

The South Jersey Ski Club
AVALANCHE
January, 2011



A PROUD SUPPORTER OF THE PENNSYLVANIA CENTER FOR ADAPTED SPORTS,
THE NATIONAL OVARIAN CANCER COALITION,
& BIG BROTHERS / BIG SISTERS

The "FRIENDLY Ski Club" of skiers and non-skiers alike!

UPCOMING EVENTS:

- January 5 – General Mtg.
- January 12 – Social + Ski Comm. Mtgs.
- January 19 – General Mtg.
- January 26 – Board Mtg.



SJSC Happy Hours, Sporting + Social events, PLUS many more great events inside! Check it out!

**** The BASH – Friday, November 19th ****
the ultimate SKI, SOCIAL and SPORT club
www.Sjskiclub.com

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SOUTH JERSEY SKI CLUB
Len Hurff
1106 Chestnut Ave.
Woodbury Heights, NJ 08097





South Jersey Ski Club



2010 - 2011 SJSC Board of Directors

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Ex-Officio: Open

GENERAL MEETINGS:

All meetings are held at Ramblewood C. C.

located in Mt. Laurel, NJ

SJSC meets on the 1st and 3rd Wednesday of each month at Ramblewood C.C. at 200 Country Club Pkwy. Mt. Laurel, N.J. 08054. The meetings are 7:30-9:30pm and are casual mixers with a cash bar. All are welcome to come and meet the club, with no pressure or obligation.

Editorial Policy

The Avalanche is the official publication of the South Jersey Ski Club. Its purpose is to inform members and prospective members of club activities. We accept articles and ads from all members. Articles submitted should adhere to the following guidelines: (1) articles should be in good taste, (2) not to exceed one typed page, (3) must be received by the second Friday of the month prior to publication. Due to space limitations, the article or ad may be edited. Contact the Avalanche Editor for information on submitting articles.

Contacting Us!

Correspondence:

Send letters, comments and/or suggestions to:
South Jersey Ski Club - c/o Jeff Hayfield
235 Route 73 North
Unit E
West Berlin, NJ 08091

The Web: www.SJskiclub.com

Check out our exciting Webpages, jam packed with our most current info, cool ski links and other surprises. Come and see the all new photo album!

We accept credit cards! July thru February
MASTERCARD

VISA

We accept Paypal on designated transactions.
Convenience charges apply: Paypal 3%, MC/Visa: 4%
Minimum convenience charge: \$1.00

Membership Dues:

Annual membership dues are required for all members of the club. Any two members living at the same residence may qualify for family membership. Any additional members living at the same residence must add \$15.00 per person.

Single Membership Dues: \$20.00

Family Membership Dues: \$35.00

Memberships begin on May 1, 2010 and expire on April 30, 2011

Advertising Rates:

Business Card: \$10/month or \$100/year

¼ page: \$20/month

½ page: \$40/month

Full page: \$80/month

The Prez's Point by Mary Ellen Martelli-Wenstrom



Happy New Year !!!
January 2011 is upon us...and we're coming into the height of our season. We already have 2 *EXCELLENT* trips behind us - Stowe & Keystone... and a full season of great trips ahead. Whether your interested in East Coast, Out- West or even Europe, we still have plenty of skiing to offer our members in the coming season.

Want more? Ok, well as you know we've added a drive up trip to Killington in March (more info on our ski page). Still not enough? Our friends at D&Q have posted their Bus Trip schedule to the Poconos for this season. Get a group together and jump aboard with D&Q !! You may also want to consider popping onto our Facebook page and posting to get a little drive up trip to the Pocs going on your own...

NASTAR will be racing locally and on our trips all season long. Information on the schedule, race days and sign ups are on the Ski page of our website. But no matter how you do it... the point is...

SKI SKI SKI !!!

It's gonna be a great season :)

If you find yourself not skiing one weekend, SJSC will be offering a lot of other fun options this winter... Football, Ice Skating, Movie Nights and Happy Hours are on the Social Schedule.

See ya on the slopes...or in the lodge :)

Cent Anni !!

Mary Ellen Martelli-Wenstrom



WE NEED YOUR HELP!!!



The SJSC Social Committee is looking for your help.

There are many easy things you can do to help!
Want to meet new people? Have fun?

- Run a Happy Hour
- Run a event (Example: Hike, a gathering at a local movie theatre, or a trip to the Franklin Institute)
- Make flyers
- Be a greeter at the meeting
- People to sell 50/50 tickets
- Socialize with a purpose ☺

For more details, please contact Geoff Smith at Geoffsmith@Comcast.Net or Karl Pusch at ssrsha1@aol.com .

****** Business Cards: ******



Danzeisen & Quigley

SPORTS SPECIALISTS

1720 E. Rt. 70 • Cherry Hill, NJ 08003 • 856-424-5969
 FAX: 856-424-4519 www.DandQ.com

Lift Lines



*Monthly news from your Ski Committee
January 2011*

Equipment is Everything

If you weren't at the December 1st meeting, or if you were there and you could use a refresher course, this column will be devoted to a recap of the keynotes that Bill Caden delivered as our guest speaker on ski equipment (augmented by this writer's comments).

Helmets

Most importantly - wear one - don't become a "Bono" statistic. With a lightweight, non-itchy, Styrofoam core, they are the most comfortable and warmest hat you'll ever wear with no more frozen ear lobes. They come with venting so you can adjust the airflow and temperature. They should fit snugly, it should not move around when you shake your head - same as a bike helmet. No need to wear a hat underneath unless you prefer a lightweight balaclava.

If you are buying a helmet for a child, resist the urge to buy one that they will grow into - it defeats the purpose of wearing it in the first place - and youth helmets generally have a wider range of adjustments for fit. Did we mention it was important to wear one!

Skis

If you have straight skis, they make great lawn decorations at Christmas or creative fences or benches, but shaped skis are the way to ski now. Shaped skis have been around for about 10 years now with enhanced side cuts and a variety of shapes and constructions. The more dramatic the sidecut or shape, the tighter the turning radius which results in quicker turns.

Like many of us at this stage of life - waist widths have increased. In the past 20 years, widths have gone from 60mm to 80mm - a 33% increase; some powder skis have 120mm waists and wider. Tips and tails have also increased even more dramatically to offset the waist increase and maintain the side cut.

Camber is the curvature in the bottom of the ski to support weight and provide on-snow contact in the tip and tail. But the latest thing in ski technology is "rocker" - early rise. Ski got wider and camber stayed

the same so it was harder to get the ski on edge even though the additional side cut made the ski turn easier; particularly on harder snow.

Rocker changes the contact point of the ski with the snow moving it more toward the center of the ski which shortens the running contact length. This action makes it easier to get the wider skis on edge, the tip runs higher, better able to rise up out of deeper snow providing more tip flotation/absorption. There are many different rocker styles; by example, K2 alone has 5 rocker styles.

A final note on skis, properly sharpened and waxed skis turn easier, run faster, and ski better than non-maintained equipment. Get your bindings checked and function tested at least once a year so you stay in when you mean to and release when you need to.

Boots

Nobody likes it when their feet hurt - so why do you put up with boots that aren't working for you. When you quit early you're wasting the money you spent on lift tickets and you sit and suffer while your friends are out skiing. DO NOT accept discomfort or mediocrity in the fit of your ski or snowboard boots. Don't accept anything less than something you can use all day long or at least as long as you plan to ski or ride.

There are a myriad of adjustments that can be made to boots. There are built in adjustments such as sliding or moving ladders, flex adjustments, built in heel lifts, removable spoilers, and cuff aligning devices. Custom adjustments include such things as adding pads, grinding or punching the boot shells, cutting the liners, upgrading insoles, and either softening or stiffening the boot flex as desired.

Adjusting boots is often an evolutionary process, and patience is key, because you can't truly tell how an adjustment will work until you ski on it. A good boot fitter will keep working and try whatever it takes to get the fit right.

Watch for the Survey

The Ski committee wants your input - specifically the input of those who are most likely going to follow through by signing up - to plan our future seasons. Unlike the federal government - you have power to influence decisions here - so don't pass up the opportunity - when the survey comes out in January PARTICPATE.



SJSC Social News

HAPPY HOURS



January 2nd
SUNDAY 1PM
Eagles v Dallas Cowboys
Skeeter's Pub
Football

Coles Rd in Blackwood. Great food and drink specials. Come out to cheer on the Eagles. For more info see the flyer, SJSC website or contact Robert Braun at 856-264-3499 or rbraungroup@yahoo.com

January 7th
Friday Happy Hour
Links @ Kings
Grant

Join Marge Harlow, for some great food and drinks ~ mingle with your friends at the Kings Grant Links. For more info, watch the weekly Avalanche for details or SJSC website.

January 14th
7-9 PM Skating
9:00 PM to ????
Igloo Ice Rink
Mt. Laurel
Prospector's

Come on out for a fun night of ice skating and then food/drinks at Prospector's afterwards. Session is \$10 including skate rentals – if we get 10 people, it will only be \$7. Igloo is located at 3033 Fostertown Rd just off Rte 38 and Prospector's is only a mile away from the rink. For more info see the flyer, SJSC website or contact Marie Offt at 856-340-5813 or mdofft47@gmail.com .

January 2011



Stay in touch via the Weekly E Mail Blast and on the SJSC web site, sjskiclub.com, as details develop for the following events:

SAVE THE DATES:

- 2/2 South Jersey Health and Wellness Center Presentation at General Meeting**
- 2/10 Happy Hour at Giumarellos**
- 2/19 Bowling**
- 2/26 College Basketball Cornell v Penn**



GO EAGLES!!!





SUNDAY FOOTBALL

SOUTH JERSEY SKI CLUB AT SKEETERS
(856) 227-2314 · 7 COLES RD,
BLACKWOOD, NJ 08012

SUNDAY, JANUARY 2ND

TIME (ET)	VISITING TEAM	HOME TEAM	TV	WEATHER
1:00 pm	Philadelphia Eagles	Dallas Cowboys	ESPN	

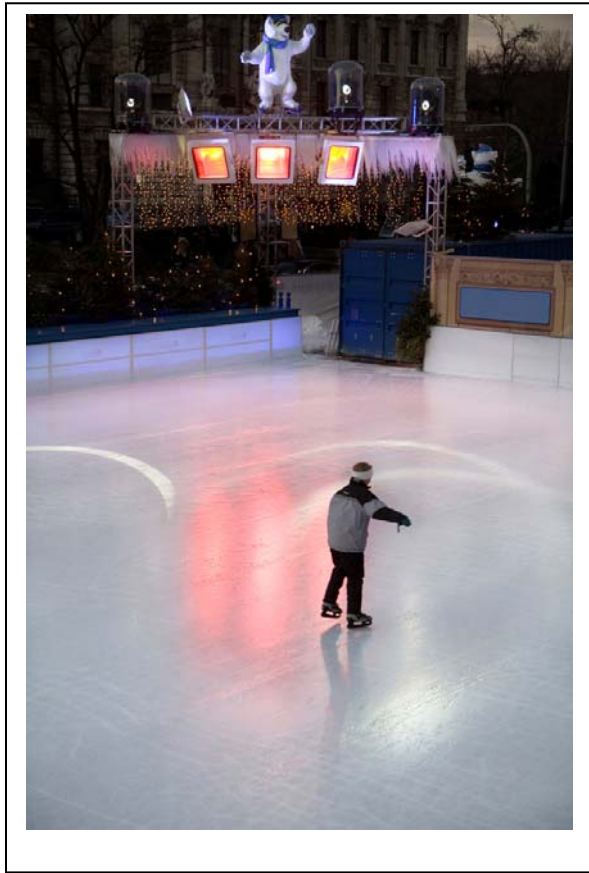
Come out Sunday January 2, 2011 to watch our Philadelphia Eagles take on the Dallas Cowboys. There will be drink and food specials for all.

- ***Food Specials: 1/2 Price Wings, \$ 3.99 Roast Beef and Roast Pork Sandwiches, \$3.00 Pizza***
- ***Drink Specials: \$2.00 Dollar Domestic Drafts, \$3.00 Guinness, Sam Adams or Stella Artois***
- ***The food is excellent so come join us for a great game***

Directions; From North N/S Freeway (RT 42) to exit 10A 1/4 mile on left side behind Exxon station driveway next to Exxon station. From south N/S freeway (RT 42) exit 9A Coles Road, 1/4 mile on right, driveway right after stop sign.

www.skeeterspub.com or rbraungroup@yahoo.com

Robert Braun 856-264-3499



Skate and Libations

Friday January 14th

Between 7:00 and 9:00 pm

Igloo Ice Rink

3033 Fostertown Rd

Just off Rt. 38 in Mt Laurel

Join your SJSC friends for an evening of skating then food and drinks at **Prospectors** afterwards (less than a mile from the skating rink on Rt. 38).

Rates: \$10 including skate rentals (\$7 if we get 10 people)

Contact Marie Offt at mdofft47@gmail.com or 856-340-5813 to let her know you're coming!

SUPPORT YOUR CLUB...

(Do you need a gift for the holidays, birthday, anniversary, or just because?)

South Jersey Ski Club T-Shirts:

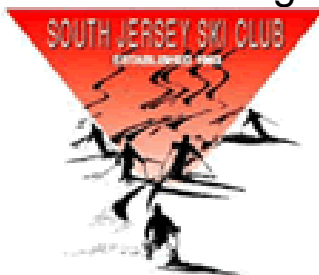
Available at the Social Table during all General Meetings



South Jersey Ski Club Pins:

Get your NEW SJ Ski Club Pin – only \$3 each

Available at the Social Table during all General Meetings



Free Service for South Jersey Club Members Only:

Post your Announcement, Message, or 4-Sale Item – for FREE – on the heavily visited South Jersey Ski Club's website !

Email your information to: sjsc@siskiclub.com

South Jersey Ski Club

**The Premier All Adult Ski, Sport & Social Club
in South Jersey Since 1963**



You CAN make a difference – Volunteer as little or as much as you want with the friendliest, best people – the South Jersey Ski Club.

Contact Geoff (GeoffSmith@Comcast.Net) or Karl (ssrsha1@AOL.Com) .



WE NEED YOUR HELP!!!



The SJSC Social Committee is looking for your help. There are many easy things you can do to help! Want to meet new people? Have fun?

- Run a Happy Hour
- Run a Event (Example: Hike, a gathering at a local movie theatre, or a trip to the Franklin Institute)
- Make flyers
- Be a greeter at the meeting
- Socialize with a purpose 😊

It's a proven fact: volunteering is one of the most enjoyable experiences you can achieve. You will meet many new friends and possibly even your soul mate. To sum it up, volunteering is priceless 😊.

For more details, please contact Karl Pusch at ssrsha1@aol.com or Geoff Smith at GeoffSmith@Comcast.Net.





2011 SJSC Team Racing Schedule

January 1,2 at Roundtop
January 8,9 at Shawnee
January 9-14 at Beaver Creek/Vail
January 15,16 at Sno Mtn
January 18 at Bear Creek (Tue)
January 22,23 at Okemo, VT
January 27 at Blue Mt (Thu)
January 29,30 at Sno Mtn
Jan 30-Feb 4 at Crested Butte/Telluride
February 5,6 at ?
February 8 at Bear Creek (Tue)
February 12 at Shawnee (Team races, 2 men 1 woman)
February 13 at Blue Mt
February 19,20 at Sno Mtn
February 22 at Bear Creek (Tue)
February 26 at ?
February 27 EPSC Council Cup at Bear Creek (team event)
March 5,6 at ?
March 12,13 at ?
March 31 - April 3 at Park City

The dates listed above are days when you should be able to find other SJSC'ers on the race course. Race times are listed at each mountains website. Be aware that adverse weather conditions could cancel racing at any venue (on any day). Contact Jeff Hayfield at 856.768.0527 for more information.



South Jersey Ski Club 2010-2011 Ski Trip Schedule

Due to the ever changing circumstances that exist in the travel industry, all prices are subject to change. Consider purchasing trip cancellation insurance to avoid cancellation fees on extended trips. All trip prices are per person based on double occupancy unless otherwise noted. All extended trips include R/T air and ground transportation to lodging, lodging costs and lift tickets unless otherwise noted. Baggage fees imposed by airlines are NOT included

NS: Price without a lift ticket for non-skiers

DATES	Destination	Meisters	Status	Description	Cost
Dec 10 - 12	Stowe VT	John & Jackie Morgan 856.728.8887 puphat@verizon.net	Done	Wake up Your Ski Legs • Lodging at The Northern Lights • Hot Buffet Breakfast • Full Dinner on Saturday • party in the BYOB bar • Karaoke • indoor pool & hot tub • 2 Day Lift • Always a screaming bargain	\$290 NS \$225
Dec 8 - 13	Keystone CO	Cathy Brown 856.816.0319 sjwinewench77@verizon.net	Done	Summit Starter • 5 nights at River Run condos • Hot tub, in River Run Village-walk to gondola & high speed quad • Discounted lessons • 4 out of 6 days of Lifts at Keystone/Breckenridge/Arapahoe Basin • Group Party	\$985
Jan 8 - 15	Beaver Creek & Vail CO	Jack Mazzeo 609.561.1205 jack@mazzeostudio.com	Check w/ Trip leader	Pampered Skiing • 7 nights at Beaver Creek Landing luxury condos - base of high speed quad, ski in-ski out • 5 of 7 day ski pass valid at Beaver Creek, Vail, Keystone, Breckenridge, Arapahoe Basin • Welcome Reception • Party	\$1,565
Jan 21 - 23	Okemo VT	Jean Hayfield 856.768.0527 jeanhayfield@comcast.net	Waitlist	The Big Mountain that Gets the Little Things Right • 2 nights at the Best Western in Ludlow • 2 continental breakfasts • 2 day lifts • 97% snowmaking coverage and consistent top rankings for snow quality	\$379 NS \$255
Jan 29 - Feb 5	Crested Butte & Telluride CO	Diane Kae 856.432.6088 dianekae@comcast.net	Waitlist	Best of Both Worlds! • 6 full days of skiing! 3 nights at Emmons Suites at the mountain in Crested Butte • 3 day lift ticket for Crested Butte • mid week apres ski transfer to Telluride for 4 nights Bear Creek Lodge or Peaks Resort in the Mountain Village • 3 days lift ticket for Telluride • Group Party	\$1,505
Feb 25 - 27	Killington VT	Eileen Godman 856.589.2091 e.godman@comcast.net co-leader Tammy McCoy	Check w/ Trip leader	Killington - always a favorite • 2 Day Lift • More snowmaking than anywhere else • Ski the Best of East! • Lodging at Inn of the Six Mountains • Hot buffet Breakfast • Across the street from Moguls on the access road	\$405 NS \$285
March 12-23	Madonna DiCampiglio & Rome Italy	Dale Mandel 215.563.9947 dalemandel@comcast.net	Open	Italia! • 7 nights at 4 star Hotel Ideal, Buffet Breakfast and dinner daily • 3 nights at 4 star Hotel Visconti in Rome • All transportation (including RT bus NJ to JFK) • Extensive intermediate skiing and incredible scenery • Experienced, Italian speaking trip leaders • Lift tickets on your own ~ approximate cost 5 days = US \$210; 6 days = US \$240	\$2,095
March 13-18	Killington Mid-week Drive-up	Bill Caden 856.461.4157 wcaden@septa.org	Open	Mid-week Killington Bliss • Drive-up - you set your schedule • Killington Grand Summit • 2 per room w/ Murphy bed • Includes 5-day lift ticket • ski-in/out located right at the base.	\$570
Mar 30 - Apr 4	Park City UT	Debbie Gallagher 609.220.7723 Deborah.gallagher27@gmail.com	Open	Spring Ski Spectacular • 5 nights at Park City Peaks Hotel with 4 days of lift tickets: 2 days Park City, 1 day Canyons, 1 day Deer Valley • Snowboarders may exchange Deer Valley for either Park City or Canyons • Daily full breakfast buffet, daily visit by the famed cookie man with fresh baked cookies and hot chocolate • Group Party	\$979

SJSC SOCIAL CALENDAR



JANUARY, 2011



SUN	MON	TUE	WED	THR	FRI	SAT
						1 Welcome 2011!!!
2 Eagles Football HH	3 Volleyball	4	5 Gen.Mtg. @ Ramblewood	6	7 HH @ Links	8 Beaver Creek+Vail trip
9 Beaver Creek+Vail trip	10 -Volleyball -Beaver Creek+Vail trip	11 Beaver Creek+Vail trip	12 -Social + Ski Comm. Mtgs. -Beaver Creek+Vail	13 Beaver Creek+Vail trip	14 -Beaver Creek+Vail -Indoor Ice Skat'g Party	15 Beaver Creek+Vail trip
16	17 Volleyball	18	19 Gen. Mtg. @ Ramblewood	20	21 Okemo trip	22 Okemo trip
23 Okemo trip	24 Volleyball	25	26 Board Mtg.	27	28	29 Crested Butte+Telluride
30 Crested Butte+Telluride	31 -Volleyball -Crested Butte+Telluride					



FEBRUARY, 2011



**SUPER BOWL XLV
NORTH TEXAS**



SUN	MON	TUE	WED	THR	FRI	SAT
		1 Crested Butte+Telluride	2 -Gen. Mtg. @ Ramblewood -Crested Butte+Telluride	3 Crested Butte+Telluride	4 Crested Butte+Telluride	5 Crested Butte+Telluride
6 Superbowl XLV	7 Volleyball	8	9 -Social + Ski Comm. Mtgs.	10	11	12
13	14 Volleyball 	15	16 Gen. Mtg. @ Ramblewood	17	18	19
20	21 Volleyball	22	23 Board Mtg.	24	25 Killington trip	26 Killington trip
27 Killington trip	28 Volleyball					



More skiing, more partying, more friendships forming!!!

Look forward to future events: Hiking, Wine Dinners, Happy Hours, and much more!

Get instant updates on the website... www.SJskiclub.com