



DFW YAHs **YOUNG AT HEART SKIERS**

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President /Webmaster – Greg Jones
Vice President – Maggie Phillips
Secretary/Newsletter – Pam Terrell
Treasurer –Beach Aten
Membership/Publicity – Bill Nickell
TSC Delegate – Marlow Muldoon
Past President/TSC Alt. – Charles Chapman

MARCH 2012

"You don't stop playing because you grow old; you grow old because you stop playing"

MESSAGE FROM THE PREZ/Webmaster - *Greg Jones* info@dfwyoungatheartskiers.org

Eight of us had a wonderful trip to Lake Tahoe and the Heavenly Ski Resort. See trip report by Charles Chapman later in this newsletter. We went with the the Lone Star Skiers, and they certainly made us feel welcome and part of the group. Some photos of the trip will be posted on the website soon and others later. Happy skiing to those who still have trips planned. The rest of us can look forward to Spring. Or has it already arrived?

Glenna Day along with her committee members Paula Thomson and David Blakely have completed the nominations for YAHS 2012/2013 year. The Officer Nominations we will vote on at our Annual meeting in April follow and all new officers take effect July 1, 2012:

President - Janet Rensmeyer
Vice President - Maggie Phillips
Secretary - Pam Terrell
Treasurer - Beach Aten

Appointed Positions:

TSC Delegate – Marlow Muldoon has agreed if appointed
TSC Alternate Delegate – Charles Chapman has agreed if appointed
Membership/ Publicity person is open at this time
Webmaster - Greg Jones has agreed to accept if appointed
Newsletter Editor - Pam Terrell has agreed to accept if appointed

Website -- Our website has recently been updated, Click on any photo on the Photo page and you will be taken to the Picasa website, where you can see an enlarged view of the photo or the entire album for that subject. For example, click on *Staying in Shape* and you can see other photos of Pam on her skydiving adventure. On the Members Only page we now post minutes of our Board of Directors meetings, as well as the club roster and financial reports.

NOTES FROM THE VP – *Maggie Phillips*

www.dfwyoungatheartskiers.org

I may be getting a few 'new parts' (or great repair job) soon and planning to be back in the race circuit by 2013!

MEMBERSHIP/Publicity – Bill Nickell 469-547-1818

bn5525@aol.com

“It takes a whole club to raise a new member skier”

Our Member Roster is currently at 52 members. However, to maintain our healthy status we need new members and we need your help to spread the news. Be sure to pass out cards at all of your activities. We never know who skies until we let them know that we do.

We are continuing our push for publicity as it ranks right up there with our website for attracting new members. Word of mouth goes a long way. We have a good supply of ‘calling cards so, just request some from Charles, Pam or myself and give them to friends. Would someone who went on the Heavenly Trip please submit a write up and pictures and I will do my best to get it published?

Texas Ski Council Update – Marlow Muldoon info@dfwyoungetheartskiers.org

Texas Ski Council SkiBidfest - Friday, March 30 - Sunday, April 1 Drury Plaza, San Antonio, TX

If you ever wondered how the Texas Ski Council decides what trips to sponsor for its member Texas clubs, including the DFW Young at Heart Skiers, this is the place to be! The pre-select committee has announced what resorts will be presented at Bid Fest. They are shown below:

Fall Roundup (Nov)

Copper
Crested Butte
Vail

Traditional (January):

Banff
Copper
Park City
Steamboat

Winter Shootout (February)

Jackson Hole
Schweitzer
Telluride
Whistler

Final Showdown (March):

Big Sky
Keystone
Park City
Winter Park

Winter Expedition (January): Summer Expedition:

Andorra
Reno
San Juan Cruise
Snowmass

Ireland
Bormio
Granada, Spain
Serre Chevalier, France

Hear these presentations and have input into what trips our club wishes to include in our 2012/2013 ski season. This is an extremely fun event, and it's going to take place in the best place to have fun - San Antonio!!

The special rate at the Drury Plaza is \$135.00/standard room and \$145.00/Suite + tax per night if booked by March 9, 2012. Regular room rates apply after this date. Reservations can be made by calling 1-800-325-0720 & refer to group number 2123813. Valet Parking is discounted to \$12.00 per car per night. Self Parking is available off site. You can also visit the Drury website at www.druryhotels.com.

Online Registration is available for SkiBidFest 2012 on the Texas Ski Council website, www.texas-ski.org. The form is inclusive of registration for multiple attendees/guests, optional golf tournament and optional trolley tour of San Antonio. The activity fee of \$65 (when registered by 3/14/2012; \$75 after this date) includes:

Friday Registration and Reception

Saturday Luncheon, Ski Show, Silent Auction, Dinner Party and lots more fun!

Sunday the meeting concludes between noon and 1:00pm with announcements of winning bids.

Other upcoming TSC activities below:

TSC Final Showdown
Sun Valley, ID
March 10-17, 2012

2012 TSC Summer Expedition
Galapagos Islands
August 2012

2012 TSC BidFest
San Antonio, TX
March 29- April 1

WE NEED YOUR HELP *Have you accessed our website lately? New photos, current roster!* www.dfwyoungatheartskiers.org

Reminder- Web update- In order to access the “Members Only” section, our club roster, financial info and Board of Director Minutes on our website a person must have an email address. If you do not currently have an email address please register for a free one from either Google, Yahoo, Hotmail (or other). Once you have it your Webmaster can assign you a pass code for our Members Only section. Thanks for your assistance (remember, every library offers computer access at N/C even out of town)

[Pictures are worth a thousand words! Email your photos to Greg and you'll be featured on YAHS website](#)

LET'S PLAY TOGETHER- Save The Dates

Biking and Hiking Saturday Mornings Campian Bike/Hike Outings – The Muldoons

The last outing was in December was a gorgeous afternoon – we couldn't believe it was December. We hope to resume our regular Saturday outings but who knows about the Texas weather. We still need ten for those mimosas and Cindy for one is counting on enjoying a Mimosa one of these trips. Help her out and show up, someone else can keep the sofa warm!

March 2012- TSC Bidfest 30thth-April 1st (Marlow)

April 29 2012 Sunday 2:00 p.m.- YAHS Annual Potluck Meeting (Joneses'/Grapevine)

May 20, 2012 Sunday 10.00 a.m.- Annual Brunch- Blue Mesa Grill/Addison

June 2012-

July 2012-

August 2012- Muldoon's Annual Swim-fest

September 2012-

October 2012-

November 2012-

December 2012-

January 2013-

February 2013-

Monthly Calendar- watch for updates! Contact HOST of each activity with any questions. –refer to your Club Roster for Email addresses and phone numbers (available on our website, “Members Only” section)..

WE'VE BEEN PLAYING

“A Heavenly Trip”

February 14-19, 2012 eight members of the Young at Heart Skiers (Selma and Greg Jones, Kathy and Beach Aten, Joyce and Marlow Muldoon, Sandy and Charles Chapman) joined the Texas Ski Council and the Lone Star Skiers for a trip to South Lake Tahoe and the ski resorts in the area.

The group arrived on Tuesday afternoon after a non eventful flight and ride from Reno to South Lake Tahoe. The first thing we noticed was mild temperatures, and a lack of snow at the lower elevations... This year to date was the lowest snow fall since records have been kept.

All got checked into Harvey's and were pleasantly surprised at the size of the rooms and the lovely views of the area from the rooms. This was valentine Day so most of the folks used Tuesday to acclimate themselves to the high attitude and prepare for the rest of the week.

Tuesday night was quite a bit colder and it snowed 4 to 6 inches. When we awoke Wednesday morning, the area was covered with fresh snow. Greg and Beach couldn't wait to head up the gondola to Heavenly Ski Resort conveniently located within easy walking distance from Harvey Hotel. The rest of us moved at a more leisurely pace with a late breakfast. Marlow had a mild case of altitude sickness, so Joyce, Sandy and Charles took a quick road trip out to Sierra at Tahoe and looked around. We also checked out the upcoming race venue for the Texas Ski Council. The eight of us had a lovely dinner at Friday Station in Harrah's Wednesday evening. Wednesday's ski conditions were not very good. High winds and blowing snow kept some folks off the mountain. However, our skiers, Greg and Beach braved the inclement weather and got in a day of skiing. Thursday morning had Greg and Beach back up the mountain, this time for near perfect ski conditions. Marlow had completely recovered, and he and Joyce went to Sierra at Tahoe for a day of skiing. Selma, Kathy, Sandy and Charles went on a guided photo shoot of Lake Tahoe, and the surrounding area. Our guide Greg, who had lived in Lake Tahoe for over 30 years, took us to places that were restricted to most people. We got some wonderful photos of the area. He was also shared a wealth of information about the history of the area. Thursday evening had the group attending a party with the Lone Star Skiers at the Hard Rock Café. Drinks and snacks were served. Selma, Charles and Sandy entered into a Black Jack tournament sponsored by the hotel. Safe to say we didn't win but the \$20 was cheap entertainment.

Friday was again near perfect skiing conditions for Beach and Greg. They headed up the mountain early. Selma and Kathy went on an Emerald Bay sightseeing tour while the Muldoon's and the Chapman's went back to Sierra at Tahoe. Marlow and Joyce skied while Sandy and Charles tried snowshoeing. Later that afternoon, the rest of the group when up the gondola to join Beach and Greg at the top. Beautiful scenery.

Friday night was the Award Banquet for the Texas Ski Council. I am proud to announce that our own Greg Jones won a bronze medal at the races. Congratulations to Greg. The evening included a nice buffet dinner with a chocolate fountain for dessert. Harvey's hotel provided the ballroom and dancing after dinner. Sandy wants everyone to know that she got Charles to dance.

Saturday found Beach back up the mountain for a final day of skiing. The rest of us had a late breakfast at a long time Tahoe favorite, The Driftwood Café. The rest of the day was spent at leisure for the group. Saturday evening found us at the Harvey's signature restaurant, Kitchen Nineteen. It got its name from being on the top floor of the hotel with floor to ceiling windows overlooking the lake and surrounding mountains. It proved to be a great place for stunning sunset pictures while enjoying cocktails and dinner.

I have some personal observations on the trip. The Texas Ski Council always seems to do a good job of planning a trip. This was no exception. Lake Tahoe truly does have something for everyone. The skiing, sightseeing and casinos kept everyone entertained throughout the trip. We were somewhat disappointed with the lack of snow. It certainly dampened our enthusiasm for snowmobiling and dog sledding. The weather and elements just worked against us on this trip. Maybe we can try again next year.¹



The Lone Star Skiers made every effort to make us feel welcome. We made some new friends and invited them to interact with us on some of our activities.

In conclusion, it was a trip worth taking. All who read this should ask Marlow about “the luck of the Irish” on slot machines. Ski you soon.

IT'S SNOW FUN IN THE MAKING !

Bill Nickel is off to Utah early March- trying out those ski legs after a few years of R & R! We're all anxious to see you back on the slopes with us “Silver Bullet”.

Other News, Updates and Information

By Request: Snowmass Meatball Minestrone and Lemon Chicken Recipes

Meatball Minestrone

4 cups water
20 meatballs
1 15 oz. can undrained northern beans
1 T. beef bouillon granules
1 T. dried onions
1 t. dried basil
1 bay leaf
¼ of 12 oz. package spaghetti broken into 2 inch pieces.
1 16 oz can drained mixed vegetables
1 16 oz. can undrained tomatoes.

Grated parmesan cheese

Combine first seven ingredients. Bring to boil. Add spaghetti. Cover, simmer 20 minutes. Stir in vegetables and tomatoes. Serve topped with cheese.

Lemon Chicken

1 1/2 pounds chicken breast or chicken tenders, pounded down to ¼ “ and cut into appx. 3” x 3” pieces
1/4 cup all-purpose unbleached flour
Coarse salt
2 tablespoons wok or vegetable oil, 2 turns of the pan (preferred brand: House of Tsang)
1 tablespoon (a splash) white or rice wine vinegar
1/2 cup chicken broth or stock (more if you choose to slow cook chicken at this point for a few minutes)
8 ounces (1 cup) prepared lemon curd
1/4 cup hot water
1 lemon, zested (taking care not to zest the pith)
2 scallions, thinly sliced

Directions

Pound out chicken breasts, cut into 3” pieces, Coat pieces lightly in flour, seasoned with a little salt. Heat a large skillet or a wok-shaped nonstick pan over high heat. Flash fry chicken on each side until lightly golden, 3 or 4 minutes max. Remove chicken from the pan and return pan to heat. Reduce heat to medium.



Add a splash of vinegar to the pan and let it evaporate. Add stock or broth to the pan and scrape up any drippings with a whisk. Thin curd by stirring in a little hot water. Add curd to broth and whisk to combine. Add chicken back to the pan and simmer for 1 to 2 minutes to thicken sauce and finish cooking chicken pieces through. Remove the pan from heat, add the scallions or chives and zest, and toss chicken pieces well to combine zest and scallions or chives evenly throughout the sauce. Serve with Jasmine Rice,

Cook's Notes: Wok oil infused with ginger and garlic is usually available on the International Foods aisle in many markets.

Chicken broths and stocks are available in resealable paper containers, making storage of remaining product easy and on hand in the refrigerator; they are found in the soup aisle.

Lemon curd is a sweet lemon spread available in most markets. It is on the jam/jelly aisle.

\$\$\$ and SENSE

Magnetic Ski Carrier-holds 2 pr. of skis, fits on top all makes of cars, stores in trunk.

Cost was around \$100 plus, selling for \$30. Have 2 carriers (total 4 pr. skis) for \$50.

Salomon X Scream shaped skis: 177(length) with 850 binders-originally >\$300 -now \$25.00

163 " " " " " " > \$300-now \$25.00

Poles one pair-free

Ski Clothes-One Piece-Men's medium-Descente(label)-\$20.00

One Piece- Women's size 12 Mt. Goat(label)-\$20.00

Call Paula Thomson @817-860-4441, leave message,please

OUR MONEY GUY- *Beach Aten*

Detailed information available in "Members Only" section of website.

www.dfwyoungatheartskiers.org

YAHS

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see you next month.....*Pam*

