



SIERRA REGIONAL SKI FOR LIGHT NEWSLETTER

Summer 2009

Volume 7, Issue 1

TRANSITIONS **by Vicki Post** **Past President, SRSFL**

Imagine yourself skiing along a relatively flat, maybe gently rolling terrain. Suddenly, you find out that you are about to either go steeply up or downhill. What do you do? You get flexible, prepare yourself as best you can, hope for the best, and have a good time!

Actually, it's not a bad prescription for life, and it has certainly helped me as I transition from being your President to being a helpful past President.

First of all, I want to say that it has truly been my privilege to serve and guide this great organization for the last four years. As with any lead, I have done some things I'm quite proud of; I've also left some things undone that I would have liked to finish, but at least those things are off to a good start. Special thanks go to my Board of Directors: Cindy, Carol, Nelly and Tommy, for their generous support and help during the last two years. Thanks, too, to all of you who helped make my job so much easier and so rewarding.

I do believe that SRSFL is stronger than ever, that we are handling some new challenges quite well, and with the help

of so many of you, that our whole process is more stream-lined and efficient, while remaining just as much fun.

I'm thrilled that we managed to introduce the bus on my watch, that we are doing surprisingly well with funding, that we have lots of new and eager kids wanting to ski, and we have experienced a new venue, giving us more options during the ski season.

The Board of Directors now meets over the phone or email; we are developing and fine-tuning the on-line application process; we've been through a full professional audit, which will allow us to go after larger grants or donations, and we actually had great snow this past year! Well, I had little to do with that last part, but it sure helped those of us who are still perfecting our snow-plow technique!

Now, with a mixture of sadness and optimism, I turn over the reins to our new President, Bruce Johnson. For those of you who don't know him, he is one of our many excellent guides; he has a wicked sense of humor, an extraordinary love and dedication to SRSFL, and lots of good ideas to keep us moving along.

I invite you to get to know him if you don't already, and to give him all the support he will surely need.

As you know, there is plenty of work for all of us who have a stake in this organization, so do feel free to contact any of us on the Board if you are interested in helping in some way.

Though I am stepping down from the Presidency, I will continue to be involved with things like guide training, the web

site, public speaking and so on. Oh yes, and I might even have a little more time to get in great shape for next ski season.

Thank you all again for trusting my leadership; I welcome our new Board with enthusiasm, and I look forward to the year ahead and more great times with SRSFL!

My best to each of you,
Vicki

WELCOME TO THE NEW SRSFL BOARD MEMBERS

PRESIDENT'S MESSAGE by Bruce Johnson Gold River, CA

Here I sit...by the pool with my laptop humming and a frosty iced tea by my side. Just maybe, writing about skiing will cool the relentless Sacramento summer heat. There's always hope! Regardless, I hope this newsletter finds you enjoying your summer and eagerly anticipating the first snowfall. My guess is that it will arrive during the first week after Thanksgiving. If history repeats itself I'll not be far wrong. Let the skiing fun (and games) begin!

Before I get into my plans and wishes for the coming year, I'd best introduce myself. As indicated above and on your ballot (thank you) I am Bruce Johnson. I've had the pleasure of being a *Ski for Light* guide for the past three years. What a pure joy those outings were. My wife, Diane, and I have a second home at Donner Lake, season passes at Tahoe Donner, and can ski virtually whenever we want. But my best ski days are always those with the *Ski for Light* family. It has been my true

pleasure to be associated with each of you... skier, guide, steadfast volunteer and dog-sitter alike. However, now it is my turn to rise to the occasion and mix some work with all the fun. This will not be new for me; after a twenty-five year military career I've had the opportunity to dip my toe into the leadership bucket from time-to-time. But this time it's different. The only hills we are going to charge will be Lion's Leap, Sundance or even Cup of Tea. Your board and I are focused on making YOUR coming *Sierra Regional Ski for Light* ski season the best ever! Each of us truly appreciates your trust and support. Now, on to the business at hand:

Last year we skied at two different venues. This year may find us at two or three but who cares? Snow is snow and fun is fun! My target is for four events; two youth ski days and two adult ski events. The second adult event will be the annual three-day ski-a-thon. Why the additional youth event? Because I feel they are our future and we owe it to them to provide gentle challenges and new experiences so their "yes I can" mindset expands. When I see Michael's pure joy and unbridled eagerness return the second year, when fear and hesitation arrived the first, we must be doing something right. Let's do more! Certainly all this is predicated on adequate snowfall but with it starting right after Thanksgiving there shouldn't be a problem. Seriously, when and how much snow we get is out of our control. But, other challenges are not.

I blush to bring it up, but fundraising is, and always will be, key to our success. As dedicated as they are, fundraising is not an activity limited to your board members. Every contribution, large or small, helps. If you know someone, know someone who knows someone or,

well, you get the picture...ask for their financial support. Our needs are many, but the biggies are: transportation, scholarships and trail pass/rental/lodging offsets. Additionally, I am looking for someone to chair our fundraising effort. Certainly this does not mean the identified chair will be solely responsible for all our fundraising; rather, I view this position as our fundraising "coordinator." Simply put, he or she will be a focal point for our collective fundraising efforts. Please contact me if you're interested... 'nuf said!

Our skier/guide balance varies from year-to-year. There really seems to be little predictability in this arena. We MUST NOT EVER come to the point of limiting the number of skiers simply because sufficient guides are not available. Therefore, second to fundraising, a priority for me this year is for all our valued guides to remain active PLUS recruit and train at least 10% more. This is where you come in...if every current guide recruits just one potential new guide my 10% goal should be a snap! The strong suit of every *Ski for Light* guide I have ever met is enthusiasm, so how tough can nudging another lover of the cross-country or snowshoe scene our way really be? Just one potential guide each is all I ask!

Well, there you have it. My main focus for the year: an additional youth event, fundraising and increasing our *Ski for Light* guide base. I and the entire *Sierra Regional Ski for Light* board truly value your continued participation, overt support and above all...friendship. You, each and every one of you, are the real "light" in *Ski for Light*! Please feel free to contact me at any time. Think snow!
E-mail: ahoyskpr@aol.com. Cell Phone: 916-718-5849. Phone: 916-858-8028, 530-587-6020.

**VICE PRESIDENT
by Sharlene Wills
Los Angeles, CA**

Hello, everyone. After not being able to attend the last two SRSFL 3-Day events, I'm really looking forward to getting out on that lovely snow in 2010. Since 2007, when I last attended, I know many new folks have joined us and, although the veterans may remember me, let me introduce myself to those new to SRSFL.

I'm Sharlene Wills, an Angelina by birth and residing in Los Angeles at the present time. I'm 61 years old and work for the Los Angeles County District Attorney's Office as a legal transcriber, though after almost 30 years, retirement is no longer some distant, future question mark, but an ever-growing, fast-approaching reality. In my off hours, I like to run marathons (well, walk them nowadays) and ultra marathons, tandem bike and even, on occasion, check out sprint triathlons. I also enjoy reading, listening to music and traveling.

I have been a part of SRSFL for many years, thanks to Betsy Rowell, and I feel privileged to, once again, serve on its Board, this time, as your Vice President. So, if you want to chat, have any questions or suggestions, feel free to email me or any of the other Board members. Have a great summer, keep your skis waxed and/or your legs in shape, and let's get together in 2010!

**TREASURER
by Carol Thomas-Tice
Sacramento, CA**

Terry and I have been guiding for SRSFL for over ten years now – my how those years have flown! We've taken a

few seasons off, but usually we are packing for x-country skiing on the first weekend in March.

These last two years I have had the pleasure (sometimes the trial!) of being Treasurer. I'm happy to report that our balance at the end of the 2009 season was very close to our starting amount. We are fortunate to have many wonderful organizations offering financial support, and many fabulous volunteers asking for those donations, offering their time and talents, or helping in a myriad of ways.

When I'm not crunching numbers for SRSFL, I may be working numbers to play Sudoku. Many days I can be found biking with Terry on the American River trail that is close to our home. Recent travel has often been to the Olympic Peninsula in Washington State to visit my new granddaughter, Becca.

This last ski season with SRSFL was great, and I look forward to participating in 2010. Think Snow – we are starting early!
Carol

SECRETARY
by Nelly Emerson
Norco, CA

What brought me to SRSFL? Back in 1977, being younger and with good partial vision, a friend taught me to cross country ski on those long wooden skis in fresh snow with no tracks. It was fun, but I did my share of face plants coming down the hill. A few years later I heard about Ski For Light International and the local SRSFL program.

My vision is much decreased now and I am able to trust the guides and volunteers who do such an excellent job of teaching. I found the SRSFL group to

be friendly and enthusiastic. Each time my husband Steve and I have attended has been memorable. Steve and I have two horses: a quarter horse mare named Sierra and a National Show horse named, yes, Monte. We like Western trail riding. We also like water activities such as sailing and kayaking. We have a tandem bike and enjoy getting out for a good bike ride. So with the spring already here and summer coming soon, we hope to get out and enjoy nature.

I work for the California Dept. of Rehabilitation as a Rehabilitation Supervisor in Blind Field Services.

I am looking forward to beginning my second term as the SRSFL Secretary.

MEMBER AT LARGE
by Bienestar Davis
Elk Grove, CA

Hello, My name is Bienestar Davis; I have participated in SRSFL skiing for the past four years. The Program has given me confidence in my physical abilities. Fearful by nature, learning to ski has helped me to let go a little. The staff of volunteers has been encouraging and nurturing, putting much time and effort into making it a joyous experience. Lately I have come to the conclusion that it is time that I begin to help in the behind-the-scenes effort of making the program happen. So, I decided to become a member of the Board of Directors. I plan to use my positive attitude, public speaking skills, and persuasiveness to get potential contributors involved in the program. I have always been a lover of music and now am actively making music as part of an American dance troupe as a drummer.

**NOTES FROM THE
GUIDE COORDINATOR
By Bruce Gordon**

The 2008-2009 season had its' challenges with the search for new venues, event cancellations, and weather ...but as always our guides have shown resolve, flexibility, and commitment, all with good attitude and humor.

My personal thanks to everyone's efforts Skiers, Guides, and Organizers.....who made the events come off fun - filled and mostly seamless. Special thanks to Karin Hensel, Cindy Quintana, and Betsy Rowell, whose skills in organizing the skiers and logistics for the events created timely arrivals and departures with less down time, enhancing both the Skier and Guide experience.

Thanks to the returning and new Guides for their commitment, and a sincere "we miss you" to the Guides who were unable to participate this year... we wish for your return.

As Guides, our challenges for the coming year may include traveling to multiple venues, guiding for weekday events if necessary, responding to the anticipated growth of the ever-popular programs which involve Student Skiers, reinvigorating our Junior Guide program, and, as always, finding new Guides to train. Please contact us with any suggestions or advice, and have a great year. See you on the snow!

THE JUNIOR SKI PROGRAM

The junior ski program is an invaluable part of SRSFL, and it continues to grow each year. This past ski season 18

young skiers from the Reno area and Northern California enjoyed a day of cross-country skiing at Tahoe X/C in Tahoe City CA.

**COMMENTS FROM THE
JUNIOR SKIERS**

**THIS YEAR'S SKI TRIP
WAS THE BEST**

**David Han, age 13
Santa Clara, CA**

Have you ever felt the cold air against your face and the thrill of going down a hill at an exhilarating speed? This feeling describes skiing! Skiing is one of my greatest hobbies. I love the sensation of sliding down a hill at a terrific speed. I have down-hill skied only once, and I like cross-country more because it gives me a chance to build my strength and endurance. This year's ski trip was the best. Many people including my dad think skiing is dangerous. But I think sometimes danger blocks the path to fun. I think skiing is one of the best sports.

Even though I had to get up at 4 A.M., it was worth it. The trip gave me a chance to forget about school and tedious projects. My guide, Jim, was a very good teacher/coach, and he was patient and fun to hang out with. He even let me ski after three! Skiing gave me a chance to reflect my thoughts, examine nature, and to test my physical skills. My favorite part about skiing is sliding down steep hills, going uphill, and falling because they are fun and make me more experienced.

The best part of skiing was when I skied down the final hill. It was a little steep, but as always I just jumped right in. I felt the bite of the cold wind, smelled the

fresh snow, and heard the skis sliding across the snow. Halfway down the hill, I felt like I was free from everything. It felt so great that I never wanted that time to end.

Skiing is a great sport. I encourage those of you who do not like skiing to give it a shot! You never know if it might become your hobby!

A GREAT EXPERIENCE
By Jorge Vergara, age 17
Sacramento, CA

Thank you SRSFL, for arranging for me to go on the ski trip last Friday. I never thought that I would be able to have that kind of experience. I had been to the snow before but I had never skied. It was fun skiing, taking pictures and eating with my new friends. BUT it is as much fun when I fell 6 times. Thank you again for a nice trip.

ERIN NIGHTINGALE
Reno, NV Age 12

I had been a little freaked out when I heard we were going skiing. The last time I went, I twisted my ankle. But this time was different. I learned a lot more. My guide Doris was the nicest person one could ever hope to meet. We went down hills so fast that if there wasn't so much on my head, my straight brown hair would be trailing after me like a super-heroes cape. I learned how to go down a hill better as well. And now, because of all that work, my muscles are sore, but that is a good thing, right?

CLAY MALONE
Sparks NV, age 9

Dear Guide: Thank you for taking me skiing. I want to go next year. I had fun.

MELODY CLARIAN
Sparks NV, age 11

Thank you for a great time. I want to ski again. I like to ski.

EDACIO GARCIA
Sun Valley, NV Age 13

Dear SRSFL, Thank you for taking me cross-country skiing. My guide was nice and funny. It was good!

MICHAEL AUSBUN
Reno, NV Age 13

Dear Bruce, Thank you for helping me out on the trails and showing me the trail markers. I am your greatest fan!

KASSIDY LEGACE
Reno, NV Age 9

Dear SRSFL, My guide Catherine was very funny. I liked when we went down the big hills. I went really fast down the big hill. The place we went to was wet and fun.

FIRST EXPERIENCE
WITH SRSFL
by Kelly Weiss
Santa Monica, CA

As a first timer with the Sierra Regional Ski For Light Program, I cannot express enough how I felt being able to have the privilege of being able to come to a three and a half day event with SRSFL March 13, 14, 15, and 16. I say this because I do count that Friday that we flew in or rode in. The feeling I had was such a great joy, knowing that I am able to ski without any problem or inconvenience. I just happen to be blind, and I feel this never gets in the way of anything else that I do. When I

came to Sacramento on Friday to meet these wonderful people like Cindy Quintana and Betsy Rowell, I knew immediately that I was already having the time of my life. They welcomed me and others with open arms and assured me that I was about to have the blast of my life. Getting to meet new people I never knew before was also the treat I had, and the roommates I had were so wonderful.

Saturday morning was such a beautiful and wonderful start to my great day. I got up and enjoyed breakfast with everyone in the group, and then the bus trip going up to Truckee was such a blast. I have never seen anyone so enthusiastic as Vicki Post, President. She told us the kind of fun we would have and assigned us to our guides. When I got to the lodge, I then met one of the nicest people as my guide, Sue DeVoe. She told me that if there was anything she could do for me to just ask or tell her. We then got my skis and the boots, and then we went out to receive a little lecture from Vicki about what to expect. Then one of the instructors, Jerry, gave us some wonderful tips. Then off we went. When I started out on the slope with Sue, I felt just as good as I felt when I went skiing with another group twenty years ago. It is like I had just gone skiing the day before, and it all came back to me, just like that. Sue was so wonderful telling me what to expect, and she was so patient with me that I had no fear. When we went down a little hill, she told me to relax, and I was able to just go along for the ride and have a ball. I was able to make jokes and kid around and laugh like a kid. We both skied for about an hour and a half that morning, and then we stopped for lunch, and then after that, more skiing in the afternoon for another hour. What a feeling of sliding those

skis and pushing those poles as we went round and round the loops. It gave me a sense that I had a pair of wings and I was flying. Then it was time to go back and put the skis and boots away, and then it was time to get back on the bus and go back to the hotel where I freshened up and I was ready to party. The dinner that night was great because we were able to go around the room and introduce ourselves and tell people what we do. I thought that was so special. I then turned in for the night and was ready to rock and roll all over again on Sunday. Here Sue and I are again, ready to rip through the snow, and I even did better on Sunday because I knew what to expect: another hour and a half in the morning and another hour in the afternoon. And while I am on this subject, I must add that the food in the lodge is the best I have ever had at any lodge. Then came another hour in the afternoon, then we were back on the bus. What a great experience of skiing with a lady like Sue who was so nice, friendly, and boy, did she know what she was doing! I would love to have her again next year. She told me that Monday she would not be able to ski because of her and her husband going out of town, but she will be in my heart, always. Then more fun on Sunday night. The banquet could not have been more perfect than it was. Just the idea of eating with special people and watching the volunteers receive their gifts. I was so especially happy to know that John, our bus driver for the weekend, received his cup.

Monday, I had a different guide. Terry Tice happened to be whom I was skiing with, and he was just like Sue. Great instruction and full of fun and laughs. He is another one I would like to ski with next year as well. Then we went in for lunch, and I asked him about what he

likes to do, just like I asked Sue and he told me all about his family. Then I turned in my skis and boots and then before I knew it, it was time to get on the bus and leave Beautiful Truckee and go back to our homes. I was very sad about leaving, but once I got home, I never stopped bragging once about the whole series of events to my family and friends. I would also like to add that if there was anything any of you could have done better, I cannot think of it. It was more than perfect in my book. And I would also like to give very heartfelt and special thanks for the scholarship I received for this trip. I look forward to seeing you all again next year.

Take care.

Kelly Weiss

**WHY I KEEP COMING
BACK TO SRSFL
by Bienestar Davis
Elk Grove, CA**

Nearly eight years ago I lost my eyesight. Needless to say, I was devastated to the point of wanting to jump off the Golden Gate Bridge. I thought I'd never be able to go anywhere or do anything anymore. Being physically active has always been important to me. Having fun was the spice of life that helped me get through the hard times.

While learning adaptive living skills at OCB (Orientation Center for the Blind), I was introduced to a whole new world of recreation, outdoor activities, hiking, fishing, kayaking, and snow shoeing (I was too afraid to try the skis). I discovered the joy of being able to explore new ways to have fun. In 2006, I went to my first SRSFL ski trip. After getting on skis for the first time I fell a couple dozen times. I then reverted to

snowshoeing. The most important thing is the nurturing environment I was bathed in. Guides and volunteers were not only helpful but also interested in me as a person, genuinely wanting to get to know me. In other words, I learned to ski a little, and still felt valued as a mature, intelligent adult.

Now I am hooked; this year was my fourth trip. I had my best time ever on the trails. Participating in this program has been a part of my joy of being. I overcame my fear of falling (only 2 times) and really began to understand the technique of skiing thanks to my guide, Bruce Johnson, who with the patience of Job, broke it down until I could get it. Participating in SRSFL is an important part of my joy of living.

**A DREAM COME TRUE
by Cari Wiess
Temecula, CA**

As a young child I had always dreamed of learning to ski. When my vision became worse, the older I got the further away my dream became. The dream I had for so many years eventually got lost and the hope was crushed. They just didn't let blind people ski... It wouldn't be safe, and face it, we run into too many things as it is. But somehow as the years passed I never completely gave up on my dream, I just secretly tucked it away in the back of my mind and heart. As I was talking to another blind friend one day, she told me about Ski For Light. "What is that?" I asked. She explained and when we got off of the phone I wasted no time! My fingers pounded away at the computer as I searched for Ski For Light. I Emailed both the National SFL and SRSFL. After one correspondence with Vicki Post, I knew I had found the

organization that fit my needs best. I applied as soon as applications came out and the rest was history! Several months later I was on a plane ready to live out a dream, which I thought would never come true! SRSFL is my dream come true. From the time I got off the plane and checked into my hotel room in Rancho Cordova to the time I got back on the plane in Sacramento to go home I knew I had found an organization that was not only there to help me ski , but was like a family! There are so many wonderful people who make SRSFL run smoothly. I will admit I was nervous at first coming into a group of people I didn't know. What would they be like? How would they act towards my guide dog Denver? What would my roommate be like? What if I couldn't ski and it was a total disaster?!! Well, upon my check-in at the hotel in Rancho Cordova I got my first glimpse into SRSFL when I met Kay and her husband who take care of the food. I instantly felt a connection and felt at ease. If SRSFL was filled with people like them it was going to be a great weekend.... and it was!!! I had an incredible Guide, Monte Schmid, who I was lucky enough to have all three days. I also had a great roommate and many MANY friendships I will carry for the rest of my life. The puppy sitters were amazing with my dog and my worries of leaving him alone were eased. Thank you SRSFL for all that you do and I will be back next year for sure!!!!

**A MEMORABLE
EXPERIENCE
by Alexa Golden
Los Angeles, CA**

My first experience with Sierra Regional Ski For Light was a memorable one. It was the weekend of my birthday and I had only done cross-country skiing once before. However, it would be a weekend

of some surprises; I wasn't really sure if I liked cross country skiing since it's much like hiking on skis. That weekend was the second time on cross-country skis and though I didn't have much confidence in this new sport, I thought I would give it a try. I was clumsy, out of control going down hill, and uncertain if this will be a sport I would ever do again. On my birthday I had been given an awesome gift: a private lesson from a professional ski athlete. I was so surprised because I didn't expect such a gift. From that experience I knew some day I will cross-country ski again. After being absent from cross-country skiing for six years, I was met by the members with welcome and joy. I came away with even more confidence in my ability to cross-country ski to the point that I want to do it even more. I'm impressed with how well SRSFL is so organized by the board members, from picking skiers up from the airport, matching skiers with guides, transporting from lodge to ski resort, and getting skiers back to the airport.

SRSFL cares about the members enjoying the ski experience. I'd like to thank the guides for making the ski experience happen for us skiers. Without them it wouldn't be possible. I'd like to thank the guides for their time, patience, and compassion. To the board members, you are awesome. When I'm not skiing, I compete in cycling and sail racing. I have been visually impaired all my life; I use my disability as an inspiration to keep on trying new things and not give up on whatever I set out to do. Having the great experience of cross country skiing, I came away with a feeling of "I can do". Hurray to Sierra Regional Ski For Light.

A HELPFUL VOLUNTEER

**Steve Emerson
Norco, CA**

"Good morning. I'm Steve. Do you need any help getting your breakfast?" If you are a skier who is blind attending the SRSFL three-day event, you might meet Steve Emerson, an early riser ready to help. Steve is a volunteer. Some helpful tasks include moving luggage, helping set up the banquet area, minding guide dogs and anything else that needs to be done.

Steve's job is Rehabilitation Specialist at the Dept. of Veterans Affairs hospital in Long Beach, California. He helps disabled vets learn computer skills and develop their resumes. He also works in the Patient Garden in the work activity program which is part of the patient's treatment.

At home Steve enjoys gardening, caring for horses (and occasionally riding them) and generally enjoying the outdoors. He is a man of few words and many kind actions.

A HIGH FLYING GUIDE

**Maryellen Wilson
Truckee, CA
by Jeff Thom**

The time I've spent with Mary Ellen Wilson as my SRSFL guide is truly priceless. Skiing is certainly a part of it, and Mary Ellen is always willing to work with anyone to whom she is assigned.

She is patient, adaptable to changing circumstances, and communicates well with her skiers.

From my perspective, however, learning about this fascinating person and sharing insights with one another are

the real highlights. She is the flight attendant who has traveled much of the world, and who still works in the travel industry, the loving wife and mother, the volunteer who does what she can to make the world a better place, and the listener who truly cares about those

with whom she is paired. Mary Ellen Wilson will bring sunshine into the cloudiest of days.

MARK YOUR CALENDAR

The **18th** annual SRSFL three-day event will take place at Tahoe Donner X/C, Truckee, **March 13, 14, & 15, 2010.**

The dates for guide training and the single Saturday day trips will be set by early fall.

FUND RAISING

Yes, the 2008 – 2009 SRSFL ski season has come to a close, but fundraising for the SRSFL ski program goes on year around. We are seeking supporters, donors and cash. All money raised goes directly into the program for transportation, scholarships and other expenses, and to keep the cost down for all. If you know of someone who may like to help out in this way, contact **Bruce Johnson at: 916-858-8028,**

SRSFL would like to take this opportunity to thank the many supporters and businesses for their continued support of the cross-country ski program. Show them how much you appreciate their support by patronizing their businesses or supporting their other activities. A **BIG THANK YOU** also to the individual donors who continued to support SRSFL this past year.

Auburn Host Lions, Auburn, CA
Embarcadero Lions, Sacramento, CA
Folsom Lake Lions, Folsom, CA
Far West Nordic Ski Club,
www.farwestnordic.org
49er Ski Club www.49erskiclub.com
Sacramento Valley Sertoma Club
Sacramento Turn Verein Actives
Safeway, Truckee, CA
Sunrise/Citrus Heights Kiwanis Club
Tahoe X/C, Tahoe City, CA
www.tahoex/c.org
Tahoe Donner Cross Country, Truckee,
CA www.tdxc.com
The Treat Box Bakery, Truckee, CA
Twin Peaks Catering, King Beach, CA
www.twinpeakscatering.com
Commerce Printing, Sacramento, CA
www.commerceprinting.com
Longs Drugs, Truckee, CA

Starting in mid-August, **SRSFL** will once again be selling the **2010 Sacramento Entertainment Book**. Purchasing a book for **\$40** helps **SRSFL** and also gives you two-for-one savings all over town.

To purchase your book contact **Betsy** at **(916) 362-5557** or E-mail at: montbets@pacbell.net.

FROM THE EDITOR
Betsy Rowell

I want to thank all of you who took the time to write about your ski experience with SRSFL. This newsletter is a way of getting the word out to others about the SRSFL cross-country ski program. I welcome your suggestions for future newsletters. Phone: (916) 362-5557, E-mail montbets@pacbell.net

WE ARE ON THE WEB

This wonderful web site would not be possible without the efforts of our web master George Brooks. **THANK YOU** George! Keep in touch with SRSFL at **www.srsfl.org**

WHO WE ARE

Sierra Regional Ski For Light (SRSFL) is an all volunteer, (501)(c)(3) tax exempt, non-profit cross-country ski program for blind and visually impaired children and adults.

The program is a way for blind and visually impaired individuals to promote good health by being involved in a vigorous physical activity. It is a program in which trained sighted guides ski one-on-one with a blind/visually impaired skier.

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**Sierra Regional Ski for Light
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