



# ***Skinny Briefs***

**April '05**



## **Important Dates**

**2005**

.....  
**Motherlode Region  
Dinner**

Neptune's Palace, Pier 39  
San Francisco  
May 21st

.....  
**Pinecrest picnic**

Golden Gate Park San  
Francisco  
May 21st

.....  
**Divisional Meeting**

Las Vegas  
August 5-7

Welcome to our final 2005 edition of skinny briefs...

The season is sadly coming to an end. Its O.K cause we can go skiing in Australia in August! We've had a great season this year. Even though the cabin has closed there is still plenty of snow out there to ski on so get out there while you can!

We have a few articles in this edition that tell us about the events that Pinecrest has held. Read on.

You may notice some changes on the pinecrest web page. We've been busy making some improvements and we're hoping to have a fully functioning members area by next season. Stay tuned for the official launch in the coming months.



<http://www.pinecrestnordic.org>

## **Pinecrest Picnic**

**May 21**

**Golden Gate  
Park**

**Marx Meadow**

**San Francisco**

**12pm**

**onwards**

**followed by MLR  
dinner**

## **Mountain Travel and Rescue 1**

February 5th and 6th of this year saw another successful MTR 1 class held at Pinecrest. We had close to 30 students and 17 instructors and helpers.

The classroom component was held at the Pinecrest Community center and we managed to car pool to Gooseberry trail head before heading out to Stans bowl. The bowl was quickly transformed into mini snow-shelter city as we all dug out our shelters and, as always, we convened to a common snow kitchen for dinner. The night SAR went off without a hitch and the field exercises on Sunday all went great as our instructors put their plans into action.

Eleven of our own members brought their experience and skills to the event as instructors and helpers for which I owe a huge debt of gratitude. They are:

Larry Crawford, John Kretschmann, Mariano Caunday, Jeff Gurrola, Steve Donelan, Irene Patton, Mark Hahn, Penny Hutchinson, David Sands and Wade Melcher.

Congratulations to Geraldine and Bart for completing the course.

David Kelly

# Winter Adventures

By Irene Patton

We've just completed another successful year of our Winter Adventures public outreach programs with the Forest Service. This program was formerly called "Ski With a Ranger" but since we welcome snowshoers as well as skiers, and since Ski Patrollers are not Rangers, the program was renamed Winter Adventures by consensus in 2004.

Typically we meet at the Crabtree Nordic Trailhead at 10:00 am on a weekend morning. Joy Barney of the USFS welcomes the public and introduces the participating patrollers. Then the "emergency shelter & hot chocolate crew" head down the trail toward the stop sign to put the water on to boil and dig a variety of hasty shelters for demonstration purposes. Meanwhile, the rest of the patrollers accompany the skiers and snowshoers along the trail, stopping at three stations to do "show and tell." Station 1 is typically "Clothing" and we spread a tarp on the snow and show examples of what to wear for winter activity. Emphasis is on layering and we stress that "Cotton Kills!" A demo of water poured onto various fabrics brings the point home.



Wade demonstrating how to use stoves.

Station 2 is "Ten Essentials" and we go over each one and explain its use and importance. Station 3 covers what to do if something goes wrong. We go over the importance of map and compass use and also the S.T.O.P principles (Stop, Think, Observe and Plan).



Irene takes the stage.

Station 4 is always a big hit with the public. The kids love the snow shelters and crawl inside to try them out. The adults are usually pretty amazed at what can be done in a short amount of time. The hot chocolate and cookies are enjoyed by all and a general question and answer session usually follows.

This year we scheduled our first program on January 9, probably the worst weather weekend of the year. Chains were required on the roads and the weather alternated between snow and rain. We were fortunate enough to have a brave reporter from the Union Democrat come along and write a feature about our program, complete with photos. Our second program on February 13 drew a better response since the weather was clear and dry. We also do a special Winter Adventures program for the Girl Scouts of Monterey County each year at Camp Sylvester. This year the program was presented on March 6 and coordinated completely by Jo Anne Zeek. The Forest Service staff was unavailable due to a scheduling change. There were about 30 Girl Scouts participating. In addition to learning about clothing and the ten essentials, the girls got some hands-on experience with digging a trench snow shelter.

A big THANK YOU to all patrollers who helped with this program! Special thanks to Jo Anne for running the Girl Scout event and Wade Melcher who was there for all three program dates! Others assisting were Larry Crawford, Geraldine Murphy, Jeff Gurrola and John Kretschmann.

## **Nordic Ski Enhancement.**

*By Penny Hutchinson*

On 26th of March 8 PNSP patrollers attended the Nordic Ski Enhancement Seminar at Donna Ski Ranch. In attendance there was Mark Hahn, Dave Kelly, Dave Sands, Jeff Gurrola, Wade Melcher, Mariano Cunday, Pat Callery and Myself.

We met Ron Evenson the organizer and Tor Brown and Chad Shearer the NASTC/PSIA instructors who are from Northstar nordic center and are also regular instructors at the Bear Valley Telemark Festival.. We divided up into two smaller groups and went about putting our best efforts into the 750 vertical feet of elevation Donner Ski Ranch had to offer. We got some great tips and all experienced the great skiing of the NASTC instructors and everyone came away with some new skills and new techniques to work into our skiing.



Tor's class group is all smiles.

Thanks to Ron Everson who organised the event and the instructors for making it so memorable.



The class group post skiing.

## **Bear Valley Telemark Festival 2005**

Once again PNSP had a strong representation at the Bear Valley Telemark festival, now it its 9th year of festivities. Apart from the opportunity to ski with some of the best telemark instructors in the country, the event offered the chance to demo gear, compete in fun events and relax with a meal and some beers at the end of the day. The event was made special this year with the attendance of the whole PSIA Nordic Demo Team.

Lady luck was smiling on Penny Hutchinson who won a new pair of Crispsi ski boots at the Saturday night banquet. David Kelly won a BCA back pack for winning the avalanche beacon Olympics with a time of 36 seconds.

The PNSP attendees were Wade Melcher, Dave Sands, Joanne Zeek, Mark Hahn, Darren Rusk, Penny Hutchinson and David Kelly.