

CALENDAR OF EVENTS

				COST	
January	23-25	Elkmont, PA	Rita Long	215-843-4064	FULL
	27	MEETING	first aid		
	30-02	Lake Placid, NY	Norma Jones	215-675-2238	\$185
February	05-08	Black Forest, PA	Dave Dubs	215-331-2965	\$105
	07	Day Trip	Eric Million	609-499-0106	minimal
	10	MEETING	stretching		
	13-16	Hostel Hop, PA	Donna Leban	609-882-8559	\$70
	14	Day Trip	Tom Umbreit	201-782-4478	minimal
	21-01	Yellowstone Nat Park	Richard Keast	609-882-8559	FULL
	21	Day Trip	Grace Jacob	609-695-1634	minimal
24	MEETING	member's slides			
27-01	Pocono Weekend	J. Yockobishen	215-295-0796	FULL	
March	01	Day Trip	Dave Dubs	215-331-2965	minimal
	10	MEETING			
	14	Pot luck dinner	Barb Reppert	215-493-1734	minimal
	24	MEETING			
April	14	MEETING			
May	12	MEETING			
June	09	MEETING			

trip fees do not include any equipment rental costs

ELKMONT - Full, see Rita to be placed on the waiting list, 215-843-4064.

LAKE PLACID - The trip is full, but there is no one on the waiting list. On a large trip like this, there is usually someone that cancels at the last minute. You too could go. Contact Norma 215-675-2238.

BLACK FOREST TRAILS - The Black forest trails are located on one of the higher plateaus in the state (>2000'), roughly 40 miles North-West of Williamsport. If there is snow anywhere, it will be here. There are trails for all skill levels, maintained by the Forestry Department. We will be staying in a cabin, with the overflow staying in the Gibson Hotel across the street. All meals will be group prepared and served in the cabin. Leave your car at home, two vans will be taken.

The trip is three days (optional two). We meet Thursday in Lower Bucks County, and get there about midnight, then three days of the white stuff. The 2-day people will leave Friday. Meals, transportation, and lodging cost only \$105 for three days, and \$90 for two. A \$40 deposit is due upon signup. There are no ski rentals, and participants should be capable of skiing varied terrain and unbroken trails. For info, call Dave: 215-331-2965.

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HOSTEL HOP - Take the 3 day Presidents Day weekend (Feb 13th to 16th), skiing in Western PA's Laurel Highlands. Stay overnight at the Schellsburg and Ohiopyle youth hostels. Cost of trip about \$70 includes \$15 car pooling fee, lodging, and meals, except for Sunday eve out. Trails vary from well groomed to tricky wooded courses. Don't miss out this time, last year was great. Deposit \$20. Contact Donna Leban: 609-882-8559.

YELLOWSTONE - The trip is currently full, but call the trip leader to get on the waiting list. You never know....!!!!!! Contact Richard Keast, 609-882-8559(h), or 215-637-0100(w).

DAY TRIP - Place and time to be announced. Call Grace for info: 609-695-1634.

POCONO WEEKEND - Feb 27th to March 1st. Cost of \$40, includes car pool and meals. Contact Joyce Yockobishen: 215-295-0796. Waiting list only.

< **PRE-ARRANGED SPONTANEOUS SKIING** - If a major snow (>6") is predicted, that will allow us to call "snowed in", then consider meeting other NHN members locally to ski. Meet at any of the following at 11 AM.

Washington Crossing SP, NJ	-----	Green Grove Parking Lot
Tyler State Park	-----	413 Parking Lot
Penny Pack Park	-----	Pine Street Parking Lot
Fairmount Park	-----	Call Jim

If you know of other sites or want more info, call Jim Murtha 215-752-9662.

< The Ski Bum, Ski 'N Tennis Shop, 141 East Plumstead Avenue, Lansdowne, PA 19050, will give a 10% discount off the retail prices of all merchandise. Must have your '87 dues card.

< This newsletter has a complete membership listing, if there is information published that should not have been, contact Sue Liwak, or the Editor. If any data is incorrect, its probably because I couldn't read it, call the Editor.

< Also, you need to sign a trip waiver each year. If you've paid your '86-'87 dues, but have not signed this form, please contact Sue Liwak, 215-860-8067.

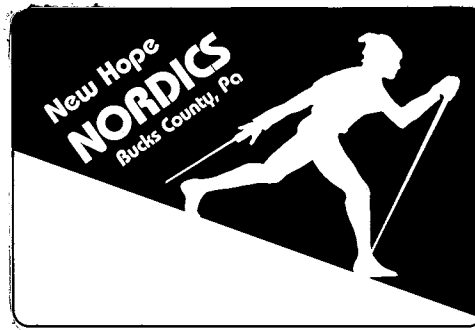
< Our new meeting place is the Jesse Soby Post of the American Legion, Bellevue and Rickardson Avenues, in Langhorne, PA. Consult your October newsletter or call the Post, 215-757-3056, or any executive council member for directions. Meetings are the 2nd and 4th Tuesdays of each Winter month. No more Wednesday meetings.

< The NHN has a few sets of new, very reasonably priced skis and boots for sale. Call Jan 215-752-3761.

< The club has a few instructional VCR tapes on cross-country skiing. Contact "librarian" Richard Van Aken, 215-641-7681(w).

< Executive council meetings generally are held the first Tuesday of each month. Please contact the President regarding meeting place and time. All members are welcome at executive council meetings.

NORDIC



NOTES!

Newsletter of *THE NEW HOPE NORDICS* PO Box #211, Newtown, PA 18940

Greetings from the editor. Here is an action packed Summer schedule. It took George and myself quite a while to get all the dates straight, and the events typed up. A special thanks to Maureen, Barb, and Joyce. Congratulations to Ginger and Michael Fisher. Listed far below are the new officers. Please support them. Have a fun summer. The next newsletter will be out in August. If any data is incorrect, please contact me. Dave Dubs.

Slide show - Anyone interested in putting together a promotional slide show on cross country skiing for the club, contact George Foes at 674-3016. This is a Summer project and we are shooting to have a show together by Thanksgiving.

Remember the Winter Planning Meeting. Tuesday, April 21, 7:30PM, at George's.

For Sale: My old 10 speed. Ross Compact (with the curvy frame) 15" frame, 26" wheels. Good beater bike, for someone under 5'4". Contact Maureen O'Connor.

** trip costs usually include car pool expenses

NEW ZEALAND SLIDES - Friday, April 3, 8 PM. See Mary's bicycling slides from "Down-Under". Call Mary Phalan at 215-483-3139 for directions.

MOVIES @ THE RITZ - Attention Culture Fans : Foes Does the Ritz! Geared to the Yuppie Pseudo Intellectual; great way to get material to impress your dates (you'll never see them again). Meet in front of the Ritz 5, at 214 Walnut Street in Center City Philly at 6:15PM on the second Thursday of each month. We'll decide on the film and discuss it afterwards over drinks. Rain or shine (it's indoors!), begins in April, ends in September. George Foes - 215-674-3016.

Wednesday Evening Bike Rides:

WC/NJ BIKE RIDE - Starting in May, the 1st, 3rd, 5th Wednesdays at 6:15PM. Meet at Washington's Crossing State Park, New Jersey at the parking lot near the Delaware River Bridge. Riding different routes each week, 15-20 miles. For B and C riders. Call Donna Leban 609-882-8559.

GOODNOE'S BIKE RIDE - Starting in May, 2nd and 4th Wednesdays at 6:15PM. Meet at Goodnoe's Restaurant on Route 532, East of Newtown. Riding different routes each week in the Newtown area, 15-20 miles. For B and C riders. Call Rich Keast at home: 215-968-0865, work: 215-637-1700.

BACKPACK ST ANTHONY'S - April 17-19 (Easter Weekend). Along with a few folks from Churchville Nature Center, we pack for three days/two nights in St. Anthony's Wilderness near Harrisburg. Basically easy hiking in the woods, save for two big hills. Depart 7AM Friday from Churchville N.C. Car pooling, equipment, porters and adult leadership all available. Cost: \$4 registration with Churchville. Jim Driscoll (H)609-292-0934 (W)609-394-0281.

WINTER OUTINGS PLANNING MEETING - (no, it's not too early) Bring your '88 calendars and skiing ideas. Tues, April 21, 7:30PM. George Foes 215-674-3016.

April	09	Movies @ the Ritz	George Foos	215-674-3016	\$10-15
	14	MEETING	PIZZA PARTY		\$2
	17-19	Backpack St Anthony's	Jim Driscoll	609-394-0281	\$4+car
	21	WINTER PLANNING MEETING	George Foos	215-674-3016	BYOB
	26	French Creek Ramble	Rich Keast	215-968-0865	minimal
May	02	Ocean City Bike Ride	Paul Kappils	215-364-2625	minimal
	06	WC/NJ Bike Ride	Donna Leban	609-882-8559	minimal
	09	Italian Market	H. A. Seiner	215-923-7010	minimal
	12	MEETING	HIKING EQUIPMT		
	13	Goodnoe's Bike Ride	Rich Keast	215-968-0865	minimal
	14	Movies @ the Ritz	George Foos	215-674-3016	\$10-15
	16	Canoe the Raritan	Eric Million	609-499-0106	\$15
	20	WC/NJ Bike Ride	Donna Leban	609-882-8559	minimal
	22-25	Backpack Shenandoah	Maureen O'C.	215-659-8616	\$35
	27	Goodnoe's Bike Ride	Rich Keast	215-968-0865	minimal
	30	Early Summer Barbecue	Debra Rose	215-493-1123	minimal
June	03	WC/NJ Bike Ride	Donna Leban	609-882-8559	minimal
	05-07	Assateague Backpack	Jan & Scott	215-752-3761	\$22
	09	MEETING	CAVING		
	10	Goodnoe's Bike Ride	Rich Keast	215-968-0865	minimal
	11	Movies @ the Ritz	George Foos	215-674-3016	\$10-15
	13	Mountain Bicycling	Debra Rose	215-493-1123	**
	17	WC/NJ Bike Ride	Donna Leban	609-882-8559	minimal
	19-21	Canoe Camping	Mary Phalan	215-483-3139	\$50
	24	Goodnoe's Bike Ride	Rich Keast	215-968-0865	minimal
	26	New Hope Night	Maureen O'C.	215-659-8616	minimal
28	Do Delaware Day	Tom Umbreit	201-782-4478	<\$45	
July	01	WC/NJ Bike Ride	Donna Leban	609-882-8559	minimal
	08	Goodnoe's Bike Ride	Rich Keast	215-968-0865	minimal
	09	Movies @ the Ritz	George Foos	215-674-3016	\$10-15
	11	Day Sail - NJ	Tom Umbreit	201-782-4478	\$20-40
	12	Wok Luk Dinner/Slides	Donna Leban	609-882-8559	1 dish
	15	WC/NJ Bike Ride	Donna Leban	609-882-8559	minimal
	17-20	GEAR - Long Island, NY	Donna Leban	609-882-8559	
	18	Glenenoko Falls Hike	Marian R.	215-668-1356	minimal
	22	Goodnoe's Bike Ride	Rich Keast	215-968-0865	minimal
	24-26	Pocono Car Camp	Rita Long	215-843-4064	\$40
	29	WC/NJ Bike Ride	Donna Leban	609-882-8559	minimal
	29-02	White Mt Hut Hop	Joyce Y.	215-295-0796	\$165
	31	Night @ Penn's Landing	Pat Gardner	215-925-3227	minimal
August	01	Delicious Orchards Bike	Eric Million	609-499-0106	minimal
	05	WC/NJ Bike Ride	Donna Leban	609-882-8559	minimal
	08	Dog Days Barbecue	George Foos	215-674-3016	minimal
	12	Goodnoe's Bike Ride	Rich Keast	215-968-0865	minimal
	13	Movies @ the Ritz	George Foos	215-674-3016	\$10-15
	13-16	Caving - West Virginia	Dubs/Berger	215-331-2965	\$50
	19	WC/NJ Bike Ride	Donna Leban	609-882-8559	minimal
	22	Tubing on the Delaware	Barb Reppert	215-493-1734	minimal
	27-30	Phila Folk Fest			\$50
Sept	10	Movies @ the Ritz	George Foos	215-674-3016	\$10-15
	11-13	Assateague Backpack	Maureen O'C.	215-	\$22
	18-20	Lancaster Bike Trip	Debra Rose	215-493-1123	\$53
	18-20	Farm Fest	Dave Dubs	215-331-2965	minimal
Oct	02-04	Backpack	Dan McAuliffe	215-632-4662	
	16-18	Elkmont Trail Work			
	24	Bake Oven Knob Feast	George Foos	215-674-3016	minimal
	31	Halloween Party	Maureen O'C.	215-659-8616	1 mask

FRENCH CREEK RAMBLE - Sunday, April 26. Scenic 32 mile bike ride from Marsh Creek State Park, near Downingtown exit of PA Turnpike, through Chester/Berks counties to French Creek area. Lunch stop will be the Hopewell Village National Historic Site, complete with ironmaking furnace. Roads will be country backroads, with minimal hills. Pace should be reasonable (C speed). Ride is basically an all day affair. Leave Marsh Creek at 10AM sharp. Car pool expenses by each car. Sign up with Rich Keast or call (H)215-968-0865 or (W)215-637-1700.

OCEAN CITY BIKE RIDE - Saturday, May 2. 2nd Annual Boardwalk bike ride. Welcome summer and enjoy the sea breezes with a ride on the boardwalk and around Ocean City, NJ. Meet at 11AM on the boardwalk at the Music Pier. Lunch and lounge on the beach later. Bring your own or enjoy local takeout food. Possibilities for later include Somers Point music spots and dining from Cajun to Chinese. Don't forget a bike lock, and rentals are available on the boardwalk for \$3/hr. Paul Kappils 215-364-2625.

ITALIAN MARKET - Saturday, May 9. "Yo! It's time youse check out de Italian Market." We'll be meeting at the Market East Train Terminal (near the Gallery) at 10:30AM. There is a parking lot, but taking the train is suggested. Bring your daypack for carrying your goodies. Wear comfortable walking shoes. After visiting the market, possibilities are many (Mummer's Museum, historic places, Walt's Seafood). In case of rain, come anyway - for the delights of the Reading Terminal Market. The amount you spend will be up to you. Call Harriet Ann (H.A.) Seiner for details - 215-923-7010.

CANOE THE RARITAN - Saturday, May 16. Enjoyable day trip on the South Branch of the Raritan River, starting in Clinton, ending in Flemington. Meet at Hunterdon Central High School (north of Flemington on Rt 31) at 8:30AM, on river by 10AM. Trip length: 4-6 hours. Pack lunch, rain gear and dry clothes. Advance sign-up required by May 11th. Cost \$15, contact Eric Million: 609-499-0106.

BACKPACK SHENANDOAH - May 22-25, Memorial Weekend. Spend a Memorable weekend in the mountains. Join us for another three day trip in the Shenandoah Mountains of Virginia. Hiking will be about 5-8 miles each day over varied terrain - however we will probably avoid the trail which was "recommended by a caver". Backpackers must have good walking shoes and should have their own gear, although cooking and tents can be shared. A few packs could be borrowed. We will carpool down Friday evening and stay at a nearby hotel. We'll return Monday evening. Cost is \$35 (including carpool and hotel), due upon registration. Call Maureen O'Connor (W)215-674-4800 x4266, (H)215-659-8616, best time 8-12PM.

EARLY SUMMER BARBECUE - Saturday, May 30. Bring your bike or canoe for the afternoon, or just bring something to share for a 5PM BBQ in Yardley. Beginning at 2PM there will be canoeing on the Delaware River down to the Yardley access area. Meanwhile, the bicycling contingent will be out doing a short loop. Afterwards, all Nordics are invited to join in the fun with the BBQ (eat at 6:30PM) and party into the night. Call Debra Rose for directions 215-493-1123.

ASSATEAGUE BACKPACK - June 5-7. Guaranteed to be one of the hottest trips of the year! Wear Sunblock 15 for this one, folks. A leisurely backpack along the shore and dunes of Assateague Island, Maryland. Car camping Friday, then a 2-4 mile backpack Saturday to wilderness camping, a deserted beach, wild ponies, and great surf. Full payment of \$22 reserves your place. Trip size is limited. Call Scott and Jan Berger 215-752-3761.

MOUNTAIN BICYCLING - All-Terrain bikes. Saturday, June 13, 8AM. Join us for a scenic day trip to the Gorge State Park in Jim Thorpe, PA. This will be a flat 23 mile all terrain bike ride alongside the railroad that follows the Lehigh River through the gorge. We will meet at the Lumberville Store, where mountain bikes can be rented for \$15/day. Arrangements will be made for shuttling the bikes and cars. We will be riding one-way through the gorge towards the Acme parking lot in Jim Thorpe. Bring your lunch. Debra Rose 215-493-1123.

CANOE CAMPING - June 19-21. Two days of paddling the Delaware River between Barryville and Port Jervis. Establish an inland camp for the weekend. Each day's trip is approximately 13 miles, with an optional longer ride on Saturday. One "Whitewater" play area at Mongaup. Deposit of \$25 due May 15. Balance of \$25 due June 15, includes canoe rental. Make reservations early; this is a popular paddling area. Mary Phalan 215-483-3139.

NEW HOPE NIGHT - Friday, June 26, 6:30PM. Let's spend a night roaming around in New Hope. Meet at the bar in John & Pete's, between 6:30 and 7PM, then hit the streets. This will be a very unstructured evening, decided by those who show up. We could visit the antique shops, eat at Gerenser's's Ice Cream (64 flavors!), walk along the tow path, or listen to music (jazz, folk, etc.). Directions: Rt 232 to River Road - left then next left up New Street - parking on right. John & Pete's is on River Road, riverside between New and Mechanic Streets. Maureen O'Connor (H)215-659-8616 (W)215-674-4800 x4266.

DO DELAWARE DAY - Sunday, June 28. Visit beautiful Delaware. See a Dupont estate (Nemours, if we can get reservations). Then take a trip to the prison (Fort Delaware, by boat). Alternatives may have to be substituted. Bring lunch. Limit 10. Meeting time and place to be determined. Cost under \$45. Tom Umbreit 201-782-4478.

DAY SAIL - NJ - Saturday, July 11. Sail, swim, canoe, and hike in Swartswood Lake State Park, NJ. Sailing in pairs, swimmers only. Bring Lunch. Limit 12. Boats can not be reserved, so we may pursue alternatives. Leave Flemington, NJ, Outlet Center (Rt 202 and Rt 31, South of circle) 8AM Saturday. Return ca sunset. Cost \$20-40 depending. Tom Umbreit: 201-782-4478.

WOK LUK DINNER/SLIDES - Sunday, July 12. Bring your favorite Chinese gourmet delight to Donna's house (526 Maple Ave, Ewing Township, NJ - just North of Trenton) for feasting and sharing of Chinese Customs. Slides will be shown from Donna's Chinese bicycling trip. Sunday 3PM to ? Donna Leban: 609-882-8559.

GEAR - LONG ISLAND, NY - July 17-19. The Biggest Bicycle Rally in the East. Various length bicycle rides from the State University of New York at Stony Brook. Workshops, exhibits and evening social activities too. Registration forms available from Donna Leban, Rich Keast & George Foos. Donna will organize car (or van) pooling and group registration. Please send completed registration with check to Donna by May 15. Write check to Gear '87 Long Island, not New Hope Nordics. \$136 trip fee includes registration, meals and housing-dormitory style. Car pooling is extra. Donna Leban: 609-882-8559.

GLENENOKO FALLS HIKE - Saturday, July 18. Meet at Trainer Shopping Center at the intersection of Route 309 and 313/663 in Quakertown at 8:30 a.m. Breakfast at the Sunrise Diner located on the trailhead in Jim Thorpe. Hike to scenic Glenenoko Falls, and alongside the falls to the top, which offers nice views and a good place to stop for lunch! Trip length approximately 6-8 miles. Trail easy with some moderately difficult areas climbing up alongside falls. Bring lunch. Return early evening. Small car pool fee. Marian Racette: 215-668-1356.

POCONO CAR CAMP - July 24 - 26. Friday evening to Sunday camping (within easy range of cars) in Promised Land State Park. Day hikes in the park and Bruce Lake State Forest Natural Area (adjacent). Swimming is available at a beach in the park. Everyone does not need to stay together so all levels of hikers and non-hikers are welcome, as well as sailors/windsurfers who like nearby Lake Wallenpaupack. Cost \$40 plus food. Rita Long: 215-843-4064.

WHITE MT HUT HOP - What NHN summer would be complete without a trip to the huts? Tentative arrangements. Day One: Hike to Galehead Hut. Day Two: On to Zealand Falls Hut and Day Three: day hike among the waterfalls and greenery of Zealand. Day Four: Hike out and home. Will leave PA/Jersey late Wed. afternoon, 7/29, and return Sun, 8/2. Cost is approx \$165. Deposit \$40.

Huts provide breakfast and dinner. Bring your own lunch food. Space limited to 10 people. Reservation by deposit only. Joyce Yockobishen: 215-295-0796.

NIGHT @ PENN'S LANDING - Relax Friday evening, Sept 31, and watch the Delaware River from the upper deck of the Moshulu. Join Pat for a quiet Summer evening in the Penn's Landing area of Phila. Drinks followed by an outdoor play(?), seafood, dancing or whatever. Pat Gardner: 215-925-3227.

DELICIOUS ORCHARDS BIKE - August 1. Modest paced ride through beautiful Monmouth Co. to Delicious Orchards Markets in Colt's Neck NJ Trip length 40-50 miles, with stops as necessary. Meet at Clarksburg Inn in Clarksburg, NJ off Rt 524 East of Allentown. Meeting time 9:30AM Eric Million: 609-499-0106.

DOG DAYS BARBECUE - Enjoy a late Saturday afternoon/evening barbecue August 8 on my yet to be completed deck. (Here's hoping.) Bring your own food, booze, etc; grills, ice and mixers will be provided. Starts at 5:00, till whenever. Volleyball, dancing and conversation will be the order of the evening as we relate our summer adventures and dream of the winter to come. Reservations are not required but a call would be appreciated so I can gauge the number of participants. George Fooks: 215-674-3016.

CAVING - WEST VIRGINIA - Three days of sun, fresh air, beautiful weather, darkness, bat guano, and cold water. August 13-16. We'll be going to one of the many beautiful areas in West Virginia for at least one day of caving, one day of hiking, and who knows what else? Non-cavers are welcome, there is plenty to keep you occupied above ground. And troglodites need never see the light of day if they choose. Caving and hiking destinations will be determined by the ability and ambition of the crew. Leave Thurs, return Sun. Approximate cost of \$50 includes camping fees, permits, carpooling, etc. Dave Dubs: 215-331-2965.

TUBING ON THE DELAWARE - August 22. What could be better on a hot August afternoon than chilling out in the Delaware. Meeting places and destination to be determined with emphasis on relaxation, enjoyment and prime tanning hours. Bring your own tube and lunch. Car pooling/shuttle will be arranged. Barbara Reppert: 215-493-1734.

PHILA FOLK FEST - Reserve the weekend of August 28th to 30th for the annual foot stompin', beer drinkin' bash in Schwenksville. We usually purchase a block of tickets. They will be available, discounted, on a first come, first served basis. About \$60 for all weekend. Last year about 30 NHN people attended. Participants are responsible for their own transportation and tenting.

ASSATEAGUE BACKPACK - Sept 11-13. End the Summer in high style. Car camp on the beach Friday night. Hike along the beach a few miles to a primitive campsite. Spend Sat and Sun in the sun and ocean, hiking, as little as you want and wasting as much time as you want. Carpools, cooking groups, and tent sharing will be discussed. Payment of \$22 due by Aug 29th (no free reservation). Maureen O'Connor: (H) 215-659-8616, (W) 215-674-4800.

LANCASTER BIKE TRIP - During the weekend of Sept 18-20 the Ephrata Cloister and Shoo Fly Pie bike rides will originate from Strausburg, PA. We will be staying at the Verdant View Farm House, around the corner from the Rail Road museum. The \$53 includes carpool, 2 nights lodging, and breakfast Sat. Plan on dinning at a family style restaurant Sat night and Sun morning. A days ride will be 30-40 miles over, not steep, but rolling hills. Debra Rose: 215-493-1123.

FARM FEST - Sept 18-20. The Farm Fest started 9 years ago as a reunion of college friends. It has grown over the years into a very low key weekend of camping, eating, and drinking to close out the summer. It is located on private land in North Central PA. Saturday turns into an all day pot luck dinner. Past items have included peach cobbler, fresh NY trout, kabobs, and (if the season is late) bushels of corn. There is bicycling, hiking, boating, caving, and lazying - all within an easy drive. Primitive facilities. Dave Dubs: 215-331-2965.

BACKPACK - Join Dan on a fall backpack. The location to be announced.

ELKMONT TRAIL WORK - We will be traveling to Elkmont to do our good deed for the summer. Trail maintenance on a section of the Hawkeye Trail is planned.

BAKE OVEN KNOB FEAST - Join George, Saturday, on a 6 mile level but very rocky jaunt on the Appalachian Trail from Rt 309 to Bake Oven Knob. Great views both North and South from high on the ridge. After the hike an epicurean delight of German food and brew at Gabrimus, an inexpensive but great restaurant. Meet in the parking lot of Friendly's in Doylestown on Rt 611 at 10:45AM. George Foos: 215-674-3016.

HALLOWEEN PARTY - What's your usual haunting place on All Hallow's Eve? Why not witch with us? Costume required - skiers only allowed if they wear their skis all night! BYOB&S (Bring Your Own Boooo'ze and Snacks). Maureen O'Connor.

NOTE: Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.

The New Hope Nordics is a club organized to promote the sport of recreational skiing, with emphasis on Nordic (Cross-Country) adventure.

1987-88 Officers

Pres Scott Berger	752-3761	Rec Sec	Rita Long	843-4064
VP Jim Murtha	752-9662	Skimeister	George Foos	674-3016
Tres David Zuzack	788-0781	Membership	Sue Liwak	860-8067
Ed Dave Dubs	331-2965	Corresp Sec	Joyce Y.	295-0796
		Memb @ Large	George Foos	674-3016

Meetings are held 8PM, the second Tuesday of the Summer months, no meeting July or August, at the American Legion in Langhorne. The post is located 1/2 block South of the red light in Langhorne's business district. Anyone with an interest in X-C skiing or the outdoors in general is welcome to attend meetings. Bring a friend.

THE NEW HOPE NORDICS
PO Box #211
Newtown, PA 18940

**NORDIC
NOTES**



Greetings fellow skiers!

Here it is, the beginning of the 1987-88 ski season. The Skimeister, George Foos, and the outings committee have put together a busy schedule. We have decided to try a few new places this year. They come highly recommended from other skiers. There is the quiet Maple Hill Farm in North Eastern PA, Garnet Hill Lodge in the Catskills, and back by popular demand, Elkmont. The bus trip this year is to Stowe, VT. Last year we ran a week long trip to Yellowstone. It went very well. This year we have held the price and are spending a week in the Laurentians of Quebec.

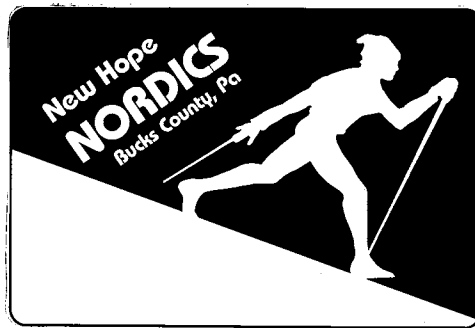
With all of these trips planned, there is only one thing missing ... you! We are having our annual Christmas party, Tuesday, December 8th. Come meet some new faces and greet the old. Meetings are held at the Jesse Soby Post of the American Legion, in Langhorne. For directions of information, call Joyce Yockobishen: 215-295-0796 or Sue Liwak: 215-860-8067.

Aloha ..

Sue Liwak

Sue Liwak
Membership Chairperson

NORDIC



NOTES!

Newsletter of *THE NEW HOPE NORDICS* PO Box #211, Newtown, PA 18940

It's fall again. Soon the maples will turn yellow and their falling leaves will be replaced with falling snow. It's not that far off. George and the outing committee have come up with a tasty menu of good trips. We will be sampling French quisine in Quebec and hearty home cooking at Elkmont. Some of the trips should whet even the most finicky of palates.

We can put the trips together, and do all the preparation, but we need people to go on the trips. Enjoy... Enjoy... Enjoy... and **THINK SNOW.**

CALENDAR OF EVENTS

Sept	08	MEETING			
	10	Movies @ the Ritz	George Foos	215-674-3016	minimal
	11-13	Assateague Backpack	Maureen O'C.	215-659-8616	\$22
	18-20	Lancaster Bike Trip	Debra Rose	215-493-1123	\$53
	18-20	Farm Fest	Dave Dubs	215-331-2965	minimal
Oct	06	EXEC MEETING			
	13	MEETING			
	16-18	Elkmont Trail Work	Joyce Y.	215-295-0796	\$60
	24	Bake Oven Knob Feast	George Foos	215-674-3016	minimal
	31	Halloween Party	Maureen O'C.	215-659-8616	1 mask
Nov	03	EXEC MEETING			
	10	MEETING			
	14	Pot Luck Dinner			
	24	MEETING			
Dec	01	EXEC MEETING			
	08	MEETING	Christmas Party		
	31-01	Maple Hill Farm, PA	Dan McAuliffe	215-632-4662	\$196
Jan	05	EXEC MEETING			
	12	MEETING			
	15-17	Garnet Hill Lodge, NY	Jan & Scott	215-752-3761	\$150
	22-24	Catskills Sampler, NY	Donna Leban	609-882-8559	\$100
	26	MEETING			
29-01	Stowe, VT	Mary Phalan	215-483-3139	\$215	
Feb	02	EXEC MEETING			
	09	MEETING			
	12-14	Adiron Inn to Inn	Dan McAuliffe	215-632-4662	\$215
	20-27	Quebec, CANADA	Sue Liwak	215-860-8067	\$640
	23	MEETING			
March	01	EXEC MEETING			
	08	MEETING			
	22	MEETING			

** trip fees do not include any equipment rental costs

MOVIES @ THE RITZ - Attention Culture Fans: Foes Does the Ritz! Geared to the Yuppie Pseudo Intellectual; great way to get material to impress your dates (you'll never see them again). Meet in front of the Ritz 5, at 214 Walnut St. in Center City Phila at 6:15PM on the second Thursday of each month. We'll decide on the film and discuss it afterwards over drinks. Rain or shine (it's indoors!), September is the last month. George Foes: 215-674-3016.

ASSATEAGUE BACKPACK - Sept 11-13. End the Summer in high style. Car camp on the beach Fri night. Hike along the beach a few miles Sat to a primitive campsite. Spend Sat and Sun in the sun and ocean; hike as little as you want and waste as much time as you want. Carpools, cooking groups, and tent sharing will be discussed. Payment of \$22 due by Aug 29th (no free reservation). Maureen O'Connor: (H) 215-659-8616, (W) 215-674-4800.

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ELKMONT TRAIL WORK - As a community service, we are planning a weekend of light trail maintenance on the Hawkeye Trail in Lycoming Co. This is the trail system we ski on during weekends at Elkmont. Come enjoy healthy physical exercise, along with the Endless Mountains spectacular fall foliage, and the charm and tasty meals of Elkmont Lodge. Bring trimming and garden tools. Cost (yes we're even asking you to pay to sweat) - approx \$60, includes lodging, three meals Sat, breakfast Sun, and car pool fee. Leader: Joyce Yockobishen 215-295-0796, or 788-0781.

BAKE OVEN KNOB FEAST - Join George, Sat, on a 6 mile level but very rocky jaunt on the Appalachian Trail from Rt 309 to Bake Oven Knob. Great views both North and South from high on the ridge. After the hike an epicurean delight of German food and brew at Gabrimus, an inexpensive but great restaurant. Meet in the parking lot of Friendly's in Doylestown on Rt 611 at 10:45AM. George Foes: 215-674-3016.

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GARNET HILL LODGE - Garnet Hill Lodge is in the Southern Adirondacks, about 5 hours from Langhorne. We will be staying in two houses near the Lodge. Skiing is on the premises and connecting trail systems (> 100km of trails).

NHN members who have visited with other groups have raved about the skiing conditions, trails, food, and accommodations. A hot tub is rumored, and a Sat eve smorgasbord is promised. Skiers of all skill levels welcome. For beginners, lessons are available. Trip cost includes transportation by van or carpool. , 2 breakfasts and dinner. Cost: \$150. Deposit \$50, balance due Dec 15th. Limit 16. Scott and Jan Berger: 215-752-3761.

CATSKILLS SAMPLER - Ski some new turf in central NY State. Stay 2 nights at beautiful Belleayre Mt. Youth Hostel in Pine Hill, NY. Cost about \$100 includes catered breakfasts, dinner, and carpool fee. Donna Leban: 609-882-8559.

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Transpo, all breakfasts, dinners, and hoagies Fri eve on the bus, are incl in trip costs. Leave Fri eve by bus from the Neshaminy/Langhorne area, return Mon eve. Cost: \$215 for double occupancy accommodations. \$70 deposit due on sign-up, balance due Dec 8. Mary Phalan: 215-483-3139 or Rita Long: 215-843-4064.

ADIRONDACK INN TO INN - Spend President's Day weekend wilderness skiing in the picturesque Adirondacks. Two nights will be in comfortable cabins, and the third night in a rustic one-room log cabin. For advanced novice to intermediate skiers. Cost \$215, includes van transportation, 3 meals/day, transfer of luggage between lodges, guides, on-trail ski instruction, and gratuities. Limit 12. Leader: Dan McAuliffe, 215-632-4662.

QUEBEC - We're skiing the Laurentians for our second annual week long trip. Hundreds of km of trails for all abilities beckon us to tour the Canadian wilderness.

Leave Saturday morning from Phila International Airport, fly to Montreal, pick up our Vans and spend the rest of the day doing Montreal. Sun morning drive 2 hours to the Laurentians. Spend 5 days at the lovely Villa Bellevue with dinners and breakfast included. 60 km of trails on site.

Leave the Laurentians Fri morning, return to Montreal for a night on the town. Sat is available to explore the city. We leave Montreal late Sat and return to Phila. Trip cost \$640, based on \$211 airfare and an exchange rate of \$1.30 Canadian/\$1.00 US. Trip cost includes air trans, van trans in Canada, lodging, and breakfast & dinner at Villa Bellevue (no meals provided in Montreal). A \$100 deposit due on sign-up. Make your own air reservations through Accent travel Betsy Klausman 545-6100; the balance \$329 is due the club on Jan 12. Limit 24 people. Sue Liwak: 215-860-8067 or George Foes: 215-674-3016.

HIKES AROUND LONDON - The Batona Hiking Club is sponsoring, and inviting us to participate in two weeks of walks through Greater London. Sample world famous streets to little known hiking trails, including Piccadilly Circus, the panoramic Thames embankment, secluded towpaths, etc. Approximate dates are May 25 to June 9, 1988, subject to availability of charter flights. Space limited to 12. Trip leader (and new NHN member): Dave Gray 215-233-3172.

DAY TRIPS: Plan on skiing a day trip each Saturday of the Winter Months, pending snow conditions. What we need (besides the snow) are volunteers to lead these day trips. You will be assigned only one Sat, acting as the contact person for folks who'd like to ski as a group that day. Easy!! If you're interested contact George Foes, 215-674-3016. No previous experience needed.

It's time to RENEW YOUR MEMBERSHIP, which expires Sept 30, 1987. Just return the enclosed form, along with your check, to PO Box 211 Newtown, PA 18940 Att: Membership Chairman, or pay Sue Liwak directly at the meeting. You must sign a release waiver each year. Annual dues are same as last year - New members \$10, renewals \$8, new family \$15, renew family \$12. Don't miss out on the trips, fun, fellowship, and these superb newsletters, by letting your membership expire.

GENERAL TRIP POLICIES

- * Day trips are open to members and non-members.
- * Trips for which the club arranges either lodging or transportation will be open to members only. Just pay the membership fee and you are welcome.
- * Reservations for trips are confirmed only upon receipt of deposit.
- * Make all checks payable to New Hope Nordics, not the individual trip leader.
- * Unless otherwise noted, all trips go, snow or no snow. Bring hiking boots.

TRIP CANCELLATION POLICY

- * More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less.
- * Less than 35 days, and the trip runs full, lose 10% or \$10, whichever is greater.
- * Less than 35 days, and the trip does not run full, lose deposit or any non-refundable costs, whichever is greater.
- * Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving.
- * Refund amount will be determined only after trip is completed.

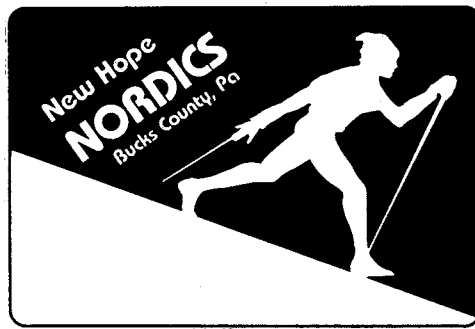
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Meetings are held 8PM, the 2nd Tue of the Summer months, and the 2nd & 4th Tue of the Winter months (beginning with November). Meetings are held at the American Legion Post, Langhorne. The post is located 1/2 block South of the traffic light in Langhorne's business district. Anyone with an interest in X-C skiing or the outdoors in general is welcome to attend meetings. Bring a friend!

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Oct	31	Halloween Party	Maureen O'C.	215-659-8616	1 mask
Nov	03	EXEC MEETING			
	10	MEETING	XC fashion show		
	14	Pot Luck Dinner	Kathy King	215-997-1090	1 dish
	24	MEETING	Trips Preview		
Dec	01	EXEC MEETING			
	08	MEETING	Christmas Party		
	22	NO MEETING	do not show		
	31-01	Maple Hill Farm, PA	Dan McAuliffe	215-632-4662	\$196
Jan	05	EXEC MEETING			
	12	MEETING	hot wax clinic		
	15-17	Garnet Hill Lodge, NY	Jan & Scott	215-752-3761	\$150
	22-24	Catskills Sampler, NY	Donna Leban	609-882-8559	\$100
	26	MEETING			
	29-01	Stowe, VT	Mary Phalan	215-483-3139	\$215
Feb	02	EXEC MEETING			
	06-07	ASIA learn to ski	Dan McAuliffe	215-632-4662	free
	09	MEETING			
	20-27	Quebec, CANADA	Sue Liwak	215-860-8067	\$640
	23	MEETING			
March	01	EXEC MEETING			
	04-06	Elkmont, PA	Harriet Ann S.	215-923-7010	\$70
	08	MEETING			
	22	MEETING			

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POT LUCK DINNER - Nov 14. Let's rub elbows and talk snow at this year's pre-season pot luck dinner. Our gracious hostess is Kathy King of Chalfont. Be sure to call in advance so we can distribute the main dishes, appetizers, and desserts. Kathy King: 215-997-1090.

IRISTMAS PARTY - Dec 8. This is a combination Christmas Party (why not party?) and slide potpourri. Bring a sampling of your photos or slides of Nordic activities since last Christmas. Bring goodies and a snowflake for the party. We need to charge a small fee to cover cold trays. Fee: \$2 without food, \$1 with a food donation. Call Scott for an idea of what to bring: 215-752-3761.

MAPLE HILL FARM - Dec 31-Jan 01. Tired of Guy Lombardo on New Years Eve? Come to Maple Hill XC Farm in the PA highlands, and celebrate with the Nordics. Maple Hill is located about 30 miles NE of Scranton, near Elk Mt, a 4 hour drive from Phila. Trans by carpool. Arrive Thurs eve, 12/31 after 7PM. Check-out in 1/3 by 2PM. Accommodations are multi-occupancy in cozy farmhouse rooms. Bathrooms are shared. Bring a suit (or don't) for the wood fired sauna. Meals are served family style in a glass-enclosed dining area. Included are 3 meals/day Fri and Sat, breakfast and lunch on Sun. Cost \$196, includes \$25 carpool fee. \$50 due on sign-up, balance Dec 8. Dan McAuliffe: 215-632-4662.

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ASIA learn to ski - Feb 6-7. Free XC ski lessons for beginners and intermediate skiers. ASIA invites you to come to Pocono Manor on Sat, Feb 6th, 10 to 4PM. Skating and XC technique will be taught on flat and down hill terrain. Sun, Feb 7th, there will be a free ski at Jack Frost to the Pancake House for Sun brunch, and return. Dan McAuliffe: 215-632-4662.

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Leave Saturday morning from Phila International Airport, fly to Montreal, pick up our Vans and spend the rest of the day doing Montreal. Sun morning drive 2 hours to the Laurentians. Spend 5 days at the lovely Villa Bellevue with dinners and breakfast included. 60 km of trails on site.

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ELKMONT - March 04-06. This may be it folks, your last chance for a weekend on the snow. Experience the snow covered trails, the cozy warmth, the feasts, and and the cat that make this trip an annual favorite. Space is limited to 13 trippers. Cost approximately \$70, includes lodging, 5 meals, and carpool fee. Deposit of \$30 due Feb 9th. Marriet Ann Seiner: 215-923-7010.

****** Last year we mailed a where-to-ski questionnaire. There were 41 respondents to the Nordic survey. Some of the results are as follows. The weekend winners were: 1)Lake Placid 2)Stowe 3)Jackson,NH 4)Adirondack Lodge 5)Catskills 6)Lapland Lakes. Week long trips were: 1)Quebec 2)Scandinavia 3)Northern New England. There was an overwhelming response for day trips. This response has initiated the identification of a day trip leader for each weekend of the ski season. We do listen! Now, please volunteer to help.

DAY TRIPS: Plan on having a day trip organized for each Saturday of the winter months, pending snow conditions. What we need (besides the snow) are volunteers to lead these day trips. You will be assigned only one Sat, acting as the group leader/contact for folks who'd like to ski as a group. Easy!! If you're interested contact Tom Umbreit, 201-782-4478. No previous experience needed.

****** It's time to RENEW YOUR MEMBERSHIP, which expired Sept 30, 1987. Send your check, to PO Box 211 Newtown, PA 18940 Att: Membership Chairman, or pay Sue Liwak directly at the meeting. You must sign a release waiver each year. Annual dues are the same as last year - New members \$10, renewals \$8, new family \$15, renew family \$12.

This is the last newsletter you will receive as a 86-87 member. Its time to get your *&^@!! in gear, pay your dues. Remember, this is the last issue you will get unless you renew your membership!!

Programs are being set up for the season. We can always use subject suggestions. If you can present a topic that would be of interest to the club, please tell Maureen O'Connor, 215-659-8616.

ASIA - Improve your XC skiing technique! Gain valuable teaching skills! Become a certified Amateur XC Ski Instructor with the Amateur Ski Instructors Assn, ASIA. This year's course is at Crystal Lake, Jan 9&19 and 16&17. Instruction by the highly regarded PSIA nordic examiners. Class fee is \$100 for the course, and \$45/ weekend for food and lodging. Contact Dan McAuliffe: 215-632-4662.

****** Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.

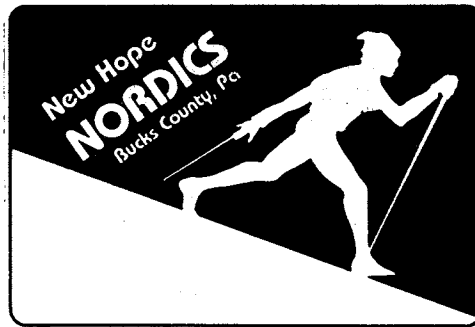
The New Hope Nordics is a club organized to promote the sport of recreational skiing, with emphasis on Nordic (Cross-Country) adventure.

1987-88 Officers

Pres Scott Berger	752-3761	Rec Sec	Rita Long	843-4064
VP Jim Murtha	752-9662	Skimeister	George Foes	674-3016
Tres David Zuzack	788-0781	Membership	Sue Liwak	860-8067
Ed Dave Dubs	331-2965	Corresp Sec	Joyce Y.	295-0796
		Memb @ Large	George Foes	674-3016

Meetings are held 8PM, the 2nd Tue of the Summer months, and the 2nd & 4th Tue of the Winter months (beginning with November). Meetings are held at the American Legion Post, Langhorne. The post is located 1/2 block South of the traffic light in Langhorne's business district. Anyone with an interest in X-C skiing or the outdoors in general is welcome to attend meetings. Bring a friend!

NORDIC



NOTES!

Newsletter of *THE NEW HOPE NORDICS* PO Box #211, Newtown, PA 18940

CALENDAR OF EVENTS

Jan	05	EXEC MEETING				
	12	MEETING		ski prep clinic		
	15-17	Garnet Hill Lodge, NY		Scott & Jan	215-752-3761	\$150
	22-24	Catskills Sampler, NY		Donna Leban	609-882-8559	\$100
	26	MEETING				
	29-01	Stowe, VT		Mary Phalan	215-483-3139	\$215
Feb	02	EXEC MEETING				
	06-07	ASIA learn to ski		Dan McAuliffe	215-632-4662	free
	09	MEETING				
	20-27	Quebec, CANADA		Sue Liwak	215-860-8067	\$640
	23	MEETING				
March	01	EXEC MEETING				
	04-06	Elkmont, PA		Pete Borowiec	215-659-8966	\$70
	08	MEETING				
	22	MEETING				

DAY TRIPS

Dec	26	Tom Umbreit	201-782-4478	Feb	06	Susan Klein	215-923-9977
	27	Tom Umbreit	201-782-4478		07	Barb Reppert	215-493-1734
Jan	02			13	Dave Dubs	215-331-2965	
	03			14	Dave Grey	215-233-3172	
	09	Mike Seidman	215-836-4185	20	Pete Borowiec	215-659-8966	
	10	Grace Jacob	609-695-1634	21	Maureen O'C.	215-659-8616	
	16	Pat Gardner	215-925-3227	27	Eric Million	609-499-0106	
	17	Jim Murtha	215-752-9662	28			
	23	Marian Racette	215-668-1356	Mar	05	Tom Umbreit	201-782-4478
	24	Debbie Rose	215-493-1123		06		
	30	J Yockobishen	215-295-0796	12	Susan Klein	215-923-9977	
	31			13			

Night Trips: Fairmont Park, Philadelphia

Feb	03	Rita Long	215-843-4064
	10	Mary Phalan	215-483-3139

DAY TRIPS - Tom Umbreit has organized day trips for most weekends of the ski season. If you wish to go on a day trip, call the leader designated for that day. He will tell you where there's snow, when, and where the trip is meeting. Calling the leader a day or two in advance is suggested. Day trips are not limited to club members. Bring your friends!!

GARNET HILL LODGE - Jan 15-17. Garnet Hill is in the Southern Adirondacks, about 5 hours from Langhorne. We will be staying in two houses near the Lodge. Skiing is on the premises and connecting trail systems (>100km of trails). Other groups have raved about the skiing conditions, trails, food, and accommodations. A hot tub is rumored, and a Sat eve smorgasbord is promised. Skiers of all skill levels are welcome. Lessons are available for beginners. Trip cost includes transportation by van or carpool, 2 breakfasts and dinner. Cost: \$150. Deposit \$50, balance due Dec 15th. Limit 16. Scott and Jan Berger: 215-752-3761. Trip full with waiting list.

CATSKILLS SAMPLER - Jan 22-24. We'll be skiing two very popular New York XC areas, Hyer Meadows in Tannersville, and Mohonk Resort near New Paltz. Both have extensive groomed trail systems. Accomodations will be at Pine Hill Youth Hostel. It is adjacent to Belleayre Mountain, which also has some XC trails. The fee for the weekend is \$80. This includes Fri and Sat night accomodations, two breakfasts, carpool fee and ski passes for Sat and Sun. We will eat out together on Sat night. Deposit is \$30. Donna Leban: 609-882-8559.

STOWE - Jan 29-Feb 1. Join us for 3 days and 3 nights in the East's premier XC ski area. There are 4 ski areas, including the famous Trappe Family lodge. Never ski the same trail twice. Bring your swimsuit - a jacuzzi awaits after a hard days skiing, as does a complimentary wine and cheese party one evening.

Transpo, breakfasts, dinners, and hoagies Fri eve on the bus, are incl in trip costs. Leave Fri eve by bus from the Neshaminy/Langhorne area, return Mon eve. Cost: \$215 for double occupancy accommodations. \$70 deposit on signup, balance due Dec 8. Mary Phalan: 215-483-3139 or Rita Long: 215-843-4064.

ASIA learn to ski - Feb 6-7. Free XC ski lessons for beginners and intermediate skiers. ASIA invites you to come to Pocono Manor on Sat, Feb 6th, 10 to 4PM. Skating and XC technique will be taught on flat and down hill terrain. Sun, Feb 7th, there will be a free ski at Jack Frost to the Pancake House for Sun brunch, and return. Dan McAuliffe: 215-632-4662.

QUEBEC - Feb 20-27. Our second annual week long trip will be in the Laurentians, Quebec. Hundreds of km of trails for all abilities beckon us to tour the Canadian wilderness.

Leave Saturday morning from Phila International Airport, fly to Montreal, pick up our Vans and spend the rest of the day doing Montreal. Sun morning drive 2 hours to the Laurentians. Spend 5 days at the lovely Villa Bellevue with dinners and breakfast included. 60 km of trails on site.

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****ADDS****

-Nordic racing ski set for sale. Includes Rossi Equipe K/S 215's, graphite Exel poles, Addidas shoes (size 12), 50mm bindings, assorted waxes, belt bag, and Rossi ski bag. \$200. Woody 215-576-1029. Call and negotiate!!
 -I would like to try or borrow bicycle rollers. Dave, 215-331-2965.
 -Wilburger's Ski Shop has a "take a friend skiing" program, downhill. Call.

We are thinking of ordering sports clothing with a NHN logo. Possible articles are T-shirts, long sleeve T-shirts, Turtle necks, golf shirts, sweat shirts, or sweat pants. A poll will be taken at the next meeting, decide which articles you want and how much you are willing to spend. Any design ideas are welcome. Call Louise Wilson with any ideas, or comments. 215-945-1355.

Ski Chalet

Route 413
Buckingham, PA

Complete cross-country sales and service, clothing and accessories.

215-794-8958

Mon-Sat. 10-6
Wed-Fri. 10-9

As stated in the last newsletter, if your dues were not paid, you would not be reading this fine piece of @#%\$. Enclosed is a complete listing of members as of mid December. Remember our new membership rebate offer. For each new member you sponsor, receive \$1 credit toward next years dues.

Elections are fast approaching. We need strong and willing leaders to allow the club to continue to grow. Now is the time to make that commitment, to the club and to other skiers. Be an officer, be responsible for the direction NHN takes in the coming year. Election activities will follow this schedule:

- 2nd January meeting - announce formation of nominating committee
- 1st February meeting - form a formalized nominating committee
- 1st March meeting - close the nominating
- 2nd March meeting - elections

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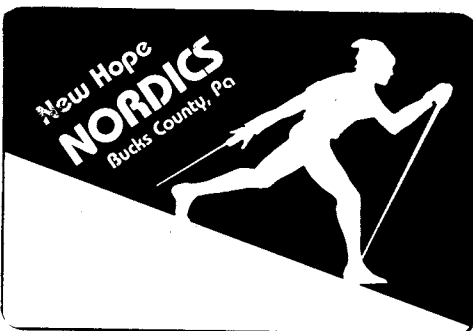
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THE NEW HOPE NORDICS
P.O. Box 211
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Newsletter of *THE NEW HOPE NORDICS* PO Box #211, Newtown, PA 18940

CALENDAR OF EVENTS

March	15	Ides of March Movies	George Foes	215-679-3016	\$10
	19	Pot Luck Dinner	Barb Reppert	215-493-1734	BYOF
	22	MEETING	Elections		
	25	Summer Planning Meeting	George Foes	215-679-3016	BYOB
April	05	Exec meeting			
	12	MEETING			
	15-17	Backpack, NY	Eric Million	609-499-0106	aprox \$40
May	03	Exec Meeting			
	10	MEETING			

MOVIES - March 15. Attention film freaks: we will be going to a local bijou to catch the latest celluloid spectacular. Time: early Tuesday evening (approximately 6:15). Location depends on the movie selection. Call George Foes for details, 215-674-3016.

POT LUCK DINNER - March 19. Gourmet magazine lists the Nordics end of ski season pot luck dinner as a must for all culinary enthusiasts. Barb Reppert has again consented to be our host for the annual event. Last year's gluttony-go-round was a spectacular success. In one night put back all the pounds you skied off during the season. Come alone or bring a friend, but **BE THERE!!!** Barb Reppert, 215-493-1734.

SUMMER PLANNING MEETING & GET TOGETHER - March 25. Help layout good times for the off season (Spring, Summer, and Fall), and socialize. If your looking for an opportunity to get more involved, meet new people or just would like to learn how things are done, come participate and enjoy. It's a Friday so we'll party after the work. Location: George Foes's house, call for directions. Time: 8:00 PM. BYOB, snacks provided. 215-674-3016.

BACKPACK, NY - April 15-17. Join Eric Million on a backpack in lovely Harrimon State Park, NY. Leave Friday evening and return Sunday. It's a great way to start the season, and its only a 3 hour drive. 609-499-0106.

ADDS

-Nordic racing ski set for sale. Includes Rossi Equipe K/S 215's, graphite Exel poles, Adidas shoes (size 12), 50mm bindings, assorted waxes, belt bag, and Rossi ski bag. \$200. Woody 215-576-1029. Call and negotiate!!
 -I would like to try or borrow bicycle rollers. Dave, 215-331-2965.

Louise has decided on the design similar to that from Cross Count

They are a soft 50% cotton blend T-shirt. Shades of blue on white. Sizes S - M - L - XL. Short sleeves \$5.50, long sleeves \$8.00. Pre-paid orders only. Make checks payable to Louise Wilson. Order at the March 22 meeting, or send written orders, by March 25, to 19 Vulcan Road, Levittown, PA 19057. Orders can be picked up at the May meeting.



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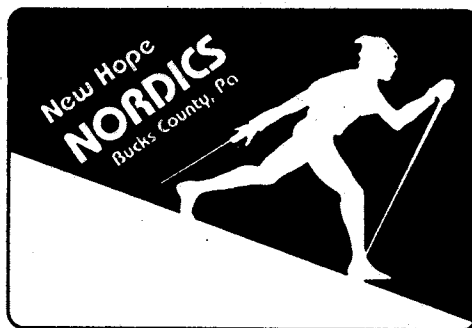
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New Hope Nordics
PO Box #211
Newtown, PA 18940



NORDIC



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Newsletter of *THE NEW HOPE NORDICS* PO Box #211, Newtown, PA 18940

Dear fellow member,

In the years I have associated with this club the most impressive and pleasant thing I have noticed has been the willingness of a large % of the membership to offer their leadership ability to the rest of the club. Leadership is a delicate thing. It doesn't always belong to the person at the head of the trail or the one in the spotlight. It also belongs to those who show you how, when you don't know how, who gave you a reason to be happy when you forgot that reason, who wait for you when you are the last person in the group and the group has disappeared, who spend hours organizing so you can be informed and up to date.

As I enter this term the only goal I have is to keep that spirit of leadership alive. For the good of us all I hope I will be successful.

Jim Murtha, President

Greetings from the editor. Seems I get wordy in the larger issues, especially my last issue. I will be succeeded by the capable fingers of Scott Berger. Tom Umbreit has put together a hell of a Summer schedule, from bicycling for all skill levels, to canoeing, to relaxing social events. Please support the hard working leaders. Listed far below are the new officers. Louise Wilson says the T-shirts should be ready in June.

More dirt. Congratulations to Dave Zuzack and Joyce Yockobishen, Kevin Kopp and Dee Brimo, and Rich Keast and Debra Rose. Something special must be happening on our trips. Berger's may have a new phone number when they move to their new mansion in Horsham.

It has been rumored that, that M word is associated with the office of the president. First Louise, then Scott, now Kevin has made the announcement. Jim, the pressure is on to uphold the tradition.... Have a great Summer and, participate.

Dave Dubs

Most trip fees are good approximations, based on our current mileage policy, whether food and/or accommodations are included, and trip overhead. Confirm trip costs with the individual leaders, that way there are no surprises. For many outings, carpool fees constitute the majority of the trip's cost.

DAY HIKE, DELAWARE H₂O GAP - April 24. Meet at Washington's Crossing parking lot, NJ side, 8AM. Car pool to Delaware Water gap area for a 2 dog hike that may include bushwhacking. Call Jim for information, 215-752-9662.

HIKE WC/NJ - Starting in May, the first and third Wednesdays. Meet at Washington's Crossing parking lot, NJ side, 6:15PM. Riding different routes each week, 15-20 miles. For B and C riders. Leader Donna Leban, 609-882-8559.

CALENDAR OF EVENTS

April	24	Day hike, Del H2O Gap	Jim Murtha	215-752-9662	carpool
May	02	Exec meeting			
	04	Bike WC/NJ	Donna Leban	609-882-8559	minimal
	07	Day Canoe, NJ	Jim Murtha	215-752-9662	\$5-40
	10	MEETING, pizza night			
	14	Day bike, Delaware Co.	Rich Keast	215-968-0865	carpool
	18	Bike WC/NJ	Donna Leban	609-882-8559	minimal
	21	Hike, Rickets Glen	Dave Bonyng	215-348-3665	carpool
	28-30	Backpack, Loyalsock	Maureen O'C	215-659-8616	\$40
June	01	Bike WC/NJ	Donna Leban	609-882-8559	minimal
	03-06	Gear, bicycling	Donna Leban	609-882-8559	\$
	04	Day hike,	Tom Umbreit	201-782-4478	carpool
	06	Exec meeting			
	11	Day Canoe, NJ	Eric Million	609-499-0106	≥\$15
	14	MEETING			
	15	Bike WC/NJ	Donna Leban	609-882-8559	minimal
	17-19	Canoe, Delaware River	Mary Phalan	215-483-3139	\$115
	25	Day sail, PA	Susan Jo Klein	215-923-9977	\$25
	25	Plowman's Picnic, NJ	Donna Leban	609-882-8559	\$BYOF
	29	Bike Ride, Philly	Rita Long	215-843-4064	minimal
July	06	Bike WC/NJ	Donna Leban	609-882-8559	minimal
	10	Tubing, DE	H. A. Seiner	302-428-6039	\$10
	15	Bicycle races	Mike Seidman	215-836-4185	\$20
	16	Day Canoe, NJ	Eric Million	609-499-0106	≥\$15
	20	Bike WC/NJ	Donna Leban	609-882-8559	minimal
	23	Wine tasting party	Jan & Scott	215-752-3761	\$10
	31	Hike & pool party	Joyce Zuzack	215-788-0781	\$3
August	03	Bike WC/NJ	Donna Leban	609-882-8559	minimal
	06	Day sail, NJ	Rich Keast	215-968-0865	\$30
	09	MEETING, unofficial	Jim Murtha	215-752-9662	BYOB
	12-15	Caving, WV	Dave Dubs	215-331-2965	\$40
	17	Bike WC/NJ	Donna Leban	609-882-8559	minimal
	19-21	Hike, Catskills	Susan Jo Klein	215-923-9977	\$100
	26-28	Phila Folk Festival			
	31	Bike Ride, Philly	Rita Long	215-843-4064	minimal
Sept	10	Day bike, NJ	Eric Million	609-499-0106	minimal
	13	MEETING			
	16-18	Farm Fest X	Dave Dubs	215-331-2965	carpool
	17-18	Bike Weekend	George Foos	215-674-3016	\$45
	24	Dinner/Dance	Rita Long	215-843-4064	≥ \$30
Oct	01	Baltimore yuppie trip			
	08-10	Bike weekend, MD	Mary Phalan	215-483-3139	\$90
	11	MEETING			
	29	Halloween Party			
Nov	04-05	Backpack	Eric Million	609-499-0106	
	08	MEETING			
	22	MEETING			
Dec	10	Xmas in New York City	Tom Umbreit	201-782-4478	≥ \$40
	13	MEETING, Xmas party			

DAY CANOE, NJ - May 7. Canoe the Paulinskill River, a pretty North Jersey stream that passes through woods and farm land. Some difficult whitewater in stretches that can be portaged if necessary. Call for time, meeting place, canoe rental, and shuttle assignments. \$5 to \$40 depending on rental and carpool fees. Call Jim, 215-752-9662.

MEETING - May 10. Revisions in the constitution and bylaws will be discussed. Don't eat supper before the meeting..... it's pizza night. Lots of good grease.

DAY BIKE, DELAWARE CO. - May 14. Cycle amidst rolling hills and spring blossoms, Ridley Creek State Park to Chadds Ford. The full-day ride will 35-40 miles round trip. Lunch stop at a Wawa Market. Be sure to bring an extra jacket and adequate water supply. Meet at the Dairy Queen on West Chester Pike, just East of entrance to Ridley Creek SP. No fee. Call Rich, 215-968-0865.

HIKE, RICKETS GLEN - May 21. Ricketts Glen State Park has 10, or 20 waterfalls, maybe 30, in a secluded mossy glen. Travel up Friday night, or meet Dave there Saturday morning for the hike. Carpool costs. Call Dave Bonyng, 215-348-3665.

BACKPACK, LOYALSOCK - May 28-30. Spend Memorial Day weekend backpacking one of the loveliest trails in Pennsylvania. Join Maureen O'Conner as she travels the Loyalsock Trail, in Northcentral PA. \$40 covers carpool and a few goodies. Contact Maureen by May 14, 215-659-8616, after 8PM.

GEAR, BICYCLING - June 3-6. A few Nordics are making the journey to GEAR (Great Eastern Area Rally). Stay at Millersville University, and bike tour the Amish country in Lancaster County. For application forms, contact Mary Phalan, 215-483-3139 or Donna Leban 609-882-8559.

DAY HIKE, NJ - June 4. Meet Tom, at 10AM at the Flemington (NJ) outlet center. We will be hiking in Jockey Hollow and possibly one other nature refuge. Bring your own lunch. Share carpool expenses. Tom Umbreit, 201-782-4478.

DAY CANOE, NJ - June 11. Paddle through the Pine Barrens on the narrow winding Oswego River. \$15-30 includes carpool, canoe rental, and a weekend in Rio. Call Eric by May 25, 609-499-0106. Bring your own lunch, and sunscreen.

MEETING - June 14. Revisions in the constitution and bylaws will be voted on. Winter trips will be discussed.

CANOE, DELAWARE RIVER - June 17-19. Paddle the upper Delaware just like last summer! Skinners Falls will be the featured whitewater thrill. River experience strongly recommended. Camping Fri and Sat nights. Group dinner Sat. See who gets publicly humiliated this year! \$115 includes canoe rental, carpool, and Sat dinner. Mary Phalan 215-483-3139, and Jim Murtha 215-752-9662.

DAY SAIL, PA - June 25. Day sail on idyllic Lake Nockamixon. We'll rent Sunfish and sail the breezes of this lovely inland lake. Swimmers only. Bring lunch, swimsuit an/or change of clothes. Limit 10. Meet at Friendly's in Doylestown Shopping Center, N. Main Street (old 611), at 9:30AM. Reserve by June 10. ca. \$15. Susan Jo Klein, 215-923-9977.

PLOWMAN'S PICNIC, NJ - June 25. A truly British country (? in Ewing, NJ?) picnic with English garden and croquet; slides of the English countryside as a finale. Potluck supper and BYOB (British booze, of course). 526 Maple Ave, Ewing, NJ (almost Trenton). Call for food assignments, Donna Leban, 609-882-8559.

BIKE RIDE, PHILLY - Ride the 5th Wednesday (June & August). Join Rita Long for a moderate jaunt through Fairmont Park. Leave from Valley Green at 6:15 sharp. Rita Long 215-843-4064.

TUBING, DE - July 10. Picture a hot, muggy day in the concrete jungle, now imagine yourself floating effortlessly down a cool Delaware stream, shaded by overhanging trees - then as the afternoon wears on, pull out your picnic basket (sorry, no alcoholic beverages in Brandywine State Park) and settle in for a light Sunday supper. Good frisbee and kite flying area. Aprox \$10, includes tube rental. Carpool not included. Reservations are necessary by July 1. A registrants will get map. Call Harriet Ann Seiner, 302-428-6039.

BICYCLE RACES - July 15. The Nordics will be carpooling to the velodrome in Trexlertown (near Allentown), to watch the Madison style bike races. Admission about \$5, plus carpool fee. Call Mike Seidman 215-836-4185.

DAY CANOE, NJ - July 16. Paddle the Wading River, or is that wade the Paddling River. \$15-30. For more info call Eric Million, by July 8, 609-499-0106.

WINE TASTING PARTY - July 23. Join Jan and Scott at their new house in Horsham, PA. Sign up for food to bring. \$10 will provide for the wines to be sampled, no prizes. 7:30PM. Call for directions, 215-752-3761.

HIKE & POOL PARTY - August 31. Join the newlyweds for a local hike along the Delaware Canal, PA side, followed by a dip in the Zuzack pool. Meet at Washington's Crossing State Park, PA side, near the pond, at 9AM. Hike North to ?. Cool off with a swim and barbecue afterward. \$3 to defray cost of refreshments. Dave and (now) Joyce Zuzack, 215-788-0781.

DAY SAIL, NJ - August 6. Join Rich Keast for a great day sailing Barnegate Bay. Swimmers only. Cost \$30. Call Rich for details, 215-968-0865.

MEETING, UNOFFICIAL - August 9. Long for the Tuesday night fellowship of the gang? Meet at Jim's house, for ... for ... fun!? Jim (our Pres) Murtha 215-752-9662. 7PM.

CAVING, WV - August 12-15. Time to go down and get dirty. We return to wild, wonderful West Virginia. Trip is not limited to cavers. WV is so pretty, ridge running and relaxing in the high pastures is fun for non-cavers. Depending on interest, the trip may leave Thurs eve and return Sun thru the wine area.

Options are to find the elusive 2nd entrance to Bowden Cave, walk a stream that goes in one side of a hillside and out the other, or brave Commander Adama's Killer Bat Cave. Open to hikers, campers, and cavers. Cost about \$40, mostly for car pool fees. Contact Dave Dubs: 215-331-2965.

HIKE, CATSKILLS - August 19-21. A Summer in the Catskill's? A weekend, anyway! Explore the trails of the cool green Catskill Mountains. Stay at a nearby Inn (no Borsch-belt comics) or hostel for two exciting day hikes on mountain trails. Leave Friday evening, return on Sunday. Reservations required by July 15th. Limit 10. \$100. Susan Jo. Klein, 215-923-9977.

PHILA FOLK FESTIVAL - August 26-28. The famous, fantastic, and fabulous Philadelphia Folk Festival. No organized trip, but hope to see you there.

DAY BIKE, NJ - September 10. Back by popular demand. Join Eric on a brisk ride to delicious orchards, Colts Neck, NJ. Carpool to the start. Eric Million, 609-499-0106.

FARM FEST X - September 16-18. The Farm Fest started 10 years ago, it has grown over the years into a very low key weekend of camping, eating, and drinking to close out the summer. Sat turns into an all day pot luck dinner. Past items have included crabs, fresh NY trout, kabobs, and (if the season is late) bushels of corn. Don't miss the ceremony of the peaches, and the Dog Dish Award. There is bicycling, hiking, boating, caving, and lazing - all within an easy drive. Primitive facilities. Carpool fees. Dave Dubs: 215-331-2965

BIKE WEEKEND - Sept 17,18 Join George on his biennial bike tour of scenic Bucks county. Leave Saturday morning, bike 40-45 miles to a country Inn. Dine out and Spend the night. Start Sunday with a leisurely breakfast and return via the Jersey side. All roads guaranteed picturesque and deserted. Contact George Foes 215-674-3016 by August 15.

DINNER/DANCE - September 24. Join Rita Long and Ed Firouztale for a delightful dining foray in Lower Bucks County. Follow the meal with a hot night of dancing at Fizz, in the Royce Hotel, Langhorne. Reservations are necessary by Sept 10. Costs proportionate to tastes and appetite, \geq \$30. Call Rita, 215-843-4064.

BALTIMORE YUPPIE TRIP - October 1. A day trip to Baltimore's Inner Harbor. Tour the National Aquarium, gorge yourself on hundreds of delectable eatables. Anyone have a BMW to drive? Call Tom Umbreit if you are interested in leading the trip. Cost, carpool and personal expenses.

BIKE WEEKEND, MD - October 8-10. Weekend bicycle trip to Maryland's Eastern shore. A flat, but challenging tour. Dine on world famous seafood. Cost \$90, includes carpool and lodging. Contact Mary Phalan by August 1, 215-483-3139.

HALLOWEEN PARTY - 3rd annual Halloween party. Need someone to host the party.

BACKPACK - Eric Million will be leading a weekend trip, place to be determined.

XMAS IN NEW YORK CITY - Visit Tiffany's and Sach's!! Tom Umbreit 201-782-4478.

SAILING - Eastern Pennsylvania Ski Council (ESPC) has a sailing program that involves small boat racing at both Nockamixon and Marsh Creek State Parks, and a large boat program on the Chesapeake. Then end the summer with a final crab and chicken get together. We invite all skiers/sailors to get involved with these council activities. For info call Jim Lenk: 215-323-7185.

June 5 - small boats - Marsh Creek State Park
June 11 - small boats - Nockamixon State Park
June 25 - large boats - Chesapeake
Oct 1 - large boats - Chesapeake

CARIBBEAN '89 - Ever dream of sailing across crystal blue water, chasing colorful fish, white sands, and the mystique of small caribbean villages. Let your dreams become a technicolor reality. ESPC is planning a trip to either the Grenadines or the Leeward Islands. Easy sailing, plenty of sightseeing, snorkeling, and superb diving. Relax at places like Ile de Ronde, Carriacou, Mustique, Martinique, St. Martin, and others.

Even though the trip is planned for the latter part of June '89, and it seems a long way off, planning has to start early to make this a success. If you are interested, contact Jim Lenk, 215-323-7185 or Dave Moore at 215-249-3380.

****** Don't forget the Summer meeting schedule, no meeting in July. August meeting is at Jim Murtha's house.

****** Winter planning meeting is Thursday, May 12, 1988, 7:30PM, at Jim Murtha's. Even though the grass is just turning green, help is needed to plan next years major trips. Call Jim for directions.

****** Remember our new membership rebate offer. For each new member you sponsor, receive \$1 credit toward next years dues.

****** Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.

The New Hope Nordics is a club organized to promote the sport of recreational skiing, with emphasis on Nordic (Cross-Country) adventure.

1988-89 Officers

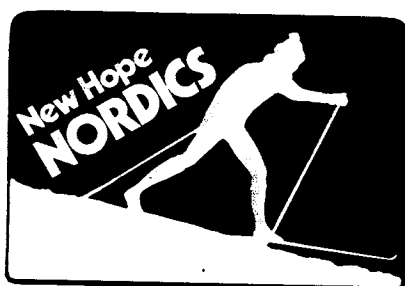
Pres Jim Murtha	752-9662	Rec Sec	Mary Phalan	483-3139
VP Dave Zuzack	788-0781	Skimeister	Rich Keast	968-0865
Tres Debra Rose	493-1123	Membership	Nancy Klimley	493-8775
Ed Scott Berger	752-3761	Corresp Sec	Louise Wilson	945-1355
		Memb @ Large	Susan Jo Klein	923-9977
		Summer activities	Tom Umbreit	201-782-4478

Meetings are held 8PM, the 2nd Tue of the Summer months, and the 2nd & 4th Tue of the Winter months (beginning with November). Meetings are held at the American Legion Post, Langhorne. The post is located 1/2 block South of the traffic light in Langhorne's business district, behind the bank. Anyone with an interest in X-C skiing or the outdoors in general is welcome to attend meetings. Bring a friend!

New Hope Nordics
PO Box #211
Newtown, PA 18940

**NORDIC
NOTES**

NORDIC



NOTES

Newsletter of *THE NEW HOPE NORDICS* PO Box #211, Newtown, PA 18940

**ATTENTION CROSS COUNTRY SKIERS:
 THE HOPE NORDICS DECLARE SKI SEASON OPEN - ANNOUNCE WINTER SCHEDULE**

Finally the long hot summer is over. Ski sales are everywhere. But while the sun blazed overhead, the Nordic elves busied themselves under ceiling fans and in pools to develop this winter's schedule. Some details still need to be worked out. Leaders need to volunteer or be volunteered, and we will probably add one or two more trips. Here is our current schedule:

Date	Destination	Leader
Jan 6-8	Pocono Learn-To-Ski	Leader needed
Jan 13-15,16	Catskills Romp	Leader needed
Jan 27-29	Elkmont	Peter Borowiec (215-659-8966)
Feb 10-12	Adirondak Back Country Ski Course	Dan McAuliffe (215-632-4662)
Feb 17-20	Lake Placid	Joyce Zuzack (215-788-0781)
Mar 4-12	Lake Tahoe	Leader needed

ANNOUNCEMENTS

DUES ARE DUE, DUDES! Dues for 1988/89 are due by the October meeting. The dues are the same as last year:

	New Member	Renewal
Single	10	8
Family	15	12

Dues may be paid by mail: New Hope Nordics, PO Box 211, Newtown, PA 18940. Renewal members will receive a credit of \$1 per new member they sponsored since the sponsor program began last year. Contact Nancy Klimley (215-493-8775) to determine your credit.

PUBLICITY George Foos needs your help spreading the word about the New Hope Nordics. If you would like to help stuff envelopes, distribute brochures, pass out business cards, or if you have any great publicity stunts in mind, call George (215-674-3016)

FALL CALENDAR OF EVENTS

September 10 - Delicious Orchards Bike Ride
September 13 - MEETING (Surprise travelogue program)
September 17,18 - Bucks County Bike Ride
September 16-18 - Farm Fest
September 24 - Dinner Dance
September 23-25 - Canoe Auction
October 1 - Baltimore Inner Harbor
October 7-9 - Eastern Shore Md Bike Trip
October 11 - MEETING (Castleguard Cave program)
October 28 or 29 - Halloween Party
November 8 - MEETING (Skiing in the Catskills program)
November 19 - Racquetball Party
November 22 - MEETING (XC Ski equipment program)
December 13 - MEETING (Xmas party)

FROM THE EDITOR'S DISK

What a hot summer this has been! And when it gets as hot as it has been, all I want to do is ski! Well, the Folk Festival has come, soaked us, and gone again, so that means that snow must be just around the corner.

This is my first newsletter as editor, so please forgive all 29 errors that I made. By the way, if you find all 29 errors, the editor's job is yours! Please help me make fewer errors in the future by keeping the following guidelines in mind when submitting news items:

- 1) The deadline for submitting information for the newsletter is two weeks before the publishing date. For 1988/89, the publishing dates are 10/22, 12/24, 2/17, and 4/21.
- 2) Trip leaders should provide a 3-5 line description of their trip by the deadline. The description will be republished in the next issue if the trip has not left yet unless a revised description is submitted.
- 3) Announcements of club business should be submitted by the responsible chairman by the deadline.
- 4) "Advertisements" will be accepted. There is no charge for ads shorter than 3-5 lines. Members are encouraged to use the "Swap Shop" column to help sell or request used skiing and outdoor equipment. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc. to cover the increased postage cost.
- 5) Please mail material for the newsletter directly to my home: 279 Winchester Dr., Horsham, PA 19044. Write-ups on 5 1/4 floppies in ASCII format will be especially welcome. Short notes can be delivered verbally by phone (215-542-0366).

FALL TRIP DESCRIPTIONS

Most trip fees are good approximations, based on our current pricing policy. Confirm trip costs with the leaders. For many day trips, the carpool fee is the main cost.

- DAY BIKE, NJ - September 10. Back by popular demand. Join Eric on a brisk ride to Delicious Orchards, Colt's Neck, NJ. Carpool to the start. Eric Million, 609-499-0106.
- BIKE WEEKEND - September 17, 18. Join George on his biennial bike tour of scenic Bucks County. Leave Saturday morning, bike 40-45 miles to a country inn. Dine out and spend the night. Start Sunday with a leisurely breakfast and return via the Jersey side. All roads guaranteed picturesque and deserted. Contact George Foos 215-674-3016
- FARM FEST X - September 16-18. The Farm Fest started 10 years ago and has grown over the years into a low key weekend of camping, eating, and drinking to close out the summer. Saturday is an all day pot luck dinner. Past items have included crabs, fresh trout, kabobs, and bushels of corn. Don't miss the Ceremony Of The Peaches or the Dog Dish Award. There is biking, hiking, boating, caving, and lazing, all within an easy drive. Carpool fees. Dave Dubs: 215-331-2965.
- DINNER DANCE - September 24. Join Ed Firouztale' and Rita Long for a night out on two towns. Start at the Academy Restaurant in Newtown for a four course dinner. Then proceed at 8:30 to Fizz in Langhorne to dance the night away. The \$25 payment in full is due by September 15. The fee covers the first glass of wine, dinner, and admission to Fizz. Remember, Fizz has a dress code: break out the fancy stuff for this one. Jackets (not down or denim required for men). Consult with Ed or Rita for wardrobe advice. For the dieters who only want to dance, the cost is \$5. Call Ed (215-860-5154) or Rita (215-843-4064) for more information.
- CANOE & OUTDOOR AUCTION - September 23-25. Camp Friday night near Luray, Virginia. Attend auction Saturday morning from 10-2, then canoe Saturday afternoon (try out your new equipment!). Camp Saturday near Harper's Ferry. Up very early (before 10) on Sunday, then canoe on Shenandoah river. Cost includes carpool and camping fees. Successful bids will raise trip cost! Jim Murtha 215-752-9662
- BALTIMORE YUPPIE TRIP - October 1. A day trip to Baltimore's Inner Harbor. Tour the National Aquarium, gorge yourself on hundreds of delectable eatables. Anyone have a BMW to drive? Call Tom Umbriet if you interested in leading the trip. Cost includes carpool and personal expenses.

BIKE WEEKEND, MD - October 8-10. Weekend bicycle trip to Maryland's Eastern Shore. A flat, but challenging tour. Dine on world famous seafood. Cost \$90, includes carpool and lodging. Contact Mary Phalan 215-483-3139.

HALLOWEEN PARTY - 3rd annual Halloween Party. Location and time will be announced soon. Call Jim Murtha (215-752-9662) for information if you miss the announcement.

RACQUETBALL PARTY - November 19. Cross Country meets Downhill as the Nordics join the Bucks Mount Ski Club for a night of racquetball, wallyball, co-ed jacuzzi, and partying. Cost is \$10 for RB and WB players, \$5 for all other "players". Call Rita Sorichelli (215-788-1077).

SWAP SHOP - CLASSIFIED ADS

Louise Decker, a past NHN president, is proud to announce: "At last there is a ski shop specializing in XC skiwear, skis, rentals, and accessories. Cross Country Ski Outfitters is located at the Lakehurst Building, 6 miles north of Washington Crossing in Lambertville, NJ. Come to Louise's grand opening on October 21 and receive a 10% discount when you show your NHN membership card. Call 609-397-3366 for information and directions.

For sale: Barrecrafters ski rack, 180 cm skis, size 36 boots (75 mm). Call Scott and Jan (215-542-0366)

** Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.

** Remember ou membership rebate offer. For each new member you sponsor, receive \$1 credit towards next year's (1989/90) dues.

WINTER TRIP DESCRIPTIONS

Get prepared to enjoy at least one of our winter trips. Those of you who have been there before know these are great places to ski. If you haven't been there, go and find out for yourself. Write ups of these trips will appear in the next issue of Nordic Notes, but if you can't wait, call the indicated leader for information. If there is no leader indicated, why don't you lead the trip? Lack of experience is no excuse: Skimeister Rich Keast will educate you.

POCONO LEARN-TO-SKI - January 6-8. Attention beginners (and experts needing practice)! A weekend jaunt to a Pocono resort to be announced later. The resort will have easy to moderate skiing, rentals, and instruction. Cost will depend on the resort, but we are aiming for a moderately priced trip. We need a leader for this one. How about one of you experts that need practice?

CATSKILLS ROMP - January 13-15 or 16. An optional day for those who have on MLKs birthday. This will be similar to the Catskills trip last year: stay in Hostels or inexpensive motels, ski one day at a touring center, one day on Park trials. A leader is needed for this one too, and a lot of the groundwork was done last year by Donna Leban

ELKMONT - January 27-29. The perennial favorite. For a relatively low cost, ski some of Pennsylvania's best trails, stay at a great Country Inn, and get stuffed by Mrs. Harvey until you look like Rex the Wonder Cat. Call Peter Borowiec for details (215-659-8966).

ADIRONDACK BACK COUNTRY SKI COURSE (February 10-12). Dan McAuliffe has organized this trip for the adventurous. Learn backcountry XC technique then go out into the Adirondack high peak area to try it out. Call Dan for info (215-632-4662).

LAKE PLACID (February 17-20). Spend Presidents' Weekend the way all those great former presidents (you know, Decker, Kopp, and Berger) spend it. If Lake Placid doesn't have the best cross country skiing anywhere, it must be illegal. Call Joyce Zuzack for details (215-788-0781).

LAKE TAHOE (March 4-12). See the Skierras. Spring skiing at its best. Strap on those waxless or glop on the klister, then ski in a tee shirt. Everyone knows the downhill at Tahoe is great, but the XC is just as good. You always wanted to ski later in the season, now you can. This trip needs a leader: now is your chance to lead a trip while in a jacuzzi. Call Rich Keast (215-493-1123) to volunteer, or for trip information.

1988/89 Officers

1988/89 Chairpersons

President Jim Murtha 752-9662
 VP Dave Zuzack 788-0781
 Treasurer Debra Keast 493-1123
 Rec Sec Mary Phalan 483-3139
 Cor Sec Louise Wilson 945-1355
 Past Pres Scott Berger 542-0366
 Member Susan Jo
 at Large Klein 923-9977

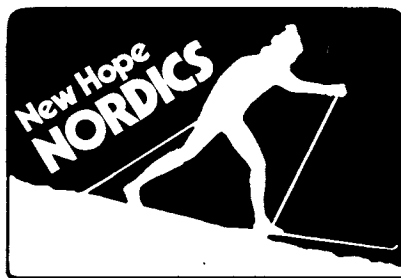
Skimeister Rich Keast 493-1123
 Membership Nancy Klimley 493-0865
 Editor Scott Berger 542-0366
 Summer Tom 201-782-
 Activities Umbriet 4478
 Programs Dave Dubs 331-2965
 Publicity George Foos 674-3016

Meetings are held at 8 PM, the 2nd Tuesdays of Fall and Spring Months, and the 2nd and 4th Tuesdays of November, January, and February. We meet at the Jesse Soby American Legion Post, Langhorne, PA. The Post is located at the intersection of Richarson and Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. Anyone with an interest in X-C skiing or the outdoors in general is welcome to attend meetings. Bring a friend!

New Hope Nordics
 PO Box #211
 Newtown, PA 18940

*NORDIC
 NOTES*





NORDIC

NOTES

Newsletter of *THE NEW HOPE NORDICS* PO Box #211, Newtown, PA 18940

WEATHER EXPERT CLAIMS: 100 INCHES OF SNOW FOR SURE THIS WINTER

I paid a visit last week to Granny Waxworth, a long time resident of New Hope. Sitting on her rocker, she rested her no-wax skis over the arms. As we talked, she cleaned bits of leaves and twigs from the base of her skis, then deftly applied a fine coat of hot wax. "I'm starting early this year," she drawled. "My big toe has been acting up as never before. If we don't have 100 inches of snow this year, we'll at least have 90. I hope the Nordics have good trips this year."

Even if Granny is only half right, all of these trips will be good. Sign up early to insure you can go on the trips of your choice.

FALL/WINTER CALENDAR OF EVENTS

Date	Destination	Cost	Leader	Phone
Oct 29	Halloween Party		Scott and Jan	215-542-0366
Nov 8	MEETING (Pizza Party)			
Nov 11	Racquetball Party	10	Rita Soricelli	215-788-1077
Nov 22	MEETING (XC Ski equipment program)			
Dec 13	MEETING (Xmas party)	2	without dessert, 1 with	
Dec 27	NO MEETING			
Jan 6-8	Pocono Learn-To-Ski	90	Dan McAuliffe	215-632-4662
Jan 10	Meeting			
Jan 13-15 or 16	Catskills Romp	140 (200)	Susan Jo Klein & Donna Leban	215-923-9977 609-882-8559
Jan 24	Meeting			
Jan 27-29	Elkmont	75	Peter Borowiec	215-659-8966
Feb 3-5	Berkshires & Vermont	100	Debra Keast	215-493-1123
Feb ???	Chinese New Years	25	George Foos	215-674-3016
Feb 14	Meeting			
Feb 17-20	Lake Placid	225	Joyce Zuzack	215-788-0781
Feb 18	High Point Learn-To-Ski	Carpool Fee	Louise Decker	215-862-3243
Feb 28	Meeting			
Mar 4-12	Lake Tahoe	900	Richard Keast	215-493-1123

ANNOUNCEMENTS

THIS IS THE LAST NEWSLETTER YOU WILL RECEIVE IF YOU DON'T PAY YOUR DUES. Please pay as soon as possible. Dues are still a bargain: they haven't been raised for five years:

	New Member	Renewal
Single	10	8
Family	15	12

Dues may be paid by mail: New Hope Nordics, PO Box 211, Newtown, PA 18940. Please return the attached membership form with your payment.

GET THEM TO THE CHURCH ON TIME: Congratulations to George and Diane on their recent engagement. Happy trails to you!

WANTED....BULLETIN BOARDS: The bulletin boards where you work, work-out and hang-out could sure use a copy of the latest New Hope Nordics flyer. Flyers are available from George Foes (215-674-3016). Help promote cross-country skiing and the New Hope Nordics.

HAPPY CHINESE NEW YEAR: The Nordics will celebrate Chinese New Year this winter with a many-course meal at a local restaurant. Arrangements are now being made. Cost will be approximately \$25. Call George Foes (215-674-3016) for information or if you have suggestions.

** Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.

** Remember our membership rebate offer. For each new member you sponsor, receive \$1 credit towards next year's (1989/90) dues.

MEMBERSHIP AND RENEWAL FORM

Name: _____

Address: _____

Telephone: Home _____ Work _____

How did you find out about the New Hope Nordics? _____

Dues Remitted:

(Circle One)

	New	Renewal
Single	\$10	\$8
Family	\$15	\$12

FALL TRIP DESCRIPTIONS

Between leaf-fall and snow-fall, it seems that NHN's head indoors for recreation. Join us as the party season begins!

HALLOWEEN PARTY - October 29. The annual Halloween Party will be held at Scott and Jan's house. Bring your own booooooze and a munchie. Costumes are required. No skier costumes allowed, even if you wear skis. If you can't think of a costume, how about coming as another Nordic Member? Please call Scott and Jan if you are coming (215-542-0366).

RACQUETBALL PARTY - November 11. Cross Country meets Downhill as the Nordics join the Bucks Mount Ski Club for a night of racquetball, wallyball, co-ed jacuzzi, and partying. Cost is \$10 for RB and WB players, \$5 for all other "players". Meet at B&R racquetball club, Southampton, PA at 8:00. Call Rita Sorichelli (215-788-1077) to sign up and for directions.

XMAS PARTY - December 13. After a very short business meeting, we'll hold our annual xmas party. Bring your favorite slides or photos, a snowflake, and if you feel creative, a dessert. A cold sandwich buffet will be provided. Cost is only \$1 if you bring a dessert, or \$2 if you don't. Call Peter Borowiec (659-8966) to let him know what you're bringing, or if you want to help set-up

SWAP SHOP - CLASSIFIED ADS

FOR SALE: Barrecrafters Ski Rack, gutter mount, lockable. Ray Gordan (215-752-1871)

FOR SALE: Barrecrafters ski rack, 180 cm skis, size 36 boots (75 mm). Call Scott and Jan (215-542-0366)

WANTED: Children's X-C skis. Call Louise Wilson (215-945-1355)

WANTED: Part-time help for the holidays. Also ski instructors to teach beginning skiers on snowy days and weekends when there is snow on the ground. OK pay, great benefits! Call Louise at X-C Ski Outfitters (609-397-3366 or 215-862-3243)

CORRECTION: The location of X-C Ski Outfitters was given incorrectly in the last issue of Nordic Notes. The correct location is the Laceworks building, 6 miles north of Washington Crossing in Lambertville, NJ. NHN members will receive a 10% discount by showing a 1988/89 membership card.

WINTER TRIP DESCRIPTIONS

Here is the "final" schedule of ski trips for 1989. Trips may be added if the demand requires. Sign up early while there are still plenty of spaces available on the trip of your choice.

This schedule does not include "Planned spontaneous weekend-day trips" which go to wherever the snow is. If you are interested in being an organizer for a "PSWDT", call PSWDT captain Tom Umbriet (201-782-4478) before he calls YOU.

POCONO LEARN-TO-SKI - January 6-8. A weekend jaunt to Pine Crest Resort Condominiums, near Pocono Manor ski area. Easy to moderate skiing is available, along with rentals and instruction (Professional for a fee, or ASIA trained instructors for free). Cost is \$90 per person including lodging and car-pool fee. Space is limited to 19 people. We will stay in three condominiums. Some meals will be cooked at the condos and some will be eaten out. Food and trail fees will be in addition to the \$90 cost. Call Dan McAuliffe (215-632-4662) for additional information.

CATSKILLS ROMP - January 13-15 or 16. Let's see what the Catskills look like in the snow! We'll stay at a cozy inn in a peaceful, secluded valley, and ski nearby Heyer's Meadows Ski touring center and other nearby trails. All lodging and meals are included. The cost is \$140 for the two-day weekend; \$200 if you stay over for the MLK holiday on Monday. The trip is limited to 20 people. A deposit of \$30 is required to hold your place. Call leaders Donna Leban and Susan Jo Klein (215-923-9977).

ELKMONT - January 27-29. The perennial favorite. For only \$75 ski some of Pennsylvania's best trails, stay at a great Country Inn, and get stuffed by Mrs. Harvey until you look like Rex the Wonder Cat. Elkmont only holds 15 people, so sign up soon. Call Peter Borowiec for details (215-659-8966).

BERKSHIRES AND VERMONT (February 3-5). We'll be skiing at Hickory Hill in the Massachusetts Berkshires and at the Hermitage at Mt. Snow, Vermont. Lodging will be at a Country Inn in Lenox, MA. The estimated cost of \$100 includes lodging and van transportation. Trail fees and meals will be extra. Call Debra Keast to sign up (215-493-1123).

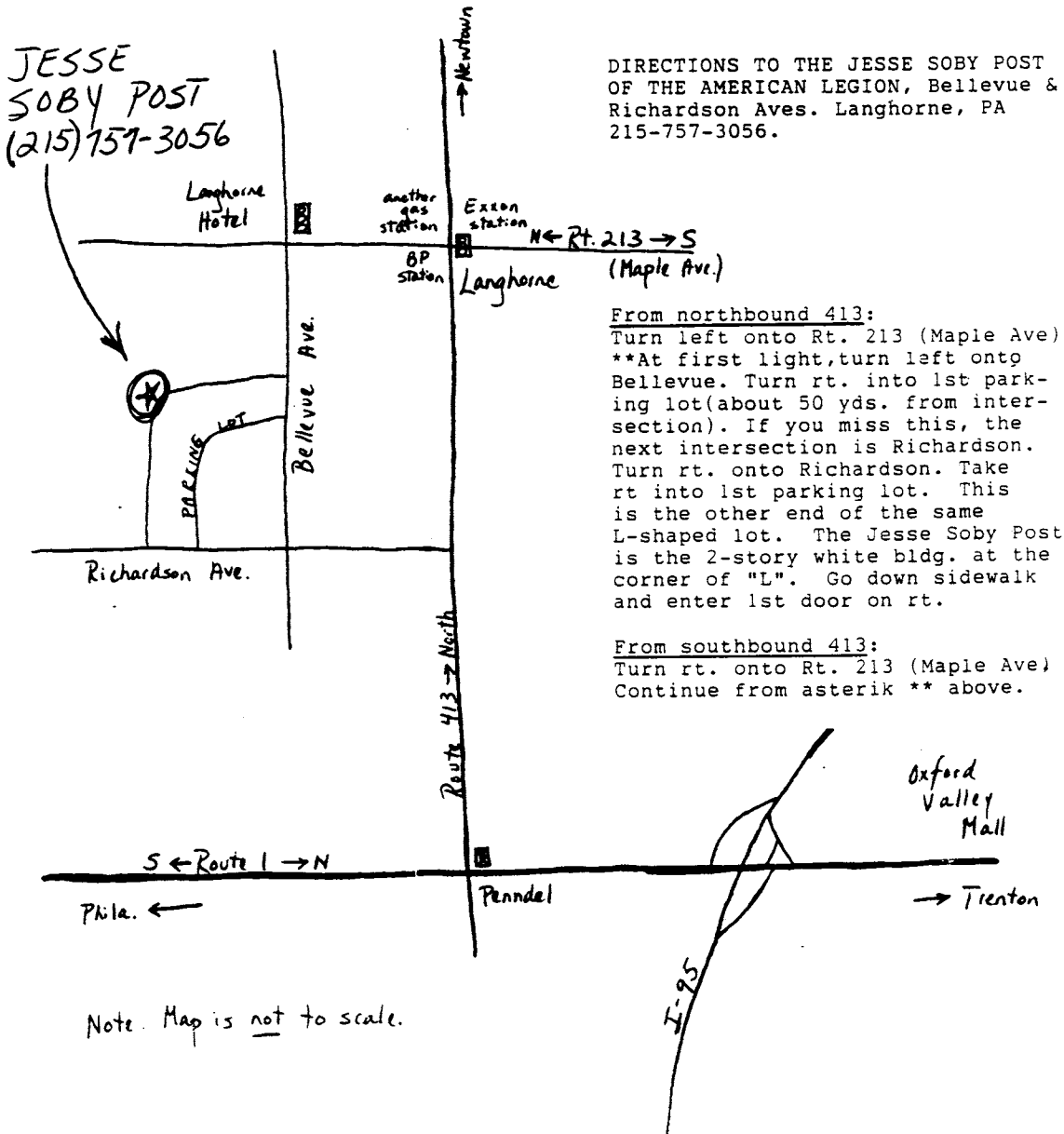
LAKE PLACID (February 17-20). Picturesque Lake Placid and the great trails of Mt. VanHovenburg beckon again. For variety, Cascade Trail Center is also on the agenda. Both areas offer have terrain to interest all levels of skiers, as well as lessons and rentals. Toboggan and dogsled rides plus nightlife and shopping are within walking distance of this year's lodging at the Alpine Air Motel. Join us for the President's holiday weekend for only \$225, including bus transportation from Langhorne, double occupancy lodging, breakfast and dinner. Trail fees are not included. As a special bonus to beginners experienced NHN skiers will be available Saturday and Sunday morning to offer some "ski tips" Call Joyce Zuzack (215-788-0781).

LAKE TAHOE (March 4-12). We will be based at the Royal Gorge Ski area. Royal Gorge offers 305 Km of tracked trails, and if we ski them all, there are plenty more areas to try. The dates proposed are open, per Royal Gorge personnel. In order to finalize details we need a count of people interested in attending. Approximate cost is \$850-950 depending on room type and actual dates chosen by the group. Call Rich Keast as soon as possible if you are interested (215-493-1123).

OTHER EVENTS OF INTEREST

ASIA - Become a certified amateur ski instructor. The course is given on January 7,8, 21, and 22 and costs \$135. "Scholarships" are available from the NHN treasury. Call Louise Decker for information: 215-862-3242

SKI SWITZERLAND - Join the Princeton Freewheelers on a two week combined downhill and cross country trip to Flims and Grindlwald Switzerland. Trip dates: Jan 20-Feb 4 Cost: \$1467 Call Donna Leban: 609-882-8559



Note. Map is not to scale.

1988/89 Officers

President	Jim Murtha	752-9662
Vice Pres	Dave Zuzack	788-0781
Treasurer	Debra Keast	493-1123
Rec Sec	Mary Phalan	483-3139
Cor Sec	Louise Wilson	945-1355
Past Pres	Scott Berger	542-0366
Member	Susan Jo	
at Large	Klein	923-9977

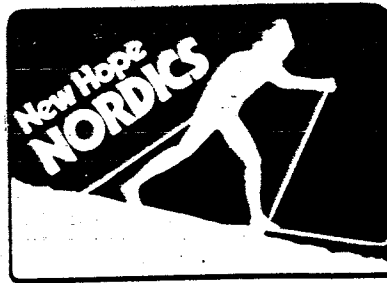
1988/89 Chairpersons

Skimeister	Rich Keast	493-1123
Membership	Nancy Klimley	493-8775
Editor	Scott Berger	542-0366
Summer	Tom	201-782-
Activities	Umbriet	4478
Programs	Dave Dubs	331-2965
Publicity	George Foos	674-3016

Meetings are held at 8 PM, the 2nd Tuesdays of Fall and Spring Months, and the 2nd and 4th Tuesdays of November, January, and February. We meet at the Jesse Soby American Legion Post, Langhorne, PA. The Post is located at the intersection of Richarson and Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. Anyone with an interest in X-C skiing or the outdoors in general is welcome to attend meetings. Bring a friend!

New Hope Nordics
 PO Box #211
 Newtown, PA 18940

NORDIC



NOTES

Newsletter of *THE NEW HOPE NORDICS* PO Box #407, Newtown, PA 18940

As I begin this newsletter, the first snow of the season is beginning to fall. This is it, folks! Remember, if you're waxing, wax eloquent!

WINTER CALENDAR OF EVENTS

Date	Destination	Cost	Leader	Phone
Dec 27	NO MEETING			
Jan 6-8	Pocono Learn-To-Ski	90	Dan McAuliffe	215-632-4662
Jan 10	Meeting -			
Jan 13-15 or 16	Catskills Romp	140 (200)	Susan Jo Klein & Donna Leban	215-923-9977 609-882-8559
Jan 24	Meeting - Layering			
Jan 25 ??	Chinese New Years	23	George Foos	215-674-3016
Jan 24	Meeting - Layering			
Jan 27-29	Elkmont	75	Peter Borowiec	215-659-8966
Feb 3-5	Berkshires & Vermont	100	Debra Keast	215-493-1123
Feb 11	Great Gorge-NJ Learn-To-Ski	Carpool Fee	Louise Decker	215-862-3243
Feb 14	Meeting			
Feb 17-20	Lake Placid	225	Louise Wilson	215-945-1355
Feb 28	Meeting			
Mar 4-12	Lake Tahoe	900	Richard Keast	215-493-1123

Supplementing the above calendar, we have a listing of captains for "planned spontaneous week-end day trips". The captain will find the best snow within a day trip's radius. When you call the captain, he or she will tell you when and where to meet, and voila, you're skiing. Cost will usually include only carpool fee. Here is the current list of captains. If you would like to captain an open weekend, call Tom Umbriet (201-782-4478)

DATE	CAPTAIN	PHONE NO.
Jan 7	Mike Seidman	215-836-4185
Jan 8	Tom Umbriet	201-782-4478
Jan 14	Debbie Keast	215-493-1123
Jan 15	Sue Liwak	215-860-8067
Jan 21	Rita Long	215-843-4064

Jan 22	Joyce Zuzack	215-788-0781	Feb 18	open	
Jan 28	S. Berger	215-542-0366	Feb 19	S.Jo Klein	215-923-997
Feb 4	open		Feb 25	M. Phalan	215-483-3139
Feb 5	open		Feb 26	J. Murtha	215-752-9662
Feb 11	E. Million	609-499-0106	Mar 4	open	
Feb 12	J. Murtha	215-752-9662	Mar 5	D. Dubbs	215-331-2965

ANNOUNCEMENTS

NEW POST OFFICE BOX...You may have noticed a new Post Office box number on our letterhead. We now have a larger post office box at the new Post Office in Newtown. The new Box number is 407. If you are carrying any New Hope Nordics business cards or public relations materials, please change the box number from 211 to 407 before distributing them. Keep those cards and letters coming!

WANTED....BULLETIN BOARDS: The bulletin boards where you work, work-out and hang-out could sure use a copy of the latest New Hope Nordics flyer. Flyers are available from George Foos (215-674-3016). Help promote cross-country skiing and the New Hope Nordics.

HAPPY CHINESE NEW YEAR: The Nordics will celebrate Chinese New Year this winter with a ten-course meal at Ming Garden Restaurant. Cost will be approximately \$23. Advance reservations and advance payment are required. Call George Foos (215-674-3016) for more information.

** Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.

** Remember our membership rebate offer. For each new member you sponsor, receive \$1 credit towards next year's (1989/90) dues.

MEMBERSHIP AND RENEWAL FORM

Name: _____

Address: _____

Telephone: Home _____ Work _____

How did you find out about the New Hope Nordics? _____

Dues Remitted:

(Circle One)

	New	Renewal
Single	\$10	\$8
Family	\$15	\$12

SWAP SHOP - CLASSIFIED ADS

FOR SALE: Barrecrafters Ski Rack, gutter mount, lockable. Ray Gordan
(215-752-1871)

FOR SALE: Barrecrafters Ski Rack. Scott and Jan (215-542-0366)

WINTER TRIP DESCRIPTIONS

POCONO LEARN-TO-SKI - January 6-8 A weekend jaunt to Pine Crest Resort Condominiums, near Pocono Manor ski area. Easy to moderate skiing is available, along with rentals and instruction (Professional for a fee, or ASIA trained instructors for free). Cost is \$90 per person including lodging and car-pool fee. Space is limited to 19 people. We will stay in three condominiums. Some meals will be cooked at the condos and some will be eaten out. Food and trail fees will be in addition to the \$90 cost. Call Dan McAuliffe (215-632-4662) for additional information.

CATSKILLS ROMP - January 13-15 or 16. Let's see what the Catskills look like in the snow! We'll stay at a cozy inn in a peaceful, secluded valley, and ski nearby Hyer's Meadows Ski touring center and other nearby trails. All lodging and meals are included. The cost is \$140 for the two-day weekend; \$200 if you stay over for the MLK holiday on Monday. The trip is limited to 20 people. A deposit of \$30 is required to hold your place; and final payment is due no later than January 10th meeting. Call leaders Donna Leban and Susan Jo Klein (215-923-9977).

ELKMONT - January 27-29. The perennial favorite. For only \$75 ski some of Pennsylvania's best trails, stay at a great Country Inn, and get stuffed by Mrs. Harvey until you look like Rex the Wonder Cat. This trip is now full, but there is a waiting list. Call Peter Borowiec for details (215-659-8966).

BERKSHIRES AND VERMONT (February 3-5). We'll be skiing at Hickory Hill in the Massachusetts Berkshires and at the Hermitage at Mt. Snow, Vermont. We'll be staying Friday and Saturday night at the Vintage Motel in Wilmington, Vermont. The estimated cost of \$100 includes lodging and van transportation. Trail fees and meals will be extra. Call Debra Keast to sign up. (215-493-1123).

LAKE PLACID (February 17-20). Picturesque Lake Placid and the great trails of Mt. VanHovenburg beckon again. For variety, Cascade Trail Center is also on the agenda. Both areas offer have terrain to interest all levels of skiers, as well as lessons and rentals. Toboggan and dogsled rides plus nightlife and shopping are within walking distance of this year's lodging at the Alpine Air Motel. Join us for the President's holiday weekend for only \$225, including bus transportation from Langhorne, double occupancy lodging, break fast and dinner. The deposit of \$100 is due as soon as possible. Trail fees are not included. As a special bonus to beginners experienced NHN skiers will be available Saturday and Sunday morning to offer some "ski tips" Call Louise Wilson (215-945-1355) or Joyce Zuzack (215-788-0781).

LAKE TAHOE (March 4-12). We will be based at the Royal Gorge Ski area. Royal Gorge offers 305 Km of tracked trails, and if we ski them all, there are plenty more areas to try. The dates proposed are open, per Royal Gorge personnel. In order to finalize details we need a count of people interested in attending. Approximate cost is \$850-950 depending on room type and actual dates chosen by the group. Call Rich Keast as soon as possible if you are interested (215-493-1123).

OTHER EVENTS OF INTEREST

ASIA - Become a certified amateur ski instructor. The course is given on January 7,8, 21, and 22 and costs \$135. "Scholarships" are available from the NHN treasury. Call Louise Decker for information: 215-862-3242

1988/89 Officers

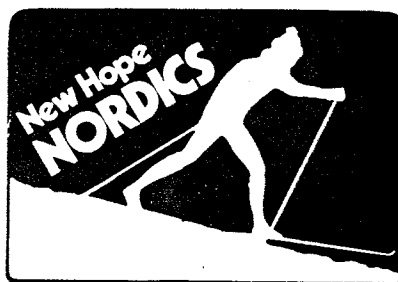
President	Jim Murtha	752-9662
Vice Pres	Dave Zuzack	788-0781
Treasurer	Debra Keast	493-1123
Rec Sec	Mary Phalan	483-3139
Cor Sec	Louise Wilson	945-1355
Past Pres	Scott Berger	542-0366
Member	Susan Jo	
at Large	Klein	923-9977

1988/89 Chairpersons

Skimeister	Rich Keast	493-1123
Membership	Nancy Klimley	493-8775
Editor	Scott Berger	542-0366
Summer	Tom	201-782-
Activities	Umbriet	4478
Programs	Dave Dubs	331-2965
Publicity	George Foos	674-3016

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NORDIC

NOTES

Newsletter of *THE NEW HOPE NORDICS*, PO Box #407, Newtown, PA 18940

SPECIAL ANNUAL ELECTION ISSUE

Late Winter/Early Spring Calendar of Events

Date	Destination	Cost	Leader	Phone
Feb 28	MEETING - NOMINATIONS / MOVIE NIGHT			
March 4-12	Lake Tahoe	900	Richard Keast	215-493-1123
March 6	Summer planning meeting		George Foos	215-674-3016
March 14	MEETING - ELECTIONS / MEMBER SLIDES			
March 28	No meeting			
April 1	Pot Luck Dinner	1 Dish	Mary Phalan	215-483-3139
April 10	MEETING - CONSERVATION IN THE 1990's			
May 8	MEETING - PROGRAM TBA			
June 13	MEETING - PROGRAM TBA			

ANNOUNCEMENTS

NEW POST OFFICE BOX...Please note our new Post Office Box number. Please use PO Box 407, Newtown, PA 18940 on future correspondences. If you have flyers or business cards, please change the Box number before distributing them. Keep those cards and letters coming.

SUMMER PLANNING MEETING... If you have any interesting ideas you'd like to contribute to our 1989 summer schedule, or if you're just interested in getting a sneak preview, you are cordially invited to attend the summer activity planning meeting, on March 6 at 7:30 at George Foos' house. If you can't make it, call George (215)-673-3016) to pass on any ideas you may have.

CONGRATULATIONS AND GOOD LUCK... To Dave Dubs and Charlene Wells on their upcoming wedding. To Harriet Ann Seiner and Rich Litwin on their recent engagement.

WANTED...BULLETIN BOARDS: The bulletin boards where you work, work-out, and hang-out could sure use a copy of the latest New Hope Nordics flyer. Flyers are available from George Foos (215-674-3016). Help promote cross country skiing and the New Hope Nordics.

TRIP REPORTS

LAKE PLACID (2/17-20) - Luck was with us at Lake Placid. We had a foot of well-groomed snow, a comfortable motel, excellent food, and, as always, excellent companionship. The beginner/experienced skier sessions were well received, adding to the success of the trip. Two Nordics even tried and survived the Luge run. Placid in 1990? How about it, gang? (by J. Zuzack)

SOUTHERN VERMONT (2/3-5) - We skied Saturday at Blueberry Hill, in the Green Mountains near Goshen. Blueberry Hill is a well-managed, friendly touring center, offering us free chili and chocolate chip cookies. We had 3 inches fresh powder and were able to ski on all trails. On Sunday we skied at Prospect Mountain. The attached downhill area was closed, but all cross country trails were open! The area was small, but challenging, and everyone had a good time. (By D. Keast)

CATSKILLS (1/13-1/16) - A storm of snow locusts devoured nearly all the snow in the Catskills, ruining the XC skiing for the weekend. However, the hiking afforded pretty scenery and interesting ice formations decorated the many waterfalls in the area. Those who ventured on the downhill slopes of nearby Windham Mtn found icy but passable conditions. But the best part of this trip was Mrs. Schwartzeneggar's excellent body-building food and the Sunshine House's warm hospitality. (by S. Berger)

1989 ELECTIONS

On the following page, we ask you to supply us with information that is vital for the on-going operation of the New Hope Nordics. First, we ask you to vote for each of the elected offices of the club. Second, we ask your opinions on various issues, including preferred trip destinations, price ranges, meeting programs, and summer activities.

Please fill out the questionnaire and either bring it to the next meeting, or mail it in. Bring the ballot to the March 14 elections meeting, or if unable to attend, mail it in as an absentee ballot. It is not necessary to put your name on the questionnaire, unless you are volunteering to take responsibility of an activity.

ABSENTEE BALLOT PROCEDURE

Mark your selections on the ballot. Enclose the ballot in a small envelope and seal, or fold the ballot over in thirds and staple closed. Do not mark your name on the ballot or this envelope. Enclose the envelope or folded ballot in an outer envelope and mail in. Make sure your name appears in the return address of the mailing envelope. Absentee ballots must be received by March 14.

OFFICIAL 1989 NEW HOPE NORDIC BALLOT

PRESIDENT	_____	Jim Murtha
	_____	_____
VICE PRESIDENT	_____	Eric Million
	_____	_____
TREASURER	_____	Debbie Keast
	_____	_____
RECORDING SECRETARY	_____	
	_____	_____
CORRESPONDING SECRETARY	_____	Janice Berger
	_____	_____
MEMBER-AT-LARGE	_____	Scott Berger
	_____	_____

PLEASE NOTE: The people listed above have agreed in advance to be nominated at the February 28 nominations meeting. Additional people may be nominated at the meeting. Before submitting your absentee ballot, you may wish to call Jim Murtha (215)-752-9662 to find out who else may be running for office.

QUESTIONNAIRE

1) How many NHN ski trips did you attend in 1989? _____ In 1988? _____
 In 1987? _____ What were your favorites? _____

2) How did you find out about NHN? _____

3) How many weekend trips would you like to go on next year? _____
 From the list below, select where you'd like to go for those trips.
 Since you're dreaming, go ahead and select an extra trip too. Please
 rank the trips in your order of preference, 1= highest.

- | | | |
|--------------------------|-----------------------|-----------------------|
| PENNSYLVANIA | NEW YORK | NEW JERSEY |
| ___ Pocono Manor | ___ Sunshine House | ___ Blue Mtn Lakes |
| ___ Elkmont | ___ Garnet Hill Lodge | ___ Highpoint |
| ___ Maple Hill Farm | ___ Mohonk | |
| ___ Eagle's Mere | ___ Lake Placid | MASSACHUSETTS |
| ___ Laurel Highlands | | |
| VERMONT | NEW HAMPSHIRE | ___ Berkshires |
| | | ___ Northfield Mtn |
| ___ Catamount Inn-to-Inn | ___ Jackson | |
| ___ Mt Snow | ___ Bretton Woods | WEST VIRGINIA |
| ___ Stowe/Trapp | ___ Waterville | |
| | ___ Hanover | ___ Black Water Falls |

OTHERS _____

4) Would you like to go on a week-long trip next year? _____ Would you
 be interested in going to Canada (\$800) _____, "Out West" (\$1000) _____,
 or to Europe (\$1500) _____? (Costs roughly estimated)
 Please specify preferred destinations _____

5) If you have children, would the availability of day care make you
 more likely to go on a trip? _____

6) Would you be interested in helping to plan a trip? _____
 If yes or maybe, please write your name here _____

7) Would you be interested in participating in a club management
 function? _____ If yes or maybe, please write your name here _____

Any particular area of interest?

- | | | | |
|----------------------|------------------|-----------------------------|----------------|
| ___ Summer trips | ___ Winter trips | ___ Mailings | ___ Newsletter |
| ___ Advertising | ___ Membership | ___ Other | ___ Legal |
| ___ Meeting programs | ___ Financial | ___ Tallying Questionnaires | |

8) Is the club meeting your needs? _____ On the back, please describe how
 the club could better meet your needs.

9) On the back, please list your ideas for summer weekend or week-long
 trips. Would you be interested in a week-long summer trip? _____

10) Are you satisfied with the Jesse Soby Post? _____ If not, please tell
 us why not on the back. Do you recommend a better location?

1988/89 Officers

President Jim Murtha 752-9662
 Vice Pres Dave Zuzack 788-0781
 Treasurer Debra Keast 493-1123
 Rec Sec Mary Phalan 483-3139
 Cor Sec Louise Wilson 945-1355
 Past Pres Scott Berger 542-0366
 Mbr @ Lg Susan Klein 923-9977

1988/89 Chairpersons

Skimeister Rich Keast 493-1123
 Membership Nancy Klimley 493-8775
 Editor Scott Berger 542-0366
 Summer Tom 201-782-
 Activities Umbriet 4478
 Programs Dave Dubs 331-2965
 Publicity George Foos 674-3016

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NORDIC



NOTES

SUMMER SUMMARY

May 9	Meeting		
May 20	Delaware Water Gap Hike	J. Murtha	215-752-9662
May 31	Winter Planning Meeting	R. Keast	215-493-1123
June 3	Delaware Canal Hike	J. Zuzack	215-788-0781
June 10	Wading River Canoe Trip	E. Million	609-499-0106
June 13	Meeting		
June 16	Trexlertown Bike Races	M. Seidman	215-836-4185
June 17	SE Penna Bike Ride	R. Keast	215-493-1123
June 24	"Flood" Party	D. Leban	609-882-8559
June 24-25	Rickett's Glen Camping	D. Bonyng	215-348-3665
July 7	Trexlertown Bike Races	M. Seidman	215-836-4185
July 8	Delaware River Canoe	J. Murtha	215-752-9662
July 11	No Meeting		
July 15	Upper Bucks Bike Ride	D. Keast	215-493-1123
July 28-31	Acadia National Park	D. Leban	609-882-8559
Aug 5	VCR Night	R. Long	215-843-4064
Aug 8	No Meeting		
Aug 19	Beer Tasting Party	G. Foos	215-674-3016
Sept 8-10	Eastern L.I. Bike Trip	N. Padula	215-579-0658
Sept 12	Meeting		
Sept 23	Delicious Orchard Ride	E. Million	609-499-0106
Oct 7-9	Antietam Bike Ride	M. Phalan	215-483-3139
Oct 10	Meeting		
Oct 21	Foliage Hike-Bake Oven Knob	G. Foos	215-674-3016

WEDNESDAY NIGHT BIKE RIDES:

The ever popular Wednesday night bike rides will be held on the Wednesdays of May, June, July, August, and September, starting May 17 and running through Sept 20. Enjoy a gentle evening bike ride through New Jersey! On the 1st, 3rd, and 5th Wednesdays of the month meet leader Donna Leban (609-882-8559) at the canal at Washington's Crossing State Park in NJ. On the 2nd and 4th Wednesdays of the month meet Eric Million (609-499-0106) in Roebling, NJ, Florence Grammar School, Hornburger Ave. Call leaders for directions and additional information.

TRIP DESCRIPTIONS

May 20 : Two Dog Hike. Delaware Water Gap. Meet at Washington Crossing State Park, NJ, at Canal, 8 am. easy day hiking (if Jim's dog can do it, so can you). Call Jim Murtha. 215-752-9662. Car pool costs ca. \$7.

May 31: Winter Planning Meeting. This is your chance to help plan the 1990 winter schedule. Anyone who has ideas for trips or would like to help organize a trip is encouraged to attend. If you would like to attend and are unable to, please call Rich Keast and pass on your suggestions. Some exciting possibilities for next year are already being discussed. Get involved and make your contribution! The meeting starts at 7:30 and is at Rich and Deb Keast's. Call 215-493-1123.

June 3: Stroll, hike or bike another section of Pa.'s Delaware Canal, 6 miles from New Hope to Lumberville, one way hike with auto shuttle. Meet at 9:30 am on Route 32 where it crosses under the Route 202 toll bridge just north of New Hope. Mountain bikes welcomed. Optional exploration of New Hope afterwards. Call Joyce, 215-788-0781.

June 10: Canoe the Wading River [or, wade the canoeing River, depending on water level]. One of the many Pine Barrens rivers and one of the nicest. We'll try to get an early start to avoid the heavy river traffic. Canoe rentals are available at Pine Barren Canoe Rental just south of the starting point at Speedwell (but you will have to make your own prior arrangements). Trip is about 5 hours of gentle canoeing, depending on water level. Bring lunch, drink, raingear and a change of clothes in a watertight bag. Call Eric Million 609-499-0106. Car pool costs under \$10.

June 16: Watch the country's premier bike racers compete in the US Professional Championships at the Lehigh County Velodrome in Trexlertown. The evening should be cool, but inches away from your ring-side seat, the bikers will be hot. Admission cost is \$7, split carpool cost. Call Mike Seidman (215-836-4185) for directions and information.

June 17: Day bike trip in SE Pennsylvania area. Gentle rolling farmland in scenic area. Call Rich Keast for starting point, times, and arrangements. 215-493-1123.

June 24: Theme Party, Donna Leban's annual flood party, dedicated to a common theme in decoration, food, flavor and attitudes [no kippers this year]. Call Donna for details, and assigned topic. 609-882-8559. Donation of eatable item.

June 24-25: Overnight camping trip and hike at Rickett's Glen State Park, North-Central Pa. Dave Bonyne, 215-348-3665.

July 7: Return to Trexlertown, this time to watch the final of the Sundance Grand Prix Series. Mike Seidman (215-836-4185) is leading this trip also. Cost is \$7 plus carpool.

July 8: Canoe the mighty Delaware. Day canoe trip in the middle Delaware River area. Easy canoeing on wide river. Call Jim Murtha for details on starting, rentals, etc. 215-752-9662.

July 15: Bike day trip in Upper Bucks County. Rolling countryside in scenic area. Leave from Doylestown Friendlies Restaurant on North Main Street, 10 am. Debbie Keast, 215-493-1123.

July 28-31: Three or four day camping trip to Mt Desert Island and Acadia National Park, on the coast of Maine, near Bar Harbor. Hiking, coastal activities, watch the boats. Cook or eat in town. This may be the only cool place to be found in the US this summer. Call Donna 609-882-8559. Limit, ten people. Cost to be determined.

August 5: VCR Night. Remember skiing? That's sliding on boards on white stuff that we used to do years ago. Well, here's your chance to relive those glorious days of yesteryear by watching skiing videos at Rita's. The air conditioner will be on full so wear your winter coats and bring hot drinks or munchies. 7:30. Call Rita for confirmation of the time and date. 215-843-4064.

August 19: Can (Beer in can's? Never!) you tell Guinness from Yuengling and Moosehead from Iron City? Come to the Foos' and find out. Taste 25 to 50 of the world's finest brews. The cost will be a selected sixpack. Call George to make sure you don't duplicate someone else's contribution. 215-674-3016

Sept. 8-10: Bike trip to Eastern Long Island and Block Island. Less than forty miles per day, including ferry rides, over basically flat scenic coastal area. Stay at bed and breakfast type places. Debbie Keast and Nick Padula (215-579-0658), call early for arrangements and details.

Sept 23: Delicious Orchard Ride. Come join us for a fantastic ride and picnic lunch at Delicious Orchards in Colts Neck, NJ. Although this ride is a little longer than most of us like, it's well worth the effort. The ride meanders through central Jersey's horse country over gently rolling hills and through wide open fields. The total ride is approximately 45 miles, with a few breaks. Call Eric at 609-499-0106.

Oct 7-9: Columbus Day Bike Ride in the Antietam-Sharpsburg-Harpers Ferry region of Maryland and West Virginia. Scenic valleys in amongst high mountains. Mary Phalan runs a good trip, but this one is limited to 6 more sign-ups, so call soon. 215-483-3139.

Oct. 21: Fall Foliage Hike. Back by popular demand, hike the AT from Route 309 to Bake Oven Knob, one way, 5-6 miles of pleasant moderate hiking with some rocky areas. Optional Germanic dinner afterwards. Leave from Friendlies in Doylestown. Call George Foos, 215-674-3016.

TRIP REPORT

Elkmont - This remained the trip we had grown to know and love, with a minor exception: no snow. But, in addition to some of the best skiing in Pennsylvania in snowtime, the beautiful suburbs of Shunk, PA also have some of the best hiking. Maureen O'Connor selected some beautiful trails and a good time was had by all. All other high points of Elkmont were the same: Mrs. Harvey's hospitality and wonderful cooking, the fireplace, and of course Rex the Wonder Cat.

CONGRATULATIONS

Wedding Bells - George and Diane (McCool) Foos are fastening their bindings together in May.

No Sleep - Janice and Scott Berger are increasing the club membership list by one in July.

SURVEY SEZ....

Thanks to everyone who took time to mail in the survey, thanks to those who tallied the results, and a special thanks to those who indicated they would like to participate in planning trips and organizing club functions. The results will be helpful in planning our next season. Here is a brief summary of the results.

More than half of the people answering the survey have gone on 2 or more trips each year since 1987. The favorite trips have been 1)Lake Placid, 2)Quebec, and 3)Stowe, but Placid won by a landslide. Over half heard of the Nordics from a friend, the rest from newspaper ads and EPSC "Snowdrifts". Placid and Stowe led the list of preferred weekend destinations for next year, and several others got strong support. Quebec and Colorado led the list of week trip destinations. These will be strongly considered for next year's schedule. Those indicating interest in helping in a club organizational function will be contacted soon. And finally, almost everyone was satisfied with the Jesse Soby Post, and felt the New Hope Nordics were meeting your XC ski needs. Again, thanks to everyone who responded.

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Thanks to everyone who took time to mail in the survey, thanks to those who tallied the results, and a special thanks to those who indicated they would like to participate in planning trips and organizing club functions. The results will be helpful in planning our next season. Here is a brief summary of the results.

More than half of the people answering the survey have gone on 2 or more trips each year since 1987. The favorite trips have been 1)Lake Placid, 2)Quebec, and 3)Stowe, but Placid won by a landslide. Over half heard of the Nordics from a friend, the rest from newspaper ads and EPSC "Snowdrifts". Placid and Stowe led the list of preferred weekend destinations for next year, and several others got strong support. Quebec and Colorado led the list of week trip destinations. These will be strongly considered for next year's schedule. Those indicating interest in helping in a club organizational function will be contacted soon. And finally, almost everyone was satisfied with the Jesse Soby Post, and felt the New Hope Nordics were meeting your XC ski needs. Again, thanks to everyone who responded.

NEW HOPE NORDICS - 1989/90 OFFICERS AND COMMITTEE CHAIRPERSONS

President	- Jim Murtha	215-752-9662	Newsletter	- Scott Berger	215-542-0366
Vice Pres	- Eric Million	609-499-0106	Skimeister	- Rich Keast	215-493-1123
Treasurer	- Debbie Keast	215-493-1123	Sumr Act	- Tom Umbriet	201-782-4478
Rec Secy	- Diane Foos	215-674-3016	Programs	- George Foos	215-674-3016
Corr Secy	- Janice Berger	215-542-0366	Membership	- Nancy Klimley	215-493-8775
Mem @ Lg	- Mary Phalan	215-483-3139	Publicity	- Unassigned	

The New Hope Nordics
P.O. Box 411
Newtown, PA 18980

**NORDIC
NOTES**



NORDIC



NOTES

Winter Edition

1989/90 Summary

<u>Date</u>	<u>Event</u>	<u>Leader</u>	<u>Phone</u>	<u>Cost</u>
Dec 12	Meeting - Xmas party			\$1 or dessert
Dec 28, 29	Basketball Outing	Tom Umbriet	201-782-4478	\$10 + trans
Jan 6	Pocono Manor Learn - to - Ski	Rita Long	215-843-4064	\$5 + carpool+ lessons+rental
Jan 9	Meeting - XC ski tips - down hill techniques			
Jan 12-14	Southern Vermont	Debbie Keast	215-493-1123	\$160
Jan 19-21	Elkmont	Jim Driscoll	609-581-1225	\$80
Jan 23	Meeting - Winter wildlife			
Jan 26-28	Lapland Lakes	Rich Keast	215-493-1123	\$90
Feb 3-10	Quebec	Donna Leban	609-882-8559	\$570
Feb 2-4	Catskills	Susan Jo Klein	215-923-9977	\$90
Feb 13	Meeting			
Feb 16-19	Lakes Placid & Saranac	P. Borowiec	215-885-9969	\$230
Feb 27	Meeting			
Mar 2-4	Vermont	Rich Keast	215-493-1123	\$130

XMAS PARTY

Our annual Xmas Xtravaganza will be held at the December 12th meeting. We'll supply the cold cut platters. You bring \$1 or a calorific dessert. Paper snowflake creations are mandatory for everyone. The Pharners Almanac says "The finer the snowflake display, the deeper and more frequent the snowfall will be." Join us!

ANNUAL DUES

Please pay your renewal dues of \$8 single and \$12 family as soon as possible. Enclose the application/renewal form on the last page of this newsletter with your payment. New members please pay a first year only dues of \$10 single and \$15 family. Remember, you must pay your dues to continue receiving this newsletter, and, more importantly, to go on any trips.

PLANNED SPONTANEOUS WINTER DAY TRIPS

You want to go skiing this weekend. Where should you go? Is there going to be snow when you get there? Who should you go with? Will your beat-up old Chevy make it to the Poconos? The answers to these troubling questions is no further away than this newsletter. Better yet, the answer is in this very article!

If there is snow to be found within a reasonable distance from Philadelphia, the weekend day captain shown below will find it, confirm it, and get you together with other Nordics who want to go skiing. He or she may even find other people to ride in your Chevy to help with the pushing. If no name is listed for a given date, call Tom Umbriet or Jim Murtha for information, or preferably, to volunteer as captain for that date. Keep this list by your phone, and THINK SNOW!

<u>Date</u>	<u>Leader</u>	<u>Phone</u>	<u>Date</u>	<u>Leader</u>	<u>Phone</u>
Jan 6	Learn-to-ski day trip (see below)		Jan 28	Tom Umbriet	201-782-4478
Jan 7			Feb 3	Pete Borowiec	215-885-9969
Jan 13	Scott & Jan Berger	215-542-0366	Feb 4	Eric Million	609-499-0106
Jan 14			Feb10	Joyce Zuzack	215-788-0781
Jan 20	Jim Murtha	215-752-9662	Feb 11	Dave Bonyng	215-348-3665
Jan 21	Susan Jo Klein	215-923-9977	Feb 17	Barb Reppert	215-623-6030
Jan 27			Feb 25	George & Diane Foes	215-674-3016

CANCELLATION REFUND POLICY

New Hope Nordics winter trips go, snow or no snow. Bring your hiking boots if it looks like the snow will be thin! If you must cancel your reserved space on a trip, you are entitled to a partial refund as follows:

If you cancel less than 30 days before the trip leaves, and the trip does not leave full, you will be charged for the cost of the space you would have occupied, plus either \$10 or 10% of the trip cost, whichever is more, as a handling fee.

If you cancel more than 30 days before the trip leaves, or less than 30 days before but the trip leaves full, you will be charged \$10 or 10% of the trip cost, whichever is less, as a handling fee.

Inevitably, there will be situations that are not so clear cut. These will be handled by the executive board as they arise. Any money you have deposited for the trip will be refunded, less the cancellation fees, after the trip returns.

TRIP DESCRIPTIONS

Basketball Outing (Dec 28,29) - The Bell Atlantic Holiday Tournament. Come see the best in women's basketball (i.e. basketball played by people under 7 feet tall) as four of the the nation's top teams meet. Call Tom Umbriet (201-782-4478) by December 14th for tickets (\$10 per night, 2 games). This is bound to be a sellout. Take the train to New Brunswick or drive up (about 1 hour from Langhorne).

Poconos Learn-to-Ski Day Trip (Jan 6) - The only thing you need for this trip is enthusiasm and the desire to learn how to ski. Lessons and equipment will be provided by the staff of Pocono Manor. For just \$5 trail fee, \$12 rental, and \$8 lesson you'll be off swooshing around Pocono Manor's Cross Country center. Call Rita Long (215-843-4064) to sign up and arrange carpools.

Southern Vermont (Jan 12-15) - Ski the Berkshires and Green Mountains in one weekend. We will ski at the Hermitage at Mt. Snow and Hickory Hill in the Massachusetts Berkshires. Lodging will be at the Vintage Motel in Wilmington, Vt., Price includes lodging for three nights and van transportation. Meals and trail fees are additional. Cost is \$160 The trip is limited to 16 people. Call Debbie Keast (215-493-1123).

Elkmont (Jan 19-21) - Ski the Hawkeye trail and Hanley's Happy Hill in North Central PA. Accommodations will again be at Mrs. Harvey's quaint farmhouse and inn. Price includes breakfasts, dinner, trail lunches, and a chance to play with Rex the Wonder Cat. The trip is limited to 14 participants. Cost \$80, deposit \$40. Call Jim Driscoll (609-581-1225).

Lapland Lakes (Jan 26-28)- Yes, Virginia, there really is a Lapland Lakes trip this year. We will ski at the Lapland Lakes Nordic Center both days and will be staying at the Algonquin Motel, 20 minutes North of Lapland. As a special note for beginners, Lapland Lakes has an excellent instruction program and good beginner trails. The \$90 price includes two nights lodging and van transportation. Meals and trail fees are additional. Send your \$50 deposit to Rich Keast (215-493-1123).

Quebec (Feb 3-10) - Ski Quebec during Winter Carnival! Spend 7 nights in the lovely old resort inn and health spa, Auberge Les Quatre Temps on Lac Beauport. Ski at Mont St. Anne (180 Km), Centre Esperon & Le Saisonier (216 Km), and Centre le Refuge (135 Km). The \$570 includes lodging, airfare, van transportation from the airport to the Inn and from the Inn to skiing and Winter Carnival activities, tobogganing, ice sailing, sleigh rides, jacuzzi, and sauna. Meals are not included. Reduced fare lodging is available. Also note that the price may be higher or lower due to variations in the exchange rate. The trip is limited to 20 participants. Hold your space by sending a \$75 deposit to leader Donna Leban. Call Donna at 609-882-8559 for additional information.

Catskills (Feb 2-4) - For anyone not Quebec Bound this weekend, ski the Southern Catskills area. Skiing will be at the Mohonk Mountain House and Lake Minnewaska. Accommodations will be at an Inn or Motel in the New Paltz, NY area. Cost includes two nights lodging and carpool fee. Trip size is limited only to the number of rooms available at the Motel. Sign up early to reserve yours! Cost \$90, deposit \$50. Call Susan Jo Klein for details (215-923-9977).

Lakes Placid and Saranac (Feb 16-19) - Spend the Presidents Holiday weekend in the Lake Placid area for some of the best cross country skiing and scenery anywhere. We will stay at the Saranac Hotel at Lake Saranac. The price of \$230 includes bus transportation from Langhorne, double occupancy lodging, breakfasts and dinners. We will ski at Mt. Van Hovenberg Olympic Ski Area and also at some new areas in the Saranac Lake area. The trip is limited to 44 participants. Call leaders Peter Borowiec (215-885-9969) and Mike Seidman (215-836-4185) to sign up.

Vermont Spring Skiing (March 2-4) - Ski in Southern Vermont at the Viking and Grafton Touring Centers. Stay at the Stone Hearth Inn in Chester, Vermont. The \$165 trip cost includes two nights lodging, two breakfasts, dinner, van transportation, and trail fees. Trip is limited to 20 people. Send your \$65 deposit to Eric Million (609-499-0106).

ANNOUNCEMENTS

Did you borrow a video from NHN last year? Please return the tapes ASAP so we can get them back into circulation. Call George Foos (215-674-3016). George is especially looking for the Cybernetics tape.

Remember to tip Frank, our friendly bartender. He works gratis for the Jesse Soby Post.

Welcome home to Jim and Rita Murtha from their honeymoon trip to Hawaii, and best wishes to them as they start their marriage.

Did you post your New Hope Nordics Flyer yet? If you know of more bulletin boards that would look good with a New Hope Nordics Flyer, see Nancy Klimley at the next meeting, or call 215-493-8775.

The New Hope Nordics meet at the Jesse Soby Legion Post, Richardson and Bellevue Aves, Langhorne. Go one block south of 413 & 213 and turn left, then right, then right again into the parking lot. Look for all the Subarus! Try both the rear and side entrances.

The Amateur Ski Instructors Association will be holding their annual instructor training course the weekends of January 6, 13, and 27. Upon completion of this course you will know how to instruct all levels of cross-country skiing on an amateur (not-for-profit) level. As a bonus, you will become a much better skier! All Nordics who have taken this course have spoken highly of it. NHN offers a limited number of scholarships to the ASIA course. The course starts with a January 6 and 7 will be a Nordic Rally at Mt. Snow. The actual course will be given January 13 and 14 at Mohonk. The "final exam" will be given January 20 and 21, also at Mohonk. Contact Louise Decker (215-862-3243) for details on the course, and contact Jim Murtha to apply for a scholarship.

The Amateur Ski Instructors Association will also hold a learn-to-ski day on February 9th at Pocono Manor. ASIA instructors will offer a 2 1/2 hour free lesson, you just pay for trail fees and rentals if you need them (pay directly to Pocono manor). Two lessons, at 10 AM and again at 1:30 PM, will be given. Call Dan McAuliffe for information, or just show up.

ADVERTISEMENTS

Notice to readers: Nordic Notes will publish "For Sale" or "Want to Buy" ads of three lines or less free of charge for NHN members only. Non-member ads will be accepted at a small fee. For fee structure, call Scott Berger (215-542-0366).

Learn-to-Ski: Cross-Country Outfitters of Lambertville, N.J. is sponsoring an all-levels learn-to-ski trip to Stowe Vermont on February 23-25. A three hour clinic on traditional XC skiing and skating will be given Saturday morning by 3 U.S. National X-C champions. Saturday afternoon and Sunday will be a guided ski with PSIA and ASIA instructors. The price of \$225 (double occupancy) includes bus transportation, instruction, rental of skating skis, ski passes at Trapp Family Lodge, lodging at the Grey Fox Inn, Saturday breakfast and dinner, and Sunday Breakfast. Contact Louise Decker (609-397-3366 or 215-862-3243) for details. This is not a New Hope Nordics Trip, but it is run by a NHN member.

Ski House For Rent: Located on Main Street in Queechee, Vt., the house is close to Cross-Country and Downhill ski areas and there is plenty of free Cross-Country skiing nearby at Hanover and Woodstock. The fully furnished house has 5 bedrooms, each sleeping two. Weekly rates range from \$500 to \$900 per week, depending on season. Monthly and seasonal rates are also available. Call Wendy (215-245-1754) for more information.



10% OFF ANY SKI EQUIPMENT OR SKI WEAR

FOR NEW HOPE NORDIC MEMBERS

Expires 3/31/90

Excluding Sale Merchandise (Not To Be Combined With Any Other Offer)

The Laceworks • Rt. 29 S. • Box 14 • Lambertville, NJ 08530

609-397-3366



WE CARRY:

- FISHER OF AMERICA
- KARHU USA
- SALOMON
- SUNBUSTER
- SIERRA DESIGNS
- WEEZ SKI



Cross Country Skiing Is Our Only Business

HOURS:
Mon., Wed., Thurs., Sat. 10-5
Sunday 12-5
Closed Tues.



CHILDRENS RENTALS

Louise Kelly-Decker
Proprietor

NORDIC NOTES

To:

New Hope Nordics
P.O. Box 407
Newtown, PA. 18940

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Mem @ Lg	- Mary Phalan	215-483-3139	Publicity	- <i>Joyce Zuzack</i>	<i>215-788-0781</i>

SKI QUEBEC!

7 DAY X-C SKI VACATION

FEBRUARY 3 - 10

DURING THE FABULOUS WINTER CARNIVAL

\$570 includes:

Price is subject to fluctuation in exchange

Round - trip airfare Phili - Montreal

7 nights accomodations at the Auberge Les Quatre Temps, a lovely old resort inn and health spa at beautiful Lac Beauport, just 15 min north of Quebec City

Ground transportation by van from Montreal to Quebec and to the many ski centers in the area

Just to name a few.....

Mont St. Anne (180 km trails), Centre l'Eperon & LeSaisonnier (216km), Centre leRefuge (135km) and a half dozen others. There is also plenty of Alpine skiing right nearby.

Besides skiing, there's also tobogganing, ice-sailing, sleigh-rides, indoor pool, sauna, jacuzzi, and some rather unique baths for your enjoyment.

Please sign up early. Trip size is limited and this one will fill up fast. Fill out trip application form and send with \$75.00 deposit to:

The New Hope Nordics c/o Donna Leban

526 Maple Ave. Trenton, N.J. 08618

Phone 609-882-8559.

SEE YOU AT CARNIVAL!

Name _____

Address _____

Daytime phone _____ Evening Phone _____

Skiing ability _____ Willing to help drive vans? _____

Need transport to Phili airport? _____ Deposit Amt. _____

Roommate _____ Membership _____

Non-New Hope Nordics must add \$10 to deposit for club membership. Sign up early and catch all the fun

OFFICIAL 1989 NEW HOPE NORDIC BALLOT

PRESIDENT _____ Mike Seidman
_____ (Write In)

VICE PRESIDENT _____ Barb Pasquarello
_____ Eric Million
_____ (Write In)

TREASURER _____ Diane Foos
_____ (Write In)

RECORDING SECRETARY _____ Rita Long
_____ (Write In)

CORRESPONDING SECRETARY _____ Grace Jacob
_____ Barbara Reppert
_____ (Write In)

MEMBER-AT-LARGE _____ Janice Berger
_____ (Write In)

* * * * * Tear Here * * * * *

Please help the new board decide how to fill appointed positions. Next to each position, indicate the name(s) of person(s) you believe would be good choice(s) for the position. You may write in your own name. In fact, you are encouraged to do so.

Skimeister _____ Membership _____
Newsletter _____ Summer _____
Editor _____ Activities _____
Publicity _____ Programs _____
Trip Leader _____ Trip Leader _____
Trip Leader _____ Trip Leader _____

NORDIC NOTES

To:

New Hope Nordics
P.O. Box 407
Newtown, PA. 18940

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Mem @ Lg	- Mary Phalan	215-483-3139	Publicity	- Joyce Zuzack	215-788-0781

Let it SNOW!



1990 CROSS COUNTRY SKIING - NEW HOPE NORDICS

January 1990--Lapland Lakes, NY - Learn to Ski weekend
January 1990--Elkmont - Our yearly visit to the Poconos
January 1990--Vermont - A weekend in beautiful New England
February 1990--Canada - A week in Quebec at the Winterfest
February 1990--Catskills - A popular weekend in New York
February 1990--Lake Placid - 3 days at the Olympic Ski Center
March 1990--New England - Last weekend trip of the year

Day and weekend trips throughout the snow season.
Beginner to experienced skiers welcome.
Monthly meetings with a variety of programs.
Winter schedule is subject to change.

For more information see back of this flyer or call:
215-752-9662 or 215-493-8775

The New Hope Nordics

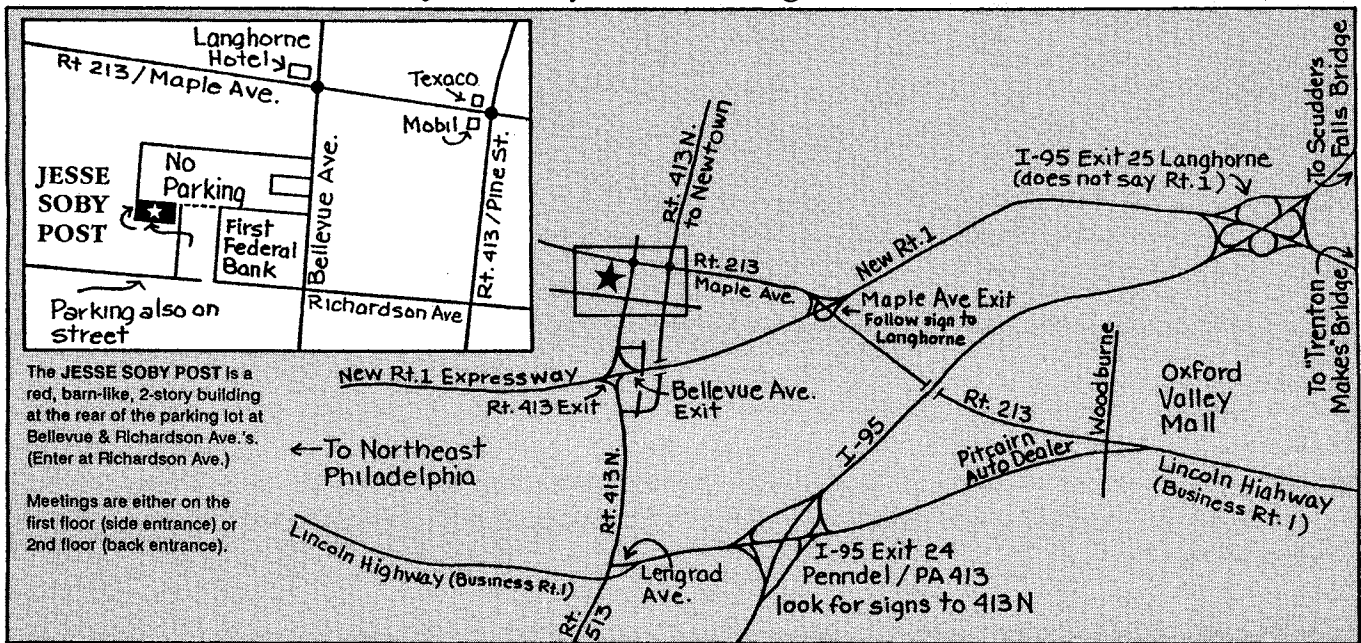
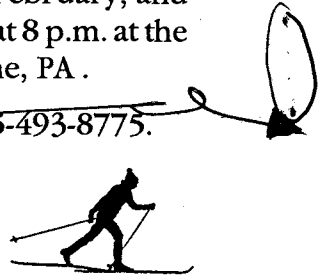
welcome anyone with an interest in cross-country skiing or the outdoors in general. Winter skiing programs include day, week-end and week-long trips from as close-by as the park next door to as far away as Canada, Lake Placid, Yellowstone and Lake Tahoe. Beginners will find support and lots of advice while experienced skiers enjoy the company of others who are looking for the "ultimate trail". Throughout the year there are gatherings for canoeing, hiking, biking, parties, and picnics. New Hope Nordic meetings cover a wide variety of skiing, outdoor and environmental subjects.

Meetings are held on the 2nd and 4th Tuesdays of November, January, and February; and the 2nd Tuesdays of December and the spring and fall months. They start promptly at 8 p.m. at the Jesse Soby American American Legion Post, Bellevue & Richardson Aves, Langhorne, PA .

For more information call: ~~Jim Murtha, 215-752-9662, or Nancy Klimley 215-493-8775.~~

Bring a friend!

Directions to the Jesse Soby American Legion Post



Membership Application

Return to: New Hope Nordics, Membership Chairman, P.O.Box 407, Newtown, PA 18940



Name: _____

Dues:

Address: _____

Single: New (\$10)

Renew (\$8)

City: _____ State: _____ Zip: _____

Family: New (\$15)

Renew (\$12)

Telephone: Home: _____ Work: _____

Please do not include my work telephone number in the New Hope Nordic membership list.

Ski Level:

Beginner

Intermediate

Advanced

Additional family members: _____

How did you find out about the Nordics? _____

I understand and am aware that cross country skiing is a hazardous activity. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and agree not to make a claim against or sue the New Hope Nordics and its members for injuries or damages relating to participation in its activities.

Signed _____ Rec'd by _____ Date _____





NORDIC

NOTES

SPECIAL ANNUAL ELECTION ISSUE

Late Winter/Early Spring Calendar of Events

Date	Destination	Cost	Leader	Phone
Feb 27	MEETING - NOMINATIONS			
Mar 2-4	Chester Vermont	165	Eric Million	609-499-0106
Mar 13	MEETING - ELECTIONS			
Mar 27	No meeting			
Apr 7	Pot Luck Dinner	1 Dish	Jan and Scott Berger	215-542-0366
Apr 21	Mystery Dog Hike	Carpool	Jim Murtha and dog(s)	215-752-9662
May 5	Canal Hike	\$0	Joyce Zuzack	215-788-0781
Apr 10	MEETING - PROGRAM TBA			
May 8	MEETING - PROGRAM TBA			
Jun 12	MEETING - PROGRAM TBA			

1990 ELECTIONS

It is again time to make the important decision of who will make the New Hope Nordics work for you in 1990/91. Please mark your choices on the enclosed ballot and bring it to the March 13 elections meeting. Please separate the bottom part of your ballot. It will be collected separately. If you will be unable to attend the elections meeting, mail the ballot in as an absentee ballot as described below.

ABSENTEE BALLOT PROCEDURE

Mark your selections on the ballot and separate the lower portion. Enclose the ballot in a small envelope and seal, or fold the ballot over in thirds and staple closed. Do not mark your name on the ballot or this envelope. Enclose the envelope or folded ballot and the separated lower portion in an outer envelope and mail in. Make sure your name appears in the return address of the mailing envelope. Absentee ballots must be received by March 13.

TRIP DESCRIPTIONS

SPONTANEOUS DAY SKI (March 3) - OK, so it's not likely to snow this day, but who would have thought it would snow on Thanksgiving? But if there is snow, the last planned spontaneous day ski has you covered. Just call Valerie Brown (609-298-0232). Keep thinking snow!

VERMONT SPRING SKIING (March 2-4) - Ski central Vermont at the Viking and Grafton Touring Centers. Stay at the Stone Hearth Inn in Chester. The \$165 trip cost includes two nights lodging, two breakfasts, dinner, van transportation, and trail fees. The trip is full as of 2/24/90, but call leader Eric Million (609-499-0106) to get on the waiting list.

POT LUCK DINNER (April 7) - Let's get together to put back on all the calories we consumed by skiing this winter. That's why we ski, isn't it? Bring an incredible edible or a beverage with leverage, and good 1990 ski stories (lie if you have to). Festivities will start at 6:00. RSVP to Jan and Scott (215-542-0366) to confirm your choice of dish and to get directions.

MYSTERY ??? DOG HIKE (April 21) - This hike will be somewhere near the Delaware Water Gap, and there will be an unknown number of dogs tailing along. Only leader Jim Murtha (215-752-9662) knows for sure. Call Jim to get clues. The only trip cost will be carpool expenses.

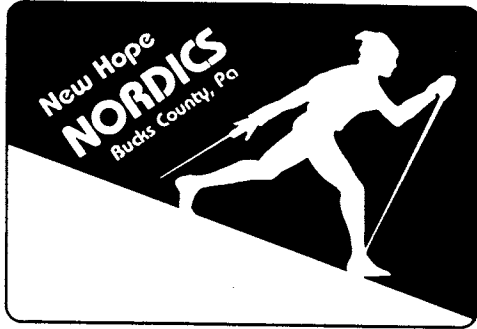
CANAL HIKE (May 5) - Our Spring version of the Canal hike will be suburban hiking. Enjoy the ducks, flower gardens, and historic houses along the way. Meet at Washington Crossing State Park near the pond, at 9:00 AM. Bring H2O and a trail lunch. We will hike south toward Bristol.

ANNOUNCEMENTS

T-SHIRTS - Stylish New Hope Nordics t-shirts are back by popular demand. Short sleeve shirts cost only \$5, or go for long sleeves at \$7. Place your orders by March 25 with Louise Wilson (215-945-1355 or 945-1356). The 50% cotton shirts feature a teal skier logo on a white background.

DON'T FORGET to tip Frank, our friendly bartender. He works gratis for the Jesse Soby American Legion Post

HELLO FROM KENTUCKY - An itinerant Dave Dubs met four Nordics in the Philadelphia Airport for a couple hours two weekends ago. He and Charlene have bought a four bedroom house in Owensboro (fill it up, Dave and Char!) and are working for different Aluminum companies.



NORDIC NOTES

Newsletter of *THE NEW HOPE NORDICS* PO Box #407, Newtown, PA 18940

CALENDAR OF EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LEADER</u>		<u>COST</u>
Nov 10	PRE-THANKSGIVING	Deb & Rich Keast	215-525-3973	Pot Luck
Nov 13	MEETING - The Latest in X-C Ski Equipment & Clothing			
Nov 17	READING OUTFITTING	Barb Reppert	609-499-0106	MC, Visa
Nov 17	RACQUETBALL PARTY	Rita Murtha	215-752-9662	\$13
Nov 27	MEETING - How To Be A Trip Leader			
Dec 11	MEETING - Xmas Party (See write up below)			
Jan 4-6	LAPLAND LAKE	Scott & Jan Berger	215-542-0366	\$160
Jan 8	MEETING - X-Country Ski Primer, Where and How to Begin			
Jan 12	LEARN TO SKI DAY (See write up below)			
Jan 18-20	SOUTHERN VERMONT	Donna Leban	609-882-8559	\$175
Jan 22	MEETING - X-Country Ski Trivia Game			
Jan 25-27	GARNET HILL	Jim Murtha Phyllis McConahay	215-752-9662 609-883-0131	\$175
Feb 8-10	CATSKILLS SKI TOUR	Susan Jo Klein	215-923-9977	\$160
Feb 12	MEETING - To Be Announced			
Feb 15-18	STOWE BUS TRIP	Debbie Keast Rita Long	215-525-3973 215-843-4064	\$259
Feb 22-24	ELKMONT	Judy Dewey Eric Million	609-962-6256 609-499-0106	\$75
Feb 26	MEETING - To Be Announced			
March 2-9	MINNESOTA THOUSAND LAKES AREA	George and Diane Foos	215-674-3016	\$879

TRIP DESCRIPTIONS

Most trip fees are good approximations, based on our current pricing policy. Confirm trip costs with the leaders. For many day trips, the carpool fee is the main cost.

Pre-Thanksgiving Pot Luck Dinner, November 10: Get stuffed early you turkeys as Rich and Debbie invite you to their Carriage House, 823 Mill Road in Bryn Mawr. The gods displayed their anger at the Oct. meeting by ripping our ski trip list off the wall. All must turn out at this event to appease them (in lieu of the Halloween Party) and insure a snowy season. Call Debbie Keast for directions and to sign up for a covered dish, 215-525-3973.

Reading Outfitting Day, November 17: Shop till you drop in Reading, PA, home of the outlets. After seeking some bargains we'll seek out some PA Dutch cooking nearby. Led by native guide Barb Reppert 609-499-0106. This may be the most strenuous trip this season. Cost depends on the limit of your credit cards.

Racquetball Party, November 17: B&R Full Health & Fitness Club, 1040 Mill Creek Drive, Feasterville, PA, 7-11pm. Join the Bucks Mount Ski Club for a night of racquetball and walleyball, food, beer, wine, door prizes & hot tub. Let's get ready for the ski season. Call Rita Murtha at 215-752-9662. All this for \$13.00.

Wine and Cheese Christmas Party, December 11: Come celebrate the season with us! The club will supply wine, cheese and crackers. Partiers are asked to bring fruit and desserts and snow (paper snowflakes.) Cost is \$2 if you come empty-handed, \$1 if you bring fruit or dessert and a snowflake. Ho, Ho, Ho.

Lapland Lake, January 4-6: Start the winter off with great skiing and Finnish hospitality. We will be staying, skiing, supping and sauna-steaming all at the Lapland Lake Touring Center in the So. Adirondacks. You'll be able to ski from the front door of your "Tupa" (Finnish cottage) onto 45km of trails, 35km groomed for track skiing & skating. The trails laid out and maintained by former Olympic skier, Olavi Hirvonen, provide fun for skiers of all levels. The \$160 cost includes van transportation, lodging, Sat. dinner, trail fees & snow. You can prepare your own breakfasts and lunch in the fully equipped kitchen in your Tupa. A \$75 deposit is needed to hold your place. For more details call leaders Janice and Scott Berger 215-542-0366.

Learn to Ski Day, January 12: The snow is guaranteed on this ski day at Camp Gaw in Bergen County, New Jersey. There will be snowmaking on a loop trail thru the woods and plenty of other trails to ski as well if there is natural snow. The event starts at 9am (first come first serve). The entrance fee of \$10 covers x-country ski rentals and lessons for novice and beginner skiers. Contact Pete Streeter 201-388-8824 for more information.

Southern Vermont, January 18-20: Enjoy the coziness of the 1810 Stone Hearth Inn in Chester, Vermont with sauna, fully stocked pub and 3 ski centers nearby to entertain all levels of skiers. We will ski at Viking Ski Touring Center, and Grafton or Tater Hill. The \$175 cost includes 2 nights lodging (Friday & Saturday), 2 breakfasts, 1 dinner and van pool. If at least 8 people want to stay over until Monday, we can arrange an additional night of lodging for \$230. Contact Donna Leban 609-882-8559.

Garnet Hill, January 25-27: Ski Garnet Hill (50km groomed) and Highwinds (25km groomed) connected by a 5km wilderness trail. Complete ski shop includes rentals, repairs and retail sales. Lessons twice daily or by appointment for all levels. Shuttle service between ski areas and distant parts of the trail system. Stay at Balsam House, a bed and breakfast complete with European chef, French menu, and victorian decor. \$175 includes 2 breakfasts, 1 dinner & van transportation. Call Jim Murtha 215-752-9662 or Phyllis McConahay 609-883-0131 for more information.

Catskills Ski Tour, February 8-10: Once again we will enjoy the warm hospitality of Dolores Schwarzenegger at her "Sunshine House" in the lovely, secluded valley of West Kill, N.Y. We will ski at Myer Meadows in Tannersville on Saturday--then the White Birches or farther south to Mohonk on Sunday. Lodging (double-room with private bath), breakfast, dinner, and trail lunches, transportation included in trip cost of \$160.00. Carpooling. If there is no snow that weekend the trip will be canceled. Contact Susan Jo Klein 215-923-9977 for more details.

Stowe Bus Trip, February 15-18: (Presidents' Birthday Weekend) This year's bus trip is to Stowe, Vermont, with over 150km of trails suitable for all skiing levels (beginners welcome!) Skiing at Trapp Family Lodge rivals the Lake Placid Olympic Center for best skiing in the East. \$259 includes transportation, room, sauna, TV, breakfasts and dinners. X-country instruction, downhill skiing and amenities of a 200 year old New England village/ski center available. \$100 deposit will reserve your space. Send checks payable to the New Hope Nordics to Debbie Keast, 823 Mill Road, Bryn Mawr, PA 19010. Call Debbie Keast 215-525-3973 or Rita Long 215-843-4064.

Elkmont, February 22-24: Join us on our annual visit to Elkmont in the heart of the Endless Mountains in central Pennsylvania. This trip is for the intermediate skier, willing to do backwoods touring on ungroomed trails, ranging from old logging roads to steep, narrow trails. Trip cost of \$75 includes lodging, 2 breakfasts and 1 dinner served homestyle, 1 lunch and carpool fee. Ski rentals are not available so you must bring your own. Limited to 16 people. Contact Judy Dewey 609-962-6256 or Eric Million 609-499-0106.

Minnesota - Thousand Lakes Area, March 2-9: Join the Nordics for a week long trip to the northeast corner of Minnesota. We will ski the Boundary Waters Wilderness Area and the Lake Superior northern shore with hundreds of kilometers of trails, both tracked and wilderness. The snow is plentiful and so is the wildlife. We will stay at two deluxe ski resorts with most meals included. Cost is \$879 with airfare and van transportation. Contact George and Diane Foos 215-674-3016.

***** *

ANNOUNCEMENTS

Enclosed with this issue is a promotional flyer for the club. Please try to post it in a conspicuous place, ie at work, the grocery store, deli, local ski shop, etc. Let's spread the word about our great trips and activities! If you'd like more flyers, please contact Joyce Zuzack at 215-788-0781.

The Amateur Ski Instructors Association is sponsoring a promotional X-country ski demonstration at the Raritan Center in Edison, NJ, Friday night to Sunday, Nov. 30 - Dec. 2. Call Pete Streeter 201-388-8824 for more information.

The New Hope Nordic membership mailing list is available for businesses to use for their own advertising with our permission. Contact Barb Reppert 609-499-0106.

MEMBERSHIP DUES - Dues for 1990/91 are past due. In order to insure that you will get your next newsletter you need to get your membership application to Peter. The dues are the same as last year:

	New Member	Renewal
Single	10	8
Family	15	12

Dues may be paid by mail. Renewal members will receive a credit of \$1 per new member they sponsored since last year. Contact Peter Boroweic (215-885-9969) to determine your credit.

**** HIGHLIGHTS ***** HIGHLIGHTS ***** HIGHLIGHTS ****

Continuing the Canal Hike - September 23, 5 1/2 Nordics enjoyed hiking a favorite section of the canal from the Treasure Island Boy Scout Camp, south to Lumberville, PA. The weather was perfect for the September stroll. The only twist was a leader who developed a "do as I say, not as I do" attitude right from the beginning. Look for a "re-formed" leader at the next canal hike!!

SWAP SHOP - CLASSIFIED ADS

Hills and Trails, Cross-Country ski specialists in north Jersey are liquidating their inventory of skiing equipment. Deals up to 70% off. Call 201-388-8824.

*Newsletter

- The deadline for submitting information for the newsletter is two weeks before the publishing date. The next publishing dates are 12/17, 2/25, and 4/22.
- "Advertisements" will be accepted. There is no charge for ads shorter than 3-5 lines. Members are encouraged to use the "Swap Shop" column to help sell or request used skiing and outdoor equipment. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc. to cover the increased postage cost.
- Please mail material for the newsletter directly to my home:
Barbara Reppert
18 Fourth Avenue
Roebling, NJ 08554
Short notes can be delivered verbally by phone (609-499-0106).

***General Trip Policies

- Day trips are open to members and non-members.
- Trips for which the club arranges either lodging or transportation are open to members only. Join and you are welcome.
- Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics, not the individual trip leader.
- Unless otherwise stated, all trips go, snow or no snow. Bring hiking boots.

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 Barbara Reppert
 18 Fourth Avenue
 Roebling, NJ 08554
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*****Trip Cancellation Policy**

- More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less.
- Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater.
- Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater.
- Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving.
- Refund amount will be determined only after the trip is completed.

*****Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.**

1990/91 Officers

President	Mike Seidman	836-4185
VP	Barb Pasquarello	943-9428
Treasurer	Diane Foos	674-3016
Rec.Sec.	Rita Long	843-4064
Cor.Sec.	Grace Jacob	609-586-1358
Past Pres	Jim Murtha	752-9662
	(EPSC Rep)	
Member at Large	Jan Berger	542-0366

1990/91 Chairpersons

Skimeister	Eric Million	609-499-0106
Membership	Pete Boroweic	885-9969
Editor	Barb Reppert	609-499-0106
Summer Act.	Tom Umbriet	201-782-4478
Publicity	Joyce Zuzak	788-0781
Programs	George Foos	674-3016

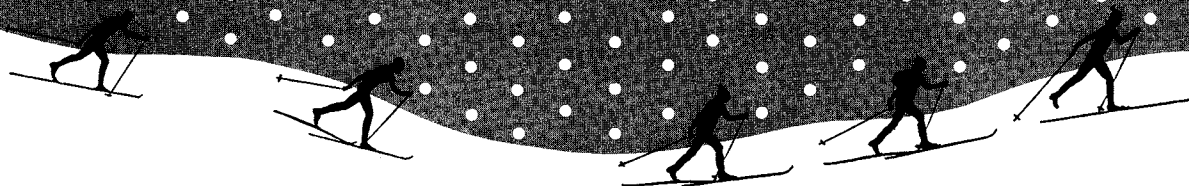
Meetings are held at 8 PM, the 2nd Tuesdays of Fall and Spring Months, and the 2nd and 4th Tuesdays of November, January, and February. We meet at the Jesse Soby American Legion Post, Langhorne, PA. The Post is located at the intersection of Richardson and Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. Anyone with an interest in X-C skiing or the outdoors in general is welcome to attend meetings. Bring a friend!

**New Hope Nordics
 PO Box #407
 Newtown, PA 18940**

NORDIC NOTES

New Hope Nordics
P.O. Box 407
Newtown PA 18940

Let it SNOW!



1991 CROSS COUNTRY SKIING — NEW HOPE NORDICS

January 4-6 — Lapland Lakes, NY, Learn to Ski Weekend

January 12 — Poconos, PA, Learn to Ski Day

January 18-20 — Southern Vermont

January 25-27 — Garnet Hill, NY

February 8-10 — Castkill Weekend, NY

February 15-18 — Stowe, Vermont, Bus Trip

February 22-24 — Elkmont Lodge, PA

March 2-9 — Minnesota, Thousand Lakes Area

- Day & weekend trips throughout the snow season.
- Beginner to experienced skiers welcome.
- Monthly meetings with a variety of programs.

For more information call:

(215) 836-4185 or (609) 499-0106

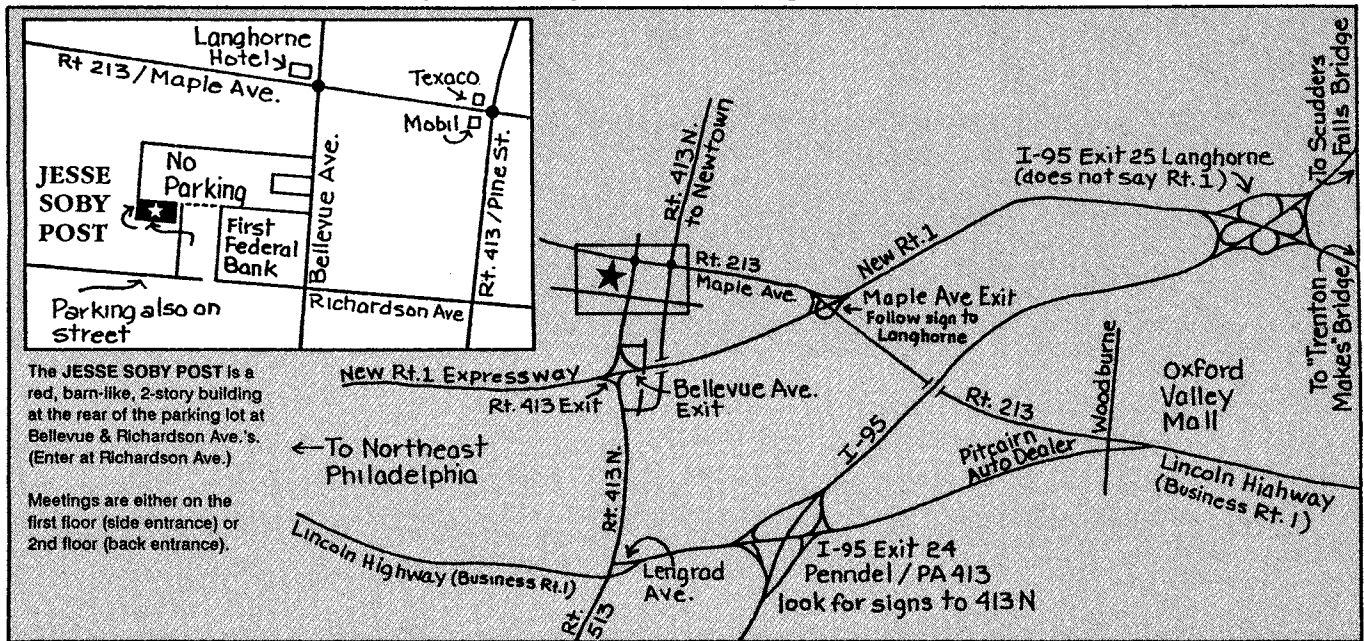
The New Hope Nordics

welcome anyone with an interest in cross-country skiing or the outdoors in general. Winter skiing programs include day, week-end and week-long trips from as close-by as the park next door to as far away as Canada, Lake Placid, Yellowstone and Lake Tahoe. Beginners will find support and lots of advice while experienced skiers enjoy the company of others who are looking for the "ultimate trail". Throughout the year there are gatherings for canoeing, hiking, biking, parties, and picnics. New Hope Nordic meetings cover a wide variety of skiing, outdoor and environmental subjects.

Meetings are held on the 2nd and 4th Tuesdays of November, January, and February; and the 2nd Tuesdays of December and the spring and fall months. They start promptly at 8 p.m. at the Jesse Soby American American Legion Post, Bellevue & Richardson Aves, Langhorne, PA .

Bring a friend!

Directions to the Jesse Soby American Legion Post



Membership Application

Return to: New Hope Nordics, Membership Chairman, P.O.Box 407, Newtown, PA 18940



Name: _____

Dues:

Address: _____

Single: New (\$10)
 Renew (\$8)

City: _____ State: _____ Zip: _____

Family: New (\$15)
 Renew (\$12)

Telephone: Home: _____ Work: _____

Please do not include my work telephone number in the New Hope Nordic membership list.

Ski Level:

Additional family members: _____

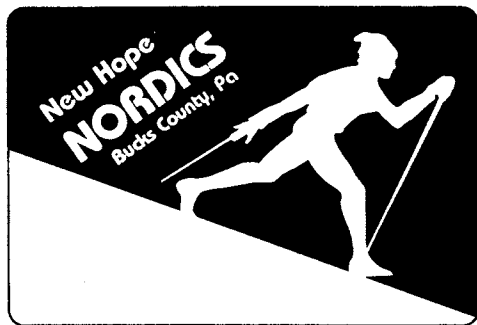
Beginner
 Intermediate
 Advanced

How did you find out about the Nordics? _____

I understand and am aware that cross country skiing is a hazardous activity. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and agree not to make a claim against or sue the New Hope Nordics and its members for injuries or damages relating to participation in its activities.

Signed _____ Rec'd by _____ Date _____





NORDIC NOTES

Newsletter of *THE NEW HOPE NORDICS* PO Box #407, Newtown, PA 18940

CALENDAR OF EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LEADER</u>	<u>COST</u>
Jan 4-6	LAPLAND LAKE	Scott & Jan Berger	215-542-0366 \$160
Jan 8	MEETING - X-Country Ski Primer, Where and How to Begin		
Jan 12	LEARN TO SKI DAY	George Foos Donna Leban	215-674-3016 609-882-8559 \$10 + Carpool
Jan 18-20	SOUTHERN VERMONT	Donna Leban	609-882-8559 \$175
Jan 22	MEETING - X-Country Ski Trivia Game		
Jan 25-27	GARNET HILL	Jim Murtha Phyllis McConahay	215-752-9662 609-883-0131 \$175
Jan 30	CHINESE NEW YEAR	George and Diane Foos	215-674-3016 \$22
Feb 8-10	CATSKILLS SKI TOUR	Susan Jo Klein	215-923-9977 \$160
Feb 12	MEETING - Trail Safety		
Feb 15-18	STOWE BUS TRIP	Debbie Keast Rita Long	215-525-3973 215-843-4064 \$259
Feb 22-24	ELKMONT	Judy Dewey Eric Million	609-962-6256 609-499-0106 \$75
Feb 26	MEETING - Nutrition for the Trail		
March 2-9	MINNESOTA THOUSAND LAKES AREA	George and Diane Foos	215-674-3016 \$879
March 12	MEETING - To Be Announced		

TRIP DESCRIPTIONS

Most trip fees are good approximations, based on our current pricing policy. Confirm trip costs with the leaders. For many day trips, the carpool fee is the main cost.

Lapland Lake, January 4-6: Start the winter off with great skiing and Finnish hospitality. We will be staying, skiing, supping and sauna-steaming all at the Lapland Lake Touring Center in the So. Adirondacks. You'll be able to ski from the front door of your "Tupa" (Finnish cottage) onto 45km of trails, 35km groomed for track skiing & skating. The trails laid out and maintained by former Olympic skier, Olavi Hirvonen, provide fun for skiers of all levels. The \$160 cost includes van transportation, lodging, Sat. dinner, trail fees & snow. You can prepare your own breakfasts and lunch in the fully equipped kitchen in your Tupa. A \$75 deposit is needed to hold your place. For more details call leaders Janice and Scott Berger 215-542-0366. **Trip is currently full**

Learn to Ski Day, January 12: The snow is guaranteed on this ski day at Camp Gaw in Bergen County, New Jersey. There will be snowmaking on a loop trail thru the woods and plenty of other trails to ski as well if there is natural snow. The event starts at 9am (first come first serve). The entrance fee of \$10 covers x-country ski rentals and lessons for novice and beginner skiers. Contact George Foes 215-674-3016 or Donna Leban 609-882-8559 for more information on the event and to arrange car pools.

Southern Vermont, January 18-20: Enjoy the coziness of the 1810 Stone Hearth Inn in Chester, Vermont with whirlpool, fully stocked pub and 3 ski centers nearby to entertain all levels of skiers. We will ski at Viking Ski Touring Center, and Grafton or Tater Hill. The \$175 cost includes 2 nights lodging (Friday & Saturday), 2 breakfasts, 1 dinner and van pool. Contact Donna Leban 609-882-8559. **13 spaces have been reserved, there are possibly a few more available**

Garnet Hill, January 25-27: Ski Garnet Hill (50km groomed) and Highwinds (25km groomed) connected by a 5km wilderness trail. Complete ski shop includes rentals, repairs and retail sales. Lessons twice daily or by appointment for all levels. Shuttle service between ski areas and distant parts of the trail system. Stay at Balsam House, a bed and breakfast complete with European chef, French menu, and victorian decor. \$175 includes 2 breakfasts, 1 dinner & van transportation. Call Jim Murtha 215-752-9662 or Phyllis McConahay 609-883-0131 for more information. **10 spaces are still available out of 20**

Chinese New Year, January 30: Help the Nordics bring in the New Year (the Chinese New Year that is). Join George and Diane for an 11 course extravaganza of Chinese epicurian delights at the New Moon Restaurant in Horsham, Pa. Cost, including tax and gratuity is \$22.00 per person. Advance sign up and payments are required. Contact George or Diane at 215-674-3016.

Catskills Ski Tour, February 8-10: Once again we will enjoy the warm hospitality of Dolores Schwarzenegger at her "Sunshine House" in the lovely, secluded valley of West Kill, N.Y. We will ski at Myer Meadows in Tannersville on Saturday--then the White Birches or farther south to Mohonk on Sunday. Lodging (double-room with private bath), breakfast, dinner, and trail lunches, transportation included in trip cost of \$160.00. Carpooling. If there is no snow that weekend the trip will be canceled. Contact Susan Jo Klein 215-923-9977 for more details. **6 spaces are still available out of 16**

Stowe Bus Trip, February 15-18: (Presidents' Birthday Weekend) This year's bus trip is to Stowe, Vermont, with over 150km of trails suitable for all skiing levels (beginners welcome!) Skiing at Trapp Family Lodge rivals the Lake Placid Olympic Center for best skiing in the East. \$259 includes transportation, room, sauna, TV, breakfasts and dinners. X-country instruction, downhill skiing and amenities of a 200 year old New England village/ski center available. \$100 deposit will reserve your space. Send checks payable to the New Hope Nordics to Debbie Keast, 823 Mill Road, Bryn Mawr, PA 19010. Call Debbie Keast 215-525-3973 or Rita Long 215-843-4064. **14 spaces are still available out of 42**

Elkmont, February 22-24: Join us on our annual visit to Elkmont in the heart of the Endless Mountains in central Pennsylvania. This trip is for the intermediate skier, willing to do backwoods touring on ungroomed trails, ranging from old logging roads to narrow down hill trails. Trip cost of \$75 includes lodging, 2 breakfasts and 1 dinner served homestyle, 1 lunch and carpool fee. A deposit of \$25.00 by February 1st is all you need to reserve your spot. Ski rentals are not available so you must bring your own. Limited to 14 people. Contact Judy Dewey 609-962-6256 or Eric Million 609-499-0106. **7 spaces are still available out of 14**

Minnesota - Thousand Lakes Area, March 2-9: Join the Nordics for a week long trip to the northeast corner of Minnesota. We will ski the Boundary Waters Wilderness Area and the Lake Superior northern shore with hundreds of kilometers of trails, both tracked and wilderness. The snow is plentiful and so is the wildlife. We will stay at two deluxe ski resorts with most meals included. Cost is \$879 with air fare and van transportation. Contact George and Diane Foos 215-674-3016. **3 spaces are still available out of 16**

DAY TRIPPERS: In the event that they can find skiable snow within a reasonable driving distance, the following members have graciously volunteered to lead a day trip on the dates indicated below. On dates where we have no volunteers but we do have snow, give the Skimiester a call (609-499-0106) to set up an impromptu trip.

January	12	Donna Leban	609-882-8559
	13	Eric Million	609-499-0106
	19	Jim Driscoll	609-581-1225
	20	Call Skimiester	
	26	Mike Siedman	215-836-4185
	27	Peter Borowitz	215-885-9969
February	2	Dave Bonyng	215-348-3665
	3	" "	"
	9		
	10	Russell Sandler	215-943-5604
	16		
	17		
	23	Scott and Jan Berger	215-542-0366
	24	" " "	"
March	2	Kevin and Dee Kopp	215-321-3930
	3	" " "	"
	9	Mike Borovicka	215-968-5698
	10	Call Skimiester	

ANNOUNCEMENTS

Cross Country Ski Seminar: The Churchville Nature Center will be offering afternoon X-C Skiing workshops on Jan. 13 and Feb. 2. The workshops are designed for the beginner eager to learn more about the sport, and will cover the various types of equipment, ski maintenance, basic technique and waxing. Seminars begin at 1:00 PM and will run till 3:00 PM. Fee \$2.00 at the door. For more information call Churchville at 215-357-4005.

Next issue we will publish the current New Hope Nordic membership list. If you prefer to have your work phone number excluded from this directory contact Barb Reppert 609-499-0106 before the February 25 publishing date. The New Hope Nordic membership mailing list is available for businesses to use for their own advertising with our permission.

MEMBERSHIP DUES - Dues for 1990/91 are past due. Remember, only members can participate on any trips where the club arranges lodging. The dues are the same as last year:

	New Member	Renewal
Single	10	8
Family	15	12

Dues may be paid by mail. Renewal members will receive a credit of \$1 per new member they sponsored since last year. Contact Peter Borowec (215-885-9969) to determine your credit.

**** HIGHLIGHTS ***** HIGHLIGHTS ***** HIGHLIGHTS ****

Who makes the hardest shoppers, men or women? If the **Reading Outfitting** trip is any indication, it was the men who joined native Barb Reppert to brave the pre-Xmas mania at the outlet center in November. Equipped with only their credit cards and a Vanity Fair map the 3 Nordics scored several bargains. They ended the day with a dinner of Pa. Dutch cooking (Cajun catfish and shoe-fly pie?)

If you missed the first snow in Langhorne you were not at the annual **New Hope Nordic Christmas Party** on December 11. Members had the opportunity to discuss the upcoming ski trips with their fellow trippers while enjoying some of the best sweets of the season. The newest Nordic baby Mary Veronica Zuzack joined in the fun. Congratulations Joyce and Dave!

*Newsletter

- The deadline for submitting information for the newsletter is two weeks before the publishing date. The next publishing dates are 2/25 and 4/22.
- "Advertisements" will be accepted. There is no charge for ads shorter than 3-5 lines. Members are encouraged to use the "Swap Shop" column to help sell or request used skiing and outdoor equipment. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc. to cover the increased postage cost.



New Hope Nordics Membership and Application Form

P.O. Box 407, Newtown, PA 18940

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: Home: _____ Work: _____

Additional Family Members: _____

Dues: Single: (New \$10) _____ Family: (New \$15) _____

(Renew \$8) _____ (Renew \$12) _____

9/88

I certify for myself and for minor children listed above that I am in good health, am able, and capable of participating in any activity in which I take part, including but not limited to, cross-country skiing, downhill skiing, cycling, hiking, rafting, etc.

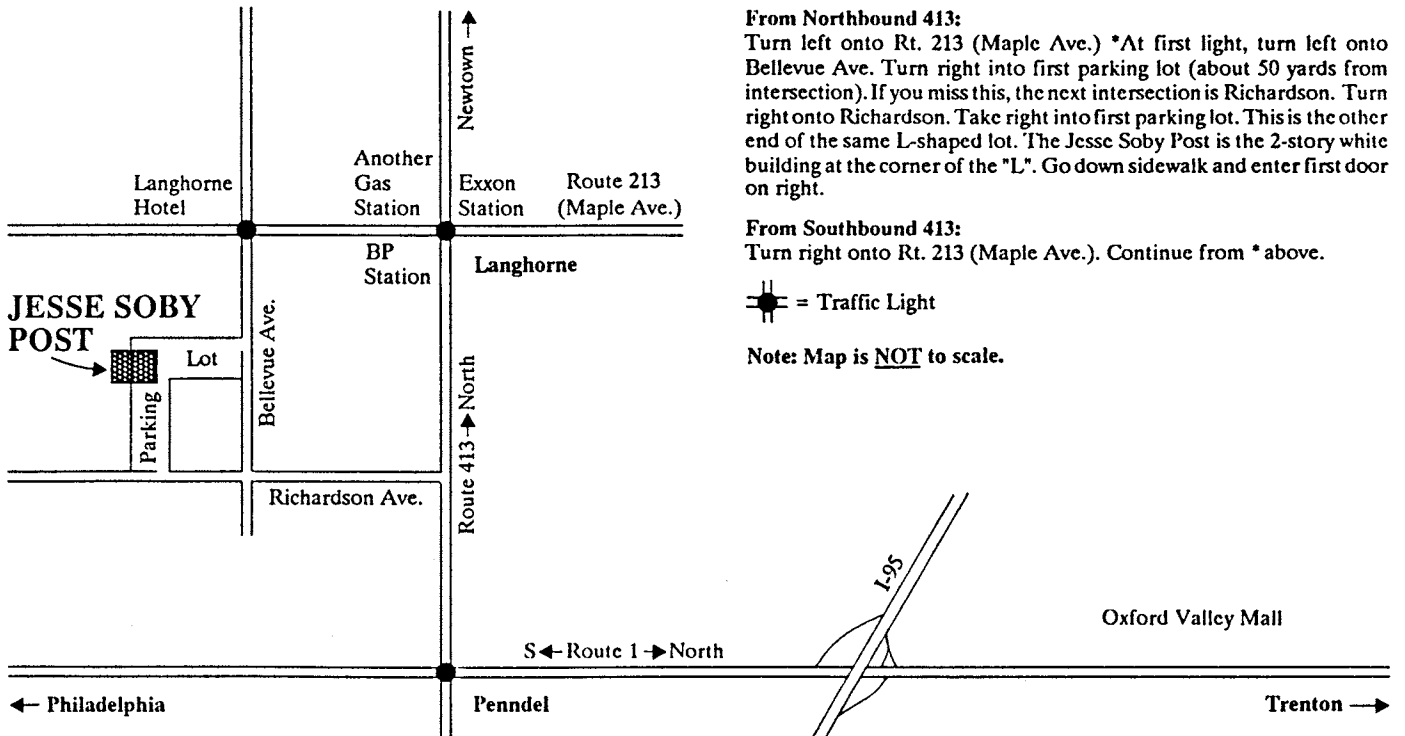
In consideration of your acceptance of this application, for myself, heirs, executors or administrators and minor children, I hereby waive and release any and all rights and claims for damage against the New Hope Nordics, its officers, its leaders, its members and its agents for any and all injuries, losses and/or property damage, sustained by me in any club sponsored activity, including transportation to and from said activity, related directly or indirectly to my participation in said activity.

I also consent to and permit emergency medical treatment in the event of injury or illness.

Signed _____ Rec'd by _____ Date _____

Directions to the Jesse Soby Post of the American Legion

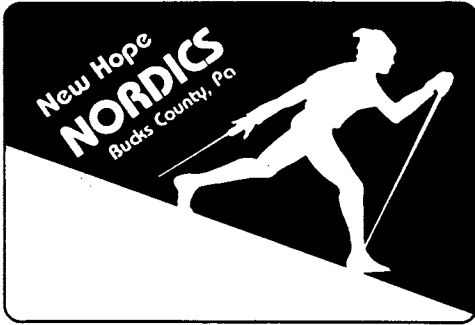
Bellevue and Richardson Aves., Langhorne, PA 215-757-3056



NORDIC NOTES

New Hope Nordics
P.O. Box 407
Newtown PA 18940

Eric Million
18 4th Avenue
Roebling NJ 08554



NORDIC NOTES

Newsletter of *THE NEW HOPE NORDICS* PO Box #407, Newtown, PA 18940

NEW HOPE NORDICS SUMMER TRIP SCHEDULE

Below is an outline of the summer trip schedule. Most leaders are still too busy skiing to have thought through details - don't hesitate to call if you have any questions. More trips are welcome. Call Rita Long at 215-843-4064 to volunteer or give suggestions. A new summer trip coordinator will be appointed after this year's elections.

- MARCH** Tuesday, **March 12**: CLUB MEETING - Nutrition for the trails
Elections
- APRIL** Saturday, **April 6**: End of ski season pot luck dinner at Carol
Ettenger's, 28 Golf Club Drive, Langhorne (off of Rte 213 at Old
Lincoln Highway.) Call Carol at 215-750-1124.
- Tuesday, **April 9**: CLUB MEETING - Program TBA
- Saturday, **April 20**: Beer tasting at Mike Seidman's - house brew
available, plus unusual other beers. Cost of beer shared among
participants. Call Mike, 215-836-4185.
- MAY** Friday, **May 3** - Sunday, **May 5**: Car camp and day hike in Wolf Gap,
Virginia, less than 6 hours from Bucks County on the VA/West VA
border. Leaving on Thursday, May 2, optional. Call Scott and
Jan Berger, 215-542-0366.
- Tuesday, **May 14**: CLUB MEETING - Program TBA
- Friday, **May 31** - Sunday, **June 2**: Ricketts Glen camp and day hike.
Call Dave Bonyng, 215-348-3665.
- June** 2nd and 4th **Wednesdays**, June through August - Wednesday night
bike rides, C pace, out of Roebbing, NJ. Meet at 6:15, rides leave
at 6:30 pm. Call Eric Million, 609-499-0106.
- Sunday, **June 9**: Delaware Water Gap day hike with Batona hiking
club. Call Mike Seidman, 215-836-4185.
- Saturday, **June 15**: Cream Ridge Wine Tour - C paced ride, with stop
at winery on the way back. Cream Ridge, NJ. Call Eric and Barb
Million, 609-499-0106.

July Saturday, July 13: Day bike trip, C+ difficulty 25-30 miles in Bucks County. Call George Foos, 215-674-3016.

August Saturday, August 17: Picnic at Jim and Rita Murtha's, 215-752-9662.

September ?? - Weekend to be determined: Hiking in the Catskills, stay at Dolores Schwarzenegger's "Sunshine House." Call Susan Jo Klein, 215-923-9977.

Tuesday, September 10: CLUB MEETING - Program TBA

Saturday, September 14 - Sunday, September 15: Day hike and camp at the upper end of the Delaware Canal - last hike in Joyce and Dave Zuzack's series, 215-788-0781.

Saturday, September 21: - Delicious Orchards bicycle ride. C+ ride, 45 miles over flat to rolling countryside to Colts Neck, NJ. We'll enjoy a picnic lunch at the orchard. Call Barb or Eric Million, 609-499-0106.

October Saturday, October 5: Day at the zoo with Kevin Kopp, 215-321-3930.

Tuesday, October 8: CLUB MEETING - Program TBA.

Saturday, October 19: Day hike with Dave Bonyng, 215-348-3665.

Saturday, October 26: Ghost walk, with optional dinner, dessert at Mother's in New Hope. 8 pm. Rain date Saturday, November 2. Call George and Diane Foos, 215-674-3016.

ANNOUNCEMENTS

This issue includes the list of current New Hope Nordic members. This mailing list is available for businesses to use for their own advertising with our permission. Contact Barbara Million, 609-499-0106.

WE NEED YOUR INPUT!!!!!!!!!!!!!!!!!!!!!!

It's election time. Enclosed you will find a ballot which lists this year's nominees. Please cast your vote and mail to the New Hope Nordics postmarked March 11, or, better still, join us at the Jesse Soby Legion Post and vote in person at the March 12 meeting.

The winter planning for the next ski season will be complete in early summer. The survey enclosed will help determine the locations and types of future trips. Your comments are greatly appreciated. Mail to:

The New Hope Nordics
 P.O. Box 407
 Newtown, PA 18940
 Attn: Eric Million

SWAP SHOP

For sale: Barrecrafters lockable ski rack, roof mount for larger size vehicle. Call Tom Reppert, 215-372-1560.

****** HIGHLIGHTS ***** HIGHLIGHTS ***** HIGHLIGHTS ******

Garnet Hill - On the weekend of Jan. 25-27, 22 New Hope Nordics enjoyed a trip to the Adirondac mountains. We skied both days from the Garnet Hill cross country ski center. Temperatures were cold enough to use green wax, but because of the extensive grooming, blue was the more appropriate color. The 50 k. of groomed trails were enough to keep everyone from trying the shuttle over to Highwinds for their additional 25 k. and the 5 k. of ungroomed trail connecting the two. The fact that there was only about 1 foot of crusty snow on the ground also discouraged the use of ungroomed trails. We started each day with a short warm-up ski when beginner and experienced skiers skied together. The opportunity to learn/teach/share something about cross country skiing is, I think, an enjoyable part of club trips. I hope it will remain a tradition.

We stayed at The Balsam House in Friends lake. The accommodations were excellent, much better than I had expected. (I had expected them to be good.) Because of the 25 min. drive to Garnet Hill, the club will try to get lodging right at the Garnet Hill Lodge next year, Although I would not be disappointed with either choice.

Jim Murtha

Elkmont - A cozy group of 7 Nordics joined Mrs. Harvey on the ski club's annual stay at Elkmont. We hit the trails without our skis and enjoyed two days of hiking along the Loyalsock trail. The streams of water gave us tranquil views as the water cascaded in the sunlight but we encountered some difficulty as we had to cross them over icy rocks. We met the challenge with 'outward bound' enthusiasm.

***Newsletter**

- The deadline for submitting information for the newsletter is two weeks before the publishing date. The next publishing date is 4/22.
 - "Advertisements" will be accepted. There is no charge for ads shorter than 3-5 lines. Members are encouraged to use the "Swap Shop" column to help sell or request used skiing and outdoor equipment. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc. to cover the increased postage cost.
 - Please mail material for the newsletter directly to my home:
Barbara Million
18 Fourth Avenue
Roebing, NJ 08554
- Short notes can be delivered verbally by phone (609-499-0106).

***General Trip Policies

- Day trips are open to members and non-members.
- Trips for which the club arranges either lodging or transportation are open to members only. Join and you are welcome.
- Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics, not the individual trip leader.
- Unless otherwise stated, all trips go, snow or no snow. Bring hiking boots.

***Trip Cancellation Policy

- More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less.
- Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater.
- Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater.
- Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving.
- Refund amount will be determined only after the trip is completed.

***Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.

1990/91 Officers

President Mike Seidman 836-4185
 VP Barb Pasquarello 943-9428
 Treasurer Diane Foos 674-3016
 Rec.Sec. Rita Long 843-4064
 Cor.Sec. Grace Jacob 609-586-1358
 Past Pres Jim Murtha 752-9662
 (EPSC Rep)
 Member at Jan Berger 542-0366
 Large

1990/91 Chairpersons

Skimeister Eric Million 609-499-0106
 Membership Pete Boroweic 885-9969
 Editor Barb Million 609-499-0106
 Summer Act. Tom Umbriet 201-782-4478
 Publicity Joyce Zuzak 788-0781
 Programs George Foos 674-3016

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New Hope Nordics
 PO Box #407
 Newtown, PA 18940

OFFICIAL 1991 NEW HOPE NORDIC BALLOT

PRESIDENT _____ Mike Seidman
_____ (Write In)

VICE PRESIDENT _____ Melissa Stout
_____ Carol Ettenger
_____ (Write In)

TREASURER _____ Scott Berger
_____ Debbie Keast
_____ (Write In)

RECORDING SECRETARY _____ Diane Foos
_____ Joann Sampey
_____ (Write In)

CORRESPONDING SECRETARY _____ Sue Liwack
_____ Grace Jacob
_____ (Write In)

MEMBER-AT-LARGE _____ Mike Borovicka
_____ Florence DiPaolo
_____ Donna Leban

***** Tear Here *****

Please help the new board decide how to fill appointed positions. Next to each position, indicate the name(s) of person(s) you believe would be good choice(s) for the position. You may write in your own name. In fact, you are encouraged to do so.

Skimeister _____ Membership _____

Newsletter _____ Summer _____
Editor _____ Activities _____

Publicity _____ Programs _____

Trip Leader _____ Trip Leader _____

Trip Leader _____ Trip Leader _____

NEW HOPE NORDICS - 1991 SURVEY FORM

We want to know what you liked this season. And what you'd like in the future.

ABOUT THIS TRIP:

Lodging:

- Good Satisfactory
 Not Good. Why? _____

Food:

- Good Satisfactory
 Not Good. Why? _____

Transportation:

- Good Satisfactory
 Not Good. Why? _____

Skiing/Ski Area:

- Good Satisfactory
 Not Good. Why? _____

Organization:

- Good Satisfactory
 Suggestion _____

FUTURE SKI TRIPS:

Weekend Trips:

- Adirondaks, New York Vermont- Central
 Catskills, New York Vermont- Southern
 North Central Pennsylvania Western Pennsylvania
 Other _____

3 Day Weekend Bus Trips:

- Adirondaks, NY Vermont - Central
 New Hampshire Vermont - North
 Other _____

Week Trips:

- Rocky Mountain Area New England
 Midwest USA Lake Tahoe (NV/CA)
 Canada - Western Canada - Eastern
 Europe/Scandinavia Oregon/Washington
 Other _____

OTHER ACTIVITIES:

- Wednesday Night Bike Rides Longer (Week) Trips
 Sailing Trexlertown Velodrome
 New Hampshire Hiking Weekend Bike Rides
 Caving Camping (Car)
 Backpacking Barbecue/Pot Luck Dinner
 First Aid Course
 Other _____

TRANSPORTATION (for Ski Trips):

- Carpool, I might drive. Carpool, I won't drive.
 Vans Bus & Driver
 Other _____

HOW DID YOU FIND THE CLUB?

- Newspaper/Magazine Friend
 Ski Store Snow Drifts (EPSC)
 Other _____

YOUR SKIING LEVEL & INTERESTS:

Groomed Trails/Touring Centers:

- I want to try No interest
 Beginner Intermediate Advanced

Backcountry/Ungroomed Trails:

- I want to try No interest
 Beginner Intermediate Advanced

Skating:

- I want to try No interest
 Beginner Intermediate Advanced

Telemark:

- I want to try Not interest
 Beginner Intermediate Advanced

ABOUT THE COST OF TRIPS:

As a volunteer run, non-profit club, we've tried to keep the cost of our trips reasonable. We'd like to know how much interest there is in "lower cost" trips, and what you think we should do to achieve that. Please check the items that we should try to use:

- Youth Hostels/Cabins (Dorms/Shared Baths)
 Kitchen Facilities (Shared Cooking Chores)
 Small Motels (Greater distance from skiing?)
 Carpool - I might drive. Carpool - I won't drive.

Suggestion _____

PROGRAMS & MEETINGS:

- Equipment/Waxing Demos Ski Technique
 Films/Videos/Slides Health/Fitness

Suggestion _____

COMMENTS & SUGGESTIONS:

What are we doing right, and perhaps more importantly, what should we be (or not be) doing?

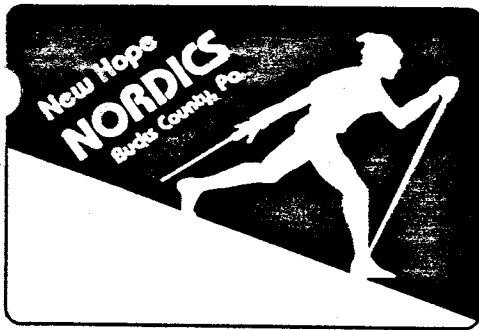
NEW HOPE IS RUN BY VOLUNTEERS.

Any help you can give will be appreciated.

- I can lead a ski trip. I can help by:

Name _____

Phone _____



NORDIC NOTES

Newsletter of *THE NEW HOPE NORDICS* PO Box #407, Newtown, PA 18940

NEW HOPE NORDICS SUMMER TRIP SCHEDULE

DATE	EVENT	LEADER		COST
May 3-5	WOLF GAP, VA CAMP & HIKE	Jan & Scott Berger	215-542-0366	Carpool
May 14	MEETING - Pizza Party (Last Meeting until September!)			
May 31- June 2	RICKETTS GLEN CAMP & HIKE	Dave Bonyng	215-348-3665	Call Leader
June 9	DEL WATER GAP HIKE	Mike Seidman	215-836-4185	Carpool
June 15	CREAM RIDGE WINE TOUR	Eric & Barb Million	609-499-0106	\$0
July 13	BUCKS CO. BIKE TRIP	George Foos	215-674-3016	\$0
July 26	TREXLERTOWN VELODROME	Mike Seidman	215-836-4185	\$5-7 Carpool
Aug 10	READING PHILLIES	Mike Seidman Pete Boroweic	215-836-4185 215-885-9969	\$4 Carpool
Aug 17	HOME GROWN PICNIC 2	Jim & Rita Murtha	215-752-9662	Pot Luck
Aug 22-	WHITE MOUNTAINS HUT TO HUT HIKE	Phil Kane	215-222-6767	\$234
Sept 10	MEETING			
Sept 14-15	DELAWARE CANAL CAMP & HIKE	Joyce & Dave Zuzack	215-788-0781	Call Leader
Sept 21	DELICIOUS ORCHARDS	Eric & Barb Million	609-499-0106	\$0

Back by popular demand the Wednesday Night Bike Rides will continue this year on the 2nd and 4th Wednesdays, May thru August. Know any better way to unwind after work than a pleasant C-paced ride through Burlington Co. farmlands? Meet 6:15 in Roebling, NJ at the Florence Grammar School, Hornberger Avenue. Rides leave at 6:30. Optional pizza and beer at the local parlor to follow. Call for directions, Eric Million 609-499-0106.

TRIP DESCRIPTIONS

Most trip fees are good approximations, based on our current pricing policy. Confirm trip costs with the leaders. For many day trips, the carpool fee is the main cost.

Wolf Gap, VA Camp & Hike - May 3-5: Car camp and day hike in Wolf Gap, Virginia. Wolf Gap is west of Edinburg on the VA/West VA border and less than 6 hours from Bucks County. Carpool fee is only cost; bring your own food for the weekend. Call Scott and Jan Berger, 215-542-0366.

Ricketts Glen Camp and Hike - May 31 -Jun 2: Call Dave Bonyng 215-348-3665.

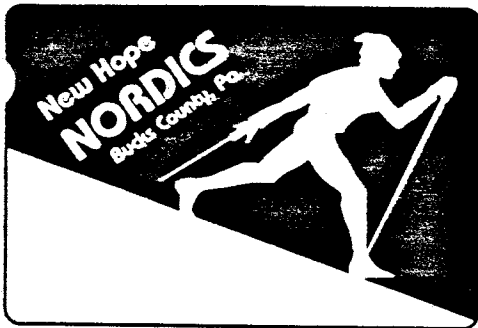
Delaware Water Gap Hike - June 9: We start with a climb up Dunfield Creek, then hike towards Sunfish Pond through a mile of dense Mountain Laurel blooms on some rarely used trails. We will then hike towards Mt. Tammany for a tremendous view. This is a joint hike with the Batona Hiking Club, 12 miles and moderately strenuous. Meet at 9:45 at the Dunfield parking area off Rte 80 in the Delaware Water Gap, or call Mike Seidman 215-836-4185 to arrange carpool.

Cream Ridge Wine Tour - June 15: All of you wine connoisseurs will enjoy this bicycling tour to a small winery in Cream Ridge, NJ. We will meet at 10am at the parking lot of the Allentown Elementary School, Rte. 539 in Allentown, NJ. The ride leaves at 10:30 and will be C-paced, relatively flat, 30-35 miles. The wine tasting will occur towards the end of the ride. Call Barb or Eric Million 609-499-0106.

Bucks County Bicycle Tour - July 20: Join the Nordics as George leads them on a delightful 25-30 mile C-paced jaunt through Bucks County. There will be some hills but we'll start early to hit the coolest part of the day. Meet at 9am at the parking lot at Bulls Island State Park, NJ. Bulls Island is approximately 8-10 miles north of Lambertville on Rte 29. Return to park for picnic lunch and possible swimming afterwards. Cost is free but bring lunch and plenty of water. Call George Foes 215-674-3016.

Trexlerstown Velodrome - July 26: One of the few velodromes in the U.S. is close by in Trexlerstown. The bike racing is fast paced and the seats are close to the riders. Tonight will be the World Cup Sprint Tournament. Admission will probably be \$5-7, depending on the seats. Mike Seidman, 215-836-4185.

Reading Phillies - August 10: Join us for a night of REAL baseball when the Reading Phillies play the world famous Canton Indians. Reading is the Phillies' farm team. Unlike major league players with their zillion dollar contracts, these guys are hungry, and they play hard. The stadium is small, all the seats are better than the Vet. Close your eyes, and you can imagine Robert Redford in the "Natural". Just like last year, the parking is free, we'll go for the better (\$4.00) seats, and the food prices are downright



NORDIC NOTES

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inexpensive. The game starts at 7:05 PM and we'll arrange carpools, or you can meet at the gate at 6:30 . (You won't miss us there is only one gate!) Mike Seidman, 836-4185, Pete Boroweic 885-9969.

Homegrown Picnic 2 - August 17: Just when you thought it was safe to put your gardening tools away... We will again showcase local and especially homegrown fare at this potluck picnic so get that plot turned over and those seeds planted. (Or come up with a convincing story like the load of locusts that leveled your lentils.) There will be an orchid offered as a door prize and a garden quiz. Hopefully Jim's corn will ripen on schedule this year. Picnic starts at 4pm. Call Jim and Rita Murtha 215-752-9662.

White Mountains Hiking Trip - August 22-25: Join Phil for hut to hut hiking in Randolph, New Hampshire and the near-by White Mountain trails. The trip will leave Thurs. at 5 pm; carpooling will be arranged from 3 different starting points within the Phila. region. Hike Friday, Saturday and part of Sunday and return by 9pm Sunday evening. A \$40 deposit is required to sign up, balance is due when leaving for the trip. \$234 cost includes travel, motel for Thurs. night, and lodging and family style supper and breakfasts at the AMC huts. Participation is limited to 10 hikers. Call Phil Kane 215-222-6767(home) or 215-660-7471(office) for more information. Checks for the trip downpayment should be made out to the New Hope Nordics and sent to Phil at 3306 Hamilton Street, Phila., PA 19104.

Canal Hike Contd. - September 14-15: Day hike and camp at the upper end of the Delaware Canal -last hike in Joyce and Dave Zuzack's series. Look for more details in the September issue of this newsletter 215-788-0781.

Delicious Orchards Bicycle Ride - September 21: Join Eric and Barb for this annual ride to the orchard in Colts Neck, NJ. Those of you who rode last year will remember the sweet, succulent fruits just picked and available at the Orchard's store. We will be picnicing at the Orchard so bring a lunch or you can buy the fixins for one right there. C+ pace, 45 miles over flat to rolling countryside. Meet at 10am at the parking lot of the Allentown Elementary School, Rte 539 in Allentown, NJ. From there we will drive to the starting point. Call Barb or Eric Million, 609-499-0106.

SOME THINGS TO LOOK FORWARD TO IN OCTOBER:

October 5	Day at the Zoo with Kevin Kopp	215-321-3930
October 8	Club Meeting	
October 19	Day hike with Dave Bonyng	215-348-3665
October 26	Ghost Walk in New Hope with George & Diane Foes	215-674-3016

More details to come in the September issue of Nordic Notes

The date for the winter planning meeting for 91-92 ski season has not been determined as of this writing. If you'd like to be involved contact the Skimeister, Eric Million 609-499-0106.

ANNOUNCEMENTS

Congratulations to the new club officers. They will officially take over their posts at the May 14 meeting.

Good Luck to Tom Umbreit in his new job and new location:

2460 Peachtree Road, NW
Apt 1201
Atlanta, Georgia 30305

**** HIGHLIGHTS ***** HIGHLIGHTS ***** HIGHLIGHTS ****

Minnesota - This year's week trip led by George and Diane Foos went quite successfully as 16 NH Nordics enjoyed great accommodations and terrific skiing in the Arrowhead Region of Minnesota March 2 - 9. The supercabins of the Gunflint Lodge where the group stayed the first four nights were spacious and included a cabin Sauna. Delicious dinners were served by friendly, helpful staff. Of course the best part of any trip for a Nordic is good skiing on the trails, and the Nordics were delighted to find plenty of snow, excellent grooming, especially at the Bearskin resort, and scenic views. Though they skied many km of Minnesota's trails, many remain uncharted by the Nordics for a future trip back to this area.

Beer Tasting Party - On April 20th Mike Seidman and Pete Boroweic hosted a beer tasting at our president's home. With visual aids and literature the two enlightened the group with what ingredients are combined to produce the fine beers that we sampled. The tasting started with golden colored beer from a microbrewery and progressed to darker beers including some of Mike's own home brews. Mike even offered his own homemade root beer!

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Cor.Sec.	Sue Liwak	860-8067
Past Pres	Jim Murtha	752-9662
	(EPSC Rep)	
Member at Large	Mike Borovicka	968-5698

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Skimeister	Eric Million	609-499-0106
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New Hope Nordics
PO Box #407
ewtown, PA 18940

NORDIC NOTES

New Hope Nordics
P.O. Box 407
Newtown PA 18940



NORDIC NOTES

MID SUMMER ISSUE



SUMMER / FALL EVENTS

<u>Date</u>	<u>Event</u>	<u>Leader</u>	<u>Phone</u>
Jul 26	Trexlertown Velodrome	Mike Seidman	215-836-4185
Aug 10	Reading Phillies	Mike Seidman Pete Boroweic	215-836-4185 215-885-9969
Aug 17	Homegrown Picnic 2	Jim & Rita Murtha	215-752-9662
Aug 22-25	White Mountains Hut to Hut	Phil Kane	215-222-6767
Sep 10	MEETING		
Sep 14-15	Delaware Canal Camp & Hike*	Joyce & Dave Zuzack	215-788-0781
Sep 21	Delicious Orchards	Eric & Barb Million	609-499-0106
Sep 27-29	Catskill Hike*	Eric Million	609-499-0106
Oct 5	Day at the Zoo	Kevin Kopp	215-321-3930
Oct 8	MEETING		
Oct 19	Day Hike	Dave Bonyng	215-348-3665
Oct 26	New Hope Ghost Walk	George & Diane Fos	215-674-3016

OOOPS, I missed two of the trip write-ups in the last newsletter! My apologies to the leaders. You may need to start thinking about these two trips before the September Nordic Notes:

Canal Hike - September 14-15: Hike along the PA Delaware Canal, with optional camping Saturday night at a local campground. Saturday's 10 mile hike will be from Upper Black Eddy to Riegelsville. Sunday will be Riegelsville to Easton, also 10 miles. Meet us for a day hike either day, or make it a whole weekend! Children of all ages welcome. Call Joyce Zuzack, 215-788-0781.

Catskills Hike - September 27-29: Come enjoy the warm hospitality of Dolores Schwarzenegger at her "Sunshine House" in the lovely secluded valley of Westkill, NY. Miles and miles of wooded mountainous hiking (for beginning-intermediate hikers) filled with babbling brooks and great vistas. Bring your swim suit for a dip in Dolores' pool. Cost of \$160 includes transportation (carpool), lodging (double room with private bath), and meals. Call Eric Million, 609-499-0106.

*** OVER ***



TENTATIVE WINTER SKI TRIP SCHEDULE

I know it's almost August but keep cool and start to dream about our winter ski trips. Some leaders are still needed. Contact the Skimeister (Eric Million, 609-499-0106) if you'd like to lead or co-lead any of the trips.

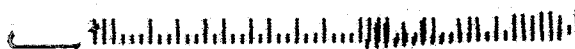
<u>Date</u>	<u>Trip</u>
Jan 3-5	Tug Hill
Jan 10-12	Lapland Lakes
Jan 17-19	Elkmont
Jan 24-26	Garnett Hill
Jan 25-26	ASIA Course
Jan 31-Feb 2	Chester, Vermont
Feb 7-9	Ricketts Glen
Feb 14-17	Stowe
Feb 22-29	Quebec
Mar 6-8	March Snow Hunt

HOPE TO SEE YOU
AT THE
SEPTEMBER 10TH
MEETING !

NORDIC NOTES

New Hope Nordics
P.O. Box 407
Newtown PA 18940

Eric Million
18 4th Avenue
Roebbling NJ 08554





NORDIC

NOTES

Newsletter of the NEW HOPE NORDICS PO Box #407, Newtown, PA 18940

FALL CALENDAR OF EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LEADER</u>	
Sep 10	MEETING - Hiking in the Alps (Slide Presentation)		
Sep 14-15	Canal Camp & Hike	Joyce & Dave	215-788-0781
Sep 21	Delicious Orchards Ride	Eric & Barb Million	609-499-0106
Sep 27-29	Catskill Hike	Eric Million	609-499-0106
Oct 5	Day At The Zoo	Kevin Kopp	215-321-3930
Oct 8	MEETING - Physiologist on Endurance, How to Prepare for X-Country Skiing		
Oct 19	Day Hike	Dave Bonyng	215-348-3665
Oct 26	New Hope Ghost Walk	George & Diane Foos	215-674-3016
Nov 12	MEETING - X-Country Skiing in Minnesota (Slide Presentation)		
Nov 26	MEETING - Beginning Skiing - The Diagonal Stride		

WINTER SKI TRIP SCHEDULE

<u>DATE</u>	<u>EVENT</u>	<u>LEADER</u>	
Jan 3-5	Tug Hill Tune-up	Eric & Barb Million	609-499-0106
Jan 10-12	Lapland Lake	George Foos	215-674-3016
Jan 17-19	Elkmont		
Jan 24-26	Garnett Hill	Jim Murtha	215-752-9662
Jan 25-26	ASIA Course		
Jan 31-Feb 2	Chester, Vermont	Rita Long	215-843-4064
		Mike Seidman	215-836-4185
Feb 7-9	Ricketts Glen	Kevin Kopp	215-321-3930
Feb 14-17	Stowe	Mary Phalen	215-438-5579
		Joanne Sampey	215-379-1239
Feb 22-29	Quebec	Leader needed	
Mar 6-8	March Snow Hunt	Leader needed	

Fall Trip Descriptions

Delaware Canal Camp & Hike, September 14-15: Hike along the PA Delaware Canal, with optional camping Saturday night at a local campground. Saturday's 10 mile hike will be from Upper Black Eddy to Riegelsville. Sunday will be Riegelsville to Easton, also 10 miles. Meet us for a day hike either day, or make it a whole weekend! Children of all ages welcome. Call Joyce Zuzack, 215-788-0781.

Delicious Orchards Ride, September 21: Join Eric and Barb for this annual ride to the orchard in Colts Neck, NJ. Those of you who rode last year will remember the sweet, succulent fruits just picked and available at the Orchard's store. We will be picnicking at the Orchard so bring a lunch or you can buy the fixin' for one right there. C+ pace, 45 miles over flat to rolling countryside. Meet at 10am at the parking lot of the Allentown Elementary School, Rte 539 in Allentown, NJ. From there we will drive to the starting point. Call Barb or Eric Million, 609-499-0106 if you are interested.

Catskill Hike - September 27-29: Come enjoy the warm hospitality of Dolores Schwarzenegger at her "Sunshine House" in the lovely secluded valley of Westkill, NY. Miles and miles of wooded mountainous hiking (for beginning-intermediate hikers) filled with babbling brooks and great vistas. Bring your swim suit for a dip in Dolores' pool. Cost of \$160 includes transportation (carpool), lodging (double room with private bath), and meals. Call Eric Million, 609-499-0106.

Day At the Zoo, October 5: Join Kevin Kopp for an insider's guide to the Philadelphia Zoo. Call Kevin if you are interested in meeting him and the animals for the day, 215-321-3930.

Day Hike, October 19: Autumn means that winter (and snow) cannot be far away! Celebrate by joining Dave Bonyngge for a crunch through the new-fallen leaves and a hunt for the fall colors. For more details call 215-348-3665.

New Hope Ghost Walk, October 26: Do you believe in ghosts? If you do, you'll hear plenty of ghastly tales on a guided walking tour of New Hope's famous haunts. Those of you who are unbelievers may just change your mind. Either way, a fun time is guaranteed. The cost is \$6 per person plus optional desert "Mother's" after the tour. Meet at the cannon on Main Street at 7:45 PM. Rain date is Saturday, Nov. 2. Call Diane Foos at 215-674-3016 for more info.

Winter Trips Descriptions

Although the leaders are still working on the details for the winter season, I wanted to include these brief trip descriptions. You will find the final details in the November Nordic Notes or come to the meetings and talk to the leaders. We will return to some of our favorite skiing centers this year and the meetings will give you the opportunity to talk to Nordics who have skied these touring centers in years past.

Tug Hill Tune-up, January 2-5: Leaving Thursday night January 2nd. Come join us on a trip to the renowned "Tug Hill" region of New York State which boasts the highest snowfall east of the Mississippi, with local stations recording an average yearly snowfall of 318 inches for the region. Where's Tug Hill? Its at the eastern end of Lake Ontario near Watertown. We'll ski at Tug Hill State Forest, Winona State Forest (50 miles of trails and unplowed roads), Chateaugay State Forest and Little John Wildlife Management Area on varied terrain for novice to expert. Call Eric and Barbara Million 609-499-0106.

Lapland Lake, January 10-12: This is a great opportunity for skiers of all levels to get together and ski the So. Adirondacks. We will be staying at the Lapland Lake Touring Center where you can step out the front door of your cottage and into 45km of ski trails. Lessons are available so this is great trip for beginning skiers. Call George Foos 215-674-3016.

Elkmont, January 17-19: Join us on our annual visit to Elkmont in the heart of the Endless Mountains in central Pennsylvania. This trip is for the intermediate skier, willing to do backwoods touring on ungroomed trails. Ski rentals are not available, bring your own. Call Eric Million 609-499-0106

Garnet Hill, January 24-26: Ski Garnet Hill (50km groomed) and Highwinds (25km groomed) connected by a 5km wilderness trail. Complete ski shop includes rentals, repairs and retail sales. Lessons are available and all levels are welcome. Stay at Balsam House, a Victorian bed and breakfast. Call Jim Murtha 215-752-9662.

Southern Vermont, January 18-20: We will return to enjoy the coziness of the 1810 Stone Hearth Inn in Chester, Vermont with 3 ski centers nearby (Viking, Grafton and Tater Hill) to entertain all levels of skiers. Call Rita Long 215-843-4064 and Mike Seidman 215-836-4185.

Ricketts Glen, February 7-9: The emphasis for this trip is simplicity. We will be sharing cabins and cooking and skiing on beautiful wooded trails. Bring your own skis for this trip. Call Kevin Kopp 215-321-3930.

Stowe Bus Trip, February 14-17: (Presidents' Birthday Weekend) Back by popular demand! This year's bus trip is to Stowe, Vermont, with over 150km of trails suitable for all skiing levels (beginners welcome!) Skiing at Trapp Family Lodge rivals the Lake Placid Olympic Center for best skiing in the East. X-country instruction is available. There was a waiting list for this trip last year so don't hesitate this year. Call Mary Phalen 215-438-5579 or Joanne Sampey 215-379-1239.

Quebec, February 22-29: We are returning to Quebec for this year's week long trip. Having ventured to Canada before, the Nordics found pleasant lodging, hospitable Canadians, and great, skiable snow! Reservations need to be made soon but we need a leader for this one or we will miss out. Call Eric Million if you are interested in leading or co-leading, 609-499-0106.

March Snow Hunt, March 6-8: The trip name says it all. We Nordics will not give up easily; if there is snow we'll find it. This will be an impromptu weekend trip. **Leader needed call Eric Million 609-499-0106.

President's Message:

Just a few weeks ago we had a storm that dropped 2" of rain in under an hour. As I sat and watched it, I couldn't help but wonder why it couldn't hold off four more months and come down as snow!

The last few years haven't been the best for skiers here in the Mid-Atlantic. Ten years ago we reliably ran day trips to the Poconos, Valley Forge and Washington's Crossing. Those seem like fantasies now. In spite of the lack of snow here at home, the picture is far from bleak. Most of our trips had good-to-excellent snow conditions every day last year. (Was it luck, planning, or the skill of the Skimeister and Leaders?)

One thing that has changed over the years is our increasing use of vans to get to "snow country." The success of the van trips is dependent upon people volunteering to drive for a few hours. Please consider this if the leader asks you.

The upcoming schedule looks great! Eric Million and his planning committee have a full winter planned. George Foos and his band of helpers have been active arranging programs for our meetings. (Whew, Good News, I won't have to make any long speeches!)

Happy Trails & Think Snow

Mike

ANNOUNCEMENTS

VERY BELATED WELL WISHES - To Harriet Ann and Richard Litwin on the birth of their son, Nathan Evan on April 24. He couldn't quite make the May newsletter.

GOOD LUCK - To Donna Leban with her new job and residence:

PO Box 4064
Burlington, VT 05406-4064
Phone: 802-879-6239

MEMBERSHIP DUES - Dues for 1991/92 season will be due at the October 8 meeting. The dues remain the same as last year:

	New Member	Renewal
Single	10	8
Family	15	12

Dues may be paid by mail to the attention of Peter Boroweic.

****** HIGHLIGHTS ***** HIGHLIGHTS ***** HIGHLIGHTS ******

This space is reserved for you! Trip leaders (or potluck hosts as the case may be) and attendants as well, I am once again requesting some proof that the events I've been heralding are actually taking place. I eagerly look forward to your creative writings.

*****Newsletter**

- The deadline for submitting information for the newsletter is 2 weeks before the publishing date. This year's publishing dates are 10/28, 12/23, 2/21, and 4/27.
- "Advertisements" will be accepted. There is no charge for ads shorter than 3-5 lines. Members are encouraged to use the "Swap Shop" column to help sell or request used skiing and outdoor equipment. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover the increased postage cost.
- Please mail material for the newsletter directly to my home: Barbara Million, 18 Fourth Avenue, Roebling, NJ 08554
Short notes can be delivered verbally by phone 609-499-0106.

***General Trip Policies

- Day trips are open to members and non-members.
- Trips for which the club arranges either lodging or transportation are open to members only. Join and you are welcome.
- Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics, not the individual trip leader.
- Unless otherwise stated, all trips go, snow or no snow. Bring hiking boots.

***Trip Cancellation Policy

- More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less.
- Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater.
- Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater.
- Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving.
- Refund amount will be determined only after the trip is completed.

*****Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.

1991/92 Officers

President Mike Seidman 836-4185
VP Carol Ettenger 750-1124
Treasurer Scott Berger 542-0366
Rec.Sec. Diane Foos 674-3016
Cor.Sec. Sue Liwak 860-8067
Past Pres Jim Murtha 752-9662
(EPSC Rep)
Member at Mike Borovika 968-5698
Large

1991/92 Chairpersons

Skimeister Eric Million 609-499-0106
Membership Pete Boroweic 885-9969
Editor Barb Million 609-499-0106
Summer Act. Open
Publicity Joyce Zuzak 788-0781
Programs George Foos 674-3016

Meetings are held at 8 PM, the 2nd Tuesdays of Fall and Spring Months, and the 2nd and 4th Tuesdays of November, January, and February. We meet at the Jesse Soby American Legion Post, Langhorne, PA. The Post is located at the intersection of Richardson and Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. Anyone with an interest in X-C skiing or the outdoors in general is welcome to attend meetings. Bring a friend!

New Hope Nordics
PO Box #407
Newtown, PA 18940

New Hope Nordics
P.O. Box 407
Newtown, PA. 18940

**NORDIC
NOTES**

To:



NORDIC

NOTES

Newsletter of the NEW HOPE NORDICS PO Box #407, Newtown, PA 18940

CALENDAR OF EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LEADER</u>		<u>Cost</u>
Feb 25	MEETING - Open Nominations			
Mar 6-8	March Snow Hunt	Eric & Barb Million	609-499-0106	????
Mar 10	MEETING - Elections			
Mar 28	Urban Orienteering	Eric & Barb Million	609-499-0106	None
Apr 5	PA Bike Ride	Mike Seidman	215-836-4185	
Apr 11	Day Hike	Rita Long	215-843-4064	

WEDNESDAY NIGHT BIKE RIDES!

If you couldn't get enough of them last year you'll have twice the opportunity to ride this year. Same as last year, the Millions will begin their rides from the Roebling Grammar School on Hornberger Avenue, Roebling, NJ on the 2nd & 4th Wednesdays. This year, Kevin Kopp will also lead rides from Washington's Crossing State Park, (starting from the parking lot on the NJ side) on the 1st & 3rd Wednesdays. Meeting time at either location is 6:15. Rides will leave at 6:30. Rides are C-pace and will run from May through August. Call Barb & Eric 609-499-0106 or Kevin 215-321-3930 for directions or more info.

TRIP DESCRIPTIONS

March Snow Hunt, March 6-8: The trip name says it all. We Nordics will not give up easily; if there is snow we'll find it. This will be an impromptu weekend trip destination North or wherever there is snow. Call Eric or Barb Million 609-499-0106 if you are interested.

Urban Orienteering, March 28: Hone and/or develop your orienteering skills (ie. map & compass skills) without the fear of getting lost in the wilderness. Eric will give a crash course in the basics for those just beginning. Spend the morning following an orienteering course through the town of Roebling, New Jersey, and be rewarded with delicious refreshments at the end of your journey. Bring your own compass if you can. We will meet at 10:30 am and establish teams. The first team will be sent out at 11. We will need to know if you can join us by March 20 so we can make plans. Call Eric or Barb Million 609-499-0106.

PA Bike Ride, April 5: Meet behind the McDonalds in Flourtown, PA (Bethlehem Pike) at 9:30 for a 30 mile, C-pace ride through Flourtown, Lafayette Hill, Ambler, Springhouse, Fort Washington and other points north. One or two moderate hills. Stop at the 7-11 for refreshments mid-ride. Bikes should be in good mechanical condition. Helmets must be worn by all riders. If the group selects, the ride can be shortened. Mike Seidman 215-836-4185.

Day Hike, April 11: Join Rita Long for a day of hiking and fresh spring air. Destination has not yet been decided so call Rita 215-843-4064 if you would like to go and she will welcome your suggestions.

ANNOUNCEMENTS

FROM THE TREASURER - In 1991 The New Hope Nordics made out a check to Thomas Imburgia and it was not cashed. Please contact Scott Berger 215-542-0366. If the check is lost we can send you a new one.

SUMMER/WINTER PLANNING MEETING - We have set the date for Tuesday, March 24 to plan summer trips and the 92/93 SKI SEASON! Mike Seidman will host the meeting starting at 8pm. Call Mike and let him know if you are coming. Besides snow, we are always looking for fresh ideas and people who would like to help organize or lead trips. We would also appreciate your prompt response to the survey enclosed with this letter. Your input will help us decide where to book the ski trips next year. If you would like to announce a trip or event for the spring, summer or early fall, the next newsletter deadline is the end of April.

UPCOMING ELECTIONS - Look for your ballot in the mail. Sign your name to the ballot and return it through the mail or at the March 10 NHN ski meeting and it will be worth one chance in a drawing for one of two FABULOUS prizes of ski products. Ballots must be postmarked by March 9th in order to be counted in the election.

**** HIGHLIGHTS ***** HIGHLIGHTS ***** HIGHLIGHTS ****

Garnet Hill - Sixteen New Hope Nordics enjoyed skiing at Garnet Hill Touring Center on the weekend of Jan 24 -26. Green klister was the "wax of the day" on Saturday, reflecting the cold and icy conditions. It warmed up into the twenties on Sunday. Without the grooming efforts of the touring center I'm not sure we would have skied. Highwinds Touring Center was closed as were about half of the trails at Garnet Hill.

I believe all the beginners took lessons on Saturday. They must have been pretty good because the only skier who hadn't fallen by the end of the day had taken the lesson . . . but she joined the rest of us on Sunday. Many of us skied down a trail that has a van pick up skiers at the bottom. Some skied up the same trail!

Ricketts Glenn - Nine Nordics took their skis for what they thought might be only a ride on the roof. Turns out WE HAD SNOW!!! Yes, at Ricketts Glenn State Park, 30 miles west of Wilkes-Barre, we skied about 2 miles on Saturday afternoon and again on Saturday night. Sunday we went out for a short ski at the park. Snow in PA??? Yes, there was! A great time was had by all. We can't wait to do it again next year.

NEW HOPE NORDICS - 1992 SURVEY FORM

We want to know what you liked this season... and what you would like next year.

Please Note: if you were on the 3-day bus trip to Stowe VT, you do not need to do this survey again.

Where do you want to ski next year?

Weekend Trips:

- Adirondacks, NY
- Vermont
- Pennsylvania

Other _____

3 Day Weekend Bus Trip:

- Adirondacks, NY
- Vermont
- New Hampshire

Other _____

Week Trip: _____

How should we get there?

Relax, you're not volunteering to drivewe just need good information about what to do in the future. (Van trips cost slightly more than carpooling.)

- Carpool (I might drive)
- Vans
- Carpool (Passenger only)
- Bus & Driver

What are your skiing interests?

- Groomed Trails
- Backcountry/Ungroomed
- Skating
- Telemark
- Downhill/Alpine

What should our meeting programs be?

- Equipment/Waxing
- Films/Videos/Slides
- Dancing Bears
- Ski Technique
- Health/Fitness
- Kazoo Concerts

Other _____

What non-skiing activities do you like?

- Wed. Night Bike Rides
- Weekend Bike Rides
- Weekend Hiking
- Day Hiking
- Backpacking
- Camping (Car)
- Barbecue/Pot Luck Dinner

Other _____

How did you find the club?

- Newspaper/Magazine
- Ski Store
- Friend
- Snow Drifts (EPSC)

Other _____

Any suggestions or comments?

Sorry, we can't make snow, but we'd like to know any suggestions or comments you may have.

New Hope is a volunteer-run club.

If you could lead or co-lead a trip, or help out in general, it would be appreciated. Please tell us what you could do. Be as specific as you wish - we need your ideas!

Name _____

Phone _____

OFFICIAL 1992 NEW HOPE NORDIC BALLOT

PRESIDENT

Rita Long

_____ (Write In)

VICE PRESIDENT

Mike Borovicka

Jan Berger

_____ (Write In)

TREASURER

Mary Phalan

_____ (Write In)

RECORDING SECRETARY

Joann Sampey

_____ (Write In)

CORRESPONDING SECRETARY

Sue Liwak

_____ (Write In)

MEMBER-AT-LARGE

Ward Hickman

Jim Diven

Jim Szumila

Tear Here

Please help the new board decide how to fill appointed positions. Next to each position, indicate the name(s) of person(s) you believe would be a good choice(s) for the position. You may write in your own name. In fact you are encouraged to do so.

Skimeister _____ Membership _____

Newsletter _____ Summer _____
Editor _____ Activities _____

Publicity _____ Programs _____

Trip Leader _____ Trip Leader _____

Trip Leader _____ Trip Leader _____

Signature: _____

Membership Dues

Dues for 1991-92 season are due right now! You must be a member to go on most trips. The dues remain the same as last year:

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues may be paid at the meetings or by mail (to the attention of Peter Boroweic).

Newsletter

The deadline for submitting information for the newsletter is 2 weeks before the publishing date. This year's publishing dates are 12/23, 2/21, and 4/27.

"Advertisements" will be accepted. There is no charge for ads shorter than 3-5 lines. Members are encouraged to use the "Swap Shop" column to help sell or request used skiing and outdoor equipment. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover the increased cost.

Please mail material for the newsletter directly to the editor: Barbara Million, 18 Fourth Avenue, Roebling, NJ 08554
Short notes can be delivered verbally: (609) 499-0106.

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- Day trips are open to members and non-members.
- Trips for which the club arranges either lodging or transportation are open to members only.
- Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics.
- Unless otherwise stated, all trips go snow or no snow. Bring hiking boots.
- No one under age 18 is to be permitted on any New Hope Nordic trip without a parent or a responsible adult member.
- In consideration of the comfort and enjoyment of all par-

ticipants on the trip, all passengers on any vehicle holding more than 15 people must be at least 12 years of age.

- All trip participants pay full trip price.
- If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass back the cost reduction to the appropriate participant.
- The success of the van trips is dependent upon people willing to share the driving. Please consider this if you are asked.
- Trip participants are expected to assist the leaders in loading and unload the vans.

Trip Cancellation Policy

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Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.

1991/92 Officers

President	Mike Seidman	(215) 836-4185
Vice President	Carol Ettenger	(215) 750-1124
Treasurer	Scott Berger	(215) 542-0366
Recording Secretary	Diane Foos	(215) 674-3016
Corresponding Secretary	Sue Liwak	(215) 860-8067
Past President/EPSC Rep.	Jim Murtha	(215) 752-9662
Member at Large	Mike Borovika	(215) 968-5698

1991/92 Chairpersons

Skimeister	Eric Million	(609) 499-0106
Membership	Peter Boroweic	(215) 885-9969
Editor	Barb Million	(609) 499-0106
Publicity	Joyce Zuzak	(215) 788-0781
Summer Activities	Open	
Meeting Programs	George Foos	(215) 674-3016

Membership Application Form

Return to: New Hope Nordics, Membership Chairman, P.O.Box 407, Newtown, PA 18940

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: Home: _____ Work: _____

Please do not include my work telephone number in the New Hope Nordic membership list.

Additional family members: _____

How did you find out about the Nordics? _____

I understand and am aware that cross country skiing is a hazardous activity. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and agree not to make a claim against or sue the New Hope Nordics and its members for injuries or damages relating to participation in its activities.

Signed _____ Rec'd by _____ Date _____

Dues:

- Single: New (\$10)
 Renew (\$8)
 Family: New (\$15)
 Renew (\$12)

Ski Level:

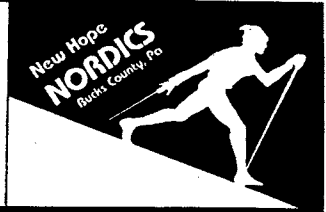
- Beginner
 Intermediate
 Advanced

New Hope Nordics
P.O. Box 407
Newtown, PA. 18940

**NORDIC
NOTES**

To:

Nordic Notes



Newsletter of the New Hope Nordics Cross Country Ski Club

May 1992 / Volume IX, Issue 5

S U M M E R S C H E D U L E

MAY though AUGUST

WEDNESDAY NIGHT BIKE RIDES

Every Wednesday night from May through August. Keep in shape for the ski season and have a mid-week diversion from summer television re-reruns. Rides start at 6:15 P.M. and last about 1½ hours. The pace is "C", (10-12 MPH) which won't be hard for most people. The rides are in parts of NJ that remain rural, with uncrowded roads and few hills. We have two different rides this season:

1st & 3rd Wed. - Meet at Washington Crossing Park, New Jersey side. Leader: Kevin Kopp 215-321-3930

2nd & 4th Wed. - Meet at the school in Roebling, NJ. Leaders: Barb & Eric Million 609-499-0106. Optional(?) pizza stop at Sandor's after the ride.

MAY

16 - HOUSEWARMING PARTY

Theme: Back to the Future. Leftovers welcome! Help Mary and the two kitties celebrate their new/old home and kitchen! Potluck dinner - so call Mary to make sure we don't have 13 rutabaga quiches. The gala social event will start at 6.00 pm and end at the cat's bedtime. Call Mary Phalan at 215-479-1844.

President's Message

Since the editor threatened not to send out this newsletter unless I wrote a message, here it is. I appreciate the work of all of those who have volunteered to be officers, to head committees, and to run trips. As you can see from the schedule, there are more opportunities to be involved, particularly in the area that is the heart of our club, the winter trip schedule. For people who are thinking about being new leaders, we would be happy to help you lead, either by pairing you up with an experienced leader or working with you on an easy trip. Eric Million would be happy to talk to you about it. For those of you who don't know us, come to a summer event - participation is often lower in the "off season" and it's a good way to get to know people and try new things. Since we're a ski club, most of us are fairly incompetent at the summer activities, and we're happy to see new faces as we try alternative activities. Have a great summer!

— Rita

30 - DELAWARE WATER GAP HIKE

10-12 mile hike on trails in Sunfish Pond area of the Water Gap. The Mt. Laurel should be in bloom. A shorter version of last year's hike (due to leader's foot being on vacation), but with good views, climbs and lunch by the pond. Meet at the Dunfield Creek parking lot, NJ side of Water Gap, off Rt. 80 at 10.15 AM. Bring water & lunch. Call Mike Seidman, 215-836-4185, for info/carpools.

JUNE

6 - ASSUNPINK HIKE

Join us for a flat lands hike in Mommouth County, NJ. We'll hike around this pleasant Wildlife Management Area and stop for lunch along one of the lakes. In the past we've spotted Heron, numerous types of ducks and Osprey. We'll meet at the main parking lot at 10:00. From PA take the NJ Turnpike to Exit 7A (I-95), take I-95 east to exit 11, at stop sign make left, continue straight through the next two stop signs, on to dirt road, the lot is straight ahead on the lake. Leaders: Eric and Barb Million, 609-499-0106.

20 - ROLLERBLADES!

The intrepid adventurer Mary Phalan will once again chart new territory and lead the Nordics for an introduction to Rollerblading. The trip includes rental, instruction, all necessary safety equipment, a tour in the area of Stockton, NJ and lots of laughter. In addition to being one of the fastest growing sports, rollerblades are excellent training for cross country skiing. Cost: appx. \$25. Call Mary at 215-487-1844 for all the gory details.

JULY

10-12 - CANOE TRIP

Join master paddler Dave Furlong as he leads a two day canoe trip on the Upper Delaware, about 20 miles north of Matamoras Point. The trip will include camping at a base camp for two nights, canoe rental and transportation to and from the river each day. Cost is appx. \$125. (can be adjusted if you own a canoe). Minimum number required - so contact Dave Furlong, P.O. Box 2464, Warminster, PA 18974, 215-657-1284 as soon as possible.

18 - WINE TASTING PARTY

Wines from the Chablis region of France, Pinot Chardonnays from California and Australian wines will be featured. The tasting will start at 8:30 PM sharp so plan to

arrive earlier, and will be outdoors if the weather permits. There will be a wine & food quiz and a door prize for the lucky winner. Dress optional. \$15. per person. Scott & Jan Berger, 215-542-0366.

24 - TANDEM BIKE RACES

Join the Nordics at the tandem bike races at the Lehigh County Velodrome in Trexlertown. Meet at the main gate at 7:15 PM Sharp, races start at 7:30. All seats are close to the track. Snack bar and "health food" bar are trackside. Admission appx. \$4.00. After the races, we may visit a local watering hole. Call Mike Seidman 215-836-4185 for more info/carpools.

AUGUST

1 - READING PHILLIES

A fun, laid-back night of "America's Second Favorite Pastime" (the first is skiing). The Phillies farm team will be playing the New Britain Red Socks. The parking is free, the beer & food is about 1/2 the price of the Vet, the stadium seats about 7500 and these AAA league players even give autographs! Admission should be \$3.50. Tonight is "Pepsi jacket give away night" for children 14 & under! Meet at the main gate at 6:15 PM, game starts at 7:05. Call Mike Seidman 215-836-4185 for info or carpools.

15 - HOME GROWN PICNIC

Get your garden growing and start searching for alternatives in case your green thumb turns black. The homegrown picnic is back by popular demand. On August 15th at 3:00 PM local produce will be enjoyed by the New Hope Nordics. There will be great recipes, great camaraderie and, of course, the great garden quiz. Let Jim or Rita Murtha know in advance if you're coming (so we don't have 20 broccoli salads) at 215-752-9662.

21 - TREXLERTOWN VELODROME: MADISON

The "Madison is the most exciting of the velodrome bike races and is the most popular event of the season. Admission appx. \$7.00. Food & refreshments available onsite. Meet at 6:30 PM in the Plymouth Meeting Mall parking lot

NEW HOPE JOINS FIGHT AGAINST MULTIPLE SCLEROSIS

Even if you don't want to ride in the MS 150 (see trip description for September 17-19), you can help the club raise money to fight Multiple Sclerosis. Send a check made out to "Multiple Sclerosis" to our Treasurer, Mary Phalan. She will collect donations from club members, and allocate them equally among the members riding on our challenge team. This will help more members to be able to ride, since all riders must raise at least \$150 in pledges. Let's show that New Hope members want to contribute to the community!

(Germantown Pike & PA Turnpike, lot near Ikea). Questions? Call Eric Million 609-499-0106.

29 - RENAISSANCE FAIRE

Take a trip back 400 years to Elizabethan England. Travel down cobblestoned streets, enjoy one of Will Shakespeare's plays at the Globe Theatre, watch as knights joust for the honor of their queen. Join us at the Pennsylvania Renaissance Faire on August 29, 1992 at the Mount Hope Winery, Cornwall PA. We will carpool from the Ft. Washington Holiday Inn parking lot, meeting at 8:45 am. The cost for the day is approx. \$14.95 with children 5-11 \$5.00, children under 5 free (this is based on last years price and could change). There are stands selling food and drink throughout the faire as well as opportunity to sample and purchase Mt. Hope wines. On the way home we will be stopping at the Black Angus/Stoudt Brewery for great steaks and even better beer. Questions? Call Melissa Stout at 215-750-1325.

SEPTEMBER

8 - CLUB MEETING, 8:00 PM

12 - BIKE RIDE, BULL'S ISLAND

Save this date for George's annual ride. Details in the next newsletter. George Fooks, 215-674-3016

19-20 - MS 150 BIKE TRIP

NEW HOPE NORDICS CHALLENGE TEAM

Join fellow Nordics on this classic ride from Cherry Hill to Ocean City NJ. The Multiple Sclerosis 150 mile bike ride is the biggest and the best on the East Coast. The ride is fully planned and staffed and includes: overnight accommodations in Ocean City, Awards dinner, breakfast, sag wagon, technical support and catered rest stops (you'll probably gain weight this weekend).

Last year 3700 riders raised over \$840,000 for this worthy cause. New Hope members will be riding as a team this year. Each rider must raise at least \$150. You can join us on the ride, or help by making a tax deductible donation (payable to Multiple Sclerosis). Any amount will help this charitable event. Mail it to the club and we will enter them as a group. Questions? Call Rita Long 215-843-4064 or Mike Seidman 215-836-4185.

DANCING ANYONE?

We're trying to get a group together to learn some basic steps for the Swing (a.k.a. Jitterbug), Foxtrot and maybe the Cha Cha. Initial thoughts are for a three month course, one night a week, 12 one hour lessons, taught by a professional. Anticipated cost is around \$6.00/per for each lesson. Course would start in September, place and time has yet to be established. We need at least 16 people, guys and gals, for it to happen. If you're interested call Eric or Barb Million 609-499-0106.

Highlights of Past Trips

QUEBEC 1992

Canada rolled out the white carpet for 12 Nordics. With eight days of skiing, plenty of snow (4-5 feet on the trail), lots of sun and weather in the teens to twenties, this was the best trip we've had yet. We were pleasantly surprised by the hotel, which was redecorated in January so it actually looked better than the brochure (an advertising first)!

And, of course, the skiing was excellent! It ranged from nearby Charlesbourg, with beautifully scenic trails to the ultra modern Mt. St. Anne with its wide skating lanes and world class grooming. All areas had excellent lodges, warming huts and food was available at all. We had fresh snow just about every day. The trip can be best be summed up by Bill & Nora, who later skied in Vermont, and said "it was nice ... but you get so spoiled by Quebec."

URBAN ORIENTEERING

On March 28, over 30 New Hope members came out for an "Urban Orienteering" day in Roebling, New Jersey. The course was imaginatively laid out by Eric and Barb Million around landmarks in the town. After a short course on map and compass, various teams were sent out, much to the amusement of the Roebling natives, who no doubt wondered why all these people were running around their town. In spite of the marker at Sandor's Pizza mysteriously disappearing, all the groups managed to return home in good time. An excellent party, complete with the Millions' famous desserts, was waiting for us at the end.

Another orienteering day is being planned for the fall.

Cliques?

Rumor has it that our club is run by a Clique. Careful investigation shows that it is true. Furthermore, you will find that the Clique is composed of faithful members who are present at almost every affair, who do the work, give their time, energy and efforts.

They believe that the more one puts into an organization, the more one will get out of it. There is no question that those members are of value to the membership and the organization. And it is suggested that you join this Clique. It's easy to do. Begin by attending meetings regularly, take an interest in activities, accept responsibilities and work on a committee. Show an interest in your club's affairs. Before you realize it, you'll have become a member of "the Clique" and you'll be surprised how anxious they are to have you.

Reprinted from the Corpus Christi Skiers Ski Breezes and The National Ski Club Newsletter.

SKI TRIPS 1992-93

Some trips already have leaders, but more leaders are needed immediately! Please call Eric Million 609-499-0106 if you can help lead or co-lead a trip. Your help in running trips is what makes this club possible!

DECEMBER

31 - Jan 3 - TUG HILL TUNE UP

Mike Seidman, 215-836-4185

JANUARY

8-10 - GARNET HILL, NY

Jim Murtha, 215-752-9962

15-17 - ELKMONT, PA

Leaders Needed

22-24 - WESTERN PA FAMILY TRIP

George & Diane Foos, 215-674-3016

29-31 - SOUTHERN VERMONT

Leader Needed

FEBRUARY

5-7 - LAPLAND LAKES, NY

Pete Boroweic, 215-885-9969
Melissa Stout, 215-750-1325

12-15 - STOWE, VERMONT - BUS TRIP

Leaders Needed

19-21 - RICKETTS GLEN, PA

Kevin Kopp, 215-321-3930

20-27 - JACKSON, NEW HAMPSHIRE: WEEK TRIP

Mary Phalan, 215-487-1844
Florence Dipaolo, 215-725-9281

26-28 - JACKSON, NEW HAMPSHIRE

Leader Needed

MARCH

5-7 - SNOW HUNT (OR CANAAN VALLEY)

Leaders Needed

Day Ski Trips
will be in the Fall
Newsletter.

MEMBERSHIP DUES

If you have not yet paid your dues for the past season please do so now. The dues remain the same as last year:

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attention: Pete Boroweic).

NEWSLETTER

- The deadline for submitting information for the newsletter is 2 weeks before the publishing date. The next publishing date will be 8/31/92.
- Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost.
- Send material for the newsletter to: Mike Seidman, 214 Larrimore Lane, Erdenheim, PA 19118, 215-836-4185, Fax: 242-2410.

GENERAL TRIP POLICIES

- Day trips are open to members and non-members.
- Trips for which the club arranges either lodging or transportation are open to members only.
- Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics.
- Unless otherwise stated, all trips go snow or no snow. Bring hiking boots.
- No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member.
- In consideration of the comfort and enjoyment of all participants,

all passengers on any vehicle holding more than 15 people must be at least 12 years of age.

- All trip participants pay full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass back the cost reduction to that participant.
- The success of the trips depends upon people willing to share the driving. Please consider this if you are asked.
- Please help out loading and unloading the vans.

TRIP CANCELLATION POLICY

- More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less.
- Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater.
- Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater.
- Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving.
- The refund amount will be determined only after the trip accounting has been completed.

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Meetings are held at 8 PM, the 2nd Tuesdays of Fall and Spring Months, and the 2nd and 4th Tuesdays of November, January, and February. We meet at the Jesse Soby American Legion Post, Langhorne, PA, which is located at Richardson and Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. Anyone with an interest in cross country skiing or the outdoors in general is welcome to attend. Bring a friend!

Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.

1992/93 OFFICERS

President	Rita Long	(215) 843-4064
Vice President	Jan Berger	(215) 542-0366
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Joanne Sampey	(215) 379-1239
Corresponding Secretary	Sue Liwak	(215) 860-8067
<i>newhopelessus nordicus</i>	Mike Seidman	(215) 836-4185
Member-at-Large	Ward Hickman	(215) 741-1766

1992/93 CHAIRPERSONS

Skimeister	Eric Million	(609) 499-0106
Membership	Peter Boroweic	(215) 885-9969
Editor	Mike Seidman	(215) 836-4185
Publicity	Joyce Zuzak	(215) 788-0781
Meeting Programs	Mike Borovicka	(215) 968-5698
Eastern Pennsylvania	Jim Murtha	(215) 752-9962
Ski Council Representative		

Membership Application

Return to: New Hope Nordics, Membership Chairman, Box 407, Newtown, PA 18940

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Please do not include my work phone number in the New Hope Nordics membership list.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

I understand and am aware that cross country skiing is a hazardous activity. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and agree not to make a claim against or sue the New Hope Nordics and its members for injuries or damages relating to participation in its activities.

Signed _____ Date _____

Received by _____

DUES:

Single

New - \$10

Renewal - \$8

Family

New - \$15

Renewal - \$12

SKI LEVEL:

Beginner

Intermediate

Advanced



New Hope Nordics
Box 407
Newtown, PA 18940

Nordic Notes



Newsletter of the New Hope Nordics Cross Country Ski Club

October 1992

S ❄️ C ❄️ H ❄️ E ❄️ D ❄️ U ❄️ L ❄️ E

1992-93 CROSS COUNTRY SKI TRIP SCHEDULE

- * Dec. 31 - Jan. 3 - **TUG HILL, NY**
- * Jan. 8-10 - **GARNET HILL, NY**
- * Jan. 22-24 - **HIDDEN VALLEY, WEST. PA**
- * Jan. 29-31 - **SOUTHERN VERMONT**
- * Feb. 5-7 - **LAPLAND LAKES, NEW YORK**
- * Feb. 12-15 - **STOWE, VT - BUS TRIP**
- * Feb. 19-21 - **RICKETTS GLEN, PA**
- * Feb. 20-27 (Sat.-Sat.) - **LINCOLN, NH**
- * Feb. 25-28 (Thurs-Sun) - **JACKSON, NH**
- * March 5-7 - **SNOW HUNT**

NOVEMBER

10 - (Tues) Club Meeting, 8:00 PM

Pre-Season Ski Prep. Are your skis cracked (from when you rammed them in the snowbank by the tavern)? Is your (ski) bottom gouged from that last rock-infested run? Our program will cover the basics of ski repair and preparation. Your skiing will be more enjoyable if you give your skis a little bit of attention before the season starts.

14 - POT LUCK DINNER

Join Carol Archard as she hosts the first pot luck dinner of the season, on Saturday at 6:00 PM. Call Carol at 968-0514 for directions and to make sure we don't all bring desserts!

24 - (Tues) Club Meeting, 8:00 PM

Slide (or video) presentation of different cross country areas and skiing opportunities.

DECEMBER

8 - (Tues) Club Meeting, 8:00 PM

Christmas Dessert Party. Come with a dessert or pay \$2. at the door. Bring a paper snowflake to hang up and make the room more festive. (Decadent desserts help insure good snow - it's worked in the past, so why take any chances!)

31 - Jan 3 - SKI TRIP, TUG HILL, NY

The Tug Hill Plateau area of New York traditionally has the highest snowfall of the East Coast. (We had just enough snow there last year when there was none anywhere.) The trip is designed as a low-key start of the XC season. We'll stay in the cottages of the Stone House Inn in Altmar, NY, share cooking chores for breakfast. Dinners will be at local eateries. The skiing will be a mix of backwoods trails and a touring center as conditions permit. Four to a room with bunk beds & bathrooms. Nightly pinochle games are not mandatory! (*Editor's note: If you believe that...*) Bring skis. Trip cost of appx. \$120. includes van transportation, does not include, food or trail fees. Mike Seidman, 215-836-4185.

JANUARY 1993

8-10 - SKI TRIP, GARNET HILL, NY

The Garnet Hill XC Center in New York has 50 km of groomed and tracked trails. It is connected to Highwinds which adds another 25 km. A complete ski shop with rentals and lessons is on the grounds. A shuttle service between the two areas and distant parts of the trail system is available. We will be staying at the Garnet Hill Lodge, so you can ski right from the door! The trip includes two nights lodging, two breakfasts, dinner Saturday night and van transportation from Philadelphia. Call Jim Murtha, 215-752-9662, for details and to make reservations. Limited to 10 participants.

12 - (Tues) Club Meeting, 8:00 PM

A special presentation on Cross Country Ski Waxing by Nick Dyslin from Swix USA. SWIX is the world leader in ski waxes, from Olympic & World Cup Racing to recreational touring. Good waxing makes skiing easier and smoother, even if you have "no-wax" skis. (Come and find out why!) Don't miss this chance to learn the secrets of glide and grip from an expert. Special thanks to Cross Country Ski Outfitters of Lambertville, NJ, for arranging this program.



Dues for the 1992-93 season are payable now! Please mail the enclosed application or you can pay at any meeting. Thanks!

22-24 - SKI TRIP, HIDDEN VALLEY WESTERN PA

We will be staying and skiing at the Hidden Valley Resort, located in the Laurel Highlands of southwestern PA. Hidden Valley is approximately a 4-1/2 hour drive via the turnpike from Philadelphia. Both cross country and downhill skiing are available. The cross country ski center has 50 km of groomed trails for all levels of skiers. Rentals and lessons are available.

Our lodging will be in the Lake House which is especially designed for groups. It has nine units, each with a private bath and two sets of bunk beds. The X-C trails, downhill slopes, restaurants and spa are all within walking distance. There's an indoor pool, so don't forget your swimsuit!

The trip cost of \$110. per person includes a car pool fee. It does not include meals or trail fees. Children under 12 go free and over 12 pay just \$33. Child care is available for children under 18 months to 10 years old for \$5/hour. (Reservations recommended). Although this trip is especially convenient for families, anyone is welcome. We'll go regardless of snow conditions as there is plenty of hiking and sightseeing in the area. A deposit of \$80. will reserve your spot. Call George or Diane Fooks (215) 674-3016, for more information.

26 - (Tues) Club Meeting, 8:00 PM

29-31 - SKI TRIP, SOUTHERN VERMONT

Join us in our fourth year at Don and Janet Strohmeier's Stone Hearth Inn in Chester, Vermont. The trip is open to 20 people and will include two nights lodging, 2 breakfasts, 1 dinner and transportation at an approx. cost of \$140 per person. Trip fees does not include trail fees or lunch. Reserve your spot by calling Eric at 609-499-0106. **PROSPECTIVE LEADERS NOTE:** This trip has already been set up. Most of the work has been done, but we still need a leader to do the easy part. Interested in helping out??? Call the Skimiester.

FEBRUARY

5-7 - SKI TRIP, LAPLAND LAKES, NY

This trip is a great opportunity for skiers of all levels to get together and ski in the Southern Adirondacks. We will be staying right at the Lapland Lakes Touring Center, so you can step out the front door and ski on the 45 km of meticulously groomed trails. Lessons and rentals are available, so this is a great trip for beginning skiers. Cost will be approx. \$150. Call Pete Boroweic, 215-885-9969, or Melissa Stout, 215-750-1325 for details/reservations.

9 - (Tues) Club Meeting, 8:00 PM

12-15 - SKI TRIP, STOWE, VERMONT - PRESIDENT'S (Three Day) WEEKEND BUS TRIP

Join us on this long holiday weekend for some of New England's best cross country skiing. On this trip you can ski New England's premier X-C resorts without the long drive.

You'll leave Friday evening and relax as we travel on a deluxe bus to Stowe, Vermont. The movies on the bus help the time pass quickly. The trip includes three nights lodging at Golden Eagle Resort in Stowe, the same great place we stayed last year. This three star (★★★) resort has all the amenities including an indoor pool, health spa, sauna, hot tub & cable TV.

Saturday morning, after breakfast, the bus will take you to Trapp Family Lodge, probably the most famous X-C area in the East. The facilities at Trapp are excellent, from the base lodge, lessons for all levels of skiers (beginner to skating!), to good food and drink (The Austrian Tea Room!). This is an especially good trip for beginner or novice skiers. Needless to say, their trail system and grooming set the standard for other areas to follow. The base lodge is a warm and friendly place to relax in during the day. But, if you've had enough fun by early afternoon, the bus will be there to take you back to the hotel. Dinners will be a short walk across the road at an excellent restaurant. (The same as last year!)

Sunday's skiing will be at nearby Mt. Mansfield Touring Center with trails and scenery that rival Trapp. The more adventurous of us can take a downhill ski lift up the mountain and ski down an "easiest" trail. Again the bus will be there if you've had enough by early afternoon. If you're up for it, more skiing on Monday, or walk around town and visit the shops and restaurants of this picturesque town. We'll board the bus early afternoon, watch movies, eat & drink (again!) and arrive back Monday evening. A deposit of \$75. will hold your space (the trip went full last year). Trip cost \$279. For reservations and more details: Dorothy Cary & Phil Kane, 215-222-6767.

19-21 - SKI TRIP, RICKETTS GLEN, PA

The emphasis of this ski trip will be on simplicity. We will be sharing cabins and cooking chores and will be skiing on the wooded trails in the state forest - right by our cabins. The cabins are almost brand new and have beds, showers, full kitchens, heat, furniture and wood paneling. Bring your own skis. We'll be carpooling. The cost will be about \$40. Call Kevin Kopp, 215-321-3930 for details and reservations.

20-27 (Sat.-Sat.) - WEEK SKI TRIP LINCOLN, NH

A winter week in the White Mountains of New Hampshire! The trip includes seven nights deluxe accommodations at the Mill House Inn in Lincoln, NH and as much skiing as you could possibly want. The skiing will be at Bretton Woods, Waterville Valley, Jackson XC, Loon Mountain and others. Downhill skiing is just as abundant & close by, and some of the ski areas will provide shuttles. The trip includes full breakfasts, van transportation from the Philadelphia area and all the amenities: indoor heated pool, saunas, jacuzzi, game room and exercise room. Shopping is nearby, in case you run out of things to do! Family packages are available, please contact the leaders. Nursery service is also available at Bretton Woods and Waterville Valley. The cost is approximately \$500. Call Mary Phalan, 215-487-1844, or Florence DiPaolo, 215-725-9281, for information or reservations.

23 - (Tues) Club Meeting, 8:00 PM

25-28 (Thurs-Sun) SKI TRIP JACKSON (NH) WEEKEND

If you can't do the week trip to Lincoln, NH, join us on a long weekend to one of the best X-C ski areas in the East. We might be staying at the Bernerhof, a small hotel in the Mt. Washington Valley, an easy drive to the Jackson and Bretton Woods X-C ski areas. The trip is open to 10 people (1 van), trip cost approx. \$265. The plan is to include 3 breakfasts, 2 dinners and transportation; lunch and trail fee are extra. Call Ellen now to reserve your space with a \$100. deposit. Co-leaders: Eric Million (609) 499-0106 and Ellen Friedreich (215) 295-3563.

MARCH

5-7 - SNOW HUNT (CANAAN VALLEY?)

If the snow lasts, we'll try to have one last trip to take advantage of it! More details as we get closer, but we need someone to lead it. Please contact the Skimiester to help out.

8 - (Tues) Club Meeting, 8:00 PM

APRIL

13 - (Tues) Club Meeting, 8:00 PM

Program: TBA

MAY

11 - (Tues) Club Meeting

The last meeting of the Winter Season (Boo!) Celebrate with a Pizza Party! (Yea!)

DAY SKI TRIPS

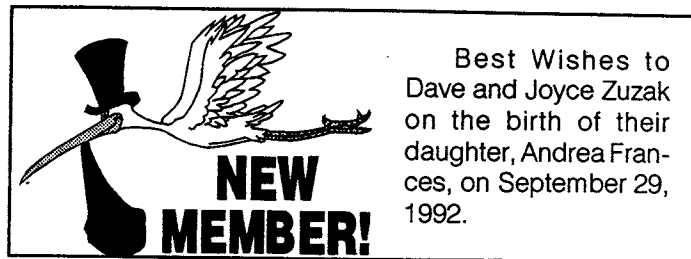
Once again, Jack Searnock will be our Day Ski Chairman. If you want to ski on Saturday, call Jack at 215-969-6838 no later than Friday night. If there is snow nearby, Jack will try to arrange an impromptu trip.

Day trips used to be popular events. Remember moonlight skiing in Washington's Crossing & trips to Valley Forge & the Poconos? The National Weather Service says this may be the snowiest year since '76!

10th Anniversary Gala

The New Hope Nordics are almost ten years old! Barb Million is starting to put together some ideas about how we can celebrate it. Two of the most popular are a dinner dance or a cocktail party. What do you think? Call Barb at 609-499-0106 and let her know. The grand affair will be in the Spring of 1993.

FOR SALE: Nordic Track Cross Country Exercise machine. Contact Debbie Isser, 635-5253.



Best Wishes to
Dave and Joyce Zuzak
on the birth of their
daughter, Andrea Fran-
ces, on September 29,
1992.

ASIA COURSE - 1993

The Amateur Ski Instructors Association (Nordic Division) offers a series of classes to certify you as an instructor. The courses are two weekends long and feature intensive on-snow classes and video critiques. It's designed to enable you to teach first-time through advanced-beginning skiers. And it will change the way you ski! Your skiing will become smoother and easier. The teachers are professional nordic (PSIA) instructors. You should be an experienced skier with some teaching ability, good communication skills, be in good health and have a desire to help others enjoy our sport. Call Mike Seidman, 215-836-4185 for more information.

DO YOU HAVE OLD SKIS?

Do you have old skis, boots, poles, etc., that you no longer use? Are they taking up valuable storage space in your closet? We'll collect them and donate them to the Buckfield Jr. & Sr. High School in Buckfield, Maine. Last year we sent 9 sets of equipment. Any X-C equipment will be put to good use. Just bring them to a meeting and give them to Mike Seidman, 215-836-4185.

AIR FARE REBATE?

If you bought at least one round-trip ticket on a domestic airline and travelled to at least one of 34 major U.S. airports between Jan. 1, 1988 and June 30, 1992 you may be entitled to a rebate under a proposed \$450 million class-action antitrust suit. To establish claims, write to Airlines Antitrust Litigation, Box 267, Pennsauken, NJ 08110-0257. The deadline for filing claims is Feb. 15, 1993. *Thanks to Bill Hansen of the "New Hampshire Chapter" for sending this.*

SIGN UP EARLY!

We're a non-profit club that exists to serve our members by running cross country trips at the lowest cost. (Our trips are priced at cost, plus a 0.5% contingency fee.) Members who lead/co-lead that trip get 5% consideration, but they don't go on the trip for free. If possible, we refund any reasonable excess after the trip accounting is done.

To get space at small cross country ski lodges, we often place deposits 11 months in advance. When we get to about 4 weeks before the actual trip, we start to cancel unused spaces. Because we are non-profit, and we price our trips as low as possible, we have few options. We don't feel it would be right to "build in", and pay for, extra spaces into the cost. Don't wait until the last minute, please make your reservations as soon as you can. We don't want to turn anyone away, but sometimes we have to, in order to be fair to the majority.

Cross Country Ski Trip

Stowe, Vermont

Friday, February 12 through Monday, February 15, 1993
(Presidents' Birthday Weekend)

You'll ski some of the East's premier cross country ski trails on this three-day trip to picturesque Stowe, Vermont. Enjoy the classic New England scenery on the famous trails of Trapp Family Lodge and the Mt. Mansfield systems. (The facilities and trail grooming in Stowe set the standard for other areas.) There are over 100 miles of groomed and tracked trails, from easy trails for new and novice skiers to challenging ones for experts. Skaters will also find many trails groomed for them. The base lodges are warm places to relax during the day, but if you've had enough fun, our bus be there for a mid-day return to your hotel. *This trip is especially good for beginning and novice skiers.*

The trip includes:

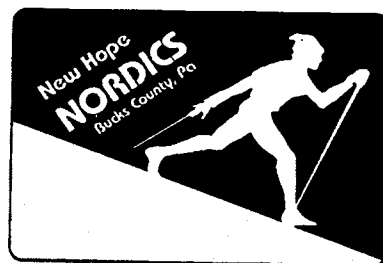
- * Round trip deluxe coach transportation from Yardley, PA to Stowe, Vermont.
- * Movies on-board the bus.
- * Three nights lodging in semi-private rooms at the Golden Eagle Lodge, a three star (★★★) hotel. This is the same great place we stayed last year. (roommates provided for solo travelers).
- * The hotel has a sauna, hot tub, heated pool, exercise room & cable tv.
- * 3 breakfasts, 2 dinners at a gourmet restaurant & lunch for bus trip Monday.

Also available:

- * Cross country ski instruction
- * Downhill and telemark skiing nearby
- * Dancing, nightlife and shopping in the 200 year old village

\$279. per person

Call Phil Kane or Dorothy Cary, 215-222-6767



*Sponsored by the New Hope Nordics
the area's only Cross-Country Ski Club.*

MEMBERSHIP DUES — ARE DUE NOW!

Membership for the 1992-93 season remains the same as last year!

	New Member	Renewal
Single	\$10	\$8
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- Please help out loading and unloading the vans.
- Hard sided suitcases are very difficult to pack efficiently today's small cars & vans. Please try to use soft luggage or duffle bags.

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Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.

1992/93 OFFICERS

President	Rita Long	(215) 843-4064
Vice President	Jan Berger	(215) 542-0366
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Joanne Sampey	(215) 379-1239
Corresponding Secretary	Sue Liwak	(215) 860-8067
Past President	Mike Seidman	(215) 836-4185
Member-at-Large	Ward Hickman	(215) 741-1766

1992/93 CHAIRPERSONS

Skimeister	Eric Million	(609) 499-0106
Membership	Peter Boroweic	(215) 885-9969
Editor & Wax Taster	Mike Seidman	(215) 836-4185
Publicity	Joyce Zuzak	(215) 788-0781
Meeting Programs	Mike Borovicka	(215) 968-5698
Eastern Pennsylvania	Jim Murtha	(215) 752-9662
Ski Council Representative		

1992-1993 Membership Application



Return to: New Hope Nordics, Membership Chairman, Box 407, Newtown, PA 18940

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Do not publish my work phone in the membership list.

This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

I understand and am aware that cross country skiing is a hazardous activity. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and agree not to make a claim against or sue the New Hope Nordics and its members for injuries or damages relating to participation in its activities.

Signed _____ Date _____

Received by _____

DUES:

Single

New - \$10

Renewal - \$8

Family

New - \$15

Renewal - \$12

SKI LEVEL:

Beginner

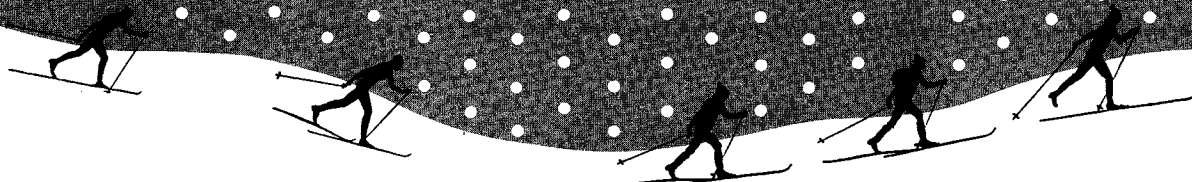
Intermediate

Advanced



New Hope Nordics
Box 407
Newtown, PA 18940

Let it SNOW!



1993 CROSS COUNTRY SKIING - NEW HOPE NORDICS

- * DEC. 31 - JAN 3 - TUG HILL, NEW YORK
- * JANUARY 8-10 - GARNET HILL, NY
- * JANUARY 22-24 - WESTERN PA
- * JANUARY 29-31 - SOUTHERN VERMONT
- * FEBRUARY 5-7 - LAPLAND LAKES, NY

- * FEBRUARY 12-15 - STOWE, VERMONT - BUS TRIP
- * FEBRUARY 19-21 - RICKETTS GLEN, PA
- * FEBRUARY 20-27 - JACKSON, NEW HAMPSHIRE:
WEEK TRIP
- * FEBRUARY 26-28 - JACKSON, NH - WEEK END
- * MARCH 5-7 - SNOW HUNT (OR CANAAN VALLEY)

The New Hope Nordics is the areas only ski club devoted entirely to cross country skiing. Weekend and Day trips throughout the snow season. Van, bus and carpool trips. Beginning skiers welcome! Monthly meetings with a variety of programs. For more information call: (215) 836-4185 or (609) 499-0106

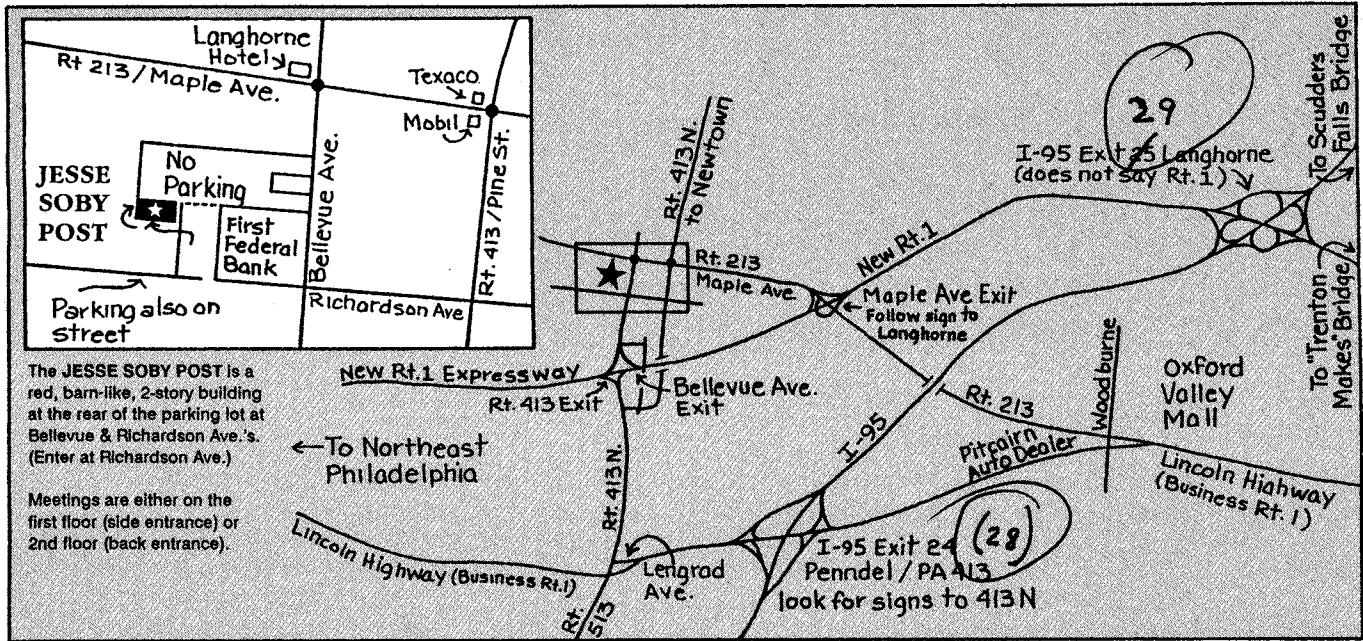
The New Hope Nordics

welcome anyone with an interest in cross-country skiing or the outdoors in general. Winter skiing programs include day, week-end and week-long trips from as close-by as the park next door to as far away as Canada, Lake Placid, Yellowstone and Lake Tahoe. Beginners will find support and lots of advice while experienced skiers enjoy the company of others who are looking for the "ultimate trail". Throughout the year there are gatherings for canoeing, hiking, biking, parties, and picnics. New Hope Nordic meetings cover a wide variety of skiing, outdoor and environmental subjects.

Meetings are held on the 2nd and 4th Tuesdays of November, January, and February; and the 2nd Tuesdays of December and the spring and fall months. They start promptly at 8 p.m. at the Jesse Soby American American Legion Post, Bellevue & Richardson Aves, Langhorne, PA .

Bring a friend!

Directions to the Jesse Soby American Legion Post



Membership Application

Return to: New Hope Nordics, Membership Chairman, P.O.Box 407, Newtown, PA 18940



Name: _____

Dues:

Address: _____

Single: New (\$10)

Renew (\$8)

City: _____ State: _____ Zip: _____

Family: New (\$15)

Renew (\$12)

Telephone: Home: _____ Work: _____

Please do not include my work telephone number in the New Hope Nordic membership list.

Ski Level:

Beginner

Intermediate

Advanced

Additional family members: _____

How did you find out about the Nordics? _____

I understand and am aware that cross country skiing is a hazardous activity. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and agree not to make a claim against or sue the New Hope Nordics and its members for injuries or damages relating to participation in its activities.

Signed _____ Rec'd by _____ Date _____





RECREATIONAL EQUIPMENT, INC.
Plymouth Square, Suite 115
Corner of Ridge and Butler Pikes
Conshohocken, PA 19428
(215) 940-0809

December 4, 1992

Dear Mike, Kevin and George:

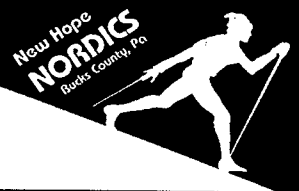
Thank you for doing such an interesting presentation at REI. The presentation was well received and the feedback was good from those in attendance. I personally found it very interesting and informative. I'm glad you were able to come.

I hope that you will be able to do a presentation for REI at some future date. I look forward to seeing George on the 10th. Thank you again and I look forward to working with you in the future.

Sincerely,

Richard Nestel,
Outreach Coordinator

Nordic Notes



Newsletter of the New Hope Nordics Cross Country Ski Club

January 1993

S ❄️ C ❄️ H ❄️ E ❄️ D ❄️ U ❄️ L ❄️ E

1992-93 CROSS COUNTRY SKI TRIP SCHEDULE

- *Dec. 31 - Jan. 3 - **TUG HILL, NY**
- *Jan. 8-10 - **GARNET HILL, NY**
- *Jan. 22-24 - **HIDDEN VALLEY, WEST. PA**
- *Jan. 29-31 - **SOUTHERN VERMONT**
- *Feb. 5-7 - **LAPLAND LAKES, NEW YORK**
- *Feb. 12-15 - **STOWE, VT - BUS TRIP**
- *Feb. 19-21 - **RICKETTS GLEN, PA**
- *Feb. 20-27 (Sat.-Sat.) - **LINCOLN, NH**
- *Feb. 25-28 (Thurs-Sun) - **JACKSON, NH**
- *March 5-7 - **SNOW HUNT**

JANUARY 1993

8-10 - SKI TRIP, GARNET HILL, NY

The Garnet Hill XC Center in New York has 50 km of groomed and tracked trails. It is connected to Highwinds which adds another 25 km. A complete ski shop with rentals and lessons is on the grounds. A shuttle service between the two areas and distant parts of the trail system is available. We will be staying at the Garnet Hill Lodge, so you can ski right from the door! The trip includes two nights lodging, two breakfasts, dinner Saturday night and van transportation from Philadelphia. Call Jim Murtha, 215-752-9662, for details and to make reservations. Limited to 10 participants.

12 - (Tues) Club Meeting, 8:00 PM

A presentation on Cross Country Ski Waxing. Good waxing makes skiing easier and smoother, even if you have "no-wax" skis. (Come and find out why!) Don't miss this chance to learn the secrets of glide and grip.

22-24 - SKI TRIP, HIDDEN VALLEY WESTERN PA

We will be staying and skiing at the Hidden Valley Resort, located in the Laurel Highlands of southwestern PA. Hidden Valley is approximately a 4-1/2 hour drive via the turnpike from

Philadelphia. Both cross country and downhill skiing are available. The cross country ski center has 50 km of groomed trails for all levels of skiers. Rentals and lessons are available.

Our lodging will be in the Lake House which is especially designed for groups. It has nine units, each with a private bath and two sets of bunk beds. The X-C trails, downhill slopes, restaurants and spa are all within walking distance. There's an indoor pool, so don't forget your swimsuit!

The trip cost of \$110. per person includes a car pool fee. It does not include meals or trail fees. Children under 12 go free and over 12 pay just \$33. Child care is available for children under 18 months to 10 years old for \$5/hour. (Reservations recommended). Although this trip is especially convenient for families, anyone is welcome. We'll go regardless of snow conditions as there is plenty of hiking and sightseeing in the area. A deposit of \$80. will reserve your spot. Call George or Diane Foos (215) 674-3016, for more information.

26 - (Tues) Club Meeting, 8:00 PM

29-31 - SKI TRIP, SOUTHERN VERMONT

Join us in our fourth year at Don and Janet Strohmeier's Stone Hearth Inn in Chester, Vermont. The trip is open to 20 people and will include two nights lodging, 2 breakfasts, 1 dinner and transportation at an approx. cost of \$140 per person. Trip fees does not include trail fees or lunch. Reserve your spot by calling Eric at 609-499-0106. **PROSPECTIVE LEADERS NOTE:** This trip has already been set up. Most of the work has been done, but we still need a leader to do the easy part. Interested in helping out??? Call the Skimiester.

FEBRUARY

5-7 - SKI TRIP, LAPLAND LAKES, NY

This trip is a great opportunity for skiers of all levels to get together and ski in the Southern Adirondacks. We will be staying right at the Lapland Lakes Touring Center, so you can step out the front door and ski on the 45 km of meticulously groomed trails. Lessons are rentals are available, so this is a great trip for beginning skiers. Cost will be approx. \$150. Call Pete Boroweic, 215-885-9969, or Melissa Stout, 215-750-1325 for details/reservations.

DAY SKI TRIPS

Once again, Jack Searnock will be our Day Ski Chairman. If you want to ski on Saturday, call Jack at 215-969-6838 no later than Friday night. If there is snow nearby, Jack will try to arrange an impromptu trip.

Day trips used to be popular events. Remember moonlight skiing in Washington's Crossing & trips to Valley Forge & the Poconos? The National Weather Service says this may be the snowiest year since '76!

9 - (Tues) Club Meeting, 8:00 PM

12-15 - SKI TRIP, STOWE, VERMONT - PRESIDENT'S (Three Day) WEEKEND BUS TRIP

Join us on this long holiday weekend for some of New England's best cross country skiing. On this trip you can ski New England's premier X-C resorts without the long drive. You'll leave Friday evening and relax as we travel on a deluxe bus to Stowe, Vermont. The movies on the bus help the time pass quickly. The trip includes three nights lodging at Golden Eagle Resort in Stowe, the same great place we stayed last year. This three star (★★★) resort has all the amenities including an indoor pool, health spa, sauna, hot tub & cable TV.

Saturday morning, after breakfast, the bus will take you to Trapp Family Lodge, probably the most famous X-C area in the East. The facilities at Trapp are excellent, from the base lodge, lessons for all levels of skiers (beginner to skating!), to good food and drink (The Austrian Tea Room!). This is an especially good trip for beginner or novice skiers. Needless to say, their trail system and grooming set the standard for other areas to follow. The base lodge is a warm and friendly place to relax in during the day. But, if you've had enough fun by early afternoon, the bus will be there to take you back to the hotel. Dinners will be a short walk across the road at an excellent restaurant. (The same as last year!)

Sunday's skiing will be at nearby Mt. Mansfield Touring Center with trails and scenery that rival Trapp. The more adventurous of us can take a downhill ski lift up the mountain and ski down an "easiest" trail. Again the bus will be there if you've had enough by early afternoon. If you're up for it, more skiing on Monday, or walk around town and visit the shops and restaurants of this picturesque town. We'll board the bus early afternoon, watch movies, eat & drink (again!) and arrive back Monday evening. A deposit of \$75. will hold your space (the trip went full last year). Trip cost \$279. For reservations and more details: Dorothy Cary & Phil Kane, 215-222-6767.

19-21 - SKI TRIP, RICKETTS GLEN, PA

The emphasis of this ski trip will be on simplicity. We will be sharing cabins and cooking chores and will be skiing on the wooded trails in the state forest - right by our cabins. The cabins are almost brand new and have beds, showers, full kitchens, heat, furniture and wood paneling. Bring your own

skis. We'll be carpooling. The cost will be about \$40. Call Kevin Kopp, 215-321-3930 for details and reservations.

20-27 (Sat.-Sat.) - WEEK SKI TRIP LINCOLN, NH

A winter week in the White Mountains of New Hampshire! The trip includes seven nights deluxe accommodations at the Mill House Inn in Lincoln, NH and as much skiing as you could possibly want. The skiing will be at Bretton Woods, Waterville Valley, Jackson XC, Loon Mountain and others. Downhill skiing is just as abundant & close by, and some of the ski areas will provide shuttles. The trip includes full breakfasts, van transportation from the Philadelphia area and all the amenities: indoor heated pool, saunas, jacuzzi, game room and exercise room. Shopping is nearby, in case you run out of things to do! Family packages are available, please contact the leaders. Nursery service is also available at Bretton Woods and Waterville Valley. The cost is approximately \$500. Call Mary Phalan, 215-487-1844, or Florence DiPaolo, 215-725-9281, for information or reservations.

23 - (Tues) Club Meeting, 8:00 PM

25-28 (Thurs-Sun) SKI TRIP JACKSON (NH) WEEKEND

If you can't do the week trip to Lincoln, NH, join us on a long weekend to one of the best X-C ski areas in the East. We might be staying at the Bernerhof, a small hotel in the Mt. Washington Valley, an easy drive to the Jackson and Bretton Woods X-C ski areas. The trip is open to 10 people (1 van), trip cost approx. \$265. The plan is to include 3 breakfasts, 2 dinners and transportation; lunch and trail fee are extra. Call Ellen now to reserve your space with a \$100. deposit. Co-leaders: Eric Million (609) 499-0106 and Ellen Friedreich (215) 295-3563.

MARCH

5-7 - SNOW HUNT (CANAAN VALLEY?)

If the snow lasts, we'll try to have one last trip to take advantage of it! More details as we get closer, but we need someone to lead it. Please contact the Skimiester to help out.

9 - (Tues) Club Meeting, 8:00 PM

APRIL

13 - (Tues) Club Meeting, 8:00 PM

Program: TBA

MAY

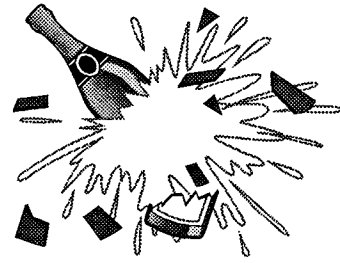
11 - (Tues) Club Meeting

The last meeting of the Winter Season (Boo!) Celebrate with a Pizza Party! (Yea!)

TRIP REPORTS

TUG HILL SKI TRIP STARTS OFF SEASON WITH SNOW!

First the good news: The Tug Hill Plateau region of New York had 27" of snow the Saturday before the trip! The bad news: it went up to 52 and rained heavily the day before the trip! The spirits of the 11 intrepid participants were guardedly (blindly?) optimistic as we took in the brown, snowless views of Syracuse and Rome as we travelled early on December 31. But there was snow on the ground in Altmar NY when we reached our destination! We skied at the Osceola Tug Hill Touring Center on both Friday and Saturday. The snow cover wasn't the best: it had some icy spots & some spots were bare, but it was groomed as well as could be expected and it was certainly skiable! We had 2" of fresh powder on Friday night, which helped improve the skiing. We left early Sunday morning, driving through an advancing ice storm which changed to rain as we got further south.



10th Anniversary Gala

The New Hope Nordics are almost ten years old! Barb Million is starting to put together some ideas about how we can celebrate it. Two of the most popular are a dinner dance or a cocktail party. What do you think? Call Barb at 609-499-0106 and let her know. The grand affair will be in the Spring of 1993.

ASIA COURSE - 1993

The Amateur Ski Instructors Association (Nordic Division) offers a series of classes to certify you as an instructor. The courses are two weekends long and feature intensive on-snow classes and video critiques. It's designed to enable you to teach first-time through advanced-beginning skiers. And it will change the way you ski! Your skiing will become smoother and easier. The teachers are professional nordic (PSIA) instructors. You should be an experienced skier with some teaching ability, good communication skills, be in good health and have a desire to help others enjoy our sport. Call Mike Seidman, 215-836-4185 for more information.

DO YOU HAVE OLD SKIS?

Do you have old skis, boots, poles, etc., that you no longer use? Are they taking up valuable storage space in your closet? We'll collect them and donate them to the Buckfield Jr. & Sr. High School in Buckfield, Maine. Last year we sent 9 sets of equipment. Any X-C equipment will be put to good use. Just bring them to a meeting and give them to Mike Seidman, 215-836-4185.

SIGN UP EARLY!

We're a non-profit club that exists to serve our members by running cross country trips at the lowest cost. (Our trips are priced at cost, plus a 0.5% contingency fee.) Members who lead/co-lead that trip get 5% consideration, but they don't go on the trip for free. If possible, we refund any reasonable excess after the trip accounting is done.

To get space at small cross country ski lodges, we often place deposits 11 months in advance. When we get to about 4 weeks before the actual trip, we start to cancel unused spaces. Because we are non-profit, and we price our trips as low as possible, we have few options. We don't feel it would be right to "build in", and pay for, extra spaces into the cost. Don't wait until the last minute, please make your reservations as soon as you can. We don't want to turn anyone away, but sometimes we have to, in order to be fair to the majority.



Dues for the 1992-93 season are payable now! Please mail the enclosed application or you can pay at any meeting. Thanks!

MEMBERSHIP DUES — ARE DUE NOW!

Membership for the 1992-93 season remains the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attn: Peter Boroweic).

NEWSLETTER

- The deadline for submitting information for the newsletter is 2 weeks before the publishing date. The next publishing date will be November 30, 1992.
- Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost.
- Send material for the newsletter to: Mike Seidman, 214 Larrimore Lane, Erdenheim, PA 19118, 215-836-4185, Fax: 242-2410.

GENERAL TRIP POLICIES

- Day trips are open to members and non-members.
- Trips for which the club arranges either lodging or transportation are open to members only.
- Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics.
- Unless otherwise stated, all trips go snow or no snow. Bring hiking boots.
- No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member.
- In consideration of the comfort and enjoyment of all participants, all passengers on any vehicle holding more than 15 people must be at least 12 years of age.

- All trip participants pay full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass back the cost reduction to that participant.
- The success of the trips depends upon people willing to share the driving. Please consider this if you are asked.
- Please help out loading and unloading the vans.
- Hard sided suitcases are very difficult to pack efficiently today's small cars & vans. Please try to use soft luggage or duffle bags.

TRIP CANCELLATION POLICY

- More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less.
- Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater.
- Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater.
- Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving.
- The refund amount will be determined only after the trip accounting has been completed.

MEETINGS

Meetings are held at 8 PM, the 2nd Tuesdays of Fall and Spring Months, and the 2nd and 4th Tuesdays of November, January, and February. We meet at the Jesse Soby American Legion Post, Langhorne, PA, which is located at Richardson and Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. Anyone with an interest in cross country skiing or the outdoors in general is welcome to attend. Bring a friend!

Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.

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New - \$15

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SKI LEVEL:

Beginner

Intermediate

Advanced

Nordic Notes



Newsletter of the New Hope Nordics Cross Country Ski Club

February 1993

S ❄ C ❄ H ❄ E ❄ D ❄ U ❄ L ❄ E

1993 CROSS COUNTRY SKI TRIP SCHEDULE

- *Feb. 5-7 - **LAPLAND LAKES, NEW YORK**
- *Feb. 12-15 - **STOWE, VT - BUS TRIP**
- *Feb. 19-21 - **RICKETTS GLEN, PA**
- *Feb. 20-27 (Sat.-Sat.) - **LINCOLN, NH**
- *Feb. 25-28 (Thurs-Sun) - **JACKSON, NH**

February

2 - (Tues), **Ground Hog Day!**

Puxatawney Phil sees his shadow and six more weeks of winter are forecast by this wise animal. Maybe we'll get to ski in Valley Forge this year after all!. (Would such an adorable creature steer us wrong?)

5-7 - **Ski Trip, Lapland Lakes, NY**

This trip is a great opportunity for skiers of all levels to get together and ski in the Southern Adirondacks. We will be staying right at the Lapland Lakes Touring Center, so you can step out the front door and ski on the 45 km of meticulously groomed trails. Lessons and rentals are available, so this is a great trip for beginning skiers. Cost will be approx. \$150. Call Pete Boroweic, 215-885-9969, or Melissa Stout, 215-750-1325 for details/reservations.

9 - (Tues), **Club Meeting, 8:00 PM**

12-15 - **Ski Trip, Stowe, Vermont - President's (3 Day) Weekend Bus Trip**

Join us on this long holiday weekend for some of New England's best cross country skiing. On this trip you can ski New England's premier X-C resorts without the long drive. You'll leave Friday evening and relax as we travel on a deluxe bus to Stowe, Vermont. The movies on the bus help the time pass quickly. The trip includes three nights lodging at Golden Eagle Resort in Stowe, the same great place we stayed last year. This three star (★★★) resort has all the amenities including an indoor pool, health spa, sauna, hot tub & cable TV. Saturday morning, after breakfast, the bus will take you to

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19-21 - **Ski Trip, Ricketts Glen, PA**

The emphasis of this ski trip will be on simplicity. We will be sharing cabins and cooking chores and will be skiing on the wooded trails in the state forest - right by our cabins. The cabins are almost brand new and have beds, showers, full kitchens, heat, furniture and wood paneling. Bring your own skis. We'll be carpooling. The cost will be about \$40. Call Kevin Kopp, 215-321-3930 for details and reservations.

20-27 - (Sat.-Sat.), **Week XC Ski Trip Lincoln, NH**

A winter week in the White Mountains of New Hampshire! The trip includes seven nights deluxe accommodations at the Mill House Inn in Lincoln, NH and as much skiing as you could

DAY SKI TRIPS

Jack Searnock is our Day Ski Chairman. If you want to ski on Saturday, call him at 215-969-6838 no later than Friday night. If there is snow nearby, Jack will try to arrange an impromptu trip.

possibly want. We'll ski at Bretton Woods, Waterville Valley, Jackson XC, Loon Mountain and others. Downhill skiing is just as abundant & close by, and some of the areas provide shuttles. The trip includes full breakfasts, van transportation from the Philadelphia area and all the amenities: indoor heated pool, saunas, jacuzzi, game room and exercise room. Shopping is nearby, in case you run out of things to do! Family packages are available, please contact the leaders. Nursery service is also available at Bretton Woods and Waterville Valley. The cost is appx. \$500. Call Mary Phalan, 215-487-1844, or Florence DiPaolo, 215-725-9281, for information.

FEBRUARY

23 - (Tues), Club Meeting, 8:00 PM

25-28 - (Thurs-Sun), Ski Trip, Jackson NH

If you can't do the week trip to Lincoln, NH, join us on a long weekend to one of the best X-C ski areas in the East. We might be staying at the Bernerhof, a small hotel in the Mt. Washington Valley, an easy drive to the Jackson and Bretton Woods X-C ski areas. The trip is open to 10 people (1 van), trip cost approx. \$265. The plan is to include 3 breakfasts, 2 dinners and transportation; lunch and trail fee are extra. Call Ellen now to reserve your space with a \$100. deposit. Co-leaders: Eric Million (609) 499-0106 and Ellen Friedreich (215) 295-3563.

MARCH

9 - (Tues), Club Meeting, 8:00 PM

Election of Officers

Introduction to Orienteering.

14 - (Sun), Orienteering Event

The Delaware Valley Orienteering Association has invited the Nordics to participate in their inaugural orienteering meet in Washington Crossing Park in New Jersey. The course is approximately four miles and is good for beginners. Cost is \$3.00. Meet at the Visitor's Center Parking Lot at 11:00 AM. Participants are strongly encouraged to bring a compass and a whistle. Call Jim Eagleton (215-283-0137) or Sue Liwak (215-860-8067) for more details.

19 - (Fri), Summer Planning Meeting

Where are we going? What are we doing? Help plan the upcoming events for the Summer. Where do YOU want to go? This is your chance to tell everyone where to go! Come and put your 3 cents in (2 cents before inflation). Refreshments (read: bribes) will be served. 8:00 PM at Mike Seidman's hovel, 214 Larrimore Lane, Erdenhiem, PA (215) 836-4185.

APRIL

3 - (Sat), Delaware Water Gap Hike

Leave 10:00 AM from parking lot at intersection of PA Rt. 191 and the Appalachian Trail (Fox Gap). Hike appx. 8 miles down into the Water Gap, which also happens to be in the direction of the bar. Along the way the scenery is great, particularly toward the end of the hike. Call if carpool arrangements are

needed. Bring lunch, water, etc. Rita Long (215) 843-4064.

24 - (Sat), Pot Luck Dinner

6:00 PM at the home of Scott & Jan Berger, 279 Winchester Drive, Horsham. Call (215) 542-0366 for all the gastronomic details.

13 - (Tues), Club Meeting, 8:00 PM

Program: TBA

MAY

1 - (Sat), Birding Trip to Brigantine Natl. Wildlife Refuge

Interested in something different? Don Jones, a member of the Delaware Valley Ornithological Club, will lead a leisurely and low-keyed trip to Brigantine to see herons, shorebirds, etc. We'll meet at 10:00 AM at a specific location in New Jersey and proceed to the wildlife refuge. Bring munchies and binoculars if you have them. Afterwards, if there is enough interest, we can finish the afternoon with dinner at the Oyster Creek Inn at Brigantine. The cost for birding is \$3.50 per person, which Don will donate to the Silver Lake Nature Center. Call Sue Liwak (215-860-8067) for details and directions.

11 - (Tues), Club Meeting, 8:00 PM

The last meeting of the Season. Celebrate with a Pizza Party!

JUNE

Wednesday Night Bike Rides

See back page for details

13 - (Sun), Dunnfield Creek & Mt. Tammany Hike

Meet at the Dunnfield Creek parking area off Route 80 in the NJ side of the Delaware Water Gap at 10:00 AM sharp. We'll climb up alongside the waterfall-infested creek and walk through dense Mt. Laurel (which we hope will be in bloom) and have lunch at Sunfish Pond. We then hike towards Mt. Tammany with its spectacular view of the Gap. Bring lunch, water and sturdy shoes. 12 miles, moderately strenuous. Joint trip with Batona Hiking Club. Call for if you want to carpool. Mike Seidman (215) 836-4185.

JULY

Wednesday Night Bike Rides

AUGUST

Wednesday Night Bike Rides

NOVEMBER

6 - (Sat), Tenth Anniversary Celebration

See back page for details

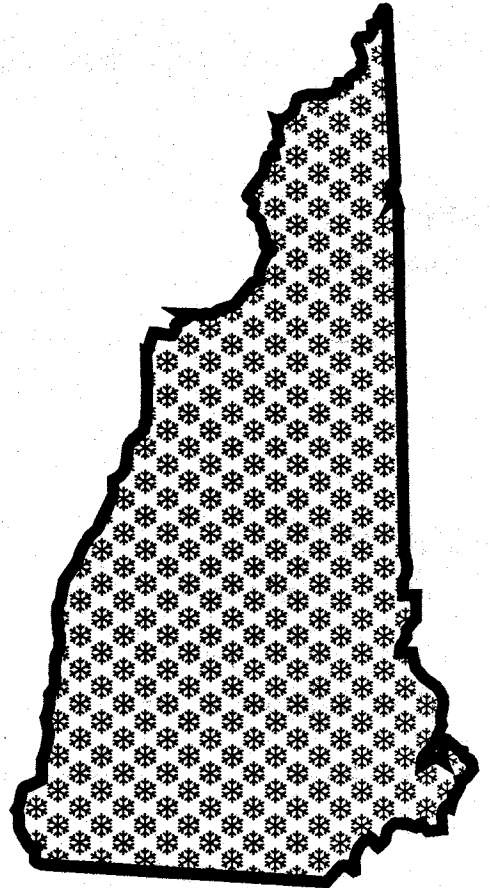
WOW — A WEEK IN NEW HAMPSHIRE!

Cross Country Ski Vacation

February 20-27, 1993

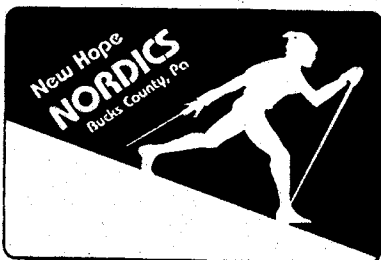
Featuring:

- Round trip van transportation from Philadelphia to New Hampshire
- Excellent Cross Country and Downhill Skiing at nearby Bretton Woods, Waterville Valley, Loon Mountain, Franconia Notch, Jackson Touring Center
- Backcountry skiing in nearby wilderness areas
- Transportation to and from the ski areas
- Seven nights deluxe accommodations at the Mill House in Lincoln, NH
- Heated pool, game room, saunas, jacuzzi, exercise room, nearby grocery
- Full breakfast daily
- Five nearby restaurants (including pizza & Chinese!) within walking distance
- Indoor access to shopping (so your feet won't get cold!)
- Outlet shopping close by including Bass & North Face to name just a few.
- Wine & Cheese parties
- A nightclub nearby in the complex
A quiet piano bar
- Family packages available
- Babysitting services available at some ski areas
- Beautiful & talented trip leaders!



All this for only \$500!

Call Mary Phalan, 215-487-1844
or Florence DiPaolo, 215-725-9281



*Sponsored by the New Hope Nordics
the area's only Cross-Country Ski Club.*

OFFICIAL BALLOT NEW HOPE NORDICS 1993-1994 ELECTION OF OFFICERS

*Vote at the meeting or use this ballot.
This ballot must be postmarked no later than March 4, 1993 to be included.
New Hope Nordics, Box 407, Newtown, PA 18940*

Vote For One Choice Per Office Only!

PRESIDENT:

Rita Long

CORRESPONDING SECRETARY

Sue Liwak

VICE-PRESIDENT

Michael Borovicka

Florence DiPaolo

Carol Ettinger

RECORDING SECRETARY

Ward Hickman

TREASURER

Mary Phalan

MEMBER-AT-LARGE

Pam Hawthorne

Saul Miller

MEMBERSHIP DUES — ARE DUE NOW!

Membership for the 1993 season remains the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attn: Peter Boroweic).

NEWSLETTER

- Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost.
- Send material for the newsletter to: Mike Seidman, 214 Larrimore Lane, Erdenheim, PA 19118, 215-836-4185, Fax: 242-2410.

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- Day trips are open to members and non-members.
- Trips for which the club arranges either lodging or transportation are open to members only.
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- Unless otherwise stated, all trips go snow or no snow. Bring hiking boots.
- No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member.
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- All trip participants pay full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass back the cost reduction to that participant.

- The success of the trips depends upon people willing to share the driving. Please consider this if you are asked.
- Please help out loading and unloading the vans.
- Hard sided suitcases are very difficult to pack efficiently today's small cars & vans. Please try to use soft luggage or duffle bags.

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Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.

1992/93 OFFICERS

President	Rita Long	(215) 843-4064
Vice President	Jan Berger	(215) 542-0366
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Joanne Sampey	(215) 379-1239
Corresponding Secretary	Sue Liwak	(215) 860-8067
Past President	Mike Seidman	(215) 836-4185
Member-at-Large	Ward Hickman	(215) 741-1766

1992/93 CHAIRPERSONS

Skimeister	Eric Million	(609) 499-0106
Membership Chairperson & Guardian of "The Can"	Peter Boroweic	(215) 885-9969
Klister Remover (Editor)	Mike Seidman	(215) 836-4185
Publicity	Joyce Zuzak	(215) 788-0781
Meeting Programs	Mike Borovicka	(215) 968-5698
Eastern Pennsylvania Ski Council Representative	Jim Murtha	(215) 752-9662

1992-1993 Membership Application



Return to: New Hope Nordics, Membership Chairman, Box 407, Newtown, PA 18940

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Do not publish my work phone in the membership list.

This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

I understand and am aware that cross country skiing is a hazardous activity. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and agree not to make a claim against or sue the New Hope Nordics and its members for injuries or damages relating to participation in its activities.

Signed _____ Date _____

Received by _____

DUES:

Single

New - \$10

Renewal - \$8

Family

New - \$15

Renewal - \$12

SKI LEVEL:

Beginner

Intermediate

Advanced

10TH ANNIVERSARY GALA

We have set the date for the New Hope Nordics Tenth Anniversary Celebration for the evening of Saturday, November 6, 1993. The dinner & dance party will take place at the Heritage House on Route 611 in Warminster, PA. Now the fun part of the planning begins. We welcome any volunteers to work on invitations, decorating, collecting NHN ski memorabilia, etc. Contact Barb Million (609-499-0106), Dee Kopp (215-321-3930) or Sue Liwak (215-860-8067). More details will follow in upcoming newsletters.

Southern Vermont Trip: a Great Success!

"OUTRAGEOUS"! This is the only way to describe the Chester Vermont Weekend, January 29-31. We arrived very late Friday evening, but with the sight of snow on the ground, hopes ran high! The skiing Saturday at Woodstock and Mt. Tom proved a bit crunchy, since the temperatures were quite low and the snow frozen. But Sunday was **MAGNIFICENT!** During the night six inches of snow had fallen. We skied Prospect Mt. (in Bennington) and the conditions were **perfect**. Consideration was given to disconnecting the wires to the engine in the van and staying a few more days. Our leader was not too thrilled about this idea. All the participants had an absolutely wonderful weekend in VT and would like to extend a special thank you to our really great snow hounds, Barb and Eric Million.

ROEBLING RIDES RETURN!

This year led by Barb Million. Bring your bikes to the ride the 1st and 3rd Wednesdays of June, July and August. The C-paced rides range from 15 to 20 miles and pass through the picturesque farmlands of Burlington County, NJ. We will meet again this year at the Roebling Grade School parking lot on Hornberger Avenue. The ride leaves at 6:30 PM. As usual all are welcome to join the Millions at the local pizza parlor after the ride. Call Barb at 609-499-0106 for more information.



**New Hope Nordics
Box 407
Newtown, PA 18940**

**Election
Ballot
Inside!**

Cross Country Ski Basics

Recreation Equipment, Inc. - February 4, 1993

Clothing

Many beginners overdress and soon need to remove clothing when they overheat!

Everybody is different. What works for you may not work for someone else. Touring skiers often carry a small pack with extra layers for changing conditions.

LAYERING helps you regulate body temperature. Three layers are used:

WICKING: The layer next to your skin should move perspiration away from your body (where it would chill you) to the outer layers. Synthetics and wool work best. Cotton remains cold when wet and will make you colder when you stop!

INSULATION: Provides warmth. Sweaters and synthetic are best. Light and easy-to-pack layers are best for touring. Some very active skiers may not even need an insulation layer (until they stop).

OUTER SHELL: Protects you from wind and rain and should have some way of venting excess heat/moisture or be easily removed. Most skiers will always have some type of outer shell.

HATS AND GLOVES: Like your grandmother said, if your feet are cold, put on a hat! You lose a lot of energy through your neck and head, so insulate it! The layering system works well here too. Cold hands are no fun: liners, gloves and overmitts will make a versatile system to keep your hands warm in almost any weather.

Ski Selection

WAXABLE skis use a thin layer of wax on the base to suit the day's snow. The benefit is the ability to tune the ski for increased glide and traction. Waxable skis can be used for "skating" or freestyle skiing.

NO-WAX SKIS have a grip pattern molded into the base. They offer convenience and are extremely popular with touring and backcountry skiers. When snow conditions are changing (above freezing to below freezing) waxing is challenging and skiers often switch to a no-wax ski. A no-wax ski is difficult to "skate" with.

CAMBER is the bend in the middle of the ski where the "wax pocket" or "grip zone" is located. A ski needs enough camber to lift the wax pocket off the snow when you're gliding with your feet side by side. When you stand on one ski and press down, the ski must bend enough to let you grip the snow and move forward.

YOUR WEIGHT and SKIING ABILITY affect the amount of camber you need. Stiff skis are faster but more demanding of your technique to get enough grip to go forward. Very stiff skis are used by racers. Novice skiers are happy with a soft ski that

requires less force to use properly (especially at the end of a long day).

The LENGTH of the proper ski should be decided with your height, weight and skiing ability in mind. As a general rule: although a beginner may find a shorter ski easier to handle and steer when they are learning, the increased stability and speed of a longer ski is what they will soon graduate to. Don't buy a ski that is too short. Take a lesson and learn how to ski the right ski!

CLASSICAL SKIS: should reach to the wrist when you raise your arm over your head. Freestyle (skating) skis are about 10 cm shorter.

WIDTH: A wide ski gives more flotation in soft snow while a narrow ski gives more speed and less drag. People who ski on groomed trails can use a narrower ski than backcountry skiers.

SHAPE of the ski: skis are hourglass shaped, narrower under the foot than at the ends. This is called sidecut. The more sidecut the easier the ski will turn and steer. Backcountry skiers want a ski that turns easier than a skier who is in prepared tracks.

The New Hope Nordics

Cross Country Ski Club
P.O. Box 407, Newtown, PA
(215) 836-4185 (609) 499-0106

1993 CROSS COUNTRY SKI TRIPS

FEBRUARY

5-7 - LAPLAND LAKES, NEW YORK
Pete Boroweic, 215-885-9969

12-15 - STOWE, VERMONT
PRESIDENT'S WEEKEND BUS TRIP
Dorothy Cary & Phil Kane, 215-222-6767.

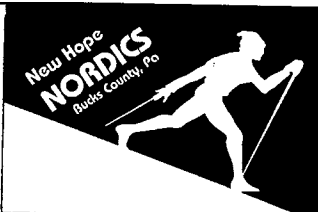
19-21 - RICKETTS GLEN, PA
Kevin Kopp, 215-321-3930

20-27 (Sat.-Sat.) - WEEK TRIP, LINCOLN, NH
Mary Phalan, 215-487-1844
Florence DiPaolo, 215-725-9281

25-28 (Thurs-Sun) JACKSON (NH) WEEKEND
Eric Million 609-499-0106
Ellen Friedreich 215-295-3563.

Some trips include van or bus transportation, some are carpool trips. Call the leaders for details and reservations.

NordicNotes



Newsletter of the New Hope Nordics Cross Country Ski Club

April 1993

* S C H E D U L E *

* APRIL

24 - (Sat), Pot Luck Dinner

6:00 PM at the home of Scott & Jan Berger, 279 Winchester Drive, Horsham. Call (215) 542-0366 for all the details.

* MAY

1 - (Sat), Birding Trip to Brigantine National Wildlife Refuge

Interested in something different? Don Jones, a member of the Delaware Valley Ornithological Club, will lead a leisurely and low-keyed trip to Brigantine to see herons, shorebirds, etc. We'll meet at 10:00 AM at a specific location in New Jersey and proceed to the wildlife refuge. Bring munchies and binoculars if you have them. Afterwards, if there is enough interest, we can finish the afternoon with dinner at the Oyster Creek Inn at Brigantine. The cost for birding is \$3.50 per person, which Don will donate to the Silver Lake Nature Center. Call Sue Liwak (215-860-8067) for details and directions.

7 - (Fri), Winter Planning Meeting

All are encouraged to attend this meeting where we plan the trips for next year. 8:00 PM at the home of Kevin & Dee Kopp, 1269 Harrow Crescent, Yardley, PA (215-321-3930).

11 - (Tues), Club Meeting, 8:00 PM

The last meeting of the Season. Celebrate with a Pizza Party!

23 - (Sun), Heart Association Bike Ride

Ride 12, 30 or 65 miles for a worthy cause. Call Jane Milnor (215-968-9657) for more information.

* JUNE

Wed. Night Bike Rides

This year led by Barb Million. Bring your bikes to the ride the 1st and 3rd Wednesdays of June, July and August. The C-paced rides range from

15 to 20 miles and pass through the picturesque farmlands of Burlington County, NJ. We will meet again this year at the Roebling Grade School parking lot on Hornberger Avenue. The ride leaves at 6:30 PM. As usual all are welcome to join the Millions at the local pizza parlor after the ride. Call Barb at 609-499-0106 for more information.

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26 - (Sat), Mountain Biking in Jim Thorpe

We will ride approximately 15-20 miles. Mountain bike rentals are available at Blue Mtn. Sports in Jim Thorpe. No previous mountain bike experience required. Meet at 10:00 AM at the Train Depot in downtown Jim Thorpe. Call Diana Dunn (215-799-5129) for details.

* JULY

Wed. Night Bike Rides - See June description

10 - (Sat), Bike Ride

Doylestown to New Hope and back. Eat lunch in New Hope. About 30 miles. Meet at 10:00 AM at the Mercer Museum in Doylestown. Call Diana Dunn (215-799-5129) for details.

16 - (Fri), Trexlertown Velodrome: Madison

A evening of bike racing at the Trexlertown Velodrome. The Madison is the most exciting event of the velodrome races. Admission will be appx. \$7.00. Food and refreshments are available onsite. Call Eric Million (609-499-0106) for details and carpools.

31 - (Sat), Kayak Trip

Kayaking at Island Beach State Park in NJ. We

will kayak in the bay between the barrier island and the coast. Previous kayaking experience not required. We will rent kayaks from a local outfitter (Jersey Paddler.) Call Rita Long (215-843-4064) for details. Call a week or two in advance, if possible, to reserve a kayak.

* AUGUST

Wed. Night Bike Rides - See June description

15 - (Sun), Orienteering in French Creek State Park.

Take PA Rt 23 to PA Rt 345, Rt 345 North and watch for "O" signs. Call Jim Eagleton (215-283-0137), Sue Liwak (215-860-8067) for time and more information.

21 - (Sat), Home Grown Picnic

We're going to try our best to stick to the theme of all local foods, local being the tri-state area. Ask anyone who has come in the past and they will tell you stories of mouth-watering home made delights that I cannot begin to describe. I expect to be more child aware this year (I carelessly left some things out last year that are not good for inquisitive children.) Of course, I'll have an orchid plant or two to give away, but I haven't decided if I'll have the garden quiz again. That will depend on popular demand. Starts at 4 PM. Call in advance so I can try to coordinate the dishes. Jim Murtha (215-752-9662).

* SEPTEMBER

11-12 (Sat), NJ/PA Bike Ride

George Foos (215-674-3016)

14, (Tues), Club Meeting, 8:00 PM.

First meeting of the year. Come out and show off your tan!

18-19 (Sat-Sun), MS 150 Bike Ride

Join the New Hope Challenge Team and help raise money to fight Multiple Sclerosis. Ride 75 miles each day, stay over in Ocean City, NJ. All meals, accommodations, food stops, technical support and sag wagon are included. Over 3200 people participated last year. Each rider must raise \$150. in contributions. Join us on the ride, or help by making a donation. Make checks payable to Multiple Sclerosis and send to the Treasurer, Mary Phalan, who will enter them as a group for us. Call Rita Long (215-843-4064) for more information.

* OCTOBER

2 - (Sat), Delicious Orchards Ride

Eric Million, (609-499-0106)

11 - (Mon), Hawk Mountain Hike

Mike Borovicka, (215-968-5698)

30 - (Sat), Navy/Notre Dame Football

Mike Borovicka, (215-968-5698)

* NOVEMBER

6 - (Sat), Tenth Anniversary Dinner

We've set the date for the New Hope Nordics Tenth Anniversary Celebration! The dinner & dance party will take place at the Heritage House on Route 611 in Warminster, PA. Now the fun part of the planning begins. If you have any photos you'd like to loan us or stories you would like to share, please contact Barb, Dee or Sue. We welcome any volunteers to work on invitations, decorating, collecting NHN ski memorabilia, etc. Contact Barb Million (609-499-0106), Dee Kopp (215-321-3930) or Sue Liwak (215-860-8067). More details will follow in upcoming newsletters.

* JANUARY, 1994

21-23 - (Fri-Sat), Lapland Lakes NY Ski Trip

Reservations have been made. Leader needed.

It's a Boy!

Congratulations to Barb & Eric Million on the birth of their son, Evan Thomas, on Thursday April 8. We wish them all the best of health, happiness and good snow.

Congratulations to our New Officers...

...and the lucky winners for 1994-1994 are:

Rita Long, *President*

Michael Borovicka, *Vice-President*

Mary Phalan, *Treasurer*

Sue Liwak, *Corresponding Secretary*

Ward Hickman, *Recording Secretary*

Saul Miller, *Member-at-Large*

Our thanks and support to all of them for the upcoming year.

Delaware Water Gap Hike

For all of you who decided not to hike due to the weather forecast - it was your loss! We had a very enjoyable hike on trails that were in good condition - not a drop of rain. A small group of us started out down the Appalachian Trail from Rt. 191, and were joined by a hiker from Ohio who was looking for a good trail. Ed was an interesting companion, very knowledgeable about environmental and other issues. Later in the day, we met George, Diane and Gregory Foos, who had hiked up from the Delaware Water Gap end of the trail. As promised, we all enjoyed a beer and hot food in a local watering hole, and then went on to craft store. A good time was had by all.

Rita Long

Trip Report - Garnet Hill

For the first time since the club has been going to Garnet Hill, we were able to get enough space to stay right at the lodge. As leader, I was looking forward to skiing after breakfast without driving to the trails. So what happened? You guessed it, no snow! We had to drive 30 miles to find just barely enough snow to ski on. The accommodation were good, the Saturday buffet was great, and the mix of personalities was stimulating. It's a trip worth keeping on our list of winter activities.

Jim Murtha

Ricketts Glen Ski Trip

14 to 16 inches of snow made this one of the best Ricketts Glen trips yet! We skied Saturday, Saturday Night and Sunday. The trails were great! Everyone from a few months old to (let's just say older than that) had a great time. George & Diane Foos had Greg out in his ski sled, and all went well as long as they didn't hit any bumps. The cabins were warm and the food was great as usual. A good time was had by all and this is likely to be a regular club trip in the future.

Kevin Kopp

View from a new member....

Upon receiving the trip intro letter....

Oh No! Wax/waxless? What are they talking about?

I just have some kind of skis. HELP!

Did I make a mistake ("MAM")?

Upon arrival in Lincoln, NH....

It's HOW cold? I could've been in Florida.

Did I MAM?

Upon discussions of different color waxes the first morning....

I still don't know what wax is or does.

Why am the only one taking a lesson?

Did I MAM?

After a week of skiing through snow-laden evergreens under cold, sunny skies, spirited company and personal firsts...

I did not MAM. I am hooked!

How soon is the next trip?

Will Mary & Floss (please, please) be my beautiful, talented and just plain wonderful trip leaders again?

Can I get a life membership?

Editors note: Thanks to Shelley Winkler for sending this to us. To answer the questions: Wax; different kinds of ski bottoms; no; cold enough for good skiing; no; wax helps the skis glide & grip better; the rest of them wouldn't admit they needed one; no; December; we all hope so; maybe.

Stowe Bus Trip, Feb. 12-15 Snow, Snow, Snow!

It was a dark and stormy night.... Some of the suburban school districts never opened because of the snowstorm. Yet 46 Nordics met the bus in Yardley and we left on time. (OK. 10 minutes late.) Spirits were high as we anticipated the best snow of the season. Unfortunately the traffic was also high. So was the snow on the NY Thruway. We arrived three hours later than we expected so skiing was delayed until 11 AM to get a few extra hours of sleep and a late breakfast.

We skied at Trapp on Saturday and the conditions were excellent! Fresh powder, a great base & good grooming, partially sunny and some gusty winds. A lot of people took lessons and five of us took a skating lesson with an instructor who remembered us from last year! The classic climb to the cabin and blast down the Haul Road were made even better by the soft, forgiving snow and the excellent glide. It was one of the best days at Trapp anyone could remember.

We spent some time back at the Golden Eagle Lodge's lounge watching Warren Miller movies and rehydrating ourselves before dinner. A pump or something like that broke and the water in our rooms was off until about 9:00 PM. But we were able to tough it out by walking 100 yards to the health spa where they held guns to our heads and forced us to get into the hot tub. Dinners were across the street at the Partridge Inn and only one or two people had the willpower to walk away from desert.

We woke Sunday to fresh snow. A lot of us went back to Trapp, wanting to ski it with a full night's sleep under our belts. As we stepped out of the bus it looked like a scene from Dr. Zhivago with blowing snow and howling wind. Pretty nasty. But 30 minutes later the sun was out, the sky was blue and the temperature was in the 20's. And the skiing was excellent. With the great snow cover, all the backcountry trails were open and the Nordics tried them all. Trapp to Mansfield, Mansfield to Trapp, Trapp to Topnotch to Stowe, etc, etc. The skiing doesn't get much better than that.

Until then next day! The bus took us to Mt. Mansfield which had done a beautiful job grooming their trails. They were perfect! Again more great powder, excellent glide, clear blue skies and temperatures in the 20's. As it was Monday the trails were not crowded and it was a shame to leave. (Hijacking the bus was considered...) Some people walked to town and did some shopping, some skied the Stowe Recreation trail and some even skied to town to go shopping. We left at 12:30 for the ride home. Trip leaders Dorothy Cary and Phil Kane deserve everyone's thanks for a running a super trip. They had this one organized to a standard that will be a tough act to follow. Everything ran smoothly as possible. And the skiing was the best we've had in years!

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Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.

1992/93 OFFICERS

President	Rita Long	(215) 843-4064
Vice President	Mike Borovicka	(215) 968-5698
Chancellor of the Exchequer	Mary Phalan	(215) 487-1844
Recording Secretary	Ward Hickman	(215) 741-1766
Corresponding Secretary	Sue Liwak	(215) 860-8067
Past President	Mike Seidman	(215) 836-4185
Member-at-Large	Saul Miller	(215) 725-2125

1992/93 CHAIRPERSONS

Skimeister	Kevin Kopp	(215) 321-3930
Membership Chairperson & Guardian of the Canoe	Peter Boroweic	(215) 885-9969
Editor	Mike Seidman	(215) 836-4185
Publicity	Joyce Zuzak	(215) 788-0781
Meeting Programs	Carol Ettinger	(215) 750-1124
Eastern Pennsylvania Ski Council Representative	Jim Murtha	(215) 752-9662

1992-1993 Membership Application



Return to: New Hope Nordics, Membership Chairman, Box 407, Newtown, PA 18940

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Do not publish my work phone in the membership list.

This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

I understand and am aware that cross country skiing is a hazardous activity. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and agree not to make a claim against or sue the New Hope Nordics and its members for injuries or damages relating to participation in its activities.

Signed _____ Date _____

Received by _____

DUES:

Single

New - \$10

Renewal - \$8

Family

New - \$15

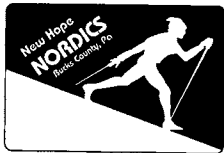
Renewal - \$12

SKI LEVEL:

Beginner

Intermediate

Advanced

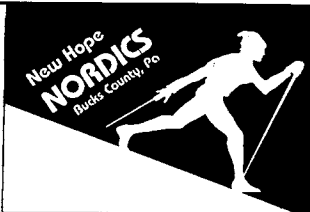


New Hope Nordics
Box 407
Newtown, PA 18940

Inside:

- ▶ **Summer Activities**
- ▶ **Winter Trip Highlights**

Nordic Notes



Newsletter of the New Hope Nordics Cross Country Ski Club

AUGUST 1993

❄ S C H E D U L E ❄

❄ **SEPTEMBER**

12 (Sun), Two Bike Rides

Meet at 9:00 AM in the parking area at Bulls Island (New Jersey side) for a nice 30 mile ride through the rolling hills of Bucks County. The ride will stop in Frenchtown NJ for refreshments. The second group will meet at 10:00 AM (same location) for a flat 18 mile ride from Bulls Island to Frenchtown. The two groups will meet in Frenchtown. George & Diane Foos (215-674-3016)

14, (Tues), Club Meeting, 8:00 PM.

Program: Reports of Summer Events. Bring stories, photos and slides to share about your outdoor adventures - no formal speaker. "Catch up" on summer.

18-19 (Sat-Sun), MS 150 Bike Ride

Join the New Hope Challenge Team and help raise money to fight Multiple Sclerosis. Ride 75 miles each day, stay over in Ocean City, NJ. All meals, accommodations, food stops, technical support and sag wagon are included. Over 3200 people participated last year. Each rider must raise \$150. in contributions. Join us on the ride, or help by making a donation. Call Rita Long (215-843-4064) for more information.

❄ **OCTOBER**

2 - (Sat), Delicious Orchards Bike Ride

Join us for a delightful ride to the Delicious Orchards Market in Colts Neck, Monmouth County. The ride is approx. 44 miles over slightly rolling terrain through the horse country of New Jersey. Meet at the Millstone School at 10:00 AM. Take Interstate 195 east to Exit 11, at end of ramp make left, at intersection make right onto Rt. 524, follow though Clarksberg, make left onto Millstone Road, school is at next intersection. Call Eric if you are going. Eric Million, (609-499-0106).

12, (Tues), Club Meeting, 8:00 PM.

Program: Previews and review of basic equipment and nice-to-have equipment by Brian Haugen from Cross Country Ski Outfitters of Lambertville, NJ. Something for everyone, from beginning to experienced skiers.

11 - (Mon), Hawk Mountain Hike

Hike Hawk Mountain during the best time of the year, but with few crowds. Mike Borovicka, (215-968-5698)

30 - (Sat), Navy/Notre Dame Football

Call Mike Borovicka (215-968-5698) for more information.

Tenth Anniversary Dinner Dance Saturday, November 6

Autumn is nearing and we will soon celebrate the NHN Tenth Anniversary with a buffet dinner and dance party, great door prizes and fun for everyone. Look for your invitations in the mail mid-September. We will enclose directions to the hall, The Heritage House on Route 611 in Warminster, PA, where the affair will take place from 7-11 PM. Space at the hall is limited, so please respond promptly.

We are looking for old NHN photos and memorabilia and welcome more volunteers for decorating. Contact Barb Million (609-499-0106), Dee Kopp (215-321-3930) or Sue Liwak (215-860-8067) or Diane Foos (215-674-3016).

❄ **NOVEMBER**

9, (Tues), Club Meeting, 8:00 PM.

Program: Presentation of ski trips and open sign-up. Conditioning exercises to do now, for better skiing later.

23, (Tues), Club Meeting, 8:00 PM.

Program: A hands-on session on how to wax skis. For everyone - including "no-wax" skiers. Bring your skis, any waxes you like and your questions.

❄ **DECEMBER**

14, (Tues), Club Meeting, 8:00 PM.

Holiday Party. Details of photo contest and categories to be announced.

❄ **JANUARY, 1994**

7-9, (Fri-Sun), Hidden Valley Family Ski Trip

This trip is open to skiers of every ability level, but special arrangements are being made to accommodate families. More details to come.

11, (Tues), Club Meeting, 8:00 PM.

Presentation of ski trips and open sign-up for trips. Short program on warm-up exercises.

14-16 - (Fri-Sun), Mt. Snow "Leaderless" Trip

Are you interested in skiing with other people, but find that trips leave early/too late, are oriented too much toward families/singles, are too expensive/cheap or don't like the mode of transportation? Why not make arrangements yourself and meet other Nordics at the ski area? This trip is to the Mount Snow area of southern Vermont, and meets at the ticket sales area of Hermitage Touring Center, Coldbrook Road, Wilmington, VT, 802-464-3511, at 9:30 AM on Sat. January 15, and at Prospect Mountain Ski Area, Route 9 between Bennington and Wilmington, 802-442-2575, at 9:00 AM on Sun. Jan. 16. Beyond that, you're on your own! In the past, we have stayed at the Vintage Motel in Wilmington (802-464-8824), but a wide range of options are available. There are over three dozen restaurants and fifty sources of lodging in the area. At ski club meetings up through the trip, we will have a copy of the Mount Snow lodging brochure available to read, and will arrange opportunities for people who wish to find roommates and carpool-mates to find each other. The Mount Snow information number is 800-245-SNOW.

21-23 - (Fri-Sun), Lapland Lakes NY Ski Trip

Reservations have been made. Leader needed.

25, (Tues), Club Meeting, 8:00 PM.

Program: Basic Ski Techniques - Video tapes are available to sign out.

❄ **FEBRUARY**

4-6 - (Fri-Sun), Ricketts Glen Ski Trip

John & Sharon Nelson (215-322-0492)

8, (Tues), Club Meeting, 8:00 PM.

Program: Massage away those sore muscles...

11-13 - (Fri-Sun), Elkmont Lodge Ski Trip

Reservations have been made. Leader needed.

18-21 - (Fri-Mon), Stowe, VT. Bus Trip

Our annual 3 day President's Weekend trip was a total success last year. More details to follow. Last year's trip was sold out! Leaders: Diana Dunn, Dan Boone, (215-295-1449) and Myrl Brut (215-752-5312)

22, (Tues), Club Meeting, 8:00 PM.

Program to be announced.

26 - ?, Half Week Trip to Craftsbury Commons

Details to follow in future newsletters.

❄ **MARCH**

4-6, (Fri-Sat), Snow Hunt

Details to follow. Mary Phalan (215-487-1844).

8, (Tues), Club Meeting, 8:00 PM.

Program: Photo exhibit of trips. Ski with your camera for those candid shots - you may be a prize winner!

❄ **APRIL**

12, (Tues), Club Meeting, 8:00 PM.

Program: Basic maintenance and repair for bikes & getting ready for summer bike rides.

❄ **MAY**

10, (Tues), Club Meeting, 8:00 PM.

Pizza Party. Last meeting 'til September.

Editors Note: More details and activities will be listed in future newsletters as people return from summer vacations, etc.

MEMBERSHIP DUES

Membership for the 1993-94 season remains the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attn: Peter Boroweic).

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- More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less.
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- Unless otherwise stated, all trips go snow or no snow. Bring hiking boots.
- No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member.
- In consideration of the comfort and enjoyment of all participants, all passengers on any vehicle holding more than 15 people must be at least 12 years of age.
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- Please help out loading and unloading the vans.
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NEWSLETTER

- Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost.
- Send material for the newsletter to: Mike Seidman, 214 Larrimore Lane, Erdenheim, PA 19118, 215-836-4185, Fax: 242-2410.

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Phone: Home _____ Work _____

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Received by _____

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New - \$10

Renewal - \$8

Family

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Renewal - \$12

SKI LEVEL:

Beginner

Intermediate

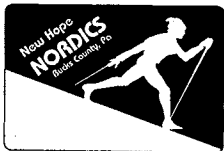
Advanced

New Members

Benjamin Samuel Litwin, born to HarrietAnn and Richard Litwin on May 8, 1993, 10 lbs., 15 oz.

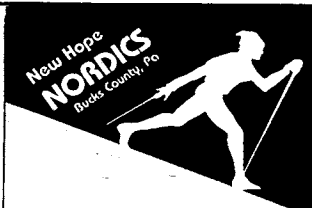
Jeffrey Domenick Murtha, born to Rita and Jim Murtha on May 7, 1993, 9 lbs., 7 oz.

We wish them and their families years of good health and happiness. (And good snow!)



New Hope Nordics
Box 407
Newtown, PA 18940

Nordic Notes



Newsletter of the New Hope Nordics Cross Country Ski Club

November, 1993

* S C H E D U L E *

Tenth Anniversary Dinner Dance Saturday November 6

Join us as we celebrate the NHN Tenth Anniversary with a buffet dinner and dance party, (great door prizes and fun for everyone), at The Heritage House on Route 611 in Warminster, PA, where the affair will take place from 7-11 PM. Space at the hall is limited, so please respond promptly. Contact Barb Million (609-499-0106), Dee Kopp (215-321-3930) or Sue Liwak (215-860-8067) or Diane Foos (215-674-3016).

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9, (Tues), Club Meeting, 8:00 PM.

Program: Presentation of ski trips and open sign-up. Conditioning exercises to do now, for better skiing later.

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Program: A hands-on session on how to wax skis. For everyone - including "no-wax" skiers. Bring your skis, any waxes you like and your questions.

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14, (Tues), Club Meeting, 8:00 PM.

Holiday Party. Details of photo contest and categories to be announced.

* JANUARY, 1994

7-9, (Fri-Sun), Hidden Valley "Family" Ski Trip

Join George and Diane Foos on this ski trip to Hidden Valley in Forbes State Park in nearby Western Pennsylvania. It is open to skiers of all levels, and children are welcome. We will be staying in the lovely Ramada Inn in nearby Somerset. There is an indoor pool, so bring your bathing suit for after ski relaxing. Meals are optional but a nice restaurant is on the premises. Cost: \$110, which includes a \$30 carpool fee. Call 215-674-3016 for all the latest news.

11 - (Tues), Club Meeting, 8:00 PM.

Presentation of ski trips and open sign-up for trips. Short program on warm-up exercises.

14-16 - (Fri-Sun), Mt. Snow "Leaderless" Trip

Are you interested in skiing with other people, but find that trips leave early/too late, are oriented too much toward families/singles, are too expensive/cheap or don't like the mode of transportation? Why not make arrangements yourself and meet other Nordics at the ski area? This trip is to the Mount Snow area of southern Vermont, and meets at the ticket sales area of Hermitage Touring Center, Coldbrook Road, Wilmington, VT, 802-464-3511, at 9:30 AM on Sat. January 15, and at Prospect Mountain Ski Area, Route 9 between Bennington and Wilmington, 802-442-2575, at 9:00 AM on Sun. Jan. 16. Beyond that, you're on your own! In the past, we have stayed at the Vintage Motel in Wilmington (802-464-8824), but a wide range of options are available. There are over three dozen restaurants and fifty sources of lodging in the area. At ski club meetings up through the trip, we will have a copy of the Mount Snow lodging brochure available to read, and will arrange opportunities for people who wish to find roommates and carpool-mates to find each other. The Mount Snow information number is 800-245-SNOW.

21-23 - (Fri-Sun), Lapland Lakes NY Ski Trip

The perfect trip for everyone returns at only \$140! We will again stay right at the Lapland Lake Nordic Center in Finnish style Tupas. Ski out your front door, not only to miles of skiing at all levels but also to the restaurant, and even to the Sauna

and Masseur. The price includes lodging, trails fees and car-pool. All Tupas have fully equipped kitchens for preparing breakfasts and lunches. An optional dinner buffet Saturday evening is available for \$20. There will be limited space available for children, and even half-day daycare. Group and semi-private lessons for all levels of skiers are available. A \$50 deposit holds your spot until December 15, after which full payment is due, along with your dinner, lesson, and daycare reservations. Call Jan and Scott Berger (215-542-0366) for details.

25, (Tues), Club Meeting, 8:00 PM.

Program: Basic Ski Techniques - Video tapes are available to sign out.

*** FEBRUARY**

4-6 - (Fri-Sun), Ricketts Glen Ski Trip

Stay in the warm and cozy, fully furnished cabins in beautiful Ricketts Glen State Park. The skiing is good on the trails right out your cabin's front door. And the hiking and scenery are some of the best in Pennsylvania, not to mention the excellent company! The cost for this laid-back trip is approx. \$35 plus carpool and food. Shared cooking in the fully equipped kitchens with fellow New Hope gourmets. This trip has the option of staying over until Tuesday. Call Sharon Nelson (215-322-0492), before 9:00 PM!

8, (Tues), Club Meeting, 8:00 PM.

Program: Massage away those sore muscles...

11-13 - (Fri-Sun), Elkmont Lodge Ski Trip

Classic skiing on ungroomed forrest trails in Central Pennsylvania. Leader: Dave Furlong, 215-657-1284.

18-21 - (Fri-Mon), Stowe, Vermont - Bus Trip

Three day President's Weekend trip to the XC Capital of the East. We're staying again at the Golden Eagle Resort, complete with health club, Jacuzzi, indoor pool and all the amenities. The trip includes round trip transportation from Langhorne, PA on a deluxe bus, complete with videos on-board. The bus takes us to the XC areas which include Trapp (the Jewel of New England XC) and Mt. Mansfield, to name two options. The Stowe area has shuttle busses and vans which make it possible to get around and explore if you'd like. The picturesque village of Stowe is also only short walk away and you may be able to ski into town. The trip includes 3 breakfasts, 2 dinners, Monday box lunch for the bus, snacks and beverages for the ride. The Stowe ski areas have excellent lessons available for beginner to advanced skiers. Many trails are groomed for skating. The trip is open to all levels of skiers. If the snow conditions permit, an immense range of back country skiing will be available for the more adventurous.

This trip was a great trip last year, and was sold out with a waiting list, so check your calendars and make reservations as soon as you can. Aprox. cost will be \$279 based on double occupancy.

(These details are subject to change). Leader: Diane Dunn, 215-799-5129, Asst. Leaders: Dan Boone, 215-295-1449, Mryl Brut, 215-752-5312.

22, (Tues), Club Meeting, 8:00 PM.

Program to be announced.

26 - ?, Half Week Trip to Craftsbury Commons

Details to follow in future newsletters.

*** MARCH**

4-6, (Fri-Sat), Snow Expedition (Oops, Hunt!)

Currently scheduled for March 4-6, but could be anytime! Last year it snowed in mid-March so I am willing to reschedule to accommodate the quirks of nature. Keep those skis waxed and perhaps tote up your frequent flyer points, and we'll find snow! I promise to keep it in the Northern Hemisphere, honest! Favored places include Western PA, Western MD, West Virginia, or who knows? (*Editors Note: "Who Knows" is a favorite place?*) I'll also try to keep expenses down. Interested? Call Mary (Gypsy) Phalan (215-487-1844).

8, (Tues), Club Meeting, 8:00 PM.

Program: Photo exhibit of trips. Ski with your camera for those candid shots - you may be a prize winner!

*** APRIL**

12, (Tues), Club Meeting, 8:00 PM.

Program: Basic maintenance and repair for bikes & getting ready for summer bike rides.

*** MAY**

10, (Tues), Club Meeting, 8:00 PM.

Pizza Party. Last meeting 'til September.

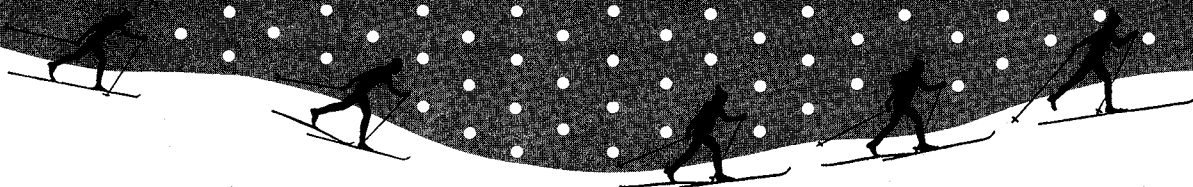
Help Wanted

Part Time, 1-2 weekends a month. Call Louise Decker at Cross Country Ski Outfitters (215-862-5743).

Please Give My Subaru A Good Home!

1986 GL Wagon, 5-Sp, On Demand 4WD, A/C, Stereo AM/FM Cassette, good shape, complete repair records available. Yakima canoe racks included. Knows the way to all Nordic skiing centers and canoe put-ins, as well as Brittingham's Irish Pub. Great outdoors car. Asking \$3000 OBO. Mary 215) 487-1844 before 10:00 PM.

Let it SNOW!



1994 CROSS COUNTRY SKIING - NEW HOPE NORDICS

- * JANUARY 7-9 - WESTERN PENNSYLVANIA
- * JANUARY 14-16 - MT. SNOW - VERMONT
- * JANUARY 21-23 - LAPLAND LAKES, NEW YORK
- * FEBRUARY 4-6 - RICKETTS GLEN, PENNSYLVANIA
- * FEBRUARY 11-13 - ELKMONT LODGE, PENNA.
- * FEBRUARY 18-21 - STOWE, VERMONT - BUS TRIP
- * FEBRUARY 26-? - CRAFTSBURY COMMONS, VT
- * MARCH 4-6 - SNOW HUNT

The New Hope Nordics is the areas only ski club devoted entirely to cross country skiing. Weekend and Day trips throughout the snow season. Van, bus and carpool trips. Beginning skiers welcome! Monthly meetings with a variety of programs. For more information call: (215) 836-4185 or (609) 499-0106

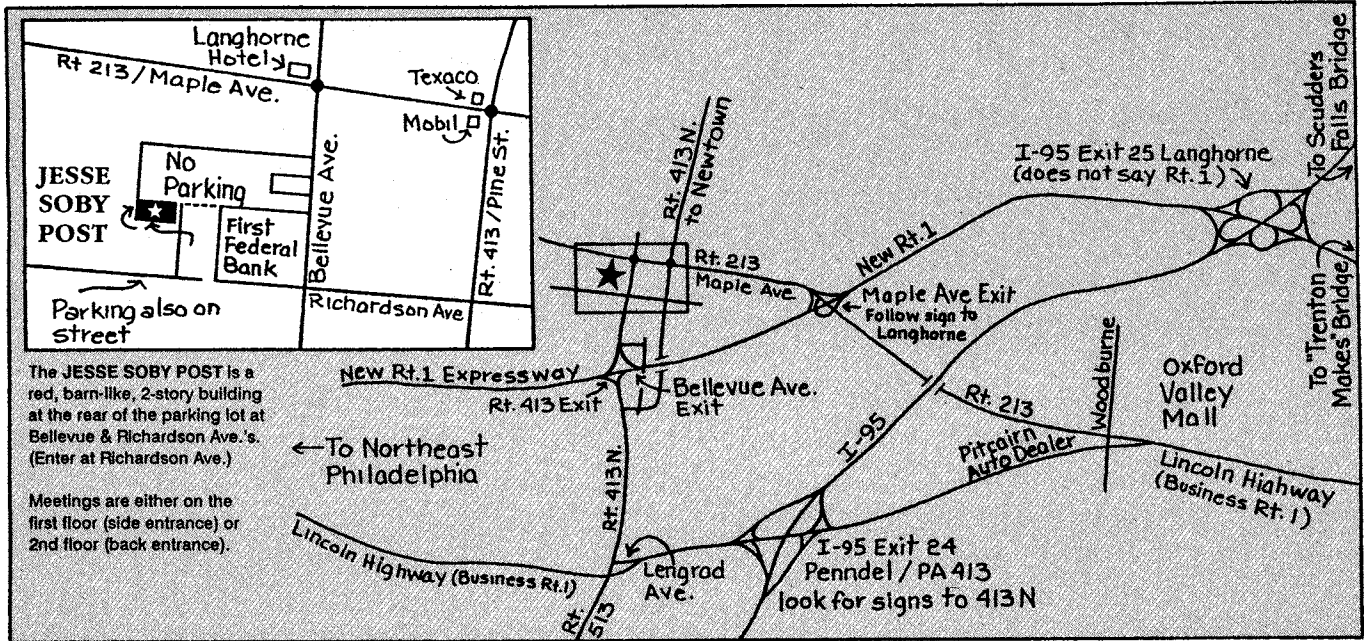
The New Hope Nordics

welcome anyone with an interest in cross-country skiing or the outdoors in general. Winter skiing programs include day, week-end and week-long trips from as close-by as the park next door to as far away as Canada, Lake Placid, Yellowstone and Lake Tahoe. Beginners will find support and lots of advice while experienced skiers enjoy the company of others who are looking for the "ultimate trail". Throughout the year there are gatherings for canoeing, hiking, biking, parties, and picnics. New Hope Nordic meetings cover a wide variety of skiing, outdoor and environmental subjects.

Meetings are held on the 2nd and 4th Tuesdays of November, January, and February; and the 2nd Tuesdays of December and the spring and fall months. They start promptly at 8 p.m. at the Jesse Soby American American Legion Post, Bellevue & Richardson Aves, Langhorne, PA.

Bring a friend!

Directions to the Jesse Soby American Legion Post



Membership Application

Return to: New Hope Nordics, Membership Chairman, P.O.Box 407, Newtown, PA 18940



Name: _____

Dues:

Address: _____

Single: New (\$10)

Renew (\$8)

City: _____ State: _____ Zip: _____

Family: New (\$15)

Renew (\$12)

Telephone: Home: _____ Work: _____

Please do not include my work telephone number in the New Hope Nordic membership list.

Ski Level:

Beginner

Intermediate

Advanced

Additional family members: _____

How did you find out about the Nordics? _____

I understand and am aware that cross country skiing is a hazardous activity. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and agree not to make a claim against or sue the New Hope Nordics and its members for injuries or damages relating to participation in its activities.

Signed _____ Rec'd by _____ Date _____



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Single	\$10	\$8
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Additional Family Members _____

How did you find out about New Hope Nordics? _____

I understand and am aware that cross country skiing is a hazardous activity. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and agree not to make a claim against or sue the New Hope Nordics and its members for injuries or damages relating to participation in its activities.

Signed _____ Date _____

Received by _____

DUES:

Single

New - \$10

Renewal - \$8

Family

New - \$15

Renewal - \$12

SKI LEVEL:

Beginner

Intermediate

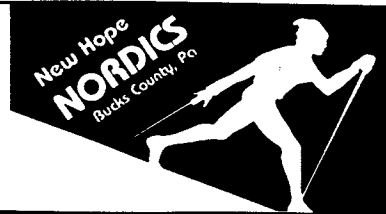
Advanced

A copy of our "Let It Snow" flyers is enclosed inside.
Please give it a good home on a nice bulletin board!



New Hope Nordics
Box 407
Newtown, PA 18940

Nordic Notes



Newsletter of the New Hope Nordics Cross Country Ski Club

January, 1994

❄ S C H E D U L E ❄

A message from the President

I am pleased as punch to be the new president of the NHN. It is with a heavy heart that I come before you, my fellow Nordics, to share with you the passing of Rita — the passing of the gavel, that is.

We all wish Rita good luck with her new job in Boston. We want to thank her for all she has done for the club. We will miss her enthusiasm, and her perfectly controlled snowplow.

I hope the club can provide something for everyone's cross country and outdoor interests. But, we can't be successful without your help.

So I look forward to seeing you at the meetings and on the trails.

Bon Hiuer,

Mike Borovicka

❄ JANUARY, 1994

7-9, (Fri-Sun), Hidden Valley "Family" Ski Trip

Join George and Diane Foos on this ski trip to Hidden Valley in Forbes State Park in nearby Western Pennsylvania. It is open to skiers of all levels, and children are welcome. We will be staying in the lovely Ramada Inn in nearby Somerset. There is an indoor pool, so bring your bathing suit for after ski relaxing. Meals are optional but a nice restaurant is on the premises. Cost: \$110, which includes a \$30 carpool fee. Call 215-674-3016 for all the latest news.

11 - (Tues), Club Meeting, 8:00 PM.

Presentation of ski trips and open sign-up for trips. Short program on warm-up exercises to enhance your skiing and prevent injuries. Video tapes will be available to sign-out.

14-16 - (Fri-Sun), Mt. Snow "Leaderless" Trip

Are you interested in skiing with other people, but find that trips leave early/too late, are oriented too much toward families/singles, are too expensive/cheap or don't like the mode of trans-

portation? Why not make arrangements yourself and meet other Nordics at the ski area? This trip is to the Mount Snow area of southern Vermont, and meets at the ticket sales area of Hermitage Touring Center, Coldbrook Road, Wilmington, VT, 802-464-3511, at 9:30 AM on Sat. January 15, and at Prospect Mountain Ski Area, Route 9 between Bennington and Wilmington, 802-442-2575, at 9:00 AM on Sun. Jan. 16. Beyond that, you're on your own! In the past, we have stayed at the Vintage Motel in Wilmington (802-464-8824), but a wide range of options are available. There are over three dozen restaurants and fifty sources of lodging in the area. At ski club meetings up through the trip, we will have a copy of the Mount Snow lodging brochure available to read, and will arrange opportunities for people who wish to find roommates and carpool-mates to find each other. The Mount Snow information number is 800-245-SNOW.

21-23 - (Fri-Sun), Lapland Lakes NY Ski Trip

The perfect trip for everyone returns at only \$140! We will again stay right at the Lapand Lake Nordic Center in Finnish style Tupas. Ski out your front door, not only to miles of skiing at all levels but also to the restaurant, and even to the Sauna and Masseur. The price includes lodging, trails fees and carpool. All Tupas have fully equipped kitchens for preparing breakfasts and lunches. An optional dinner buffet Saturday evening is available for \$20. There will be limited space available for children, and even half-day daycare. Group and semi-private lessons for all levels of skiers are available. A \$50 deposit holds your spot until December 15, after which full payment is due, along with your dinner, lesson, and daycare reservations. Call Jan and Scott Berger (215-542-0366) for details.

25, (Tues), Club Meeting, 8:00 PM.

Program: Basic Ski Techniques by a Russian expert. Video tapes will be available to sign-out.

The Board approved the following change to the membership dues structure. Dues may be paid at any meeting or by mail. However, if your membership is not renewed by January 1, you will have to pay the new member rate. If your dues are not paid by January 1, you will be dropped from the newsletter mailing list.

❄ **FEBRUARY**

4-6 - (Fri-Sun), Ricketts Glen Ski Trip

Stay in the warm and cozy, fully furnished cabins in beautiful Ricketts Glen State Park. The skiing is good on the trails right out your cabin's front door. And the hiking and scenery are some of the best in Pennsylvania, not to mention the excellent company! The cost for this laid-back trip is approx. \$35 plus carpool and food. Shared cooking in the fully equipped kitchens with fellow New Hope gourmets. This trip has the option of staying over until Tuesday. Call Sharon Nelson (215-322-0492), before 9:00 PM!

8, (Tues), Club Meeting, 8:00 PM.

Program: Massage away those sore muscles; benefits of massage. Video tapes available for sign-out.

11-13 - (Fri-Sun), Elkmont Lodge Ski Trip

Classic skiing on ungroomed forest trails in Central Pennsylvania. Leader: Dave Furlong, 215-657-1284.

18-21 - (Fri-Mon), Stowe, Vermont - Bus Trip

Three day President's Weekend trip to the XC Capital of the East. We're staying again at the Golden Eagle Resort, complete with health club, Jacuzzi, indoor pool and all the amenities. The trip includes round trip transportation from Langhorne, PA on a deluxe bus, complete with videos on-board. The bus takes us to the XC areas which include Trapp (the Jewel of New England XC) and Mt. Mansfield, to name two options. The Stowe area has shuttle busses and vans which make it possible to get around and explore if you'd like. The picturesque village of Stowe is also only short walk away and you may be able to ski into town. The trip includes 3 breakfasts, 2 dinners, Monday box lunch for the bus, snacks and beverages for the ride. The Stowe ski areas have excellent lessons available for beginner to advanced skiers. Many trails are groomed for skating. The trip is open to all levels of skiers. If the snow conditions permit, an immense range of back country skiing will be available for the more adventurous.

This trip was a great trip last year, and was sold out with a waiting list, so check your calendars and make reservations as soon as you can. Approx. cost will be \$279 based on double occupancy. (These details are subject to change). Leader: Diane Dunn, 215-799-5129, Asst. Leaders: Dan Boone, 215-295-1449, Mryl Brut, 215-752-5312.

22, (Tues), Club Meeting, 8:00 PM.

Carol Ettenger will be accepting entries for the March 8 photo contest. (See article). Membership vote on the proposed changes to By-Laws. (See enclosed). Nominations for candidates for election of officers.

26 - ?, Half Week Trip to Craftsbury Commons

Details to follow in future newsletters.

❄ **MARCH**

4-6, (Fri-Sat), Snow Expedition (Oops, Hunt!)

Currently scheduled for March 4-6, but could be anytime! Last year it snowed in mid-March so I am willing to reschedule to accommodate the quirks of nature. Keep those skis waxed and perhaps tote up your frequent flyer points, and we'll find snow! I promise to keep it in the Northern Hemisphere, honest! Favored places include Western PA, Western MD, West Virginia, or who knows? (*Editors Note: "Who Knows" is a favorite place?*) I'll also try to keep expenses down. Interested? Call Mary (Gypsy) Phalan (215-487-1844).

8, (Tues), Club Meeting, 8:00 PM.

Election of officers. Program: Photo contest of your ski experiences. Ski with your camera for those candid shots - you may be a prize winner!

❄ **APRIL**

12, (Tues), Club Meeting, 8:00 PM.

Program: Basic maintenance and repair for bikes & getting ready for summer bike rides.

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Pizza Party. Last meeting 'til September.

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(Get Even Time)

Ever wonder why the best snow was where you weren't? Or on the trip you didn't go on? Or who really can ski? Or what equipment they really have? Now the truth will come out.

The categories for our Fun Foto Contest will be:

- 1) Family Favorites (*Now that couples are having young-uns...*)
- 2) Funny Falls & Prtfalls (*The home video type...*)
- 3) Full Group Exposures (*Whatever that means...*)
- 4) Fantastic Equipment (*Bizarre or otherwise...*)
- 5) Natural Beauty (*The Environment - not your significant other...*)

The entry deadline is March 1 by mail to Carol Ettenger, 28 Golf Club Drive, Langhorne, PA 19047. Or you can give your photos to Carol at the Feb. 22 meeting. Photos should be 5x7 or 8x10 and matted in a standard size matt. There is no entry fee — the prizes are cheap! The judges will be the owners of the Cameracraft Shop in Newtown. All entries will be exhibited and all awards will be made at the March 8 meeting.

The following three pages represent proposed changes to the New Hope Nordics By-Laws.
Please review them. They will be voted on at the second February meeting.

A. Article 1, Section 2 reads:

" Their term of office shall be (1) one year starting at the end of the April meeting, where they shall accept the responsibility of their office."

Change to read:

"...starting at the beginning of the April meeting..."

B. Article 1, Section 6.e reads:

" Have the authority to sign all bank checks and drafts with a cosign of an elected officer."

Change to read:

" Have the authority to sign all bank checks and drafts, or designate another elected officer to do so."

C. Article 4, Section 1.a reads:

" The president shall appoint a Nominating Committee, consisting of at least three (3) members. This committee shall be formed at the second January meeting of the membership."

Change to read:

"...formed at the first or second January meeting..."

D. Article 4, Section 2.a reads:

" The President shall appoint a judge of election and tellers."

Change to read:

" The Chair of the Nominating Committee or their designee shall be judge of elections; the judge of elections shall appoint tellers."

E. Article 4, Section 3.a reads:

" Candidates for office must be an adult member of the organization. The candidate receiving the greatest number of votes cast by the members by secret ballot is elected to office."

Change to read:

" ...adult member of the organization.. The Nominating Committee will make known to prospective candidates for vice president and member at large that they may also be asked to chair a committee. The candidate receiving..."

F. Article 6, Section 2.c reads:

" Winter Program Committee

The Winter Program Committee shall schedule non-meeting activities involving the winter season."

Change to read:

" Winter Program Committee, chaired by the SkiMeister, shall..."

G. Article 6, Section 2.e reads:

" Special Activites Committee

The Soecial Activities Committee shall schedule a program for all regular meetings."

Change to read:

" The Special Activities Committee, chaired by the Program Chairperson, shall schedule..."

H. Article 6, Section 2.g reads:

" Newsletter Committee

The Newsletter Committee shall generate, publish and distribute the club Newsletter."

Change to read:

" The Newsletter Committee, chaired by the Corresponding Secretary, shall generate..."

I. Article 6, Section 2.h reads:

" Public Relations Committee

The Public Relations Committee shall be responsible for promoting the activities of the club, and encouraging participation and mambership."

Change to read:

" The Public Relations Committee, chaired by the Publicity Chair, shall be responsible..."

J. Article 9.b (Dissolution) reads:

" All property shall be sold, and the money received, together with the remainder of the Treasury, shall be donated to the United States Ski Association, Nordic Division. The necessary legal steps for the dissolution of the Club must be completed before any money is expended."

Change to read:

"...together with the remainder of the Treasury, shall be donated to an organization that supports Nordic skiing."

NOTICE: Changes to the By-Laws must be approved by a majority . vote of the membership. The vote on the proposed changes will take place at the second meeting in February.

MEMBERSHIP DUES

Membership for the 1993-94 season remains the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attn: Peter Boroweic).

Dues received after January 1 will be subject to the New Member rate.

NEWSLETTER

- Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost.
- Send material for the newsletter to: Mike Seidman, 214 Larrimore Lane, Erdenheim, PA 19118, 215-836-4185, Fax: 242-2410.

GENERAL TRIP POLICIES

- Day trips are open to members and non-members.
- Trips for which the club arranges either lodging or transportation are open to members only.
- Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics.
- Unless otherwise stated, all trips go snow or no snow. Bring hiking boots.
- No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member.
- In consideration of the comfort and enjoyment of all participants, all passengers on any vehicle holding more than 15 people must be at least 12 years of age.

- All trip participants pay full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass back the cost reduction to that participant.
- The success of the trips depends upon people willing to share the driving. Please consider this if you are asked.
- Please help out loading and unloading the vans.
- Hard sided suitcases are very difficult to pack efficiently today's small cars & vans. Please try to use soft luggage or duffle bags.

TRIP CANCELLATION POLICY

- More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less.
- Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater.
- Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater.
- Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving.
- The refund amount will be determined only after the trip accounting has been completed.

MEETINGS

Are held at 8 PM, the 2nd Tuesdays of Fall and Spring Months, and the 2nd and 4th Tuesdays of November, January, and February. We meet at the Jesse Soby American Legion Post, Langhorne, PA, which is located at Richardson and Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. Anyone with an interest in cross country skiing or the outdoors in general is welcome to attend. Bring a friend!

Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.

1993/94 OFFICERS

President	Mike Borovicka	(215) 968-5698
Vice President	Florence DiPaolo	(215) 725-9281
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Ward Hickman	(215) 741-1766
Corresponding Secretary	Sue Liwak	(215) 860-8067
Past President	Mike Seidman	(215) 836-4185
Member-at-Large	Saul Miller	(215) 725-2125

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Skimeister	Kevin Kopp	(215) 321-3930
Membership Chairperson	Peter Boroweic	(215) 885-9969
Editor	Mike Seidman	(215) 836-4185
Publicity	Joyce Zuzak	(215) 788-0781
Meeting Programs	Carol Ettenger	(215) 750-1124
Eastern Pennsylvania Ski Council Representative	Jim Murtha	(215) 752-9662

1993-94 Membership Application

Return to: New Hope Nordics, Membership Chairman, Box 407, Newtown, PA 18940

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Do not publish my work phone in the membership list.

This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

I understand and am aware that cross country skiing is a hazardous activity. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and agree not to make a claim against or sue the New Hope Nordics and its members for injuries or damages relating to participation in its activities.

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Renewal rates must be paid before January 1!

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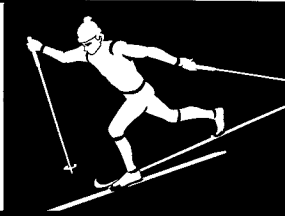
- Beginner
 Intermediate
 Advanced

FOR SALE: 1 pair of Kastle RXC skating skis, 200 cm, clear base, stiff camber, NNN bindings, \$125. 1 pair Kneissel White Star WM racing skis, 205 cm., NNN bindings, 70 to 80 kg. camber, \$75. Both pairs in very good condition. Phil, (215) 441-0129.



New Hope Nordics
Box 407
Newtown, PA 18940

Nordic Notes



Newsletter of the New Hope Nordics Cross Country Ski Club

February, 1994



S C H E D U L E



❄ MARCH

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10, (Tues), Club Meeting, 8:00 PM.

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(Get Even Time)

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LET'S PARTY

BEEF & BEER

Saturday, May 14, 1994

Come join us for a party to help celebrate the end of a great skiing season! It will be held at the American Legion in Langhorne. There will be plenty of food, a cash bar, music for dancing, and lots of opportunities to swap those great ski stories. The cost is \$10 for members and \$15 for non-member guests.

Please RSVP to Sue Liwak (860-8067) by May 5.

**OFFICIAL BALLOT
NEW HOPE NORDICS
1994-1995 ELECTION OF OFFICERS**

Vote at the March 8 meeting or use this ballot.
This ballot must be postmarked no later than March 7, 1994 to be included.
New Hope Nordics, Box 407, Newtown, PA 18940

Vote For One Choice Per Office Only!

PRESIDENT:

- Michael Borovicka
 Florence DiPaolo

CORRESPONDING SECRETARY

- Kate Goelz

VICE-PRESIDENT

- Ward Hickman

RECORDING SECRETARY

- Mary Jean Chaykin

TREASURER

- Sue Liwak

MEMBER-AT-LARGE

- Saul Miller

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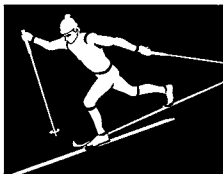
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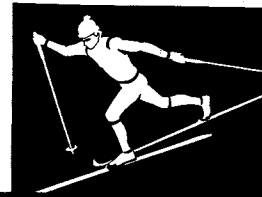
Beginner
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 Advanced



New Hope Nordics
Box 407
Newtown, PA 18940

Inside:
Election
Ballot
Beef & Beer
Party

Nordic Notes



Newsletter of the New Hope Nordics Cross Country Ski Club

May 1994

• S C H E D U L E •

MAY

10, (Tues), CLUB MEETING, 8:00 PM.
Pizza Party. Last meeting 'til September.

JUNE

12, (Sun) DELAWARE WATER GAP HIKE

Meet at the Dunfield Creek Parking area, off Route 80, on the New Jersey side of the Delaware Water Gap Recreation Area at 9:30 AM. We'll hike 12 fairly strenuous miles and have views of many small waterfalls as we climb up to Sunfish Pond. Bring lunch, water and good boots. The day ends with a spectacular view of the Water Gap from the summit of Mt. Tammany. (Joint hike with Batona Hiking Club.) Mike Seidman, (215) 836-4185.

18, (Sat), WINE TASTING

We will be sampling a selection of wines that are well suited to "relaxing with" after your summer activities. As in the past, the tasting will be blind, and there will be a prize for the most discriminating palate. Come, make up some "wine snob" adjectives, and swap lies about last winter's activities. Call early and reserve your glass. 8:00 PM at Scott and Jan Berger's. (215) 542-0366, Cost: \$12.00.



25, (Sat), BIKE RIDE, Doylestown to New Hope

Bike ride (road or mountain bikes OK) from Doylestown to New Hope and back. Approx. 30 miles. Meet at 10:00 at the Mercer Museum in Doylestown. Call Diana Dunn if you plan to attend, 799-5129.



JULY

16, (Sat), READING PHILLIES (Real Baseball!)

Join Mike Seidman for his annual trip to the Reading Phillies when they play the Trenton Tigers. This is real baseball, like in the *Natural* (or *Major League*?) Come see players who are trying hard to break into the Majors. Enjoy free parking, reasonably priced food & drink, and a small (8000) seat stadium. Meet at the entrance gate (there's only one!) at 6:30 pm. This year we go big time and get reserved seats (\$5.00). I must receive your \$\$\$\$ by May 26! After that, if the game sells out, you'll get general admission seats, which aren't bad either. Mike Seidman, 214 Larrimore LA, Erdenheim, PA 19118, (215) 836-4185



30, (Sat), MOUNTAIN BIKING IN JIM THORPE

Mountain biking on one of the trails outside of Jim Thorpe, PA. Bike rentals are available in Jim Thorpe at Blue Mountain Sports (717-325-4421). Best to reserve a day or two ahead. Meet in the parking lot of the train depot in Jim Thorpe at 10:00. No experience required. Call Diana Dunn if you plan to attend, 799-5129.



AUGUST

20, (Sat), HOME GROWN PICNIC

Featuring home grown and locally produced food and drink, this is a chance to talk to old friends and meet new ones at a picnic at the Murtha's. Call ahead so we don't have duplicate dishes (it's a BYOHGP). 3:00 pm. Jim and



Rita Murtha, 752-9962. We've had exceptional food in the past, so don't miss out!

MEMBERSHIP DUES

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Treasurer	Sue Liwak	(215) 860-8067
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1994-95 Membership Application

Return to: New Hope Nordics, Membership Chairman, Box 407, Newtown, PA 18940

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

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Signed _____ Date _____

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Single

- New - \$10
 Renewal - \$8

Family

- New - \$15
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Renewal rates must be paid before January 1!

SKI LEVEL:

- Beginner
 Intermediate
 Advanced

From the President,

We are looking for a member to be Program Meeting Chairperson. Anyone interested in this position please contact me! Also, if you know of anyone who is interested in doing an individual program during the Fall and Winter meetings, please let me know.

Thank You,

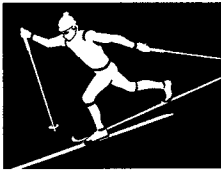
Florence L. DiPaolo
(H) 725-9281
(W) 563-3157

***Ski Trips to look forward to in
the upcoming 1995 Season:***

- Lapland Lakes, NY
- Ricketts Glen, PA
- Garnet Hill, NY
- Lake Placid, NY
- Stowe, VT

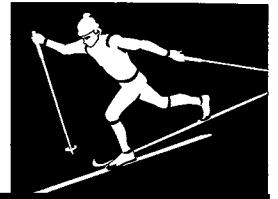


If your area code is changing to 610,
please let us know so we can keep up to
date and stay in touch with you!



**New Hope Nordics
Box 407
Newtown, PA 18940**

Nordic Notes



Newsletter of the New Hope Nordics Cross Country Ski Club

September 1994

• S C H E D U L E •

And now, a few words from our President...

Hi!

Welcome back to all New Hope Nordics members. Hope you had a wonderful summer. We are looking forward to seeing you and hearing of your summer exploits.

Our first meeting of the season will be Tuesday, September 13 at 8:00 PM. There is only one item on the program for this evening and it is our PIZZA PARTY!!!

So come join us for our first meeting of the 94/95 ski season. Come hear about all the exciting trips that we have planned.

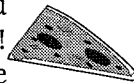
Florence L. DiPaolo

SEPTEMBER

13 (Tues)

CLUB MEETING PIZZA NIGHT

First meeting of the new season! Come out and brag about your summer! Show off your tan! Lie about skiing in Argentina! Pizza's on the club! (No lie)



20 (Tues)

BOARD MEETING, 8:00 PM

Board members: please confirm this with F.L. DiPaolo

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With all those beautiful rainbow-like colors, how is one to know which "wax" to choose from? Diane and George Foos will share with us their unique knowledge and expertise when they have their Waxing Clinic". And yes, even "no-wax" skis benefit from a little wax.

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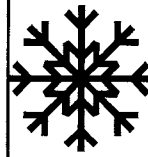
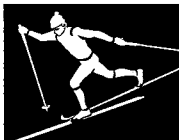
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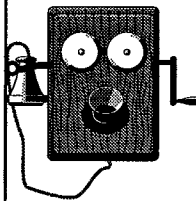
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Congratulations to George & Diane Foos on the birth of their daughter, Joanna Ellen, on May 30, 1994. It won't be too long before we see her on the trail with her brother Gregory.

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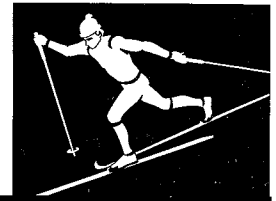


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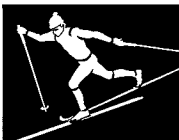
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Membership for the 1994-95 season is the same as last year!

	New Member	Renewal
Single	\$10	\$8
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Dues can be paid at any meeting or by mail (Attn: Joanne Hartnett). Dues received after January 1 will be subject to the New Member rate.

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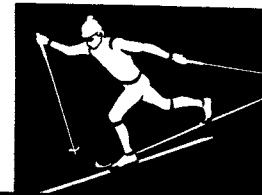
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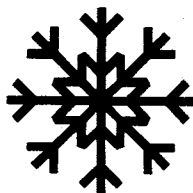
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Wanna ski faster, easier, smoother and just plain better? Become a XC ski instructor! Our own George Foos will delve into his years of XC ski experience and give a program about ASIA Instructor Certification. *(Editors note: Becoming an amateur ski instructor will catapult the average skiers technique to a higher level. Part of the course is about 20 hours of on-snow, very personal, instruction. It's well worth it!)* George will explain.

DECEMBER

13 CHRISTMAS PARTY

The annual party is held to ensure abundant snow for the upcoming season. Legend holds that by making offerings of food & drink and by decorating the altar (room) with paper snowflakes, we will be rewarded with a great ski season. It really worked well last year, didn't it? Let's keep up the good work.



A Board Meeting will be held November 8th, prior to NHN Club Meeting. Please contact F.L. DiPaolo (725-9281) for information.

JANUARY 1995

10 (Tues) CLUB MEETING, 8:00 PM

With all those beautiful rainbow-like colors, how is one to know which "wax" to choose from? Diane and George Foos will share with us their unique knowledge and expertise when they have their Waxing Clinic". And yes, even "no-wax" skis benefit from a little wax.

13-16 (Fri-Sun)

SKI TRIP - GARNET HILL LODGE

Garnett Hill Lodge in New York State has always had one of the better trail systems in the Adirondaks. In the past few years they have made major upgrades to both the trail system and grooming machinery. It's been a good place in the past, and should only be better now! A \$50. deposit will hold your space. Ward Hickman, 215-741-1766



20-22 (Fri-Sun)

SKI TRIP - LAPLAND LAKES

Return again to "a bit of Finland" in the Adirondaks when we return again Lapland Lakes. You will be able to ski right from your door on some of the best groomed trails to be found anywhere. The trails are designed for beginner through skating level skiers. Excellent ski school as well as rental equipment is on-site. A deposit of \$60 holds your space. Total cost will be appx. \$160. This will be a carpool trip. Please note: this is a popular trip and it fills up quickly. We've made all the reservations, but as of this printing, a leader is still needed. Contact Kevin Lopp, 215-321-3930, if you can help out. Since it's already set up, this is an easy trip to lead!



24 (Tues) CLUB MEETING, 8:00 PM

27-30 (Fri-Mon.)

SKI TRIP - LAKE PLACID - BUS TRIP

We'll stay at the Holiday Inn SunSpree Resort located in the center of the village. Whiteface Mountain is only nine miles away and the Jack Rabbit XC ski trail is right premises. We will also be skiing on world class trails at the Mt. Van Hoevenberg Olympic Center. (A shuttle to Whiteface Mtn. is available, appx: \$5.00 round trip). The trip includes deluxe round trip motorcoach (with videos on board, of course), 3 nights at the Holiday Inn Sun Spree Resort, 2 dinners, 3 breakfasts, box lunch for Monday, taxes and gratuities.



The hotel features an indoor pool, Jacuzzi, sauna, tanning booth, message therapist and universal gym. All rooms have TV, microwave, refrigerator and coffee makers. Cost will be \$242-210, for double or triple occupancy. A deposit of \$125 holds your space. Full payment is required two weeks prior to trip. Call Florence L. DiPaolo, 215-725-9281. **Members who have shown interest in the Lake Placid trip MUST have their deposit (\$125) in no later than November 20, 1994. If you have any questions, please contact the trip leader.**

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10-12 (Fri-Sun)

SKI TRIP - RICKETTS GLEN

A laid back trip to the modern cabins of this scenic park in Pennsylvania. We'll stay in centrally heated cabins with full kitchens, showers and bathrooms. If you were all good little boys and girls at the Christmas Snow Party, we may be able ski right from the door! This area is known for it's waterfalls, which become even more spectacular in winter. (Sorry, you can't ski the waterfall.) This will be a carpool trip. Call Sharon Nelson, 215-322-0492. Cost: \$60. not including carpool fee.



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SKI TRIP - STOWE, VERMONT

Stowe is a Go in '95! Join us for some of the best skiing Vermont has to offer. Ski all day in the ski capital of the East. At night enjoy the amenities of the Commodores Inn and the nightlife of Stowe Village. The Commodores Inn is located within walking distance of Stowe Village. The Inn has Jacuzzis, saunas and exercise rooms right on the premises. It has a superb dining room & lounge and large common rooms with fireplace for after-skiing get-togethers.



The rooms have two queen beds or king beds, TV's, telephones and coffee makers. Our bus will take you to

and from the XC ski areas. The Stowe Trolley stops at the front door of the Inn if you want to go to the downhill ski areas or into town for some sightseeing.

We will be skiing at two of our favorite places: Trapp Family Touring Center and Mt. Mansfield Touring Center. Both have world class trail systems and state-of-the-art grooming equipment. The trails in the Stowe area are so extensive that skiers from novice to advanced will find what they're looking for. Many trails are groomed for skating. Professional ski lessons are available. If the snow conditions permit (like they did last year) an entire range of backcountry skiing will be open. Last year people skied from the Inn while others took the bus to Trapp and skied back. Lots of options are open for the XC skier.

The price includes round trip transportation on a deluxe motorcoach complete with videos on board and transfers to and from the XC ski areas. Two dinners, three breakfasts, a box lunch on Monday and all taxes and gratuities and included.

The cost is \$285. per person. Singles and triples are available. A deposit of \$150. holds your space and the full amount is due no later than three weeks before the trip. Call Joanne Hartnett at 638-3055 (home) or 646-2225 (work).

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MARCH

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22 (Tues) CLUB MEETING, 8:00 PM

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11 (Tues) CLUB MEETING, 8:00 PM

MAY

9 (Tues) CLUB MEETING, 8:00 PM

Last meeting of the year. Sorry, the snow's all gone. Unless we go to Argentina.....

SPECIAL NOTICES

Appalachian Trail Outfitters in Doylestown (215-348-8069) will be holding **several seminars on X-C** gear and cold weather clothing targeted to entry level skiers. Topics to be covered are: How to choose X-C Gear, Differences in types of skis & How to dress for cold weather activities. October 16, 3-5 pm at Silver Lake Nature Center, October 30, 3-5 pm at Weisel Youth Hostel.



Cross Country Ski Outfitters in Lambertville, NJ will be having two clinics on cross country skiing this season. *(Editors Note: Louise Decker of CCSO, is the founder of New Hope Nordics as well as one of the driving forces behind the ASIA Nordic Program. She is also a certified PSIA Nordic Instructor)*

Waxing Clinic & Party. Join us again this year for our annual ski tune-up and waxing clinic registration requested. Swix Sport will be here to show you the "How To's" of waxing for prolonging the life of your no-wax skis and the art of waxing for Skating, Telemark, Back Country and high performance skiing. Remember: no wax skis need waxing at least once a season to ensure good glide and performance. Tuesday, 11/29 Time: 7:00-9:30 P.M., at Cross Country Ski Outfitters. Stop in or call 609-397-3366 to register.

Backcountry Clinic. This backcountry ski clinic is packed with vital information. Whether you're planning a day trip in the East or West, or a weekend in the winter woods, you should be prepared for the unexpected. Our guest, Mickey Stone, National Ski Team member and PSIA-Nordic Certification Chairman, will present his views on what to take and where to go. He will also discuss the latest in compact touring and telemark equipment and answer any questions you might have about efficient technique. Thursday, Nov. 17, 7:00 - 9:30 PM. Registration required. Class size limited. Fee: \$15.00. Stop in or call 609-397-3366 to register.



HELP WANTED

Cross Country Ski Outfitters in Lambertville, NJ is looking for part-time weekend help. One or two days. Good pay, great benefits and a lot of fun. Call Louise or Mike at 609-397-3366.

If you wish to purchase a New Hope Nordic's tee-shirt (long or short sleeve), please contact: Florence DiPaolo at: 215-725-9281.



If you are one of those fortunate people who recently had a ZIP CODE change, but NOT an address change, please notify Joanne Hartnett (638-3055) ASAP. This will insure that your NHN Newsletter will arrive without any delays.

CROSS COUNTRY SKI ETIQUETTE

- Don't ski alone; keep others informed of where you are going.
- The skier going downhill has the right-of-way over a skier going uphill.
- When you encounter other skiers, stay to the right.
- Ski under control at all times. Ski within your ability. Only you can judge your ability to safely ski a trail.
- When overtaking slower skiers, the word "TRACK" is used to let the skier know you are there and that you want to pass.
- Fill in Sitzmarks (holes in the snow caused by your body when you fall).
- If you wish to walk down (or up) a trail, stay to the side of the trail. DO NOT WALK IN THE TRACKS.
- Read, understand and obey the signs posted by the ski center, especially directional signs on one-way trails.
- DON'T LITTER. Carry out what you carry in.
- When you fall, try to get out of the way and to the side of the trail, injury permitting.
- Report all accidents to the proper authorities (ski patrol, police, etc.) as soon as is practical.
- If you need to stop and converse, please get to the side and off the trail. Don't start a meeting at the bottom of the hill.
- Yield, where possible, to faster skiers.
- Above all, be courteous and use common sense.

CROSS COUNTRY SKI BASICS

SKI SELECTION

- **WAXABLE** skis use a thin layer of wax on the base to suit the day's snow. The benefit is the ability to tune the ski for increased glide and traction. Waxable skis can be used for "skating" or traditional skiing.
- **NO-WAX** skis have a grip pattern molded into the base. They offer convenience and are extremely popular with touring and backcountry skiers. When snow conditions are changing (above freezing to below freezing) waxing can be challenging and many skiers will often switch to a no-wax ski. Because the grip pattern is always present, a no-wax ski is difficult to "skate" with.
- The word **CAMBER** describes the bend in the middle of the ski where the "wax pocket" or "grip zone" is. A ski needs enough camber to lift the wax pocket off the snow when you're gliding with your feet side by side. But, when you stand on one ski and press down, the ski must bend enough to let you grip the snow and move forward.
- **YOUR WEIGHT AND SKIING ABILITY** affect the amount of camber you need. Stiff skis are faster but more demanding of your technique. It takes practice to avoid slipping backwards on stiff skis. Racers use very stiff skis. Novice skiers are usually happy with a softer ski that requires less force to use properly (especially at the end of a long day).
- The **LENGTH** of the proper ski should be decided with your height, weight and skiing ability in mind. As a general rule: although a beginner may find a shorter ski easier to handle and steer when they are learning, the increased stability and speed of a longer ski is what they will soon graduate to. Don't buy a ski that is too short. Take a lesson and learn how to ski the right ski!
- **CLASSICAL SKIS:** should reach to the wrist when you raise your arm over your head. **FREESTYLE (SKATING)** skis are about 10 cm shorter.
- **WIDTH:** A wide ski gives more flotation in soft snow while a narrow ski gives more speed and less drag. People who ski on groomed trails can use a narrower ski than backcountry skiers.
- *(All this stuff about ski length has become less clear in the past few seasons. Many manufacturers are making skis in shorter lengths - in some cases as short as 147 cm. A good description of them is that they're like in-line skates for snow. On a good trail*

they can be a blast: exceptionally agile and almost as fast as a traditional length ski. But, they can also be less stable on cruddy, hardpacked trails. It's not a one-size-fits-all concept: they still must be matched to your weight and ability. More choices!)

- **SHAPE OF THE SKI:** skis are hourglass shaped, narrower under the foot than at the ends. This is called sidecut. The more sidecut the easier the ski will turn and steer. Backcountry skiers want a ski that turns easier than a skier who is in prepared tracks.

CLOTHING

- Many beginners overdress and soon need to remove clothing when they overheat! Cross country skiers need to dress a lot lighter than downhill folks. Everybody is different. What works for you may not work for someone else. Skiers often carry a small pack with extra layers in changing weather. A small pack is also a great place to carry water bottles (*you need to drink frequently*), snacks and cameras.
- **LAYERING** helps you regulate body temperature. Three layers are used:
- **WICKING:** The layer next to your skin should move perspiration away from your body (where it would chill you) to the outer layers. Synthetics (i.e.: polypropylene) work best. Cotton remains cold when wet and will make you colder when you stop! Be smart - don't wear cotton.
- **INSULATION:** Provides warmth. Wool sweaters, pile and synthetics are best. Light and easy-to-pack layers are best for touring. Some very active skiers may not even need an insulation layer (until they stop). Again, don't wear cotton, it will hold your perspiration next to you and make you very uncomfortable.
- **OUTER SHELL:** Protects you from wind and rain and should have some way of venting excess heat/moisture or be easily removed. Most skiers will always have some type of outer shell.
- **HATS AND GLOVES:** Like your grandmother said, if your feet are cold, put on a hat! You lose a lot of thermal energy through your neck and head, so insulate it! The layering system works well here too. Cold hands are no fun: liners, gloves and overmitts will make a versatile system to keep your hands warm in almost any weather.

MEMBERSHIP DUES

Membership for the 1994-95 season is the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attn: Joanne Hartnett). Dues received after January 1 will be subject to the New Member rate.

NEWSLETTER

Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost. • Send material for the newsletter to: Mike Seidman, 214 Larrimore Lane, Erdenheim, PA 19118, 215-836-4185, Fax: 242-2410. • The deadlines are: Sept. 23, Oct. 21, Nov. 25 & Dec. 23, 1994; Jan. 20, Feb. 24 & March 24, 1995.

GENERAL TRIP POLICIES

Day trips are open to members and non-members. • Trips for which the club arranges either lodging or transportation are open to members only. • Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics. • Unless otherwise stated, all trips go snow or no snow. Bring hiking boots. • No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member. • In consideration of the comfort and enjoyment of all participants, all passengers on any vehicle holding more than 15

people must be at least 12 years of age. • All trip participants pay full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass back the cost reduction to that participant. • The success of the trips depends upon people willing to share the driving. Please consider this if you are asked. • Please help out loading and unloading the vans. • Hard sided suitcases are very difficult to pack efficiently today's small cars & vans. Please try to use soft luggage or duffel bags.

TRIP CANCELLATION POLICY

More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less. • Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater. • Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater. • Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving. • The refund amount will be determined only after the trip accounting has been completed.

MEETINGS

Are held at 8 PM, the 2nd Tuesdays of Fall and Spring Months, and the 2nd and 4th Tuesdays of November, January, and February. We meet at the Jesse Soby American Legion Post, Langhorne, PA, which is located at Richardson and Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. • Anyone with an interest in cross country skiing or the outdoors in general is welcome to attend. Bring a friend! • *Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.*

1994/95 OFFICERS

President	Florence DiPaolo	(215) 725-9281
Vice President	Ward Hickman	(215) 741-1766
Treasurer	Sue Liwak	(215) 860-8067
Recording Secretary	Mary Jean McCauley	(215) 637-3574
Corresponding Secretary	Kate Goelz	(215) 794-0519
Member-at-Large	Saul Miller	(215) 725-2125

1994/95 CHAIRPERSONS

Skimeister	Kevin Kopp	(215) 321-3930
Membership Chairperson	Joanne Hartnett	(215) 638-3055
Editor	Mike Seidman	(215) 836-4185
Publicity	Diana Dunn	(215) 799-5128
Meeting Programs	<i>Chairperson Needed</i>	
Eastern Pennsylvania Ski Council Representative	Jim Murtha	(215) 752-9662

1994-95 Membership Application

Return to: New Hope Nordics, Membership Chairman, Box 407, Newtown, PA 18940

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

I understand and am aware that cross country skiing is a hazardous activity. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and agree not to make a claim against or sue the New Hope Nordics and its members for injuries or damages relating to participation in its activities.

Signed _____ Date _____

Received by _____

DUES:

Single

- New - \$10
 Renewal - \$8

Family

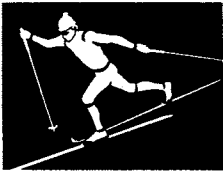
- New - \$15
 Renewal - \$12

Renewal rates must be paid before January 1!

SKI LEVEL:

- Beginner
 Intermediate
 Advanced

Free

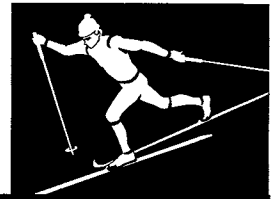


New Hope Nordics
Box 407
Newtown, PA 18940



**Late News:
Stowe is on for '95!
(See details inside)**

Nordic Notes



Newsletter of the New Hope Nordics Cross Country Ski Club

December 1994

• S C H E D U L E •

And now a few words from your president....

As we approach the most festive time of the year, I wish to extend to all the members of New Hope Nordics a very happy holiday season and all the very best for the coming New Year!

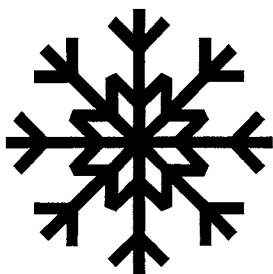
We are swiftly approaching the best of the ski season, and I hope that all your ski plans have been made and that you have a thoroughly wonderful time on all your ski adventures.

Happy Holidays,
Florence L. DiPaolo

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13 CHRISTMAS PARTY

This annual party is held to ensure abundant snow for the upcoming season. Legend holds that by making offerings of food & drink and by decorating the altar (room) with paper snowflakes, we will be rewarded with a great ski season. *It really worked well last year, didn't it?* Let's keep up the good work. Please bring a dessert and a paper snowflake. Ward Hickman, 215-741-1766



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Louise Decker of Cross Country Ski Outfitters in Lambertville, NJ will introduce us to the newest concept in cross country skiing - the compact and short skis. Find out about the most exciting thing to happen to XC since snow! *(Editor's Note: If you haven't tried the short skis yet — you don't know what you're missing! This will be my third season on them and they instantly became my favorite pair.)*

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Last meeting of the year. Sorry, the snow's all gone. Unless we go to Argentina.....

The Nominating Committee for 1995 Board Members has been selected. They are as follows: Bette Lowing, 215-322-2061; Jim Divan, 215-672-6349; Michael Seidman, 215-836-4185. Any member wishing to run for one of the board member positions, please contact any one of them.

THE EIGHT ESSENTIAL SKILLS

These eight skills are the foundations from which all cross country skiing is based. Everything you do when you ski, from a simple snow plow to V-2 skating, is made up of combinations of them. By breaking down XC ski techniques into small parts and practicing them, you will be rewarded by many miles of easier, more controlled skiing. These skills are:

- **SLIDING:** Your feet are side by side, the skis are flat and not edged and you are gliding across the snow.
- **GLIDING ON ONE SKI:** Balancing on one ski at a time, your body weight is centered over the gliding ski. (The better you do this skill, the faster you ski!)
- **MOVING FROM SKI TO SKI:** Shifting your weight back and forth from one ski to the other.
- **PUSHING OFF:** When you grip the snow with one ski and move forward. Also known as the "kick" of the diagonal stride.
- **POLING:** Pushing against the poles to help move forward.
- **EDGING:** Tilting the ski up on one edge to dig it into the snow.
- **SKIDDING:** Sliding the ski sideways across the snow, keeping the ski flat and not edged.
- **STEERING:** Rotating the whole ski with your foot and leg into a new direction.

When you ski, you are combining the simple skills into more complex maneuvers. For example, a snow plow begins by SKIDDING and STEERING the skis into a Vee and then EDGING the skis to control your speed. To do a snow plow turn you then would shift your weight to one ski to make the turn.

Suggested reading: *The Cross Country Ski Primer*, Laurie Gullion, Lyons & Burford, 1990. This book also has many good exercises and drills to improve technique.



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- Above all, be courteous and use common sense.

Hi, Fellow Skiers,
 Many of you have questioned the ability of local cross country skiing in the Pocono Mountain area. I have located a list of X-C areas in the Poconos, which I have had for some three years. Since this listed is somewhat dated, I would suggest that you you call the area you are interested, before you venture out.

- Florence L. DiPaolo

The information is arranged in the following format:

Name
 Address
 Phone
 miles/rails/marked/groomed/hours

Ed. Note: keep in mind that these areas won't have the trail layout or grooming facilities that approach what we've come to expect on our scheduled trips. They might have snowmobile tracking or snow-covered forest trails. In other words, what XC used to be before the skating revolution. It would be a good idea to bring something other than your new \$250. skating skis. The economics of running a ski area are such that the nearest "big" grooming machine, that I know of, is in New York State. But, if you've been good boys and girls, and **brought offerings to the Christmas Party**, then the snow should be good, and we will be rewarded with good skiing in our Parks and forests.

Alpine Mountain
 Route 447
 Analomink, PA 18320
 717-595-2150
 4 mi./yes/natural/9-4:30 PM

Big Boulder Ski Area
 PO Box 702
 Blakeslee, PA 18610
 717-722-0101
 3 km/yes/tracked/9-dark

Fernwood Resort
 Route 209
 Bushkill, PA 18324
 717-588-9500
 golf course/yes/yes/9-4:30 PM

Jack Frost Mountain
 PO Box 703
 Blakeslee, PA 18610
 717-443-8425
 15 km/yes/yes/8:30-4 PM

Mt. Airy Lodge
 Mt. Pocono, PA 18344
 717-839-8811
 5 km/yes/yes/10-5 PM

Mount Tone
 Off Route 247
 Lake Como, PA 18437
 717-798-2707
 7 mi./yes/yes/9-5 PM

Pocono Manor
 Nordic Tour. Ctr.
 Pocono Manor, PA 18349
 717-839-6964
 40 mi./20 mi./20 mi./9-5 PM

Shawnee Mountain
 Exit 52 off I-80
 Shawnee-on-Delaware, PA 18356
 717-421-7231
 3 km/yes/yes/8-dark

Split Rock Resort
 Lake Harmony, PA 18624
 800-255-ROCK
 7 mi./yes/yes/8-4:30 PM

Tanglewood Ski Area
 Lake Wallenpaupack
 Tafton, PA 18464
 717-226-9500
 15 km/yes/yes/Call for Hours

Birchwood In The Poconos
 3400 Birchwood Dr.
 East Stroudsburg, PA 18301
 717-629-0222
 3 mi./na/na/na

Black Walnut B&B
 RD #2, Box 9285
 Firetower Rd., Milford, PA 18337
 717-296-6322
 160 acres/some/no/call

Brookview Manor B&B
 RD #1, Box 365
 Canadensis, PA 18325
 717-595-2451
 400 acres/some/no/call

Camp Speers/El Jabar YMCA
 RR #1, Box 89
 Dingmans Ferry, PA 18328
 717-828-2329
 15 km./yes/yes/9-dark

Cherry Ridge Farm X-C Tour. Ctr.
 RD #1, Box 489
 Gallagher Rd., Tobyhanna, PA 18466
 717-676-4904
 2-3 mi./yes/yes/9-dark

Double "W" Guest Ranch
 RD #2, Box 1540
 Honesdale, PA 18431
 717-226-3118
 171 acres/yes/1 mi./9-3 PM

Holiday Glen B&B
 Bush Rd., PO Box 96
 Swiftwater, PA 18370
 717-839-7015
 17 acres/no/no/8-dark

Inn at Starlight Lake
 Box 27
 Starlight, PA 18461
 717-798-2519
 120 km./yes/yes/9-dark

Mauch Chunk Lake Park
 529 Lentz Trail
 Jim Thorpe, PA 18229
 717-325-3669
 18 mi./yes/no/8-4 PM

Overlook Inn
 Dutch Hill Road
 Canadensis, Pa 18325
 717-595-7519
 2 trails/yes/no/na

Pip-Inn
 Star Route Box 94
 Tafton, PA 18464
 717-226-3514
 200 acres/some/no/8-dark

The Sterling Inn
 Route 191
 South Sterling, PA 18460
 717-676-3311
 105 acres/yes/tracked/call

Sylvania Tree Farm
 Box 18, Village of Masthope
 Lackawaxen, PA 18435
 717-685-7001
 1,500 acre estate/yes/no/10-5 PM

Tamiment Resort Hotel
 Tamiment, PA 18371
 717-588-6652
 5 mi./some/some/weekends

Skytop Lodge
 Skytop, PA 18357
 717-595-7401
 5,500 acres/some/no/na

MEMBERSHIP DUES

Membership for the 1994-95 season is the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attn: Joanne Hartnett). Dues received after January 1 will be subject to the New Member rate.

NEWSLETTER

Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost. • Send material for the newsletter to: Mike Seidman, 214 Larrimore Lane, Erdenheim, PA 19118, 215-836-4185, Fax: 242-2410. • The deadlines are: Sept. 23, Oct. 21, Nov. 25 & Dec. 23, 1994; Jan. 20, Feb. 24 & March 24, 1995.

GENERAL TRIP POLICIES

Day trips are open to members and non-members. • Trips for which the club arranges either lodging or transportation are open to members only. • Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics. • Unless otherwise stated, all trips go snow or no snow. Bring hiking boots. • No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member. • In consideration of the comfort and enjoyment of all participants, all passengers on any vehicle holding more than 15

people must be at least 12 years of age. • All trip participants pay full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass back the cost reduction to that participant. • The success of the trips depends upon people willing to share the driving. Please consider this if you are asked. • Please help out loading and unloading the vans. • Hard sided suitcases are very difficult to pack efficiently today's small cars & vans. Please try to use soft luggage or duffel bags.

TRIP CANCELLATION POLICY

More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less. • Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater. • Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater. • Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving. • The refund amount will be determined only after the trip accounting has been completed.

MEETINGS

Are held at 8 PM, the 2nd Tuesdays of Fall and Spring Months, and the 2nd and 4th Tuesdays of November, January, and February. We meet at the Jesse Soby American Legion Post, Langhorne, PA, which is located at Richardson and Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. • Anyone with an interest in cross country skiing or the outdoors in general is welcome to attend. Bring a friend! • *Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.*

1994/95 OFFICERS

President	Florence DiPaolo	(215) 725-9281
Vice President	Ward Hickman	(215) 741-1766
Treasurer	Sue Liwak	(215) 860-8067
Recording Secretary	Mary Jean McCauley	(215) 637-3574
Corresponding Secretary	Kate Goelz	(215) 794-0519
Member-at-Large	Saul Miller	(215) 725-2125

1994/95 CHAIRPERSONS

Skimeister	Kevin Kopp	(215) 321-3930
Membership	Joanne Hartnett	(215) 638-3055
Editor	Mike Seidman	(215) 836-4185
Publicity Chairperson	Florence DiPaolo	(215) 725-9281
Meeting Programs	<i>Chairperson Needed</i>	
Eastern Pennsylvania Ski Council Representative	Jim Murtha	(215) 752-9662

1994-95 Membership Application

Return to: New Hope Nordics, Membership Chairman, Box 407, Newtown, PA 18940

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

I understand and am aware that cross country skiing is a hazardous activity. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and agree not to make a claim against or sue the New Hope Nordics and its members for injuries or damages relating to participation in its activities.

Signed _____ Date _____

Received by _____

DUES:

Single

- New - \$10
 Renewal - \$8

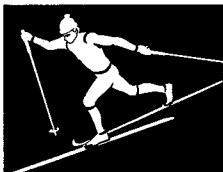
Family

- New - \$15
 Renewal - \$12

Renewal rates must be paid before January 1!

SKI LEVEL:

- Beginner
 Intermediate
 Advanced

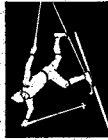


New Hope Nordics
Box 407
Newtown, PA 18940



Christmas Party
December 13!

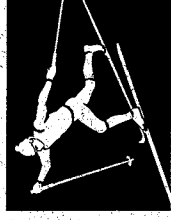
The New Hope Nordics, now in its 11th season, is dedicated to offering it's members a wide range of cross country ski trips. Because we are a non-profit club and are run by volunteers, we can offer our members trips that offer excellent skiing as well as exceptional value. We hope you can join us.



GENERAL TRIP POLICIES • Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics. Non-members must include membership fee. • Unless otherwise stated, all trips go regardless of weather conditions. • No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member. • In consideration of the comfort and enjoyment of all participants, all passengers on any vehicle holding more than 15 people must be at least 12 years of age. **TRIP CANCELLATION POLICY** • More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less. • Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater. • Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater. • Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving. • The refund amount will be determined only after the trip accounting has been completed.

Super Bowl Weekend!!!

XC Ski Trip



LAKE PLACID, NY
January 27-30, 1995



New Hope Nordics, Inc.
Box 407
Newtown, PA 18940
215-725-9281

New Hope Nordics
Box 407
Newtown, PA 18940



Reservation Form
Lake Placid XC Ski Trip
January 27-30, 1995

Join the New Hope Nordics Cross Country Ski Club for a long weekend in one of the East's premier cross country ski areas - Lake Placid, NY.

We'll be staying at the Holiday Inn Sun Spree Resort located on 42 acres of private land, in the Center of the Village, overlooking the lakes and the mountains. Whiteface Mountain is only nine miles away and the Jack Rabbit Cross Country ski trail system is right on the hotel's property. We will also be skiing on world class trails at the Mt. Van Hoevenberg Olympic Center. The trails are well groomed and are suitable for beginner to skating level skiers.

Cross country ski lessons for all levels are available at the Mt. Van Hoevenberg Olympic Center.

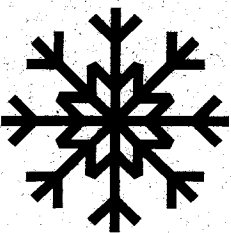
The town of Lake Placid is one of the East's premier destinations. Winter sports from ice skating to bob-sledding are featured in the Olympic facilities.

The hotel features indoor pool, Jacuzzi, sauna, tanning booth, message therapist and universal gym. All rooms have a TV, microwave, refrigerator/freezer and a coffee maker.

The trip price is \$242 or \$210 per person, double or triple occupancy. Trip prices include:

- Round trip transportation on a deluxe motorcoach with videos on-board.
- Motorcoach transfers to and from the XC ski area each day. A shuttle to Whiteface Mtn. is available, appx: \$5.00 round trip.
- Three nights lodging at the Holiday Inn SunSpree Resort in Lake Placid
- Two dinners: Saturday, Sunday
- Three breakfasts
- One box lunch on Monday
- Taxes and gratuities

Contact Florence L. DiPaolo, 215-725-9281, for additional information.



Name _____
Address _____

Phone _____

Room type preferred:

Double Triple

Other: _____

Would you like us to try and match you with a room mate? Yes No

Payment Schedule: \$125 per person due with registration. FULL PAYMENT is required two weeks prior to trip.

Are you a member of New Hope Nordics?
 Yes No

Non-Members:

Please include membership fees with your deposit. Our membership fees are:

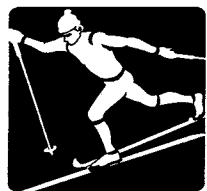
Single: \$10/New; \$8/Renewal

Family: \$15/New; \$12/Renewal

These fees are not included in the trip cost.

New Hope Nordics, Inc.
Box 407
Newtown, PA 18940

Nordic Notes



THE
NEW HOPE
NORDICS, INC.

◆
Cross-Country
Ski Club

◆
January 1995

THE YEAR THE SKI TRIPS EXPLODED?

What the @#%& is going on? Has the world discovered XC? Is (heaven forbid) cross-country becoming chic? Will our favorite trails become over-run with (heaven forbid) people who enjoy the same things as we do? Will there be enough snow to go around?

This has been an incredible Fall season for us. In early December almost every trip was full and some have waiting lists. We've seen more people — sign up for more trips — earlier in the season — than we ever have in the 11 years this club has been around. Last night one of our leaders called and joked that she might not show up at the Holiday Party — she didn't want to face the people who have been put on the waiting list for her trip. I did my best to reassure her that no New Hope leader had been lynched (*on a ski trip!*) since the late 80's.

This summer we agonized over running two bus trips. Could we add Lake Placid? Would we have enough interest? Would we lose money? Then the Stowe trip looked like it would fall through. So we were back to one trip. But, Joanne didn't give up, and she probably called everyone listed in the Stowe, Vermont phone book before she found an Inn that meets our standards. So we were back to two bus trips.

And the response has been overwhelming and gratifying. Beyond our wildest dreams, we now have the membership and interest to run two big bus trips! But this success has a bittersweet side. As people who really, really love cross country skiing, it's really, really hard for us to tell someone that they can't come on a trip and ski with us. We are sorry for that.

Having been in the club since the beginning, (*in the dark ages before Lycra*), running two bus trips had previously seemed unobtainable. There have been years when the end of January came and we only had 28 people signed up for Stowe. A bus trip has always been a big one for us, big in popularity and big in financial risk. There were years when the club lost money.

There have been years of bad snow. Years when the weather seemed to mock us. But, somehow, we always found snow, and we always skied. Some of us can remember George Foos, the original *skimeister*, looking at topographic maps, trying to find those north-facing, higher-elevation trails that might have gotten more snow. Or driving five pessimistic hours to Lapland Lake, on a brown and snowless New York Thruway, to be amply rewarded by good skiing on Olavi's immaculate trails.

As a cross country skier you become used to the variations in the weather. You cherish the good years and make the best of the bad. Yet, throughout the ups and downs, the club has

continued to do the only thing it's supposed to do - to run the best trips possible for you, for me, for ourselves, for us, the members. And to that end we do some crazy things.

Our trips are run by volunteers, who, by the way, don't get their trip for free. On the largest trip, a leader will maybe get a 25% allowance. Not much compensation by some standards, but enough for those of us who love this sport.

When we calculate the cost of the trip, we do crazy things - like not figuring any allowance for a less-than-full bus. The full point is the break-even point! Our contingency fee is absurdly low - 3% or so. And we once even reduced that to keep the trip fee under a certain point. And we refund any excess that might mysteriously show up. This fiscal irresponsibility has a purpose. It serves you. You get the best trips.

So what's happened this year? The obvious answer is that last winter's snow has boosted interest in cross country. Or that the Olympics last year helped that interest. Or that skating and the fitness trends have intersected on our doorstep. Or that Florence and her officers and trip leaders have just done an exceptional job this year. (*No doubt that they have!*) Maybe this is our year or maybe we're just lucky. Someone even suggested that the increase in popularity may be due to the fact that I haven't been to too many meetings in the last two years. Well, we each contribute in our own way....! Who knows. As long as we get to ski.

The bittersweet part of the success is also that the increase in participation on trips hasn't been matched by an increase in volunteers. We came very, very close to cancelling the Lapland Lake trip. We had deposits and we had skiers. What we didn't have is a LEADER. We did the set-up work. Someone just had to make carpools and simple arrangements and give Lapland a check. Just as two bus trips seemed unthinkable, so would cancelling a trip, for lack of leadership, be in this record year. Scott and Jan are now able to led the trip, but we shouldn't need to search for leaders. Why didn't any more people volunteer?

Years ago, I was with a another club that wanted to award a leader for running an exceptional trip. The president stopped us and said "You can reward him by running a trip that he can go on and enjoy." That's the way this volunteer stuff works. I've run a lot of trips. If I can run a ski trip, so can you. It's not hard.

This looks to be our most successful season ever. Even if you can't join us on one of our trips, get out there and ski somewhere! And think about helping out - the more leaders we have, the more trips we have. It's that simple.

— The Editor, 12/1/94

JANUARY 10 (Tues)
CLUB MEETING, 8:00 PM

With all those beautiful rainbow-like colors, how is one to know which "wax" to choose from? Diane and George Foos will share with us their unique knowledge and expertise when they have their "Waxing Clinic". And yes, even "no-wax" skis benefit from a little wax.



JAN. 13-16 (Fri-Mon)
SKI TRIP - GARNET HILL LODGE

Garnett Hill Lodge in New York State has always had one of the better trail systems in the Adirondaks. In the past few years they have made major upgrades to both the trail system and grooming machinery. It's been a good place in the past, and should only be better now! Cost: \$131. plus your share of carpool fee. A \$50. deposit will hold your space. Ward Hickman, 215-741-1766



JANUARY 20-22 (Fri-Sun)
SKI TRIP - LAPLAND LAKE

Return again to "a bit of Finland" in the Adirondaks when we return again to Lapland Lake. You will be able to ski right from your door on some of the best groomed trails to be found anywhere. The trails are designed for beginner through skating level skiers. Excellent ski school as well as rental equipment is on-site. A deposit of \$60 holds your space. Total cost will be appx. \$160. This will be a carpool trip. Scott and Jan Berger, 215-542-0366. This is one of the more popular trips and a few spaces are still available.



JANUARY 24 (Tues)
CLUB MEETING, 8:00 PM

Louise Decker of Cross Country Ski Outfitters in Lambertville, NJ will introduce us to the newest concept in cross country skiing - the compact and short skis. Find out about the most exciting thing to happen to XC since snow! *(Editor's Note: If you haven't tried the short skis yet — you don't know what you're missing! This will be my third season on them and they instantly became my favorite pair.)*



JAN. 27-30 (Fri-Mon.)
SKI TRIP - LAKE PLACID - BUS TRIP

We'll stay at the Holiday Inn SunSpree Resort located in the center of the village. Whiteface Mountain is only nine miles away and the Jack Rabbit XC ski trail is right on the premises. We will also be skiing on world class trails at the Mt. Van Hoevenberg Olympic Center. (A shuttle to Whiteface Mtn. is available, appx: \$5.00 round trip). The trip includes deluxe round trip motorcoach (with videos on board, of course), 3 nights at the Holiday Inn Sun Spree Resort, 2 dinners, 3 breakfasts, box lunch for Monday, taxes and gratuities. The hotel features an indoor pool, Jacuzzi, sauna, tanning booth, message therapist and universal gym. All rooms have TV, microwave, refrigerator and coffee makers. Cost will be \$242-210, for double or triple occupancy. A deposit of \$125 holds your space. Full payment is required two weeks prior to trip. Call Florence L. DiPaolo, 215-725-9281. **All payments are due by January 10.**



FEBRUARY 10-12 (Fri-Sun)
SKI TRIP - RICKETTS GLEN, PENNA

A laid back trip to the modern cabins of this scenic park in Pennsylvania. We'll stay in centrally heated cabins with full kitchens, showers and bathrooms. If you were all good little boys and girls at the Christmas Snow Party, we may be able ski right from the door! This area is known for it's waterfalls, which become even more spectacular in winter. (Sorry, you can't ski the waterfall.) This will be a carpool trip. Call Sharon Nelson, 215-322-0492. Cost: \$45. not including carpool fee.



DAY SKI TRIPS

Saul Miller will be coordinating the 1995 Day Ski trips. If you want to get out and ski for a day with other Nordics, call Saul and tell him. He will try to match up people for carpooling, etc. The skiing will be in local areas if conditions permit or perhaps with a ride up to the Poconos - it's up to you. Call Saul at (215) 725-2125. Leave a message if Saul's not there.

**FEBRUARY 14 (Tues)
CLUB MEETING, 8:00 PM**

Stopping, turning and controlling your speed going downhill is easy once you know how. And there are better ways than grabbing trees and sitting on one's bottom! There are a few basics skills to be learned, and pretty soon you'll be looking forward to downhill runs and eagerly searching out double-black-diamond trails. Mike Seidman, one of our ASIA certified instructors and certified hot-air-generator, will explain the one common mistake most novices make, and how easily you can improve your skiing.



**FEBRUARY 24-27 (Fri-Mon)
SKI TRIP - STOWE, VERMONT**

Stowe is a Go in '95! Join us for some of the best skiing Vermont has to offer. Ski all day in the XC capital of the East. At night enjoy the amenities of the Commodores Inn and the nightlife of Stowe Village. The Inn is located within walking distance of Stowe Village and has Jacuzzis, saunas and exercise rooms right on the premises. It has a superb dining room & lounge and large common rooms with fireplace for after-skiing get-togethers. The rooms have two queen beds or king beds, TV's, telephones and coffee makers. Our bus will take you to and from the XC ski areas. The Stowe Trolley stops at the front door of the Inn if you want to go to the downhill ski areas or ride into town for some sightseeing. We will be skiing at two of our favorite places: Trapp Family Touring Center and Mt. Mansfield Touring Center. Both have world class trail systems and state-of-the-art grooming equipment. The trails in the Stowe area are so extensive that skiers from novice to advanced will find what they're looking for. Many trails are groomed for skating. Professional ski lessons are available. If the snow conditions permit (like they did last year) an entire range of backcountry skiing will be open. Last year people skied from the Inn while others took the bus to Trapp and



skied back. Lots of options are open for the XC skier. The price includes round trip transportation on a deluxe motorcoach complete with videos on board and transfers to and from the XC ski areas. Two dinners, three breakfasts, a box lunch on Monday and all taxes and gratuities are included. The cost is \$285. per person, double occupancy. Singles and triples are also available. A deposit of \$150. holds your space and the full amount is due no later than three weeks before the trip. Call Joanne Hartnett at 638-3055 (home) or 646-2225 (work). *Last year this trip was a great success. The snow was excellent, the food was great, the weather was great and the skiing was some of the best in memory. Last year the trip was full and had a waiting list. Need we say more?*

**MARCH 8 (Tues)
CLUB MEETING, 8:00 PM**

Our speaker will be Fred Viehauer, Ride Coordinator of Suburban Cyclists Unlimited. Cross country and biking are two complimentary sports - Greg LeMond used to XC in Minnesota to keep in shape for the Tour de France. Fred will talk about bike touring in our area and biking in general.



**APRIL 11 (Tues)
CLUB MEETING, 8:00 PM**

Program to be announced.



**MAY 9 (Tues)
CLUB MEETING, 8:00 PM**

Last meeting of the year. Sorry, the snow's all gone around here. Anyone up for Argentina? Check those frequent flier miles.





THE NOMINATING COMMITTEE FOR 1995 BOARD MEMBERS has been selected. They are as follows: Bette Lowing, 215-322-2061; Jim Divan, 215-672-6349; Michael Seidman, 215-836-4185. Any member wishing to run for one of the board member positions, please contact any one of them.



NEW MEMBERS



Albright, Arlene
 Albright, John
 Anastasio, Phyllis A.
 Aubley, Frank
 Bannach, Brian
 Beaudet, Ed
 Beaudet, Maryanne
 Belfield, Lora
 Burnham, Nora
 Cannon, William B.
 Craven, Diane
 Craven, George
 Dietz, Donna
 Earl, William
 Ensor, Barbara
 Epp, Marj
 Epp, Roy
 Federer, Terry
 Fink, William
 Gendelman-Koyre,
 Evelyn G.



Greaven, Karen E.
 Greenbalgh, Paul
 Gretzinger, Lois
 Hoellein, Debbie
 Kruse, Robert
 Lafferty, Kathy
 Lafferty, Robert
 McFeeley, Maureen
 Meller, Gloria
 Mercer, Cliff
 Mercer, Debbie
 Paolino, Enrico
 Paolino, Linda
 Sarafati, David
 Sarafati, Ellen
 Saxton, Georgia
 Steinbacher, Kate
 Vielhauer, Fred
 Walsh, Joseph
 Walsh, Margaret
 Weber, Winnie



DO YOU HAVE A CHILD AND CAN'T SKI AS MUCH AS YOU'D LIKE? Please call me so we can share skiing and child-care. I have a 6-1/2 year old boy who might ski a little, but would also just love to play in the snow with another child. Call me anytime to arrange some local skiing or a trip. I live in Princeton, NJ.



Linda Mercadante
 609-497-2450 home
 609-683-1213 work

CROSS COUNTRY SKI ETIQUETTE



- Don't ski alone; keep others informed of where you are going.
- The skier going downhill has the right-of-way over a skier going uphill.
- When you encounter other skiers, stay to the right.
- Ski under control at all times. Ski within your ability. Only you can judge your ability to safely ski a trail.
- When overtaking slower skiers, the word "TRACK" is used to let the skier know you are there and that you want to pass.
- Fill in Sitzmarks (holes in the snow caused by your body when you fall).
- If you wish to walk down (or up) a trail, stay to the side of the trail. **DO NOT WALK IN THE TRACKS.**
- Read, understand and obey the signs posted by the ski center, especially directional signs on one-way trails.
- **DON'T LITTER.** Carry out what you carry in.
- When you fall, try to get out of the way and to the side of the trail, injury permitting.
- Report all accidents to the proper authorities (ski patrol, police, etc.) as soon as is practical.
- If you need to stop and converse, please get to the side and off the trail. Don't start a meeting at the bottom of the hill.
- Yield, where possible, to faster skiers.
- Above all, be courteous and use common sense.



If you wish to purchase a New Hope Nordic's tee-shirt (long or short sleeve), please contact: Florence DiPaolo at: 215-725-9281.



If you are one of those fortunate people who recently had a ZIP CODE change, but NOT an address change, please notify Joanne Hartnett (638-3055) ASAP. This will insure that your NHN Newsletter will arrive without any delays.



MEMBERSHIP DUES:

Membership for the 1994-95 season is the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

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people must be at least 12 years of age. • All trip participants pay full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass back the cost reduction to that participant. • The success of the trips depends upon people willing to share the driving. Please consider this if you are asked. • Please help loading & unloading luggage. • Hard sided suitcases are very difficult to pack efficiently in today's smaller cars. Try to use soft luggage or duffel bags.

TRIP CANCELLATION POLICY:

More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less. • Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater. • Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater. • Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving. • The refund amount will be determined only after the trip accounting has been completed.

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1994/95 OFFICERS

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Vice President	Ward Hickman	(215) 741-1766
Treasurer	Sue Liwak	(215) 860-8067
Recording Secretary	Mary Jean McCauley	(215) 637-3574
Corresponding Secretary	Kate Goelz	(215) 794-0519
Member-at-Large	Saul Miller	(215) 725-2125

1994/95 CHAIRPERSONS

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Membership	Joanne Hartnett	(215) 638-3055
Editor	Mike Seidman	(215) 836-4185
Publicity Chairperson	Florence DiPaolo	(215) 725-9281
Meeting Programs	<i>Chairperson Needed</i>	
Eastern Pennsylvania Ski Council Representative	Jim Murtha	(215) 752-9662

1994-95 Membership Application

Return to: New Hope Nordics, Membership Chairman, Box 407, Newtown, PA 18940

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

I understand and am aware that cross country skiing is a hazardous activity. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and agree not to make a claim against or sue the New Hope Nordics and its members for injuries or damages relating to participation in its activities.

Signed _____ Date _____

Received by _____



DUES:

Single

- New - \$10
 Renewal - \$8

Family

- New - \$15
 Renewal - \$12

Renewal rates must be paid before January 1!

SKI LEVEL:

- Beginner
 Intermediate
 Advanced

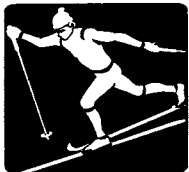


**FRIENDLY REMINDER -
SAVE MONEY!**



Your membership dues for the season must be received before January 1. After that, you don't get to take advantage of the renewal discount. Not to mention that it's going to cost you three more cents to mail it! So save money and do it today.

● If your mailing label has a dot on it, this will be your last newsletter. This looks like it's going to be our best season ever. To stay informed and maintain your membership, please mail your check today!



New Hope Nordics
Cross Country Ski Club
Box 407
Newtown, PA 18940



WILL 95 BE
THE BEST
YEAR EVER?



S C H E D U L E

FEBRUARY 10-12 (Fri-Sun) SKI TRIP - RICKETTS GLEN, PENNA

A laid back trip to the modern cabins of this scenic park in Pennsylvania. We'll stay in centrally heated cabins with full kitchens, showers and bathrooms. We may be able ski right from the door! This area is known for it's waterfalls, which become even more spectacular in winter. (Sorry, you can't ski the waterfall.) This will be a carpool trip. Call Sharon Nelson, 215-322-0492. Cost: \$45. not including carpool fee.



FEBRUARY 14 (Tues) CLUB MEETING, 8:00 PM

Stopping, turning and controlling your speed going downhill is easy once you know how. And there are better ways than grabbing trees and sitting on one's bottom! There are a few basics skills to be learned, and pretty soon you'll be looking forward to downhill runs and eagerly searching out double-black-diamond trails. Mike Seidman, one of our ASIA certified instructors and certified hot-air-generator, will explain the one common mistake most novices make, and how easily you can improve your skiing.



FEBRUARY 24-27 (Fri-Mon) SKI TRIP - STOWE, VERMONT

Stowe is a Go in '95! Join us for some of the best skiing Vermont has to offer. Ski all day in the XC capital of the East. At night enjoy the amenities of the Commodores Inn and the nightlife of Stowe Village. The Inn is located within walking distance of Stowe Village and has Jacuzzis, saunas and exercise rooms right on the premises. It has a superb dining room & lounge and large common rooms with fireplace for after-skiing get-togethers. The rooms have two queen beds or king beds, TV's, telephones and coffee makers. Our bus will take you to and from the XC ski areas. The Stowe Trolley stops at the front door of the Inn if you want to go to the downhill ski areas or ride into town for some sightseeing. We will be skiing at two of our favorite places: Trapp Family Touring Center and Mt. Mansfield Touring Center. Both have world class trail systems and state-of-the-art grooming equipment. The trails in the Stowe area are so extensive that skiers from novice to advanced will find what they're looking for. Many trails are groomed for skating. Professional ski lessons are available. If the snow conditions permit (like they did last year) an entire range of backcountry skiing will be open. Last year people skied from the Inn while others took the bus to Trapp and skied back. Lots of options are open for the XC skier.

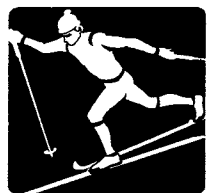


The price includes round trip transportation on a deluxe motorcoach complete with videos on board and transfers to and from the XC ski areas. Two dinners, three breakfasts, a box lunch on Monday and all taxes and gratuities are included. The cost is \$285. per person, double occupancy. Singles and triples are also available. A deposit of \$150. holds your space and the **FULL AMOUNT IS DUE BY FEBRUARY 5.** Call Joanne Hartnett at 638-3055 (home) or 646-2225 (work). *This trip is FULL. If you wish to place your name on a "waiting list", please contact Joanne.*

DAY SKI TRIPS

Saul Miller will be coordinating the 1995 Day Ski trips. If you want to get out and ski for a day with other Nordics, call Saul and tell him. He will try to match up people for carpooling, etc. The skiing will be in local areas if conditions permit or perhaps with a ride up to the Poconos - it's up to you. Call Saul at (215) 725-2125 or leave a message.

Nordic Notes



THE
NEW HOPE
NORDICS, INC.

◆
Cross-Country
Ski Club

◆
February 1995

**FEBRUARY 28 (Tues)
CLUB MEETING, 8:00 PM**

Program to be announced.

**MARCH 14 (Tues)
CLUB MEETING, 8:00 PM**

***** ELECTIONS *****

Following the **ELECTION OF OFFICERS**, our speaker will be Fred Viehauer, Ride Coordinator of Suburban Cyclists Unlimited. Cross country and biking are two complimentary sports - Greg LeMond used to XC in Minnesota to keep in shape for the Tour de France. Fred will talk about bike touring in our area and biking in general.



A few years ago the club purchased two first aid kits and ski tips for use on trips. We are unable to locate them. They were not returned after a trip. Would anyone who has them (or knows of them) please contact one of the officers.

**APRIL 11 (Tues)
CLUB MEETING, 8:00 PM**

Program to be announced.

**MAY 9 (Tues)
CLUB MEETING, 8:00 PM**

Last meeting of the year. Sorry, the snow's all gone around here. Anyone up for Argentina? Check those frequent flier miles.

Cross-Country Ski Packages Starting at \$149⁹⁹

Rollerblade.

SALOMON



TYR



FISCHER

SPEEDO



ASOLO

SALE DATES FEBRUARY 17-26, 1995

609-397-3366

Storewide Sale - Up To 75% OFF

287 S. Main St. • Laceworks Bldg.
Lambertville, NJ 08530

Trip Report: Lake Placid

Jan. 27-30, 1995

On January 27, 48 die-hard cross-country skiers ventured out to find the ultimate SNOW. We arrived at the Holiday Inn SunSpree Resort on Saturday around 1 AM. At this point things looked very hopeful with the sighting of snow on the ground on Placid.

After some sleep and an all-you-can-eat buffet breakfast, the group skied at Mr. Van Hoevenberg on about 25-30 km of open trails. Unfortunately, the other XC areas in Placid only had 10 km of trails open and we did not attempt to ski them. On Sunday and Monday morning, we again successfully skied at Mt. Van Hoevenberg.

Entertainment was provided on Saturday night with the addition of a Karoke party in *Christy's Lounge*. Unbeknownst to the NHN members, "Maddog" serenaded us with his rendition of Wild Thing". Group requests became very popular Saturday night with a rendition from Carol Ettinger, Barbara Ensor, and Mary Jean McCauley doing a very popular ditty from the Supremes "Stop in the Name of Love".

Sunday evening was rather laid back with a few people relaxing in Christy's watching the Super Bowl. A few adventurous diehards took the black diamond driveway down to "Cheers" (local tappy) where they were overwhelmed with the furnishings and decor. I am sure we will have to make a repeat trip to "Cheers" again.

The only way to sum up this wonderful Placid trip is to say that a good time was had by all!

It is with deep sadness that we announce the recent passing of Alex McLean. A long-time member of Nordics, he was with us on the first bus trip to Stowe years ago and had recently completed his certification as an ASIA cross country ski instructor. Those of us who had the pleasure of his friendship will miss him.

(In memory of Alex, a donation was made to the Churchville Nature Center.)

Dear New Hope Nordic Members,
Thank you for your generous gift in Alex's name. It will be used for an educational exhibit in the bird observatory. Your calls and kind words were a source of comfort. Thank you for being there.

Yours truly,

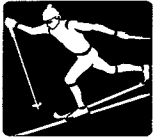
The Family of Alex McLean; Roberta, Jane, Sue & Dan

CROSS COUNTRY SKI ETIQUETTE

- Don't ski alone; keep others informed of where you are going.
- The skier going downhill has the right-of-way over a skier going uphill.
- When you encounter other skiers, stay to the right.
- Ski under control at all times. Ski within your ability. Only you can judge your ability to safely ski a trail.
- When overtaking slower skiers, the word "TRACK" is used to let the skier know you are there and that you want to pass.
- Fill in Sitzmarks (holes in the snow caused by your body when you fall).
- If you wish to walk down (or up) a trail, stay to the side of the trail. DO NOT WALK IN THE TRACKS.
- Read, understand and obey the signs posted by the ski center, especially directional signs on one-way trails.
- DON'T LITTER. Carry out what you carry in.
- When you fall, try to get out of the way and to the side of the trail, injury permitting.
- Report all accidents to the proper authorities (ski patrol, police, etc.) as soon as is practical.
- If you need to stop and converse, please get to the side and off the trail. Don't start a meeting at the bottom of the hill.
- Yield, where possible, to faster skiers.
- Above all, be courteous and use common sense.

If you wish to purchase a New Hope Nordic's tee-shirt (long or short sleeve), please contact: Florence DiPaolo at: 215-725-9281.

If you are one of those fortunate people who recently had a ZIP CODE change, but NOT an address change, please notify Joanne Hartnett (638-3055) ASAP. This will insure that your NHN Newsletter will arrive without any delays.



OFFICIAL BALLOT

NEW HOPE NORDICS

1995-96 ELECTION OF OFFICERS

Vote at the March 14 meeting or use this ballot.
This ballot must be postmarked no later than March 14, 1995 to be included.
New Hope Nordics, Box 407, Newtown, PA 18940

VOTE FOR ONE CHOICE PER OFFICE ONLY!

PRESIDENT:

- Florence DiPaolo

VICE-PRESIDENT

- Ward Hickman

TREASURER

- Mary Phalan

CORRESPONDING SECRETARY

- Kate Goelz
 Joanne Hartnett

RECORDING SECRETARY

- Linda Paolino

MEMBER-AT-LARGE

- Fred Viehauer



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Meeting Programs	Chairperson Needed	
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City/State/Zip _____

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Signed _____ Date _____

Received by _____



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 Renewal - \$8

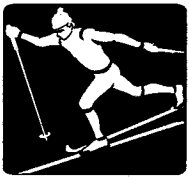
Family

- New - \$15
 Renewal - \$12

Renewal rates must be paid before January 1!

SKI LEVEL:

- Beginner
 Intermediate
 Advanced



**New Hope Nordics
Cross Country Ski Club
Box 407
Newtown, PA 18940**



**ELECTION
BALLOT
INSIDE**



Nordic Notes



THE
NEW HOPE
NORDICS, INC.

◆
Cross-Country
Ski Club

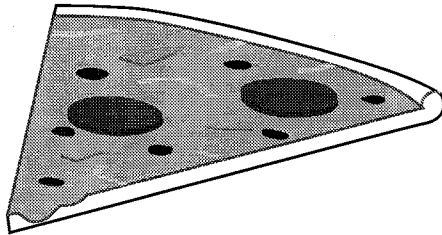
◆
April 1995

S C H E D U L E

APRIL 11 (Tues) CLUB MEETING, 8:00 PM

Program to be announced.

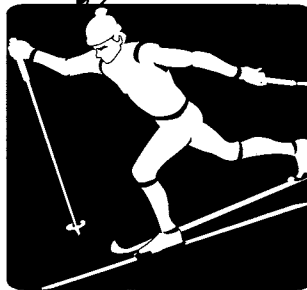
There will be a "Winter Planning" meeting for the 95/96 ski season on Tuesday, April 11th at 6:30 PM prior to our regular ski meeting. Anyone interested in leading a trip is welcome to attend. We are in need of trip leaders and we look forward to seeing you at this meeting.



MAY 9 (Tues) CLUB MEETING 8:00 PM

Pizza Night! There's no more snow to play in, so come out and do the next best thing - eat! Join the gang for the last meeting of the year as we reminisce about the past season. *(P.S.: the pizza's on the club!)*

Congratulations
to our new
officers!



Look for a complete schedule of summer activities — to be announced in the next newsletter.

STOWE TRIP A SUCCESS!

February 24-27, 1995

A full bus left on time from the Perkins parking lot at 6:00 pm on Friday. After a movie on-board, and the obligatory New York Thruway stop, we ran into some slippery roads in Vermont which slowed our arrival to about 2:00. But almost everyone was able to get a few hours sleep on the bus (except the driver)! We were greeted at the Commodores Inn with apple cider and home-made cookies, so even half-asleep, we're usually happy when we're eating. The restaurant was in the same building - so some people, in search of the first dose of caffeine, actually went downstairs for coffee in their bathrobes! (Will they let us back next year?) After an all-you-eat buffet breakfast the bus took us to Trapp Family Lodge for the first day of skiing.

We were greeted by a cold, howling wind as we got off the bus and collected our skis. It was definitely a time for getting moving. But once on the trails (and into the woods) the weather was quite comfortable, although only in the teens. The sky was a deep blue and the wax was green. The skiing was good with the snow much better at the higher elevations. The New Hope Nordics were well represented at the Austrian Tea Room for lunch and afternoon re-hydration. As always, the bus was there to take people back if they only wanted to do a half-day. After showers, hot tubs, sauna and a great dinner, some people checked out the lounge and/or headed for a well deserved night's sleep.

Sunday's skiing was at both Trapp and Mt. Mansfield. Mt. Mansfield is more "rustic" than Trapp, but it has some of the best downhill runs to be found in the area. The trails never get the crowds that Trapp does so the trails have a more woodsy feel to them. For those of you who didn't try Mansfield this year, I suggest that you give it a try next time. You will be pleased.

At this point the writer has difficulty remembering what happened Sunday night. It has something to do with Margaritas. I hope you all had as good a time as I'm told that I had!

On Monday a few intrepid souls hit the trails for a few more hours of skiing. Some people took the trolley to the far end of town and skied the Stowe recreation trail back to the Inn. A few went back to Mansfield where they were treated to an inch or two of new snow. The trails were simply fantastic, and being a Monday, they had the whole place to ourselves. A day of serious shopping in town was also reported. The bus left promptly at 1:00 PM. At which time the owners of the Commodores Inn came aboard the bus to say goodbye and invite us back for next year. (It must have been a nice bathrobe!)

Joanne and Jim did a great job leading the trip. After the summer's uncertainty of the Stowe trip running at all, the Commodores Inn was a great surprise. The rooms and food surpassed our expectations. We have already started planning a return for next year!

Cross Country Ski Videos

We have a small (but significant) collections of cross country ski videos. They cover cross country techniques from beginner to advanced skating and telemarking. The Video Librarian is Mary Jean McCauley (215) 637-3574. She brings them to most meetings where they are available on a first come, first served basis.



A few years ago the club purchased two first aid kits and ski "tips" for use on trips. We are now unable to locate them. They were not returned after a trip. Would anyone who has them (or knows of them) please contact one of the officers.

WANTED TO BUY: A pair of used telemark skis, 200 cm. Call Mike Seidman at 215-836-4185.

If you wish to purchase a New Hope Nordic's tee-shirt (long or short sleeve), please contact: Florence DiPaolo at: 215-725-9281.

NEW HOPE NORDICS - 1995 SURVEY FORM

We want to know what you liked this season... and what you would like next year.

1. What trips, sponsored by the New Hope Nordics, did you go on this year?

- | | |
|--|--|
| <input type="checkbox"/> Lapland Lakes, NY | <input type="checkbox"/> Lake Placid, NY |
| <input type="checkbox"/> Garnett Hill | <input type="checkbox"/> Ricketts Glen, PA |
| <input type="checkbox"/> Stowe, VT | |

2. How would you rate these trips?

- | | |
|------------------------------------|--|
| <input type="checkbox"/> Excellent | <input type="checkbox"/> Satisfactory |
| <input type="checkbox"/> Good | <input type="checkbox"/> Unsatisfactory (Why?) |

Comments _____

3. Where do you want to ski next year?

- | | |
|--|--|
| <i>Weekend Trips:</i> | <i>3 Day Weekend Bus Trip:</i> |
| <input type="checkbox"/> Adirondacks, NY | <input type="checkbox"/> Lake Placid, NY |
| <input type="checkbox"/> Vermont | <input type="checkbox"/> Vermont |
| <input type="checkbox"/> Pennsylvania | <input type="checkbox"/> New Hampshire |
| | <input type="checkbox"/> Adirondacks, NY |

- | | |
|---|--------------------------------------|
| <i>Week Trips:</i> | <input type="checkbox"/> Yellowstone |
| <input type="checkbox"/> Jackson Hole, WY | <input type="checkbox"/> Lake Tahoe |
| <input type="checkbox"/> Quebec | <input type="checkbox"/> Minnesota |
| <input type="checkbox"/> Canada (West) | |
| <input type="checkbox"/> New Hampshire | |
- Other _____

4. How do you want to get there?

Relax, you're not volunteering to drivewe just need good information about what to do in the future. *Van trips cost slightly more than carpooling.*

- | | |
|--|---|
| <input type="checkbox"/> Carpool/I might drive | <input type="checkbox"/> Carpool/passenger only |
| <input type="checkbox"/> Vans | <input type="checkbox"/> Bus & Driver |

5. What are your skiing interests?

- | | |
|---|-----------------------------------|
| <input type="checkbox"/> Groomed Trails | <input type="checkbox"/> Telemark |
| <input type="checkbox"/> Ungroomed Trails | <input type="checkbox"/> Skating |
| <input type="checkbox"/> Downhill/Alpine | |

6. What should our meeting programs be?

- | | |
|--|---|
| <input type="checkbox"/> Equipment/Waxing | <input type="checkbox"/> Ski Technique |
| <input type="checkbox"/> Films/Videos/Slides | <input type="checkbox"/> Health/Fitness |
| <input type="checkbox"/> Dancing Bears | <input type="checkbox"/> Kazoo Concerts |
| Other _____ | |

7. What non-skiing activities do you want?

- | | |
|---|--|
| <input type="checkbox"/> Evening Bike Rides | <input type="checkbox"/> Backpacking |
| <input type="checkbox"/> Weekend Bike Rides | <input type="checkbox"/> Camping (Car) |
| <input type="checkbox"/> Weekend Hiking Trips | <input type="checkbox"/> Barbecue |
| <input type="checkbox"/> Day Hiking | <input type="checkbox"/> Pot Luck Dinner |
| <input type="checkbox"/> Tennis | <input type="checkbox"/> Golf |
| Other _____ | |

8. How did you find the club?

- | | |
|---|---|
| <input type="checkbox"/> Newspaper/Magazine | <input type="checkbox"/> Friend |
| <input type="checkbox"/> Ski Store | <input type="checkbox"/> Snow Drifts (EPSC) |
| Other _____ | |

9. Any suggestions or comments?

We can't make snow, but we'd like to know any other suggestions or comments you may have.

10. New Hope is a volunteer-run club.

If you could lead or co-lead a trip, or help out in general, it would be appreciated. Please tell us what you could do. Be as specific as you wish - we need your ideas!

Name _____
 Phone _____

Please return this form by April 30, 1995 to: F.L. DiPaolo, 1040 St. Vincent St., Phila., PA 19111

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Address _____

City/State/Zip _____

Phone: Home _____ Work _____

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Do not publish my work phone in the membership list. This is an address change.

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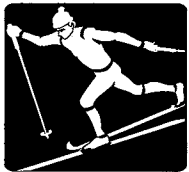
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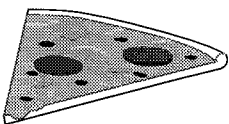
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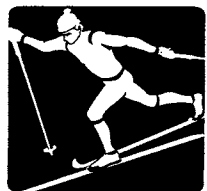


**New Hope Nordics
Cross Country Ski Club
Box 407
Newtown, PA 18940**



PIZZA NIGHT!

Nordic Notes



THE
NEW HOPE
NORDICS, INC.

◆
Cross-Country
Ski Club

◆
June 1995

S C H E D U L E

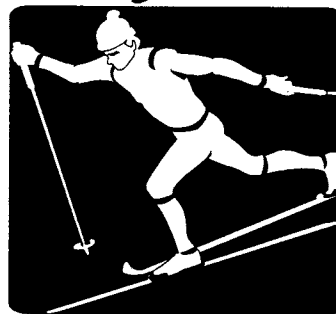
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Now that I've put away the skis, it's time to strap on the skates!



Minutes Of Board Meeting

- The New Hope Nordics Board met on May 9, 1995 and decided upon the following actions:
- The "Trip Leader Reimbursement" will be changed from 0.5% to 1% effective for the 1995/95 ski season. (The figure had not changed since 1988.)
- The club will purchase 200 decorative pins with X-C skier motif. They will be distributed to the first 200 members (new or renewal).
- The cancellation policy has been changed slightly to now read "The refund amount will be determined by the Board Members, only after the trip accounting has been completed."
- The Board authorized an expenditure of \$100 for XC videos to be added to the library and for use at meetings.

BACKPACKING & RAFTING TRIP - Dinosaur National Monument Utah & Colorado with Churchville Nature Center

August 30 - September 10, 1995

Join Churchville Nature Center on this unique adventure exploring the breathtaking beauty and the back country solitude that Dinosaur National Monument in Utah & Colorado have to offer. The Great Basin will be the backdrop for this eleven day excursion. Hike to ancient Native American Indian rock art, marvel at the remnants of dinosaur fossils embedded in stone, paddle through a spectacular canyon with exhilarating whitewater, and experience the backcountry with the sweet smell of sagebrush all around you. The trip includes three separate day hike excursions, a 4 day, 44 mile raft trip on the Green River, and a four day backback trip. Trip price of \$1395 includes airfare, all ground transportation, campsite and park entry fees, the four day raft trip with all river equipment, all meals for the raft trip and leadership. Registration deadline is June 25, 1995. Call Chris Steiber at 215-357-4005 for more information.



The New Hope Nordics
and
Suburban Cyclists Unlimited
Present

MURDER AT THE OSCARS

at

Glen Foerd Estate
Grant Ave. & State Road
Philadelphia

Friday, October, 27, 1995
8 PM until 1 PM??

\$50.00 per person

Includes Cocktail Hour; liquor (beer, wine & champagne), buffet dinner and **MURDER MYSTERY.**

Registration Form

Name _____

Address _____

Phone _____

Please make checks payable to **NEW HOPE NORDICS, INC.** and return to F.L. DiPaolo, 1040 Vincent Street, Phila. PA 19111. Payment must be received **NO LATER than August 1, 1995.** the event is limited to **50 people.** Please note, this event is open to non-members.

XC Ski Trip Schedule

*Many more trips will be coming in the Fall.
These three have just been finalized.*

JANUARY 26-29 (Fri-Mon)

LAKE PLACID, NEW YORK - BUS TRIP

We'll return to the Holiday Inn SunSpree Resort which is located in the center of the village. (Downhill skiing at Whiteface Mountain is only nine miles away and the Jack Rabbit XC ski trail is right on the premises.) We will be skiing on the world class trails at the Mt. Van Hoevenberg Olympic Center. The trails at Mt. Van Hoevenberg are well groomed and suitable for beginner to skating level skiers. (The shuttle to Whiteface Mtn. is available, appx: \$5.00 round trip).

The town of Lake Placid is one of the East's premier Winter destinations. Winter sports from ice skating to bobsledding are featured in the village.

The trip includes deluxe round trip motorcoach (with videos on board, of course), 3 nights at the Holiday Inn Sun Spree Resort, 2 dinners, 3 breakfasts, box lunch for Monday, taxes and gratuities. The hotel features an indoor pool, Jacuzzi, sauna, tanning booth, message therapist and universal gym. All rooms have TV, microwave, refrigerator and coffee makers. Cost will be \$252-220, for double or triple occupancy. A deposit of \$150 holds your space. Full payment is due three weeks prior to the trip. Call Fred Vielhauer, 215-673-0831. *Last year the trip went full and had a waiting list.*

FEBRUARY 23-26 (Fri-Mon)

STOWE, VERMONT - BUS TRIP

Stowe has some of the best skiing Vermont has to offer. Ski all day in the XC capital of the East. At night enjoy the amenities of the Commodore Inn and the nightlife of Stowe Village. The Inn is located within walking distance of Stowe Village and has Jacuzzis, saunas and exercise rooms right on the premises. It has a great dining room & lounge and large common rooms with fireplace for after-skiing get-togethers. The rooms have two queen beds or king beds, TV's, telephones and coffee makers. Our bus will take you to and from the XC ski areas. The Stowe Trolley (\$1) stops at the front door of the Inn and will take you to downhill ski areas or into town for some sightseeing and shopping.

The skiing will be at two of our favorite places: Trapp Family Touring Center and Mt. Mansfield Touring Center. Both have world class trail systems and state-of-the-art grooming. The trails in the Stowe area are so extensive that novice to advanced skiers will find great skiing. Many trails are groomed for skating and professional lessons are available. If conditions permit, an entire range of backcountry skiing will be open.

The price includes round trip transportation on a deluxe motorcoach complete with videos on board and transfers to and from the XC ski areas. Two dinners, three breakfasts, a box lunch on Monday and all taxes and gratuities are included. The cost is \$285. per person, double occupancy. Singles (\$395), triples (\$250) and quads (\$225) are available. A deposit of \$150. holds your space. The full amount is due three weeks before the trip. Call Joanne Hartnett at 638-3055 (home) or 646-2225 (work). Last year the trip went full and had a waiting list.

MARCH 6-13, 1996

JACKSON HOLE, WYOMING

Join the New Hope Nordics for seven nights and eight days at the most famous ski area anywhere - Jackson Hole, Wyoming. We will be staying at the Lodge at Jackson Hole, which is conveniently located in the town of Jackson. The Lodge is only minutes away from shopping, restaurants, art galleries, museums and is 12 miles away from the Jackson Hole Ski Resort. For National Parks, Yellowstone is 60 miles north and Grand Teton Park is a short 15 miles from Jackson.

There are at least five cross country ski centers near Jackson: Brooks Lake Lodge, Grand Targhee Nordic, Jackson Hole Nordic, Spring Creek Nordic and Teton Pines Ski Center. Most are groomed for classic as well as skating.



In addition, there is a vast amount of back-country skiing int the area. Guide services are also available for those who want to venture out even further. And as some of us remember from the first New Hope week trip - Yellowstone is absolutely spectacular in Winter! The Grand Targhee downhill area hosted the 1994 U.S. National Telemark Championships - so this might be the time to get out the tele skis!

The trip cost includes: Round trip airfare, hotel Accommodations, full breakfast and transfers to and from the Jackson Airport.

Hotel accommodations include: double queen size beds, coffee maker, microwave, executive refrigerator, telephones with dataport and TV with video cassette player.

Amenities include: shuttle to the Jackson Hole Ski Resort, indoor/outdoor heated pool, indoor/outdoor Jacuzzi, sauna, video arcade, deli, laundry facility and ski lockers.

The Hotel has their own shuttle bus service that runs twice in the morning and twice in the afternoon. The City of Jackson has "START" shutle busses that run every 15 minutes (appx \$2). Both of these buses go to all cross country and downhill areas. The "START" bus also runs throughout the city.

Price includes: hotel tax, airline tax, passenger facility charges and breakfast gratuity. Price does not include hotel gratuity.

Cost is \$885/double occupancy. **A deposit of \$100 is due by June 30, 1995** (refundable until January 5, 1996 less \$25). The price is based on a minimum of 26 participants. Less than 26: trip increase is \$20 and full breakfast changes to continental. Make check payable to New Hope Nordics and send to F.L. DiPaolo, 1040 Vincent Street, Phila., PA 19111.

For more information contact, Florence L. DiPaolo at 215-725-9281.

Meeting Schedule

Our meetings start at 8 PM at the Jesse Soby American Legion Post, Langhorne, PA. The Post is located at Richardson and Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. Anyone with an interest in cross country skiing or the outdoors in general is welcome. Most nights start with a short business meeting, anouncements about upcoming trips and then a presentation of interest to skiers. Plenty of time is available for socializing with fellow inmates skiers. *Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post!*

TUES, SEPT. 12, 1995

TUES, OCT. 10, 1995

TUES, NOV. 14, 1995

TUES, NOV. 28, 1995

TUES, DEC. 12, 1995

TUES, JAN. 9, 1996

TUES, JAN. 23, 1996

TUES, FEB. 13, 1996

TUES, MAR. 12, 1996

TUES, APR. 9, 1996

TUES, MAY 14, 1996



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Membership for the 1995-96 season is the same as last year!

	New Member	Renewal
Single	\$10	\$8
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1995-96 Membership Application

Return to: New Hope Nordics, Membership Chairman, Box 52688, Philadelphia, PA 19115



Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

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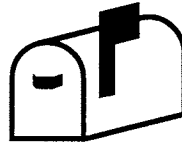
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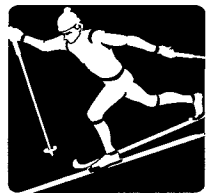


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**NEW HOPE NORDICS
Cross Country Ski Club
Box 52688
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Nordic Notes



THE
NEW HOPE
NORDICS, INC.

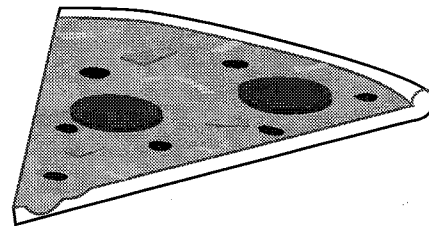
◆
Cross-Country
Ski Club

◆
May 1995

S C H E D U L E

MAY 9 (Tues) CLUB MEETING 8:00 PM

Pizza Night! There's no more snow to play in, so come out and do the next best thing - eat! Join the gang for the last meeting of the year as we reminisce about the past season. (*P.S.: the pizza's on the club!*)



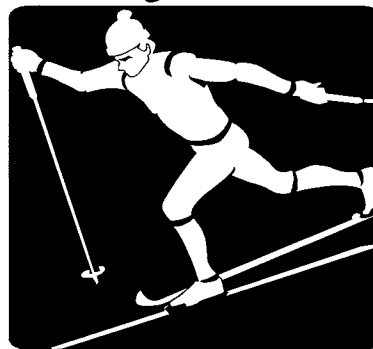
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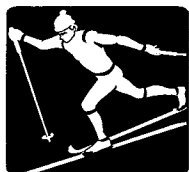
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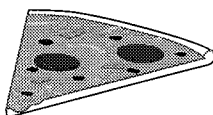
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Pizza Night!



Rollerblades



MURDER MYSTERY

Nordic Notes



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Ski Club
◆

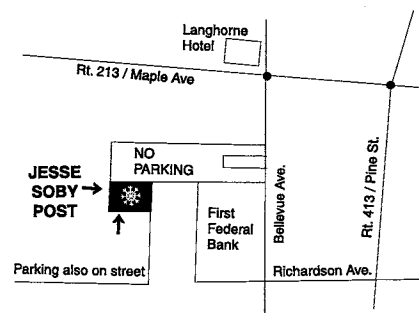
September 1995

Meeting Schedule

Our meetings start at 8 PM at the Jesse Soby American Legion Post, Langhorne, PA. The Post is located at Richardson and Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. Anyone with an interest in cross country skiing or the outdoors in general is welcome. Most nights start with a short business meeting, announcements about upcoming trips and then a presentation of interest to skiers. Plenty of time is available for socializing with fellow inmates skiers. *Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post!*

TUES, SEPT. 12, 1995
TUES, OCT. 10, 1995
TUES, NOV. 14, 1995
TUES, NOV. 28, 1995
TUES, DEC. 12, 1995

TUES, JAN. 9, 1996
TUES, JAN. 23, 1996
TUES, FEB. 13, 1996
TUES, FEB. 27, 1996
TUES, MAR. 12, 1996
TUES, APR. 9, 1996
TUES, MAY 14, 1996



The Jesse Soby Post is a red, two story building at the rear of the parking lot at Bellevue & Richardson Aves. Enter at Richardson Ave. Meetings are either on the first floor (use side entrance) or second floor (rear entrance).

95-96 XC Ski Trip Schedule

*Many more trips will be announced soon.
These three have been finalized.*

JANUARY 26-29 (Fri-Mon) LAKE PLACID, NEW YORK - BUS TRIP

We'll return to the Holiday Inn SunSpree Resort which is located in the center of the village. (Downhill skiing at Whiteface Mountain is only nine miles away and back country skiing via the Jack Rabbit XC trail is right on the premises.) We will be skiing on the world class trails at the Mt. Van Hoevenberg Olympic Center. The trails at Mt. Van Hoevenberg are well groomed and suitable for beginner to skating level skiers. (The shuttle to Whiteface Mtn. is available, appx: \$5.00 round trip). The town of Lake Placid is one of the East's premier Winter destinations. Winter sports from ice skating to bobsledding are featured

in the village.

The trip includes deluxe round trip motor-coach (with videos on board, of course), 3 nights at the Holiday Inn Sun Spree Resort, 2 dinners, 3 breakfasts, box lunch for Monday, taxes and gratuities. The hotel features an indoor pool, Jacuzzi, sauna, tanning booth, message therapist and universal gym. All rooms have TV, microwave, refrigerator and coffee makers. Cost will be \$247-215, for double or triple occupancy. Single occupancy is \$357. A deposit of \$150 holds your space. Full payment is due three weeks prior to the trip. Call Fred Vielhauer, 215-673-0831. **PLEASE NOTE:** there will be ***two buses** leaving for Placid; one at ***3 PM** and one at **6 PM**. **We will only run the second bus if we are able to get 40 people to fill the bus. You MUST let the trip leader know which bus you will be on! Last year the trip went full and had a waiting list.*

FEBRUARY 23-26 (Fri-Mon) STOWE, VERMONT - BUS TRIP

Stowe has some of the best skiing Vermont has to offer. Ski all day in the XC capital of the East. At night enjoy the amenities of the Commodores Inn and the night life of Stowe Village. The Inn is located within walking distance of Stowe Village and has Jacuzzis, saunas and exercise rooms right on the premises. It has a great dining room & lounge and large common rooms with fireplace for after-skiing get-togethers. The rooms have two queen beds or king beds, TV's, telephones and coffee makers. Our bus will take you to and from the XC ski areas. The Stowe Trolley (\$1) stops at the front door of the Inn and will take you to downhill ski areas or into town for some sightseeing and shopping.

The skiing will be at two of our favorite places: Trapp Family Touring Center and Mt. Mansfield Touring Center. Both have world class trail systems and state-of-the-art grooming. The trails in the Stowe area are so extensive that novice to advanced skiers will find great skiing. Many trails are groomed for skating and professional lessons are available. If conditions permit, an entire range of back country skiing will be open.

The price includes round trip transportation on a deluxe motorcoach complete with videos on board and transfers to and from the XC ski areas. Two dinners, three breakfasts, a box lunch on Monday and all taxes and gratuities are included. The cost is \$285. per person, double occupancy. Singles (\$395), triples (\$250) and quads (\$225) are available. A deposit of \$150. holds your space. The full amount is due three weeks before the trip. Call Joanne Hartnett at 638-3055 (home) or 646-2225 (work). Last year the trip went full and had a waiting list.



MARCH 6-13, 1996 JACKSON HOLE, WYOMING

Join the New Hope Nordics for seven nights and eight days at the most famous ski area anywhere - Jackson Hole, Wyoming. We will be staying at the Lodge at Jackson Hole, which is conveniently located in the town of Jackson. The Lodge is only minutes away from shopping, restaurants, art galleries, museums and is 12 miles away from the Jackson Hole Ski Resort. For National

Parks, Yellowstone is 60 miles north and Grand Teton Park is a short 15 miles from Jackson.

There are at least five cross country ski centers near Jackson: Brooks Lake Lodge, Grand Targhee Nordic, Jackson Hole Nordic, Spring Creek Nordic and Teton Pines Ski Center. Most are groomed for classic as well as skating. In addition, there is a vast amount of back-country skiing in the area. Guide services are also available for those who want to venture out even further. And as some of us remember from the first New Hope week trip - Yellowstone is absolutely spectacular in Winter! The Grand Targhee downhill area hosted the 1994 U.S. National Telemark Championships - so this might be the time to get out the tele skis!

The trip cost includes: Round trip airfare, hotel Accommodations, full breakfast and transfers to and from the Jackson Airport.

Hotel accommodations include: double queen size beds, coffee maker, microwave, executive refrigerator, telephones with dataport and TV with video cassette player.

Amenities include: shuttle to the Jackson Hole Ski Resort, indoor/outdoor heated pool, indoor/outdoor Jacuzzi, sauna, video arcade, deli, laundry facility and ski lockers.

The Hotel has their own shuttle bus service that runs twice in the morning and twice in the afternoon. The City of Jackson has "START" shuttle busses that run every 15 minutes (appx \$2). Both of these buses go to all cross country and downhill areas. The "START" bus also runs throughout the city.

Price includes: hotel tax, airline tax, passenger facility charges and breakfast gratuity. Price does not include hotel gratuity. Cost is \$885/double occupancy.

Payment schedule: \$100 is due immediately, \$400 is due by November 15, 1995 and the Balance is due by January 5, 1996. The price is based on a minimum of 26 participants. Less than 26: trip increase is \$20 and full breakfast changes to continental. Make check payable to New Hope Nordics and send to F.L. DiPaolo, 1040 Vincent Street, Phila., PA 19111.

For more information contact, Florence L. DiPaolo at 215-725-9281.

NOTICE

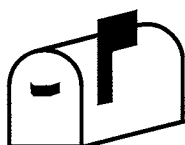
It is **MANDATORY** that everyone participating in any NHN trip sign a release/waiver form. Before boarding a bus, or a week prior to departure of a carpool trip, a release form **MUST** be obtained by the leader; there will be **NO** exceptions.

National Ski Expo & Winter Sports Expo, Oct. 27-29, 1995

National Ski Expo and Winter Sports Expo, Plymouth Meeting Mall. Free admission. Hours are; 4-9:30 Friday, 10 AM - 9:30 PM Saturday, Noon - 6 PM Sunday. "The Expo will feature 100 nationally known ski resorts, manufacturers and retailers...and will also include a MEGA ski swap, a carousel of fashions exhibition and a rolling ski deck revue featuring free style Olympic and national medalists". Eastern Pennsylvania Ski Council (of which New Hope is a member) will be sponsoring the ski swap.

We will have a booth at the SKI EXPO! Volunteers are needed!

The New Hope Nordics will have a booth at this Expo on Saturday, October 28 and Sunday, October 29th. Volunteers are needed to man the booth from 10 AM - 9:30 PM Saturday and Noon - 6 PM Sunday. How about manning the booth for an hour or two? Who better than you to tell people about XC? Call Florence L. DiPaolo (215/725-9281) to arrange your time.



The club's new mailing address is: **New Hope Nordics, Box 52688, Philadelphia, PA 19115.** Please change your records.



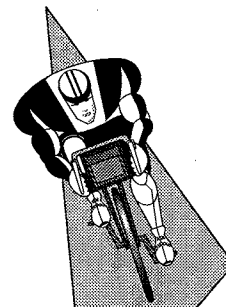
A few years ago we purchased two first aid kits & ski "tips" for our trips. We can't find them - they weren't returned after a trip. If you know anything about them, please contact one of the officers.

Norwegian Cruise Line

The Norwegian Cruise Line is offering a Fall "Fitness and Ski" Cruise aboard the Norway from Sept. 30 to Oct. 7. Some of the world's top skiers will sail during NCL's annual "Sports Afloat Ski Cruise" to the Eastern Caribbean. Activities include video presentations, autograph sessions, sports trivia and a fashion show, with a variety of prizes. For details contact: Roman Travel Consultants, (215) 233-4063.

M/S 150 City To Shore Ride Suburban Cyclists Unlimited Sept. 30 - Oct. 1, 1995

All are welcome to join this year's S.C.U. team on the ride from Cherry Hill to Ocean City, NJ. The two day, 150 mile ride benefits the Multiple Sclerosis Society and is supported by over 500 MS Volunteers. Lodging, food and luggage transport are all included. This is not only for a worthy cause, but also an excellent ride and a great time. For information contact Fred Vielhauer (673-0831) or Frank Barilla (244-4011).



Cross Country Ski Videos

We have a small (but significant) collection of cross country ski videos. They cover cross country techniques from beginner to advanced skating and telemarking. The Video Librarian is Mary Jean McCauley (215) 637-3574. They are available at most meetings on a first come, first served basis.

We will be adding 4-5 new videos this year. They will be shown at the meetings and then will be put into the library for you.

Please feel free to contact Florence DiPaolo or Mike Seidman if you'd like to suggest a video. Yes, they have to be about XC skiing and sorry, No, — "*Little Noodnick's First Day on Skis*", (a charming, grand parent-produced, mini-documentary about a future Olympic Gold Medalist's introduction to skiing), would probably not have enough instructional value for the library.

WANTED TO BUY: A pair of used telemark skis, 200 cm. Call Mike Seidman at 215-836-4185.



If you wish to purchase a New Hope Nordic's tee-shirt please contact: Florence DiPaolo at: 215-725-9281. Very few are left - they may soon become a collectors' item!

WE NEED TRIP LEADERS

Very bluntly stated, we need YOU to volunteer to lead (or co-lead) a trip. Not the person sitting next to you, but YOU. If we don't get new leaders to take over in the future....it won't matter how good the snow is..... Call our friendly President, Florence DiPaolo at (215) 725-9281.

As always, the weather and snow conditions are beyond our control. Although most of our ski trips are to areas that have well groomed trails with set tracks, sometimes weather conditions may make it impossible for the grooming machines to operate. Occasionally we have had to drive to a different location to find snow, and as a result the skiing was on ungroomed and untracked trails. Backcountry skiing, although it is XC in its purest form, has different challenges than does track skiing. Some equipment (i.e.: skating skis), cannot be used in backcountry. Adapting one's technique to differing snow conditions is just another facet of XC skiing. The trip descriptions will tell you much about the kind of skiing you can expect, but your trip leader will be happy to answer any questions that you might have.

Ski House for Rent

Cross Country Ski out of your back door at Mt. Top Inn & Resort XC Trail System. Wintergreen Chalet is now available for the first time, privately! Just 5 1/2 hours away in Chittenden, VT, at one of the East's finest Cross Country Ski Resorts, this six bedroom, five bath, beautifully appointed chalet sleeps up to 16 people. The house features two fireplaces and a woodstove, jacuzzi bath, game room, large kitchen, three TV's & VCR's, two pull-out couches. It easily separates into three self contained units that work great for young families. Call Louise Decker at 609-397-3366.

Free XC Ski Pins

The club has purchased 200 decorative pins that will be given to the first 200 members this season (new or renewal). They have a cross country skier on the front, a clip on back and are about 1" diameter. They're gold with a gold rim - and they're FREE with your New Hope membership!

Cross Country Ski Outfitters

287 S. Main St. • Lambertville, NJ 08530
609-397-3366

Beginner Cross Country Ski Day Trips Tannersville, NY

Saturday, January 23, 1995
Saturday, February 3, 1996

Join us for a fun filled day of cross country skiing in the mountains on groomed terrain near Tannersville, NY. Everyone enjoyed the beautiful conditions last year. Lessons available. Guided tours in the afternoon and snacks on the way home in comfort. Price includes: round trip bus transportation from Lambertville, NJ, trail passes for the day, afternoon guided tour, light snack & beverage on the way home. Cost \$55/per person. Ski rentals \$12/pp or FREE if trip paid in full by Dec. 1.

WOODSTOCK INN AND RESORT Feb. 9-11, 1996

The Inn and Resort is one of the most luxurious ski resorts in the East. Choose their groomed trails on the

golf course if you want gentle, or head up and onto the ridges to overlook the spectacular Quechee Gorge. Apres ski in "Richard's Tavern" or go to their million dollars sports complex where you can play tennis, work out or just veg out in the jacuzzis.

Departure is on Friday morning with return on Sunday by 9:00 PM. Trip includes round trip bus transportation from Lambertville, NJ, two nights at the Woodstock Inn, trail passes for two days, two breakfasts, one guided tour each day and all taxes & gratuities. Per person prices: \$239/quad, \$269/triple, \$299/double.

ADDITIONAL WEEKEND TRIPS to Mountain Top Inn & Resort at the Decker's 6 bedroom, 5 bath, 2 fireplace, 1 woodstove chalet, with transportation included, will be offered throughout the ski season. Call for details, prices and dates.





The New Hope Nordics
and
Suburban Cyclists Unlimited
Present

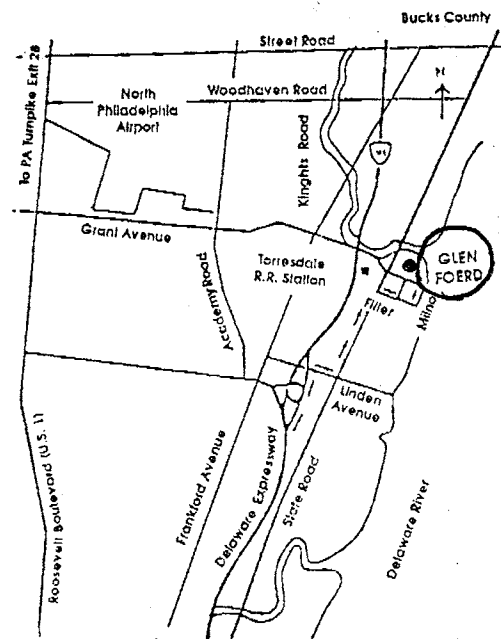
MURDER AT THE OSCARS

at
Glen Foerd Estate
Grant Ave. & State Road
Philadelphia

Friday, October, 27, 1995
8 PM until 1 PM??

\$50.00 per person

Includes Cocktail Hour; Open
Bar (beer, wine & champagne),
buffet dinner and Murder Mys-
tery.



Registration Form

Name _____

Address _____

Phone _____

Please make checks payable to NEW HOPE NORDICS, INC. and return to F.L. Di-
Paolo, 1040 Vincent Street, Phila. PA 19111

The event is limited to 50 people. Please note, this event is open to non-members.

Join the New Hope Nordics for seven nights and eight days at the most famous ski area anywhere - Jackson Hole, Wyoming. We will be staying at the Lodge at Jackson Hole, which is conveniently located in the town of Jackson. The Lodge is only minutes away from shopping, restaurants, art galleries, museums and is 12 miles away from the Jackson Hole Ski Resort. For National Parks, Yellowstone is 60 miles north and Grand Teton is only 15 miles away.

There are at least five cross country ski centers near Jackson: Brooks Lake Lodge, Grand Targhee Nordic, Jackson Hole Nordic, Spring Creek Nordic and Teton Pines Ski Center. Most are groomed for classic as well as skating. In addition, there is a vast amount of back-country skiing in the area. Guide services are also available for those who want to venture out even further. And as some of us remember from the first New Hope week trip - Yellowstone is absolutely spectacular in Winter! The Grand Targhee downhill area hosted the 1994 U.S. National Tele-mark Championships - so this might be the time to get out the tele skis!

The trip cost includes: Round trip airfare, hotel Accommodations, full breakfast and transfers to and from the Jackson Airport.

Hotel accommodations include: double queen size beds, coffee maker, microwave, executive refrigerator, telephones with dataport and TV with video cassette player.

Amenities include: shuttle to the Jackson Hole Ski Resort, indoor/outdoor heated pool, indoor/outdoor Jacuzzi, sauna, video arcade, deli, laundry facility and ski lockers.

The Hotel has their own shuttle bus service that runs twice in the morning and twice in the afternoon. The City of Jackson has "START" shuttle buses that run every 15 minutes (appx \$2). **Both of these buses go to all cross country and downhill areas.** The "START" bus also runs throughout the city.

Price includes: hotel tax, airline tax, passenger facility charges and breakfast gratuity. Price does not include hotel gratuity.

Cost is \$885/double occupancy or \$775/triple. The price is based on a minimum of 26 participants. Less than 26: trip increase is \$20 and full breakfast changes to continental. Make check payable to New Hope Nordics and send to F.L. DiPaolo, 1040 Vincent Street, Phila., PA 19111.

For more information contact, Florence L. DiPaolo at 215-725-9281.

There will be a **SNOW COACH TOUR** to Yellowstone (Old Faithful) arranged during this trip. Please contact Ward Hickman (215-741-1766) for price and reservations.

RESERVATION FORM

Jackson Hole, Wyoming Ski Trip
March 6-13, 1996

Name _____

Address _____

Phone _____

Circle Room type preferred:

Double (\$885) Triple (\$775)

Other _____

Trip cancellation insurance is available for this trip.

Would you like us to try and match you with a room mate? Yes No

PAYMENT SCHEDULE:

\$100 deposit due immediately.

\$400 due by November 15, 1995.

Balance due by January 5, 1996.

Make all checks payable to New Hope Nordics.

Are you a member of New Hope Nordics?

Yes No

NON-MEMBERS: Please include membership fees with your deposit. (Please make a separate check). Our membership fees are:

Single: \$10/New; \$8/Renewal

Family: \$15/New; \$12/Renewal

Please mail registration form & check to:

F.L. DiPaolo

1040 Vincent Street

Phila., PA 19111



The New Hope Nordics, now in its 12th season, is dedicated to offering its members a wide range of cross country ski trips. Because we are a non-profit club and are run by volunteers, we can offer our members trips that offer excellent skiing as well as exceptional value. We hope you can join us.



GENERAL TRIP POLICIES

• Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics. Non-members must include membership fee. • Unless otherwise stated, all trips go regardless of weather conditions. • No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member. • In consideration of the comfort and enjoyment of all participants, all passengers on any vehicle holding more than 15 people must be at least 12 years of age. • Trip Cancellation Insurance is available for this trip.

New Hope Nordics
Box 52688
Phila., PA 19115



CROSS COUNTRY
SKI TRIP

JACKSON HOLE
Wyoming

March 6-13, 1996

NEW HOPE NORDICS
BOX 52688
PHILADELPHIA PA 19115
215-725-9281

The New Hope Nordics, now in its 12th season, is dedicated to offering it's members a wide range of cross country ski trips. Because we are a non-profit club and are run by volunteers, we can offer our members trips that offer excellent skiing as well as exceptional value. We hope you can join us.



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CROSS COUNTRY SKI TRIP

STOWE, VERMONT
February 23-26, 1996

NEW HOPE NORDICS
BOX 52688
PHILADELPHIA PA 19115
215-638-3055

New Hope Nordics
Box 52688
Phila., PA 19115



Join the New Hope Nordics Cross Country Ski Club for a long weekend in one of the most famous ski areas anywhere - Stowe, Vermont.

We'll be staying at the Commodores Inn in Stowe, which is within walking distance of the center of the Village. Stowe is the birthplace of American skiing and has some of the best trails to be found anywhere.

The scenery is classic New England Winter - unparalleled beauty! We'll ski at the world famous Trapp Family Lodge and the scenic Mt. Mansfield Touring Center. Both areas have trails for skiers from beginner to skating level. And both have state-of-the-art trail grooming equipment. If snow conditions permit, a vast array of backcountry ski trails will be open.

Downhill skiing is nearby, and easily accessible via the Stowe Trolley, which stops right at the Inn.

Professional cross country ski lessons for all levels are available.

The hotel features a Jacuzzi, sauna and exercise room on the premises. All rooms have a two queen or king size beds, TV & telephone.

The trip price is \$285 per person, double occupancy. Singles, triples & Quads are available. The trip price includes:

- Round trip transportation on a deluxe motorcoach with videos on-board.
- Motorcoach transfers to and from the XC ski area each day. The Stowe Trolley (\$1.00) can take you into town or to many downhill ski areas.
- Three nights lodging at the Commodores Inn in Stowe.
- Two dinners: Saturday, Sunday
- Three breakfasts
- One box lunch on Monday
- Taxes and gratuities

Contact Joanne Hartnett at 638-3055 (home) or 646-2225 (work) for additional information. Sign up today. Last year's trip went full & had a waiting list.



RESERVATION FORM
Stowe, Vermont XC Ski Trip
February 23-26, 1996

Name _____

Address _____

Phone _____

Circle Room type preferred:
Double (\$285) Triple (\$250)
Quad (\$225) Single (\$395)

Would you like us to try and match you with a room mate? Yes No

PAYMENT SCHEDULE: \$150 per person due with registration. **FULL PAYMENT** is required three weeks prior to trip. Please make check payable to New Hope Nordics.

Are you a member of New Hope Nordics?
 Yes No

NON-MEMBERS: Please include membership fees with your deposit. (Please make a separate check). Our membership fees are:
Single: \$10/New; \$8/Renewal
Family: \$15/New; \$12/Renewal

Please mail registration form & check to:

J. Hartnett
2562 Ogden Ave.
Bensalem, PA 19020



MEMBERSHIP DUES:

Membership for the 1995-96 season is the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attn: Joanne Hartnett). Dues received after January 1 are subject to the New Member rate.

NEWSLETTER:

Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost. • Send material for the newsletter to: Mike Seidman, 214 Larrimore Lane, Erdenheim, PA 19038, 215-836-4185, Fax: 242-2410. • Most PC/Mac files are acceptable, call Editor for details.

GENERAL TRIP POLICIES:

It is MANDATORY that everyone participating in any NHN trip sign a release/waiver form. Before boarding a bus, or a week prior to departure of a carpool trip, a release form MUST be obtained by the leader; there will be NO exceptions. • Trips for which the club arranges either lodging or transportation are open to members only. • Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics. If any checks are returned to our Treasury marked "Insufficient Funds", the member will be charged appropriately for this inconvenience. • Unless otherwise stated, all trips go snow or no snow. Bring hiking boots. • No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member. • In consideration of the comfort and enjoyment of all participants, all

passengers on any vehicle holding more than 15 people must be at least 12 years of age. • All trip participants pay full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass back the cost reduction to that participant. • The success of the trips depends upon people willing to share the driving. Please consider this if you are asked. • Please help loading & unloading luggage. • Hard sided suitcases are very difficult to pack efficiently in today's smaller cars. Try to use soft luggage or duffel bags.

TRIP CANCELLATION POLICY:

More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less. • Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater. • Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater. • Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving. • The refund amount will be determined by the Board, only after the trip accounting has been completed.

MEETINGS:

Are held at 8 PM, the 2nd Tuesday of Fall and Spring Months, and the 2nd and 4th Tuesdays of November and January. We meet at the Jesse Soby American Legion Post, Langhorne, PA, which is located at Richardson and Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. • Anyone with an interest in cross country skiing or the outdoors in general is welcome to attend. Bring a friend!

• *Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.*

1995/96 - OFFICERS

President	Florence DiPaolo	(215) 725-9281
Vice President	Ward Hickman	(215) 741-1766
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Linda Paolino	(215) 822-1955
Corresponding Secretary	Joanne Hartnett	(215) 638-3055
Member-at-Large	Fred Vielhauer	(215) 673-0831

1995/96 CHAIRPERSONS

Skimeister	Jim Diven	(215) 672-6349
Membership	Joanne Hartnett	(215) 638-3055
Editor	Mike Seidman	(215) 836-4185
Publicity Chairperson	Florence DiPaolo	(215) 725-9281
Meeting Programs	<i>Chairperson Needed</i>	
E. PA Ski Council Rep.	Jim Murtha	(215) 752-9662

1995-96 Membership Application & Release

RETURN TO: New Hope Nordics, Membership Chairman, Box 52688, Philadelphia, PA 19115

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

RELEASE. I certify that I am in good health and able to participate in any activity of the New Hope Nordics Ski Club of Pennsylvania in which I take part, including, but not limited to, skiing, biking, roller bladeing, bathing, traveling, etc. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and that of my family. In consideration of your acceptance of this entry, for myself, heirs, executors, or administrators, and minor children, I hereby waive and release any and all rights and claims for damage against the New Hope Nordics Ski Club of Pennsylvania, its officers, its leaders, and its agents or representatives, for any and all injuries, losses (including death), and/or damage to person and/or property sustained by me or my family in any activity, including transportation to and from such activity, related directly or indirectly to my participation in said activity.

Signed _____ Date _____

Received by _____

DUES:

Single
 New - \$10
 Renewal - \$8

Family
 New - \$15
 Renewal - \$12

Renewal rates must be paid before January 1!

SKI LEVEL:

Beginner
 Intermediate
 Advanced

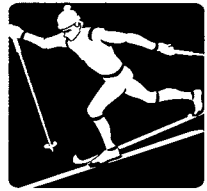




NEW HOPE NORDICS
Cross Country Ski Club
Box 52688
Philadelphia, PA 19115



Nordic Notes



THE
NEW HOPE
NORDICS, INC.

◆
Cross-Country
Ski Club

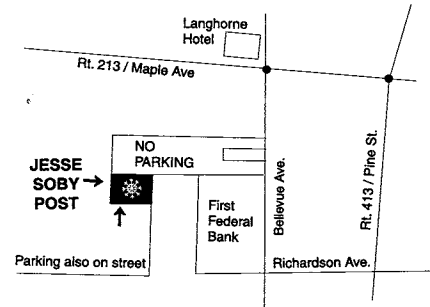
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October 1995

Meeting Schedule

Our meetings start at 8 PM at the Jesse Soby American Legion Post, Langhorne, PA. The Post is located at Richardson and Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. Anyone with an interest in cross country skiing or the outdoors in general is welcome. Most nights start with a short business meeting, announcements about upcoming trips and then a presentation of interest to skiers. Plenty of time is available for socializing with fellow inmates skiers. *Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post!*

TUES, OCT. 10, 1995
TUES, NOV. 14, 1995
TUES, NOV. 28, 1995
TUES, DEC. 12, 1995
TUES, JAN. 9, 1996

TUES, JAN. 23, 1996
TUES, FEB. 13, 1996
TUES, FEB. 27, 1996
TUES, MAR. 12, 1996
TUES, APR. 9, 1996
TUES, MAY 14, 1996



The Jesse Soby Post is a red, two story building at the rear of the parking lot at Bellevue & Richardson Aves. Enter at Richardson Ave. Meetings are either on the first floor (use side entrance) or second floor (rear entrance).

95-96 XC Ski Trip Schedule

*Many more trips will be announced soon.
These three have been finalized.*

JANUARY 26-29 (Fri-Mon) LAKE PLACID, NEW YORK - BUS TRIP

We'll return to the Holiday Inn SunSpree Resort which is located in the center of the village. (Downhill skiing at Whiteface Mountain is only nine miles away and back country skiing via the Jack Rabbit XC trail is right on the premises.) We will be skiing on the world class trails at the Mt. Van Hoevenberg Olympic Center. The trails at Mt. Van Hoevenberg are well groomed and suitable for beginner to skating level skiers. (The shuttle to Whiteface Mtn. is available, appx: \$5.00 round trip). The town of Lake Placid is one of the East's premier Winter destinations. Winter sports from ice skating to bobsledding are featured

in the village.

The trip includes deluxe round trip motor-coach (with videos on board, of course), 3 nights at the Holiday Inn Sun Spree Resort, 2 dinners, 3 breakfasts, box lunch for Monday, taxes and gratuities. The hotel features an indoor pool, Jacuzzi, sauna, tanning booth, message therapist and universal gym. All rooms have TV, microwave, refrigerator and coffee makers. Cost will be \$247-215, for double or triple occupancy. Single occupancy is \$357. A deposit of \$150 holds your space. Full payment is due three weeks prior to the trip. Call Fred Vielhauer, 215-673-0831. **PLEASE NOTE:** there will be ***two buses** leaving for Placid; one at ***3 PM** and one at **6 PM**. **We will only run the second bus if we are able to get 40 people to fill the bus. You MUST let the trip leader know which bus you will be on! Last year the trip went full and had a waiting list.*

**FEBRUARY 9-11 (Fri-Sun)
LAPLAND LAKES, NEW YORK**

We will be staying at the Inn at the Bridge bed & breakfast. The Inn is a turn-of-the-century Victorian B&B with wrap-around porch and a large parlor with fireplace for relaxing after a day of skiing.

The skiing will be at Lapland Lakes which was described by *Cross Country Skier* magazine as "one of the world's best run ski areas". Owned by the Hirnoven family, Lapland's immaculate trails are groomed to skating level, yet many are suitable for beginners. The ski instruction and rentals are also some of the best. The price includes: two full country breakfasts, one dinner on Saturday, and trail passes to Lapland Lakes Touring Center. Transportation on your own. Cost to be announced. Leader: Brian Bannach, 215-672-3977. Note: there are twelve spaces available at the B&B!

**FEBRUARY 23-26 (Fri-Mon)
STOWE, VERMONT - BUS TRIP**

Stowe has some of the best skiing Vermont has to offer. Ski all day in the XC capital of the East. At night enjoy the amenities of the Commodore Inn and the night life of Stowe Village. The Inn is located within walking distance of Stowe Village and has Jacuzzis, saunas and exercise rooms right on the premises. It has a great dining room & lounge and large common rooms with fireplace for after-skiing get-togethers. The rooms have two queen beds or king beds, TV's, telephones and coffee makers. Our bus will take you to and from the XC ski areas. The Stowe Trolley (\$1) stops at the front door of the Inn and will take you to downhill ski areas or into town for some sightseeing and shopping.

The skiing will be at two of our favorite places: Trapp Family Touring Center and Mt. Mansfield Touring Center. Both have world class trail systems and state-of-the-art grooming. The trails in the Stowe area are so extensive that novice to advanced skiers will find great skiing. Many trails are groomed for skating and professional lessons are available. If conditions permit, an entire range of back country skiing will be open.

The price includes round trip transportation on a deluxe motorcoach complete with videos on board and transfers to and from the XC ski areas. Two dinners, three breakfasts, a box lunch on Monday and all taxes and gratuities are included. The cost is \$285. per person, double occupancy. Singles (\$395), triples (\$250) and quads (\$225) are available. A deposit of \$150. holds your space. The full amount is due three weeks before the trip. Call Joanne Hartnett at 638-3055 (home) or 646-2225 (work). Last year the trip went full and had a waiting list.

**MARCH 6-13, 1996
JACKSON HOLE, WYOMING**

Join the New Hope Nordics for seven nights and eight days at the most famous ski area anywhere - Jackson Hole, Wyoming. We will be staying at the Lodge at Jackson Hole, which is conveniently located in the town of Jackson. The Lodge is only minutes away from shopping, restaurants, art galleries, museums and is 12 miles away from the Jackson Hole Ski Resort. For National Parks, Yellowstone is 60 miles north and Grand Teton Park is a short 15 miles from Jackson.

There are at least five cross country ski centers near Jackson: Brooks Lake Lodge, Grand Targhee Nordic, Jackson Hole Nordic, Spring Creek Nordic and Teton Pines Ski Center. Most are groomed for classic as well as skating. In addition, there is a vast amount of back-country skiing in the area. Guide services are also available for those who want to venture out even further. And as some of us remember from the first New Hope week trip - Yellowstone is absolutely spectacular in Winter! The Grand Targhee downhill area hosted the 1994 U.S. National Telemark Championships - so this might be the time to get out the tele skis!

The trip cost includes: Round trip airfare, hotel Accommodations, full breakfast and transfers to and from the Jackson Airport.

Hotel accommodations include: double queen size beds, coffee maker, microwave, executive refrigerator, telephones with dataport and TV with video cassette player.

Amenities include: shuttle to the Jackson Hole Ski Resort, indoor/outdoor heated pool, indoor/outdoor Jacuzzi, sauna, video arcade, deli, laundry facility and ski lockers.

The Hotel has their own shuttle bus service that runs twice in the morning and twice in the afternoon. The City of Jackson has "START" shuttle busses that run every 15 minutes (appx \$2). Both of these buses go to all cross country and downhill areas. The "START" bus also runs throughout the city.

Price includes: hotel tax, airline tax, passenger facility charges and breakfast gratuity. Price does not include hotel gratuity. Cost is \$885/double occupancy.

Payment schedule: \$100 is due immediately, \$400 is due by November 15, 1995 and the Balance is due by January 5, 1996. The price is based on a minimum of 26 participants. Less than 26: trip increase is \$20 and full breakfast changes to continental. Make check payable to New Hope Nordics and send to F.L. DiPaolo, 1040 Vincent Street, Phila., PA 19111.

For more information contact, Florence L. DiPaolo at 215-725-9281.

WE NEED TRIP LEADERS

Very bluntly stated, we need YOU to volunteer to lead (or co-lead) a trip. Not the person sitting next to you, but YOU. If we don't get new leaders to take over in the future....it won't matter how good the snow is.... Call our friendly President, Florence DiPaolo at (215) 725-9281.

As always, the weather and snow conditions are beyond our control. Although most of our ski trips are to areas that have well groomed trails with set tracks, sometimes weather conditions may make it impossible for the grooming machines to operate. Occasionally we have had to drive to a different location to find snow, and as a result the skiing was on ungroomed and untracked trails. Backcountry skiing, although it is XC in its purest form, has different challenges than does track skiing. Some equipment (i.e.: skating skis), cannot be used in backcountry. Adapting one's technique to differing snow conditions is just another facet of XC skiing. The trip descriptions will tell you much about the kind of skiing you can expect, but your trip leader will be happy to answer any questions that you might have.

Ski House for Rent

Cross Country Ski out of your back door at Mt. Top Inn & Resort XC Trail System. Wintergreen Chalet is now available for the first time, privately! Just 5 1/2 hours away in Chittenden, VT, at one of the East's finest Cross Country Ski Resorts, this six bedroom, five bath, beautifully appointed chalet sleeps up to 16 people. The house features two fireplaces and a woodstove, jacuzzi bath, game room, large kitchen, three TV's & VCR's, two pull-out couches. It easily separates into three self contained units that work great for young families. Call Louise Decker at 609-397-3366.

Free XC Ski Pins

The club has purchased 200 decorative pins that will be given to the first 200 members this season (new or renewal). They have a cross country skier on the front, a clip on back and are about 1" diameter. They're gold with a gold rim - and they're FREE with your New Hope membership!

Cross Country Ski Outfitters

287 S. Main St. • Lambertville, NJ 08530
609-397-3366

Beginner Cross Country Ski Day Trips Tannersville, NY

Saturday, January 23, 1995

Saturday, February 3, 1996

Join us for a fun filled day of cross country skiing in the mountains on groomed terrain near Tannersville, NY. Everyone enjoyed the beautiful conditions last year. Lessons available. Guided tours in the afternoon and snacks on the way home in comfort. Price includes: round trip bus transportation from Lambertville, NJ, trail passes for the day, afternoon guided tour, light snack & beverage on the way home. Cost \$55/per person. Ski rentals \$12/pp or FREE if trip paid in full by Dec. 1.

WOODSTOCK INN AND RESORT Feb. 9-11, 1996

The Inn and Resort is one of the most luxurious ski resorts in the East. Choose their groomed trails on the

golf course if you want gentle, or head up and onto the ridges to overlook the spectacular Quechee Gorge. Apres ski in "Richard's Tavern" or go to their million dollars sports complex where you can play tennis, work out or just veg out in the jacuzzis.

Departure is on Friday morning with return on Sunday by 9:00 PM. Trip includes round trip bus transportation from Lambertville, NJ, two nights at the Woodstock Inn, trail passes for two days, two breakfasts, one guided tour each day and all taxes & gratuities. Per person prices: \$239/quad, \$269/triple, \$299/double.

ADDITIONAL WEEKEND TRIPS to Mountain Top Inn & Resort at the Decker's 6 bedroom, 5 bath, 2 fireplace, 1 woodstove chalet, with transportation included, will be offered throughout the ski season. Call for details, prices and dates.

National Ski Expo & Winter Sports Expo, Oct. 27-29, 1995

National Ski Expo and Winter Sports Expo, Plymouth Meeting Mall. Free admission. Hours are; 4-9:30 Friday, 10 AM - 9:30 PM Saturday, Noon - 6 PM Sunday. "The Expo will feature 100 nationally known ski resorts, manufacturers and retailers...and will also include a MEGA ski swap, a carousel of fashions exhibition and a rolling ski deck revue featuring free style Olympic and national medalists". Eastern Pennsylvania Ski Council (of which New Hope is a member) will be sponsoring the ski swap.

We will have a booth at the SKI EXPO! Volunteers are needed!

The New Hope Nordics will have a booth at this Expo on Saturday, October 28 and Sunday, October 29th. Volunteers are needed to man the booth from 10 AM - 9:30 PM Saturday and Noon - 6 PM Sunday. How about manning the booth for an hour or two? Who better than you to tell people about XC? Call Florence L. DiPaolo (215/725-9281) to arrange your time.

—Eastern Mountain Sports®—

One-Day Sale for Club Members!

By joining an outdoor organization, you've shown your commitment to preserving America's public lands and waterways. Now, we'd like to show you our appreciation with a special sale for members of outdoor organizations.

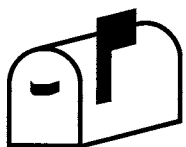
20% Off Everything!

Thursday, October 26 only.

Just bring proof of membership in an outdoor organization, and we'll give you a 20% discount on all your purchases at EMS that day. Be sure to join us. Because you can't beat this deal—even with a club.



If you wish to purchase a New Hope Nordic's tee-shirt please contact: Florence DiPaolo at: 215-725-9281. Very few are left - they may soon become a collectors' item!



The club's new mailing address is: **New Hope Nordics, Box 52688, Philadelphia, PA 19115.** Please change your records.



A few years ago we purchased two first aid kits & ski "tips" for our trips. We can't find them - they weren't returned after a trip. If you know anything about them, please contact one of the officers.

Cross Country Ski Videos

We have a small (but significant) collection of cross country ski videos. They cover cross country techniques from beginner to advanced skating and telemarking. The Video Librarian is Mary Jean McCauley (215) 637-3574. They are available at most meetings on a first come, first served basis.

We will be adding 4-5 new videos this year. They will be shown at the meetings and then will be put into the library for you.

Please feel free to contact Florence DiPaolo or Mike Seidman if you'd like to suggest a video. Yes, they have to be about XC skiing and sorry, No, — "Little Noodnick's First Day on Skis", (a charming, grand parent-produced, mini-documentary about a future Olympic Gold Medalist's introduction to skiing), would probably not have enough instructional value for the library.

MEMBERSHIP DUES:

Membership for the 1995-96 season is the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attn: Joanne Hartnett). Dues received after January 1 are subject to the New Member rate.

NEWSLETTER:

Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost. • Send material for the newsletter to: Mike Seidman, 214 Larrimore Lane, Erdenheim, PA 19038, 215-836-4185, Fax: 242-2410. • Most PC/Mac files are acceptable, call Editor for details.

GENERAL TRIP POLICIES:

It is MANDATORY that everyone participating in any NHN trip sign a release/waiver form. Before boarding a bus, or a week prior to departure of a carpool trip, a release form MUST be obtained by the leader; there will be NO exceptions. • Trips for which the club arranges either lodging or transportation are open to members only. • Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics. If any checks are returned to our Treasury marked "Insufficient Funds", the member will be charged appropriately for this inconvenience. • Unless otherwise stated, all trips go snow or no snow. Bring hiking boots. • No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member. • In consideration of the comfort and enjoyment of all participants, all

passengers on any vehicle holding more than 15 people must be at least 12 years of age. • All trip participants pay full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass back the cost reduction to that participant. • The success of the trips depends upon people willing to share the driving. Please consider this if you are asked. • Please help loading & unloading luggage. • Hard sided suitcases are very difficult to pack efficiently in today's smaller cars. Try to use soft luggage or duffel bags.

TRIP CANCELLATION POLICY:

More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less. • Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater. • Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater. • Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving. • The refund amount will be determined by the Board, only after the trip accounting has been completed.

MEETINGS:

Are held at 8 PM, the 2nd Tuesday of Fall and Spring Months, and the 2nd and 4th Tuesdays of November and January. We meet at the Jesse Soby American Legion Post, Langhorne, PA, which is located at Richardson and Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. • Anyone with an interest in cross country skiing or the outdoors in general is welcome to attend. Bring a friend!
• *Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.*

1995/96 - OFFICERS

President	Florence DiPaolo	(215) 725-9281
Vice President	Ward Hickman	(215) 741-1766
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Linda Paolino	(215) 822-1955
Corresponding Secretary	Joanne Hartnett	(215) 638-3055
Member-at-Large	Fred Vielhauer	(215) 673-0831

1995/96 CHAIRPERSONS

Skimeister	Jim Diven	(215) 672-6349
Membership	Joanne Hartnett	(215) 638-3055
Editor	Mike Seidman	(215) 836-4185
Publicity Chairperson	Florence DiPaolo	(215) 725-9281
Meeting Programs	<i>Chairperson Needed</i>	
E. PA Ski Council Rep.	Jim Murtha	(215) 752-9662

1995-96 Membership Application & Release

RETURN TO: New Hope Nordics, Membership Chairman, Box 52688, Philadelphia, PA 19115

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

RELEASE. I certify that I am in good health and able to participate in any activity of the New Hope Nordics Ski Club of Pennsylvania in which I take part, including, but not limited to, skiing, biking, roller bladeing, bathing, traveling, etc. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and that of my family. In consideration of your acceptance of this entry, for myself, heirs, executors, or administrators, and minor children, I hereby waive and release any and all rights and claims for damage against the New Hope Nordics Ski Club of Pennsylvania, its officers, its leaders, and its agents or representatives, for any and all injuries, losses (including death), and/or damage to person and/or property sustained by me or my family in any activity, including transportation to and from such activity, related directly or indirectly to my participation in said activity.

Signed _____ Date _____

Received by _____

DUES:

Single
 New - \$10
 Renewal - \$8

Family
 New - \$15
 Renewal - \$12

Renewal rates must be paid before January 1!

SKI LEVEL:

Beginner
 Intermediate
 Advanced



NOTICE

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Special Ski Rental & Purchase Offer for New Hope Nordic Members Only! November 1-30, 1995

Option #1 - Normal Season Rental

Family Membership (One Time)	\$35.00
Adult Skis, boots, poles	<u>\$47.00</u>
	\$82.00

Option #2 - Lease with Option to Purchase Equipment

NOTE: This equipment is not a beginner package, it is a stiffer, leather boot with insulation, Salomon Profile bindings and a 1996 "Compact" ski. Valued at \$338.00

<u>Nordic Members Only (Limited Quantity)</u>	\$175.00 <i>Now</i>
On April 15, 1996 buy this equipment for	<u>\$ 75.00</u>
You try the equipment and SAVE \$88.00	\$250.00

Option #3 - Beginner Ski Package \$175.00

Option #4

20% OFF SKI PACKAGE THAT YOU CHOOSE

Cross Country Ski Outfitters

287 S. Main St. • Lambertville, NJ 08530
609-397-3366



NEW HOPE NORDICS
Cross Country Ski Club
Box 52688
Philadelphia, PA 19115

Nordic Notes

Meeting Schedule

Our meetings start at 8:00 PM at the Jesse Soby American Legion Post in Langhorne, PA, at Richardson & Bellevue Aves., 1/2 block south of the traffic light in Langhorne's business district, behind the bank. Anyone with an interest in cross country skiing or the outdoors is welcome to attend. Most nights start with a short business meeting, announcements about upcoming trips and then a presentation of interest to skiers. Plenty of time is available for socializing with fellow inmates skiers. *Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post!*

TUES, NOV. 14, 1995 — *Mary Phalan will present a slide show about skiing in Yellowstone Park, one of the sites for the upcoming ski season.*

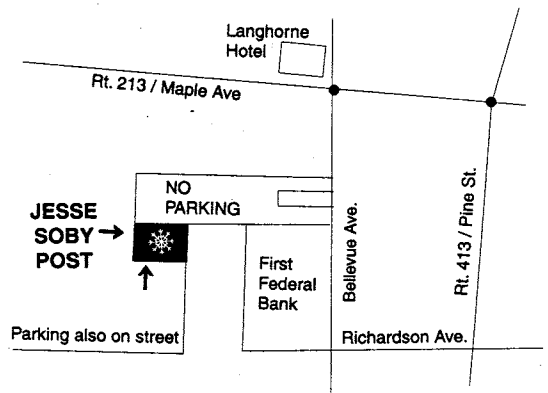
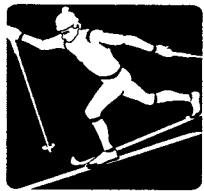
TUES, NOV. 28, 1995 — *Joanne Hartnett & Florence DiPaolo will supply you with "Everything You Always Wanted to Know About Leading a Ski Trip".*

TUES, DEC. 12, 1995
TUES, JAN. 9, 1996

TUES, JAN. 23, 1996
TUES, FEB. 13, 1996
TUES, FEB. 27, 1996

TUES, MAR. 26, 1996 — *Please note: this meeting date has changed to the fourth Tuesday to avoid a conflict with the Wyoming Trip. Elections will take place at this time.*

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TUES, MAY 14, 1996



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95-96 XC Ski Trip Schedule

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THE
NEW HOPE
NORDICS, INC.

◆
Cross-Country
Ski Club

◆
November 1995

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For more information contact, Florence L. DiPaolo at 215-725-9281.

Cross Country Ski Etiquette

- Don't ski alone; keep others informed of where you are going.
- The skier going downhill has the right-of-way over a skier going uphill.
- When you encounter other skiers, stay to the right.
- Ski under control at all times. Ski within your ability. Only you can judge your ability to safely ski a trail.
- When overtaking slower skiers, the word "TRACK" is used to let the skier know you are there and that you want to pass.
- Fill in Sitzmarks (holes in the snow caused by your body when you fall).
- If you wish to walk down (or up) a trail, stay to the side of the trail. **DO NOT WALK IN THE TRACKS.**
- Read, understand and obey the signs posted by the ski center, especially directional signs on one-way trails.
- **DON'T LITTER.** Carry out what you carry in.
- When you fall, try to get out of the way and to the side of the trail, injury permitting.
- Report all accidents to the proper authorities (ski patrol, police, etc.) as soon as is practical.
- If you need to stop and converse, please get to the side and off the trail. Don't start a meeting at the bottom of the hill.
- Yield, where possible, to faster skiers.
- Above all, be courteous and use common sense.



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Please feel free to contact Florence DiPaolo or Mike Seidman if you'd like to suggest a video. Yes, they have to be about XC skiing and sorry, No, — *"Little Noodnick's First Day on Skis"*, (a charming, grand parent-produced, mini-documentary about a future Olympic Gold Medalist's introduction to skiing), would probably not have enough instructional value for the library.

WE NEED TRIP LEADERS

Very bluntly stated, we need YOU to volunteer to lead (or co-lead) a trip. Not the person sitting next to you, but YOU. If we don't get some new leaders NOW ...it won't matter how good the snow is!!! Call our friendly President, Florence DiPaolo at (215) 725-9281.

As always, the weather and snow conditions are beyond our control. Although most of our ski trips are to areas that have well groomed trails with set tracks, sometimes weather conditions may make it impossible for the grooming machines to operate. Occasionally we have had to drive to a different location to find snow, and as a result the skiing was on ungroomed and untracked trails. Backcountry skiing, although it is XC in its purest form, has different challenges than does track skiing. Some equipment (i.e.: skating skis), cannot be used in backcountry. Adapting one's technique to differing snow conditions is just another facet of XC skiing. The trip descriptions will tell you much about the kind of skiing you can expect, but your trip leader will be happy to answer any questions that you might have.

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Free XC Ski Pins

The club has purchased 200 decorative pins that will be given to the first 200 members this season (new or renewal). They have a cross country skier on the front, a clip on back and are about 1" diameter. They're gold with a gold rim - and they're FREE with your New Hope membership!

Cross Country Ski Outfitters

287 S. Main St. • Lambertville, NJ 08530
609-397-3366

Beginner Cross Country Ski Day Trips Tannersville, NY

Saturday, January 23, 1995

Saturday, February 3, 1996

Join us for a fun filled day of cross country skiing in the mountains on groomed terrain near Tannersville, NY. Everyone enjoyed the beautiful conditions last year. Lessons available. Guided tours in the afternoon and snacks on the way home in comfort. Price includes: round trip bus transportation from Lambertville, NJ, trail passes for the day, afternoon guided tour, light snack & beverage on the way home. Cost \$55/per person. Ski rentals \$12/pp or FREE if trip paid in full by Dec. 1.

WOODSTOCK INN AND RESORT Feb. 9-11, 1996

The Inn and Resort is one of the most luxurious ski resorts in the East. Choose their groomed trails on the

golf course if you want gentle, or head up and onto the ridges to overlook the spectacular Quechee Gorge. Apres ski in "Richard's Tavern" or go to their million dollars sports complex where you can play tennis, work out or just veg out in the jacuzzis.

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	New Member	Renewal
Single	\$10	\$8
Family	15	12

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Vice President	Ward Hickman	(215) 741-1766
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Linda Paolino	(215) 822-1955
Corresponding Secretary	Joanne Hartnett	(215) 638-3055
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Membership	Joanne Hartnett	(215) 638-3055
Editor	Mike Seidman	(215) 836-4185
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Meeting Programs	<i>Chairperson Needed</i>	
E. PA Ski Council Rep.	Jim Murtha	(215) 752-9662

1995-96 Membership Application & Release



RETURN TO: New Hope Nordics, Membership Chairman, Box 52688, Philadelphia, PA 19115

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

RELEASE. I certify that I am in good health and able to participate in any activity of the New Hope Nordics Ski Club of Pennsylvania in which I take part, including, but not limited to, skiing, biking, roller bladeing, bathing, traveling, etc. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and that of my family. In consideration of your acceptance of this entry, for myself, heirs, executors, or administrators, and minor children, I hereby waive and release any and all rights and claims for damage against the New Hope Nordics Ski Club of Pennsylvania, its officers, its leaders, and its agents or representatives, for any and all injuries, losses (including death), and/or damage to person and/or property sustained by me or my family in any activity, including transportation to and from such activity, related directly or indirectly to my participation in said activity.

Signed _____ Date _____

Received by _____

DUES:

Single

New - \$10

Renewal - \$8

Family

New - \$15

Renewal - \$12

Renewal rates must be paid before January 1!

SKI LEVEL:

Beginner

Intermediate

Advanced

**Cross Country Ski Talk at
Recreational Equipment Inc.
Conshohocken, PA
Saturday, December 9, 1995
1:00 PM**

Our own Mike Seidman will be giving a talk and equipment demo at REI on December 2. Come out and hear about the latest trends in equipment from a really opinionated curmudgeon! Beginner to skating level equipment will be featured. Learn what is right for you. Learn the basics in XC clothing, so you'll be warm and comfortable on the trail. Mike's credentials(?) include an ASIA Nordic Instructor certification, 20 years of skiing experience, a really big box of ski waxes, 5 years experience as a home-brewer, and a basket weaving merit badge.

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**NEW HOPE NORDICS
Cross Country Ski Club
Box 52688
Philadelphia, PA 19115**

**Special Ski Rental & Purchase Offer
for New Hope Nordic Members Only!
November 1-30, 1995**

Option #1 - Normal Season Rental

Family Membership (One Time)	\$35.00
Adult Skis, boots, poles	<u>\$47.00</u>
	\$82.00

**Option #2 - Lease with Option
to Purchase Equipment**

NOTE: This equipment is not a beginner package, it is a stiffer, leather boot with insulation, Salomon Profile bindings and a 1996 "Compact" ski. Valued at \$338.00

<u>Nordic Members Only (Limited Quantity)</u>	\$175.00 Now
On April 15, 1996 buy this equipment for	<u>\$ 75.00</u>
You try the equipment and SAVE \$88.00	\$250.00

**Option #3 - Beginner Ski Package
\$175.00**

**Option #4
20% OFF SKI PACKAGE THAT YOU CHOOSE**

**Cross Country Ski Outfitters
287 S. Main St. • Lambertville, NJ 08530
609-397-3366**



Nordic Notes



THE
NEW HOPE
NORDICS, INC.
◆
Cross-Country
Ski Club
◆
December 1995

You are cordially invited to the social event of the ski season,

THE NEW HOPE NORDICS' CHRISTMAS PARTY

which takes place on DECEMBER 12TH following the club's business meeting.

The party is a chance to renew old friendships and, perhaps, to find someone new to ski with. Everyone is asked to bring dessert or munchies to share; the club will supply beverages. Note that both the meeting and party will take place on the first floor of the American Legion Post; please enter by the front door.

Everyone is asked to bring a flake (snowflake, that is) as an offering to the snow gods in hopes that they will bless us with good conditions for skiing this winter. It seems that snowflakes are relatively easy to come by this time of year (although some club members have been known to cut them out of paper), and seem to work as well as possible other offerings (old skis, old skiers, virgins, etc.)

Lastly, I would appreciate some help in setting up prior to the meeting, and in cleaning up after the party. I will start setting up at about 7 PM; please call me or just show up if you can help.

Ward Hickman, 215-741-1766

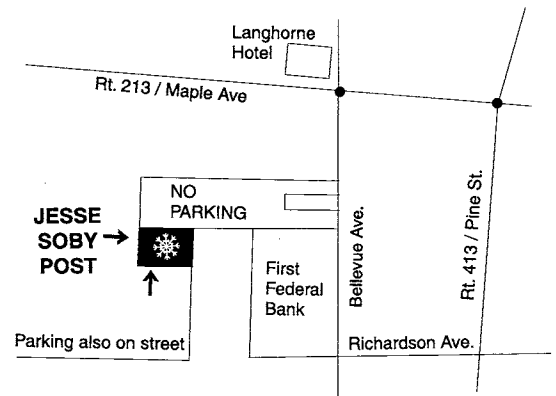
Meeting Schedule

Our meetings start at 8:00 PM at the Jesse Soby American Legion Post in Langhorne, PA, at Richardson & Bellevue Aves., 1/2 block south of the traffic light in Langhorne's business district, behind the bank. Anyone with an interest in cross country skiing or the outdoors is welcome to attend. Most nights start with a short business meeting, announcements about upcoming trips and then a presentation of interest to skiers. Plenty of time is available for socializing with fellow inmates skiers. *Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post!*

TUES, NOV. 28, 1995
TUES, DEC. 12, 1995
TUES, JAN. 9, 1996
TUES, JAN. 23, 1996
TUES, FEB. 13, 1996
TUES, FEB. 27, 1996

TUES, MAR. 26, 1996 — *Please note: this meeting date has changed to the fourth Tuesday to avoid a conflict with the Wyoming Trip. Elections will take place at this time.*

TUES, APR. 9, 1996
TUES, MAY 14, 1996



The Jesse Soby Post is a red, two story building at the rear of the parking lot at Bellevue & Richardson Aves. Enter at Richardson Ave. Meetings are either on the first floor (use side entrance) or second floor (rear entrance).

95-96 XC Ski Trip Schedule

JANUARY 26-29 (Fri-Mon)

LAKE PLACID, NEW YORK - BUS TRIP

We'll return to the Holiday Inn SunSpree Resort which is located in the center of the village. (Downhill skiing at Whiteface Mountain is only nine miles away and back country skiing via the Jack Rabbit XC trail is right on the premises.) We will be skiing on the world class trails at the Mt. Van Hoevenberg Olympic Center. The trails at Mt. Van Hoevenberg are well groomed and suitable for beginner to skating level skiers. (The shuttle to Whiteface Mtn. is available, appx: \$5.00 round trip).

The town of Lake Placid is one of the East's premier Winter destinations. Winter sports from ice skating to bobsledding are featured in the village.

The trip includes deluxe round trip motorcoach (with videos on board, of course), 3 nights at the Holiday Inn Sun Spree Resort, 2 dinners, 3 breakfasts, box lunch for Monday, taxes and gratuities. The hotel features an indoor pool, Jacuzzi, sauna, tanning booth, message therapist and universal gym. All rooms have TV, microwave, refrigerator and coffee makers. Cost will be \$247-215, for double or triple occupancy. Single occupancy is \$357. A deposit of \$150 holds your space. Full payment is due three weeks prior to the trip. Call Fred Vielhauer, 215-673-0831 or Florence DiPaolo (Co-Leader) 215-725-9281. **PLEASE NOTE:** there will be ***two buses** leaving for Placid; one at ***3 PM** and one at **6 PM**. **We will only run the second bus if we are able to get 40 people to fill the bus. You **MUST** let the trip leader know which bus you will be on! Last year the trip went full and had a waiting list.*

SPECIAL NOTICE

As of 11/3/95, Bus No. 1 (3:00 PM) is full! We are now working on the second bus (6 PM) and it is filling up fast. We must make the decision by December 11th, if we will be able to take the second bus (or we will have to cancel it). If you are interested in being on this trip please contact one of the leaders immediately!!!

January 12-15, 1996 (Fri-Mon)

Garnett Hill, New York

We'll be staying on the property of Garnett Hill XC Ski Area in the Central Adirondaks. The Basil House & Mountain House, each has a fireplace, kitchen & microwave and is situated 1.5 miles from the lodge. Cost is \$150 (based on 12 people), a Saturday dinner is available as an option at the lodge (\$22). Carpool trip. Leaders: Linda & Rico Paolino: 215-822-1955, (w) 215-657-6202 x 468.

FEBRUARY 9-11 (Fri-Sun)

LAPLAND LAKES, NEW YORK

We will be staying at the Inn at the Bridge bed & breakfast. The Inn is a turn-of-the century Victorian B&B with wrap-around porch and a large parlor with fireplace for relaxing after a day of skiing.

The skiing will be at Lapland Lakes which was described by *Cross Country Skier* magazine as "one of the world's best run ski areas". Owned by the Hirnoven family, Lapland's immaculate trails are groomed to skating level, yet many are suitable for beginners. The ski instruction and rentals are also some of the best. The price includes: two full country breakfasts, one dinner on Saturday, and trail passes to Lapland Lakes Touring Center. Transportation on your own. Cost will be \$120 with \$50 deposit due immediately. Leader: Brian Bannach, 215-672-3977. Note: there are twelve spaces available at the B&B!

FEBRUARY 23-26 (Fri-Mon)

STOWE, VERMONT - BUS TRIP

Stowe has some of the best skiing Vermont has to offer. Ski all day in the XC capital of the East. At night enjoy the amenities of the Commodores Inn and the night life of Stowe Village. The Inn is located within walking distance of Stowe Village and has Jacuzzis, saunas and exercise rooms right on the premises. It has a great dining room & lounge and large common rooms with fireplace for after-skiing get-togethers. The rooms have two queen beds or king beds, TV's, telephones and coffee makers. Our bus will take you to and from the XC ski areas. The Stowe Trolley (\$1) stops at the front door of the Inn and will take you to downhill ski areas or into town for some sightseeing and shopping.



The skiing will be at two of our favorite places: Trapp Family Touring Center and Mt. Mansfield Touring Center. Both have world class trail systems and state-of-the-art grooming. The trails in the Stowe area are so extensive that novice to advanced skiers will find great skiing. Many trails are groomed for skating and professional lessons are available. If conditions permit, an entire range of back country skiing will be open.

The price includes round trip transportation on a deluxe motorcoach complete with videos on board and transfers to and from the XC ski areas. Two dinners, three breakfasts, a box lunch on Monday and all taxes and gratuities are included. The cost is \$285. per person, double occupancy. Singles (\$395), triples (\$250) and quads (\$225) are available. A deposit of \$150. holds your space. The full amount is due three weeks before the trip. Call Joanne Hartnett at 638-3055 (home) or 646-2225 (work). Last year the trip went full and had a waiting list.

MARCH 6-13, 1996

JACKSON HOLE, WYOMING

Join the New Hope Nordics for seven nights and eight days at the most famous ski area anywhere - Jackson Hole, Wyoming. We will be staying at the Lodge at Jackson Hole, which is conveniently located in the town of Jackson. The Lodge is only minutes away from shopping, restaurants, art galleries, museums and is 12 miles away from the Jackson Hole Ski Resort. For National Parks, Yellowstone is 60 miles north and Grand Teton Park is a short 15 miles from Jackson.

There are at least five cross country ski centers near Jackson: Brooks Lake Lodge, Grand Targhee Nordic, Jackson Hole Nordic, Spring Creek Nordic and Teton Pines Ski Center. Most are groomed for classic as well as skating. In addition, there is a vast amount of back-country skiing in the area. Guide services are also available for those who want to venture out even further. And as some of us remember from the first New Hope week trip - Yellowstone is absolutely spectacular in Winter! The Grand Targhee downhill area hosted the 1994 U.S. National Telemark Championships - so this might be the time to get out the tele skis!

The trip cost includes: Round trip airfare, hotel Accommodations, full breakfast and transfers to and from the Jackson Airport.

Hotel accommodations include: double queen size beds, coffee maker, microwave, executive refrigerator, telephones with dataport and TV with video cassette player.

Amenities include: shuttle to the Jackson Hole Ski Resort, indoor/outdoor heated pool, indoor/outdoor Jacuzzi, sauna, video arcade, deli, laundry facility and ski lockers.

The Hotel has their own shuttle bus service that runs

twice in the morning and twice in the afternoon. The City of Jackson has "START" shuttle busses that run every 15 minutes (appx \$2). Both of these buses go to all cross country and downhill areas. The "START" bus also runs throughout the city.

Price includes: hotel tax, airline tax, passenger facility charges and breakfast gratuity. Price does not include hotel gratuity. Cost is \$885/double occupancy.

Payment schedule: \$500 is due immediately, and the Balance is due by January 5, 1996. The price is based on a minimum of 26 participants. Less than 26: trip increase is \$20 and full breakfast changes to continental. Make check payable to New Hope Nordics and send to F.L. DiPaolo, 1040 Vincent Street, Phila., PA 19111.

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The Membership of New Hope Nordics
Would Like to Extend

GET WELL WISHES

TO

**Claire Bauer
Roy Epp**

We wish them both a speedy recovery and
look forward to seeing them on the trails very soon!

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Address _____

City/State/Zip _____

Phone: Home _____ Work _____

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Additional Family Members _____

How did you find out about New Hope Nordics? _____

RELEASE. I certify that I am in good health and able to participate in any activity of the New Hope Nordics Ski Club of Pennsylvania in which I take part, including, but not limited to, skiing, biking, roller bladeing, bathing, traveling, etc. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and that of my family. In consideration of your acceptance of this entry, for myself, heirs, executors, or administrators, and minor children, I hereby waive and release any and all rights and claims for damage against the New Hope Nordics Ski Club of Pennsylvania, its officers, its leaders, and its agents or representatives, for any and all injuries, losses (including death), and/or damage to person and/or property sustained by me or my family in any activity, including transportation to and from such activity, related directly or indirectly to my participation in said activity.

Signed _____ Date _____

Received by _____



DUES:

Single
 New - \$10
 Renewal - \$8

Family
 New - \$15
 Renewal - \$12

Renewal rates must be paid before January 1!

SKI LEVEL:

Beginner
 Intermediate
 Advanced

**Cross Country Ski Talk at
Recreational Equipment Inc.
Conshohocken, PA**

Saturday, December 9, 1995 - 1:00 PM

Our own Mike Seidman will be giving a talk and equipment demo at REI. Come out and hear about the latest trends in equipment from a really opinionated curmudgeon! Beginner to skating level equipment will be featured. Learn what is right for you. Learn the basics in XC clothing, so you'll be warm and comfortable on the trail. Mike's credentials(?) include an ASIA Nordic Instructor certification, 20 years of skiing experience, a really big box of ski waxes, 5 years experience as a home-brewer, and a basket weaving merit badge.

NOTICE

It is **MANDATORY** that everyone participating in any NHN trip sign a release/waiver form. Before boarding a bus, or a week prior to departure of a carpool trip, a release form **MUST** be obtained by the leader; there will be **NO** exceptions.

For the adventurous XC skier who wishes to venture out to the Catskills, Lake George and the Adirondacks areas, New York Tourist Information has just published their *1995/96 Winter Travel & Ski Guide*. Call 1-800-225-5697.

The PA Tourist Information people have just published the *1995/95 XC Skiing Travel Guide*. Call 1-800-847-4872.

FOR SALE

XC skis, Fisher SL racing, classical, 215 cm, seldom used, \$60; one pair Alpina NNN 520 skating boots, good condition, size 47, \$50; one pair Alpina 100 touring boots, almost new, size 47, \$30; two pairs NNN Skate/Classic race bindings, \$15 each. Call Phil at 215-661-0490.

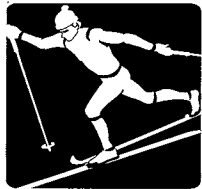
Cross Country Ski Etiquette

- Don't ski alone; keep others informed of where you are going.
- The skier going downhill has the right-of-way over a skier going uphill.
- When you encounter other skiers, stay to the right.
- Ski under control at all times. Ski within your ability. Only you can judge your ability to safely ski a trail.
- When overtaking slower skiers, the word "TRACK" is used to let the skier know you are there and that you want to pass.
- Fill in Sitzmarks (holes in the snow caused by your body when you fall).
- If you wish to walk down (or up) a trail, stay to the side of the trail. **DO NOT WALK IN THE TRACKS.**
- Read, understand and obey the signs posted by the ski center, especially directional signs on one-way trails.
- **DON'T LITTER.** Carry out what you carry in.
- When you fall, try to get out of the way and to the side of the trail, injury permitting.
- Report all accidents to the proper authorities (ski patrol, police, etc.) as soon as is practical.
- If you need to stop and converse, please get to the side and off the trail. Don't start a meeting at the bottom of the hill.
- Yield, where possible, to faster skiers.
- Above all, be courteous and use common sense.



**NEW HOPE NORDICS
Cross Country Ski Club
Box 52688
Philadelphia, PA 19115**

Nordic Notes



THE
NEW HOPE
NORDICS, INC.
◆
Cross-Country
Ski Club
◆
JANUARY 1996

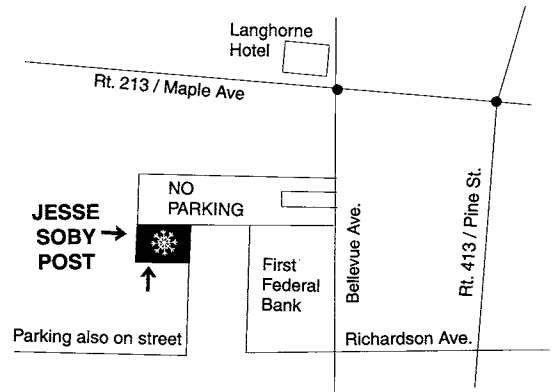
Meeting Schedule

Our meetings start at 8:00 PM at the Jesse Soby American Legion Post in Langhorne, PA, at Richardson & Bellevue Aves., 1/2 block south of the traffic light in Langhorne's business district, behind the bank. Anyone with an interest in cross country skiing or the outdoors is welcome to attend. Most nights start with a short business meeting, announcements about upcoming trips and then a presentation of interest to skiers. Plenty of time is available for socializing with fellow inmates skiers. *Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post!*

- TUES, JAN. 9, 1996
- TUES, JAN. 23, 1996
- TUES, FEB. 13, 1996
- TUES, FEB. 27, 1996
- TUES, MAR. 26, 1996 — *Please note: this*

meeting date has changed to the fourth Tuesday to avoid a conflict with the Wyoming Trip. Elections will take place at this time.

- TUES, APR. 9, 1996
- TUES, MAY 14, 1996



The Jesse Soby Post is a red, two story building at the rear of the parking lot at Bellevue & Richardson Aves. Enter at Richardson Ave. Meetings are either on the first floor (use side entrance) or second floor (rear entrance).

1996 XC Ski Trip Schedule

January 26-29 (Fri-Mon) Lake Placid, New York - Bus Trip

See Page 8 for
DAY TRIPS

We'll return to the Holiday Inn SunSpree Resort which is located in the center of the village. (Downhill skiing at Whiteface Mountain is only nine miles away and back country skiing via the Jack Rabbit XC trail is right on the premises.) We will be skiing on the world class trails at the Mt. Van Hoevenberg Olympic Center. The trails at Mt. Van Hoevenberg are well groomed and suitable for beginner to skating level skiers. (The shuttle to Whiteface Mtn. is available, appx: \$5.00 round trip).

The town of Lake Placid is one of the East's premier Winter destinations. Winter sports from ice skating to bobsledding are featured in the village.

The trip includes deluxe round trip motorcoach (with videos on board, of course), 3 nights at the Holiday Inn SunSpree Resort, 2 dinners, 3 breakfasts, box lunch for Monday, taxes and gratuities. The hotel features an indoor pool, Jacuzzi, sauna, tanning booth, message therapist and universal gym. All rooms have TV, microwave, refrigerator and coffee makers. Cost will be \$247-215, for double or triple occupancy. Single occupancy is \$357. A deposit of \$150 holds your space. Full payment is due three weeks prior to the trip. Call Fred Vielhauer, 215-673-0831 or Florence DiPaolo (Co-Leader) 215-725-9281. Please mail your checks to: Fred Vielhauer, 9343 "B" Baner Street, Phila., PA 19115.

FINAL TRIP PAYMENTS ARE DUE:

- LAKE PLACID, NY JANUARY 8
- JACKSON HOLE, WY JANUARY 5
- STOWE, VT FEBRUARY 1

SPECIAL OLYMPICS

The Hunterdon County Special Olympics Director has asked us for volunteers to coach their kids to get them ready for the Special Olympics being held in February. Anyone interested in giving a few hours of their time during the weekends in January please contact Joanne Hartnett for more information. Phone: 215-638-3055, Work: 215-646-2225

January 12-15, 1996 (Fri-Mon) Garnett Hill, New York

We'll be staying on the property of Garnet Hill XC Ski Area in the Central Adirondaks. The Bazil House & Mountain House, each has a fireplace, kitchen & microwave and are situated 1.5 miles from the lodge. Cost is \$150 (based on 12 people), a Saturday dinner is available as an option at the lodge (\$22). Carpool trip. Leaders: Linda & Rico Paolino: 215-822-1955, (w) 215-657-6202 x 468.

February 9-11 (Fri-Sun) Lapland Lakes, New York

We will be staying at the Inn at the Bridge bed & breakfast. The Inn is a turn-of-the century Victorian B&B with wrap-around porch and a large parlor with fireplace for relaxing after a day of skiing.

The skiing will be at Lapland Lakes which was described by *Cross Country Skier* magazine as "one of the world's best run ski areas". Owned by the Hirnoven family, Lapland's immaculate trails are groomed to skating level, yet many are suitable for beginners. The ski instruction and rentals are also some of the best. The price includes: two full country breakfasts, one dinner on Saturday, and trail passes to Lapland Lakes Touring Center. Transportation on your own. Cost will be \$120 with \$50 deposit due immediately. Leader: Brian Bannach, 215-672-3977. Note: there are twelve spaces available at the B&B!

February 16-18 or 19 (Fri-Sun or Mon)

Elkmont Lodge, Pennsylvania

We'll return to the cozy warmth of this farmhouse/lodge in Central Pennsylvania. Elkmont lodge was the site of the second New Hope ski trip many years ago. The skiing will be a mix of woods trails or touring area, depending on the snow conditions. This will be a carpool trip and with the option of a Monday stay over. Cost is \$80/2 nights, or \$110/3 nights. Call John Nelson at 215-283-2579 for information.



See Page 8 for
DAY TRIPS

February 23-26 (Fri-Mon) Stowe, Vermont - Bus Trip

Stowe has some of the best skiing Vermont has to offer. Ski all day in the XC capital of the East. At night enjoy the amenities of the Commodore Inn and the night life of Stowe Village. The Inn is located within walking distance of Stowe Village and has Jacuzzis, saunas and exercise rooms right on the premises. It has a great dining room & lounge and large common rooms with fireplace for after-skiing get-togethers. The rooms have two queen beds or king beds, TV's, telephones and coffee makers. Our bus will take you to and from the XC ski areas. The Stowe Trolley (\$1) stops at the front door of the Inn and will take you to downhill ski areas or into town for some sightseeing and shopping.

The skiing will be at two of our favorite places: Trapp Family Touring Center and Mt. Mansfield Touring Center. Both have world class trail systems and state-of-the-art grooming. The trails in the Stowe area are so extensive that novice to advanced skiers will find great skiing. Many trails are groomed for skating and professional lessons are available. If conditions permit, an entire range of back country skiing will be open.

The price includes round trip transportation on a deluxe motorcoach complete with videos on board and transfers to and from the XC ski areas. Two dinners, three breakfasts, a box lunch on Monday and all taxes and gratuities are included. The cost is \$285. per person, double occupancy. Singles (\$395), triples (\$250) and quads (\$225) are available. A deposit of \$150. holds your space. The full amount is due three weeks before the trip. Call Joanne Hartnett at 638-3055 (home) or 646-2225 (work). Last year the trip went full and had a waiting list.

March 6-13, 1996

Jackson Hole, Wyoming

Join the New Hope Nordics for seven nights and eight days at the most famous ski area anywhere - Jackson Hole, Wyoming. We will be staying at the Lodge at Jackson

Hole, which is conveniently located in the town of Jackson. The Lodge is only minutes away from shopping, restaurants, art galleries, museums and is 12 miles away from the Jackson Hole Ski Resort. For National Parks, Yellowstone is 60 miles north and Grand Teton Park is a short 15 miles from Jackson.

There are at least five cross country ski centers near Jackson: Brooks Lake Lodge, Grand Targhee Nordic, Jackson Hole Nordic, Spring Creek Nordic and Teton Pines Ski Center. Most are groomed for classic as well as skating. In addition, there is a vast amount of back-country skiing in the area. Guide services are also available for those who want to venture out even further. And as some of us remember from the first New Hope week trip - Yellowstone is absolutely spectacular in Winter! The Grand Targhee downhill area hosted the 1994 U.S. National Telemark Championships - so this might be the time to get out the tele skis!

The trip cost includes: Round trip airfare, hotel Accommodations, full breakfast and transfers to and from the Jackson Airport.

Hotel accommodations include: double queen size beds, coffee maker, microwave, executive refrigerator, telephones with dataport and TV with video cassette player.

Amenities include: shuttle to the Jackson Hole Ski Resort, indoor/outdoor heated pool, indoor/outdoor Jacuzzi, sauna, video arcade, deli, laundry facility and ski lockers. The Hotel has their own shuttle bus service that runs twice in the morning and twice in the afternoon. The City of Jackson has "START" shuttle busses that run every 15 minutes (appx \$2). Both of these buses go to all cross country and downhill areas. The "START" bus also runs throughout the city.

Price includes: hotel tax, airline tax, passenger facility charges and breakfast gratuity. Price does not include hotel gratuity. Cost is \$885/double occupancy.

Payment schedule: \$500 is due immediately, and the Balance is due by January 5, 1996. The price is based on a minimum of 26 participants. Less than 26: trip increase is \$20 and full breakfast changes to continental. Make check payable to New Hope Nordics and send to F.L. DiPaolo, 1040 Vincent Street, Phila., PA 19111. 215-725-9281.

CROSS COUNTRY SKI VIDEOS

We have a small collection of cross country ski videos. They cover cross country techniques from beginner to advanced skating and telemarking. The Video Librarian is Mary Jean McCauley (215) 637-5574. They are available at most meetings on a first come, first served basis.

For the adventurous XC skier who wishes to venture out to the Catskills, Lake George and the Adirondacks areas, New York Tourist Information has just published their **1995/96 Winter Travel & Ski Guide**. Call 1-800-225-5697. The PA Tourist Information people have just published the **1995/96 XC Skiing Travel Guide**. Call 1-800-847-4872.

UPCOMING ELECTIONS

Anyone interested in serving as a Board Member, or nominating a member for a Board position, please contact Florence L. DiPaolo (215-725-9281). I will see that the name is placed on the ballot for the upcoming elections.

— Thank You

Board Positions Open:

President

Vice-President

Treasurer

Recording Secretary

Corresponding Secretary

Member-at-Large

WE NEED TRIP LEADERS

Very bluntly stated, we need YOU to volunteer to lead (or co-lead) a trip. Not the person sitting next to you, but YOU. If we don't get some new leaders NOWit won't matter how good the snow is!!! Call our friendly President, Florence DiPaolo at (215) 725-9281.

As always, the weather and snow conditions are beyond our control. Although most of our ski trips are to areas that have well groomed trails with set tracks, sometimes weather conditions may make it impossible for the grooming machines to operate. Occasionally we have had to drive to a different location to find snow, and as a result the skiing was on ungroomed and untracked trails. Backcountry skiing, although it is XC in its purest form, has different challenges than does track skiing. Some equipment (i.e.: skating skis), cannot be used in backcountry. Adapting one's technique to differing snow conditions is just another facet of XC skiing. The trip descriptions will tell you much about the kind of skiing you can expect, but your trip leader will be happy to answer any questions that you might have.

Cross Country Ski Outfitters

287 S. Main St. • Lambertville, NJ 08530
609-397-3366

Beginner Cross Country Ski Day Trips Tannersville, NY

Saturday, January 20, 1995
Saturday, February 3, 1996

Join us for a fun filled day of cross country skiing in the mountains on groomed terrain near Tannersville, NY. Everyone enjoyed the beautiful conditions last year. Lessons available. Guided tours in the afternoon and snacks on the way home in comfort. Price includes: round trip bus transportation from Lambertville, NJ, trail passes for the day, afternoon guided tour, light snack & beverage on the way home. Cost \$55/per person. Ski rentals \$12/pp or FREE if trip paid in full by Dec. 1.

WOODSTOCK INN AND RESORT Feb. 9-11, 1996

The Inn and Resort is one of the most luxurious ski resorts in the East. Choose their groomed trails on the

golf course if you want gentle, or head up and onto the ridges to overlook the spectacular Quechee Gorge. Apres ski in "Richard's Tavern" or go to their million dollars sports complex where you can play tennis, work out or just veg out in the jacuzzis.

Departure is on Friday morning with return on Sunday by 9:00 PM. Trip includes round trip bus transportation from Lambertville, NJ, two nights at the Woodstock Inn, trail passes for two days, two breakfasts, one guided tour each day and all taxes & gratuities. Per person prices: \$239/quad, \$269/triple, \$299/double.

ADDITIONAL WEEKEND TRIPS to Mountain Top Inn & Resort at the Decker's 6 bedroom, 5 bath, 2 fireplace, 1 woodstove chalet, with transportation included, will be offered throughout the ski season. Call for details, prices and dates.

OWN YOUR OWN CROSS COUNTRY SKI SHOP

Louise Decker has owned Cross Country Ski Outfitters for the past seven years. Due to illness in her family and other obligations she would like to step down from her current level of involvement, but would like to see the business continue to grow. She is looking for an individual and/or a small group who would be interested in a major equity position while steering Cross Country Ski Outfitters into the future. She would be interested in remaining involved with the business in a financial, consulting and advisory role. CCSO has provided a good income and has even greater potential for future growth. CCSO provides a much needed service for ski enthusiasts in a three state area, and should continue to expand the scope of its services. Seriously interested persons please contact Louise at 215-862-5743

HELP WANTED

Cross Country Ski Outfitters in Lambertville, NJ is looking for some help during January through March. Weekdays and Weekends. You'll get great benefits and have a lot of fun in the area's best stocked XC shop! Call Louise Decker at 609-397-3360 for

SKI HOUSE FOR RENT

Cross Country Ski out of your back door at Mt. Top Inn & Resort XC Trail System. Wintergreen Chalet is now available for the first time, privately! Just 5 1/2 hours away in Chittenden, VT, at one of the East's finest Cross Country Ski Resorts, this six bedroom, five bath, beautifully appointed chalet sleeps up to 16 people. The house features two fireplaces and a woodstove, jacuzzi bath, game room, large kitchen, three TV's & VCR's, two pull-out couches. It easily separates into three self contained units that work great for young families. Call Louise Decker at 609-397-3366.

WEEKDAY SKIING

Anyone interested in going skiing during weekdays, call Grace Lim at 215-884-2314

REALLY IMPORTANT NOTICE:

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Cross Country Equipment - The Basics

TWO TYPES OF SKIS:

With **WAXABLE** skis you crayon on a thin layer of wax to match the day's snow conditions. The benefits are increased glide & better traction. Although you can skate on a waxable ski, a real skating ski will be much faster.

NO-WAX skis have a grip pattern molded into the base. They're convenient (just put them on and go), and are popular with touring and backcountry skiers. When conditions are changing from above to below freezing, waxing can be a real challenge and many skiers switch to a no-wax ski. Because the grip pattern may drag on the snow, a no-wax ski is difficult to skate with and is generally slower than a waxed ski. Most experience skiers glide wax the tips & tails of their no-wax skis.

CAMBER is the bend in the middle of the ski where the "wax pocket" or "grip zone" is. A ski needs enough camber & stiffness to hold the grip zone off the snow when you're gliding. But, when you stand on one ski and press down, the ski has to bend enough to let you grip the snow and move forward.

FITTING OF SKIS:

Your weight and skiing ability affect the amount of camber and stiffness you need. Stiff skis are faster but more demanding of your technique. It takes practice to avoid slipping backwards on stiff skis. Racers love stiff skis. Novice skiers are happier with a softer ski that requires less force (especially at the end of a long day).

The **LENGTH** of the ski is decided with your height, weight and skiing ability in mind. As a general rule: a shorter ski is easier to handle and steer. A longer ski gives increased stability and glides further.

CLASSICAL SKIS: should reach to the wrist when you raise your arm over your head. **FREESTYLE (SKATING)** skis are about 10 cm shorter.

IMPORTANT POINT!: to go faster, you should try to glide further instead of moving your arms and legs faster. The longer you can balance and glide on one ski, the faster/smooth/better skier you will become.

A **WIDE** ski gives more flotation in soft snow while a **NARROW** ski gives more speed and less drag. People who ski on groomed trails use a narrower ski than backcountry skiers. People who ski with heavy packs choose wide skis.

LENGTH OF POLES:

The old measure of under your arm pit is dead. Most skiers are using from top of shoulder to below the chin for traditional skiing because it's more efficient when climbing hills. Skaters & racers are using poles to the mustache!

IMPORTANT POINT!: Don't grip your poles too tightly

- you'll only fatigue your arms. Push on the straps! Practice skiing with your pinkie fingers extended.

SHORT SKIS:

Most skis now come in shorter lengths - in some cases as short as 147 cm. 147's have been described as Roller blades for snow. On a good trail they're a blast: exceptionally agile and almost as fast as a traditional length ski. But, they can be less stable on cruddy, hardpacked trails. What started as a one-size-fits-all concept has evolved, so they still must be matched to your weight and ability.

SHAPE OF THE SKI:

Skis are hourglass shaped, narrower under the foot than at the ends. This is called sidecut and it makes the ski easier to turn and steer. Backcountry skiers need skis that turn easier than a skier who is always in prepared tracks.

METAL EDGES:

Cross country skis with metal edges used to be limited to hard-core backcountry/mountaineering types and telemark skiers. The situation changed with the introduction of the NNN Backcountry bindings and the shorter skis. It's now possible to get metal edged skis that weighs just a few grams more than a regular ski. One tester called them the "Hum-Vee" of XC skis. But they must be paired with good boots and bindings to let you control them. Metal edges may let you ski on the icy-crusting hills of Valley Forge, but why would you want to? You'll accelerate rapidly on even a shallow icy slope, and unless you're very, very good, you may become very, very, very scared. Enjoy your metal edges for the control they offer, but use common sense.

IMPORTANT POINT!: If you bend forward at the waist when going downhill, you'll throw your center of gravity so far off, that it won't matter what kind of skis you have - you're out of control! Bend your knees!

Downhill XC - The Basic Position



Proper position for XC skiing downhill under control.



Proper position for falling when you ski downhill.

BOOTS & BINDINGS:

Both boots & bindings have improved dramatically over the last few years. Even the fossil three pin bindings have shown new life in their heavier, backcountry versions.

But the handwriting in the snow is clear: the integrated boot/binding combos like the NNN II and SNS Profile is the choice for most people. It's light, durable, and gives vastly improved edge control. And control of your edges is everything...!

The drawback is the different boots and bindings are not interchangeable, which is a problem for those of us with four pairs of skis!

CLOTHING:

XC skiing demands a fine balance between staying warm and overheating. Overheating is more of a concern because if you sweat and don't get rid of the moisture, you are going to be REALLY cold as soon as you stop.

Almost all beginners overdress and soon need to remove clothing when they overheat! Cross country skiers dress like runners. Everybody is different - what's comfortable for you may be freezing for someone else. Skiers often carry a small pack with extra layers. A small pack is also a great place to carry water bottles and snacks. You need to drink frequently, you need to drink a lot, and you need to drink before you get thirsty!

Three **LAYERS** are used to regulate body temperature:

WICKING: In order to stay warm, the layer next to your skin **MUST** stay dry. Synthetics like polypropylene move the perspiration away from your body and into the outer layers. Cotton is cold when wet and will only make you colder when you stop! Don't wear cotton. Wool is OK too, but poly is much better.

INSULATION: Wool sweaters, pile and synthetics are best. Light and easy-to-pack layers are best. Racers may not even need an insulation layer (until they stop). Only wear cotton if you never fall, never perspire, enjoy being uncomfortable, and think that cars haven't improved much since the 1962 VW Beetle.

OUTER SHELL: Protects you from wind and snow. The better shells have lots of neat zippers so excess heat/moisture can be easily vented. Put nice big strings on the zippers so you can work them with your mittens on.

LYCRA: once you ski in lycra tights you'll probably never wear anything else. The freedom of movement and lack of binding at the knees, etc., will add much to your comfort. Lycra tights now come with warm & fuzzy pile inside!

HATS & GLOVES: Like your grandmother said, "if your feet are cold, put on a hat!" You lose a lot of energy through your neck and head, so insulate it! The layering system works here, too. Cold hands are no fun: liners, gloves and overmitts will make a versatile system to keep your hands warm in almost any weather. When you first start out the overmitts are nice and warm, but you easily remove them when you get warmed up.

Get Your Skis Ready

(A good ski shop will do this for you, too.)

1. Check tips & tails:

Equipment: Epoxy cement, C-clamp. Check your skis for delaminations or cracks: the tails are the most common problem, since this is the end you rammed in the snow-bank by the tavern at the end of the day. Clean the wound: a nail file helps get out the crud. Mix epoxy according to the tube label. Apply with a small stick. Clamp with a small C-clamp for as long as the label suggests.

2. Check the bindings:

Equipment: Screwdriver (Posi-Drive, or large Phillips, carpenter's or white glue. Look for cracks or obvious damage: bent parts, looseness, etc. The boots are part of the binding system: check that they fit properly into the bindings. In case of a problem, replacement is often the only answer. Are the screws tight? Check the heel plate. Some glue on the screws helps keeps water out of the ski.

3. Clean the bottoms:

Equipment required: Rag, wax remover, plastic scraper. You must get last year's crud and wax off! Clean skis glide better! If the bottoms are clean, a rag and wax remover may be enough. If you find old wax on the skis, you'll have to use a scraper first. Plastic scrapers only, unless you're experienced.

4. Smooth the bottoms:

Gouges in a no-wax zone are almost impossible to fix. Gouges in the tips & tails (glide zone) can be smoothed out. If the gouges are not too deep: polish with fine sandpaper, followed by a "Scotch Brite" scouring pad. Work in a tip-to-tail direction. You want it to be as smooth as possible. Clean with wax remover. If the gouges are deep: you can fill in the craters with a p-tex candle, followed by smoothing with a metal scraper. This works OK, but it's not for a beginner.

5. Wax the skis:

You'll get better glide if you wax the tips & tails. It also helps protect the base. Crayon a THIN layer onto the tips & tails. Don't wax the grip zone (unless it's grip or binder wax!) Smooth it with a cork, or better yet, use an iron. Let cool and scrape off the excess. You will need to wax again as the season progresses.



MEMBERSHIP DUES:

Membership for the 1995-96 season is the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attn: Joanne Hartnett). Dues received after January 1 are subject to the New Member rate.

NEWSLETTER:

Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost. • Send material for the newsletter to: Mike Seidman, 214 Larrimore Lane, Erdenheim, PA 19038, 215-836-4185, Fax: 242-2410, e-mail: almo-print@aol.com • Most PC/Mac files are acceptable, call Editor for details.

GENERAL TRIP POLICIES:

It is MANDATORY that everyone participating in any NHN trip sign a release/waiver form. Before boarding a bus, or a week prior to departure of a carpool trip, a release form MUST be obtained by the leader; there will be NO exceptions. • Trips for which the club arranges either lodging or transportation are open to members only. • Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics. If any checks are returned to our Treasury marked "Insufficient Funds", the member will be charged appropriately for this inconvenience. • Unless otherwise stated, all trips go snow or no snow. Bring hiking boots. • No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member. • In consid-

eration of the comfort and enjoyment of all participants, all passengers on any vehicle holding more than 15 people must be at least 12 years of age. • All trip participants pay full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass back the cost reduction to that participant. • The success of the trips depends upon people willing to share the driving. Please consider this if you are asked. • Please help loading & unloading luggage. • Hard sided suitcases are very difficult to pack efficiently in today's smaller cars. Try to use soft luggage or duffel bags.

TRIP CANCELLATION POLICY:

More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less. • Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater. • Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater. • Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving. • The refund amount will be determined by the Board, only after the trip accounting has been completed.

MEETINGS:

Are held at 8 PM, the 2nd Tuesday of Fall and Spring Months, and the 2nd and 4th Tuesdays of November and January. We meet at the Jesse Soby American Legion Post, Langhorne, PA, which is located at Richardson and Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. • Anyone with an interest in cross country skiing or the outdoors in general is welcome to attend. Bring a friend!

• *Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post.*

1995/96 - OFFICERS

President	Florence DiPaolo	(215) 725-9281
Vice President	Ward Hickman	(215) 741-1766
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Linda Paolino	(215) 822-1955
Corresponding Secretary	Joanne Hartnett	(215) 638-3055
Member-at-Large	Fred Vielhauer	(215) 673-0831

1995/96 CHAIRPERSONS

Skimeister	Jim Diven	(215) 672-6349
Membership	Joanne Hartnett	(215) 638-3055
Editor	Mike Seidman	(215) 836-4185
Publicity Chairperson	Florence DiPaolo	(215) 725-9281
Meeting Programs	Chairperson Needed	
E. PA Ski Council Rep.	Jim Murtha	(215) 752-9662

1995-96 Membership Application & Release



RETURN TO: New Hope Nordics, Membership Chairman, Box 52688, Philadelphia, PA 19115

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

RELEASE. I certify that I am in good health and able to participate in any activity of the New Hope Nordics Ski Club of Pennsylvania in which I take part, including, but not limited to, skiing, biking, roller bladeing, bathing, traveling, etc. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and that of my family. In consideration of your acceptance of this entry, for myself, heirs, executors, or administrators, and minor children, I hereby waive and release any and all rights and claims for damage against the New Hope Nordics Ski Club of Pennsylvania, its officers, its leaders, and its agents or representatives, for any and all injuries, losses (including death), and/or damage to person and/or property sustained by me or my family in any activity, including transportation to and from such activity, related directly or indirectly to my participation in said activity.

Signed _____ Date _____

Received by _____

DUES:

Single
 New - \$10
 Renewal - \$8

Family
 New - \$15
 Renewal - \$12

Renewal rates must be paid before January !!

SKI LEVEL:

Beginner
 Intermediate
 Advanced

Day Trips

This year we will try to meet on Saturdays and Sundays when there is SNOW within a few hours drive. I hope members new to the sport will take advantage of this and become acquainted with areas nearby to ski and enjoy the camaraderie of our club.

We will meet at the Friendly Restaurant at the Plymouth Meeting Mall at 09:00 hours (9 AM). From there we can go to whatever destination we decide on. This location gives easy access to the NE extension of the turnpike and the East West turnpike if that is where the snow is.

Below is a list of members who are willing to take phone calls and also scout areas for the upcoming weekend. There will be times when some or all of us will be away on trips or otherwise unavailable. You are on your own, but I hope you will call others in the club to join you. I have prepared a short list of places that I have skied nearby, so see me and I will give you a copy. I will be happy to tell you how to get there and any other info if you call (after 6 PM please).

Jim Diven: 215-672-6349
JoAnn Hartnett: 215-638-3055
Phil Zminda: 215-661-0490

FOR SALE

XC skis, Fisher SL racing, classical, 215 cm, seldom used, \$60; one pair Alpina NNN 520 skating boots, good condition, size 47, \$50; one pair Alpina 100 touring boots, almost new, size 47, \$30; two pairs NNN Skate/Classic race bindings, \$15 each. Call Phil at 215-661-0490.



NEW HOPE NORDICS
Cross Country Ski Club
Box 52688
Philadelphia, PA 19115

Cross Country Ski Etiquette

- Don't ski alone; keep others informed of where you are going.
- The skier going downhill has the right-of-way over a skier going uphill.
- When you encounter other skiers, stay to the right.
- Ski under control at all times. Ski within your ability. Only you can judge your ability to safely ski a trail.
- When overtaking slower skiers, the word "TRACK" is used to let the skier know you are there and that you want to pass.
- Fill in Sitzmarks (holes in the snow caused by your body when you fall).
- If you wish to walk down (or up) a trail, stay to the side of the trail. DO NOT WALK IN THE TRACKS.
- Read, understand and obey the signs posted by the ski center, especially directional signs on one-way trails.
- DON'T LITTER. Carry out what you carry in.
- When you fall, try to get out of the way and to the side of the trail, injury permitting.
- Report all accidents to the proper authorities (ski patrol, police, etc.) as soon as is practical.
- If you need to stop and converse, please get to the side and off the trail. Don't start a meeting at the bottom of the hill.
- Yield, where possible, to faster skiers.
- Above all, be courteous and use common sense.

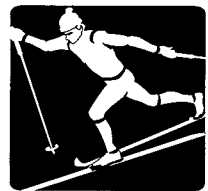
FREE XC SKI PINS

The club has purchased 200 decorative pins that will be given to the first 200 members this season (new or renewal). They have a cross country skier on the front, a clip on back and are about 1" diameter. They're gold with a gold rim - and they're FREE with your New Hope membership!

See above for
DAY TRIPS



Nordic Notes



Our meetings start at 8:00 PM at the Jesse Soby American Legion Post in Langhorne, PA, at Richardson & Bellevue Aves., 1/2 block south of the traffic light in Langhorne's business district, behind the bank. Anyone with an interest in cross country skiing or the outdoors is welcome to attend. Most nights start with a short business meeting, announcements about upcoming trips and then a presentation of interest to skiers. Plenty of time is available for socializing with fellow inmates skiers. *Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post!*

TUES, FEB. 13, 1996

TUES, FEB. 27, 1996

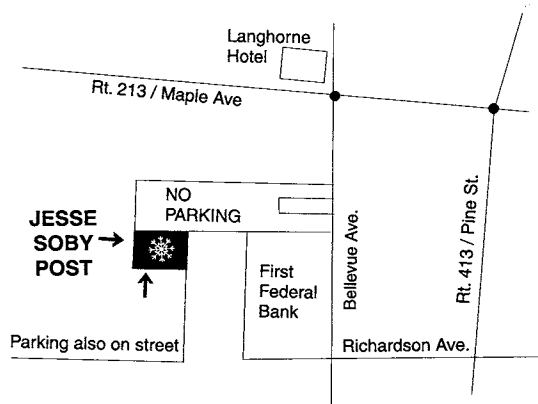
TUES, MAR. 26, 1996 — *Please note: this meeting date has changed to the fourth Tuesday*

Meeting Schedule

to avoid a conflict with the Wyoming Trip. Elections will take place at this time.

TUES, APR. 9, 1996

TUES, MAY 14, 1996



The Jesse Soby Post is a red, two story building at the rear of the parking lot at Bellevue & Richardson Aves. Enter at Richardson Ave. Meetings are either on the first floor (use side entrance) or second floor (rear entrance).

1996 XC Ski Trip Schedule

February 9-11 (Fri-Sun)

Lapland Lakes, New York

We will be staying at the Inn at the Bridge bed & breakfast. The Inn is a turn-of-the century Victorian B&B with wrap-around porch and a large parlor with fireplace for relaxing after a day of skiing.

The skiing will be at Lapland Lakes which was described by *Cross Country Skier* magazine as "one of the world's best run ski areas". Owned by the Hirnoven family, Lapland's immaculate trails are groomed to skating level, yet many are suitable for beginners. The ski instruction and rentals are also some of the best. The price includes: two full country breakfasts, one dinner on Saturday, and trail passes to Lapland Lakes Touring Center. Transportation on your own. Cost will be \$120 with \$50 deposit due immediately. Leader: Brian Bannach, 215-672-3977. Note: there are twelve spaces available at the B&B!

February 16-18 or 19 (Fri-Sun or Mon)

Elkmont Lodge, Pennsylvania

We'll return to the cozy warmth of this farmhouse/lodge in Central Pennsylvania. Elkmont lodge was the site of the second New Hope ski trip many years ago. The skiing will be a mix of woods trails or touring area, depending on the snow conditions. This will be a carpool trip and with the option of a Monday stay over. Cost is \$80/2 nights, or \$110/3 nights. Call John Nelson at 215-283-2579 for information.

THE
NEW HOPE
NORDICS, INC.

◆
Cross-Country
Ski Club
◆

FEBRUARY 1996

SPECIAL OLYMPICS

The Hunterdon County Special Olympics Director has asked us for volunteers to coach their kids to get them ready for the Special Olympics being held in February. Anyone interested in giving a few hours of their time during the weekends in January please contact Joanne Hartnett for more information. Phone: 215-638-3055, Work: 215-646-2225

February 23-26 (Fri-Mon) Stowe, Vermont - Bus Trip

Stowe has some of the best skiing Vermont has to offer. Ski all day in the XC capital of the East. At night enjoy the amenities of the Commodores Inn and the night life of Stowe Village. The Inn is located within walking distance of Stowe Village and has Jacuzzis, saunas and exercise rooms right on the premises. It has a great dining room & lounge and large common rooms with fireplace for after-skiing get-togethers. The rooms have two queen beds or king beds, TV's, telephones and coffee makers. Our bus will take you to and from the XC ski areas. The Stowe Trolley (\$1) stops at the front door of the Inn and will take you to downhill ski areas or into town for some sightseeing and shopping.

The skiing will be at two of our favorite places: Trapp Family Touring Center and Mt. Mansfield Touring Center. Both have world class trail systems and state-of-the-art grooming. The trails in the Stowe area are so extensive that novice to advanced skiers will find great skiing. Many trails are groomed for skating and professional lessons are available. If conditions permit, an entire range of back country skiing will be open.

The price includes round trip transportation on a deluxe motorcoach complete with videos on board and transfers to and from the XC ski areas. Two dinners, three breakfasts, a box lunch on Monday and all taxes and gratuities are included. The cost is \$285. per person, double occupancy. Singles (\$395), triples (\$250) and quads (\$225) are available. A deposit of \$150. holds your space. The full amount is due three weeks before the trip. Call Joanne Hartnett at 638-3055 (home) or 646-2225 (work). Last year the trip went full and had a waiting list. **FINAL TRIP PAYMENTS ARE DUE FEBRUARY 1.**

March 6-13 Jackson Hole, Wyoming

Join the New Hope Nordics for seven nights and eight days at the most famous ski area anywhere - Jackson Hole, Wyoming. We will be staying at the Lodge at Jackson Hole, which is conveniently located in the town of Jack-



son. The Lodge is only minutes away from shopping, restaurants, art galleries, museums and is 12 miles away from the Jackson Hole Ski Resort. For National Parks, Yellowstone is 60 miles north and Grand Teton Park is a short 15 miles from Jackson.

There are at least five cross country ski centers near Jackson: Brooks Lake Lodge, Grand Targhee Nordic, Jackson Hole Nordic, Spring Creek Nordic and Teton Pines Ski Center. Most are groomed for classic as well as skating. In addition, there is a vast amount of back-country skiing in the area. Guide services are also available for those who want to venture out even further. And as some of us remember from the first New Hope week trip - Yellowstone is absolutely spectacular in Winter! The Grand Targhee downhill area hosted the 1994 U.S. National Telemark Championships - so this might be the time to get out the tele skis!

The trip cost includes: Round trip airfare, hotel Accommodations, full breakfast and transfers to and from the Jackson Airport.

Hotel accommodations include: double queen size beds, coffee maker, microwave, executive refrigerator, telephones with dataport and TV with video cassette player.

Amenities include: shuttle to the Jackson Hole Ski Resort, indoor/outdoor heated pool, indoor/outdoor Jacuzzi, sauna, video arcade, deli, laundry facility and ski lockers. The Hotel has their own shuttle bus service that runs twice in the morning and twice in the afternoon. The City of Jackson has "START" shuttle busses that run every 15 minutes (appx \$2). Both of these buses go to all cross country and downhill areas. The "START" bus also runs throughout the city.

Price includes: hotel tax, airline tax, passenger facility charges and breakfast gratuity. Price does not include hotel gratuity. Cost is \$885/double occupancy.

Payment schedule: \$500 is due immediately, and the Balance is due by January 5, 1996. The price is based on a minimum of 26 participants. Less than 26: trip increase is \$20 and full breakfast changes to continental. Make check payable to New Hope Nordics and send to F.L. DiPaolo, 1040 Vincent Street, Phila., PA 19111. 215-725-9281.

WHERE TO SKI?

A common question ask is "Where Can I Go Cross-Country Skiing?" The obvious answer is "Wherever you find snow!" Don't overlook the close by places like Valley Forge, Delaware Water Gap and Evansburg State Park. Washington Crossing and Fort Washington State Parks actually have the fossil remains of old marked ski trails!

For the *New York 1995/96 Winter Travel & Ski Guide* call 1-800-225-5697. The PA Tourist Information people have published the *1995/96 XC Skiing Travel Guide*. Call 1-800-847-4872. *Cross Country Skiing in Pennsylvania State Parks and Forests* can be obtained by calling 800-637-2757.

We've located a list of X-C areas in the Poconos. It's slightly dated, so call before you go. The information is arranged in the following format:

Name
Address
Phone
miles/trails/marked/groomed/hours

If you find additions or corrections to this list, please pass them on to one of us listed on the masthead. We'll update it the next printing.

Keep in mind that these areas won't have the trail layout or grooming machines that we've come to expect on most New Hope trips. They may have snowmobile tracking or snow-covered forest trails. In other words: what XC used to be before the skating revolution. It would be a good idea to bring something other than your new \$250 skating skis. (That's why your first pair of skis eventually become your "rock" skis.) The economics of ski areas are such that the nearest "real" grooming machine is in New York. But, if the snow is right, you will be rewarded with good skiing.

Alpine Mountain
Route 447
Analomink, PA 18320
717-595-2150
4 mi./yes/natural/9-4:30 PM

Big Boulder Ski Area
PO Box 702
Blakeslee, PA 18610
717-722-0101
3 km/yes/tracked/9-dark

Fernwood Resort
Route 209
Bushkill, PA 18324
717-588-9500

golf course/yes/yes/9-4:30 PM

Jack Frost Mountain
PO Box 703
Blakeslee, PA 18610
717-443-8425
15 km/yes/yes/8:30-4 PM

Mt. Airy Lodge
Mt. Pocono, PA 18344
717-839-8811
5 km/yes/yes/10-5 PM

Mount Tone
Off Route 247
Lake Como, PA 18437
717-798-2707
7 mi./yes/yes/9-5 PM

Pocono Manor
Nordic Tour. Ctr.
Pocono Manor, PA 18349
717-839-6964
40 mi./20 mi./20 mi./9-5 PM

Shawnee Mountain
Exit 52 off I-80
Shawnee-on-Delaware, PA 18356
717-421-7231
3 km/yes/yes/8-dark

Split Rock Resort
Lake Harmony, PA 18624
800-255-ROCK
7 mi./yes/yes/8-4:30 PM

Tanglewood Ski Area
Lake Wallenpaupack
Tafton, PA 18464
717-226-9500
15 km/yes/yes/Call for Hours

Birchwood In The Poconos
3400 Birchwood Dr.
East Stroudsburg, PA 18301
717-629-0222
3 mi./na/na/na

Black Walnut B&B
RD #2, Box 9285
Firetower Rd., Milford, PA 18337
717-296-6322
160 acres/some/no/call

Brookview Manor B&B
RD #1, Box 365
Canadensis, PA 18325
717-595-2451
400 acres/some/no/call

Camp Speers/El Jabar YMCA
RR #1, Box 89
Dingmans Ferry, PA 18328
717-828-2329
15 km./yes/yes/9-dark

Cherry Ridge Farm X-C Tour. Ctr.
RD #1, Box 489
Gallagher Rd., Tobyhanna, PA 18466
717-676-4904
2-3 mi./yes/yes/9-dark

Double "W" Guest Ranch
RD #2, Box 1540
Honesdale, PA 18431
717-226-3118
171 acres/yes/1 mi./9-3 PM

Holiday Glen B&B
Bush Rd., PO Box 96
Swiftwater, PA 18370
717-839-7015
17 acres/no/no/8-dark

Inn at Starlight Lake
Box 27
Starlight, PA 18461
717-798-2519
120 km./yes/yes/9-dark

Mauch Chunk Lake Park
529 Lentz Trail
Jim Thorpe, PA 18229
717-325-3669
18 mi./yes/no/8-4 PM

Overlook Inn
Dutch Hill Road
Canadensis, Pa 18325
717-595-7519
2 trails/yes/no/na

Pip-Inn
Star Route Box 94
Tafton, PA 18464
717-226-3514
200 acres/some/no/8-dark

The Sterling Inn
Route 191
South Sterling, PA 18460
717-676-3311
105 acres/yes/tracked/call

Sylvania Tree Farm
Box 18, Village of Masthope
Lackawaxen, PA 18435
717-685-7001
1,500 acre estate/yes/no/10-5 PM

Tamiment Resort Hotel
Tamiment, PA 18371
717-588-6652
5 mi./some/some/weekends

Skytop Lodge
Skytop, PA 18357
717-595-7401
5,500 acres/some/na

Day Trips

This year we will try to meet on Saturdays and Sundays when there is SNOW within a few hours drive. I hope members new to the sport will take advantage of this and become acquainted with areas nearby to ski and enjoy the camaraderie of our club.

We will meet at the Friendly Restaurant at the Plymouth Meeting Mall at 09:00 hours (9 AM). From there we can go to whatever destination we decide on. This location gives easy access to the NE extension of the turnpike and the East West turnpike if that is where the snow is.

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Jim Diven: 215-672-6349

JoAnn Hartnett: 215-638-3055

Phil Zminda: 215-661-0490

CROSS COUNTRY SKI VIDEOS

We have just added **four new videos** to our collection of cross country ski tapes. They cover cross country techniques from beginner to advanced skating and telemarking. The Video Librarian is Mary Jean McCauley (215) 637-5574. They are available at most meetings on a first come, first served basis.

For cancellation of NHN club meetings, please tune to KYW-Radio or WPVI-TV (Channel 6) the day of the meeting, or call 215/725-9281 after 5 PM.

FREE XC SKI PINS

The club has purchased 200 decorative pins that will be given to the first 200 members this season (new or renewal). They have a cross country skier on the front, a clip on back and are about 1" diameter. They're gold with a gold rim - and they're FREE with your New Hope membership!

For the XC skier who wishes to venture out to the Catskills, Lake George and the Adirondacks areas, New York Tourist Information has published their **1995/96 Winter Travel & Ski Guide**. Call 1-800-225-5697.

The PA Tourist Information people have published the **1995/96 XC Skiing Travel Guide**. Call 1-800-847-4872.

FOR SALE

NordicTrack-Pro for aerobic workout and Nordic Fitness Chair for resistance training. BOTH in excellent condition and BOTH for \$500. Can deliver. Call Carl Tatro at 215-632-6524.

FOR SALE

XC skis, Fisher SL racing, classical, 215 cm, seldom used, \$60; one pair Alpina NNN 520 skating boots, good condition, size 47, \$50; one pair Alpina 100 touring boots, almost new, size 47, \$30; two pairs NNN Skate/Classic race bindings, \$15 each. Call Phil at 215-661-0490.

WE NEED TRIP LEADERS

Very bluntly stated, we need YOU to volunteer to lead (or co-lead) a trip. Not the person sitting next to you, but YOU. If we don't get some new leaders NOWit won't matter how good the snow is!!! Call our friendly President, Florence DiPaolo at (215) 725-9281.

As always, the weather and snow conditions are beyond our control. Although most of our ski trips are to areas that have well groomed trails with set tracks, sometimes weather conditions may make it impossible for the grooming machines to operate. Occasionally we have had to drive to a different location to find snow, and as a result the skiing was on ungroomed or untracked trails. Backcountry skiing is XC in its purest form and has different challenges than does track skiing. Some equipment (i.e.: skating skis), cannot be used in backcountry. Adapting your technique to differing snow conditions is just another facet of XC skiing. The trip descriptions will tell you much about the kind of skiing you can expect, but your trip leader will be happy to answer any questions that you might have.

**OFFICIAL BALLOT
NEW HOPE NORDICS
1996-97 ELECTION OF OFFICERS**

**Vote at the March 26 meeting or mail this ballot to:
NEW HOPE NORDICS, Box 52688, Phila., PA 19115.**

This ballot must be postmarked no later than March 26, 1996 to be included.

Note: this meeting date has changed to the fourth Tuesday
to avoid a conflict with the Wyoming Trip.

VOTE FOR ONE CHOICE PER OFFICE ONLY!

PRESIDENT:

Joanne Hartnett

VICE-PRESIDENT

Fred Vielhauer

TREASURER

Mary Phalan

CORRESPONDING SECRETARY

Florence L. DiPaolo

RECORDING SECRETARY

Bette Lowing

MEMBER-AT-LARGE

Jim Diven

Cross Country Ski Outfitters

287 S. Main St. • Lambertville, NJ 08530 • 609-397-3366

Beginner Cross Country Ski Day Trips Tannersville, NY

Saturday, January 20, 1995

Saturday, February 3, 1996

Join us for a fun filled day of cross country skiing in the mountains on groomed terrain near Tannersville, NY. Everyone enjoyed the beautiful conditions last year. Lessons available. Guided tours in the afternoon and snacks on the way home in comfort. Price includes: round trip bus transportation from Lambertville, NJ, trail passes for the day, afternoon guided tour, light snack & beverage on the way home. Cost \$55/per person. Ski rentals \$12/pp or FREE if trip paid in full by Dec. 1.

WOODSTOCK INN AND RESORT

Feb. 9-11, 1996

The Inn and Resort is one of the most luxurious ski resorts in the East. Choose their groomed trails on the

golf course if you want gentle, or head up and onto the ridges to overlook the spectacular Quechee Gorge. Apres ski in "Richard's Tavern" or go to their million dollars sports complex where you can play tennis, work out or just veg out in the jacuzzis.

Departure is on Friday morning with return on Sunday by 9:00 PM. Trip includes round trip bus transportation from Lambertville, NJ, two nights at the Woodstock Inn, trail passes for two days, two breakfasts, one guided tour each day and all taxes & gratuities. Per person prices: \$239/quad, \$269/triple, \$299/double.

ADDITIONAL WEEKEND TRIPS to Mountain Top Inn & Resort at the Decker's 6 bedroom, 5 bath, 2 fireplace, 1 woodstove chalet, with transportation included, will be offered throughout the ski season. Call for details, prices and dates.

OWN YOUR OWN CROSS COUNTRY SKI SHOP

Louise Decker has owned Cross Country Ski Outfitters for the past seven years. Due to illness in her family and other obligations she would like to step down from her current level of involvement, but would like to see the business continue to grow. She is looking for an individual and/or a small group who would be interested in a major equity position while steering Cross Country Ski Outfitters into the future. She would be interested in remaining involved with the business in a financial, consulting and advisory role. CCSO has provided a good income and has even greater potential for future growth. CCSO provides a much needed service for ski enthusiasts in a three state area, and should continue to expand the scope of its services. Seriously interested persons please contact Louise at 215-862-5743

HELP WANTED

Cross Country Ski Outfitters in Lambertville, NJ is looking for some help during January through March. Weekdays and Weekends. You'll get great benefits and have a lot of fun in the area's best stocked XC shop! Call Louise Decker at 609-397-3360 for

SKI HOUSE FOR RENT

Cross Country Ski out of your back door at Mt. Top Inn & Resort XC Trail System. Wintergreen Chalet is now available for the first time, privately! Just 5 1/2 hours away in Chittenden, VT, at one of the East's finest Cross Country Ski Resorts, this six bedroom, five bath, beautifully appointed chalet sleeps up to 16 people. The house features two fireplaces and a woodstove, jacuzzi bath, game room, large kitchen, three TV's & VCR's, two pull-out couches. It easily separates into three self contained units that work great for young families. Call Louise Decker at 609-397-3366.

WEEKDAY SKIING

Anyone interested in going skiing during weekdays, call Grace Lim at 215-884-2314

REALLY IMPORTANT NOTICE:

It is **MANDATORY** that everyone participating in any NHN trip sign a release/waiver form. Before boarding a bus, or a week prior to departure of a carpool trip, a release form **MUST** be obtained by the leader; there will be **NO** exceptions.

MEMBERSHIP DUES:

Membership for the 1995-96 season is the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attn: Joanne Hartnett). Dues received after January 1 are subject to the New Member rate.

NEWSLETTER:

Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost. • Send material for the newsletter to: Mike Seidman, 214 Larrimore Lane, Erdenheim, PA 19038, 215-836-4185, Fax: 242-2410, e-mail: almo-print@aol.com • Most PC/Mac files are acceptable, call Editor for details.

GENERAL TRIP POLICIES:

It is MANDATORY that everyone participating in any NHN trip sign a release/waiver form. Before boarding a bus, or a week prior to departure of a carpool trip, a release form MUST be obtained by the leader; there will be NO exceptions. • Trips for which the club arranges either lodging or transportation are open to members only. • Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics. If any checks are returned to our Treasury marked "Insufficient Funds", the member will be charged appropriately for this inconvenience. • Unless otherwise stated, all trips go snow or no snow. Bring hiking boots. • No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member. • In consid-

eration of the comfort and enjoyment of all participants, all passengers on any vehicle holding more than 15 people must be at least 12 years of age. • All trip participants pay full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass back the cost reduction to that participant. • The success of the trips depends upon people willing to share the driving. Please consider this if you are asked. • Please help loading & unloading luggage. • Hard sided suitcases are very difficult to pack efficiently in today's smaller cars. Try to use soft luggage or duffel bags.

TRIP CANCELLATION POLICY:

More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less. • Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater. • Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater. • Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving. • The refund amount will be determined by the Board, only after the trip accounting has been completed. • Trips arranged through a travel agent are not subject to the NHN trip cancellation policy. Check with the trip leader to see if travel cancellation insurance is available.

MEETINGS:

Are held at 8 PM, the 2nd Tuesday of Fall and Spring Months, and the 2nd and 4th Tuesdays of November and January. We meet at the Jesse Soby American Legion Post, Langhorne, PA, which is located at Richardson and Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. • Anyone with an interest in cross country skiing or the outdoors in general is welcome to attend. Bring a friend!

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Meeting Programs	Chairperson Needed	
E. PA Ski Council Rep.	Jim Murtha	(215) 752-9662

1995-96 Membership Application & Release



RETURN TO: New Hope Nordics, Membership Chairman, Box 52688, Philadelphia, PA 19115

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

RELEASE. I certify that I am in good health and able to participate in any activity of the New Hope Nordics Ski Club of Pennsylvania in which I take part, including, but not limited to, skiing, biking, roller bladeing, bathing, traveling, etc. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and that of my family. In consideration of your acceptance of this entry, for myself, heirs, executors, or administrators, and minor children, I hereby waive and release any and all rights and claims for damage against the New Hope Nordics Ski Club of Pennsylvania, its officers, its leaders, and its agents or representatives, for any and all injuries, losses (including death), and/or damage to person and/or property sustained by me or my family in any activity, including transportation to and from such activity, related directly or indirectly to my participation in said activity.

Signed _____ Date _____

Received by _____

DUES:

Single
 New - \$10
 Renewal - \$8

Family
 New - \$15
 Renewal - \$12

Renewal rates must be paid before January !!

SKI LEVEL:

Beginner
 Intermediate
 Advanced

The 8 Essential Skills of XC Skiing

The skills needed to ski XC can be broken down into eight easy-to-learn parts! It doesn't matter if you are a beginner or an expert, or if you're diagonal striding or skating, the skills apply to all levels. For example, the basic snowplow starts by SKIDDING the skis sideways into a Vee, then EDGING them into the snow. When you add WEIGHT TRANSFER, you will start to turn!

By practicing the basic skills for a few minutes each day when you ski, you will become a smoother and more efficient skier.

- **SLIDING:** Gliding across the snow with a neutral, balanced stance with your feet side by side.
- **GLIDING ON ONE SKI:** gliding across the snow on ONE ski, with your body mass centered over that ski.
- **WEIGH TRANSFER:** Shifting your weight from ski to ski.
- **PUSHING OFF:** Also know as "kicking", when you grip the snow with the ski to move forward. Nowax skis grip with the fishscale pattern, was skis grip with the wax, and skating skis grip with the edges.
- **POLING:** pushing off against the poles.
- **EDGING:** tilting the skis on edge so that the bottom corner digs into the snow.
- **SKIDDING:** slipping the skis sideways across the snow
- **STEERING:** turning the leg and foot to turn the ski.

Cross Country Ski Etiquette

- Don't ski alone; keep others informed of where you are going.
- The skier going downhill has the right-of-way over a skier going uphill.
- When you encounter other skiers, stay to the right.
- Ski under control at all times. Ski within your ability. Only you can judge your ability to safely ski a trail.
- When overtaking slower skiers, the word "TRACK" is used to let the skier know you are there and that you want to pass.
- Fill in Sitzmarks (holes in the snow caused by your body when you fall).
- If you wish to walk down (or up) a trail, stay to the side of the trail. **DO NOT WALK IN THE TRACKS.**
- Read, understand and obey the signs posted by the ski center, especially directional signs on one-way trails.
- **DON'T LITTER.** Carry out what you carry in.
- When you fall, try to get out of the way and to the side of the trail, injury permitting.
- Report all accidents to the proper authorities (ski patrol, police, etc.) as soon as is practical.
- If you need to stop and converse, please get to the side and off the trail. Don't start a meeting at the bottom of the hill.
- Yield, where possible, to faster skiers.
- Above all, be courteous and use common sense.

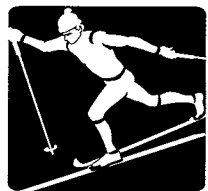


NEW HOPE NORDICS
Cross Country Ski Club
Box 52688
Philadelphia, PA 19115

Election
Ballot
Inside



Nordic Notes



THE
NEW HOPE
NORDICS, INC.

◆
Cross-Country
Ski Club
◆

MARCH 1996

Meeting Schedule

Our meetings start at 8:00 PM at the Jesse Soby American Legion Post in Langhorne, PA, at Richardson & Bellevue Aves., 1/2 block south of the traffic light in Langhorne's business district, behind the bank. Anyone with an interest in cross country skiing or the outdoors is welcome to attend. Most nights start with a short business meeting, announcements about upcoming trips and then a presentation of interest to skiers. Plenty of time is available for socializing with fellow inmates skiers. *Please don't forget to tip Frank, our friendly bartender. He works gratis for the American Legion Post!*

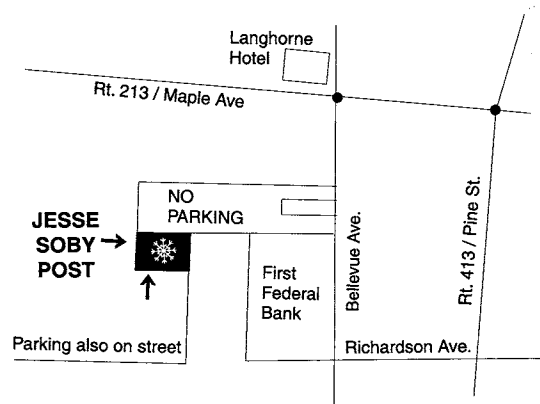
TUES, FEB. 27, 1996

TUES, MAR. 26, 1996 — *Please note: this meeting date has changed to the fourth Tuesday to avoid a conflict with the Wyoming Trip.*

Elections will take place at this time.

TUES, APR. 9, 1996 - *See article inside*

TUES, MAY 14, 1996 - *Winter Planning Meeting (All "volunteers" invited)*



The Jesse Soby Post is a gray, two story building at the rear of the parking lot at Bellevue & Richardson Aves. Enter at Richardson Ave. Meetings are either on the first floor (use side entrance) or second floor (rear entrance).

1996 XC Ski Trip Schedule

March 6-13

Jackson Hole, Wyoming

Join the New Hope Nordics for seven nights and eight days at the most famous ski area anywhere - Jackson Hole, Wyoming. We will be staying at the Lodge at Jackson Hole, which is conveniently located in the town of Jackson. The Lodge is only minutes away from shopping, restaurants, art galleries, museums and is 12 miles away from the Jackson Hole Ski Resort. For National Parks, Yellowstone is 60 miles north and Grand Teton Park is a short 15 miles from Jackson.

There are at least five cross country ski centers near Jackson: Brooks Lake Lodge, Grand Targhee Nordic, Jackson Hole Nordic, Spring Creek Nordic and Teton Pines Ski Center. Most are groomed for classic as well as skating. In addition, there is a vast amount of back-country skiing in the area. Guide services are also available for those who want to venture out even further. And as some of us remember from the first New Hope week trip - Yellowstone is absolutely spectacular in Winter! The Grand Targhee downhill area hosted the 1994 U.S. National Telemark Championships - so this might be the time to get out the tele skis!

The trip cost includes: Round trip airfare, hotel Accommodations, full breakfast and transfers to and from the Jackson Airport.

Hotel accommodations include: double queen size beds, coffee maker, microwave, executive refrigerator, telephones with dataport and TV with video cassette player.

Amenities include: shuttle to the Jackson Hole Ski Resort, indoor/outdoor heated pool, indoor/outdoor Jacuzzi, sauna, video arcade, deli, laundry facility and ski lockers.

The Hotel has their own shuttle bus service that runs twice in the morning and twice in the afternoon. The City of Jackson has "START" shuttle busses that run every 15 minutes (appx \$2).

Both of these buses go to all cross country and downhill areas. The "START" bus also runs throughout the city.

Price includes: hotel tax, airline tax, passenger facility charges and breakfast gratuity. Price does not include hotel gratuity. Cost is \$885/double occupancy.

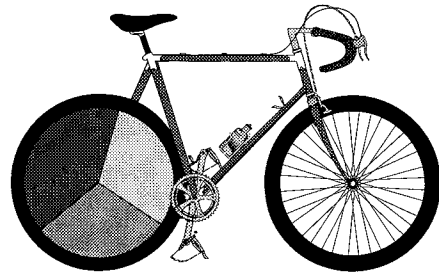
Payment schedule: \$500 is due immediately, and the Balance is due by January 5, 1996. The price is based on a minimum of 26 participants. Less than 26: trip increase is \$20 and full breakfast changes to continental. Make check payable to New Hope Nordics and send to F.L. DiPaolo, 1040 Vincent Street, Phila., PA 19111. 215-725-9281.

Cross Country Ski Etiquette

- Don't ski alone; keep others informed of where you are going.
- The skier going downhill has the right-of-way over a skier going uphill.
- When you encounter other skiers, stay to the right.
- Ski under control at all times. Ski within your ability. Only you can judge your ability to safely ski a trail.
- When overtaking slower skiers, the word "TRACK" is used to let the skier know you are there and that you want to pass.
- Fill in Sitzmarks (holes in the snow caused by your body when you fall).
- If you wish to walk down (or up) a trail, stay to the side of the trail. **DO NOT WALK IN THE TRACKS.**
- Read, understand and obey the signs posted by the ski center, especially directional signs on one-way trails.
- **DON'T LITTER.** Carry out what you carry in.
- When you fall, try to get out of the way and to the side of the trail, injury permitting.
- Report all accidents to the proper authorities (ski patrol, police, etc.) as soon as is practical.
- If you need to stop and converse, please get to the side and off the trail. Don't start a meeting at the bottom of the hill.
- Yield, where possible, to faster skiers.
- Above all, be courteous and use common sense.

For cancellation of NHN club meetings, please tune to KYW-Radio or WPVI-TV (Channel 6) the day of the meeting, or call 215/725-9281 after 5 PM.

A Kodak Fun Saver 35 camera was found in the back of the 3 o'clock bus returning to Philadelphia from Lake Placid. If you are missing this camera, please contact Florence DiPaolo at (215) 725-9281. ~~Otherwise, we might be forced to develop the pictures and print them in the next newsletter.~~



April 9 Meeting:

State of the Art Bicycles by Harry Havnoonian of HH Racing/Cycle Sport

The Drexel University School of Engineering has called Harry Havnoonian's custom made bicycles "the perfect marriage of materials and function." HH Racing is known throughout America for their innovative designs in high performance bicycle frames. From their factory in South Philadelphia comes world class bicycle frames from titanium alloys, advanced metal matrix composites, carbon fiber, steel and aluminum.

Harry will present a program featuring these latest developments in performance cycling. In addition to a complete line of custom bicycles, Harry's two stores stock a complete line of bikes for the recreational and mountain bike rider as well. Don't miss this special event.

CROSS COUNTRY SKI VIDEOS

We have just added **four new videos** to our collection of cross country ski tapes. They cover cross country techniques from beginner to advanced skating and telemarking. The Video Librarian is Mary Jean McCauley (215) 637-5574. They are available at most meetings on a first come, first served basis.



Advance Notice:

Ski the White Mountains of New Hampshire January 11-18, 1997

Come join the New Hope Nordics Ski Club for seven nights and eight days of fabulous skiing in the White Mountains of New Hampshire. The last time the NHN ventured to Lincoln, NH was 1993 and the skiing was sensational! We will be skiing Bretton Woods, Gunstock, Waterville Valley, and Balsams. We'll be staying at The Mill House Inn in Lincoln, NH.

The price includes: airfare, transfers from and to airport in NH, seven nights deluxe accommodations at the Inn; daily full American breakfast; free shuttle service to Loon Mt.; tax and service charge; use of the Inn's facilities - indoor heated swimming pool, saunas, Jacuzzi, exercise room, living rooms, and library. The Inn has indoor access to shopping at 23 shops located in the Millfront Marketplace. Also available: ice skating (loaners available at front desk), sleigh rides, four screen cinema on property. This price does not include gratuities.

The cost also includes: van shuttle service to and from the above mentioned ski areas (both cross country and downhill). Since we are renting a shuttle service, the van will drop skiers off in the morning (approx. 9 AM) and pick up at ski resort at (approx.) 4 PM! If you wish to ski later in the day or return to the hotel earlier, taxis service is available at your cost. Hotel has FREE shuttle service available to Loon Mountain (has both cross country and downhill), which you may utilize at any time.

APPROXIMATE COSTS: \$650 (for double room)

This trip is limited to 20 people. If you are interested in taking this trip, please contact Florence L. DiPaolo (215/725-9281) ASAP or before **August 15, 1996**.

This trip is not subject to NHN trip policy.

Trip Report:

Garnett Hill Lodge

The season started off with quite a bang this year. We had lots of snow in late December and early January, and this made the trip to Garnett Hill especially sweet. Friday, January 12 was the day of a snowstorm, just one week after the *blizzard of the century*. Normally 6 inches of snow would get us excited - but after the 30.7" record, it seemed like just a flurry. Seven intrepid Nordics traveled to upstate New York where we were greeted by 120 miles of un-groomed, yet tracked trails.... (that was just the New York Thruway!) The driving was challenging - but we were rewarded with some of the best ski conditions we had seen in years.

Garnett Hill Lodge is nestled in the Adirondacks in North River, New York. Snow Country Magazine rated it as "*One of North America's ten best Cross Country Ski Resorts*" and we could see why. They have 55km of groomed and tracked trails. The trails are groomed for skating as well as classic skiing and ranged from easy to challenging. The soft snow conditions helped us on some of the steeper trails!

The ski conditions were EXCELLENT with LOTS of soft snow and a deep base. The trails were well groomed by a giant Pisten Bully machine and a group of people who really get into XC. Temperatures ranged from a bit above freezing to 5 above on Monday. The only complaint was that the trail markers could have been better in some spots. They had a large ski school and a well equipped ski shop with a friendly and helpful staff.

We rented the Basil house which was roomy and comfortable. It had two living rooms, four bedrooms and two and half baths. Also, it had a television and a VCR. But bring videos since there is no cable! We brought up some of the new club videos and watched them on Sunday night. There's a great restaurant in the Log House and Saturday night there was a buffet which was great. The raspberry pie was out of this world. I hope we get the same conditions next year.

-Rico Paolino

**OFFICIAL BALLOT
NEW HOPE NORDICS
1996-97 ELECTION OF OFFICERS**

**Vote at the March 26 meeting or mail this ballot to:
NEW HOPE NORDICS, Box 52688, Phila., PA 19115.**

This ballot must be postmarked no later than March 26, 1996 to be included.

Note: this meeting date has changed to the fourth Tuesday
to avoid a conflict with the Wyoming Trip.

VOTE FOR ONE CHOICE PER OFFICE ONLY!

PRESIDENT:

Joanne Hartnett

VICE-PRESIDENT

Fred Vielhauer

TREASURER

Mary Phalan

CORRESPONDING SECRETARY

Florence L. DiPaolo

RECORDING SECRETARY

Bette Lowing

MEMBER-AT-LARGE

Jim Diven

Storewide Sale

SPRING SKI & SKATE SALE

20-60% OFF

- Helly-Hansen "Lifa" 20-50% OFF
- Columbia Jackets 40% OFF
- All Fleece Tops, Jackets & Vests . . . 30% OFF
- Selected Skis as Low as \$50.00
- Selected Models of Salomon
& Merrell Boots 30-50% OFF
- Wind Pants & Shells 30-60% OFF



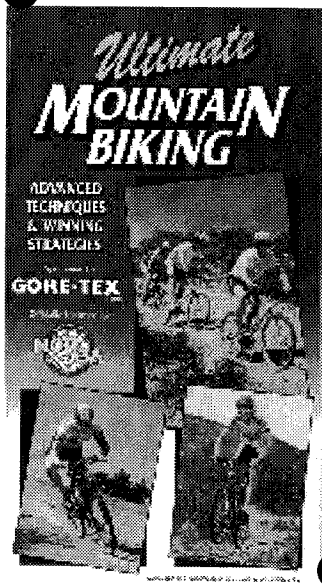
Sale Dates: Friday, March 1 to Sunday, March 17
287 S. Main St. • Lambertville, NJ 08530 • 609-397-3366

Extend Your Cycling Limits

with these great videos

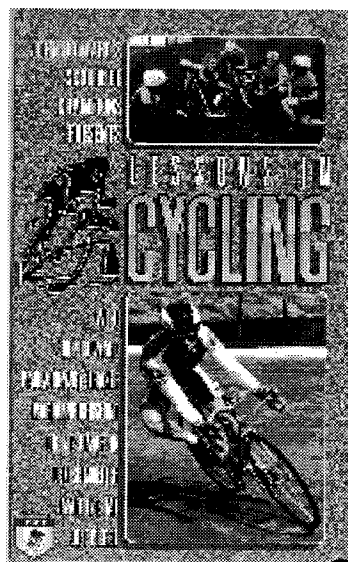
Ultimate Mountain Biking

with 7 Mtn Bike Champions!



Lessons in Cycling

by Olympian John Howard



Save 10% on all Catalog items with this coupon

Call Fitness Forum Today for a Free Catalog
 Box 1226, Glenside PA 19038 • 215-242-0399
 Fax 215-242-2410 • <http://www.p3.net/~fitnessforum>

Expires April 30, 1996 ... not valid with other offers.

Save 10%

MEMBERSHIP DUES:

Membership for the 1995-96 season is the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attn: Joanne Hartnett). Dues received after January 1 are subject to the New Member rate.

NEWSLETTER:

Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost. • Send material for the newsletter to: Mike Seidman, 214 Larrimore Lane, Erdenheim, PA 19038, 215-836-4185, Fax: 242-2410, e-mail: almo-print@aol.com • Most PC/Mac files are acceptable, call Editor for details.

GENERAL TRIP POLICIES:

It is MANDATORY that everyone participating in any NHN trip sign a release/waiver form. Before boarding a bus, or a week prior to departure of a carpool trip, a release form MUST be obtained by the leader; there will be NO exceptions. • Trips for which the club arranges either lodging or transportation are open to members only. • Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics. If any checks are returned to our Treasury marked "Insufficient Funds", the member will be charged appropriately for this inconvenience. • Unless otherwise stated, all trips go snow or no snow. Bring hiking boots. • No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member. • In consid-

eration of the comfort and enjoyment of all participants, all passengers on any vehicle holding more than 15 people must be at least 12 years of age. • All trip participants pay full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass back the cost reduction to that participant. • The success of the trips depends upon people willing to share the driving. Please consider this if you are asked. • Please help loading & unloading luggage. • Hard sided suitcases are very difficult to pack efficiently in today's smaller cars. Try to use soft luggage or duffel bags.

TRIP CANCELLATION POLICY:

More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less. • Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater. • Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater. • Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving. • The refund amount will be determined by the Board, only after the trip accounting has been completed. • Trips arranged through a travel agent are not subject to the NHN trip cancellation policy. Check with the trip leader to see if travel cancellation insurance is available.

MEETINGS:

Are held at 8 PM, the 2nd Tuesday of Fall and Spring Months, and the 2nd and 4th Tuesdays of November and January. We meet at the Jesse Soby American Legion Post, Langhorne, PA, which is located at Richardson and Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. • Anyone with an interest in cross country skiing or the outdoors in general is welcome to attend. Bring a friend!

1995/96 - OFFICERS

President	Florence DiPaolo	(215) 725-9281
Vice President	Ward Hickman	(215) 741-1766
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Linda Paolino	(215) 822-1955
Corresponding Secretary	Joanne Hartnett	(215) 638-3055
Member-at-Large	Fred Vielhauer	(215) 673-0831

1995/96 CHAIRPERSONS

Skimeister	Jim Diven	(215) 672-6349
Membership	Joanne Hartnett	(215) 638-3055
Editor	Mike Seidman	(215) 836-4185
Publicity Chairperson	Florence DiPaolo	(215) 725-9281
Meeting Programs	Chairperson Needed	
E. PA Ski Council Rep.	Jim Murtha	(215) 752-9662

1995-96 Membership Application & Release



RETURN TO: New Hope Nordics, Membership Chairman, Box 52688, Philadelphia, PA 19115

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

RELEASE. I certify that I am in good health and able to participate in any activity of the New Hope Nordics Ski Club of Pennsylvania in which I take part, including, but not limited to, skiing, biking, roller bladeing, bathing, traveling, etc. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and that of my family. In consideration of your acceptance of this entry, for myself, heirs, executors, or administrators, and minor children, I hereby waive and release any and all rights and claims for damage against the New Hope Nordics Ski Club of Pennsylvania, its officers, its leaders, and its agents or representatives, for any and all injuries, losses (including death), and/or damage to person and/or property sustained by me or my family in any activity, including transportation to and from such activity, related directly or indirectly to my participation in said activity.

Signed _____ Date _____

Received by _____

DUES:

Single
 New - \$10
 Renewal - \$8

Family
 New - \$15
 Renewal - \$12

Renewal rates must be paid before January !!

SKI LEVEL:

Beginner
 Intermediate
 Advanced

Day Trips

This year we will try to meet on Saturdays and Sundays when there is SNOW within a few hours drive. I hope members new to the sport will take advantage of this and become acquainted with areas nearby to ski and enjoy the camaraderie of our club.

We will meet at the Friendly Restaurant at the Plymouth Meeting Mall at 09:00 hours (9 AM). From there we can go to whatever destination we decide on. This location gives easy access to the NE extension of the turnpike and the East West turnpike if that is where the snow is.

Below is a list of members who are willing to take phone calls and also scout areas for the upcoming weekend. There will be times when some or all of us will be away on trips or otherwise unavailable. You are on your own, but I hope you will call others in the club to join you. I have prepared a short list of places that I have skied nearby, so see me and I will give you a copy. I will be happy to tell you how to get there and any other info if you call (after 6 PM please).

Jim Diven: 215-672-6349

JoAnn Hartnett: 215-638-3055

Phil Zminda: 215-661-0490

As always, the weather and snow conditions are beyond our control. Although most of our ski trips are to areas that have well groomed trails with set tracks, sometimes weather conditions may make it impossible for the grooming machines to operate. Occasionally we have had to drive to a different location to find snow, and as a result the skiing was on ungroomed or untracked trails. Backcountry skiing is XC in its purest form and has different challenges than does track skiing. Some equipment (i.e.: skating skis), cannot be used in backcountry. Adapting your technique to differing snow conditions is just another facet of XC skiing. The trip descriptions will tell you much about the kind of skiing you can expect, but your trip leader will be happy to answer any questions that you might have.

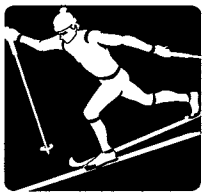


NEW HOPE NORDICS
Cross Country Ski Club
Box 52688
Philadelphia, PA 19115

**Election
Ballot
Inside**



Nordic Notes



Election of officers was held on March 29th. New officers for the 96/97 Term are: President - Joanne Hartnett, Vice President - Fred Vielhauer, Treasurer - Mary Phalan, Recording Secretary - Betty Lowing, Corresponding Secretary - Ward Hickman, Member at Large - Jim Diven

Due to other pressing responsibilities Florence DePaolo has stepped down as Corresponding Secretary for the coming year. Florence's dynamic energy will be greatly missed. We wish you well in your endeavors and hope to see you back soon.

The board has appointed Ward Hickman to fill this position. Ward with his experience will be, as always, a great asset to the board.

Cross Country Video Library

A few video tapes that were borrowed from the library have not been returned yet. Please check you videos and if you have any lying around contact Fred Vielhauer (215)-673-0831, to make arrangements to return them.

ON NO, NO SNOW!!! WHAT DO I DO NOW, HEY HOW ABOUT.....

Tennis Anyone?

In order to hasten the summer along and to take our minds off of the **HEAT**, I would like to find some tennis players to play a set or two. I think a "call and see" approach is best considering my busy schedule and yours too. I will start a list of those interested to exchange with one another. Please call Jim Diven 215-672-6349 after 6 pm. See you on the courts.

Let's Go Skating

Louis Decker of Cross Country Outfitters, in Lambertville, NJ., is offering lessons on inline skating. The classes are taught by certified instructors and the fee includes the lesson, Rollerblades and safety equipment. Anyone interested call Cross Country Outfitters 1-609-397-3366. Rentals are also

available if you just feel like practicing your skating technique for next ski season. Call your friends, get grandmom, get the dog and the kids and make a day out of it.

Cross Country Outfitters is running two One-Day Inline Skate Trips to Island Beach State Park, NJ. Dates are Saturday, July 14th and Friday, August 9th. There will be beginner and advanced skate lessons available along with guided tours and a rest on the beach. Cost of Trip is \$49.00/person and includes Continental breakfast, transportation to and from park. day pass to Island Beach State Park. Guided tours with certified instrutors. Skate rental is \$10.00/person; Lessons is \$12.00/person. Contact Louis Decker 609-397-3366

How About... A Bike Ride?

There are two bike clubs in our area that have a full calender of rides for the summer. There are rides scheduled for weeknights and weekends, and for all levels of expertise. There are also rides during the day for those lucky people that don't have to go to work. So there is not excuse. If you are interested and would like more information contact The Suburban Cyclists Club in the Horsham area Fred Vielhauer 215-673-0851 or Central Buck Bicycle Club in Buckingham Rich Williams 215-297-5182.

Okay...

How about Golf?

Great way to release your frustrations, just picture your boss's face on the ball and whack it. I am a novice player but enjoy the game. The best time for me is the weekends. Or how about a round of Chip and Putt. Anyone interested contact Joanne Hartnett 215-638-3055.

Dinner, Dancing, Death

Fisher's Tudor House in Bensalem, has a murder dinner theater. Tickets are \$29.00 per person and includes dinner, show, dancing, tax and tips. I am planning on making reservations for August 10th, if anyone is interested in joining us. Give me a call. Joanne Hartnett 215-638-3055.

THE
NEW HOPE
NORDICS, INC.

◆
Cross-Country
Ski Club

◆
SUMMER 1996

'96-97 XC Ski Trip Schedule

January 18-20

(Fri-Mon)

Date Subject To Change

LAPLAND LAKES, NEW YORK

We will be staying at the Inn at the Bridge Bed & Breakfast again. The inn is a turn-of-the-century Victorian B&B. The skiing will be at Lapland Lakes, which is a ten minute ride from the inn. Lapland is noted for its excellent trail system suitable for all levels of skiing. We are trying to make reservations for the Martin Luther King Weekend, so we do not have a final cost yet. Transportation is on your own. If you are interested contact Mary Phalan at 215-487-1844.



January 24-27

(Fri-Mon)

LAKE PLACID, NY - BUS TRIP

This will be the club's third trip to Lake Placid. The past two years have been a huge success and this trip has filled up very fast. We'll be returning to the Holiday Inn Sun-Spree Resort, located in the center of Lake Placid. (Down-hill skiing at Whiteface Mountain is only nine miles away and back country skiing via the Jack Rabbit XC trail is right on the premises.) We will be skiing at Mt. Van Hoevenberg Olympic Center, which also connects to the trails of Cascade Cross Country Ski Center. The trails at Mt Van Hoevenberg are well groomed and suitable for beginner to skating level skiers. (The shuttle to Whiteface Mtn. is available, appx: \$5.00 round trip)

The town of Lake Placid is one of the East's premier Winter destinations offering a variety of activities from ice skating at the Olympic skating center to bobsledding on the lake. The trip includes deluxe round trip motorcoach (with videos on board), 3 nights at the Holiday Inn, 2 dinners, 3 breakfasts, box lunch for Monday, taxes and gratuities.

The hotel features an indoor pool, Jacuzzi, sauna, tanning booth, massage therapist and universal gym. All rooms have TV, microwave, refrigerator and coffee makers. Cost will be \$270.00, for double. Single and triple occupancy are also available for cost contact Fred Vielhauer. A deposit of \$150 holds your space. Full payment is due three weeks prior to the trip. Call Fred Vielhauer 215-673-0831 or Mike Seidman (co-leader) 215-836-4185/email: almo-print@aol.com. **PLEASE NOTE:** There will be **TWO BUSES** leaving for Placid; one at **3 PM** and one at **6 PM**. We will only run the second bus if we are able to get 40 people to fill the bus. You MUST let the trip leader know which bus you will be on!! Last year the trip went full and

had a waiting list. So make your reservations early.

February

(Date have not been finalized yet)

GARNET HILL

The club will be running a trip to Garnet Hill again this coming season. Final arrangements have not been finalized as of yet. We are trying to schedule either the weekend of February 1st or the weekend of February the 15th. All information will be available by September. In the meantime if you are interested contact the skimeister Jim Diven (215)-672-6349.



February 21-24

(Fri-Mon)

STOWE VERMONT - BUS TRIP

We will be staying at the Commodore Inn. The Inn is located within walking distance of Stowe Village and has Jacuzzis, saunas, exercise rooms and an indoor swimming pool right on the premises. It has a great dining room and lounge and large common rooms with fireplace for after-skiing get-together. We have stayed at the Commodore, a typical New England inn, for the past two years and have experienced excellent accommodations and hospitality. Stowe offers some of the best skiing on the eastern coast, with a variety of touring centers to choose from. In the past this trip has filled up fast, so make your reservations early. A deposit of \$150.00 will hold your place. Cost of the trip is \$285.00 for a double. Triple and single occupancy are available. Trip Leader is Joanne Hartnett (215)-638-3055.



Upcoming Programs

for the 96/97 CLUB Meetings

The club has already scheduled several programs for the coming season's meetings. We will be doing a waxing and basic ski maintenance clinic. We have scheduled for Cross Country Ski Outfitters to bring in a selection of ski equipment and discuss the different styles of skiing and the type of equipment suitable for each. This will be very informative for both the novice and experienced skier. We will also have a program covering the basics of skiing with videos.

If anyone would like to do a program or has any ideas, please contact one of the board members.

WINTER CARNIVAL

JAN 11-12, 1997

In 1997 Lambertville will be hosting a Winter Carnival. A great way to kick off the winter season. The carnival will feature such winter activities as ice sculpture competitions, ice skating snowshoe clinics, and "Free learn to ski lessons. For more information contact Louis Decker. 215-862-5743.



Cross Country Ski-Outfitters Ski Trip Schedule

Jan 25th - Learn to Ski Day trip. This will be a bus trip
Feb 22th - Learn to Ski Day trip
Feb 7-9 - A weekend family trip
Mar 7-9 - Swift River Inn, Massachusetts - A weekend of cross-country skiing on 600 acres in the beautiful Berskhires.

If you would like more information about these trips contact Cross Country Ski Outfitters in Lambertville. Louis Decker 609-397-3366

A large graphic of a ski pole with a banner. The banner is a thick black line with a white interior, and the ski pole is a thick black line with a white interior. The banner is held by two black brackets on the left and right sides. The text is centered within the banner.

The Eastern Pennsylvania Ski Council

has chosen the

NEW HOPE NORDICS SKI CLUB

(Florence DiPaolo, President, 95-96)

as the

No. 1 Ski Club

for the

1995/1996 Ski Season!



1996/97 MEMBERSHIP DUES:

Membership for the 1996-97 season is the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attn: Membership). Dues received after January 1 are subject to the New Member rate.

NEWSLETTER:

Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost. • Send material for the newsletter to: Mike Seidman, e-mail: almoprint@aol.com. 214 Larrimore Lane, Erdenheim, PA 19038, 215-836-4185, Fax: 242-2410.

GENERAL TRIP POLICIES:

It is MANDATORY that everyone participating in any NHN trip sign a release/waiver form. Before boarding a bus, or a week prior to departure of a carpool trip, a release form MUST be obtained by the leader; there will be NO exceptions. • Trips for which the club arranges either lodging or transportation are open to members only. • Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics. If any checks are returned to our Treasury marked "Insufficient Funds", the member will be charged appropriately for this inconvenience. • Unless otherwise stated, all trips go snow or no snow. Bring hiking boots. • No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member. • In consideration of the comfort and enjoyment of all participants, all

passengers on any vehicle holding more than 15 people must be at least 12 years of age. • All trip participants pay full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass back the cost reduction to that participant. • The success of the trips depends upon people willing to share the driving. Please consider this if you are asked. • Please help loading & unloading luggage. • Hard sided suitcases are very difficult to pack efficiently in today's smaller cars. Try to use soft luggage or duffel bags.

TRIP CANCELLATION POLICY:

More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less. • Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater. • Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater. • Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving. • The refund amount will be determined by the Board, only after the trip accounting has been completed. • Trips arranged through a travel agent are not subject to the NHN trip cancellation policy. Check with the trip leader to see if travel cancellation insurance is available.

MEETINGS:

Are held at 8 PM, the 2nd Tuesday of Fall and Spring Months, and the 2nd and 4th Tuesdays of November and January. We meet at the Jesse Soby American Legion Post, Langhorne, PA, which is located at Richardson and Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. • Anyone with an interest in cross country skiing or the outdoors in general is welcome to attend. Bring a friend!

1996/97 - OFFICERS

President	Joanne Hartnett	(215) 638-3055
Vice President	Fred Vielhauer	(215) 673-0831
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Betty Lowing	(215) 322-2061
Corresponding Secretary	Ward Hickman	(215) 741-1766
Member-at-Large	Jim Diven	(215) 672-6349

1996/97 CHAIRPERSONS

Skimeister	Jim Diven	(215) 672-6349
Membership	Fred Vielhauer	(215) 673-0831
Editor	Mike Seidman	(215) 836-4185
Publicity Chairperson	Florence DiPaolo	(215) 725-9281
Meeting Programs	Chairperson Needed	
E. PA Ski Council Rep.	Jim Diven	(215) 672-6349

1996-97 Membership Application & Release



RETURN TO: New Hope Nordics, Membership Chairman, Box 52688, Philadelphia, PA 19115

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

RELEASE. I certify that I am in good health and able to participate in any activity of the New Hope Nordics Ski Club of Pennsylvania in which I take part, including, but not limited to, skiing, biking, roller bladeing, bathing, traveling, etc. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and that of my family. In consideration of your acceptance of this entry, for myself, heirs, executors, or administrators, and minor children, I hereby waive and release any and all rights and claims for damage against the New Hope Nordics Ski Club of Pennsylvania, its officers, its leaders, and its agents or representatives, for any and all injuries, losses (including death), and/or damage to person and/or property sustained by me or my family in any activity, including transportation to and from such activity, related directly or indirectly to my participation in said activity.

Signed _____ Date _____

Received by _____

DUES:

Single
 New - \$10
 Renewal - \$8

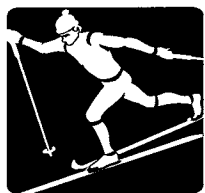
Family
 New - \$15
 Renewal - \$12

Renewal rates must be paid before January !!

SKI LEVEL:

Beginner
 Intermediate
 Advanced

Nordic Notes



1996-1997 Meeting Schedule

We have already scheduled several programs for the coming season's meetings. We will have a waxing and a basic ski maintenance clinic. Cross Country Ski Outfitters has been scheduled to bring in a selection of ski equipment and discuss the different styles of skiing and the type of equipment suitable for each. This will be informative for both the novice and experienced skiers. We will also have a program covering the basics of skiing with videos. If anyone would like to do a program or has any ideas, please contact one of the board members.

Sept. 10, Picture Swap Night

Remember those pictures you took on the ski trip last year. Well, dig them out and bring them to the meeting! What better way to kick off the new ski season than reminiscing about last year's trips and the great skiing we had. So bring those pictures to pass around so we can all ooh and aah. Don't forget the negatives in case somebody wants to have duplicates made.

Oct. 8, TBA

Nov. 12, TBA

Nov. 26, TBA

Dec. 10, XMAS Party

Jan. 14, TBA

Jan. 28, TBA

Feb. 11, TBA

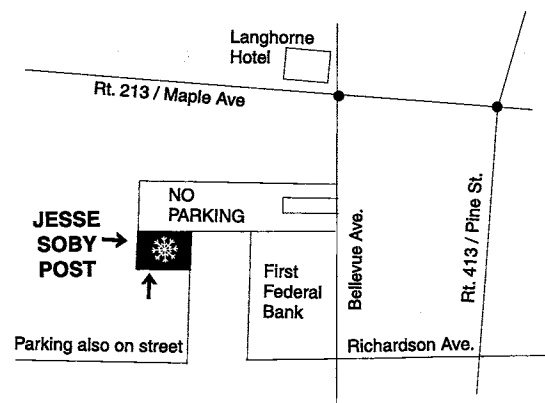
Feb. 25, TBA

March 11, TBA Elections

April 8, TBA

May 13 - Pizza Night

All meetings start 1 8:00 PM. at the the Jesse Soby American Legion Post, Langhorne, PA, which is at Richardson & Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. • Anyone with an interest in cross country skiing or the outdoors in general is welcome to attend. Bring a friend! • Please remember to tip our friendly bartenders, who work gratis for the American Legion Post.



The Jesse Soby Post is a gray, two story building at the rear of the parking lot at Bellevue & Richardson Aves. Enter at Richardson Ave. Meetings are either on the first floor (use side entrance) or second floor (rear entrance).



The Eastern Pa. Ski Council has chosen The New Hope Nordics Ski Club as the #1 Ski Club for the 95/96 season for its active participation with the council. Congratulations are in order. This is an honor to be chosen for this award from among all the ski club in the the surrounding area.

Representatives from the Council will be at the Sept 10th meeting to present the award to Florence DiPaolo, Club president for the 95/96 season.

THE
NEW HOPE
NORDICS, INC.

◆
Cross-Country
Ski Club

◆
SEPTEMBER 1996

1997 Ski Trip Schedule

Jan. 5-10

STOWE, VERMONT

A 5-day trip to Vermont is currently in the planning stages. The trip will run from Sunday, Jan. 5th to Friday, Jan. 10th. We will be staying at the Commodore Inn in Stowe. There are numerous ski areas within an hour to 2 hours drive such as Bolton Valley, Craftsbury, Viking, Mountain Top. All are excellent ski areas that we normally do not get to go to.

Rate for lodging is \$205 (double), which includes room & breakfast. Transportation has not be finalized. The trip will be limited to 18 people. If you are interested call Joanne Hartnett: home 215-638-3055, work 215-646-2225, as soon as possible so we can see if there is enough interest to run this trip.

January 17-20 (Fri-Mon)

LAPLAND LAKES, NY

We will be staying at the Inn at the Bridge Bed & Breakfast. The Inn is a turn-of-the-century Victorian B&B with a large parlor with fireplace for relaxing after a day of skiing. Lapland Lakes which was described by *Cross Country Skier* magazine as "one of the world's best run ski areas". Owned by ex-olympian Olavi Hirnoven, the immaculate trails are groomed by state-of-the-art Piston Bully machines to skating & race standards, yet many trails are suitable for beginners. The lake is popular for learning or practicing. The ski instruction and rentals are highly recommended. The cost includes: two full country breakfasts, one dinner on Saturday, and two XC ski trail passes. Carpool trip. Cost:\$120 plus carpool fee. A deposit of \$50.00 will hold your place. Full payment is due three weeks prior to the trip. There are twelve spaces available at the B&B. Leader: Mary Phalan, 215-487-1844

January 24-27 (Fri-Mon)

LAKE PLACID, NY- Bus Trip

This will be our third consecutive trip to Lake Placid. The past two years have been huge successes and this trip has filled quickly. There will be **TWO BUSES** this year, one at **3 PM** and one at **6 PM**.

We'll ski at the Mt. Van Hoevenberg Olympic Center, which also connects to the trails of Cascade Cross Country Ski Center. The trails at Mt. Van Hoevenberg are well groomed and suitable for beginner to skating level skiers. Back country skiing via the Jack Rabbit XC trail is right on the premises and last year some intrepid skiers skied back from Cascade Lodge. Downhill skiing at nearby Whiteface Mountain is easy to reach via a shuttle, (appx: \$5.00

round trip).

As one of the East's premier Winter destinations, Lake Placid offers a variety of activities ranging from ice skating at the Olympic skating center, to sledding on the lake. If you need more adventure, you can try the bobsled & luge runs at Mt. Van Hoevenberg. (*One of leaders once did the luge, and rumor has it that he hit his head.....which explains a lot of things.....ed.*)

We'll be returning to the Holiday Inn SunSpree Resort, located in the center of Lake Placid. It has an indoor pool, Jacuzzi, sauna, tanning booth, massage therapist and universal gym. All rooms have TV, microwave, refrigerator and coffee makers.

The trip includes:

- Round trip transportation on a deluxe motorcoach with videos on-board.
- Motorcoach transfers to and from the XC ski area each day.
- Three nights lodging at the Holiday Inn SunSpree Resort
- Saturday and Sunday dinners
- Three breakfasts
- One box lunch on Monday
- Taxes and gratuities

Trip Cost: \$268/Double, \$395/Single, \$230/Triple (with cot \$16/night), \$213/Quad. (Single, triple and quads are subject to availability, so call the leader for details). A deposit of \$150.00 will hold your place and full payment is due three weeks before the trip.

You **MUST** let the trip leader know which bus you will be on! (We'll run the 3 PM bus, if we have 40 people to fill it.) Leaders: Fred Vielhauer 215-673-0831, Mike Seidman

Jan. 30 - Feb. 2, (Fri-Sun)

GARNET HILL, NY

We'll be staying on the property of Garnet Hill XC Ski Area in the Central Adirondaks. The XC trails are excellent and well maintained. Some of the trails are steep enough to challenge experienced skiers, but many beginners will find many that they will like. They even have a shuttle that will pick up after a five mile downhill run! The ski shop and instruction are far above average. The trails are wide and groomed by Piston Bully class machines, so both track and skating skiers can be accommodated. As with every XC trip, snow conditions dictate the skiing, but Garnet Hill lies in a traditional Adirondak snowbelt, and their experience at grooming will enable them to offer the best skiing that the conditions permit.

Unfortunately, they will not be able to finalize the cost and details of this trip until late October. Until that time,

contact the leader for reservations and details. Carpool trip. Leader: Rico Paolino: e-mail: bikerico@aol.com, (w) 215-657-6202 x 468.

February 14-16 (Fri-Sun)

HIGHLAND FOREST, FULLEY, NY

Highland Forest State Park in New York State has a variety of trails for all skiing abilities. It has enough trail to keep the weekend interest. Snow is good because of the lake effect. There is a Best Western at the exit and B&B's nearby. Transportation carpooling. This will be an easy drive north on N.E. extension of the turnpike and 81 to Fulley. About a 4 1/2 hour drive

For now this is a "Do it yourself" trip which means we have no trip leader. Interested in leading??? If you are interested in going: phone numbers for the Best Western and B&B's are available (you make your own reservations). A list will be supplied of all people going so you can make arrangements for carpooling, coordinating reservations and scheduling to meet once you arrive. If you are interest in going contact Jim Diven (215)672-6349

February 21-24 (Fri-Mon)

STOWE, Vermont - Bus Trip

Stowe is the quintessential New England ski town and the birthplace of American skiing. The ski trails are some of the best to be found anywhere. The scenery is classic New England Winter - unparalleled beauty! In the past this trip has filled up quickly, so make your reservations early.

We'll ski at the world famous Trapp Family Lodge and the scenic Mt. Mansfield Touring Center. Both areas have trails for skiers from beginner to skating level and feature both have state-of-the-art trail grooming equipment. Professional cross country ski lessons for all levels are available. If snow conditions permit, a vast array of backcountry ski trails will be open. Downhill skiing is nearby, and easily accessible via the Stowe Trolley, which stops right at the Inn.

We will be staying at the Commodores Inn, which is within walking distance of Stowe Village. It has Jacuzzis, saunas, exercise rooms and an indoor swimming pool. It has a great dining room and lounge and large common rooms with fireplace for after-skiing get-togethers. All rooms have two queen or king size beds, TV & telephone. The Stowe Trolley (\$1.00), stops at the front door and will take you into town or to many downhill ski areas.

The trip includes:

- Round trip transportation on a deluxe motorcoach with videos on-board.
- Motorcoach transfers to and from the XC ski area each day.
- Three nights lodging at the Commodores Inn.
- Saturday and Sunday dinners
- Three breakfasts

- One box lunch on Monday
- Taxes and gratuities

Trip Cost: \$285/Double, \$395/Single, \$250/Triple, \$225/Quad. A deposit of \$150.00 will hold your place and full payment is due three weeks before the trip. Leader: Joanne Hartnett, 215-638-3055.

February 28-March 1 (Fri-Sun)

LAPLAND LAKES, NY

See January 17-20 for details. This trip returns on Sunday night. Cost: \$??? plus carpool fee. Deposit: \$50. Leader: Needed.

Trip Report:

LAKE PLACID, 1995

Again, the New Hope Nordics ventured north towards Lake Placid. We were to be a group of 86 enthusiastic skiers, in search of "snow". This was to be a most unusual weekend. On Saturday, the Nordics were discouraged from skiing Placid because of weather conditions and ventured down towards Lapland Lake. We successfully skied Lapland on Saturday until a torrential rain washed away our tracks. But, later in the day, this rain turned into wonderful and abundant snow. On Sunday and Monday, we were fortunate enough to ski in Lake Placid at the Cascade Touring Center.

We were again warmly welcomed by the Holiday Inn. The food, the hot tub, the skiing and the Nordic camaraderie made for a most remarkable and enjoyable weekend.

- F.L. DiPaolo



WINTER CARNIVAL

Jan. 11-12, 1997

In 1997 Lambertville, New Jersey will be hosting a Winter Carnival. A great way to kick off the winter season. The carnival will feature such winter activities as ice sculpture competitions, ice skating snowshoe clinics, and "Free learn to ski lessons. For more information contact Louis Decker. 215-862-5743.

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1996/97 - OFFICERS

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Vice President	Fred Vielhauer	(215) 673-0831
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Betty Lowing	646-2225 before 5 pm (215) 241-3786 after 6 pm
Corresponding Secretary	Ward Hickman	(215) 741-1766
Member-at-Large	Jim Diven	(215) 672-6349

1996/97 CHAIRPERSONS

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Membership		
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Publicity Chairperson	Florence DiPaolo	(215) 725-9281
Meeting Programs	Chairperson Needed	
E. PA Ski Council Rep.	Jim Diven	(215) 672-6349

1996-97 Membership Application & Release

RETURN TO: New Hope Nordics, Membership Chairman, Box 52688, Philadelphia, PA 19115

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

RELEASE. I certify that I am in good health and able to participate in any activity of the New Hope Nordics Ski Club of Pennsylvania in which I take part, including, but not limited to, skiing, biking, roller bladeing, bathing, traveling, etc.

I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and that of my family. In consideration of your acceptance of this entry, for myself, heirs, executors, or administrators, and minor children, I hereby waive and release any and all rights and claims for damage against the New Hope Nordics Ski Club of Pennsylvania, its officers, its leaders, and its agents or representatives, for any and all injuries, losses (including death), and/or damage to person and/or property sustained by me or my family in any activity, including transportation to and from such activity, related directly or indirectly to my participation in said activity.

Signed _____ Date _____

Received by _____



DUES:

Single

- New - \$10
 Renewal - \$8

Family

- New - \$15
 Renewal - \$12

Renewal rates must be paid before January !!

SKI LEVEL:

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 Intermediate
 Advanced

Cross Country Ski-Outfitters SKI TRIP SCHEDULE

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Feb 7-9 - A weekend family trip

Mar 7-9 - Swift River Inn, Massachusetts - A weekend of cross-country skiing on 600 acres in the beautiful Berskhires.

If you would like more information about these trips contact Louis Decker, Cross Country Ski Outfitters in Lambertville, New Jersey, 609-397-3366

As always, the weather and snow conditions are beyond our control. Although most of our ski trips are to areas that have well groomed trails with set tracks, sometimes weather conditions may make it impossible for the grooming machines to operate. Occasionally we have had to drive to a different location to find snow, and as a result the skiing was on ungroomed or untracked trails. Backcountry skiing is XC in its purest form and has different challenges than does track skiing. Some equipment (i.e.: skating skis), cannot be used in backcountry. Adapting your technique to differing snow conditions is just another facet of XC skiing. The trip descriptions will tell you much about the kind of skiing you can expect, but your trip leader will be happy to answer any questions that you might have.

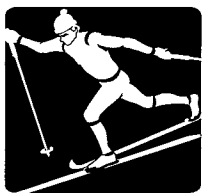
For cancellation of NHN club meetings, please tune to KYW-Radio or WPVI-TV (Channel 6) the day of the meeting, or call 215/725-9281 after 5 PM.



**NEW HOPE NORDICS
Cross Country Ski Club
Box 52688
Philadelphia, PA 19115**



Nordic Notes



THE
NEW HOPE
NORDICS, INC.
♦
Cross-Country
Ski Club
♦
OCTOBER 1996

1996-1997 Meeting Schedule

We have already scheduled several programs for the coming season's meetings. We will have a waxing and a basic ski maintenance clinic. Cross Country Ski Outfitters has been scheduled to bring in a selection of ski equipment and discuss the different styles of skiing and the type of equipment suitable for each. This will be informative for both the novice and experienced skiers. We will also have a program covering the basics of skiing with videos. If anyone would like to do a program or has any ideas, please contact one of the board members.

Oct. 8, WHAT'S NEW, WHAT'S HOT, IN CROSS COUNTRY SKIING

Louise Decker of Cross Country Ski Outfitters, will be at our October meeting to give us a preview of the latest ski equipment and clothing available for the 96/97 season. Louise will discuss the different styles of skiing and the type of equipment suitable for each. This will be informative for both the novice and experienced skiers.

Nov. 12, TBA

Nov. 26, TBA

Dec. 10, XMAS Party

Jan. 14, TBA

Jan. 28, TBA

Feb. 11, TBA

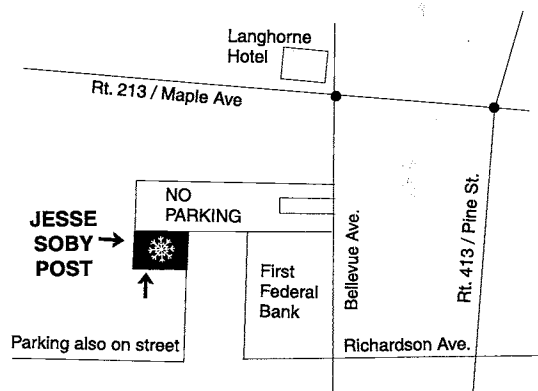
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The Jesse Soby Post is a gray, two story building at the rear of the parking lot at Bellevue & Richardson Aves. Enter at Richardson Ave. Meetings are either on the first floor (use side entrance) or second floor (rear entrance).

Ski Swap

The Eastern Pa Ski Council will have its annual Ski Swap at the National Ski Expo on October 25-27 at the Plymouth Meeting Mall. You can bring any ski equipment and clothing to be consigned for sale. There will be representatives of the EPSC on hand to help you. The New Hope Nordics will be manning the council booth to distribute literature from our club and to SPREAD THE WORD. We are the only X-C club in this area and this is a great opportunity to gain some exposure. We will NEED VOLUNTEERS to help in the booth for

a few hours at a time each day. I will have more information at the club meeting on October 8th, as well as, a sign-up sheet. So check out the attic and garage and see what you can find.

The Eastern Pa Ski Council is selling luggage tags to raise funds to support their activities promoting skiing in Pennsylvania. The "Gotta Ski" tags are \$2.75 each or 2 for \$5.00. Order forms will be available at the next meeting.

Jim Diven, Skimeister

1997 Ski Trip Schedule

Jan. 5-10

STOWE, VERMONT

5-day trip to Vermont is currently in the planning stages. The trip will run from Sunday, Jan. 5th to Friday, Jan. 10th. We will be staying at the Commodore Inn in Stowe. There are numerous ski areas within an hour to 2 hours drive such as Bolton Valley, Craftsbury, Viking, Mountain Top, all excellent ski areas that we normally do not ski. Rate for lodging is \$205 (double) includes room & breakfast. After checking airfare and van rentals we have found that it would be cheaper to rent vans here and drive to Vermont. The cost of a van would be approximately \$450 (unlimited mileage) plus gas for the week. We are figuring 5 to 6 people per van so the cost would be about \$90.00 per person plus gas. The trip will be limited to 18 people. If you are interested call Joanne Hartnett- Home 638-3055, Work 646-2225, as soon as possible so we can see if there is enough interest to run this trip

January 17-20 (Fri-Mon)

LAPLAND LAKES, NY

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January 24-27 (Fri-Mon)

LAKE PLACID, NY- Bus Trip

This will be our third consecutive trip to Lake Placid. The past two years have been huge successes and this trip has filled quickly. There will be **TWO BUSES** this year, one at **3 PM** and one at **6 PM**.

We'll ski at the Mt. Van Hoevenberg Olympic Center, which also connects to the trails of Cascade Cross Country Ski Center. The trails at Mt. Van Hoevenberg are well groomed and suitable for beginner to skating level skiers. Back country skiing via the Jack Rabbit XC trail is right on

the premises and last year some intrepid skiers skied back from Cascade Lodge. Downhill skiing at nearby Whiteface Mountain is easy to reach via a shuttle, (appx: \$5.00 round trip).

As one of the East's premier Winter destinations, Lake Placid offers a variety of activities ranging from ice skating at the Olympic skating center, to sledding on the lake. If you need more adventure, you can try the bobsled & luge runs at Mt. Van Hoevenberg. (*One of leaders once did the luge, and rumor has it that he hit his head.....which explains a lot of things.....ed.*)

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You **MUST** let the trip leader know which bus you will be on! (We'll run the 3 PM bus, if we have 40 people to fill it.) Leaders: Fred Vielhauer 215-673-0831, Mike Seidman

Jan. 30 - Feb. 2, (Fri-Sun)

GARNET HILL, NY

We'll be staying on the property of Garnet Hill XC Ski Area in the Central Adirondaks. The XC trails are excellent and well maintained. Some of the trails are steep enough to challenge experienced skiers, but many beginners will find many that they will like. They even have a shuttle that will pick up after a five mile downhill run! The ski shop and instruction are far above average. The trails are wide and groomed by Piston Bully class machines, so both track and skating skiers can be accommodated. As with every XC trip, snow conditions dictate the skiing, but Garnett Hill lies in a traditional Adirondak snowbelt, and their experience at grooming will enable them to offer the best skiing that the

conditions permit.

Unfortunately, they will not be able to finalize the cost and details of this trip until late October. Until that time, contact the leader for reservations and details. Carpool trip. Leader: Rico Paolino: e-mail: bikerico@aol.com, (w) 215-657-6202 x 468.

February 14-16 (Fri-Sun)

HIGHLAND FOREST, TULLEY, NY

Highland Forest State Park in New York State has a variety of trails for all skiing abilities. It has enough trail to keep the weekend interest. Snow is good because of the lake effect. There is a Best Western at the exit and B&B's nearby. Transportation carpooling. This will be an easy drive north on N.E. extension of the turnpike and 81 to Fulley. About a 4 1/2 hour drive

For now this is a "Do it yourself" trip which means we have no trip leader. Interested in leading??? If you are interested in going: phone numbers for the Best Western and B&B's are available (you make your own reservations). A list will be supplied of all people going so you can make arrangements for carpooling, coordinating reservations and scheduling to meet once you arrive. If you are interest in going contact Jim Diven (215)672-6349

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We will be staying at the Commodores Inn, which is within walking distance of Stowe Village. It has Jacuzzis, saunas, exercise rooms and an indoor swimming pool. It has a great dining room and lounge and large common rooms with fireplace for after-skiing get-togethers. All rooms have two queen or king size beds, TV & telephone. The Stowe Trolley (\$1.00), stops at the front door and will take you into town or to many downhill ski areas.

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LAPLAND LAKES, NY

See January 17-20 for details. This trip returns on Sunday night. Cost: \$??? plus carpool fee. Deposit: \$50. Leader: Needed.

Cross Country Ski Videos

We have a collection of ski videos covering cross country techniques from beginner to advanced, skating and telemarking. The Video Librarian is Fred Vielhauer (215)-673-0831. They are available at most meeting on a first come, first serve basis.

Welcome to our New Members

John Davis
Carol & Paul Marshall
Virginia Ward
Barbara Powell



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Feb. 7-9, 1997

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Membership for the 1996-97 season is the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attn: Membership). Dues received after January 1 are subject to the New Member rate.

NEWSLETTER:

Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost. • Send material to: Mike Seidman, e-mail: almo-print@aol.com. 214 Larrimore Lane, Erdenheim, PA 19038, 215-836-4185, Fax: 242-2410.

GENERAL TRIP POLICIES:

It is MANDATORY that everyone participating in any NHN trip sign a release/waiver form. Before boarding a bus, or a week prior to departure of a carpool trip, a release form MUST be obtained by the leader; there will be NO exceptions. • Trips for which the club arranges either lodging or transportation are open to members only. • Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics. If any checks

are returned to our Treasury marked "Insufficient Funds", the member will be charged appropriately for this inconvenience. • Unless otherwise stated, all trips go snow or no snow. Bring hiking boots. • No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member. • In consideration of the comfort and enjoyment of all participants, all passengers on any vehicle holding more than 15 people must be at least 12 years of age. • All trip participants pay full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass it back to that participant. • The success of the trips depends upon people willing to share the driving. Please consider this if you are asked. • Please help loading & unloading luggage. • Hard sided suitcases are difficult to pack efficiently in today's smaller cars. Try to use soft luggage or duffel bags.

TRIP CANCELLATION POLICY

More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less. • Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater. • Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater. • Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving. • The refund amount will be determined by the Board and only after the trip accounting has been completed.

1996/97 - OFFICERS

President	Joanne Hartnett	(215) 638-3055
Vice President	Fred Vielhauer	(215) 673-0831
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Betty Lowing	(215) 322-2061
Corresponding Secretary	Ward Hickman	(215) 741-1766
Member-at-Large	Jim Diven	(215) 672-6349

1996/97 CHAIRPERSONS

Skimeister	Jim Diven	(215) 672-6349
Membership	Betty Lowing	(215) 638-3055 (215) 241-3786 after 6 pm
Editor	Mike Seidman	(215) 836-4185
Publicity Chairperson	Florence DiPaolo	(215) 725-9281
Meeting Programs	Chairperson Needed	
E. PA Ski Council Rep.	Jim Diven	(215) 672-6349

1996-97 Membership Application & Release



RETURN TO: New Hope Nordics, Membership Chairman, Box 52688, Philadelphia, PA 19115

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

RELEASE. I certify that I am in good health and able to participate in any activity of the New Hope Nordics Ski Club of Pennsylvania in which I take part, including, but not limited to, skiing, biking, roller bladeing, bathing, traveling, etc. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and that of my family. In consideration of your acceptance of this entry, for myself, heirs, executors, or administrators, and minor children, I hereby waive and release any and all rights and claims for damage against the New Hope Nordics Ski Club of Pennsylvania, its officers, its leaders, and its agents or representatives, for any and all injuries, losses (including death), and/or damage to person and/or property sustained by me or my family in any activity, including transportation to and from such activity, related directly or indirectly to my participation in said activity.

Signed _____ Date _____

Received by _____

DUES:

Single
 New - \$10
 Renewal - \$8

Family
 New - \$15
 Renewal - \$12

Renewal rates must be paid before January !!

SKI LEVEL:

Beginner
 Intermediate
 Advanced

Cross Country Ski-Outfitters SKI TRIP SCHEDULE

Jan 25th - Learn to Ski Day trip. This will be a bus trip

Feb 22th - Learn to Ski Day trip

Feb 7-9 - A weekend family trip

Mar 7-9 - Swift River Inn, Massachusetts - A weekend of cross-country skiing on 600 acres in the beautiful Berskhires.

If you would like more information about these trips contact Louis Decker, Cross Country Ski Outfitters in Lambertville, New Jersey, 609-397-3366

As always, the weather and snow conditions are beyond our control. Although most of our ski trips are to areas that have well groomed trails with set tracks, sometimes weather conditions may make it impossible for the grooming machines to operate. Occasionally we have had to drive to a different location to find snow, and as a result the skiing was on ungroomed or untracked trails. Backcountry skiing is XC in its purest form and has different challenges than does track skiing. Some equipment (i.e.: skating skis), cannot be used in backcountry. Adapting your technique to differing snow conditions is just another facet of XC skiing. The trip descriptions will tell you much about the kind of skiing you can expect, but your trip leader will be happy to answer any questions that you might have.



For cancellation of NHN club meetings, please tune to KYW-Radio or WPVI-TV (Channel 6) the day of the meeting, or call 215/638-3055 after 5 PM.



**NEW HOPE NORDICS
Cross Country Ski Club
Box 52688
Philadelphia, PA 19115**



Nordic Notes



We have already scheduled several programs for the coming season's meetings. We will have a waxing and a basic ski maintenance clinic. Cross Country Ski Outfitters has been scheduled to bring in a selection of ski equipment and discuss the different styles of skiing and the type of equipment suitable for each. This will be informative for both the novice and experienced skiers. We will also have a program covering the basics of skiing with videos. If anyone would like to do a program or has any ideas, please contact one of the board members.

Nov. 12, Sports Conditioning

Jim Sweeney of Alternative Health Therapies, is a massage therapist specializing in Sports therapy. Mr. Sweeney will talk about conditioning and injury prevention. He will demonstrate different warm up techniques and some massage therapy that you can do yourself.

Nov. 26 - Waxing Clinic

Now that we know how to get our bodies in shape, what about our skis? Phil Zminda will hold a waxing clinic tonight. He will go over basic maintenance for your skis, both waxless and waxable.

Dec. 10, XMAS Party

Jan. 14, TBA

Jan. 28, TBA

Feb. 11, TBA

Feb. 25, TBA



1996-1997 Meeting Schedule

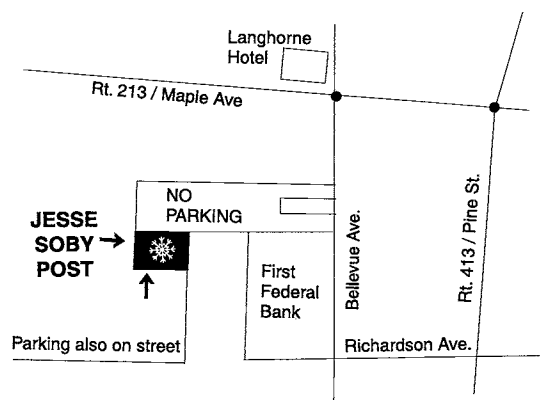
March 11, TBA Elections

April 8, TBA

May 13 - Pizza Night

All meetings start at 8:00 PM. at the the Jesse Soby American Legion Post, Langhorne, PA, which is at Richardson & Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. • Anyone with an interest in cross country skiing or the outdoors in general is welcome to attend. Bring a friend! • Please remember to tip our friendly bartenders, who work gratis for the American Legion Post.

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The Jesse Soby Post is a gray, two story building at the rear of the parking lot at Bellevue & Richardson Aves. Enter at Richardson Ave. Meetings are either on the first floor (use side entrance) or second floor (rear entrance).

1997 Ski Trip Schedule

Jan. 5-10 STOWE, VERMONT

5-day trip to Vermont is currently in the planning stages. The trip will run from Sunday, Jan. 5th to Friday, Jan. 10th. We will be staying at the Commodore Inn in Stowe. There are numerous ski areas within an hour to 2 hours drive such as Bolton Valley, Craftsbury, Viking, Mountain Top, all excellent ski areas that we normally do not ski.

Rate for lodging is \$205 (double) includes room & breakfast. After checking airfare and van rentals we have found that it would be cheaper to rent vans here and drive to Vermont. The cost of a van would be approximately \$450 (unlimited mileage) plus gas for the week. We are figuring 5 to 6 people per van so the cost would be about \$90.00 per person plus gas. The trip will be limited to 18 people. If you are interested call Joanne Hart-

nett- Home 638-3055, Work 646-2225, as soon as possible so we can see if there is enough interest to run this trip

January 17-20 (Fri-Mon) LAPLAND LAKES, NY

We will be staying at the Inn at the Bridge Bed & Breakfast. The Inn is a turn-of-the-century Victorian B&B with a large parlor with fireplace for relaxing after a day of skiing. Lapland Lakes which was described by *Cross Country Skier* magazine as "one of the world's best run ski areas". Owned by ex-olympian Olavi Hirnoven, the immaculate trails are groomed by state-of-the-art Piston Bully machines to skating & race standards, yet many trails are suitable for beginners. The lake is popular for learning or practicing. The ski instruction and rentals are highly recommended. The cost includes: two full country breakfasts, one dinner on Saturday, and two XC ski trail passes. Carpool trip. Cost: \$120 plus carpool fee. A deposit of \$50.00 will hold your place. Full payment is due three weeks prior to the trip. There are twelve spaces available at the B&B. Leader: Mary Phalan, 215-487-1844

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Garnet Hill Lodge is located in the East central Adirondacks at the edge of the 100,000 acres Siamese Ponds wilderness area. This North River NY resort has a complete ~~cross country ski center~~. More than 50 km of groomed trails and over 100 km of wilderness and backcountry offer cross country skiing for everyone. Equipment and lessons for all levels are available at the ski center.

We have rented the Mt. House and Conklin house for the weekend of Friday Jan 31 thru Feb 2. The houses are fully equipped with kitchens, wood stoves, VCR. All that is need is you and your skis! This cost of this trip is \$100 (cheap) *(Bargain! - Ed.)* which include the two night stay at the houses. A deposit of \$50 is due on November 22 and the balance December 27. We will only have room for 16 people.

Last years trip was a success we had over 8 inches of snow and the best ski conditions of the whole year! So don't delay wax your skis get ready and sign up now! Call me at the following. Rico Paolino, 53 Castlewood Dr., Chalfont, Pa 18914, Home (215)822-1955, Work (215)657-6202 x468, BikeRico@aol.com

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Lucille Nicholson
Philip Salen
Noelle Skuse

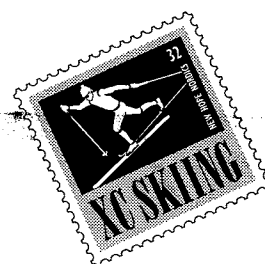
Patricia and Mark Wostowicz



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Vice President	Fred Vielhauer	(215) 673-0831
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Betty Lowing	(215) 322-2061
Corresponding Secretary	Ward Hickman	(215) 741-1766
Member-at-Large	Jim Diven	(215) 672-6349

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Meeting Programs	Chairperson Needed	
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1996-97 Membership Application & Release

RETURN TO: New Hope Nordics, Membership Chairman, Box 52688, Philadelphia, PA 19115

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

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Signed _____ Date _____

Received by _____



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 Renewal - \$8

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 New - \$15
 Renewal - \$12

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Beginner
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NEW HOPE NORDICS
Cross Country Ski Club
Box 52688
Philadelphia, PA 19115



Nordic Notes



THE
NEW HOPE
NORDICS, INC.

◆
Cross-Country
Ski Club

◆
DECEMBER 1996



CHRISTMAS DESSERT PARTY



December 10, 1996, 8:00 P.M.

Renew old friendships, make new friends to ski with, and carbo load for the upcoming season! Everyone is encouraged to bring dessert or munchies to share; the club will supply beverages and open bar. Bring a flake to the party (paper snowflake, that is) as an offering to the snow managers in hopes that they will bring us good ski conditions this winter. The party takes place after the brief meeting and will be on the first floor of the American Legion Post. I would appreciate some help in setting up and cleaning up after the party. I will start setting up at about 7 PM; please call me or just show up. Ward Hickman, 215-741-1766

1996-1997 Meeting Schedule

We have already scheduled several programs for the coming season's meetings. We will have a waxing and a basic ski maintenance clinic. Cross Country Ski Outfitters has been scheduled to bring in a selection of ski equipment and discuss the different styles of skiing and the type of equipment suitable for each. This will be informative for both the novice and experienced skiers. We will also have a program covering the basics of skiing with videos. If anyone would like to do a program or has any ideas, please contact one of the board members.

Dec. 10, XMAS Party

Jan. 14, TBA

Jan. 28, TBA

Feb. 11, TBA

Feb. 25, TBA

March 11, TBA Elections

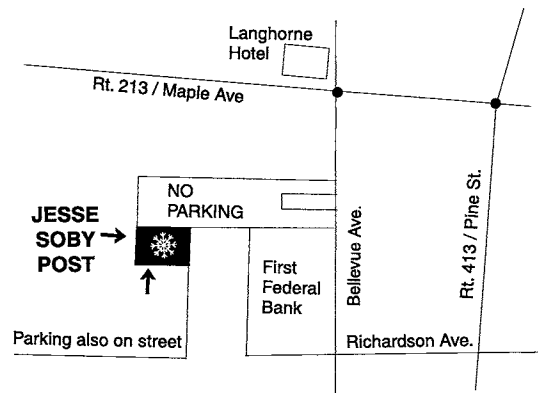
April 8, TBA

May 13 - Pizza Night

All meetings start at 8:00 PM. at the the Jesse Soby American Legion Post, Langhorne, PA,

which is at Richardson & Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. • Anyone with an interest in cross country skiing or the outdoors in general is welcome to attend. Bring a friend! • Please remember to tip our friendly bartenders, who work gratis for the American Legion Post.

For cancellation of NHN club meetings, please tune to KYW-Radio or WPVI-TV (Channel 6) the day of the meeting, or call 215/638-3055 after 5 PM.



The Jesse Soby Post is a gray, two story building at the rear of the parking lot at Bellevue & Richardson Aves. Enter at Richardson Ave. Meetings are either on the first floor (use side entrance) or second floor (rear entrance).

1997 Ski Trip Schedule

January 17-20 (Fri-Mon)

LAPLAND LAKES, NY

We will be staying at the Inn at the Bridge Bed & Breakfast. The Inn is a turn-of-the-century Victorian B&B with a large parlor with fireplace for relaxing after a day of skiing. Lapland Lakes which was described by *Cross Country Skier* magazine as "one of the world's best run ski areas". Owned by ex-olympian Olavi Hirnoven, the immaculate trails are groomed by state-of-the-art Piston Bully machines to skating & race standards, yet many trails are suitable for beginners. The lake is popular for learning or practicing. The ski instruction and rentals are highly recommended. The cost includes: two full country breakfasts, one dinner on Saturday, and two XC ski trail passes. Carpool trip. Cost: \$120 plus carpool fee. A deposit of \$50.00 will hold your place. Full payment is due three weeks prior to the trip. There are twelve spaces available at the B&B. Leader: Mary Phalan, 215-487-1844

January 24-27 (Fri-Mon)

LAKE PLACID, NY- Bus Trip

This will be our third consecutive trip to Lake Placid. The past two years have been huge successes and this trip has filled quickly. There will be **TWO BUSES** this year, one at **3 PM** and one at **6 PM**.

We'll ski at the Mt. Van Hoevenberg Olympic Center, which also connects to the trails of Cascade Cross Country Ski Center. The trails at Mt. Van Hoevenberg are well groomed and suitable for beginner to skating level skiers. Back country skiing via the Jack Rabbit XC trail is right on the premises and last year some intrepid skiers skied back from Cascade Lodge. Downhill skiing at nearby Whiteface Mountain is easy to reach via a shuttle, (appx: \$5.00 round trip).

As one of the East's premier Winter destinations, Lake Placid offers a variety of activities ranging from ice skating at the Olympic skating center, to sledding on the lake. If you need more adventure, you can try the bobsled & luge runs at Mt. Van Hoevenberg. (*One of leaders once did the luge, and rumor has it that he hit his head.....which explains a lot of things.....ed.*)

We'll be returning to the Holiday Inn SunSpree Resort, located in the center of Lake Placid. It has an indoor pool, Jacuzzi, sauna, tanning booth, massage therapist and universal gym. All rooms have TV, microwave, refrigerator and coffee makers.

The trip includes:

- Round trip transportation on a deluxe motorcoach with videos on-board.

- Motorcoach transfers to and from the XC ski area each day.
- Three nights lodging at the Holiday Inn SunSpree Resort
- Saturday and Sunday dinners
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- One box lunch on Monday
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Trip Cost: \$268/Double, \$395/Single, \$230/Triple (with cot \$16/night), \$213/Quad. (Single, triple and quads are subject to availability, so call the leader for details). A deposit of \$150.00 will hold your place and full payment is due three weeks before the trip.

You **MUST** let the trip leader know which bus you will be on! (We'll run the 3 PM bus, if we have 40 people to fill it.) Leaders: Fred Vielhauer 215-673-0831, Mike Seidman

Jan. 30 - Feb. 2, (Fri-Sun)

GARNET HILL, NY

Garnet Hill Lodge is located in the East central Adirondacks at the edge of the 100,000 acres Siamese Ponds wilderness area. This North River NY resort has a complete cross country ski center. More than 50 km of groomed trails and over 100 km of wilderness and backcountry offer cross country skiing for everyone. Equipment and lessons for all levels are available at the ski center.

We have rented the Mt. House and Conklin house for the weekend of Friday Jan 31 thru Feb 2. The houses are fully equipped with kitchens, wood stoves, VCR. All that is needed is you and your skis! This cost of this trip is \$100 (cheap) (*Bargain! - Ed.*) which include the two night stay at the houses. A deposit of \$50 is due on November 22 and the balance December 27. We will only have room for 16 people.

Last year's trip was a success we had over 8 inches of snow and the best ski conditions of the whole year! So don't delay wax your skis get ready and sign up now! Call me at the following. Rico Paolino, 53 Castlewood Dr., Chalfont, Pa 18914, Home (215)822-1955, Work (215)657-6202 x468, BikeRico@aol.com

February 14-16 (Fri-Sun)

HIGHLAND FOREST, TULLEY, NY

Highland Forest State Park in New York State has a variety of trails for all skiing abilities. It has enough trail to keep the weekend interest. Snow is good because of the lake effect. There is a Best Western at the exit and B&B's nearby. Transportation carpooling. This will be an easy drive north on N.E. extension of the turnpike and 81 to

Fulley. About a 4 1/2 hour drive

For now this is a "Do it yourself" trip which means we have no trip leader. Interested in leading??? If you are interested in going: phone numbers for the Best Western and B&B's are available (you make your own reservations). A list will be supplied of all people going so you can make arrangements for carpooling, coordinating reservations and scheduling to meet once you arrive. If you are interest in going contact Jim Diven (215) 672-6349

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Stowe is the quintessential New England ski town and the birthplace of American skiing. The ski trails are some of the best to be found anywhere. The scenery is classic New England Winter - unparalleled beauty! In the past this trip has filled up quickly, so make your reservations early. We'll ski at the world famous Trapp Family Lodge and the scenic Mt. Mansfield Touring Center. Both areas have trails for skiers from beginner to skating level and feature both have state-of-the-art trail grooming equipment. Professional cross country ski lessons for all levels are available. If snow conditions permit, a vast array of backcountry ski trails will be open. Downhill skiing is nearby, and easily accessible via the Stowe Trolley, which stops right at the Inn.

We will be staying at the Commodores Inn, which is within walking distance of Stowe Village. It has Jacuzzis, saunas, exercise rooms and an indoor swimming pool. It has a great dining room and lounge and large common rooms with fireplace for after-skiing get-togethers. All rooms have two queen or king size beds, TV & telephone. The Stowe Trolley (\$1.00), stops at the front door and will take you into town or to many downhill ski areas.

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February 28-March 1 (Fri-Sun)

LAPLAND LAKES, NY

See January 17-20 for details. This trip returns on Sunday night. Cost: ??? plus carpool fee. Deposit: \$50. Leader: Needed.

Trips are filling up!

As you can guess, this is a not-so-subtle reminder to get out your calendar, plan ahead and sign up for your favorite trip. As of November 20, some of the trips are starting to fill up.

<u>Trip</u>	<u>Signed up</u>	<u>Spaces Left</u>
Lake Placid Bus Trip	39	41
Lapland Lake - January	12	4 single, 3 couples
Stowe Bus Trip	30	15
Garnet Hill, NY	16	8*

* We will have to commit to Garnet Hill for the second house (8 people) in early December. Obviously, we need for it to be well utilized on order to take it. Don't procrastinate about this trip, the space may not be there later!

All this info is approximate and changes daily.
Call the leader to make sure.

WINTER CARNIVAL

Feb. 7-9, 1997

In 1997 Lambertville, New Jersey will be hosting a Winter Carnival. A great way to kick off the winter season. The carnival will feature such winter activities as ice sculpture competitions, ice skating snowshoe clinics, and "Free learn to ski lessons. For more information contact Louis Decker. 215-862-5743.

Cross Country Ski-Outfitters SKI TRIP SCHEDULE

Jan 25 - Learn to Ski Day trip.

This will be a bus trip

Feb 22 - Learn to Ski Day trip

Feb 7-9 - A weekend family trip

Mar 7-9 - Swift River Inn, Massachusetts

A weekend of cross-country skiing on 600 acres in the beautiful Berskhires.

If you would like more information about these trips contact Louis Decker, Cross Country Ski Outfitters in Lambertville, New Jersey, 609-397-3366.

Get Your Skis Ready

(A good ski shop will do this for you, too.)

1. Check tips & tails:

Equipment: Epoxy cement, C-clamp. Check your skis for delaminations or cracks: the tails are the most common problem, since this is the end you rammed in the snow-bank by the tavern at the end of the day. Clean the wound: a nail file helps get out the crud. Mix epoxy according to the tube label. Apply with a small stick. Clamp with a small C-clamp for as long as the label suggests.

2. Check the bindings:

Equipment: Screwdriver (Posi-Drive, or large Phillips, carpenter's or white glue. Look for cracks or obvious damage: bent parts, looseness, etc. The boots are part of the binding system: check that they fit properly into the bindings. In case of a problem, replacement is often the only answer. Are the screws tight? Check the heel plate. Some glue on the screws helps keeps water out of the ski.

3. Clean the bottoms:

Equipment required: Rag, wax remover, plastic scraper. You must get last year's crud and wax off! Clean skis glide better! If the bottoms are clean, a rag and wax remover may be enough. If you find old wax on the skis, you'll have to use a scraper first. Plastic scrapers only, unless you're experienced.

4. Smooth the bottoms:

Gouges in a no-wax zone are almost impossible to fix. Gouges in the tips & tails (glide zone) can be smoothed out. If the gouges are not too deep: polish with fine sandpaper, followed by a "Scotch Brite" scouring pad. Work in a tip-to-tail direction. You want it to be as smooth as possible. Clean with wax remover. If the gouges are deep: you can fill in the craters with a p-tex candle, followed by smoothing with a metal scraper. This works OK, but it's not for a beginner.

5. Wax the skis:

You'll get better glide if you wax the tips & tails. It also helps protect the base. Crayon a THIN layer onto the tips & tails. Don't wax the grip zone (unless it's grip or binder wax!) Smooth it with a cork, or better yet, use an iron. Let cool and scrape off the excess. You will need to wax again as the season progresses.



Welcome New Members

Nora Lynn Burnham
Wendel Giclik
Carol Guerrero
Donna Lamon
Mary Madden
Andrew McAloon
Peg Moore

Bruce Olearchik
Jeff Reardon
Arthur Rosenberg
Rose Rothstein
Mike Strierstorfer
Cythia Thomphis
John & Sharon Walgast

Cross Country Ski Etiquette

- Don't ski alone; keep others informed of where you are going.
- The skier going downhill has the right-of-way over a skier going uphill.
- When you encounter other skiers, stay to the right.
- Ski under control at all times. Ski within your ability. Only you can judge your ability to safely ski a trail.
- When overtaking slower skiers, the word "TRACK" is used to let the skier know you are there and that you want to pass.
- Fill in Sitzmarks (holes in the snow caused by your body when you fall).
- If you wish to walk down (or up) a trail, stay to the side of the trail. **DO NOT WALK IN THE TRACKS.**
- Read, understand and obey the signs posted by the ski center, especially directional signs on one-way trails.
- **DON'T LITTER.** Carry out what you carry in.
- When you fall, try to get out of the way and to the side of the trail, injury permitting.
- Report all accidents to the proper authorities (ski patrol, police, etc.) as soon as is practical.
- If you need to stop and converse, please get to the side and off the trail. Don't start a meeting at the bottom of the hill.
- Yield, where possible, to faster skiers.
- Above all, be courteous and use common sense.

1996/97 MEMBERSHIP DUES:

Membership for the 1996-97 season is the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attn: Membership). Dues received after January 1 are subject to the New Member rate.

NEWSLETTER:

Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost. • Send material to: Mike Seidman, e-mail: almo-print@aol.com. 214 Larrimore Lane, Erdenheim, PA 19038, 215-836-4185, Fax: 242-2410.

GENERAL TRIP POLICIES:

It is MANDATORY that everyone participating in any NHN trip sign a release/waiver form. Before boarding a bus, or a week prior to departure of a carpool trip, a release form MUST be obtained by the leader; there will be NO exceptions. • Trips for which the club arranges either lodging or transportation are open to members only. • Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics. If any checks

are returned to our Treasury marked "Insufficient Funds", the member will be charged appropriately for this inconvenience. • Unless otherwise stated, all trips go snow or no snow. Bring hiking boots. • No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member. • In consideration of the comfort and enjoyment of all participants, all passengers on any vehicle holding more than 15 people must be at least 12 years of age. • All trip participants pay full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass it back to that participant. • The success of the trips depends upon people willing to share the driving. Please consider this if you are asked. • Please help loading & unloading luggage. • Hard sided suitcases are difficult to pack efficiently in today's smaller cars. Try to use soft luggage or duffel bags.

TRIP CANCELLATION POLICY

More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less. • Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater. • Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater. • Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving. • The refund amount will be determined by the Board and only after the trip accounting has been completed.

1996/97 - OFFICERS

President	Joanne Hartnett	(215) 638-3055
Vice President	Fred Vielhauer	(215) 673-0831
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Betty Lowing	(215) 322-2061
Corresponding Secretary	Ward Hickman	(215) 741-1766
Member-at-Large	Jim Diven	(215) 672-6349

1996/97 CHAIRPERSONS

Skimeister	Jim Diven	(215) 672-6349
Membership	Betty Lowing	(215) 638-3055 (215) 241-3786 after 6 pm
Editor	Mike Seidman	(215) 836-4185
Publicity Chairperson	Florence DiPaolo	(215) 725-9281
Meeting Programs	Chairperson Needed	
E. PA Ski Council Rep.	Jim Diven	(215) 672-6349

1996-97 Membership Application & Release

RETURN TO: New Hope Nordics, Membership Chairman, Box 52688, Philadelphia, PA 19115

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

RELEASE. I certify that I am in good health and able to participate in any activity of the New Hope Nordics Ski Club of Pennsylvania in which I take part, including, but not limited to, skiing, biking, roller bladeing, bathing, traveling, etc. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and that of my family. In consideration of your acceptance of this entry, for myself, heirs, executors, or administrators, and minor children, I hereby waive and release any and all rights and claims for damage against the New Hope Nordics Ski Club of Pennsylvania, its officers, its leaders, and its agents or representatives, for any and all injuries, losses (including death), and/or damage to person and/or property sustained by me or my family in any activity, including transportation to and from such activity, related directly or indirectly to my participation in said activity.

Signed _____ Date _____

Received by _____



DUES:

Single
 New - \$10
 Renewal - \$8

Family
 New - \$15
 Renewal - \$12

Renewal rates must be paid before January !!

SKI LEVEL:

Beginner
 Intermediate
 Advanced

As always, the weather and snow conditions are beyond our control. Although most of our ski trips are to areas that have well groomed trails with set tracks, sometimes weather conditions may make it impossible for the grooming machines to operate. Occasionally we have had to drive to a different location to find snow, and as a result the skiing was on ungroomed or untracked trails. Backcountry skiing is XC in its purest form and has different challenges than does track skiing. Some equipment (i.e.: skating skis), cannot be used in backcountry. Adapting your technique to differing snow conditions is just another facet of XC skiing. The trip descriptions will tell you much about the kind of skiing you can expect, but your trip leader will be happy to answer any questions that you might have.

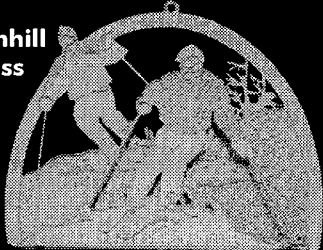
Cross Country Ski Videos

We have a library of cross country video tapes that you can borrow. The collection covers cross country techniques from beginner to advanced, skating and telemarking. We probably have most of the cross country videos ever made (about 10!) The Video Librarian is Fred Vielhauer (215)-673-0831. They are available at most meetings on a first come, first serve!

**HOLIDAY
ORNAMENTS**



**XC or Downhill
Solid Brass
3-1/4"
U.S.A.**



These intricately detailed, three dimensional ornaments will look great on your tree! **Cross Country** No. (696-XC) or **Downhill** (No. 696-D). \$13.25 + 3.50 S&H. Fitness Forum, Inc. Box 1226, Glenside PA 19038, 215-242-0399, Fax 215-242-2410 <http://www.p3.net/~fitnessforum>, e-mail: fitnessforum@p3.net

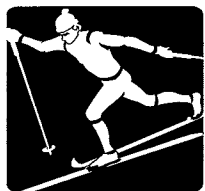


**NEW HOPE NORDICS
Cross Country Ski Club
Box 52688
Philadelphia, PA 19115**

**DEC. 10
XMAS
PARTY!**



Nordic Notes



THE
NEW HOPE
NORDICS, INC.

•
Cross-Country
Ski Club

•
JANUARY 1997

1997 Meeting Schedule

Jan 14th - Learn to Ski Program

Jim Diven will demonstrate the basics of skiing and will also be showing some ski videos.

Jan 28 - Safety Program

Pete Benson a member of the National Ski Patrol will talk about safety precautions while skiing. Pete is both an alpine and cross country skier and is knowledgeable about the hazards of both types of skiing

Feb. 11, TBA

Feb. 25, TBA

March 11, TBA Elections

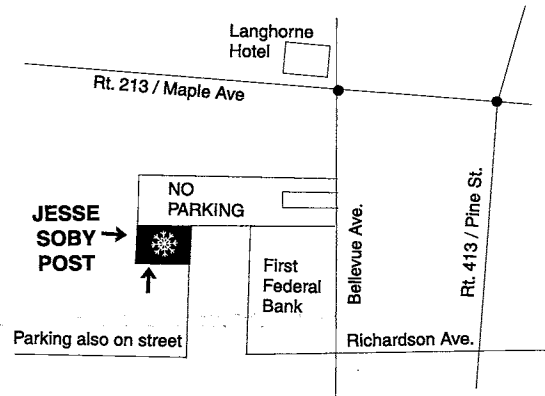
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Trip	Spaces Left	Signed up
Lapland Lake - January	2	14
Lake Placid Bus Trip	25	55
Stowe Bus Trip	11	34
Garnet Hill, NY	1	13

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Trip Cost: \$285/Double, \$395/Single, \$250/Triple, \$225/Quad. A deposit of \$150.00 will hold your place and full payment is due three weeks before the trip. Leader: Joanne Hartnett, 215-638-3055.

February 28-March 1 (Fri-Sun) LAPLAND LAKES, NY

See January 17-20 for details. This trip returns on Sunday night. Cost: \$??? plus carpool fee. Deposit: \$50. Leader: Ward Hickman 215-741-1766

Welcome New Members

Walt Hug	Sandra Carson
Brian McCreadie	Marylyn Wimp
Debbie Hoellein	Jane Saltz
Dottie Sconyers	Bret Cavanaugh

INTRODUCTION TO CROSS COUNTRY SKIING

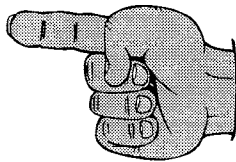
Recreational Equipment, Inc. (REI)
Butler Pike & Ridge Avenue
610-940-0808

January 16, 1997 - 7:00 PM

Once again, New Hope Nordics will be doing a brief program about XC skiing. The program will cover:

- Different types of skis
- What to look for in bindings
- XC Ski Clothing - it's not jeans anymore!
- Where to ski
- To Wax or Not To Wax?

.... and since Mike Seidman will be the speaker, we will also cover the proper kinds of beer to drink after a long day of skiing! He is a charter member of New Hope Nordics, a certified XC instructor, homebrewer and all-around curmudgeon.



Day Ski Trips

We had a very good response to our impromptu trips last year, so we are doing it again. We'll ski on Saturday or Sunday. We will find an area where there is snow within a few hours drive. If we are going to the Poconos, or nearby the turnpike, we will meet at the Friendly Restaurant at the Plymouth Meeting Mall at 9 AM. If the snow is local - we'll pick an area and will meet at a central location. Call one of the people listed below if you are interested.

Jim Diven	215-672-6349 (after 6 P.M.)
Joanne Hartnett	215-638-3055
Ward Hickman	215-741-1766
Mary Phalan	215-587-1844
Phil Zminda	215-661-0490

Some Nearby X-C Destinations

All you need is 3+ inches of snow and you can ski anywhere. Listings are for: Driving Time/Name & Location/Comments. We would welcome any feedback, or additions to this list.

0.5 hrs - Tyler State Pk, Holland PA. Roads are wide for skiing, Some hills, no amenities.

0.5 hrs. - Tamamend Pk, Southampton PA. Very easy skiing, many trails no hills.

0.5 hrs - Core Creek Pk, Langhorne PA. Bike trail around lake, some small hills.

1.0 hrs - Towpath, Del Canal, PA/NJ. Easy skiing, small towns nearby.

1.0 hrs - Washington Crossing Pk, NJ. Easy skiing, access to towpath.

1.0 hrs - Valley Forge N Pk. Open and rolling hills

1.0 hrs - Peace Valley Pk, Dublin, PA. Bike path around lake. Some trails in woods near center.

2.00 hrs - Mauch Chunk Pk, Jim Thore, PA. Old RR grade in forest, Beautiful. Rentals.

2.5 hrs - Hickory Run St. Pk, Whitehaven, PA. Many trails & roads.

2.5 hrs - Pocono Manor, Mt. Pocono, PA. Golf course with some hills and steep valleys. Fee, Rentals

2.5 hrs - Jackfrost Ski Are, Blakeslee, PA. Snowmobile groomed, Fees, Rentals.

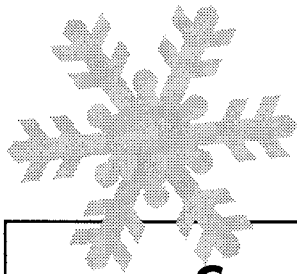
1997 Winter Carnival February 7-9, 1997 Lambertville, NJ

Come to beautiful Lambertville, NJ for a week-end of fun filled activities including:

- Wine, Cheese & Champagne Preview Party
- Cross Country Ski Lessons**
- Alpine Learn to Ski Program**
- Snowshoe Clinic**
- Free Ice Skating
- Ice Carving Contest**
- Winter Tales: *Songs & Stories*
- Antique and Fine Art Auction
- Ice Carving Demonstrations
- "Chilly-Off Contest Tasting
- What I Love About Winter:
 - *Children's Poster and Essay Expo***
 -and more!

**Some events require preregistration. Call the Lambertville Area Chamber of Commerce at 609-397-0055 for information.

All proceeds benefit the Lambertville/New Hope Ambulance and Rescue Squad, the Lambertville Local School District, and the D&R Canal Commission.



Cross Country Ski Outfitters 1997 SKI TRIP SCHEDULE

- Jan. 22 or Jan. 25** - Day Trip - High Point Park
Bus Trip Beginner Ski Lessons available
- Feb. 8** - Winter Carnival - Lambertville, NJ
Ski Lessons
- Mar. 7-9** - Weekend Trip Stowe Vermont
Staying at the Stowehof Inn,

If you would like more information about these trips contact Louise Decker, Cross Country Ski Outfitters in Lambertville, New Jersey, 609-397-3366.

Green Lane Reservoir Park Nature Center Free Winter Clinics

Cross Country Ski Clinic

Saturday, February 1, 10:00 a.m. and 1:00 p.m.

Want to improve your glide? Learn basic to advanced XC ski skills. We'll cover the latest in equipment for touring, backcountry and skating techniques, places to ski and clubs, as well as the history of the sport. Program will be held regardless of snow conditions.

Snowshoeing Primer

Saturday, February 8, 1:00 p.m.

Snowshoeing is a great way to wander through the woods in winter. Learn about different types of snowshoes. Sorry, we don't rent equipment, but you can learn about what to look for when you buy. We'll take a snowshoe trek, conditions permitting.

Both programs are free and will be taught by Ruth King, Park Naturalist. The park does not have equipment available for rental.

The Nature Center is located behind the Marlborough Elementary School on Route 29, about 3/4 mile north of the intersection of Route 29 and 65 in Green Lane, PA.

For more information call: 215-234-8497.

**WE NEED VOLUNTEERS FOR
THE NOMINATING COMMITTEE
AND PEOPLE TO RUN FOR
POSITIONS AS OFFICERS OF
THE CLUB. IF YOU ARE INTERESTED
PLEASE CONTACT ANY
BOARD MEMBER. Thank You**

1996/97 MEMBERSHIP DUES:

Membership for the 1996-97 season is the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attn: Membership). Dues received after January 1 are subject to the New Member rate.

NEWSLETTER:

Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost. • Send material to: Mike Seidman, e-mail: almo-print@aol.com. 214 Larrimore Lane, Erdenheim, PA 19038, 215-836-4185, Fax: 242-2410. Articles that are submitted via e-mail will save the editor re-typing, and will get published much faster.

GENERAL TRIP POLICIES:

It is MANDATORY that everyone participating in any NHN trip sign a release/waiver form. Before boarding a bus, or a week prior to departure of a carpool trip, a release form MUST be obtained by the leader; there will be NO exceptions. • Trips for which the club arranges either lodging or transportation are open to members only. • Reservations for trips are confirmed only upon receipt of

deposit. Make checks payable to New Hope Nordics. If any checks are returned to our Treasury marked "Insufficient Funds", the member will be charged appropriately for this inconvenience. • Unless otherwise stated, all trips go snow or no snow. Bring hiking boots. • No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member. • In consideration of the comfort and enjoyment of all participants, all passengers on any vehicle holding more than 15 people must be at least 12 years of age. • All trip participants pay full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass it back to that participant. • The success of the trips depends upon people willing to share the driving. Please consider this if you are asked. • Please help loading & unloading luggage. • Hard sided suitcases are difficult to pack efficiently in today's smaller cars. Try to use soft luggage or duffel bags.

TRIP CANCELLATION POLICY

More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less. • Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater. • Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater. • Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving. • The refund amount will be determined by the Board and only after the trip accounting has been completed.

1996/97 - OFFICERS

President	Joanne Hartnett	(215) 638-3055
Vice President	Fred Vielhauer	(215) 673-0831
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Betty Lowing	(215) 322-2061
Corresponding Secretary	Ward Hickman	(215) 741-1766
Member-at-Large	Jim Diven	(215) 672-6349

1996/97 CHAIRPERSONS

Skimeister	Jim Diven	(215) 672-6349
Membership	Betty Lowing	(215) 638-3055 (215) 241-3786 after 6 pm
Editor	Mike Seidman	(215) 836-4185
Publicity Chairperson	Florence DiPaolo	(215) 725-9281
Meeting Programs	Chairperson Needed	
E. PA Ski Council Rep.	Jim Diven	(215) 672-6349

1996-97 Membership Application & Release

RETURN TO: New Hope Nordics, Membership Chairman, Box 52688, Philadelphia, PA 19115

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

RELEASE. I certify that I am in good health and able to participate in any activity of the New Hope Nordics Ski Club of Pennsylvania in which I take part, including, but not limited to, skiing, biking, roller bladeing, bathing, traveling, etc. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and that of my family. In consideration of your acceptance of this entry, for myself, heirs, executors, or administrators, and minor children, I hereby waive and release any and all rights and claims for damage against the New Hope Nordics Ski Club of Pennsylvania, its officers, its leaders, and its agents or representatives, for any and all injuries, losses (including death), and/or damage to person and/or property sustained by me or my family in any activity, including transportation to and from such activity, related directly or indirectly to my participation in said activity.

Signed _____ Date _____

Received by _____

DUES:

Single

New - \$10

Renewal - \$8

Family

New - \$15

Renewal - \$12

Renewal rates must be paid before January !!

SKI LEVEL:

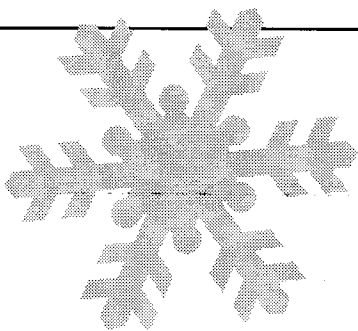
Beginner

Intermediate

Advanced

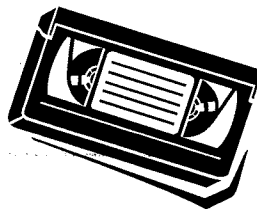


As always, the weather and snow conditions are beyond our control. Although most of our ski trips are to areas that have well groomed trails with set tracks, sometimes weather conditions may make it impossible for the grooming machines to operate. Occasionally we have had to drive to a different location to find snow, and as a result the skiing was on ungroomed or untracked trails. Backcountry skiing is XC in its purest form and has different challenges than does track skiing. Some equipment (i.e.: skating skis), cannot be used in backcountry. Adapting your technique to differing snow conditions is just another facet of XC skiing. The trip descriptions will tell you much about the kind of skiing you can expect, but your trip leader will be happy to answer any questions that you might have.



Cross Country Ski Videos

We have a library of cross country video tapes that you can borrow. The collection covers cross country techniques from beginner to advanced, skating and telemarking. We probably have most of the cross country videos ever made (about 10!) The Video Librarian is Fred Vielhauer (215)-673-0831. They are available at most meetings on a first come, first serve!

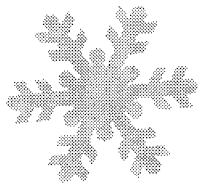


FOR SALE:

Karhu GT Kinetic waxable metal-edged back country skis, 205 cm, with NNN-BC bindings, \$125; V2 900S skate/classical roller skis with NNN bindings, \$100. Phil, 215-661-0490.



NEW HOPE NORDICS
Cross Country Ski Club
Box 52688
Philadelphia, PA 19115



Nordic Notes

THE
NEW HOPE
NORDICS, INC.

•
Cross-Country
Ski Club

•
FEBRUARY 1997

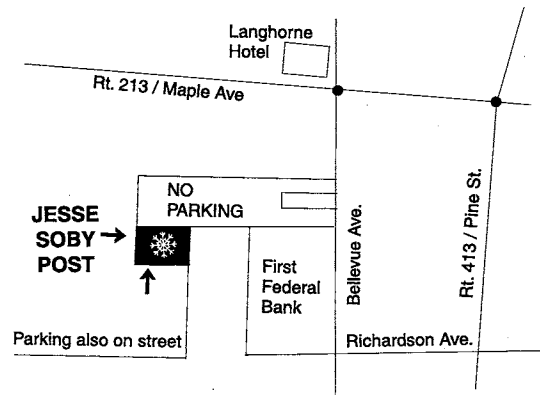


1997 Meeting Schedule

Feb. 11, TBA
Feb. 25, TBA
March 11, TBA Elections
April 8, TBA
May 13 - Pizza Night

All meetings start 1 8:00 PM. at the the Jesse Soby American Legion Post, Langhorne, PA, which is at Richardson & Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. • Anyone with an interest in cross country skiing or the outdoors in general is welcome to attend. Bring a friend! • Please remember to tip our friendly bartenders, who work gratis for the American Legion Post. For cancellation of NHN club meetings,

please tune to KYW-Radio or WPVI-TV (Channel 6) the day of the meeting, or call 215/638-3055 after 5 PM.



The Jesse Soby Post is a gray, two story building at the rear of the parking lot at Bellevue & Richardson Aves. Enter at Richardson Ave. Meetings are either on the first floor (use side entrance) or second floor (rear entrance).

1997 Ski Trip Schedule

February 14-16 (Fri-Sun) HIGHLAND FOREST, TULLEY, NY

Highland Forest State Park in New York State has a variety of trails for all skiing abilities. It has enough trail to keep the weekend interest. Snow is good because of the lake effect. There is a Best Western at the exit and B&B's nearby. Transportation carpooling. This will be an easy drive north on N.E. extension of the turnpike and 81 to Fulley. About a 4-1/2 hour drive.

For now this is a "Do it yourself" trip which means we have no official trip leader. Interested in leading??? If you are interested in going: phone numbers for the Best Western and B&B's are available (you make your own reservations). A list will be supplied of all people going so you can make arrangements for carpooling, coordinating reservations and scheduling to meet once you arrive. If you are interest in going contact Jim Diven (215) 672-6349

February 21-24 (Fri-Mon) STOWE, VT - Bus Trip

Stowe is the quintessential New England ski town and the birthplace of American skiing. The ski trails are some of the best to be found anywhere. The scenery is classic New England Winter - unparalleled beauty! In the past this trip has filled up quickly, so make your reservations early.

We'll ski at the world famous Trapp Family Lodge and the scenic Mt. Mansfield Touring Center. Both areas have trails for skiers from beginner to skating level and feature both have state-of-the-art trail grooming equipment. Professional cross country ski lessons for all levels are available. If snow conditions permit, a vast array of backcountry ski trails will be open. Downhill skiing is nearby, and easily accessible via the Stowe Trolley, which will pick you up right at our Inn.

We will be staying at the Commodores Inn, which is within walking distance of Stowe Village. It has Jacuzzis, saunas, exercise rooms and an indoor swimming pool. It has a

great dining room and lounge and large common rooms with fireplace for after-skiing get-togethers. All rooms have two queen or king size beds, TV & telephone. The Stowe Trolley (\$1.00), stops at the front door and will take you into town or to many downhill ski areas.

The trip includes:

- Round trip transportation on a deluxe motorcoach with videos on-board.
- Motorcoach transfers to and from the XC ski area each day.
- Three nights lodging at the Commodores Inn.
- Saturday and Sunday dinners
- Three breakfasts
- One box lunch on Monday
- Taxes and gratuities

Trip Cost: \$285/Double, \$395/Single, \$250/Triple, \$225/Quad. A deposit of \$150.00 will hold your place and full payment is due three weeks before the trip. Leader: Joanne Hartnett, 215-638-3055.

February 28-March 1 (Fri-Sun)

LAPLAND LAKES, NY

See January 17-20 for details. This trip returns on Sunday night. Cost: \$??? plus carpool fee. Deposit: \$50. Leader: Ward Hickman 215-741-1766

From The Editor

An Idea I Hope You'll Hate

Once again election time has come upon us. And once again no one has volunteered to run for office. So what else is new? Welcome to America! Volunteering for things you care about became unfashionable during the Reagan years and has yet to return. It seems that the same old crew keeps this club going year after year. The club will continue next year ONLY because the current officers have agreed to stay on. So here's the idea that you're not going to like: I plan to propose that our club policy be changed to lower the trip prices for serving officers, trip leaders and co-leaders, and be increased for everyone else. Since the trip leaders and officers do the work to keep things going, and since new volunteers are not exactly banging the doors down, I propose that the "non-volunteering members" start to pay for these services.

Does this make you angry? Good! Do something about it. Go ahead, fill my e-mail with vitriolic bytes, yell at my answering machine! Send me poison faxes. Or prove me wrong - Volunteer.

Great Time on Garnet Hill Trip

The New Hope Nordics had another fun and snow filled trip to Garnet Hill New York on Jan 31 to Feb 1. Garnett Hill is essentially a X-country ski winter wonderland. There are miles of perfectly groomed trails of varying ability sure to please the novice ("Old Faithful") to the advanced skier ("Skullbuster" hill - although some people thought it busted something else!).

We rented the Conclin House and Mountain house. Friday night at Conclin house we had the Boggle game championship. Soon we realized why Chris wanted to play. "Learning a game as you play" usually is synonymous with "loosing as you play". Meg was very competitive, her English skills quickly becoming apparent. Grace jumped in and was quickly giving us all a run for the money. I almost succeeded in inventing a few new words of Scottish and Welsh origin. Fred's sideline commentary was also insightful ("Oh you mean the letters in the words have to be next to each other?").

Saturday was as warm as it could get and still have good skiing conditions (~37 degrees). Although it was their first day on X-country skis, Kathy & Margarete quickly

skied the hardest trails and were soon seeking out anything that had skulls and crossbones on it. Needless to say fun and snow was had by all.

Later that night at Mountain house, we dined on a Italian food festival prepared by the world renowned Chef Paolino. The menu includes bruschetta, antipasto, salad, baked ziti, roasted garlic spread and massive quantities of deserts. A surprise birthday for Margrette (?? spelling) heightened the party atmosphere. We were serenaded by Cathy, Brenda, Margarete and Claire's rendition of "We love you Rico" in appreciation for the planning of the trip (or was it something else ????)

Sunday was perfect with 25 degrees, moderate sunshine and no appreciable wind. A detachment from Conclin house experimented skiing at paths in the nearby Siamese Lakes. We then dined on the remaining food from the Rico Food Festival at Cafe Mountain House.

So far, Garnet Hill has produced two of the best ski conditions that I've ever experienced. Next year, we'll stay longer.

I'll see you next year.

**OFFICIAL BALLOT
NEW HOPE NORDICS
1997-98 ELECTION OF OFFICERS**

**Vote at the March 11 meeting or mail this ballot. Mail-in votes must
be postmarked no later than March 11, 1997 to be included.
New Hope Nordics, Box 52688, Phila., PA 19115**

VOTE FOR ONE CHOICE PER OFFICE ONLY!

PRESIDENT:

Joanne Hartnett*

VICE-PRESIDENT

Fred Vielhauer*

TREASURER

Mary Phalan*

CORRESPONDING SECRETARY

RECORDING SECRETARY

Ward Hickman*

MEMBER-AT-LARGE

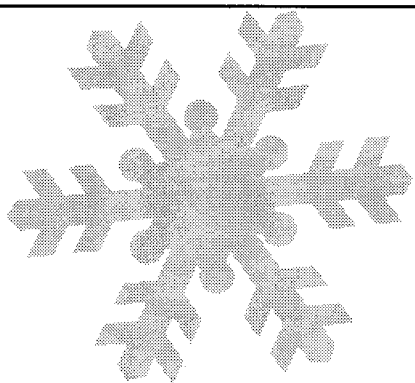
Jim Diven*

* incumbent

The 8 Essential Skills of XC Skiing

The skills needed to ski XC can be broken down into eight easy-to-learn parts. Whether you are a beginner or an expert, diagonal striding or skating, the skills apply to all levels. For example, the basic snowplow starts by **SKIDDING** the skis sideways into a Vee, then **EDGING** them into the snow. When you add **WEIGHT TRANSFER**, you will start to turn! By practicing the basic skills for a few minutes each day when you ski, you will become a smoother, more efficient, and faster skier.

- **SLIDING:** Gliding across the snow with a neutral, balanced stance with your feet side by side.
- **GLIDING ON ONE SKI:** gliding across the snow on ONE ski, with your body mass centered over that ski.
- **WEIGH TRANSFER:** Shifting your weight from ski to ski.
- **PUSHING OFF:** Also know as "kicking", when you grip the snow with the ski to move forward. Nowax skis grip with the fishscale pattern, wax skis grip with the wax, and skating skis grip with the edges.
- **POLING:** pushing off against the poles.
- **EDGING:** tilting the skis on edge so that the bottom corner digs into the snow.
- **SKIDDING:** slipping the skis sideways across the snow
- **STEERING:** turning the leg and foot to turn the ski.



Welcome New Members

Mary McCalla
Brenda Smith
Margaret Otte
Claire Wexler
William McNichol

Christian New
Nick & Ginng Peruto
Linda Williams
Pat & Kathy Orner

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- Jan. 22 or Jan. 25** - Day Trip - High Point Park
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Ski Lessons
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Staying at the Stowehof Inn,

If you would like more information about these trips contact Louise Decker, Cross Country Ski Outfitters in Lambertville, New Jersey, 609-397-3366.

Cross Country Ski Etiquette

- Don't ski alone; keep others informed of where you are going.
- The skier going downhill has the right-of-way over a skier going uphill.
- When you encounter other skiers, stay to the right.
- Ski under control at all times. Ski within your ability. Only you can judge your ability to safely ski a trail.
- When overtaking slower skiers, the word "TRACK" is used to let the skier know you are there and that you want to pass.
- Fill in Sitzmarks (holes in the snow caused by your body when you fall).
- If you wish to walk down (or up) a trail, stay to the side of the trail. **DO NOT WALK IN THE TRACKS.**
- Read, understand and obey the signs posted by the ski center, especially directional signs on one-way trails.
- **DON'T LITTER.** Carry out what you carry in.
- When you fall, try to get out of the way and to the side of the trail, injury permitting.
- Report all accidents to the proper authorities (ski patrol, police, etc.) as soon as is practical.
- If you need to stop and converse, please get to the side and off the trail. Don't start a meeting at the bottom of the hill.
- Yield, where possible, to faster skiers.
- Above all, be courteous and use common sense.

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Single	\$10	\$8
Family	15	12

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Vice President	Fred Vielhauer	(215) 673-0831
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Betty Lowing	(215) 322-2061
Corresponding Secretary	Ward Hickman	(215) 741-1766
Member-at-Large	Jim Diven	(215) 672-6349

1996/97 CHAIRPERSONS

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Membership	Betty Lowing	(215) 638-3055
		(215) 241-3786 after 6 pm
Editor	Mike Seidman	(215) 836-4185
Publicity Chairperson	Florence DiPaolo	(215) 725-9281
Meeting Programs	Chairperson Needed	
E. PA Ski Council Rep.	Jim Diven	(215) 672-6349

1996-97 Membership Application & Release

RETURN TO: New Hope Nordics, Membership Chairman, Box 52688, Philadelphia, PA 19115

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

RELEASE. I certify that I am in good health and able to participate in any activity of the New Hope Nordics Ski Club of Pennsylvania in which I take part, including, but not limited to, skiing, biking, roller bladeing, bathing, traveling, etc. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and that of my family. In consideration of your acceptance of this entry, for myself, heirs, executors, or administrators, and minor children, I hereby waive and release any and all rights and claims for damage against the New Hope Nordics Ski Club of Pennsylvania, its officers, its leaders, and its agents or representatives, for any and all injuries, losses (including death), and/or damage to person and/or property sustained by me or my family in any activity, including transportation to and from such activity, related directly or indirectly to my participation in said activity.

Signed _____ Date _____

Received by _____



DUES:

Single

- New - \$10
 Renewal - \$8

Family

- New - \$15
 Renewal - \$12

Renewal rates must be paid before January 1!

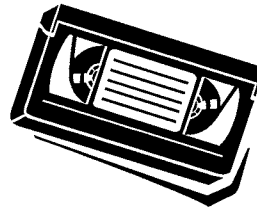
SKI LEVEL:

- Beginner
 Intermediate
 Advanced

As always, the weather and snow conditions are beyond our control. Although most of our ski trips are to areas that have well groomed trails with set tracks, sometimes weather conditions may make it impossible for the grooming machines to operate. Occasionally we have had to drive to a different location to find snow, and as a result the skiing was on ungroomed or untracked trails. Backcountry skiing is XC in its purest form and has different challenges than does track skiing. Some equipment (i.e.: skating skis), cannot be used in backcountry. Adapting your technique to differing snow conditions is just another facet of XC skiing. The trip descriptions will tell you much about the kind of skiing you can expect, but your trip leader will be happy to answer any questions that you might have.

Cross Country Ski Videos

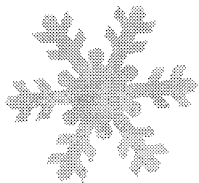
We have a library of cross country video tapes that you can borrow. The collection covers cross country techniques from beginner to advanced, skating and telemarking. We probably have most of the cross



country videos ever made (about 10!) The Video Librarian is Fred Vielhauer (215)-673-0831. They are available at most meetings on a first come, first serve!



NEW HOPE NORDICS
Cross Country Ski Club
Box 52688
Philadelphia, PA 19115



**Election
Ballot
Inside**

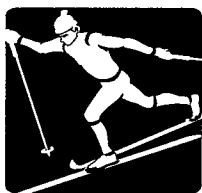


Nordic Notes

THE
NEW HOPE
NORDICS, INC.

•
Cross-Country
Ski Club

•
MAY 1997



1997 Meeting Schedule

May 13th

Pizza Night & Bike Safety Night Last Meeting of the Season

Fred Vielhauer will give a presentation on biking, including tips on safe biking. This will be our last meeting for the season so come out and say good-bye to your ski buddies for the season.

September 9

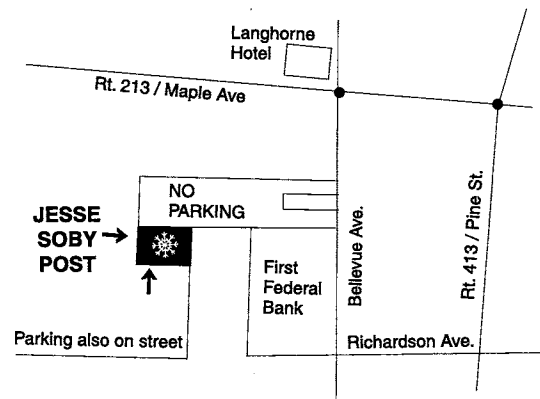
First Meeting of the Season

Have a great summer!

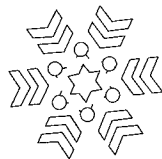
All meetings start 1 8:00 PM. at the the Jesse Soby American Legion Post, Langhorne, PA, which is at Richardson & Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. • Anyone with an interest in cross country skiing or the outdoors in general is welcome

to attend. Bring a friend! • Please remember to tip our friendly bartenders, who work gratis for the American Legion Post.

For cancellation of NHN club meetings, please tune to KYW-Radio or WPVI-TV (Channel 6) the day of the meeting, or call 215/638-3055 after 5 PM.



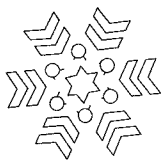
The Jesse Soby Post is a gray, two story building at the rear of the parking lot at Bellevue & Richardson Aves. Enter at Richardson Ave. Meetings are either on the first floor (use side entrance) or second floor (rear entrance).



ATTENTION SKIERS!

In this issue is a questionnaire about trips the club runs for you, the skier. Please do not dismiss this request lightly as the officers of the club work hard trying to please as many members as we can with the information at hand. No idea is dismissed until it has been examined and researched. So, please give us your thoughts. Remember, this club exists only to provide skiing experiences for its members, period.

Jim Diven
Skimeister



New Hope Nordics '97-'98 XC Ski Trips

JAN. 8-12

STOWE, VT: INN TO INN

What better way to kick off the ski season, than with four days of skiing in scenic Vermont. This is a twist on the typical ski weekend, instead of going to one ski area and staying there all weekend we will start at one area, ski there all day then ski to our accommodations at another inn. Arrangements will be made to have your luggage transported for you. No you don't have to carry your suitcase on your back. Sound interesting, something different. For intermediate to advance skiers. For more details contact Bill Aring (609)-888-3488

JAN. 23-26

LAKE PLACID, NY

Bus Trip. Same description as last year, but only one bus leaving at 3:00 P.M. Trip Cost: \$283/Double, \$410/Single, \$247/Triple, \$228/Quads. Cots are extra A deposit of \$150.000 will hold your place and full payment is due three weeks before the trip. Leader: Fred Vielhauer - (215)-673-0873

JAN. 30 - FEB. 1

LAPLAND LAKES, NY

Lapland Lakes is tucked away in the peaceful south-central region of New York's famed 6 million acre Adirondack Forest Preserve. Lapland Lakes one of the finest cross-country ski centers, and offer 45 km of picturesque trails, 35 km. designed and well maintained for skiers of all abilities. We will be staying in tupas (Finnish for cottage) right at the ski area. For more information contact Ward Hickman (215)-741-1766

FEB. 6-8

GARNET HILL, NY

Garnet Hill lodge is located in the East central Adirondacks at the edge of the 100,000 acres Siamese Ponds wilderness area. Garnet hill has a complete cross country ski center. More than 50 km of groomed trails and over 100 km of wilderness and back country offering cross country skiing for everyone. Equipment and lessons are available. We are renting one of the houses located on the property (step out the door, and go skiing no driving to the ski area) The house is equipped with kitchen, wood stoves and VCR. For the past two years this trip has been a success. We were welcomed both years with fresh snow and some of

the best skiing you could want. For more information contact Ricco Paolino (215)-682-9780

FEB. 20-23

STOWE, VT.

Bus Trip. What would the ski season be without our annual bus trip to Stowe, VT. We will be skiing at the Trapp Family Lodge and Mt. Mansfield Touring Centers. Both areas have trails for skiers from beginner to skating level. Downhill skiing is nearby and easily accessible via the Stowe Trolley. We will be staying at the Commodore, Inn, which is within walking distance of Stowe Village. The Commodore has all the amenities of the larger hotels, while still maintaining the classic charm of a typical New England inn. The Stowe Trolley stops at the front door and will take you into town or the many of the downhill ski area. For more information contact Joanne Hartnett (215)-638-3055

MAR 6-8

LAPLAND LAKES, NY

What better way to end the ski season than one last weekend at Lapland Lakes. Because of the high elevation and the lake affect, Lapland Lakes is one of the few areas around to have good snow late in the season. We will be staying at the Inn of the Bridge in Northfield, which is a 10-minute drive from the ski area. The Inn is a turn-of-the-century Victorian B&B with a large parlor with fireplace for relaxing after a day of skiing. For more details contact Jim Diven (215)-672-6349

IN THE PLANNING STAGES

We are also planning trips to: HIGHLAND FOREST STATE PARK - TULLY, NY, Highland forest has a wide variety of trails to hold your interest all weekend. For all skiing abilities. TUG HILL - TURIN, NY Great skiing can be found at Pioneer Lodge, Barnes Corners and the old Black River Canal area. WESTERN PENNSYLVANIA - No definite destination has been picked.

If you have any suggestions about ski trips, or are interested in leading a trip contact our Skimeister - Jim Diven (215)-672-6349



1997/98 MEMBERSHIP DUES:

Membership for the 1997-98 season is the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attn: Membership). Dues received after January 1 are subject to the New Member rate.

NEWSLETTER:

Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost. • Send material to: Mike Seidman, e-mail: almo-print@aol.com. 214 Larrimore Lane, Erdenheim, PA 19038, 215-836-4185, Fax: 242-2410. Articles that are submitted via e-mail will save the editor re-typing, and will get published much faster.

GENERAL TRIP POLICIES:

It is MANDATORY that everyone participating in any NHN trip sign a release/waiver form. Before boarding a bus, or a week prior to departure of a carpool trip, a release form MUST be obtained by the leader; there will be NO exceptions. • Trips for which the club arranges either lodging or transportation are open to members only. • Reservations for trips are confirmed only upon receipt of

deposit. Make checks payable to New Hope Nordics. If any checks are returned to us marked "Insufficient Funds", the member will be charged appropriately for this inconvenience. • Unless otherwise stated, all trips go snow or no snow. Bring hiking boots. • No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member. • In consideration of the comfort and enjoyment of all participants, all passengers on any vehicle holding more than 15 people must be at least 12 years of age. • All trip participants pay full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass it back to that participant. • The success of the trips depends upon people willing to share the driving. Please consider this if you are asked. • Hard-sided suitcases are difficult to pack efficiently in smaller cars. Try to use soft luggage or duffel bags.

TRIP CANCELLATION POLICY

More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less. • Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater. • Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater. • Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving. • The refund amount will be determined by the Board and only after the trip accounting has been completed.

1997/98 - Officers

President	Joanne Hartnett	(215) 638-3055
Vice-President	Fred Vielhauer	(215) 673-0831
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Ward Hickman	(215) 741-1766
Corresponding Secty.	Mike Borovicka	(215) 968-5698
Member At Large	Jim Diven	(215) 672-6349

1997/98 - Chairpersons

Skimeister	Jim Diven	(215) 672-6349
Membership	Chairperson Needed	
Editor	Mike Seidman	(215) 836-4185
Publicity	Florence DiPaolo	(215) 725-9281
Meeting Programs	Chairperson Needed	
E.P.A Ski Council Rep.	Jim Diven	(215) 672-5349

1997/98 Membership Application & Release

RETURN TO: New Hope Nordics, Membership Chairman, Box 52688, Philadelphia, PA 19115

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

RELEASE. I certify that I am in good health and able to participate in any activity of the New Hope Nordics Ski Club of Pennsylvania in which I take part, including, but not limited to, skiing, biking, roller bladeing, bathing, traveling, etc. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and that of my family. In consideration of your acceptance of this entry, for myself, heirs, executors, or administrators, and minor children, I hereby waive and release any and all rights and claims for damage against the New Hope Nordics Ski Club of Pennsylvania, its officers, its leaders, and its agents or representatives, for any and all injuries, losses (including death), and/or damage to person and/or property sustained by me or my family in any activity, including transportation to and from such activity, related directly or indirectly to my participation in said activity.

Signed _____ Date _____

Received by _____

DUES:

Single

- New - \$10
 Renewal - \$8

Family

- New - \$15
 Renewal - \$12

Renewal rates must be paid before January 1!

SKI LEVEL:

- Beginner
 Intermediate
 Advanced



Eastern Mountain Sports

One Day Sale for Outdoor Club Members

By joining an outdoor organization, you've shown your commitment to preserving America's public lands and waterways. Now, we'd like to show you our appreciation with a special sale for members of outdoor organizations.

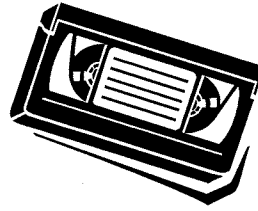
20% Off Everything! Thursday, May 1

Just bring proof of membership in an outdoor organization, and we'll give you a 20% discount on all your purchases at EMS that day. Be sure to join us. Because you can't beat this deal—even with a club.



Cross Country Ski Videos

We have a library of cross country video tapes that you can borrow. The collection covers cross country techniques from beginner to advanced, skating and telemarking. We probably have most of the cross

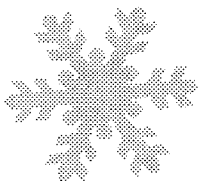


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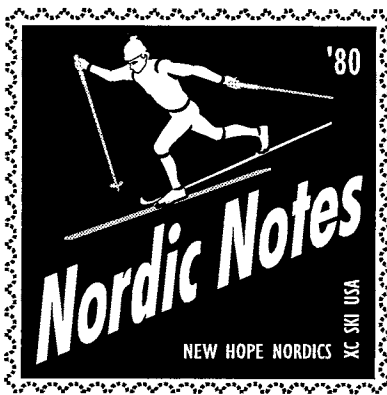
NEW HOPE NORDICS
Cross Country Ski Club
Box 52688
Philadelphia, PA 19115



INSIDE:

- Next Year's Trips!
- Survey Form

1998 Cross Country Ski Trips

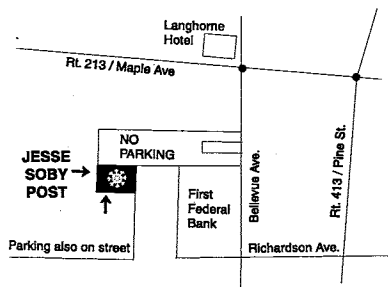


**THE NEW HOPE
NORDICS, INC.**

**Cross-Country
Ski Club**

OCTOBER 1997

Our meetings start at 8:00 PM at the the Jesse Soby American Legion Post, Langhorne, PA, which is at Richardson & Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. • Anyone with an interest in cross country skiing or the outdoors in general is welcome to attend. Bring a friend! • Please remember to tip our friendly bartenders, who work gratis for the American Legion Post. For cancellation of NHN club meetings, please tune to KYW-Radio or WPVI-TV (Channel 6) the day of the meeting, or call 215/638-3055 after 5 PM.



The Jesse Soby Post is a gray, two story building at the rear of the parking lot at Bellevue & Richardson Aves. Enter at Richardson Ave. Meetings are either on the first floor (use the side entrance) or second floor (use the rear entrance).

JAN. 9-12

Stowe, Vt: Inn to Inn

Ski and stay two days and nights at the fabulous Trapp Family Lodge. Enjoy the vast network of trails there, including a short stretch of the Cata-mountain Trail. Then on Sunday afternoon ski over to Topnotch Spa and Resort while your luggage is transported by Trapp Family Lodge to Topnotch. Explore the many trails available in that area, including Edson Hill Manor, or pamper yourself with the amenities of the Spa at Topnotch until noon Monday. Price (to be determined) includes lodging, breakfast, trail pass and baggage transfer. Limited to 20 people in two vans. Contact Bill Aring to reserve your spot or for more details 609-888-3488.

JAN. 23-26

Lake Placid, NY

Bus Trip. This will be our fourth consecutive trip to Lake Placid. The bus will leave at 3 PM. We'll ski at the Mt. Van Hoevenberg Olympic Center, which also connects to the trails of the Cascade Cross Country Ski Center. The trails at Mt. Van Hoevenberg

are well groomed and suitable for beginner to skating level skiers. Back country skiing via the Jack Rabbit XC trail is right on the premises and in past years some intrepid skiers skied back from Cascade Lodge.

Downhill skiing at nearby Whiteface Mountain is easy to reach via a shuttle, (appx: \$5.00 round trip). As one of the East's premier Winter destinations, Lake Placid offers a variety of activities ranging from ice skating at the Olympic skating center, to sledging on the lake. For more adventure, you can try the bobsled & luge runs at Mt. Van Hoevenberg.

We'll be staying at the Holiday Inn SunSpree Resort, located in the center of Lake Placid. It has an indoor pool, Jacuzzi, sauna, tanning booth, massage therapist and universal gym. All rooms have TV, microwave, refrigerator and coffee makers.

The trip includes: Round trip transportation on a deluxe motorcoach with videos on board; motorcoach transfers to and from the XC ski area each day; Three nights lodging at the Holiday Inn SunSpree Resort; Saturday and Sunday dinners; Three breakfasts; box lunch on Monday; and all taxes and gratuities.

Meeting Schedule

October 14

Jim Diven will table a brief discussion on being a trip leader. The ins and outs, dos and don'ts. Everything you always wanted to know about trip leading.

November 11

Brush up on your ski techniques. We will go over some of the basis of skiing. So when the snow falls you won't have to ask questions Like, What are those funny things on my feet?

December 9 - XMAS Party

January 13

January 27

February 10

February 24

March 10 - Elections

April 14

Trip Cost: \$283/Double, \$410/Single, \$247/Triple, \$228/Quads. Cots are extra. A deposit of \$150.00 holds your place and full payment is due three weeks before the trip. (Single, triple and quads are subject to availability - call for details). Leader: Fred Vielhauer 215-673-0831.

JAN. 30 - FEB. 1

Lapland Lakes, NY

Lapland Lakes is tucked away in the peaceful south-central region of New York's famed 6 million acre Adirondack Forest Preserve. Lapland Lakes is one of the finest cross-country ski centers, and offers 45 km of picturesque trails, 35 km. designed and well maintained for skiers of all abilities. We will be staying in tupas (Finnish for cottage) right at the ski area. Trip cost appx. \$135. Leader: Ward Hickman 215-741-1766.

FEB. 6-8

Garnet Hill, NY

Garnet Hill lodge is located in the East central Adirondacks at the edge of the 100,000 acres Siamese Ponds wilderness area. Garnet hill has a complete cross country ski center. More than 50 km of groomed trails and over 100 km of wilderness and back country trails offer cross country skiing for everyone. Equipment and lessons are available. We are renting one of the houses located on the property (step out the door, and go skiing - no driving to the ski area) The house is equipped with kitchen, wood stoves and VCR. For the past two years this trip has been a success. We were welcomed both years with fresh snow and some of the best skiing you could want. Call for trip cost & information. Leader: Rico Paolino 215-682-9780.

FEB. 20-23

Stowe, VT.

Bus Trip. What would the ski season be without our annual bus trip to Stowe? We'll be skiing at the Trapp Family Lodge and Mt. Mansfield Touring Centers. Both areas have trails for skiers from beginner to skating level. Downhill skiing is nearby and easily accessible via the Stowe Trolley. We'll stay at the Commodores Inn, which is within walking distance of Stowe Village. The Commodore has all the amenities of the larger hotels, while still main-

taining the classic charm of a typical New England inn. The Stowe Trolley stops at the front door and will take you into town or the many of the downhill ski areas.

Trip Cost: \$285/Double, \$395/Single, \$250/Triple, \$225/Quads. Cots are extra. A deposit of \$150.00 holds your place and full payment is due three weeks before the trip. (Single, triple and quads are subject to availability - call for details). Leader: Joanne Hartnett 215-638-3055.

MAR. 6-8

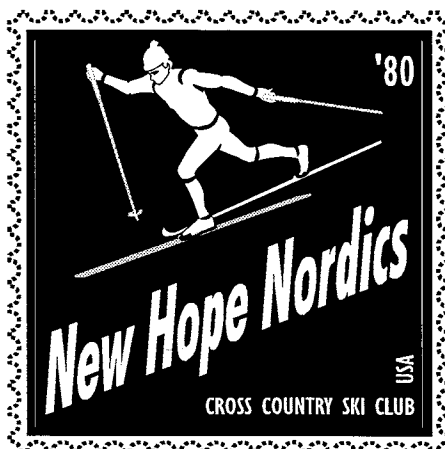
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IN THE PLANNING STAGES:

Highland Forest, Tully, NY: a wide variety of trails to hold your interest all weekend, for all skiing abilities.

Tug Hill - Turin, NY: Great skiing at Pioneer Lodge, Barnes Corners and Black River Canal area. **Western Pennsylvania:** No definite destination yet. If you have any suggestions about ski trips, or are interested in leading a trip contact our Skimeister - Jim Diven 215-672-6349.



Ski Swap October 24-26

The Eastern Pa Ski Council will have its annual Ski Swap at the National Ski Expo on October 24-26 at the Plymouth Meeting Mall. You can bring any ski equipment and clothing to be consigned for sale. There will be representatives of the EPSC on hand to help you.

The New Hope Nordics will be manning the council booth to distribute literature from our club and to SPREAD THE WORD. We are the only X-C club in this area and this is a great opportunity to gain some exposure. We will NEED VOLUNTEERS to help in the booth for a few hours at a time each day. I will have more information at the club meetings, as well as a sign-up sheet. So check out the attic and garage and see what you can find.

Jim Diven, Skimeister

Volunteer Night

There will be a VOLUNTEERS NIGHT for all those who will be helping out. 7 PM, October 15 at the Holiday Inn, Fort Washington, PA. Working session and organizational meeting with refreshments provided by EPSC. All volunteers are welcome to attend.

"A Sale for Skiers put on by Skiers"

SKI SALE

at

in conjunction with

Plymouth Meeting Mall
located on the Lower Level

NATIONAL
SKI & SNOWBOARD
EXPO '97



SKI SALE HOURS:

Friday, October 24: 4:00p.m. to 9:00p.m.

Saturday, October 25: 10:00a.m. to 9:00p.m.

Sunday, October 26: 12:00p.m. to 3:00p.m.

CONSIGNMENT HOURS:

Friday: 3:00p.m. until Saturday 1:00p.m.

Pick-up: 3:30-5:00p.m. Sunday

Bring your Clothing, Equipment, Snowboards, Children's Clothing, etc.

(Items not picked up by 5:00p.m. Sunday become an EPSC donation to a charitable ski organization)

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NEW and USED
SKI EQUIPMENT and CLOTHING

The Original Skiers Bargain Barn -- Sponsored by Eastern PA Ski Council

For additional information contact any EPSC Club or pick up a copy of Snow Drifts at your local ski shop (available October).
1-888-2SKI-SKI / Email address EPSCskis@aol.com

NEW HOPE NORDICS ONLINE

www.fitforum.com/nhn1.htm

The New Hope Nordics Website is up and running.

It is at: <http://www.fitforum.com/nhn1.htm>

Some of the items posted are:

All the 1998 cross country trips
All the "technical" articles that have previously appeared
in the newsletters:

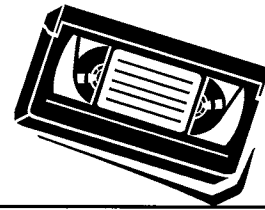
Technical information about cross country skiing
How to buy cross country ski equipment
The Eight Essential Skills of cross country skiing
Getting your skis ready for the season.

Links will get put up as time permits!

Please let me know which ones you find.

Think Snow!

Mike Seidman

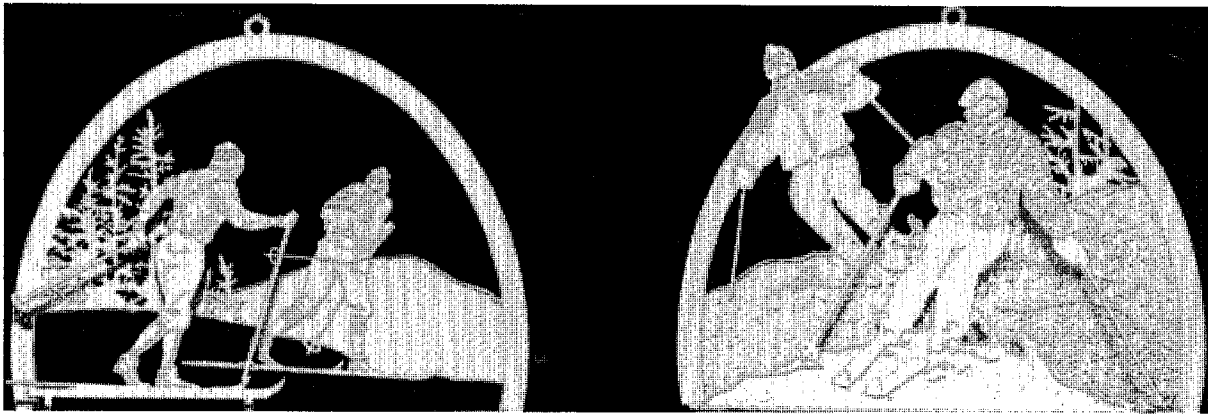


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XMAS Tree Ornaments



The magnificent, three dimensional, ornaments will look great on your tree! Size: about 3-1/4 square by 3/4" thick, fits most trees. Made in the USA Solid Brass. **Downhill or Cross Country. No. 696 (D or XC), \$13.25 + S&H.**

FITNESS FORUM, INC.

PO Box 1226, Glenside, Pennsylvania 19038-1226
215-242-0399 • <http://www.fitforum.com>

Visit our website and get a free gift with each order.

Check out our Website for new ornaments for Bikers, Golfers, Runners and Sailors! Order early for Xmas!

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1997/98 - OFFICERS

President	Joanne Hartnett	(215) 638-3055
Vice-President	Fred Vielhauer	(215) 673-0831
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Ward Hickman	(215) 741-1766
Corresponding Secty.	Mike Borovicka	(215) 968-5698
Member At Large	Jim Diven	(215) 672-6349

1997/98 - CHAIRPERSONS

Skimeister	Jim Diven	(215) 672-6349
Membership	Chairperson Needed	
Editor	Mike Seidman	(215) 836-4185
Publicity	Chairperson Needed	
Meeting Programs	Chairperson Needed	
E.P.A Ski Council Rep.	Jim Diven	(215) 672-5349

1997/98 Membership Application & Release

RETURN TO: New Hope Nordics, Membership Chairman, Box 52688, Philadelphia, PA 19115

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

RELEASE. I certify that I am in good health and able to participate in any activity of the New Hope Nordics Ski Club of Pennsylvania in which I take part, including, but not limited to, skiing, biking, roller bladeing, bathing, traveling, etc. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and that of my family. In consideration of your acceptance of this entry, for myself, heirs, executors, or administrators, and minor children, I hereby waive and release any and all rights and claims for damage against the New Hope Nordics Ski Club of Pennsylvania, its officers, its leaders, and its agents or representatives, for any and all injuries, losses (including death), and/or damage to person and/or property sustained by me or my family in any activity, including transportation to and from such activity, related directly or indirectly to my participation in said activity.

Signed _____ Date _____

Received by _____

DUES:

Single

- New - \$10
- Renewal - \$8

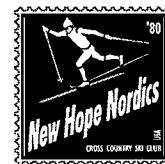
Family

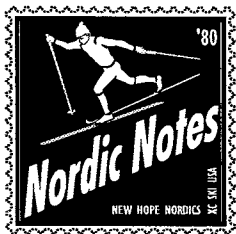
- New - \$15
- Renewal - \$12

Renewal rates must be paid before Jan. 1!

Ski Level:

- Beginner
- Intermediate
- Advanced

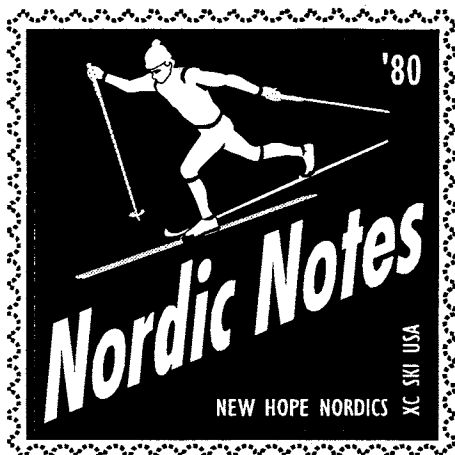




NEW HOPE NORDICS
Cross Country Ski Club
Box 52688
Philadelphia, PA 19115

Website:
www.fitforum.com/nhn1.htm



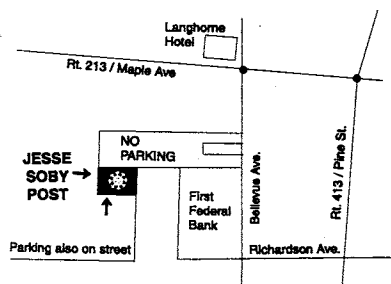


**THE NEW HOPE
NORDICS, INC.**

**Cross-Country
Ski Club**

January 1998

Our meetings start at 8:00 PM at the the Jesse Soby American Legion Post, Langhorne, PA, which is at Richardson & Bellevue Avenues, 1/2 block south of the traffic light in Langhorne's business district, behind the bank. • Anyone with an interest in cross country skiing or the outdoors in general is welcome to attend. Bring a friend! • Please remember to tip our friendly bartenders, who work gratis for the American Legion Post. For cancellation of NHN club meetings, please tune to KYW-Radio or WPVI-TV (Channel 6) the day of the meeting, or call 215/638-3055 after 5 PM.



The Jesse Soby Post is a gray, two story building at the rear of the parking lot at Bellevue & Richardson Aves. Enter at Richardson Ave. Meetings are either on the first floor (use the side entrance) or second floor (use the rear entrance).

**This is your last
newsletter unless you
have paid your dues!**

**Also, your membership
must be current to go
on any ski trips.**

ELECTIONS

Our annual election of officers will be held in March and, so far, we have a partial ballot. If you can run for an office or help on the nominating committee, please contact one of the officers.

This is your club! If each member can do just a little work we can keep the club expanding and provide ourselves with more XC trips and activities. Don't wait for the other guy to do the work. You've gotten a lot out of the Nordics in the past, so now's the time to put something of yourself back in!

Meeting Schedule

January 13

January 27

February 10

February 24

March 10 - Elections

April 14

1998 Cross Country Ski Trips

JAN. 23-26

Lake Placid, NY

Bus Trip. This will be our fourth consecutive trip to Lake Placid. The bus will leave at 3 PM. We'll ski at the Mt. Van Hoevenberg Olympic Center, which also connects to the trails of the Cascade Cross Country Ski Center. The trails at Mt. Van Hoevenberg are well groomed and suitable for beginner to skating level skiers. Back country skiing via the Jack Rabbit XC trail is right on the premises and in past years some intrepid skiers skied back from Cascade Lodge.

Downhill skiing at nearby Whiteface Mountain is easy to reach via a shuttle, (appx: \$5.00 round trip). As one of the East's premier Winter destinations, Lake Placid offers a variety of activities ranging from ice skating at the Olympic skating center, to sledging on the lake. For more adventure, you can try the bobsled & luge runs at Mt. Van Hoevenberg.

We'll be staying at the Holiday Inn SunSpree Resort, located in the center of Lake Placid. It has an indoor pool, Jacuzzi, sauna, tanning booth, massage therapist and universal gym. All rooms have TV, microwave, refrigerator and coffee makers.

The trip includes: Round trip transportation on a deluxe motorcoach with videos on board; motorcoach transfers to and from the XC ski area each day; Three nights lodging at the Holiday Inn SunSpree Resort; Saturday and Sunday dinners; Three breakfasts; box lunch on Monday; and all taxes and gratuities.

Trip Cost: \$283/Double, \$410/Single, \$247/Triple, \$228/Quads. Cots are extra. A deposit of \$150.00 holds your place and full payment is due three weeks before the trip. (Single, triple and quads are subject to availability - call for details). Leader: Fred Vielhauer 215-673-0831.

JAN. 30 - FEB. 1

Lapland Lakes, NY

Lapland Lakes is tucked away in the peaceful south-central region of New York's famed 6 million acre Adirondack Forest Preserve. Lapland Lakes is one of the finest cross-country ski centers, and offers 45 km of picturesque trails, 35 km. designed and

well maintained for skiers of all abilities. We will be staying in tupas (Finnish for cottage) right at the ski area. Trip cost appx. \$135. Leader: Ward Hickman 215-741-1766.

FEB. 6-8

Garnet Hill, NY

Garnet Hill lodge is located in the East central Adirondacks at the edge of the 100,000 acres Siamese Ponds wilderness area. Garnet hill has a complete cross country ski center. More than 50 km of groomed trails and over 100 km of wilderness and back country trails offer cross country skiing for everyone. Equipment and lessons are available. We are renting one of the houses located on the property (step out the door, and go skiing - no driving to the ski area) The house is equipped with kitchen, wood stoves and VCR. For the past two years this trip has been a success. We were welcomed both years with fresh snow and some of the best skiing you could want. Call for trip cost & information. Leader: Rico Paolino 215-682-9780.

FEB. 20-23

Stowe, VT.

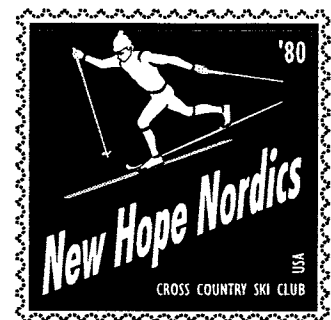
Bus Trip. What would the ski season be without our annual bus trip to Stowe? We'll be skiing at the Trapp Family Lodge and Mt. Mansfield Touring Centers. Both areas have trails for skiers from beginner to skating level. Downhill skiing is nearby and easily accessible via the Stowe Trolley. We'll stay at the Commodore Inn, which is within walking distance of Stowe Village. The Commodore has all the amenities of the larger hotels, while still maintaining the classic charm of a typical New England inn. The Stowe Trolley stops at the front door and will take you into town or the many of the downhill ski areas.

Trip Cost: \$285/Double, \$395/Single, \$250/Triple, \$225/Quads. Cots are extra. A deposit of \$150.00 holds your place and full payment is due three weeks before the trip. (Single, triple and quads are subject to availability - call for details). Leader: Joanne Hartnett 215-638-3055.

MAR. 6-8

Lapland Lakes, NY

What better way to end the ski season than one last weekend at Lapland Lakes? Because of the high elevation and the lake effect, Lapland Lakes is one of the few areas around to have good snow late in the season. We will be staying at the Inn of the Bridge in Northfield, which is a 10-minute drive from the ski area. The Inn is a turn-of-the-century Victorian B&B with a large parlor with fireplace for relaxing after a day of skiing. Leader: Linda Williams 609-466-3448.



As always, the weather and snow conditions are beyond our control. Although most of our ski trips are to areas that have well groomed trails with set tracks, sometimes weather conditions may make it impossible for the grooming machines to operate. Occasionally we have had to drive to a different location to find snow, and as a result the skiing was on un-groomed or untracked trails. Backcountry skiing is XC in its purest form and has different challenges than does track skiing. Some equipment (i.e.: skating skis), cannot be used in backcountry. Adapting your technique to differing snow conditions is just another facet of XC skiing. The trip descriptions will tell you much about the kind of skiing you can expect, but your trip leader will be happy to answer any questions that you might have.

Status of XC trips as of 1/6/98:

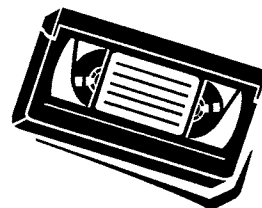
- Lake Placid, NY, Jan 23-26 - Booked 30 people, space left for 10 more people.
- Lapland Lakes NY, Jan 30-Feb 1 - Due to the huge response to this trip the club has reserved another tupa. So far 18 people have signed up for the trip, there are still 2 places open.
- Garnet Hill, NY, Feb 6-8 - Trip is full.
- Stowe, Vermont, Feb 20-23 - Booked 35 people, space left for 5 more people.
- Lapland Lakes, NY, Mar 6-8 - Booked 6 people, space left for 9 more.

Pocono Ski House on Lake For Rent

Two bedrooms, sleeps seven. Near XC trails, hiking and Ice Fishing. Two miles from Elk Mountain. Call Donna: 609-584-8147

Cross Country Ski Videos

We have a library of cross country video tapes that you can borrow. The collection covers cross country techniques from beginner to advanced, skating and telemarking. We probably have



most of the cross country videos ever made (about 10!) The Video Librarian is Fred Vielhauer (215)-673-0831. They are available at most meetings on a first come, first serve!

NEW HOPE NORDICS ONLINE

www.fitforum.com/nhn1.htm

The New Hope Nordics can be found at <http://www.fitforum.com/nhn1.htm>.

- Some of the on-line articles include:
- The 1998 XC Ski Trips
- All the "Technical Articles" of the last few years.
- How to Buy Cross Country Skis and Equipment
- The Eight Essential Skills of Cross Country Skiing
- How to get your skis ready for the season.
- Links will get put up as time permits - let me know if you find any good XC links.

Mike Seidman

Cross Country Ski Links

Highland Forest

<http://www.syracusecvb.org/Visitor/Fun/SpecialInt/highland.html>

Cross Country Ski Areas Association

<http://www.xcski.org>

Cascade XC Center, Lake Placid, NY

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

Garnet Hill

<http://www.garnet-hill.com/>

Lapland Lake

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

Pennsylvania State Parks

<http://www.dcnr.state.pa.us/>

X-C Skiing in PA State Parks

<http://www.dcnr.state.pa.us/recreation/cc/skiing.htm>

General outdoor activities

<http://www.gorp.com>

Stowe, VT via Trapp Family Lodge:

<http://www.trappfamily.com/daily.htm>

Thanks to Mike Borovicka for compiling these links. Here are some others that I've found:

<http://www.mpimarketing.com/skiing.htm>

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

<http://www.buckley.com/snowonline/crosscountry.html>

<http://ski.websmith.ca/ski/other.html>

<http://skicentral.com/xcountry.html>

<http://www.xcski.org/current-ski-conditions/mar.html>

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

and

Los Angeles Nordic Ski Club!...
<http://member.aol.com/birkiebob/lanordic.html>



CUSTOMER APPRECIATION NIGHT

JAN 15TH - 7:30PM

Cross Country Ski Outfitters is hosting a X-Country Ski Clinic & Fashion show at Havana Bar & Restaurant in New Hope, Pa. Learn how to dress with style and safety; where to ski locally and other trail tips are on the agenda in a 45 minute clinic. There will also be a food buffet, fashion show and door prizes. Tickets can be purchased at the store or are available at Havana Restaurant for \$5.00 per person. Your ticket is worth over \$10.00 and entitles you to admission, a free appetizer at Havana Restaurant and \$5.00 credit at Cross-Country Ski Outfitters. So come out and meet other people who love being active in the winter. For Tickets and more information contact Cross Country Ski Outfitters 609-397-3366.

Cross-Country Ski Outfitters 1998 Ski Trip Schedule

For more information on the following trips contact Cross-Country Ski Outfitters at 609-397-3366.

- Jan 30th - Feb 1st: Cortina Inn, Killington, Vermont
- Jan 11th or Feb 14th: One Day Bus Trips to High Point State Park, NJ

LAMBERTVILLE-NEW HOPE WINTER CARNIVAL FEB. 6-8, 1998

Louise Decker is asking for the club's participation in the Winter Carnival again this year. If anyone is interested in donating a few hours of their time to help with teaching and/or distributing equipment on Feb 7th from 1:00 to 4:00 PM and Feb 8th 10:00 to 2:00 PM contact Louise Decker at 609-397-3366.

Schedule of Events

Friday

- Opening ceremony & Tournight parade at Belle Montain Ski Area, 7:00 PM

Saturday

- Carnival Relay Races at the Yellow Brick Toad
- Mercer County Wildlife Program at St. John's Church
- Winter Tales for children at Rivergate Bookstore
- Cross Country Ski Lessons at Cross Country Ski Outfitters
- Fashion Show Benefit
- Ice Carving Demonstration at the Lambertville Station (Sat & Sun)
- Ice Skating Rink with rentals (Sat & Sun)
- Ice Sculpture tour of New Hope and Lambertville (Sat & Sun)

Sunday

- Second Annual Chili Off at the Riverhorse Brewery
- Bed and Breakfast Tour of participating Inn's

1997/98 MEMBERSHIP DUES:

Membership for this season is the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attn: Membership). Dues received after January 1 are subject to the New Member rate.

NEWSLETTER: Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost. • Send material to: Mike Seidman, e-mail: almoprint@aol.com. 214 Larrimore Lane, Erdenheim, PA 19038, 215-836-4185, Fax: 242-2410. Articles that are submitted via e-mail will save the editor re-typing, and will get published much faster.

GENERAL TRIP POLICIES: It is MANDATORY that everyone participating in any NHN trip sign a release/waiver form. Before boarding a bus, or a week prior to departure of a carpool trip, a release form MUST be obtained by the leader; there will be NO exceptions. • Trips for which the club arranges either lodging or transportation are open to members only. • Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics. If any checks are returned to us marked "Insufficient Funds", the member will be charged appropriately for this inconvenience. • Unless otherwise stated, all trips go snow or no snow. Bring hiking boots. • No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member. • In consideration of the comfort and enjoyment of all participants, all passengers on any vehicle holding more than 15 people must be at least 12 years of age. • All trip participants pay

full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass it back to that participant. • The success of the trips depends upon people willing to share the driving. Please consider this if you are asked. • Hard-sided suitcases are difficult to pack efficiently in smaller cars. Please use "soft" luggage.

TRIP CANCELLATION POLICY: More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less. • Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater. • Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater. • Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving. • The refund amount will be determined by the Board and only after the trip accounting has been completed.

1997/98 - OFFICERS

President	Joanne Hartnett	(215) 638-3055
Vice-President	Fred Vielhauer	(215) 673-0831
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Ward Hickman	(215) 741-1766
Corresponding Secty.	Mike Borovicka	(215) 968-5698
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Membership	Chairperson Needed	
Editor	Mike Seidman	(215) 836-4185
Publicity	Nancy Strickland	(215) 822-3427
Meeting Programs	Chairperson Needed	
E.P.A Ski Council Rep.	Jim Diven	(215) 672-6349

1997/98 Membership Application & Release

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Name _____

Address _____

City/State/Zip _____

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Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

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How did you find out about New Hope Nordics? _____

RELEASE. I certify that I am in good health and able to participate in any activity of the New Hope Nordics Ski Club of Pennsylvania in which I take part, including, but not limited to, skiing, biking, roller bladeing, bathing, traveling, etc. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and that of my family. In consideration of your acceptance of this entry, for myself, heirs, executors, or administrators, and minor children, I hereby waive and release any and all rights and claims for damage against the New Hope Nordics Ski Club of Pennsylvania, its officers, its leaders, and its agents or representatives, for any and all injuries, losses (including death), and/or damage to person and/or property sustained by me or my family in any activity, including transportation to and from such activity, related directly or indirectly to my participation in said activity.

Signed _____ Date _____

Received by _____

DUES:

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- ___ Renewal - \$8

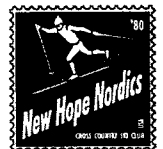
Family

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- ___ Renewal - \$12

Renewal rates must be paid before Jan. 1!

Ski Level:

- ___ Beginner
- ___ Intermediate
- ___ Advanced



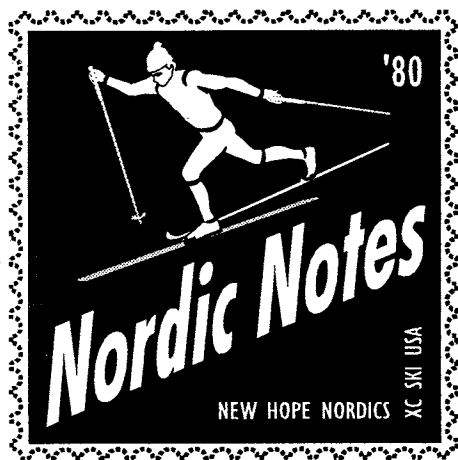


New Hope Nordics
Box 52688
Philadelphia, PA 19118

Website:
<http://www.fitforum.com>

**Ski
Trips
are
filling
up!**



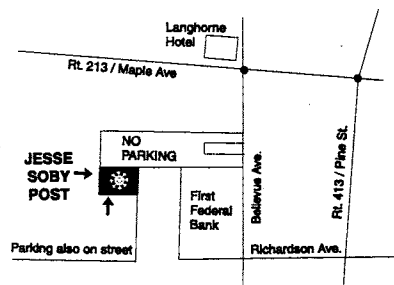


**THE NEW HOPE
NORDICS, INC.**

**Cross-Country
Ski Club**

February 1998

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ELECTION BALLOT ENCLOSED!

1998 XC SKI TRIPS

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Bus Trip. What would the ski season be without our annual bus trip to Stowe? We'll be skiing at the Trapp Family Lodge and Mt. Mansfield Touring Centers. Both areas have trails for skiers from beginner to skating level. Downhill skiing is nearby and easily accessible via the Stowe Trolley. We'll stay at the Commodores Inn, which is within walking distance of Stowe Village. The Commodore has all the amenities of the larger hotels, while still maintaining the classic charm of a typical New England inn. The Stowe Trolley stops at the front door and will take you into town or the many of the downhill ski areas.

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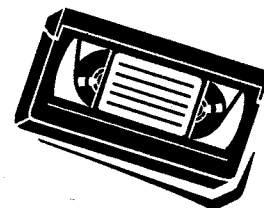
Editors Note:

Trip reports will be in an upcoming issue. Sorry they didn't make it in this one, but I've been out on the trails skiing!

PS. The snow at Lake placid was the best we've had in years!

Cross Country Ski Videos

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Mike Seidman

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Cross Country Ski Areas Association

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Cascade XC Center, Lake Placid, NY

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

Garnet Hill

<http://www.garnet-hill.com/>

Lapland Lake

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Pennsylvania State Parks

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

<http://www.buckley.com/snowonline/crosscountry.html>

<http://ski.websmith.ca/ski/other.html>

<http://skicentral.com/xcountry.html>

<http://www.xcski.org/current-ski-conditions/mar.html>

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

and

Los Angeles Nordic Ski Club!....
<http://member.aol.com/birkiebob/lanordic.html>

**OFFICIAL BALLOT
NEW HOPE NORDICS
1998-99 ELECTION OF OFFICERS**

**Vote at the March 10 meeting or mail this ballot.
Mail-in votes must be postmarked no later than
March 10, 1998 to be included. Mail to:
New Hope Nordics, Box 52688, Phila., PA 19115**

Vote For One Choice Per Office Only!

PRESIDENT:

_____ Fred Vielhauer

VICE PRESIDENT:

_____ Mike Seidman

TREASURER:

_____ Mary Phalan

CORRESPONDING SECRETARY:

_____ Gary Maietta

RECORDING SECRETARY:

_____ Ward Hickman

MEMBER AT LARGE:

_____ Rico Paolino

CROSS COUNTRY SKI OUTFITTERS



Cross-Country Ski Outfitters 1998 Ski Trip Schedule

For more information on the following trips contact Cross-Country Ski Outfitters at 609-397-3366.

- Feb 14th: One Day Bus Trip to High Point State Park, NJ
- Feb 22nd: One Day Bus Trip to High Point State Park, NJ

ANNUAL SKI SALE

Weekend of February 13, 1998
Call 609-397-3366 for more information

LAMBERTVILLE-NEW HOPE WINTER CARNIVAL FEB. 6-8, 1998

Louise Decker is asking for the club's participation in the Winter Carnival again this year. If anyone is interested in donating a few hours of their time to help with teaching and/or distributing equipment on Feb 7th from 1:00 to 4:00 PM and Feb 8th 10:00 to 2:00 PM contact Louise Decker at 609-397-3366.

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- Mercer County Wildlife Program at St. John's Church
- Winter Tales for children at Rivergate Bookstore
- Cross Country Ski Lessons at Cross Country Ski Outfitters
- Fashion Show Benefit
- Ice Carving Demonstration at the Lambertville Station (Sat & Sun)
- Ice Skating Rink with rentals (Sat & Sun)
- Ice Sculpture tour of New Hope and Lambertville (Sat & Sun)

Sunday

- Second Annual Chili Off at the Riverhorse Brewery
- Bed and Breakfast Tour of participating Inn's

1997/98 MEMBERSHIP DUES:

Membership for this season is the same as last year!

	New Member	Renewal
Single	\$10	\$8
Family	15	12

Dues can be paid at any meeting or by mail (Attn: Membership). Dues received after January 1 are subject to the New Member rate.

NEWSLETTER: Advertisements are accepted. Members can place ads of 3-5 lines to help sell or request used skiing and outdoor equipment at no charge. There will be a charge for longer ads, such as those submitted by ski shops, outdoor shops, etc., to cover any increased cost. • Send material to: Mike Seidman, e-mail: almoprint@aol.com. 214 Larrimore Lane, Erdenheim, PA 19038, 215-836-4185, Fax: 242-2410. Articles that are submitted via e-mail will save the editor re-typing, and will get published much faster.

GENERAL TRIP POLICIES: It is MANDATORY that every one participating in any NHN trip sign a release/waiver form. Before boarding a bus, or a week prior to departure of a carpool trip, a release form MUST be obtained by the leader; there will be NO exceptions. • Trips for which the club arranges either lodging or transportation are open to members only. • Reservations for trips are confirmed only upon receipt of deposit. Make checks payable to New Hope Nordics. If any checks are returned to us marked "Insufficient Funds", the member will be charged appropriately for this inconvenience. • Unless otherwise stated, all trips go snow or no snow. Bring hiking boots. • No one under age 18 is to be permitted on any New Hope Nordics trip without a parent or a responsible adult member. • In consideration of the comfort and enjoyment of all participants, all passengers on any vehicle holding more than 15 people must be at least 12 years of age. • All trip participants pay

full price. If there is any cost reduction applicable to a child or senior citizen, the club will attempt to pass it back to that participant. • The success of the trips depends upon people willing to share the driving. Please consider this if you are asked. • Hard-sided suitcases are difficult to pack efficiently in smaller cars. Please use "soft" luggage.

TRIP CANCELLATION POLICY: More than 35 days before the trip leaves, lose 10% of the per person trip cost, or \$10, whichever is less. • Less than 35 days, and the trip is full, lose 10% or \$10, whichever is greater. • Less than 35 days, and the trip does not run full, lose deposit or any non-refundable cost, whichever is greater. • Full refund within 5 days of sign-up. Not valid within 35 days of trip leaving. • The refund amount will be determined by the Board and only after the trip accounting has been completed.

1997/98 - OFFICERS

President	Joanne Hartnett	(215) 638-3055
Vice-President	Fred Vielhauer	(215) 673-0831
Treasurer	Mary Phalan	(215) 487-1844
Recording Secretary	Ward Hickman	(215) 741-1766
Corresponding Secty.	Mike Borovicka	(215) 968-5698
Member At Large	Jim Diven	(215) 672-6349

1997/98 - CHAIRPERSONS

Skimeister	Jim Diven	(215) 672-6349
Membership	Chairperson Needed	
Editor	Mike Seidman	(215) 836-4185
Publicity	Nancy Strickland	(215) 822-3427
Meeting Programs	Chairperson Needed	
E.PA Ski Council Rep.	Jim Diven	(215) 672-5349

1997/98 Membership Application & Release

RETURN TO: New Hope Nordics, Membership Chairman, Box 52688, Philadelphia, PA 19115

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Membership List Preferences: Should we publish your address? Yes No

Do not publish my work phone in the membership list. This is an address change.

Additional Family Members _____

How did you find out about New Hope Nordics? _____

RELEASE. I certify that I am in good health and able to participate in any activity of the New Hope Nordics Ski Club of Pennsylvania in which I take part, including, but not limited to, skiing, biking, roller bladeing, bathing, traveling, etc. I understand that the activities of the New Hope Nordics involve a risk of injury. I agree to accept responsibility for my own safety and that of my family. In consideration of your acceptance of this entry, for myself, heirs, executors, or administrators, and minor children, I hereby waive and release any and all rights and claims for damage against the New Hope Nordics Ski Club of Pennsylvania, its officers, its leaders, and its agents or representatives, for any and all injuries, losses (including death), and/or damage to person and/or property sustained by me or my family in any activity, including transportation to and from such activity, related directly or indirectly to my participation in said activity.

Signed _____ Date _____

Received by _____

DUES:

Single

- ___ New - \$10
- ___ Renewal - \$8

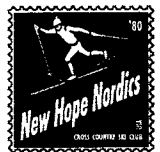
Family

- ___ New - \$15
- ___ Renewal - \$12

Renewal rates must be paid before Jan. 1!

Ski Level:

- ___ Beginner
- ___ Intermediate
- ___ Advanced



.... more XC ski links.....

OSCEOLA TUG HILL X-COUNTRY SKI CENTER

"We will be glad to e-mail Snow Reports to you. Feel free to e-mail us at quinnj@emi.com for information"
<http://www.tughillregion.com/ski-osceola.htm>

X-C Skiing in New England

<http://www.ultranet.com/~rhaydock/>

another Tug Hill area: Salmon Hills:

http://www.discover-tughill.com/html/salmon_hills.htm

Tompkins County NY area (Ithaca), with links to personal reports of area X-C Ski Centers from Tug Hill to Highland Forest, but not all areas have reports.

<http://www.lightlink.com/crisbill/ski-central/>

1997/98 SKI NH CROSS COUNTRY SNOW REPORT

<http://www.skinh.com/xcrpt97.htm>

and for you cross-trainer's that are handy with tools, how to build a waxing bench out of old bicycle parts:

<http://www.ultranet.com/~rhaydock/articles/waxbench.htm>

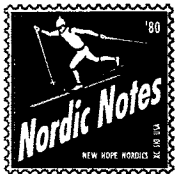
SWIX has a page at

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

for those of us who have a lap top PC with a network up link can have the Wax Wizard figure out what wax to use at

<http://www.swixsport.com/waxwizard.html>

May the snow gods smile upon you!



New Hope Nordics
Box 52688
Philadelphia, PA 19118

Website:
<http://www.fitforum.com>

**Election
Ballot
Inside**



Approved by the
membership;
June 14, 1988

CONSTITUTION

ARTICLE I - NAME

Section 1. This organization shall hereafter be known as the 'New Hope Nordics'.

ARTICLE II - OBJECT

Section 1. The object of this club shall be the promotion of the sport of skiing, with an emphasis on Nordic skiing and the advancement of good fellowship, while cooperating with regional, national, and international ski organizations.

ARTICLE III - MEMBERSHIP

Section 1. The club shall have members, the qualifications for which (and the related rights of which) shall be as set forth in the Bylaws of the club.

ARTICLE IV - GOVERNMENT

Section 1. The club shall be governed by a Board of Directors, consisting of the elected officers, as set forth in the Bylaws.

Section 2. The Board of Directors, as constituted in Section 1 above, may at their discretion, annually elect two (2) additional individuals to serve as Directors. These additional directors shall serve until the close of the next annual meeting, in which the elected officers are chosen.

Section 3. The elected officers, in order of seniority, shall consist of: President, Vice President, Treasurer, Recording Secretary, Corresponding Secretary, and Member-At-Large. These offices shall be filled in such terms as prescribed in the Bylaws.

Section 4. The Board of Directors, as constituted in the Bylaws, shall have the full power to manage the club's activities, determine policies, discipline members, and generally supervise all affairs of the club, subject to specific limitations as prescribed in the Bylaws.

ARTICLE V - AMENDMENTS

- Section 1. This Constitution may be amended by a two-thirds affirmative vote of those club members present and eligible to vote at a club meeting.
- Section 2. The exact text of a proposed amendment to this Constitution, a brief explanation of its effect (if adopted), and the reasons for its proposal shall be submitted to the Corresponding Secretary no less than forty (40) days prior to the membership meeting at which it will be voted upon.
- Section 3. The Corresponding Secretary shall notify all members of such proposed Constitutional amendments at least thirty (30) days prior to the membership meeting at which it will be voted upon. Said notice shall contain the exact text as submitted under Section 2 of this Article.

Approved by the
membership;
June 14, 1988

BY-LAWS OF THE NEW HOPE NORDICS

ARTICLE I - GOVERNMENT

- Section 1. Elected Officers of this organization shall be as follows: President, Vice President, Treasurer, Recording Secretary, Corresponding Secretary, and Member-at-large ranking in the above order.
- a. In the event that the office of the President is vacated, the Vice President becomes President. The new President shall select a qualified member to become Vice President, to be approved by the membership.
 - b. In the event that a vacancy occurs within an elected office other than the President, the President shall select a qualified member, to be approved by the membership to fill the vacancy.
 - c. In the event that both President and Vice President positions are vacated, the remaining Board of Directors shall select qualified members to become President and Vice President. The selected members shall then be approved by the membership.
 - d. In the event that all elected positions are vacated, a special election shall be held by the membership.
- Section 2. Their term of office shall be one (1) year starting at the end of the April meeting, where they shall accept the responsibility of their office.
- Section 3. The past President will remain a member of the Board of Directors, with a vote, for one year following his term as President. If the Past president is serving as an elected officer, or is otherwise unable to fulfill the responsibilities of Past President, the position shall remain vacant for the year.

Section 4. The general duties of the President shall be:

- a. To conduct all meetings according to Robert's Rules of Order.
- b. To appoint committees under By-Laws specifications.
- c. To appoint special committees as deemed necessary.
- d. To call meetings of the Board of Directors.
- e. To select a member to fill any vacant office, upon approval of the membership.

Section 5. The general duties of the Vice President shall be:

- a. To take the chair and its duties in the absence of the President.
- b. To aid the President in special duties that occur.
- c. To act as liaison between Standing Committees and the Board of Directors.

Section 6. The general duties of the Treasurer shall be:

- a. Receive all income of the Club.
- b. Make a report at each regular meeting showing the financial condition of the Club. Record all receipts and expenditures in the Treasurer's book.
- c. Make expenditures as required.
- d. Secure and file complete vouchers for all expenditures. Said vouchers showing the name of the payee, the amount, the date, and the purpose of the expenditure.
- e. Have the authority to sign all bank checks and drafts with a cosign of an elected officer.
- f. Submit all financial records for audit to the Audit Committee at the October meeting.

Section 7. The general duties of the Recording Secretary shall be:

- a. To take notes of all proceedings at general and board meetings, i.e., to enter in a journal what is done and all motions passed.

Section 8. The general duties of the Corresponding Secretary shall be:

- a. To receive and answer all correspondences and to announce communications of importance at regular membership meetings.
- b. To coordinate and distribute the club newsletter and to maintain an up-to-date list of current members.

Section 9. The general duties of the Member-at-large shall be:

- a. To act as a liaison between the membership and the Board of Directors.

Section 10. Each member of the Board of Directors shall have one and only one vote.

ARTICLE II - MEMBERSHIP

Section 1. Members of the club shall consist of persons that have made a written application to the membership chairperson of the club, and have paid the annual dues.

Section 2. The Board of Directors may determine from time to time the amount of initiation fee, if any, and annual dues payable by the members.

Section 3. The Board of Directors, by affirmative vote of two-thirds of all of the members of the Board, may suspend or expel a member for cause after an appropriate hearing, or may, by a majority vote of those present at any regularly constituted meeting, terminate the membership of any member who violates the regulations and ideals or injures the reputation of the Club.

Such action may be taken by the Board of Directors only after a careful investigation of the case.

- Section 4. Upon written request signed by a former member and filed with the Secretary, the Board of Directors may, by the affirmative vote of two-thirds of the members of the Board, reinstate such former member to membership upon such terms as the Board of Directors may deem appropriate.
- Section 5. Membership in this corporation is not transferable or assignable.

ARTICLE III - MEETINGS

Section 1. Meetings of the members shall be held at the American Legion Post in Langhorne, Pennsylvania, or at such other place or places, either within or without the Commonwealth of Pennsylvania, as may from time to time be fixed by the Board of Directors.

Section 2. The annual meeting of the members shall be held on the second Tuesday of March in each year if not a legal holiday, and if a legal holiday, then on the following scheduled meeting at 8 o'clock, when they shall elect a Board of Directors and transact such other business as may properly be brought before the meeting.

If the annual meeting shall not be called and held within six months after the designated time, any member may call such meeting.

Section 3. Special meetings of the members may be called at any time by the President, or the Board of Directors, or at least ten percent (10%) of the voting membership.

At any time, upon written request of any person who has called a special meeting, it shall be the duty of the Corresponding Secretary to fix the time of the meeting which shall be held not more than sixty days after the receipt of the request. If the Secretary shall neglect or refuse to fix the time of the meeting, the person or persons calling the meeting may do so.

Business transacted at all special meetings shall be confined to the objects stated in the call and matters germane thereto.

- Section 4. Meetings of various committees shall be called by the chairperson of the respective committee as often as they deem necessary, or when they are requested to do so by the President or the Board of Directors.

ARTICLE IV - ELECTIONS

- Section 1. a. The President shall appoint a Nominating Committee, consisting of at least three (3) members. This committee shall be formed at the second January meeting of the membership.
- b. The Committee shall contact qualified members and present a written slate for the membership's consideration at the second February meeting of the membership. Election of officers shall held at the March meeting of the membership and shall proceed in order of their rank with nominations from the floor being permitted before the election of each office.
- Section 2. a. The President shall appoint a judge of election and tellers.
- b. The judge of elections will make available a return of the election, the night of the election.
- c. All absentee ballots shall be counted on the night of the election.
- Section 3. a. Candidates for office must be an adult member of the organization. The candidate receiving the greatest number of votes cast by members by secret ballot is elected to office.
- b. Any member may vote either in person or by proxy. Such proxies shall be delivered to the Recording Secretary, at the meeting for this action. It is subject to phone verification by the Recording Secretary to the non-attending member.

Section 4. An adult member is defined as anyone being 18 years or older. Only adult members in good standing shall have the right to vote.

ARTICLE V - IMPEACHMENT

Section 1. Any officer can be recalled during their term by at least a two-thirds majority vote. Notice of the recall vote must be given to all members, at least two weeks prior to this meeting.

ARTICLE VI - COMMITTEES

Section 1. The President shall appoint all Standing Committee Chairpersons pending approval of the Board of Directors.

- a. The standing Committee Chairperson shall select any and all Persons they deem necessary to help with their committee.
- b. A standing committee may be left vacant if membership interest does not warrant its activity.

Section 2. The duties of the Standing Committees shall be:

- a. Membership Committee.

The Membership Committee must approve each applicant.

The committee shall collect all membership fees and dues and turn these over to the Treasurer. It shall notify the Corresponding Secretary and the Newsletter Committee of new members, and send out membership cards and related matter to all members.

b. Eastern PA Ski Council Representatives.

The Eastern PA Ski Council Representatives shall represent the New Hope Nordics at all meetings of the Eastern Pennsylvania Ski Council and inform Club members of the activities of the council.

c. Winter Program Committee.

The Winter Program Committee shall schedule non-meeting activities involving the winter season.

d. Summer Program Committee.

The Summer Program Committee shall schedule non-meeting activities involving the remaining seasons.

e. Special Activities Committee.

The Special Activities Committee shall schedule a program for all regular meetings.

f. Audit Committee.

The Audit Committee shall audit the annual Treasurer's Report, and shall make recommendations to the Board of Directors concerning the financial goals of the club for the coming fiscal year.

g. Newsletter Committee.

The Newsletter Committee shall generate, publish, and distribute the club Newsletter

h. Public Relations Committee.

The Public Relations Committee shall be responsible for promoting the activities of the club, and encouraging participation and membership.

ARTICLE VII - INDEMNIFICATION

- Section 1. a. Neither the Board of Directors, nor any Member or Officer, shall have the power to bind the Members or the individual Directors or Officers of the Club, personally.

All persons or corporations extending credit to, contracting with, or having any claims against the Club, shall look only to the funds and property of the Club for payment of any debt, damage, judgement or decree, or any money that may otherwise become due or payable to them from the Club. Thus, neither the Members nor the Directors, nor the Officers, past, present, or future, shall be personally liable.

- b. In no event shall anything herein contained be construed so as to obligate the Club to indemnify any such Member, Director or Officer against any costs or expenses incurred or settlement made in connection with any matter arising out of or resulting from his own negligence or willful misconduct.

ARTICLE VIII - AMENDMENTS TO BY-LAWS

- Section 1. By-Laws may be adopted, amended or repealed by a majority vote of members present at a regular or special meeting duly convened after notice to the members for that purpose.

ARTICLE IX - DISSOLUTION

- Section 1. a. This Club may dissolve only when the membership drops to below six members. Such action shall require a majority of affirmative votes of all members. Notice of such intended action shall be sent by the Corresponding Secretary by registered mail to each member at least 30 days prior to the date set.
- b. All property shall be sold, and the money received, together with the remainder of the Treasury, shall be donated to the United States Ski Association, Nordic division. The necessary legal steps for the the dissolution of the Club must be completed before any money is expended.