

New Mexico Cross Country Ski Club

March 2012

Photo by Dave Saylor

www.nmccskiclub.org

March's Program —

Wilderness First Aid & Ski Photos

Presenters: Club members Norma Perez, MD, Gordon Eatman & Luis Suarez

When: Thursday, March 8th, 7 p.m.

Where: Garden Center, 10120 Lomas Blvd, NE, Albuquerque

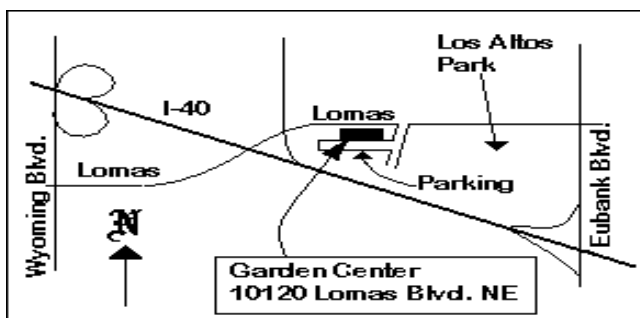
Norma Perez, MD, Gordon Eatman and Luis Suarez will present information they learned from a recent Wilderness First Aid course they took at REI, as



Luis Suarez, Gordon Eatman and Norma Perez

well as their combined expertise. Each will present a section of the protocol on how to address different injury situations in the wilderness, including initial assessment and devising a plan to best handle the injured person(s). Gordon explained it will be "situations like heart and kidney transplants with a pen knife . . . well no, nothing that complex!"

They will talk about procedures to assess, treat and stabilize the injured person, when/who to seek for further assistance, and when/how to evacuate if necessary. They will share what skiers should carry in their packs for possible emergencies. A slide show will be shown to illustrate their techniques, plus a special photo show of our bus, hut and day trips. ■



What's Up for Next Year

By Angela Welford

Randy and I end the bus trip season by already planning our trips for next year. We would appreciate any suggestions for locations to consider, as well as feedback on the trips that would make them even better for everyone! Please send comments **before March 15th** to either Randy at randy_simons@msn.com or me at awelford1017@gmail.com.

Watch for the May newsletter for dates and locations of our 2013 bus trips. Registration forms will be sent with the October newsletter and available on the website.

Thanks to everyone for making this year's trips so much fun!

Thanks Angela & Randy!!!



Ski Club Summer Potluck Saturday, June 2, 2012, 5 p.m.

This year's picnic will be at the home of Karen & Chet Leach in the East Mountains. Mark your calendar and watch for details!

From the President — Ray Berg

I was thinking recently about the activities of the past year, the work that went into planning, organizing, coordinating, and going out into the storms. IMO (I



throw this in to show how hip I am as the Youth Movement Leader) this has been a real year to remember. Of course, some of this may just be my perception since, as President, I get to hear about almost everything.

All of the Board members have been in the thick of doing the jobs they were elected to do. Sometimes they have annoyed others,

sometimes they have been a little anal in their insinences, but through it all they have honorably pressed their tasks. Without exception! As the Club President, I couldn't ask for more.

One Board member empathized, "Don't you hate dealing with people problems?" I have to admit that it's different. I spend much of my NMCCSC time working on people problems instead of doing some of their jobs. That makes me more of a coach than a worker, which is fine with me. That's the way a Club President in a volunteer organization hopes things will be. You hope you can design the jobs so people can do what they want to do and that what they want to do is what their jobs require.

This has really been a remarkable group of Club Board members. I thought about trying to list the accomplishments of our Board members, but I know I would forget something important. (That's the downside of being an old Youth Movement Leader.) Your Board members have exceeded expectations in every respect, from working the job, to generating new ideas, to making sure everybody has a fun, satisfying, and rewarding time. It's been a real kick. And from what I see developing for next year, we should continue.

We will be working to continue improving our job descriptions so the Board members can focus on doing their jobs rather than how to use their tools. Some of our recent and planned investments include

- equipment to show pictures and slides at club meetings
- equipment to help maintain ski trails
- support for sister organizations working on restrictions on motorized vehicles in ski areas
- support for maintaining open ski trails in the US Forest Service burn areas
- updating computer software for communication and Club records

- getting in compliance with corporate, state and federal regulations

We will continue looking at strategic investments of time, money and energy that support our winter sport activities. We live in a complicated, interconnected world. The former Speaker of the US House of Representatives Tip O'Neill said that "all politics is local." Politics is really the art of working people problems. Indeed, our ability to continue enjoying our winter sports depends on a lot of things outside of our Club. So these investments are well worth it if we want to continue enjoying our sport. ■



THANKS

**RAY & THEA
BERG**

**YELLOWSTONE
ON SKIS WAS
FANTASTIC!!**

Proposed 2012-13 Slate of Officers & Board

Executive Board

President	Ray Berg
Vice President	Wayne Kirkby
Secretary	Marcia Congdon
Treasurer	Peggy Roberts

Board Chairs

Long Bus Trips	Angela Welford & Randy Simons
Day Tours	Guy Miller
Overnight & Hut Trips	Guy Miller
Newsletter	Karen Leach
Instruction	John Thomas
Membership	Bet Gendron
Programs	Terri Elisberg
Mailing	Ruth Bargman-Romero
Refreshments	Lucy Miller
Trails	Sam Beard
Website	To be announced
E-groups	Bob Potter

Members will vote on the above slate of officers and board chairs at the **March 8th** meeting — please plan to attend.

Tele Delight

By Bill White

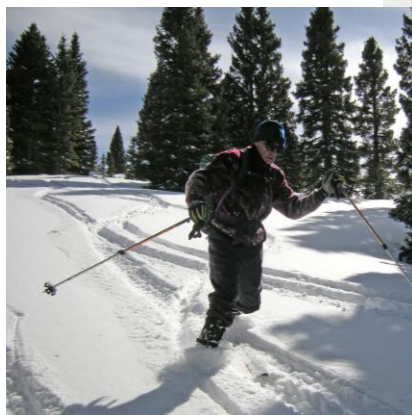
One day while bucking trees on the Survey Trail with Sam Beard's trail group, John Thomas mentioned he needed another leader for the February 10-12 Chama car trip. I jumped at the chance, fondly recalling the Chama Chile Classic I participated in during the '80s, and my fledgling tele-turning efforts. I knew just the place to lead a group for a Class II tour with an emphasis on telemark turns: Tanglefoot Curve Ridge Trail. The ridge has open areas and glades on its north nose and along its east flank, and accumulates snow scoured from the west face of the ridge.



Carl Smith, John Stephens, Bet Gendron and Bill White on top.

On Saturday morning, Class II skiers met to break into groups. After much shuffling, our group of tele-enthusiasts, Bet Gendron, Karen Leach, Carl Smith, John Stephens and myself, set off for Cumbres Pass.

John began with his skins on, heading east for Tanglefoot Curve, with the rest of us in tow enjoying good kick and glide. The wind was low, so we skied to the saddle for the down-valley view. Unfortunately, so did a couple of snowmobilers that had been blasting around our vicinity. We skinned up to the fading noise of the departing snowmobiles and followed John already breaking trail up the ridge. Almost immediately I needed a fix for my skins. I kicked the loop off one ski tip and left the skin in the snow. Lucky for me, Carl had a roll of surgical tape in his pack and we taped up my ski tips. We caught up to the others breaking trail through 6 to 12" of loose snow in the trees. John was still in the front when we crested the ridge and took in the view across Dixie Creek.



Carl Smith and Karen Leach go down the slope.

Photos by Bet Gendron/Carl Smith

It was a beautiful, partly cloudy day as we continued south along the ridge. We all took note of the crustier conditions as the ridgeline took on more of a southeast aspect and less of a tree line in places to catch the snow. The forest closed in about 3 miles out and we climbed to the top of the clearing for an early lunch.

Then the fun began! Watching John pick the perfect line along the trees, linking turn after turn plunging toward Dixie Creek, was poetry in motion! I took a higher line, not wanting to climb back, and found the crust made for trickier turning, as did Carl and Bet, halfway down the slope. Bet wasn't about to be satisfied with that after watching John's line, and it wasn't long until Carl and I were watching "downhill-skiing Bet" linking turns down the tree line with the most graceful, slow-motion face-plant stop.

Meanwhile, Karen was skinning up to get back to the top, and John was already up the slope and flying back down, ending with a not quite as graceful face plant. Karen, having lost sight of us above the crest of the slope, thought better of linking turns all the way down the tree line. Then we all began moving back north looking for more opportunities in loose snow.

The best was off the nose of the ridge. John plunged off a short steep slope. I followed and Karen, Bet and Carl interlaced our tracks, pretty as could be! We found another opening bending back to the west and we all cut picture-perfect turns with Karen gliding down the middle line. Then came the forest and we took our tele-turns into the trees. John didn't stop until the far side of the trees, not far from Tanglefoot Curve. Shortly, all of our group cleared the trees in fine shape and began kicking for the curve.



Karen headed more westerly for the remaining ridgeline running parallel and south of the railroad grade. John already had his skins back on and was heading up the slope broken by those pesky snowmobilers. Back to the top of the ridge, we found the wind to be unpleasant enough

that we decided to go no further along the ridge, having a beautiful slope lying right before us. Gliding gracefully, we all danced through the few trees between us and the bottom of the small valley that took us back to our return route. Then it was a short quarter mile of kick and glide back to the Pass. The smiles had by all at the bottom of the tele-turns was proof this group had a good tour! ■

A Newbie no Longer By Kim Feldman

Ever since I saw pictures and heard stories about the cross country hut trip experience, I knew I wanted to embark on such an adventure. The beginner hut trip offered in January to the 10th Mountain Division



Continental Divide Hut provided that opportunity. From start to finish, it did not disappoint — probably because it was organized by the wizard of hut trips, Guy Miller.

Memories of my *first hut trip*: packing and organizing my backpack trying to 'lighten the load', to caravanning up north to Leadville, and spending the first night in the hostel with "Wild Bill" as our host, to arriving at the Tennessee Pass trailhead and gearing up to ski into a silent world of billowing powder.



Luis Suarez, Alan Shapiro, Jim Holaway, Guy Miller, Kim Feldman, Thea Berg and Mona Grigsby-Suarez enjoy a relaxing dinner and fun conversation at the hut.

Photo by Steve Gendron

The hut wrapped its arms around me and felt like home instantly. The layout of the kitchen was welcoming as the long, community eating table served several purposes. The ambience was warm with ultra comfy bancos that lined the main room and the wood chairs, unique to the 10th Mountain Hut, never left sight of the wood-burning stove. The sleeping arrangements were accommodating. The married couple and women stayed in each of the private bedrooms, while the guys bunked out front in the main living area.

The esprit-de-corps of first-time hut skiers bonded fast around the wood-burning stove: Thea Berg, Alan Shapiro, Luis Suarez, Mona Grigsby-Suarez, Steve Gendron, Jim Holaway, and our leader Guy Miller. The group meals were outstanding: a hearty split pea and ham soup one night and pasta the other. But it was not just the camaraderie of the people and the intimacy of the hut that made the trip memorable — it was skiing into the snowy elysium around the

Continental Divide. The first day we skied the frosty down of Mitchell Loop. The second day we went up and over the Continental Divide and traversed out and back on Wurt's Ditch Road.

Skiing back to the hut on the last day, I was guided by a certain charm of winter as the smell of burning wood wafted in the chilled air. The hut was within sight and soon a hot meal followed.

I'm already looking forward to another hut trip — sign me up fast! I'm a newbie no longer!! ■

Welcome New Members

Shawna & David Araiza	Stacy Kittner
Paul & Sheryl Barrett	Scott Mitchell
Darlene Benedict	Geri Newton
Lane Bradfield	Meeko Oishi
Catherine Bradley	Jim Passmore
Brian Caven	Barry Ritchey
Lisa Driscoll	Alan Rittel
Robert Edgar	Gordon &
Peter Falk	Kayreen Sargent
HeatherLee Farrell	Steve Schechtman
Rachel Gearhart	Jim & Ann Seargeant
Germaine Guth	Linda Starr
Cheryl Handel	Candyce Tart
Penny Holland	Dominic Villanueva
Janet Heindel	Janet Wahl
Regina Jenner	Chris Wallwork
Robert & Barbara Kiefer	Catherine Waters
	Deborah Whitmire



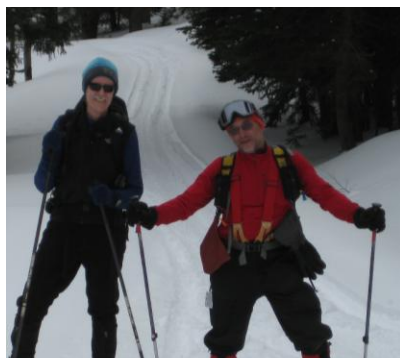
In Chama, top: Jean Hanson, Kim Feldman and Terri Elisberg; *bottom:* Kim Feldman, Marcia Congdon, Susan Harris and Terri Elisberg.

Photos by Dave Gable

San Pedro Parks Wilderness Day Tour

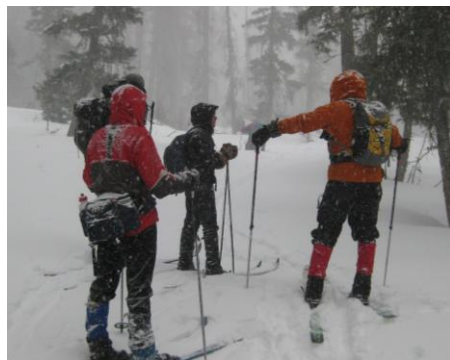
By Guy Miller

Our day tour on Sunday, February 19, lead us to a little known jewel in the Santa Fe National Forest. Our group of 8 arrived to find a couple of inches of fresh snow on top of several feet of older stuff. About half way through the day, it started snowing. Dry, fluffy snow and no wind. The kind that makes for a perfect ski day.



Dan Feiberg and Guy Miller
Photo by Sharon Coe

Arriving at the trailhead approximately 10 miles west of Cuba by mid-morning, we commenced our tour on an old snowmobile path, although we neither heard nor saw a snowmobile all day. After a few miles, we came to the trailhead that leads to San Gregorio Lake. At this point, trail breaking was required for the rest of the way. However, it proved to be a reasonably easy chore, as the new snow was not deep, nor the ascent steep enough, to cause too much exertion. Climbing skins were eschewed by most, although it is noted that had conditions been icy, they would have been required.



Greg Scudder, Jim Blanchard, Zoe Kransy and Guy Miller
Photo by Sharon Coe

We had a lunch stop in a copse of trees on the shores of the lake and then continued onward. Our goal was a trail junction marked on the map, but we elected to turn around before getting

there, out of concerns for getting out before dark. When we reached the 5-mile mark, we headed back.

The all-downhill exit proved to be well worth the effort of our initial climb into the area. The fresh snow held us in check just enough to provide a measure of comfort and safety, but not enough to keep it from being a lovely ski out.

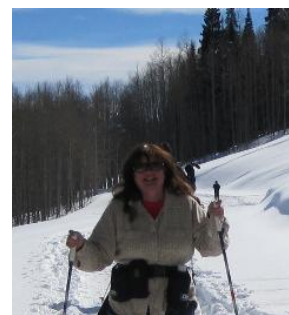
This group, which was a combination of Club members and REI employees, proved to be ideal with long-time Club members Guy Miller and Terri Elisberg, joined by relative newcomers Sharon Coe

and Scott Mitchell, and our congenial guests were Greg Scudder, Dan Feiberg, Zoe Krasny and Jan Blanchard. Fun, fun, fun — let's do it again! ■

March 2012						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
						Hut
4	5	6	7	8	9	10
Fowler-Hilliard Hut				Club Meets		
11	12	13	14	15	16	17
			Trail project			
18	19	20	21	22	23	24
			Trail project			
25	26	27	28	29	30	31
			Trail project			

Thanks Volunteers!!

Thanks to Board members leaving their positions — their expertise and dedication is greatly appreciated: Chris Standish, Treasurer, Sherry Fitzmaurice, Membership, & David Wegner, Website.



Lucy Miller
Photo by Holly Noland

Thanks to our day tour leaders. We had an incredible ski season because many members volunteered to lead.

A special thank you to all of our newsletter story tellers and photographers — you all are so creative. A big thanks to Lucy Miller for her excellent eye in proofing and giving ideas for the newsletters.



Scott Mitchell, Pam Reynolds (leader), John Esterl, Bob Potter, John Samuli and Wayne Kirkby ski Aspen Vista.

Photo by Jackie Hertel

Yellowstone on Skis

By Marilyn Szydlowski

I was so excited. I couldn't sleep at night, let alone get together a list of what I needed to pack. Think of it! I was going to Yellowstone National Park (YNP), in the winter, to ski!



I had seen YNP as a young woman in the early 1970's. But that was in the summer and a long time ago. When I heard about this trip I jumped at the opportunity to go along. I tried to imagine the geysers, hot springs and fumaroles in the cold, crisp air with wild animals dotting the hillsides and deep, smooth snow that sparkled in the sunshine.

Well, my imagination couldn't come close to the wonderland that greeted me. Mammoth Hot Springs had a huge terraced mound that was covered with springs and clouds of steam. Near this area we traveled by snow coach to our first ski along Indian Creek and the Bighorn Loop. Half the group went clockwise around the loop and the other half went counter clockwise.

The next day we left by snow coach for Old Faithful and the Snow Lodge. Along the way we skied to Fairy Falls and Imperial Geyser. This time we had a bull bison to ski past very quietly and in single file. Lucky for us he was more interested in eating the grass buried under the snow than in chasing us. The snow in this area was sparkly and fast, which was great fun for a kick'n glide kind of day.

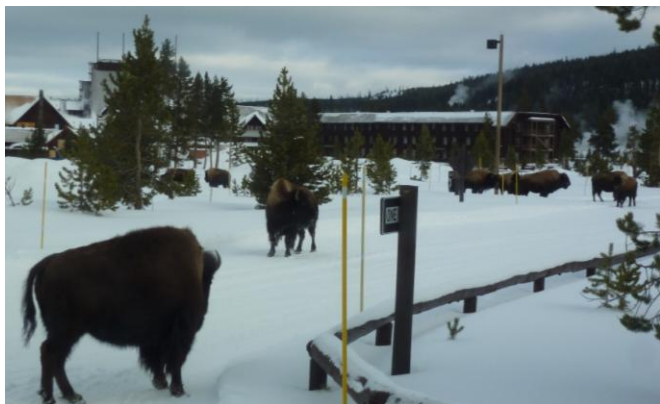
Day three took us along Spring Creek to Lone Star Geyser which put on quite a show. This geyser had built a large mound of calcite deposits from which hot steam and water was thrown forth.



Peggy Roberts and Ruth Bargman-Romero arrive just in time to watch Lone Star Geyser erupt. Linda Standish and buffalo in the Old Faithful basin.
Photos by Karen Leach and Chris Standish

Shoshone Lake via DeLacey Creek awaited us the following day. This was our time to do back country skiing and break trail all the way. It started out with a fast trip down a hillside with a fair amount of edging to stay between the trees. Shoshone Lake is a true backcountry lake with no road access.

On the way back to the snow coach we had 2 teams race to see which could break trail the fastest. We also had a little fun doing a slide and glide down a small hill to see who could go the farthest without using our poles.



The buffalo make themselves at home around Old Faithful.
Photo by Bill Savage



Micky Chirigos gets ready to board the snow coach, which was our ride to the trailhead each day.
Photo by Carla Chirigos



Karen Leach, Chris Standish, Thea Berg, Chet Leach, Julianne Baker (Leader from Yellowstone Association Institute), Janie Gilmore-Daniels and Peggy Roberts at Imperial Geyser.

Photo by Ray Berg

Once back at Old Faithful and the Snow Lodge some folks found time to walk around the geyser basin and view the many springs and fumaroles, which were truly spectacular.

We returned to Mammoth via the Canyon area where we did 3 short skis: one to Inspiration Point to view the Upper Falls of the Grand Canyon of Yellowstone, one along the North Rim to the Lower Falls, and one 2-mile glide along the Virginia Cascade.

On the following day some of us took a Wildlife Tour and others stayed to check out the local sights at Mammoth. The folks on the wildlife tour saw bison, bighorn sheep, a frost-faced coyote, elk, ravens and bald eagles.

As we traveled in the snow coach from one hotel to another and out to our ski trails we were always on the look out for the wildlife. Deer were spotted as we entered the park on the first day and a beautiful red fox was ahead of us one morning as we left to ski. Bison were everywhere.

This was definitely a trip to remember. I am still so thrilled that I shared this experience with a great group of people in a fabulous winter wonderland. ■



From top: Ruth Bargman-Romero and Noel Barstow admire rock formation; Richard/Kaaren Rougeux and Peggy Roberts watch Lone Star Geyser; Chet Leach and Angela Welford at Old Faithful Geyser; Angela Welford, Thea Berg, Linda Standish, Ray Berg, Noel Barstow, Marilynn Szydlowski and Scott, snow coach driver, ski to Shoshone Lake the largest wilderness lake in Yellowstone.

2011-12 Officers and Board

President	Ray Berg	366-8104	rsberg01@comcast.net
Vice President	Wayne Kirkby	898-1654	ski1071607@aol.com
Secretary	Lucy Miller	401-2440	lucycecilia@gmail.com
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Day Tours	Guy Miller	294-7940	xcskiboy@aol.com
Long Bus Trips	Angela Welford Randy Simons	281-1198 294-0192	awelford1017@gmail.com randy_simons@msn.com
Overnight Car/Hut Trips	Guy Miller	294-7940	xcskiboy@aol.com
Newsletter	Karen Leach	281-9836	karenleach7@msn.com
Instruction	John Thomas	298-5234	jt87111@comcast.net
Membership	Sherry Fitzmaurice	205-7155	skimembership@nmccskiclub.org
Programs	Terri Elisberg	281-9192	terri.elisberg@gmail.com
Mailing	Ruth Bargman-Romero	842-9735	rebrome@sandia.gov
Refreshments	Bet Gendron Marcia Congdon	299-6542 265-4199	bettygendron@gmail.com mecongdon@juno.com
Trails	Sam Beard	828-0673	samgbeard@msn.com
Web Site	David Wegner	344-8554	dave@naturesgrandeur.com
Email Group	Bob Potter	831-9779	hvac87108356@yahoo.com

New Mexico Cross Country Ski Club

P.O. Box 8425

Albuquerque, NM 87198-8425



Scott Mitchell, John Samuli and Jackie Hertel on a day ski tour to Aspen Vista, 1/29/12.

Photo by Wayne Kirkby