



**New England Regional Ski For Light**  
P.O. Box 861, Georgetown, MA 01833  
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**Winter 2009-2010**

Message from the President

Hello Everyone!

As I begin to think about the great cross-country skiing and snow shoeing we will be enjoying together this winter it is hard to imagine that two months ago we were in NH hiking and kayaking. I am pleased to report we had several new participants and guides join with us as well as our friends formerly from the Brettonwoods Adaptive Program who have formed a new nonprofit called Adaptive Sports Partners of The North Country. They, after a day of hiking, hosted a delicious Saturday evening barbecue. Thank you to Sandy Olney, Executive director of ASPNC for her assistance with weekend planning. I want to thank the NERSFL Board members who worked so hard to make the weekend such a success and last but not least to all of you who joined us. I want to welcome our new guides and participants to NERSFL who, by the way, all plan to attend future trips. For those of you who were not with us we look forward to seeing you this winter and at future summer events.

Even the rain did not stop us for our fall day hike! Although the very wet weather forecast convinced us to change our location from the Middlesex Fells hiking trails to the paved bike trail in Arlington MA, we decided to proceed. Saturday morning I awoke to pouring rain outside and was waiting for calls from individuals cancelling their participation. Well those calls never came and we, all in our rain gear, did our hike with a respite to eat lunch in a local restaurant. What is most significant about this event is that even the rain did not stop us and that is what NERSFL is all about is friends being together doing outdoor activities that we all love to do!

Would you like to pretend you are a kid again at camp? On a warm summer day Guides Lisa Murno, Mike Fritz and I traveled down to Chester Connecticut to meet with staff from Camp Hazen to explore the possibility for a fall weekend at the

camp. For about \$100.00 Camp Hazen would provide us with all camp activities including alpine tower, high ropes, climbing wall, team building course, confidence building course, giant swing, zip line, swimming (weather permitting), kayaking canoeing, archery, hiking at a nearby state park, creative arts, candle making jewelry making, and other crafts. Lodging is in cabins with full baths: our six meals are cooked by a professional chef. In order to offer this opportunity to the group we need a minimum of 20 individuals to sign up. Can we count you in? More information will follow depending on level of interest so please contact me ASAP to let me know if you wish to attend so that we can determine whether to move forward with this event for next fall.

Now after learning about all of our fun outdoor summer and fall events and potential future activities let's keep our momentum going and continue exploring new opportunities for NERSFL. This can only be done with your help by joining a committee and/or considering serving on the NERSFL Board! I can honestly say the NERSFL Board has always been and continues to be a wonderful Board to work with. The only way to really know that is by getting involved! Please contact us if you are interested in being considered for a board position and/or would like to volunteer on a committee.

Committees include: Outreach and Publicity, Events and Planning, Website, Newsletter, Fundraising, Nominations, Transportation, and Financial Assistance.

It is with much sadness that I share the news of the passing of Nario Brenes, a long-time and active member of NERSFL, Land of the Vikings and SFL. Nario was truly a pleasure to be around and brought much joy to our group. He will be missed by all of us!

My message would not be complete without thanking all of our Board members who have worked so hard this past year. I want to let everyone know we are all so fortunate to have such a fun, dedicated, and committed group of individuals who serve on the Board.

In conclusion please stay in touch by e-mailing or calling with questions or ideas, as well as updates to your contact information and names of individuals interested in being added to our mailing list. Remember, "Spread the Word" about NERSFL! We are always looking for new participants and guides!

Please join me in keeping with our NERSFL tradition and let's continue to have fun with all of our NERSFL friends while enjoying physical activities together this winter!

*Marie Hennessy*

## UPCOMING WINTER TRIPS

CRAFTSBURY OUTDOOR CENTER  
CRAFTSBURY COMMON, VT

January 8-11

*Our annual trip to one of NERSFL's favorite winter places. Ski right from the lodge. Great food!* Trip includes three nights lodging double occupancy with hall baths, all meals from Friday evening through Monday lunchtime and trail passes. There will be opportunities for cross country skiing and snowshoeing.

**Cost:** \$255. *\$20 late registration penalty will be charged if payment received after December 1, 2009. (This trip fills fast, so register early!!)*

**NOTE:** We will be holding a fun and exciting silent auction and raffle at this event. Be sure to bring unused items or unwanted holiday gifts that would be enjoyed more by someone else than by you and your family to donate as well as any items you solicit from your favorite merchants. And don't forget your dollars to purchase auction items and raffle tickets!

THE WAYSIDE INN /SKI or SNOWSHOE AT BRETTON WOODS  
BETHLEHEM, NH

March 5-7

*New location for NERSFL! Check out the vast variety of trails at Bretton Woods (and perhaps the dogsled rides!)*

The Wayside Inn offers spacious double rooms overlooking the Ammonoosuc River and features meals prepared by the award winning chef/owner. There is easy access to great skiing and snowshoeing at Bretton Woods with 3 other x-c centers within an easy drive if Bretton's snow conditions are not satisfactory. Price includes ski pass, 2 breakfasts and Saturday night dinner.

**Cost:** \$170 if payment received by January 1<sup>st</sup>, 2010. *\$20 late registration penalty will be charged if payment received after January 1, 2010.*

**Payments and Refund Policy.** Please make payments by check made out to New England Regional Ski for Light and mail to NERSFL, P.O. Box 861, Georgetown, MA 01833.

Full payment and application for the January weekend trip must be received no later than December 1st. (\$20 late registration penalty added if received after this date.) Space is limited for this trip. Payment for the March trip is due by January

1<sup>st</sup> (\$20 late registration penalty added if received after this date). For all events early application returns will assist in planning for adequate guide and transportation matching. If for any reason you need to cancel your reservation, \$25 of the trip cost is nonrefundable. The balance may be refundable in part minus charges incurred by NERSFL from the vendor. We will do our best to assist you to find someone to take your place, but it is ultimately your responsibility to find a replacement.

We look forward to seeing you at one or both events!

### **Financial Assistance**

Financial assistance is available to participants and guides who cannot afford to pay the full cost of a trip. Up to three-quarters of the cost of a trip may be subsidized. In order to be considered one must submit a letter with the event application by November 28th for the Craftsbury trip and by December 26th for the March trip. The letter should contain total monthly or yearly income with expenses and other related information to demonstrate need. You will be notified by telephone within one week from receipt of your application.

### **Forms**

Enclosed is an application for you to complete and return with your payment. Health and Liability forms can be downloaded from our website: <http://nersfl.org> or mailed to you in hard copy at your request. All forms must be filled out, signed, and returned before you can participate in an event.

### **Physical Condition and Guide Pre-Requisites**

Anyone in good physical condition can expect to complete these activities. If there are any questions about your ability to participate, we will be happy to discuss them with you. In questionable cases, the decision to participate will lie with the participant and his or her physician. Participants must take responsibility for their own health-related issues at events. If you are interested in attending an event as a guide, please be assured that training in guiding a visually impaired person is available at events. However, it is expected that guides have prior experience and skill with cross country skiing and/or snowshoeing. Everyone's enjoyment will be enhanced by any measures taken to improve physical fitness and stamina before the event. All guides and participants must be at least eighteen years of age.

More information about participating as a guide can be found on our web site, <http://nersfl.org>.

### **Transportation**

Transportation to events is a shared responsibility. We will make every effort to have transportation available by carpooling. Guides are encouraged to let us know if you are willing to drive and just how many passengers you can take. All passengers are expected to contribute towards the cost of gasoline and tolls. *Remember! Take into consideration the high price of gas when paying your drivers!!* If you are coming to an event from out of town, do not make travel plans back home on public transportation prior to 7:00 pm on the final day of an event. It is very difficult to guarantee a return to transportation centers prior to this time without disrupting other participants' plans.

### **Guide Dogs**

Although guide dogs are welcome on most trips, there are restrictions that may impact your participation in some activities. On the last day of an event, after checkout time you will be responsible for attending to your dog. Please consider this when deciding whether or not to bring your dog.

### **Trip Application**

Name \_\_\_\_\_ Phone(H) \_\_\_\_\_  
Address \_\_\_\_\_ (W) \_\_\_\_\_  
\_\_\_\_\_ (C) \_\_\_\_\_  
E-mail \_\_\_\_\_

I am a guide \_\_\_\_\_ visually-impaired participant \_\_\_\_\_

I need transportation to the event/s \_\_\_\_\_ (yes or no)

I can offer a ride to # \_\_\_\_\_ passengers \_\_\_to and \_\_\_from the event.

I wish to attend the following event/s. Enclosed is my payment for:

\_\_\_\_\_ Craftsbury Outdoor Center, January 8-11 for **\$255.00/\$275.00**

Please register by December 1<sup>st</sup> with the total amount of \$255; \$275 after Dec. 1<sup>st</sup>.

\_\_\_\_\_ Wayside Inn/Bretton Woods, March 5-7 for **\$170.00/\$190.00**.

Please register by January 1<sup>st</sup> with the total amount of \$170.00; \$190 after Jan. 1<sup>st</sup>.

\_\_\_ Enclosed please find my donation of \$\_\_\_\_\_ to NERSFL. We are a tax exempt not for profit 501c3 organization. Any donations to NERSFL are greatly appreciated.

\_\_\_ I am very interested in the Camp Hazen weekend described in the President's Message.

\_\_\_ I wish to receive future NERSFL newsletters via email rather than in hard copy. I know that this saves NERSFL time and money and gets info to me sooner.

***Detach and mail with payment to: NERSFL, P.O. Box 861, Georgetown, MA 01833***

**NERSFL Board of Directors**

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Free Matter  
for the Blind