



Hoboken Ski Club  
PO Box 1364  
Hoboken, NJ 07030

The Hoboken

Volume 35, No. 6  
December 2006

# Ski Club

Skiing • Snowboarding • Hiking • Sailing • Mountain biking • Rafting • Parties & More..

# Seasons Greetings





*3 Days Lift Ticket!*

Ski In/Out Two-Bedroom Duplex  
Condos with Fireplace

Access to Sugarloaf Sports Center,  
Includes Hot Tubs, Pool, Sauna,  
Steamroom & More!

Meals: 3 Buffet Breakfasts

1 Group Country BBQ Dinner

Sunday Night Condo Party

**ON SALE NOVEMBER 7!!!**

- \$200 Due at Sign Up
- Remainder Due by December 19



**SUGARLOAF STATISTICS**

- Maine's Second Highest Peak: 4,237 ft.
- 54 miles, 651 acres, 133 trails, and glades
- Green circle 34 trails - 26%
- Blue square 40 trails - 31%
- Black diamond 36 trails - 27%
- Double-black diamond 21 trails - 16%
- Glades 17 (included in the above) - 13%
- Lifts: 15 - Two SuperQuads,
- Two high-capacity quads,
- 8 doubles, 1 triple, 2 surface lifts
- Vertical: 2,820 ft.

**Bus departs Hoboken  
Shop Rite at 2:00 pm sharp  
Friday Jan 12th**

Questions? Email Joe Niemec and Jason Weinstein at [hscsugarloaftrip@yahoo.com](mailto:hscsugarloaftrip@yahoo.com)  
Or Visit the Hoboken Ski Club Website: [hobokenskiclub.com](http://hobokenskiclub.com)

## HSC Officers:

Adam Weissman  
*President*

Maria Carrera  
*Vice-President*

Jen Chernofsky  
*Treasurer*

Gene Sackman  
*Newsletter Editor*

Chris DeSanctis  
*Ski Coordinator*

Chris Fallo  
*Historian*

Gary Toriello  
*Webmaster*

Britt Erica Tunick  
*Membership*

Suzy Auletta  
*Membership*

Beth Doherty  
*Membership*

Linda Gormley  
*Non-Ski Events*

Will Lovell  
*Voucher  
Coordinator*

Rob Redanz  
*President-Emeritus*

## [www.hobokenskiclub.com](http://www.hobokenskiclub.com)

Check out our webist for the most current club news. View the event calendar, surf hot links to relevant sites and e-mail your favorite board members.

## Newsletter Submissions

Please send your photos, articles, flyers, etc. Submissions for the August newsletter are due Nov 28th. They can be sent to [newsletter@hobokenskiclub.com](mailto:newsletter@hobokenskiclub.com) Please use subject line "December Newsletter." **Do no embed photos in any copy submitted. Send photos separately, along with the names of any individuals in them.**

## Hoboken Ski Club Club Forum

Check out your Club Forum to discuss anything from the topics provided: General Talk, Ski Trips, Non-Ski Trips, Classifieds, Memberships, etc. The forum is available through the [hobokenskiclub](http://hobokenskiclub.com) web site listed above.

These policies apply to all Hoboken Ski Club events, unless otherwise noted:

**Minimum Age:** 21    **Bounced Check Fee:** \$15    **Cancellation Fee:** \$15

**Singing Up:** On events costing under \$100, full payment must be made to hold spot. For trips over \$100, trip leader will announce the necessary deposit. Members only on all trips. A trip leader may ask to see your card to verify membership. A separate check is required for each trip deposit. Final payment is required two weeks prior to the first day of the event for 1-3 days trips, and 60 days prior for trips one week and longer.

**Waiting Lists:** Trip leaders may keep a waiting list, however this is not mandatory. If there is a list, a check for the required deposit amount must be given to the trip leader (of 50% of the cost is required if the trip is under \$100.) The deposit check will not be deposited unless the member gets a spot on the trip. If a spot does not become available or the member is unable to attend the event, they must make arrangements with the trip leader to pick up the check or send a self-addressed stamped envelope so it can be returned. Members on a waiting list should let trip leaders know if they are unavailable to go on the trip so they can take your name off the waiting list.

**1-6 day Event Policy Guideline (if a flight is involved in the trip, the 1 week + Event Policy applies.)**

**Cancellation:**        22+ days prior to the first day of the event 100% refund\*  
                                  0-21 days prior to the first day of event: 0-100% Refund\*

Final Payment: Required two weeks prior to the first day of the event.

**1 week + Event Policy Guideline (and any trips requiring airfare)**

**Cancellation:** A full refund will be made if: You cancel 61 days prior to the first day of event, OR if your spot is filled 30 days prior to the first day of event. If the spot is filled within the 30 days before the trip starts, the member may receive a refund less any expenses the ski club incurred as a result of the cancellation. Final payment is required 60 days prior to the 1st day of the event.

The burden of filling the spot lies with the member canceling and replacement must be approved by the trip leader (gender could be an issue if rooming assignments have been completed.) Our trip leaders are not travel agents and should not be exposed to the stress of last minute cancellations. Please be considerate. If the spot is paid for by the club and not filled, you may receive a partial refund if the club receives a reimbursement from the resort or travel agent (usually the price of lift tickets, and a percentage of the airfare.)

**Cancellation/Refund Fees:** Members are allowed one transfer/refund per membership year. Each additional transfer/refund will incur a \$15 fee.

**Refunds:** All refunds will be made after the event is completed. If a member is unable to pick up the refund at a meeting, a SASE must be provided so the refund can be returned by mail.

**Suspended Membership:** If a member owes us money from a trip, bounced check fee, cancellation, etc., their membership will be suspended until all balances owed are paid. Suspended members will not receive the newsletter and cannot sign up or participate in any HSC events. Members have the right to appeal their suspension to the board.

**Membership Policies:** HSC cannot process a membership, under any circumstances, unless the dues are accompanied by a read and signed copy of these policies, along with a completed membership form. Please make out a separate check if you are paying both dues and a trip deposit

\*Spot must be filled in order to receive refunds, which will be less any expenses club incurs as a result of the cancellation.

# St . Anton, Austria 2007

Friday, March 2nd -  
Saturday, March 10th

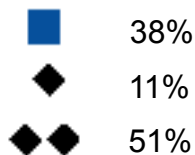
Hello Hoboken Ski Club  
members...

Gene Sackman and Ed Murray would like to invite you to join us in the Alps this coming winter. We have put together an amazing itinerary that includes endless terrain, umbrella bars for happy hour and an incredible town that includes amazing restaurants, bars and clubs.

## ABOUT THE MOUNTAIN:

St Anton is located at the foot of the road up to the Arlberg pass, at the eastern end of a lift network that spreads across to St. Christoph and above the pass to Rauz and Stuben. For years the resort has attracted loyal skiers of all abilities, all ages and every concept of what constitutes a good ski holiday.

Mountain Statistics:



## TRIP INCLUDES:

- Round trip airfare from Newark, NJ to Zurich, Switzerland
- Transportation to and from resort
- Breakfast and Dinner provided daily
- All resort taxes service charge covered
- Welcome cocktail upon arrival
- Endless mountain terrain to explore and Umbrella Bars to enjoy !!!



Contact Us with questions at [ski-stanton@hobokenskiclub.com](mailto:ski-stanton@hobokenskiclub.com)

# **Treating Cold Weather Injuries**

By Murray Selleck

Both the inbounds skier and backcountry skier need to protect themselves from cold weather injuries. Constant vigilance through preparation and knowledge are the keys to preventing any of these injuries. But, even if you're prepared, cold weather injuries can sneak up on you and advance well into their initial stages before you even realize they are happening.

## **Hypothermia**

### **Abnormally low body temperature.**

Hypothermia is hard to recognize in its early stages. Knowing your ski partners and how they act and behave normally will help you to recognize hypothermia. Many times when hypothermia sets in, others in the group think it's just because that person is tired. The early stages of hypothermia include:

- poor judgment
- poor response to cold (taking hats and gloves off or losing layers)
- apathy
- irritability
- slurred speech, clumsiness, shivering, stiff muscles

It's important to realize that their hands and feet may not feel excessively cold but their internal organs (core body temperature) may be dangerously low. If you're out in the backcountry and suspect hypothermia, you should act quickly to warm the victim. To take some basic first steps toward treatment, you can:

- Get them out of any wet clothes
- Protect them from the wind
- Zip two sleeping bags together and get warm bodies on either side of that person to help rewarm them
- Place hot water bottles on their torso
- Get the person to drink warm or hot liquids.

Rewarming takes time so be patient and persistent. By waiting too long, it may be impossible to rewarm that person in the backcountry and in some cases, hypothermia can lead to death. Always be aware of your ski partner's condition.

## **Frostbite and frostnip**

### **Local tissue destruction resulting from freezing.**

Frostbite can be either superficial or deep. Wind and wind chill play a huge part in frostbite. The affected area appears white, gray and mottled and feel cold. All skiers need to be very aware of exposed skin while they are out schussing the white. Frostnip can be warmed right in the field just by placing a hat or glove over the nipped area. Extra caution should be used while you ski out. Frostbite affects deeper tissue and should be rewarmed by immersing the affected area in warm water between 100 and 108 degrees. Thaw completely and don't constrict the area. Make sure blood can freely flow to the area. Do not rub frostbitten areas. You can further damage the bitten cells.

## **Immersion foot**

### **A wooden, cold feeling that occurs when your feet are wet and cold for extended periods of time.**

Immersion foot usually affects backcountry skiers and occurs after the foot has been wet and cold for a long period of time. This is not a freezing injury but it is no less painful. The foot will feel wooden or numb. Once rewarmed it will throb, become red and dry. Simply keeping your feet warm and dry will prevent immersion foot.



## **SMUGGLERS NOTCH VERMONT**

**February 9 – February 11, 2007**

Package Includes:

- Roundtrip Motorcoach from Hoboken to Smugglers' Notch.
- Two Nights Lodging at Smugglers' Notch Slopeside Condominiums.
- Daily 3-Mountain Lift Tickets, Cross-Country & Snowshoe Trail Passes.
- Ice Skating, Tube Sliding, Daily Bonfires with Hot Chocolate.



- Use of Indoor Pool & Hot Tubs
- Saturday-Breakfast & Dinner, Sunday-Breakfast
- Saturday- Wine and Cheese party

**PRICE – \$340.00 Contact Chris Nastasi or Jim Angelone at  
[ski-smugglers@hobokenskiclub.com](mailto:ski-smugglers@hobokenskiclub.com)**



## 2006-2007 Hoboken Ski Club Vouchers available for the following Northeast Ski Resorts through Hoboken Ski Club:

Available Mountains
Bromley
Gore / Whiteface
Killington / Pico
Okemo
Sugarbush
Stratton
Jay Peak
Contact HSC Ski Voucher Coordinator, Will Lovell at <a href="mailto:vouchers@hobokenskiclub.com">vouchers@hobokenskiclub.com</a>

### Policies:

- 1.) **Vouchers are ONLY for Hoboken Ski Club members.** Please present your valid '06/07 membership card when placing an order. Vouchers are Non-Transferable. Do not re-sell or give them to individuals who are not HSC members. *(If you share vouchers with non-HSC members, your privileges will be revoked)*
- 2.) **Voucher will ONLY be distributed at regular Hoboken Ski Club meetings** held each Tuesday evening at Willie McBride's in Hoboken, NJ. (8:30pm start). Orders can be sent to the club with check payable to: Hoboken Ski Club - Attn: Vouchers - P.O. Box 1364-Hoboken, NJ 07030
- 3.) **We will NOT mail out vouchers** or distribute them outside of regular club meetings.
- 4.) **Vouchers are redeemed for actual lift tickets** at any ticket window the day you will be skiing. You must present your '06/'07 HSC membership card with NJSC sticker to the ticket agent. Sugarbush vouchers ARE your ticket. Get a wicket and attach them to your person.
- 5.) **If we have vouchers on hand**, there is a 10-ticket limit per mountain – per night.
- 6.) **Vouchers are good for '06/07 season** and are not subject to blackout dates. Unused vouchers can be rolled over to the following ski season according to HSC/NJSC return policy (below). Vouchers MUST be turned in to HSC Voucher coordinator in order to get credit for rollover.
  - a. Stratton – **10 % of total order** – i.e., buy 10 – return 1
  - b. Killington & Sugarbush, – **15 % of total order**– i.e., buy 20 – return 3
  - c. Okemo - **20% of total order** - i.e., buy 10 - return 2

Bromley, Gore, Jay Peak, & Whiteface – **100% accepted for return**

# Treating Cold Weather Injuries (cont.)

## **Snow blindness and Sunburn**

**Sunlight reflecting from snow or ice that causes your eyes to feel full of grit, to become bloodshot and to tear easily.**

**Skin inflammation and blistering; first and second degree burns are possible even on cloudy days.**

Snow blindness and sun burn are easily prevented. Wear eye protection, sunscreen or sunblock even on cloudy days. In the mountains there is less filtering of ultraviolet rays. Don't let anyone in your party ski without eye or skin protection. I see little kids skiing without sunglasses often and it makes me cringe. They are in for an uncomfortable night.

## **Prevention**

All of these cold weather injuries are easier to prevent than to treat. Prevention includes good planning, knowledge and awareness. Take first aid or wilderness medicine courses to further your knowledge and training. A few good references on cold weather injuries are:

- [NOLS Wilderness First Aid](#) (National Outdoor Leadership School)
- Mountaineering: Freedom of the Hills (Don Graydon, 1997)
- Allen and Mike's Really Cool Backcountry Ski Book: Traveling and Camping Skills for a Winter (Allen O'Bannon and Mike Clelland, 1996)

## Hydration in Winter

### **Frozen water all around and none to drink**

By Kaj Bune

One of the most neglected yet important aspects of winter sports body maintenance is hydration. On a hot summer day hike it's much easier to keep up with your body's loss of water because the heat of the day is a constant reminder of your thirst. But in winter the cold conditions make it harder to respond to thirst. Not only is it unappealing to take a long drink of cold water when it's below freezing weather, it seems our brains just don't make hydration a priority as much as in summer.

When you head for the frozen hills this winter take this advice with you:

- Make your liquid refreshment more appealing by warming it up. When you fill your water bottle in the morning and again in the afternoon, fill it with warm water. You will drink more and feel warmer if your water is well above freezing.
- Carry a half-liter vacuum bottle in your daypack on the coldest days. This will keep soup or sports drinks hot all day and make a windblown lift ride much warmer. Tomato soup is a cold weather favorite.
- Use one of the tube-fed hydration systems. Many small sips are much better than a few big gulps and hydration systems are the right tool for the job but in very cold weather you run the risk of freezing the drink tube. Make sure you have warm water in the reservoir, an insulating sleeve for the tube and valve, and remember to blow the liquid back into the reservoir to clear the tube after each sip.
- In addition to carrying water, make sure to drink an additional quantity at lunch. Hold off on the caffeine and alcohol ? they are diuretics and will flush water out of your system.
- Tank up on liquid the day before a big snowriding outing. Starting with the tank full is a must.
- Monitor the quantity and color of your urine. If you don't need to empty your bladder for several hours it's a sure sign you are running low on liquid. When you do "go" make sure that it's gin clear; a strong yellow color is one of the best indicators of a need for better hydration.

LAKE PLACID  
NY  
MARCH 23rd  
TO 25th  
2007



HOBOKEN  
SKI CLUB



You're **NOT** going to miss the Final Bash, are You?

**Trip Price: \$ 390.00**      March 23rd to March 25th  
**Optional: Ride down the Olympic Bobsled Run**  
**(See Trip Leaders for extra fee and particulars)**

**Trip Includes:**

- (2) nights lodging at the Lake Placid Hilton**
- (2) full buffet breakfasts**
- (2) days lift tickets at Whiteface Mountain**
- (1) group dinner on Saturday Night/Free Drink Tics Sat. Night**

**Bus transportation from Shop Rite In Hoboken,  
9th Street and Monroe - departing at 5:30pm on March 23rd,**

**Mountain Stats:** 3430' Vertical  
**10 Lifts including** 1 Gondola  
**Beginner:** 20%      **Intermediate:** 36%  
**Advanced:** 42%      **Expert:** 2%

**GOES ON SALE**

**12/12/06**

**Trip Leaders:** John S. Lincks      JSLincks@aol.com  
Colleen Poyatt      Cpoyatt@yahoo.com

[ski-lakeplacid@hobokenskiclub.com](mailto:ski-lakeplacid@hobokenskiclub.com)

**December Calendar:**

**Thursday, December 14th**

Thirsty Thursday

**Thursday, December 21st**

Ice Skating

**Tuesday, December 26th**

Park City, UT Departs

**January Calendar:**

**Wednesday, January 10th**

Ice Skating

**Thursday, January 11th**

Thirty Thursday

**Friday, January 12th**

Sugarloaf departs

**Thursday, January 18th**

Jay Peak departs

**Friday, January 26th**

Killington departs

**\*\*Check website calendar and club forum for details and other upcoming events**

**THE HOBOKEN**

**Ski Club**

**PO BOX 1364, HOBOKEN, NJ 07030**

Place  
Postage  
Stamp  
Here

Place Address Label Here

**The Hoboken Ski Club meets every Tues., 8:30 p.m., at Willie McBrides, between 6th & 7th on Grand St.**