

Parkland Cross Country Ski Club

Snow Walkers Gazette

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Inside this issue:

Ski Work Part Report	2
Alberta Trails Society	2
Jerky Recipe	3
Waxing Workshop	4
Club Web Site	4
Ski Trip Schedule (attached)	
Ski Club Courses (attached)	

Message from the President

It's the eve of Halloween and it seems as cold as any night in the dead of winter. Its been snowing off and on for two days and although it may not be everyone's idea of a great thing, it sure is good news if you're a skier. So, another season is truly off to a good start, use the snow well because by Grey Cup day it may shorts and t shirt weather once again.

If you haven't already done so, check out the Parkland Cross Country Ski Club website. Dick Pawloff has done a fantastic job and there is a ton of information about the club.

Thanks to Dick we really have an impressive web site. Be sure sure to check out the trips that have been planned by Mike Spencer so far. There should be some fine skiing ahead.

Hope to see you at our next meeting... yes, I am planning to attend it!
Pat



**A BIG thanks to
Dow Chemical**
for their support of the
Parkland Ski Club by
photocopying our
monthly newsletter

Parkland Ski Club General Meeting
Tuesday, Nov. 11, 2003
Kerry Wood Nature Center
Valhalla Pure's "What's new this Winter"



Oct. 19 Trail Work Party at Heritage Ranch

Thanks to Mark Meunier for getting Heritage Ranch's cooperation and thanks to everyone who showed up to trim the trails at Heritage. We were able to drive down and park at the end of the field near the picnic shelter by the pond and it was a lovely sunny morning to enjoy this beautiful area. We found out there was lots of trimming for the trail around the pond. This gave Don Wales a good upper body workout with the grass/brush whip. Mike Spencer surmised the situation and went and got his motor whip so we got a lot more done. Some of us were pleased to trim spruce trees along the tracked trail which caused skimpy spruce cone/needle snow conditions. Bob Vanderwater of the River Bend Racers club had his telescopic limb pruners which along with the club's long pruner did a lot of limb trimming. So most was done and we enjoyed an abundance of food thanks to all those who contributed, to Ruby Meunier for organizing, and to Barb Spencer who contributed a large part of the wonderful chili. Bob Johnstone

*“Ski Pants Nonverbal
expressions of lust for an
attractive fellow skier of
the opposite sex wearing
skintight ski pants
Prof. Lipstand*

News from the Central AB Regional Trails Society

CARTS will be holding our annual general meeting on Nov. 26, Dawe Centre Commons Room, 56 Holt Street, Red Deer from 7:00 to 9:00 PM. Guest speaker is Linda Strong-Watson, executive director of Alberta TrailNet. Linda will be speaking on the existing and future provincial trail system and how central Alberta trails fit into the Wildrose Trail System and the Trans Canada Trail. The meeting is open to the public and there is no charge. CARTS continues to network in central Alberta. Recently our display was used at an open house for the Town of Penhold. Currently there is a proposal being developed in consultation with the surrounding communities for the Bluebird Trail between Lacombe and Ponoka. A presentation was recently made to the Lacombe and District Tourism Committee. At our meetings CARTS welcomes all representatives from towns, counties, villages, rural areas and the public at large. These meetings are an opportunity to see what is happening in other municipalities regarding trails. Watch for our newsletter coming out in November. If you would like to be added to our “Friends of Trails” list please phone Sherry or Bob. If you or your community organization would like more information contact Sherry Scheunert at 430-347-7434 or Bob Johnstone at 403-346-8775.

Beef Jerky– FYI by Karen Weisgerber

You can't beat it for 'travelability' and taste. It is a protein staple of the wilderness diet. Homemade beef jerky usually tastes better than the store-bought stuff and is much less expensive.

To make jerky, take a raw piece of beef round or chuck, quite lean, and slice it thin, across the grain. The easiest way to get this done is to ask the butcher at the grocery store to do it for you. It's hassle free and doesn't cost extra.

Lay the slices across the racks of the dryer for two days and nights and then test it by bending a sample piece. It is dry enough if it cracks in two when you bend it. The smaller and thinner you cut the pieces before drying, the quicker they will become tender as you soak and cook them. If your use for jerky will be primarily as a snack, slice it very thin. For stew or stir-fry, cut beef into very thin slices, 3 or 4 inches long.

Before using jerky in a stir-fry, soak it 30 minutes; before using it in a stew, soak it as long as you can, but at least for one hour.

One pound of sliced beef dries to 4 ounces of jerky, making a ratio of undried to dried of about 4 to 1. Before drying the meat, you can season it with some combination of

the following spices: paprika, pepper, salt, or concoctions like lemon pepper or seasoned salt. Garlic is wonderful on jerky. Rub cut cloves of garlic on the meat; garlic powder is a poor substitute.

A marinade tenderizes the meat and will change the taste slightly and cause the meat to take longer to dry. Acid, as found in soy sauce and wine, breaks down the tissues of the meat. Remember that drying will INTENSIFY whatever flavors are in/on your soaked meat.

A Simple Marinade for Beef Jerky

For 3 pounds of lean beef:

2 tablespoons soy sauce	ground pepper
$\frac{1}{4}$ teaspoon salt	fresh clove garlic, minced
2 drops of Tabasco, or cayenne pepper to taste	

Slice the beef across the grain as thin as you can. Mix the marinade ingredients. Put the meat in the mixture and refrigerate for at least 12 hours; 2 days if possible.

Pat the meat dry and set it on the dryer racks for 2 or 3 days. It's dried enough if a piece

will snap in two when you bend it.

Wine Marinade for Beef Jerky

For 2 pounds of lean beef (chuck, round, or sirloin)

$\frac{1}{2}$ cup red wine	1 bay leaf
1 tablespoon red wine vinegar	ground pepper
1 tablespoon olive oil	pinch each of thyme, oregano, marjoram
2 fresh cloves garlic; minced	
2 tablespoons minced onion	

Slice the beef across the grain as thin as you can. Mix the marinade ingredients. Put the meat in the mixture and refrigerate for at least 12 hours; and up to 2 days if possible.

Pat the meat dry and set it on the dryer racks for 2 or 3 days. It's dried enough if a piece will snap in two when you bend it.

Information taken from [The Hungry Hiker's Book of Good Cooking](#) by Gretchen McHug



*“Nordic Ski Boot–
lightweight lace-up boot
designed to attach to a
Nordic ski binding at the
front but be free to provide
enough movement to permit
a blister to form on the heel
while still producing
sufficient constriction to
allow a bruise to develop
just over the middle joint of
the big toe.”
Prof. Lipstand*

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Pine Tar and Paraffin Party

Get your track and touring skis ready for the winter at the Pine Tar and Paraffin Waxing Party @ 4301- 46 Ave at 2:00pm, Sunday Nov. 16 Bring extra waxing irons and waxing benches if you have them. If you are new to waxing we will show you how to strip your skis, base wax your skis and apply the wax of the day. Both plastic and wood skis are welcome along with their owners. Following the wax-a-thon we will order pizza and if the snow stays our around Barrett Park on our newly waxed skis. Call 343-2937



The mission of the Parkland Ski Club is to strap Karen's skis to the roof rack before we leave town....oops! I mean to enjoy, enhance, facilitate, and promote cross country skiing.

Photo of the Month on the Club Web Page

If you haven't had a chance to view Dick Pawloff's excellent Parkland Ski Club web site access the site at the address shown on the left, do so. A regular feature of the site will be "Photo Of The Month" featuring a ski club related photo sent in by club members and judged by the Dickster himself. At year's end the club executive will select the "best of" and present an award to the winner at the annual AGM. Either drop off a 4x6 photo at Dick's place or send it electronically to dpawloff@telusplanet.net. Please scan your photo at 72 to 96 dpi or if you are taking digital pictures insure the image is reduced to that resolution to allow for quicker viewing on the web site. The size can be 4x6 or 5x7. but no larger please

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