

# NASA Lewis Ski Club

## Naski Tips



July 2005

**Happy July 4th !!**

**Next Meeting: August 2  
Annual Picnic at WJ Green Lodge  
(Located on Valley Parkway in Berea)  
Buy your tickets by July 27. See flyer on pg. 9.**

### **Inside:**

President's Message.....	2
September Speaker.....	2
Sunshine.....	3
July Birthdays.....	3
Nordic News.....	4
Women's Outdoor Day.....	4
Horseback Riding.....	4
Summer Activities.....	5
Hiking Report.....	8
Sailing Report.....	8
Picnic Flyer.....	9
Hinckley Lake Event.....	10
Toronto Trip.....	11
Vail/Beaver Creek trip.....	12

*Remember, there is no  
meeting in July.*

**Join in the Summer Activities  
pg. 5-7**



**Hey Lewis Ski Club! How's everyone doin'?**

**We've got a picnic coming up next month. Don't miss it! If you want to help out, contact Mike at [mkstein1@adelphia.net](mailto:mkstein1@adelphia.net). Send in your check with the flyer in this issue of the newsletter with your food selection.**

**In-line skating has become a weekly activity almost every Monday and I have the scabs to prove it.**

**Kayaking, trail riding and a card night/cookout are all scheduled for next month. Check out the activities page for more info.**

**Racers - The Fagowees are planning a trip in December to Jay Peak in Vermont which includes race clinics. Contact me or Victoria for details.**

**Lastly, I want to thank Linda Elonen-Wright for taking over the Web master duties.**

**See you at the picnic.  
Your president,  
Tim**

---

## **September Meeting Guest Speaker**

We have a guest speaker for the upcoming September meeting, Denise Rosso, who is a Certified National Health Professional. She works in a lot of different areas relating to obtaining our "total health and wellness". Her amazing personal story and services are explained further on her website, [www.Truetotalwellness.com](http://www.Truetotalwellness.com). Denise will focus on our "posture" at the meeting since for those of us who have ever fallen on skis or otherwise may throw our posture out of line. Denise will be bringing a plum line to see who's in line and who's not! Good posture is not only a key ingredient for good "skiing form" but aids in our bodies to function better and to feel better all around!

Barb Cool

---

## **Officers of Lewis Ski Club**

### **SKI CLUB OFFICERS**

President: Tim Kurtz (216-433-2760)  
Alpine Vice President: Mike Kaltenstein (330-483-4841)  
Nordic Vice President: Tom Haag (216-977-7423)  
Activity Vice President: Victoria Briscoe (216-433-3237)  
Recorder: Janet Dubas (216-741-3161)  
Publicity Director: Cheryl Alden (440-582-2174)  
Treasurer: Tom Jones (216-433-3718)

### **COMMITTEE CHAIRS**

CMSC Rep: Kristen Newcomb  
Refreshment: Malcolm Wood (440-331-1349)  
Sunshine: Kay Blaney  
Social: Kathleen Moran (440-333-6089)  
Barb Cool (440-236-8517)  
Racing: Mark Hyatt (216-433-3248)  
Membership: Lisa Ferenc (216-433-6592)  
Web Curator: Linda Elonen-Wright  
Trip: Annie Easley (440-816-1215)

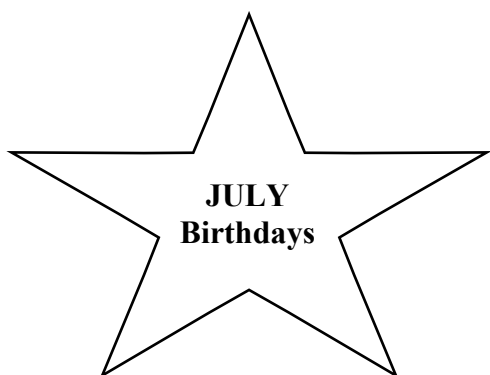
**TRUSTEES:** Annie Easley (440-816-1215), Gene Addy (216-977-7467) & Malcolm Wood (440-331-1349)



Thank you, *Gwen Wright*, for putting the stamps on the newsletters that get mailed each month.

## Rays of Sunshine

PAUL and FRAN BURIK were married over Memorial Day weekend.  
CONGRATULATIONS !!!!




---

Annette Shaughnessy	Jul 2	Ann Anderson	Jul 7	Kathy Schubert	Jul 21
Heidi Baltzly	Jul 2	Dylan Rusek	Jul 9	Thomas Kan	Jul 21
Margaret Proctor	Jul 3	Sandra Mills	Jul 11	Fred Wolff	Jul 23
Dale Arvay	Jul 5	Minh Vannuyen	Jul 12	Janet Kenney	Jul 23
		Thomas Wallet	Jul 12	Lien Vannuyen	Jul 24
		Carrie Hoffman	Jul 13	Susan Brachna	Jul 25
		Len Abrams	Jul 13	Diane Slifka	Jul 26
		Therese Corrigan	Jul 13	Tommy Palisin	Jul 27
		Stella Rusek	Jul 14	Chris Holowczak	Jul 28
		James Perk	Jul 16	Esther Romanowski	Jul 30
		Lorraine Lipinski	Jul 16	Ron Howard	Jul 31
		Jim Wright	Jul 17	Steven W Mainger	Jul 31
		Lee Lam	Jul 20		
		Denise Copperman	Jul 21		

---

## Nordic News

Plans for the combined Nordic/Alpine trip to Canaan Valley WVa are moving along. It is tentatively scheduled for the President's Day weekend, where government employees have Monday as a holiday. There are a number of ski resorts in the immediate area, with approximately 50 km of cross country trails, and alpine skiing with verticals in excess of 1000 feet. This is to be a weekend trip, with something in it for everyone. Break-away from the same old resorts, and consider Canaan Valley for a refreshing change in 2006. Be sure to look for more details on this trip in future newsletters. Contact Linda or Jim Wright with any questions you may have.

Tom Haag  
Nordic V.P.

---

## National Wild Turkey Federation's Women's Outdoor Day

June 18, 2005

The annual National Wild Turkey Federation's Women in the Outdoors Day held on June 18<sup>th</sup> was another great day! Therese Telzrow, Therese Corrigan, Renae Delvitto from the Fagowees and myself all showed up for this awesome event! I got to shoot a shotgun and actually hit some clay targets! Backyard Bootcamp had a real obstacle course – there were 2 teams competing in my class and the team I was on won! All of us got to attend a total of four classes during the day. Therese Corrigan learned self defense and I got to taste some tasty cooked venison “without any gamey taste” after seeing it prepared in the cooking wild game class! We had an awesome lunch with plenty to eat, everyone received a door prize, and Renae Delvitto won one of the many raffle prizes!

Barb Cool

---

## Horseback Riding July 10 at 10:30

We still have openings for the one hour trail ride in Olmsted Township.  
Contact Victoria Briscoe to sign up.  
The cost is \$27.  
[Vbriscoe@msn.com](mailto:Vbriscoe@msn.com)



## ***JOIN in on the FUN Activities!***

### **JULY**

### **EVENT**

### **POC**

**7/8/2005, Evening KAYAKING (lesson & gear)** Kristen Newcomb

This Friday night outing includes a 10-15 min dryland/water intro, and paddling on the Rocky River, and Lake Erie for a grand total of \$30.00. Space is limited to 12 people. . Kristen has arranged for Mark Pecot: Co-Owner of 41° North, to teach the class and provide all the gear and kayaks. We have at least 10 people confirmed...so call Kristen for last spaces left. Afterwards, we will go to Around the Corner for refreshments. Meet at the Sweetwater Marina. (club membership required)

Cost: \$30.00 ([kjnewcomb@sbcglobal.net](mailto:kjnewcomb@sbcglobal.net))

**7/10/2005, 10:30-12:00P Trail Ride-Horseback** V. Briscoe

1 Hour ride in the Metro Parks crossing the river... Open to all levels of riders, age 14 and up. We have room for 4 more people; let Victoria know that you want to come! Ride is at Riverwood on Barret Road in Olmstead Township. (Club Membership Required) Cost \$27  
[VBriscoe@msn.com](mailto:VBriscoe@msn.com)

**7/11/2005, 6:30P In-line Skate Big Met Golf Course** V. Briscoe

Bring your skates to Big Met Golf course parking lot across the street from Wooster Road Hill in Rocky River Reservation. We'll skate north towards the lake on a freshly paved trail-very smooth. Big Met's number 440-331-1070. NASA Lewis Sign in the Car  
[vbriscoe@msn.com](mailto:vbriscoe@msn.com).

**7/18/2005, 6:30P In-line Skate Tow Path** T. Kurtz

Bring your skates to the Tow Path Ohio & Erie Canal Reservation meet at Bocci Park on E. 49th/Canal Rd (2 mi south of the Canal Way Visitor Center). The park is next to the Cuyahoga Service Center. We'll skate south towards Valley View on a freshly paved trail-very smooth. Let Tim know your going and NASA Lewis Sign in the Car. ([TK@bfsng.com](mailto:TK@bfsng.com))

**7/25/2005, 6:30P In-line Skate Rocky River Nature Center** Cheryl Alden

Bring your skates to the Rocky River Nature Center and we will skate North towards the lake...though probably won't make it that far! Park at the Nature Center. Rocky River Nature Center is at the intersection of Shepard Lane and Valley Parkway ([VBriscoe@msn.com](mailto:VBriscoe@msn.com))

**7/29/2005, Evening Pinochle Card Game & Cookout** V. Briscoe/M. Gumbish

MUST RSVP to Victoria! This is combined with the Fagowees JIFFI card game run by Mike Gumbish! It'll be at Victoria's place on the Rocky River...plenty of tables and we have handy cheat sheets to help all beginners-Come on out-RSVP, and bring a food dish for entry! You'll need to ask for your parking directions. [VBriscoe@msn.com](mailto:VBriscoe@msn.com)



**AUGUST**

**EVENT**

**POC**

8/2/2005, 4:30-10P      **SKI CLUB PICNIC-"See Flyer"**

Deadline for reservations - **July 27th!**

08/06/2005 12:00-Evening! **KAYAK/CANOE w/Live MUSIC** Tim Beach

At Hinckley Lake: Bring your kayaks/canoes or you can RENT at Hinckley Lake boathouse. There is lots of swimming options lake/pool, hiking trails, bike trails, boating on the lake. Plus the special event...a campfire gathering where everyone brings musical instruments/voices for an outdoor jam session, and bring your own food. SEE FLYER for all the details and directions. RSVP to Tim Beach at ([tbeach@adelphia.net](mailto:tbeach@adelphia.net))

8/20/05, 8A **Kelly's Is.: Bike & Snorkel (Homecoming, 3rdAnnual Daze)** T. Kurtz

Leave NASA parking lot and carpool/caravan to Kelly's Island. See flyer soon... ([TK@bfsng.com](mailto:TK@bfsng.com))

8/12-8/14, 2005 (Weekend)      **White Water Rafting** Tom Jones

Tom has found the place to go, has log cabins, camping sites and it's quite the place! We are rafting on Youghiogheny River, in PA!!! Contact Tom to find out all the details from different raft sizes, personal water craft, and lodging options!!! Must RSVP your plans to Go! Stay all weekend or drive back and forth--the campfire stories will be fun! Rafting will be on August 13th ([Thomas.A.Jones@grc.nasa.gov](mailto:Thomas.A.Jones@grc.nasa.gov)) Club Membership Required.

8-26-28/2005 **WEEKEND Bus Trip to TORONTO, CANADA** Colin Bidwell

An exciting adventure bus ride to Canada's famous city, Toronto for sightseeing, plays, or Indian's Baseball Games, details to come! PRICE (Hotel and Transportation Only): \$167.00.

Package includes: Round-trip transportation from Cleveland to Toronto (Total payment is due by July 6th) and accommodations at the Days Hotel Conference Center in Downtown Toronto (double occupancy). The hotel, which is located approximately a mile from the Theater District and the Skydome, has a pool and fitness center. The hotel is also located within a 10 minute walk of the Eaton Shopping Centre and is close to the Yonge Street Subway. We will also provide breakfast snacks and juice on the bus. The cost of the baseball tickets is not included in the trip cost.

A \$25 deposit is required to hold a spot. The \$25 is non-refundable unless you find a replacement for or the trip is full. You must bring a current passport or an original birth certificate (must have official raised seal, no photocopies) and a valid picture identification. (See Flyer) (Club Membership required.) [Colin.Bidwell@grc.nasa.gov](mailto:Colin.Bidwell@grc.nasa.gov)

**TBD-DATE**

**EVENT**

**POC**

TBD Evening, Windsurfing-Details coming soon!!

TBD 5:30P-7P, Art Gallery: Wine/Cheese & dinner reservations V. Briscoe

Sign up to bring a bottle of wine, a block of cheese, or stack of crackers! Everyone brings own wine glass, plus one item! A great, eclectic gallery filled with treasures in Tremont at the Atmosphere Gallery. Afterwards, we can dine somewhere as a group after 7P (restaurant TBD).

**NEED VOLUNTEERS TO HELP**--Share your ideas, Volunteer, & come on out!

August 2nd Club Picnic (Need many Volunteers!)

TBD Fall Golf Outing (scramble or get-together)

TBD Water Park Outing for Families

TBD Hiking/Nature Walks/In-line skating

October Halloween Party (Costumes?)

Mid-October Boston Mills Ski Fair (Promote Trips/Memberships at Table)

Fall Winery Tour

Contact: Victoria Briscoe, VP of Activities: 216-214-7056 or [VBriscoe@msn.com](mailto:VBriscoe@msn.com).

**Ski Schedule for 2006 Season!**

**ALPINE**

1/6 - 1/8/06 Holiday Valley (Fri after work - Sun)

1/20/06 Holimont (Fri)

2/4/06 Seven Springs (Sat)

2/17 - 2/19/06 Canaan Valley (Fri - Sun)

2/24 - 2/26/06 Bristol (Fri after work - Sun)

3/3/06 Kissing Bridge (Fri)

3/11/06 Cockaigne (Sat)

1/28 - 2/4/06 Vail, CO (Vail/Beaver Creek) -NASA-wide trip

3/17 - 3/28/06 Morzine, FR & Amsterdam

**NORDIC**

1/21 or 1/28/06 Nordic Flurry Race (Chapin Forest)

2/4 or 2/11/06 Enduro Race (Mohican Area)

\*Other Trips May be Added!

? 's call Victoria Briscoe, VP of Activities: 216-214-7056 or [VBriscoe@msn.com](mailto:VBriscoe@msn.com).

Plus, check the ski website for updates....& get e-mail to help the club keep you informed.

## Blue Hen Falls and Buttermilk Falls Hike

Scott, Chip, Jim, Jan, Ray, Matt and I hiked to Blue Hen Falls and Buttermilk Falls on June 20. Blue Hen Falls was a short walk from the parking lot. Buttermilk Falls was about 15 minutes further. We got to walk across logs and rocks in a stream to get there. It was a fun hike.

Cheryl Alden



## Lorain Sailing and Yacht Club Open House

June 12, 2005

About 15 Lewis Ski Club members came to the open house. Several sailors volunteered their time and let us ride in their boats for free. It was a great opportunity. For many of us it was our first time on a sailboat. Thank you, Paul Burik, for inviting us.



# NASA Lewis Ski Club Summer Picnic 2005

**Tuesday  
August 2nd, 2005**

**W.J. Green Lodge in Cleveland  
Metro parks: [located off Park-  
way between South Quarry &  
Eastland]**

**4:30 - 10:00P [Dinner @ 6:30P]**

**?s Call Mike Kaltenstein  
330-483-4841**

**You Can't Beat the Price!!**

**Club Members- \$7.**

**Guests- \$12.**

**Kids hotdog meal- free**



**Grilled Steak, Chicken or Veggie Burger.  
Baked Potato, Cole Slaw, Baked Beans,  
Chips & Salsa, Fruit-mix, Fixin's, Beer,  
Wine & Pop!**

**& BYOD's =Bring a Dessert to SHARE!**

**"We'll EAT, have a short meeting and then  
play volleyball, throw horseshoes, kid's  
games and socialize."**

**Headcount/\$ Turned-In No Later than Wed July 27, 2005!**

**Fill out the form below and send with \$ to our treasurer: Tom Jones at ARL,  
15000 Brookpark Rd., M/S 501-2 Cleveland, OH 44135**

Member: ☐ \$7 per person    ☐ Guest \$12 per person  
Kids can get their hotdog meal free, regardless of membership status

Contact Info: Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Name	Chicken	Steak	Veggie Burger	Hotdog
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Total	_____	x \$7	=	\$ _____
Total	_____	x \$12	=	\$ _____

# Hinkley Lake - Aug 6



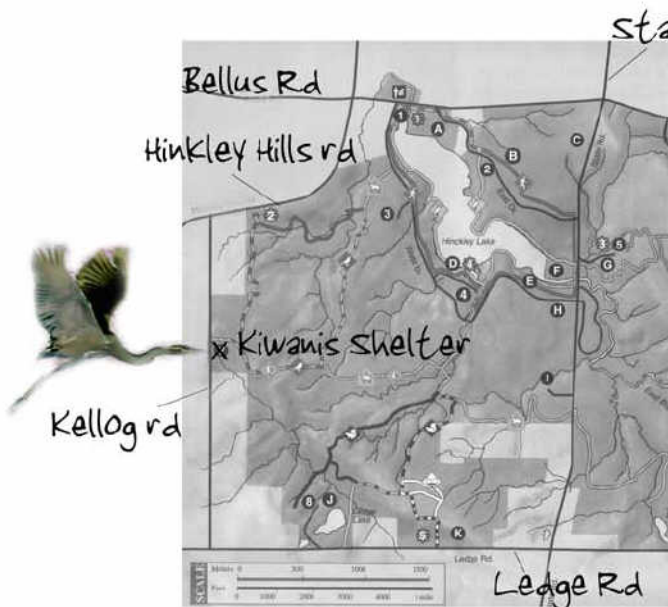
boating



music

## Kiwanis Shelter on Kellogg Rd

from noon till the park sends us home



From I-71 take Rt 303 east to Ridge Rd

From I-77 take Rt 303 west to Ridge Rd.

Go south on Ridge Rd (Downtown Hinkley)

From Ridge take Hinkley Hills east to Kellogg Dr  
(Hinkley Hills Rd is called Weymouth west of Ridge)

Drive south on Kellogg Dr and look for  
Kiwanis Shelter You can't miss it

For mapquest use 2000 Kellogg Dr, Hinkley Oh

This will be a chance for some boating, biking, hiking and swimming. Bring your own food to the shelter. There will be grills and a campfire, and people eating, pickin' singin', and having fun.

For more info call Tim Beach (440) 234-8930



NASA Lewis Ski Club



# Toronto Baseball Trip

## August 26-28, 2005

This BUS trip is brought to you by the NASA Lewis Ski Club.

**PRICE (Hotel and Transportation Only): \$167.00. Membership required.**

**Package includes:** Round-trip transportation from Cleveland to Toronto and accommodations at the Days Hotel Conference Center in Downtown Toronto (double occupancy). The hotel, which is located approximately a mile from the Theater District and the Skydome, has a pool and fitness center. The hotel is also located within a 10 minute walk of the Eaton Shopping Centre and is close to the Yonge Street Subway. We will also provide breakfast snacks and juice on the bus. **The cost of the baseball tickets is not included in the trip cost.** Use this form to compute your total costs. Club membership and a signed trip agreement form are required for all participants. A \$25 deposit is required to hold a spot. Total payment is due by July 6th. The \$25 is non-refundable unless you find a replacement for or the trip is full. **You must bring a current passport or an original birth certificate (must have official raised seal, no photocopies) and a valid picture identification.**

### Itinerary:

8:00 AM: Leave NASA DEB Parking lot (North side of Brookpark Rd.)  
 8:30 AM: East Side Pickup – Home Depot parking lot on Wilson Mills Rd, 1/2 mile west of I-271  
 4:00 PM: Arrive Hotel Check-in (30 Carlton Street, Toronto, ON, 416-977-6655)  
 12:30 PM: Bus Leaves for Cleveland  
 8:30 PM: East Side Drop off  
 9:00 PM: Bus Arrives at NASA

Name: \_\_\_\_\_

In case of an emergency, contact:

Address: \_\_\_\_\_

Name: \_\_\_\_\_

Phone w/area code: \_\_\_\_\_

Phone w/area code: (H) \_\_\_\_\_ (W) \_\_\_\_\_

Email: \_\_\_\_\_

Lewis Ski Club member? Yes / No

If no, then please add membership fee\* \_\_\_\_\_

East Side Pickup? YES / NO

Friday Game (\$14.50).....

Saturday Game (\$14.50).....

Trip (\$167/person) .....

**Total Payment \$** \_\_\_\_\_

\* Yearly membership required: \$10.00 single or \$15.00 family. See <http://www.lewisskiclub.org/> Guides and Forms membership form.

\* Reservations are 1<sup>st</sup>-come, 1<sup>st</sup>-serve. (Please make checks payable to "Lewis Ski Club, Inc.")

\* No refunds will be made for your bus seat, unless your spot is filled.

\* Minors without parent must have a release form signed by a parent or legal guardian and be accompanied by an adult.

\* Every participant must sign a trip agreement form.

\* No Smoking on the bus.

Send payment to the Trip Coordinator: **Colin Bidwell**  
 1493 Northland Ave  
 Lakewood, Ohio 44107

Phone: (W) (216) 433-3947  
 Phone: (H) 216-221-1862  
 email: [Colin.S.Bidwell@nasa.gov](mailto:Colin.S.Bidwell@nasa.gov)

SKI

# Vail / Beaver Creek

**With the NASA Lewis Ski Club**

**January 28, 2006 through February 4, 2006**

**\$1265.00**

Includes:

**Lodging** - Landmark - 7 nights, 4 people per unit, 2 bedroom/2 bath & loft condominiums (Lionshead area - 150 yards to the lift)

**Lift tickets** - 5 day lift ticket, which is valid at Vail, Beaver Creek, Keystone, A-Basin, Breckenridge.. (Note: small additional transportation fee for areas other than Vail)

**Roundtrip Airfare from Cleveland.**

**Ground transportation from Denver to Vail.**

**Complimentary welcome party upon arrival.**

**Party on the slopes during the week.**

For sign-up contact trip leaders:  
Mike Kaltenstein 330.483.4841 home  
216.470.4720 cell

Jim Slifka 440.232.3331 home

Judy Traxler 330.483.4455 home

Payment schedule:

\$305.00 Due now, non-refundable

\$320.00 Due by August 1, 2005

\$320.00 Due by October 3, 2005

\$320.00 Due by December 5, 2005

Note: Must be a member of the NASA Lewis Ski Club at a very modest fee.

