

95 GIFT IDEAS

Surf life



Winter 2004 www.SurfLifeForWomen.com

for women

**AUSSIE
ISLAND
ADVENTURE**

**WE LOVE WINTER:
AN ODE TO SNOW**

SURF JOURNAL 101

**STAY HEALTHY:
AVOID WINTER WIPEOUT**



U.S. \$3.99 CAN \$5.99



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by anne sasso
photos mark gallup

It happens at this time every year. The days shorten, temperatures begin to drop, the sun just doesn't feel as strong as it used to and then small flakes begin falling from the sky: winter. As water temperatures cool, many of us are less inclined to brave the frosty shores of our favorite breaks. When the sand starts crunching, you know it's cold.

Tempted to go into hibernation and wait for the return of summer? Hiding indoors leafing through back issues of SLW, replaying surf videos over and over, and daydreaming about future epic adventures might sound fun but it gets old real fast. Fortunately, snow is just a frozen version of the seawater we love. So this winter, instead of moping for what isn't, why not explore what is. Take action and discover just how much fun is waiting for you on the frozen waves of landlocked water.

The best thing about snow is its versatility. You don't need waves, breaks, mountains or any other vagary of topography in order to have fun. Your backyard holds as much stoke potential as anywhere else on the planet. All you need is imagination and maybe a few toys.

the best thing about snow is its versatility



victoria jealousy

go play in the snow



jessica sobolowski

* go
play in the
snow

**snowboarding*

Jake Burton revolutionized the way we play in the snowy outdoors with his invention of the snowboard. With a super fast learning curve, the snowboard makes the slopes accessible to more of us. It's the closest thing you can get to surfing in the snow.

**skiing*

Whether sampling the corduroy at your local resort or the adrenaline rush of free wheeling face shots in the backcountry, skiing is one of the oldest winter sports. While appearing more sedate, there's an addictive poetic grace that comes from gliding softly through snow-draped fir trees on nordic skis.

**winter camping*

With the number of backcountry huts and yurts available, it's hard to imagine the lure of winter camping. Yet, if solitude and fresh virgin powder figure in your snowbound dreams, there's no better, nor cheaper, way to get far enough into the backcountry to have it all to yourself.

**sledding*

Remember the neighbors' suicide hill? That's where all the kids congregated to throw themselves to the mercy of gravity on any sort of contraption that would slide. You can relive the sore butt from slamming hard after catching air, the wet mittens from pushing at take off, and the wholesome tiredness of laughing 'til your sides hurt.

**pond hockey*

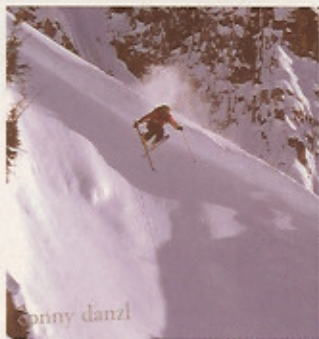
Get a group of friends together, lace up your skates, grab sticks and head to the nearest pond for some local rinky-dink hockey action. Without the confines of boards, the rink can be as big as your imagination (or the pond), just make sure you've got the leg power and lung capacity to match the horizon.

**snowdeck*

You know that riding a skateboard is a great way to warm up for any surf session. You don't have to mothball the skateboard when the snow flies. Picture your favorite skateboard deck with modified trucks and, in place of wheels, a mini snowboard with metal edges and p-ten base. Any snow covered landscape, be it urban or rural, is now fair game. Burton is the innovator in this field. (Why aren't we surprised?)

**surfing*

You can still surf in the winter - many people do. It just takes a bit more preparation, more gear, and the ability to withstand a piercing ice cream headache for the first 15-20 minutes of a session before your head goes numb (unless you are one of the lucky ones living in a southern climate). Bring bottles of hot, not scalding, water to dump down your wet suit at the end of a session.





not all snow* is created equal

Many snow-related winter activities are fun no matter what type of snow covers the earth. But, becoming a snow connoisseur can gain you entry into greater realms of frosty ecstasy. Two main factors—temperature and moisture content, control the fun quotient of snow. Dry, cold snow, called powder, is great for skiing and boarding, while the warmer wetter stuff is crucial for snowmen, snow forts, and snowball fights.

Certain geographical areas are famous for their gourmet snow, a serendipitous accident of topography and flowing air masses. Utah champagne powder is the substance of choice for any discerning snow aficionado. Moisture-laden clouds from the Northern Pacific are pushed east by the Jet Stream and flow across the broad expanse of the Great Basin before smacking into the western slope of the Rocky Mountains. When the clouds hit the mountains, winds force them to speed upwards into the cold, dry air where they drop their precious cargo of bounteous dry flakes. Creating powder is Mother Nature's form of haute cuisine, much different from the short-order-cook simplicity of slapping together Sierra Cement. Pacific clouds can't make it over the Sierra Nevada so they dump their wet, dense load along these coastal mountain ranges.

Don't dismay if you live far from the holy grail of Utah's promised land; other areas are also favored by the snow gods. The whole southern interior of the province of British Columbia is a well-known snow magnet. Light, fluffy powder is regularly unloaded on its mountains which is great if you're already there but makes it challenging to come and go. And Jay Peak, Vermont sits at the heart of a unique meteorological condition, known as the "Jay Cloud," that regularly dumps twice as much snow on its broad shoulders as anywhere else in the northeast. East Coast diehards track winter nor'easters into Jay Peak the way they track hurricane season in the Atlantic. They know that stormy weather soon brings the best waves whether they're moving along the surface of the ocean or cresting in place along the face of a mountain.



the many
names of
* snow

Sierra Cement,
Eastern
Boilerplate, New
England Powder,
Champagne
Powder, Crud,
Face Shots,
Cascade Concrete,
Corduoy, Death
Cookies,
Freshies, Corn
Snow

avalanche
awareness
and
forecasting *

If you want to venture out into the wintry backcountry, on skis, snowshoes or snowmobile, understanding the nature of snow, how it compacts and reacts to topography and weather may just be your ticket to coming back alive. Before you go take one of the courses recommended by the American Avalanche Institute.
(www.avalanchecourse.com)

great winter
wonderlands
*

Jay Peak, Vermont
(www.jaypeakresort.com)
Le Massif, Quebec
(www.lemassif.com)
Tuckerman's Ravine, NH
(www.tuckerman.org)
Arapahoe Basin, CO
(www.arapahoebasin.com)
Snowbird, UT
(www.snowbird.com)
Mammoth, CA
(www.mammothmountain.com)
Taos, NM
(www.skitaos.org)
Whitewater, British Columbia
(www.skiwhitewater.com)

snow cuisine *

In late March, as the days warm and the sap begins to flow through the maple trees of Quebec, farmers collect the sap in buckets and transform it into liquid gold, maple syrup. To celebrate this harbinger of spring the Quebecois, the people who live in the Canadian province of Quebec, descend en masse to the local sugar shack, or Cabane à sucre, for an artery-clogging traditional meal. Heavy on lard, salt and pork products, it's the last big feast of winter. The meal is served at large tables and includes such traditional fare as pea soup, pancakes, eggs, tourtière (meat pie), ham, bacon, sausage, oreilles de Christ (Christ's ears, another form of fried pork), croton (fried lard), and fèves au lard (brown beans). All of this is doused with copious amounts of fresh maple syrup. A band plays traditional music, people dance and sing, and a joyous raucous fills the room.

The best part is dessert. Everyone tromps outside where the farmer pours hot, thick syrup on a fresh bed of snow. Armed with popsicle sticks, children and adults alike roll the taffy-like substance called tire d'érable into a sinfully sweet lollipop.

* sinful hot chocolate

First, a word about chocolate: sure Hershey's syrup is a favorite but when it comes to hot chocolate, it's worth investing in quality chocolate. This might require an excursion to your local gourmet food store or buy online. Try brands such as Callebaut and Valrhona or Rapunzel Pure Organics.

2 ounces finely ground bittersweet or semi-sweet chocolate (use a cheese grater or a coffee grinder, chunks will take longer to melt) 1 cup of milk

Combine milk and chocolate in a heavy saucepan. Bring to a boil. Boil for one minute, stirring constantly. Serve immediately and garnish with whipped cream or marshmallows. Makes 1 serving.

last word on winter *

For many of us winter is far too long to stay indoors and dream about the next wave. Get outside, have fun. Whether you're flying down a hill catching air on your snowboard or walking your dog after a snow dump, the exhilaration of movement and the enjoyment of nature's varying moods makes you feel alive and in the flow. Isn't that all part of surfing, becoming one with our world? When the water does warm up and the sun and surfers return to your favorite break, you'll be happy that you got off the couch. And you might just be surprised to learn that while you thought you were just playing in the snow, you were actually improving your surfing. ❁

gretchen bleiler



athena & morgan lalontane