



**New England Regional Ski for Light**  
P.O. Box 861, Georgetown, MA 01833  
781-667-9270, [www.nersfl.org](http://www.nersfl.org)

**Winter 2010-2011**

**MESSAGE FROM THE PRESIDENT**

Hi Everyone!

I am pleased to inform you that I have been re-elected as President of New England Regional Ski for Light for another 2-year term. I look forward to working with our productive, enthusiastic and committed board members, as well as all of our participants and guides, and our friends from our favorite venues and partners from Adaptive Sports Partners of the North Country. One of our major priorities for this upcoming year is outreach and recruitment. We are looking for your assistance to help us with this activity. **WHAT CAN YOU DO? SPREAD THE WORD ABOUT NERSFL** by sharing our brochure and one page flyer, encourage others to visit our website, tell others about NERSFL, and recommend groups with whom we can meet to introduce their members to NERSFL. *(Please contact us if you would like the above mentioned material to distribute.)*

It has been a busy summer and fall. Guide Deb Johnson and I have created a slide show to present to groups and conferences. I recently met with the Recreation Coordinator from the Iris Network, an organization that serves blind and visually impaired individuals throughout Maine. Our summer weekend and fall hike were both highly successful and new guides and participants joined us for both events. In addition to planning and coordinating these activities, the Board members worked hard finalizing updates to our constitution and by-laws and updating our web site.

My message would not be complete without thanking Nancy Campbell for all of her work and commitment as a board member and long-time guide. I would also like to welcome Kari Dunlop who is yet another long-time guide. Now that Kari is living in Boston we are pleased to have her serve on the NERSFL board. Without the NERSFL Board this organization would not be the ongoing success that it has been for the past 33 years!

In conclusion, please stay in touch by e-mailing or calling with questions or ideas, as well as updating your contact information and providing us with names of individuals interested in being added to our mailing list. Most importantly, please join me in keeping with our NERSFL tradition to continue to have fun with all of our NERSFL friends as we enjoy physical activities together during this winter season and at future NERSFL events! I look forward to seeing you on one or both of our winter events!

Marie Hennessy

### **UPCOMING WINTER TRIPS**

#### **CRAFTSBURY OUTDOOR CENTER** **CRAFTSBURY COMMON, VT**

**January 7-10**

*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: \$270. Additional \$20 late registration fee will be charged if payment is received after December 1, 2010. (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 4-6**

*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, 2 bag lunches and Saturday night dinner.

**Cost:** \$175 if payment received by January 15th, 2011. *Additional \$20 late registration fee will be charged if payment is received after January 15, 2011.*

**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 fee added if received after this date.) Space is limited for this trip. Payment for the March trip is due by January 15th (\$20 late registration fee 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 non-refundable. 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 we can not guarantee this.

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 27th 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. VIP, Guide, 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.

### Email Distribution of Newsletter

In order to contain costs and get the newsletter to you in a more timely manner, we are encouraging email distribution of our newsletter. Please send an email to [nersfl@nersfl.org](mailto:nersfl@nersfl.org) if you wish to switch from getting the newsletter in hard copy to getting the newsletter via email. Thank you!

### 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 7-10 for **\$270.00/\$290.00**

Please register by December 1<sup>st</sup> with the total amount of \$270; \$290 after Dec. 1<sup>st</sup>.

\_\_\_\_\_ Wayside Inn/Bretton Woods, March 4-6 for **\$175.00/\$195.00**.

Please register by January 15th with the total amount of \$175.00; \$195 after Jan. 15.

\_\_\_ 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 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**

Marie Hennessy – President

Dave Fisk – Vice President

Nancy Brown- Secretary

Carolee Miller - Treasurer

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Polly Jacobson- Director

Joanne Jordan –Director

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Free Matter  
for the Blind