



Ski Scoops

February 2013

YSC February Membership Meeting

February 19th

Chocolate:

The GOOD, The BAD, And The DELICIOUS

Did you know that **February is American Heart Month?** Not only is it the season of love, but also a time to learn about the benefits of chocolate that many of you will be indulging in this Valentine's Day.

Our guest speakers will be **titian** and **Cindy Ying-Span** Heart & Vascular



Laura White, clinical dietitian, RN, both with Well-Heart program.

Cindy will speak about disease and tips for heart focus on the benefits of chocolate, where do you find them, and how to incorporate them into your own diet to *include* **CHOCOLATE!**

signs and symptoms of heart health prevention. Laura will discuss chocolate, what is an antioxidant, where do you find them, and how to incorporate them into your own diet



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Board Meeting

February 26

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SUN VALLEY

FEBRUARY 9 TO 16, 2013

All is a go....we have 20 members prepped and ready to head to Ida-ho.

Note: Trip insurance is highly recommended. Check the web link @ www.travelguard.com/agentlink.asp?ta_arc=247146&pcode=SVPP.

You can view coverage and purchase (w/ credit card) trip insurance on this link.

Info: Winter Ski & Sport (Dan Ellis)

REMINDER-----TSA requires info same as on your ID for check in

If you have any questions, please contact Mary at: 717 764 6145 or e-mail skicats2@comcast.net.

YORK SKI CLUB ONLINE

www.yorkskiclub.org

GORE-Car Pool

MARCH 9 — MARCH 12, 2013

The deadline for final sign-ups is Friday, February 15, 2013. Pre-trip packets will be available at the Tuesday, February 19, 2013 York Ski Club Meeting. This is a carpool trip; the bus has been cancelled.

Gore Mountain has slopes for every type of skier or rider. The mountain has 95 slopes, covering over 40 miles and 437 acres of fun. The trail ratings are 13% easiest, 53% more difficult and 34% most difficult. With a peak elevation of 3600', a 2537' vertical drop (6th greatest in the East), great snowmaking, 5 terrain parks, and 21 glade areas, this will be an exciting trip.

We will be staying at the upscale and luxurious Copperfield Inn Resort in downtown North Creek, NY. It is the premier resort with an outdoor hot tub and a fitness club on-site. The resort offers shuttle service to the slopes and has two on-site restaurants, Trapper's Tavern and Lorenzo's. There are other restaurants within walking distance in town.

The cost is \$365 per person/double occupancy. The trip still includes 3-nights lodging, 2-day lift ticket and taxes. There are no meals with this package. Trip application forms are available online at www.yorkskiclub.org or by contacting Rick Resh (Home Phone No: 717-767-5951). Checks should be payable to "York Ski Club" and mailed to Rick Resh at 1360 Briargate Drive, York, PA 17404. No credit cards or pay-pal payments accepted. Final payments are due now.

2013-2014 Elections

Candidates on the Ballot are the following:

Officers:

Scott Burford -President
Mike Oberdick-1st VP
Chip Konrad-2nd VP
Deb Angstadt-Secretary
Mary Amsbaugh-Treasurer

Board Members:

Tim Rodencal
Casey Schardt
Shawn McEachern

Elections to be held at the February membership meeting.

Retro Day at Roundtop

Sunday, March 3, 2013

The Sixth Annual Retro Day celebration will be held on Sunday, March 3, 2012, at Roundtop Mountain Resort.



What is Retro Day? If you own straight skis, neon clothing, spandex pants, rear-entry boots or fur skiwear, wear it on the slopes on March 3rd.

We plan to set up grills/tents in the upper parking lot. Bring some beer, wine, food to share. We will begin around noon. If you purchase a lift ticket, the York Ski Club will refund you \$5.00. Hope to see you on the slopes!!

THOSE GOLDEN YEARS

Last season, Windham Mountain Resort, celebrated its 50th Anniversary and painted one of the lift chairs gold. Todd/Terry Holtzinger and I were fortunate enough to ride the quad. We had no idea how lucky we were until a local told us the legend. The locals (mostly the kids) believe the chair grants 50 wishes. I thought Terry wished for a safe ski trip, but I guess he didn't. We keep hearing the stories about aging service clubs, ski clubs and hiking clubs. The National Ski Association and Eastern PA Ski Council are encouraging its members to introduce new people to skiing and snowboarding. In PA, 4th and 5th graders can ski for free and many resorts offer deeply discounted learning packages. Our wish to you is to invite a friend to the slopes or bring them to next York Ski Club meeting. — Rick

Club Calendar 2013

Liberty Mtn Feb 2
Polar Bear Plunge.....Feb 2
11th Annual Taste of
York City.....Feb 8
Sun Valley-Western Trip....Feb 9-16
February Meeting.....Feb 19
Retro Day.....March 3
Gore Mountain Trip..... March 9-12

Special Olympics

The York Ski Club and Susquehanna Ski Club will be working together again this year teaching new athletes to ski. We will also work with our “veteran” Special Olympians in improving their skills.

We ski on Thursday nights from January to early March. You choose nights that work with your schedule.

Contact Deb Angstadt at 755-5876 to assist with this very fulfilling endeavor.

YSC Current Membership is 88

Polar Bear Plunge-2013

Saturday, February 2, 2013

Not going to Liberty Mtn...Then check out the York County Special Olympics Polar Bear Plunge. The SOYC will hold its annual fundraiser with another dip in the cold Susquehanna River. The plunge starts at 12:00 Noon at the John Wright Building boat launch at 124 North Front Street, in Wrightsville. Be a fan or participate in the dunk. Registration and volunteer details can be found on the website www.specialolympicsyorkcounty.org or by contacting the SOYC office: 846-1881.

“Way Out” In Windham, NY

January 5-6

What a difference one year makes! Conditions in the Catskills in January 2013 were vastly improved over 2012. Thank you Mother Nature for the cold snowmaking weather and 20” plus of natural snow since Christmas week. While 100% of Windham Mountain trails were open, there were icy spots, some thin coverage and frozen “death cookies”. While conditions weren’t perfect, it sure looked like winter. Rick and Jackie Bosco travelled a day earlier and Mike and Deb March skied at Hunter Mountain on Friday. Deb had a major slide on her backside on the west side. The rest of the “six pack” (Rick, Dave, Shawn, Shane, Terry and Todd) left early on Friday and got an extra half-day of skiing at Windham. The entire group dined at the Winwood Inn’s Mexicana Contina & Grill on Friday night and had a pizza party in Shawn’s, Shane’s and Tim’s room on Saturday night. The guys also made two trips to the Cave Mountain Brewery.

Daytime temperatures were great – in the upper 20s and 30s. The cold-

est part of the day actually occurred after 3:00 p.m. when the sun set behind the north facing the mountain and we were left holding cold beers in the parking lot in the shade and wind. Thanks to everyone who brought beer, soft drinks, chips, bologna, cheese and cookies to our tailgate party.

If there was a down side to the trip, it was the long weekend lift lines. So the “six-pack” cross-country skied and hiked twice to the furthest trail on the right side of the mountain called “Way Out” Since there is no snow making equipment, we did see some grass and rocks still showing. But the all-natural snow was a much better quality snow and there were no crowds.

Unfortunately, Tim Rodencal, our trip leader had a last minute work conflict and could not accompany the club members on this great trip. The “six-pack” provided Tim with numerous updates on the trip. I am sure his wife, Pam, probably wished that Tim had been on the trip. We apologize for all the “way out” of line emails.

Liberty Mountain

February 2, 2013

We will meet in the parking lot of Dicks Sporting Goods off Rt 30 and Kenneth at 6:45am.

Since Liberty is the sister facility of Round Top, Season Pass Holders, Advantage Club Card members can all take advantage of this trip. Otherwise, the pricing is as follows:

4hr flex (weekend)-\$58

8hr flex (weekend) \$65

All members are on their own for the cost of lift tickets, lunch, etc. Chances are that

homebrew & snacks will be available in the parking lot during the lunch hr. Details to be shared day of trip. Please RSVP at 779-9141; or burfordjs@yahoo.com

Directions:

From York, PA - 45 minutes Route 30 west to Gettysburg Square. Go 3/4 of the way around the square to Baltimore St. At the first stop light, turn right on Route 116. Liberty Mountain Resort is 8 miles on the left.—Scott