

Lewis Ski Club

Naski Tips

September 2004



It's time to think "SKIING!!"
Don't procrastinate! You only live once!
Sign up for a week long trip NOW!

Breckenridge, Colorado

Dec. 16-23, 2004 see p. 8

Quebec City, Canada

Feb. 6-11, 2005 see p. 9

Jasper & Banff, Canada

Mar. 14-22, 2005 see p. 10

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**RENEW
YOUR
MEMBERSHIP
NOW!!
See page 11.**

Special Guest at next meeting!

**Bob Laws from the
NASA GRC Fitness Cen-
ter will talk about get-
ting into condition to ski!**

Next Meeting:

Tues., Sept. 7, 2004

BW3- Rocky River

5:00 p.m. Happy Hour

6:00 p.m. Meeting

From the Prez:

Dear Ski Club Members,

What a great summer!
Many thanks go out to Tony Shook for arranging all of our spring/summer/fall activities. He and his activity coordinators have done a super job of offering variety and fun for our club members and guests.

Don't forget the Adventure Race coming soon. Tim and his team will be competing under the Lewis Ski Club banner. Come on out and cheer them on! The Summer Picnic was its usual delightful time. We

had a very good turnout and the weather gods smiled on us. Our 3 week long ski trips for this ski season were unveiled AND Cheryl Alden was crowned as our Ski Queen. Cheryl will be competing for the CMSC Ski Queen title on November 6th at the Winter Ski and Snowboard Expo. Watch our newsletter for more details on where and when to show up to cheer on Cheryl in her quest for ultimate CMSC-world domination!

All loyal minions of Cheryl's will want to have an official Lewis Ski Club polo

shirt. You can now find the order form on our website under the Guides and Forms section. The direct link is:

[http://
www.lewisskiclub.org/
forms/
NASA%20Lewis%20Ski%20Club%20polos%20order%20form.doc](http://www.lewisskiclub.org/forms/NASA%20Lewis%20Ski%20Club%20polos%20order%20form.doc)

Order yours today!

So, come to the September meeting and start getting into shape for skiing!!!!!!!!!!!!!!

Skiingly yours,
Linda Elonen-Wright

Sept. Birthdays

Elise Allen	Sept 1
Kathy McGinnis	Sept 5
Joyce Anderson	Sept 5
Susan Demczyk	Sept 7
Doug Feikema	Sept 9
Phil Armada	Sept 10

Frank Boldizar	Sept 12
Roger Burt	Sept 12
Ang Liptak	Sept 12
Matt Dubas	Sept 17
Lisa Lambert	Sept 17
Patrick Ballasch	Sept 18
Marcia Langa	Sept 18
Nicole Pataky	Sept 18
Dale Force	Sept 19

Kurt Ricker	Sept 19
Susan Humphrey	Sept 21
Nicholas Kwiatkowski	Sept 22
John Restifo	Sept 25
John Reveley	Sept 25
Craig Jones	Sept 26
Kelsey Pickett	Sept 27

Rays of Sunshine

Hello Skiers and Boarders!

This month we congratulate **Nancy (Amman) O'Bryan** on her recent marriage. Nancy also won the

women's overall award in the 1-mile walk portion of the NASA Olympics.

Please don't forget to let **Nancy Piltch** know of significant events in the lives of

our club members, so that we can give out **Rays of Sunshine!** You can reach her at Nancy.D.Piltch@nasa.gov, phone (216) 433-3637 (or 3-3637 on-site).

Kelley's Island

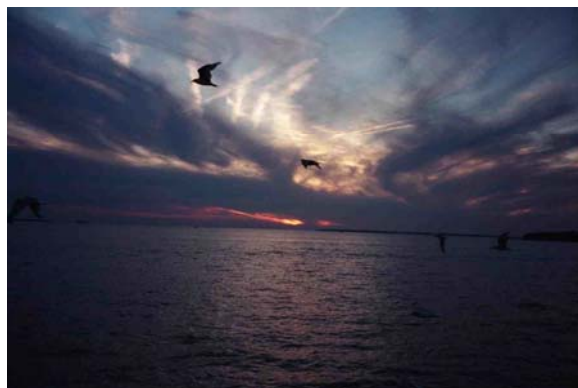
Early on Saturday, August 7th, eleven of us took a ferry to



Kelley's Island. We began our day by biking to the glacial grooves. Then we explored the campgrounds and the beach. We were looking for fossils in the rocks on the fishing pier when one of our members swears he discov-

ered a dinosaur bone! Unfortunately we weren't allowed to bring it back to show everyone. For lunch we stopped at the Kelley's Island Brewery. After eating we relaxed for a while enjoying the lake view and live music. Next we headed to an art show where we discovered the "Red Hat Society". The women unanimously agreed not to be a part of this (it's a club for women over 50). From there we headed off to hike around "North Pond" where the big question was "where's the pond?" By this time we were ready to ride back to the Kelley's Island Wine Company for wine

tasting on the patio. Later we went inside to have dinner served by our waiter we nicknamed "Jose". After dinner we walked back to the dock to catch the ferry. On the way back we witnessed a beautiful sunset and watched the seagulls dive for food. This was a perfect ending for a



wonderful day.

Jan Burton

2004 Summer Activities

September 2004

Summer is winding down so do not miss out on the last few planned club activities! The summer picnic was again a great time. Over 130 people gathered to eat, drink, chat and play on a beautiful summer evening. See Mark's article in the news letter for all the details. There are still some other activities planned that will be a lot of fun. Try to save some time to join in on any of the remaining activities that interest you. Many of these activities have flyers that are available in the newsletter or on the web site. If a flyer is not available, please contact the activity coordinator for more information.

<u>Event</u>	<u>Date</u>	<u>Contact</u>
Back Yard Volleyball	Starts June 11 th & every other Friday	Tom Palisin(w)[216-433-6572]
<i>Tom is again setting up the net for some back yard volleyball. Come join the fun! Contact Tom for details/directions.</i>		
Hemisphere Adventure Race	September 5 th	Tim Kurtz (w)[216-433-2760]
<i>The Hemisphere Adventure Race at Fairport Harbor Lakefront Park [Cleveland, Ohio] consists of mountain biking, canoeing/kayaking, coasteering (navigation hike around a body of water, not too close to water that you get wet but not so far from it that you get stuck in brambles) trail running, orienteering, and special race challenges. Total race distance is about 20 miles. If this sounds like fun, let Tim know to join the team and GET IN THE RACE!</i>		
Paint Ball Wars	November 7	Tom Palisin(w)[216-433-6572]
<i>Join Tom and his comrades in arms for some friendly fire.</i>		
Tony Shook		

Mohican Family Canoe Trip

We had a fabulous time at Mohican State Park on July 9 and 10. Some stayed both nights while others opted for Saturday night only. We had beautiful weather with highs in the 80's and lows in the 60's at night. We started the 1st night with a campfire and smores and badminton. Saturday morning we headed across the street to the canoe livery for the 7 mile trip down the river. There was plenty of

water guns, water balloons, splashing around, and just plain getting wet. I don't

think there was anyone that didn't get wet. We stopped in the middle of the river and let the kids play in the water. They had a blast. Some opted to stop by the bars along the river for beverages. We met



back at camp around 4pm and I passed out the go-kart and mini-golf passes. The group headed over to the bumper/go-karts and putt-putt for about 2 hours. It was warm

and crowded that afternoon. Around 7 pm we started the campfire for dinner. After dinner, we told ghost stories, per-

formed skits, shared stories and chit-chatted through the night. We woke up around 7 am and started packing to leave.

I hope everyone had a great time and thanks to Tony Herrman, Tom Palisin, and Mike Kaltenstein for bringing extra wood for our campfire. I also wanted to thank everyone for helping me out with this trip and being understanding. Let's do it again next year.

Check out the pics (They'll be on the club website).

Tom Vannuyen 3-3851

Nordic News

The Quebec City Canada trip is on for February 6, 2005! They have the largest cross-country center in all of Canada, and we will be there for four days. This includes a diversified network of 224 km of groomed trails, with seven heated shelters. The main lodge has a rental & re-

pair shop, and self-help waxing room. If this weren't enough, we will be in Quebec City during the 50th Anniversary Winter Carnival. This is the largest of its type in the world, and includes international snow sculptures, dog-sled rides, horse-drawn sleigh rides, etc. See the attached Flyer in the September Newsletter for more details. Con-

tact Gloria O'Donnell, or me to sign up for this trip. There are less than 30 spaces available, and we also expect alpine skiers to attend. Sign-up early to avoid being placed on a waiting list.

Tom Haag
Nordic V.P.

Alpine News

Greetings alpine skiers and snowboarders,

As the nights are getting cooler and the daylight hours shorter, winter is fast approaching.

Our trip planning committee has selected and finalized some super trips for the coming season. We've worked especially hard to put together a schedule of locations and dates to offer big fun at great value. Special effort was put into combining other interests along with just plain old fabulous skiing.

We lead off with a week long trip to Breckenridge, right at the start of the holiday season. Our first local trip is the Holiday Valley I trip on New Years day.

What a way to bring in the New Year. The following Friday is the HoliMont I trip, then back to Holiday Valley II, and then off to Seven Springs. The second long trip is to Quebec which promises cross country and downhill skiing as well as snowshoeing and touring of the ice carvings at the Winter Festival in the fantastic city. HoliMont II is in the middle of February. Kissing Bridge is next and it's noteworthy that the CMSC races are being held there the same weekend. Our final day trip is Cockaigne, a week later, also on a Saturday, on their annual Carnival weekend (tons of fun things to do on the snow). The last trip is the long trip to Jasper/Banff for eight days

promising great skiing and sightseeing in the Canadian Rockies.

I, for one, always preferred the freedom of my own vehicle on these trips, but with the price of gasoline coupled with the absence of worry about the road conditions after a vigorous day on the slopes, it's hard to argue against taking the bus with the gang. So, sign up early, then relax and leave the driving to the professionals.

See ya on the snow!
Keep 'em turnin',
Mike Kaltenstein
VP-Alpine

SKI CLUB ALPINE TRIPS FOR THE 2004-2005 SEASON (tentative)

<u>Location</u>	<u>Date</u>	<u>Days</u>
Breckenridge	12/16-23/2004	Thur-Thur
Holiday Valley I	1/1/2005	Saturday
HoliMont I	1/7/2005	Friday
Holiday Valley II	1/21/2005	Friday
Seven Springs	2/4/2005	Friday
Quebec, Canada	2/6-11/05	Sun-Fri
HoliMont II	2/18/2005	Friday
Kissing Bridge	3/5/05	Saturday
Cockaigne	3/12/2005	Saturday
Jasper/Banff, Canada	3/14-22/05	Mon-Tues (8 da.)

SKI CLUB NORDIC TRIPS FOR THE 2004-2005 SEASON

<u>Date</u>	<u>Location</u>	<u>Contact Person</u>
Sat., Jan 15	Chapin Forrest, OH	Tom Haag
Sat., Jan 29	Chapin Forrest, OH	Linda Elonen-Wright
Sun-Fri., Feb. 6-11	Quebec, Canada	Tom Haag/ Gloria O'Donnell
Sat., Feb 12	Rocky River Res., OH	Gene Addy
Sat., Feb 26	North Chagrin Res., OH	Tom Haag/TBD

NASA LEWIS SKI CLUB POLO SHIRTS AVAILABLE!!!

NASA Lewis Ski Club Golf Shirt Order Form

Ski Club logo on the left breast.

Women:

1) Johnny collar - \$24 size: S ____ M ____ Lg ____ Xlg ____

2) Standard Polo - \$27 Size: S ____ M ____ Lg ____ Xlg ____

Color: Navy ____ Butter ____ White ____ Chino ____ Black ____ lt Blue ____

(Johnny color has color edge on collar)

Men:

1) Standard Polo (three button): \$27

M ____ Lg ____ Xlg ____ 2Xlg ____

Color: Navy ____ Butter ____ White ____ Chino ____ Black ____ lt Blue ____

Name: _____

Address: _____

City/Zip: _____

Phone/e-mail: _____

Add \$2.50 if you want your name on the right breast. _____

Mail check (made out to Lewis Ski Club) and completed order form to:

Elise Allen

or Bruce Frankenfield

1351 Giel Ave

MS 86-12

Lakewood, OH 44107

216-702-7539

Officers of Lewis Ski Club

SKI CLUB OFFICERS

President: Linda Elonen-Wright (216-433-9370)

Alpine Vice President: Mike Kaltenstein (330-483-4841)

Nordic Vice President: Tom Haag (216-977-7423)

Activity Vice President: Tony Shook (216-433-6373)

Recorder: Kristen Newcomb (440-835-9279)

Publicity Director: Lorrie Stratis (440-526-0614)

Treasurer: Colin Bidwell (216-433-3947)

COMMITTEE CHAIRS

CMSC Rep: Karen Fashimpaur (440-243-5456)

Refreshment: Malcolm Wood (440-331-1349)

Sunshine: Nancy Piltch (216-433-3637)

Social: Tom Wallett (216-433-3673)

Racing: Mark Hyatt (216-433-3248)

Membership: Lisa Ferenc (216-433-6592)

Web Curator: Lee Lam (216-433-3058)

Trip: Annie Easley (440-816-1215)

TRUSTEES: Annie Easley (440-816-1215), Gene Addy (216-977-7467) & Malcolm Wood (440-331-1349)

DEADLINE FOR NEWS ITEMS FOR NEXT ISSUE:

September 23, 2004

SKI BRECKENRIDGE

With the NASA Lewis Ski Club

Thursday, December 16 thru
Thursday, December 23, 2004



\$950.00

Lodging - Main Street Junction - 3 bedroom/3 bathroom condominiums.

Lift Tickets -- 5 day lift tickets valid at A-Basin, Keystone, Breckenridge and valid for 2 days at Vail/Beaver Creek. Transportation to and from Vail is additional. The estimated cost is \$12.00 per person.

Round trip airfare.

Ground transfers.

\$220 Deposit due now (nonrefundable)

\$365 Due Sept. 15, 2004

\$375 Due Oct. 15, 2004

Make checks payable to:

Lewis Ski Club

****Club membership required**

(contact coordinator for details)

Trip coordinator:

Lorrie Stratis

8749 Wood Wind Ct.

Broadview Hts., Ohio 44147

440-526-0614

Stratis1@cox.net

Quebec City, Canada

February 6-11, 2005 Lewis Ski Club



Cost: \$790.00 per person (dbl occupancy)* includes
Accommodations in Historic Quebec City (5 nights)

- **4-Star Hotel Manoir Victoria** located within the *Old City Fortress Walls*
- Round trip airfare & ground transfers
- Daily Transportation to Mont Sainte Anne or Le Massif ski site (*see below*)
- Welcome Party on arrival day

50th Anniversary WINTER CARNIVAL- LARGEST IN THE WORLD
featuring Bonhomme's Ice Palace, international snow sculpture event, tobogganing, ice tower, horse-drawn sleigh and dogsled rides, and much more. (Some activities may cost extra)

4 Day Multi-Area Lift Pass available for an additional \$110.00

Alpine Skiing at *MONT SAINTE-ANNE*

- 2050-ft vertical, 63 trails, 450 acres, and 42 miles of skiable terrain

Alpine Skiing at *LE MASSIF*

- 2625 ft vertical, 38 trails, Recent \$25 million expansion

Nordic Skiing available for an additional \$13 per day

- THE LARGEST CROSS-COUNTRY CENTER IN CANADA
- Picturesque 224 km of groomed trails, 7 heated shelters
- Lodge with rental & repair shop and waxing room

Optional GROUP DINNER available for an additional \$39

At *Loew's Le Concord REVOLVING ROOF-TOP RESTAURANT*

\$150.00 Deposit due now (non-refundable)

\$300.00 Due by October 25

Final Payment Due by December 8

Contacts:

Gloria O'Donnell (216)433-3194

Tom Haag (216)977-7423

Make checks payable to:

Lewis Ski Club, Inc.

Birth Certificate or Passport
and photo ID are required.

*Membership required



With the NASA Lewis Ski Club

JASPER AND BANFF

March 14-22, 2005 (8 days)

Cost: \$1130 per person (dbl occupancy)*

Round trip airfare

Ground transfers

National Park Fee

8 nights lodging (3 in Jasper and 5 in Banff)

2 days skiing at Marmot Basin

4 days skiing at Lake Louise, Sunshine, or Norquay

Shuttle bus to all ski areas

Guided tours of at all ski areas



Trip Coordinator:

Annie Easley

23215 Wainwright Terrace

Olmsted Falls, OH 44138

440-816-1215

*Membership required



\$200 Deposit due now(nonrefundable)

\$460 Due Nov. 19, 2004

\$470 Due Jan. 14, 2005

Make checks payable to:

Lewis Ski Club

Original Birth Certificate and

picture ID or Passport are required

2004-2005 LEWIS SKI CLUB MEMBERSHIP

(October 1, 2004 - September 30, 2005)



Name:(first)_____ (last)_____

Home Phone:_____

Work Phone:_____

Home address:
Street/Apt.:_____

City:_____ St: _____ Zip:_____

NASA Mail Stop(If applicable): _____

Interests:

Downhill Skiing _____

Snowboarding _____

X-country Skiing _____

X-country Lessons _____

Local/weekly skiing _____

Learn to Ski _____

Ski Racing _____

Summer Activities _____

Serve on a Committee _____

Other _____

Your Birthday: ____/____ (MONTH / DAY)

Type of membership: (Check TWO Types)

Single(\$10) ☐ New Member ☐

*Family(\$15) ☐ **Renewal ☐

*A FAMILY MEMBERSHIP is defined as: "a member and spouse and/or DEPENDENT children".

**Renewal rates for current members
increase after November 14th to \$15.00 for single and \$20.00 for family. New members pay the lower rate no matter when they join.

Please list eligible Family Members:

<u>Name</u>	<u>Age-Kids</u> <u>Only</u>	<u>Birthday</u> <u>(M/D)</u>
_____	_____	____/____
_____	_____	____/____
_____	_____	____/____
_____	_____	____/____

Email: We prefer to mail the newsletter out via email since it reduces our work and postage costs. If you would like to receive the newsletter via email, please give your

email address: _____

Release: I/We, single/family membership, acknowledge that many of the activities and events organized and sponsored by the Lewis Ski Club, Inc., in particular participation-type athletic activities, are dangerous and hazardous and can cause damage, injury and death. In consideration of becoming a member and/or renewing my member-ship I/we assume any and all risks of participating in such activities, including the risk of damage, injury and death, and I/we release Lewis Ski Club, Inc., its members and officers, from responsibility and liability therefore. This Release shall remain in effect while I/we am/are a member(s) and when and while I/we participate in any such activity, and even if Lewis Ski Club, Inc. is negligent.

Legal Signature _____

Date _____

(Complete and return with dues to Lisa Ferenc, MS:60-5, NASA Glenn Research Center,
21000 Brookpark Road, Cleveland, OH 44135 - Make checks payable to: Lewis Ski Club, Inc.)