

St. Cloud Nordic News

Volume 23 September 2014 Issue 1

The Newsletter of the Nordic Ski Club of Central Minnesota

ANNUAL MEMBERSHIP MEETING

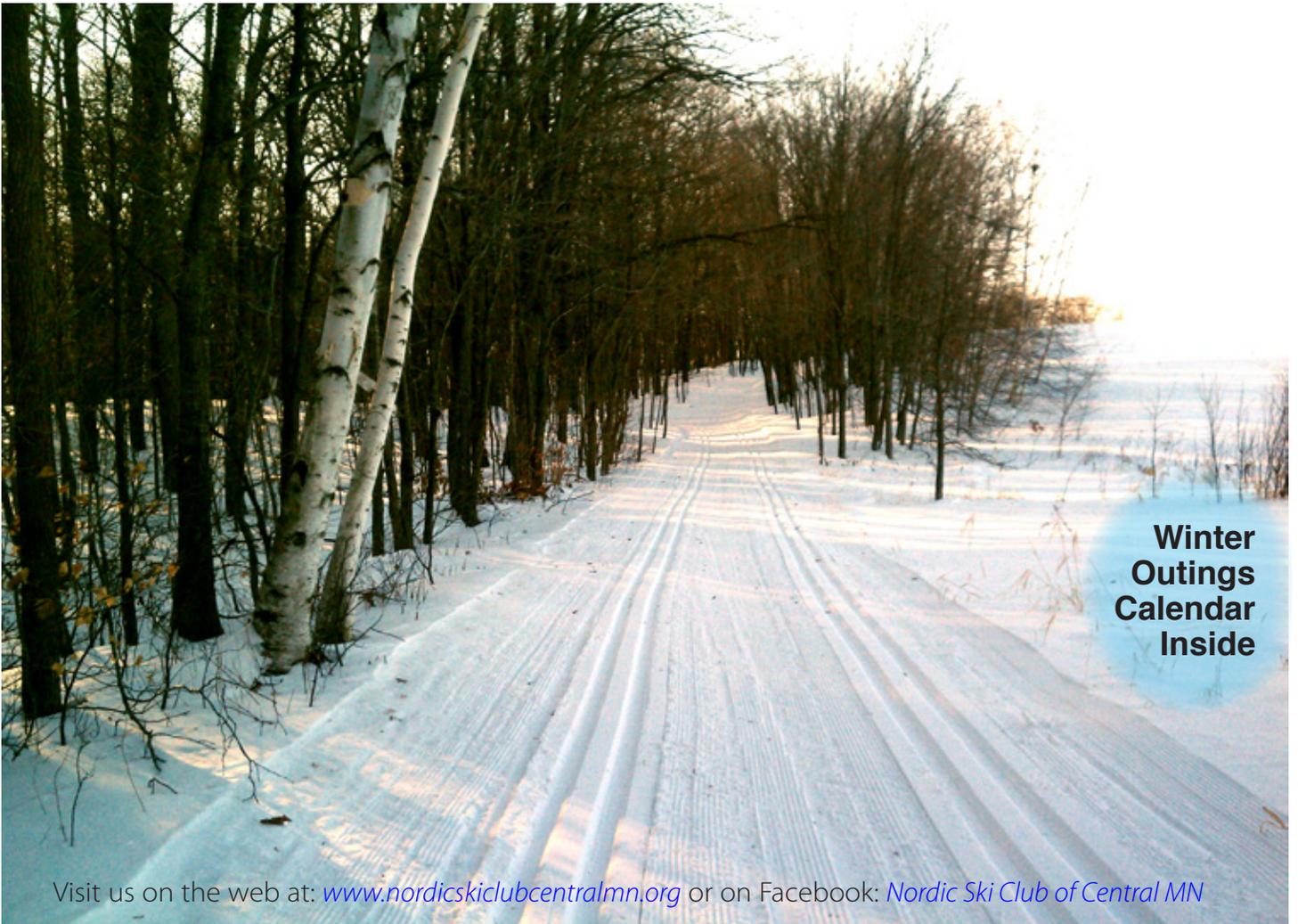
NORDIC SKI CLUB

Monday, October 6th

Pot Luck - 5:30 pm

Meeting - 6:30 pm

**Lake George
Community Center
1101 7th St. S, St. Cloud**



**Winter
Outings
Calendar
Inside**

Visit us on the web at: www.nordicskiclubcentralmn.org or on Facebook: [Nordic Ski Club of Central MN](https://www.facebook.com/NordicSkiClubofCentralMN)

Central MN Youth Ski Club

It's time to get ready for another great year of fun!

Club sessions -- Sundays, January 11 – March 8, 2015 from 1:45 – 4:00 p.m.
Riverside Park warming shelter - 1725 Kilian Blvd., Saint Cloud, MN

Online registration begins October 15, 2014 at

<http://mysl.org/registration-guide>

Please register your children ages 4 to 14 online soon! For more information about the Central Minnesota Youth Ski Club, go to <http://mysl.org/club/central-mn-youth-ski-club>

What's a typical ski club session like?

We're here to cross county (nordic) ski and have fun! We ski and play games on the snow. This is a very friendly, family oriented program focused on children ages 4 to 14 years old that is built around kids having fun while learning skills and techniques needed to become better cross country skiers.

We meet each Sunday at 1:45 p.m. to have the kids get their skis on and be ready at 2:00 p.m., where we divide into six groups based on age, comfort and skill level. Younger groups with coaches ski near the trailhead and take advantage of small, snow-covered inclines to get used to being on skis. Older kids venture off about the park with a coach. Volunteer coaches have curriculum loaded with ideas and strategies for teaching young skiers. Half-way through each session, we meet back at the shelter for a snack, warm-up and a restroom break. Then, back on the ski trails until 4:00 p.m.



What equipment is needed?

Youth are encouraged to provide their own ski equipment. However, if you are having a hard time finding ski equipment, please contact Nicholas Snavelly, Central Minnesota Youth Ski Club Coordinator, at stcloud@mysl.org. For the third time this upcoming 2015 ski season, the club will have traditional classic cross country ski sets available for rent at a cost of \$35 and skate ski sets available for rent at a cost of \$70 for the ski season. In order to take advantage of these low rental rates, youth skiers must be members of the Central Minnesota Youth Ski Club. This is the direct result of the ski binding donations that were received a few years ago, which provided the Central Minnesota Youth Ski Club with approximately 30 sets of skis. When registering youth for the Central Minnesota Youth Ski Club, there is an option to add a ski rental before you pay your membership dues. Arrangements must be made with Nicholas Snavelly to ensure ski rentals are still available, as well as ensure the proper ski set size is available for the child. Visit <http://mysl.org/sites/upgrade.mysl.org/files/Kids%20equipment%20sizing.pdf> to determine the ski set your child needs. Additional upcoming youth and family orientated cross country ski events are listed at <http://mysl.org/club/central-mn-youth-ski-club>

Sons of Norway Barnelopet (free children's fun Nordic ski event for ages 3 to 13)

Again this year, we will set aside one Sunday in January or February for this event. Cross country ski equipment for children at the Sons of Norway Barnelopet will be provided by the Minnesota Youth Ski League for free during this event, if needed (limited supply, so come early). Registration forms will be available at <http://mysl.org/club/central-mn-youth-ski-club> in December 2014 and January 2015.

Have you seen these shoes?
 Somehow they have gone missing. If you find them,
 contact bill@billgorcica.com so we can continue the
 tradition of the "Big Shoes".



Upcoming Ski Swaps

Locations, dates and times include:

- **Fitzharris Ski and Sport Warehouse Sale & Swap**, Oct. 3-5 @ Fitzharris Downtown in St. Cloud, Buy and sell new and used equipment.
- **Minnesota Youth Ski League Ski Swap** on Saturday, November 15th, 2014 starting at 10:00 a.m. Location: To be determined. (In the past, it has been held at the Dunwoody College of Technology, 818 Dunwoody Blvd., Minneapolis, MN (near the Walker Art Museum).
- **Saint Cloud State University Halenbeck Hall Field House**, 1000 4th Ave. S., St. Cloud, MN 56301 on Sunday November 16, 2014 with check in of sale items starting at noon, sale open from 1:00 p.m. to 3:00 p.m. and check-out of unsold items from 3:00 p.m. to 4:00 p.m.
- **Vasaloppet Nordic Ski Center** building and garage, Mora, MN on Sunday, November 23, 2014 with used equipment drop off from 11:00 a.m. to noon and equipment sale from 1:00 p.m. to 3:00 p.m.

BE A CROSS-COUNTY SKI PATROL VOLUNTEER at:

- **Quarry Park & Nature Preserve**
- **Warner Lake County Park**
- **Mississippi River County Park**
- **Kraemer Lake County Park**

Experienced cross-country skiers Stearns County have an easy volunteer opportunity for you. Be a ski patrol volunteer at one of the beautiful county parks, help other skiers, report trail conditions and help make skiing more enjoyable for everyone. The ski patrol will operate from December 15, 2014 until February 28; 2015. Sign up for ski patrol will start in October. Orientation and sign up can be done on-line. Go to the Stearns County web site www.co.stearns.mn.us for the latest information. Choose RECREATION and SKI PATROL.

Ski patrol volunteers that commit to volunteering for two different days (2 hours each day) will receive a 12 month Quarry Park & Nature Preserve sticker.

Call 654-4726 or send an email to parkinfo@co.stearns.mn.us if you have a question.

Nordic Ski Club of Central MN – Winter Outings – 2014-15

The Outings Committee has coordinated a number of winter activities this season.

Friday, January 9, 6-10 pm: MOONLIGHT SKI – QUARRY PARK & NATURE PRESERVE

Come for the skiing, good food and other fun. Check the Stearns County web site for more info as we get closer to the date. www.co.stearns.mn.us

Sunday, January 11: SKI MARIA STATE PARK

We will meet at the trail center and enjoy the many trails in the park. In addition to 14 miles of classic ski trail, there are 3 miles of snowshoeing and 2 miles of winter hiking trails. Afterwards we'll enjoy some good food in the town of Silver Creek. Call us by Sat. Jan. 10 for time and possible car pooling. Contact: Carl and Diane Bublitz, 259-1939

Saturday, January 17: ST. JOHN'S WOODS

The woods adjoining St. John's University Campus, as many of you know, contains some of the most picturesque hiking trails in the area. Much of the trail system is groomed for skiing in the winter, and the skiing there can be as blissful as the fall color hiking. Join us for an afternoon of skiing the hilly trails in SJU Woods. Meet at 2:00 in the Palaestra Lot. (Refer to the map at <http://www.csbsju.edu/about/at-a-glance/sju-campus-map> if you are unfamiliar with the campus.) Trip Leader: Steve Zinsli, 320-253-2018

Saturday, January 24: KATHIO STATE PARK

Join us on a trip that offers a variety of skiing opportunities. Bring something to eat for when we warm up near the fire in the nature center afterwards. Contact: Cindy Robertson, 320-224-1104 or robertsoncr@hotmail.com for details.

Date to be Determined: 8TH ANNUAL SONS OF NORWAY BARNELOPET - CHILDREN'S NORDIC FUN SKI EVENT

(over for more outings)



NORDIC SKI CLUB of Central MN



Nordic Ski Club Membership Form

Renewal Membership New Membership
 Household (\$20 annually) Student (\$5 annually)
 Name(s) _____
 Address _____
 City / State / Zipcode _____
 Phone Number _____
 Email _____
 I/we do *not* want to receive email reminders about outings & events
 I/we want to receive e-newsletters only

Make check out to:
Nordic Ski Club of Central MN
 Mail to:
Laurie Leitch - 1938 29th St. South - St. Cloud, MN 56301

**Support Grooming
in St. Cloud**

**Join Ski Outings
Get a Free Ski Buff
Meet New Friends**

**Join
Today!**

This year we would like to get your input on how we can improve our club to better meet the needs of our members. Please take a few minutes to complete the following questions.

Which winter activities do you enjoy? (circle all that apply) classic skiing skate skiing skijoring roller skiing snowshoeing other _____

Which activities/events are you willing to participate in, volunteer to help with, and/or willing to lead/teach? (check all that apply)

What changes can we make to our organization to better meet the needs of our members? (please use the back of this form to add more comments)

Event	Attend	Volunteer	Lead/Teach
MN Youth Ski League			
Trail Grooming/Maintenance			
Snowmaking			
Ski Lessons for Adults			
Ski Lessons for Youth			
Outings			
End-of-Season Banquet			

Thanks for your input!

Nordic Ski Club of Central MN – Winter Outings – 2014-15

Saturday, January 31: SIBLEY STATE PARK

Join us for a day of skiing the beautiful trails of Sibley State Park. There are 8 miles of classic trails and 2.5 miles for skating. Sibley also has snowshoeing trails, if you'd rather not ski. The trails are intermediate level with lots of rolling hills! After we work up our appetites on the trail, we'll gather at the nature center for a potluck. Bring a dish to share. Please RSVP by Tuesday, January 27th. Call Event Leaders Bill Gorcica 320-293-5349 or Laurie Leitch 320-293-9500 with any questions.

Saturday, February 7: KRAEMER LAKE / WILDWOOD COUNTY PARK SKI & POTLUCK

Meet at the Wildwood parking lot at 2:00 P.M. to ski approx. 6 Km of trails. Then join us at our home for a potluck dinner at about 5:00 P.M. You are welcome to attend the potluck even if you are not able to make the skiing.

For park info: <http://www.co.stearns.mn.us/Recreation/CountyParks/KraemerLakeWildwood>

For trail map: http://www.co.stearns.mn.us/Portals/0/docs/Department%20Files/Parks/kraemer_winter_12.pdf

Contact: James Bryer and Joanie Robinson 320-253-7787

Friday, February 13 thru Monday, February 16: CAMP DU NORD

This weekend of skiing in the Boundary Waters has been a club favorite for many years. Camp Du Nord is located about 15 miles north of Ely. We have reserved Lynx Lodge, a log cabin near Burntside Lake. It is a cozy cabin with a fireplace and showers. We arrive Friday evening and stay till Monday morning (President's Day Holiday). Breakfast and Dinner preparations will be a group effort. Cost to be determined, though will be approximately \$130 per person. Call trip leader John Muldowney at 651-395-8259

Saturday, March 14th – 2:00 pm until moonrise over Claddagh: BREWS, STEWS, AND SNAKE STAMPEDE

Celebrate St. Patrick's Day with a round of skiing or hiking in the afternoon (location Talahi Woods or other depending on conditions) - we'll see if we can chase the snakes out of the woods. After that we'll gather for a bit of Irish merriment and feasting with an Irish dinner social at Roger Sorensen's house. And of course, Black & Tans, Jameson, Irish Mist and other fine libations. More details will come out closer to the date.

Contact: Roger Sorensen, r.sorensen@charter.net, 320-290-6217

(over for more outings)



Nordic Ski Club of Central Minnesota
 1938 29th St. S.
 St. Cloud, MN 56301



Give to the Max Day 2014

Consider donating to the Ski Club on November 13, Give to the Max Day. All you need to do is go to the website, GiveMN.org, choose the Central Minnesota Community Foundation and make a declaration that your gift should go to the Nordic Ski Club of Central Minnesota.

Newsletter Submissions Welcomed for December 2014 Issue

Please send items for the next newsletter to Bill Gorcica at bill@billgorcica.com or Laurie Leitch, lleitch@charter.net. Photos, stories, and news items are appreciated.

Deadline: December 7th

Ski Club Board thru Sept 2015

Expires '14	Carl Bublitz	259-1939
Expires '14	Jeremy Frost	230-6392
Expires '14	Gary Strandemo	255-9125
Expires '15	Justin Quinn	253-3496
Expires '15	Heidi Harlander	253-0285
Expires '15	Khia Anderson	310-2686

Officers & Coordinators

President	Gary Strandemo	255-9125
President-Elect	Justin Quinn	253-3496
Secretary		
Treasurer	Phil Rogosheske	252-7291
MN Youth Ski League	Nick Snavelly stcloud@mysl.org	763-232-4921
Membership	Laurie Leitch	293-9500
Newsletter	Bill Gorcica	293-5349
	Laurie Leitch	293-9500
Outings	Roger Sorensen	290-6217
Trail Grooming	Phil Rogosheske	252-7291
Coordinator	Bob Skow	253-2919
Webmaster	Roger Sorensen	290-6217

www.nordicskiclubcentralmn.org

<https://www.facebook.com/CentralMNNordicSkiClub>