

NASA Lewis Ski Club

Naski Tips



September 2005

Next Meeting: Tues, September 6
BW3-Rocky River
5 pm: Happy Hour 6 pm: Meeting
Next Board Meeting: September 20

Inside:

President's Message.....	2
Sunshine.....	2
September Birthdays.....	3
Geiger's Invitational Event.....	3
Nordic News.....	3
September Speaker.....	4
Horseback Riding.....	5
Activities.....	6
Ski Queen Pageant.....	8
Tinker's Creek Hike.....	10
Picnic Report.....	11
Jasper and Banff Report.....	12
Vail/Beaver Creek Trip.....	15
Morzine/Amsterdam Trip.....	16

**Join in the
Activities !!!
Pgs. 6 to 7**



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

August was a great month for summer activities. We had a rafting trip that was big success. There was a huge turnout for the picnic. Hope you enjoyed it. The FAGOWEES got together with us for a joint pinochle party and barbeque. In line skating get-togethers slowed down but I'm sure they'll pick up this month. The kayak/jam session at Hinckley Lake was a lot of fun. The 2nd bike the islands got cancelled due to weather concerns. If you have ideas for an activity contact Victoria Briscoe, vbriscoe@msn.com. We get back to our regular monthly meetings this month.

We had a problem with the new ski club email list but that will be worked out by the time you get this newsletter.

Still waiting on details for next year's ski trips. Look for the fliers to come out as soon as they're ready.

See you at the meeting.

Your president,

Tim

Rays of Sunshine

Our condolences to Therese Telzrow, Kathleen Moran, and Bernadette Kan whose mother, Mrs. Moran, passed away on Aug. 24. Our thoughts are with you.

CONGRATULATIONS to **Bob Jeracki** for retiring. ENJOY IT !!!

Email our Sunshine Chair, Kay Blaney, with any member news. (histopro47@hotmail.com)

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)



		Mackenzie Hoffman	Sep 4	Matt Dubas	Sep 17
		Kathy McGinnis	Sep 5	Marcia Langa	Sep 18
		Aly Tanasijevic	Sep 6	Nicole Pataky	Sep 18
		Susan Demczyk	Sep 7	Patrick Ballasch	Sep 18
		Doug Feikema	Sep 9	Chris Bindel	Sep 19
		Gary Paul	Sep 9	Dale Force	Sep 19
		Mike Chmielewski	Sep 10	Kurt Ricker	Sep 19
		Phil Armada	Sep 10	Susan Humphrey	Sep 21
		Ang Liptak	Sep 12	Nicholas Kwiatkowski	Sep 22
		Frank Boldizar	Sep 12	Joe Frankenfield	Sep 23
		Roger Burt	Sep 12	John Restifo	Sep 25
		Joyce Anderson	Sep 15	John Reveley	Sep 25
		Renee Schwartz	Sep 15	Craig Jones	Sep 26
Elise Allen	Sep 1	Robert Fecke	Sep 15	Kelsey Pickett	Sep 27
Anne Ellis	Sep 3	Terry Krawczyk	Sep 15	Blanche Vanis	Sep 29
Jennica Roche	Sep 4	Lisa Lambert	Sep 17	Bonnie Kaltenstein	Sep 29

Geiger's Invitational Event !!!

The NASA Lewis Ski Club has quite a Special Night arranged with Geiger's Clothing and Sports! An invitational event just for our ski club! Geiger's is hosting an in-store event with **special discounts for us on clothing, equipment, beverages and snacks, raffles, and a gift if you buy a package** etc. Also, there is a special discount of **all service on skis and snowboards (\$10)** for the evening. This would be a good time to get those needed tune-ups! RSVP to this private night at Geiger's (Friday night, October 21st) from **6-9P** at their Lakewood, Ohio store at 14710 Detroit Ave. **Must RSVP** to Barb Cool bhelencooley@aol.com or call 440-236-8517.

Nordic News

Summer is winding down, and in a few months people will start to think seriously about skiing. I would like to coordinate a team to compete in the 2006 Nordic Flurry 5k classic. This will take place one of the last Saturdays on January. There is also the 3rd Annual Enduro Race will take place early February, in the Malabar/Mohican area of Ohio. Please contact me if you have any interest in joining the nordic team. These are to be fun events, so the only prerequisite is that you can ski at least one mile. I am limiting participation to the first 50 people who sign up. (not really) Please telephone me at (216)977-7423, or email to thomas.haag@grc.nasa.gov

Tom Haag
Nordic V.P.

SEPTEMBER SPEAKER

We have an exciting speaker coming to our September meeting! He is Tom Roso, Personal Trainer, IFPA Certified Personal Trainer (International Fitness Professional Association). He will have with him Debbie Weisbarth, who is ACE Certified Personal Trainer (American Council on Exercise).

Besides the personal business (The Restructuring Zone) you can find Tom Roso and Debbie Weisbarth working their expertise at the Personally Fit Health Center at 21929 Lorain Road (440-333-6104).

What is ACE and what is IFPA? A little bit of background on these organizations:

ACE sets certification standards, protects society against ineffective fitness products, programs and trends by ongoing public education, outreach and research. Their mission is to promote active lifestyles enriching the quality of life through safe and effective physical activity.

IFPA has over 25,000 members and in 1994 started teaching in universities, fitness facilities, and conference centers. This is the leader in Practical Fitness Education. They offer highest quality learning experiences to individuals aiming to improve their lifestyle and lifestyle of others. They provided educational opportunities designed to provide the most practical and scientifically based health and fitness information that can be directly applied to "real life" experiences! The president and founder of IFPA was lead speaker twice on exercise physiology and sports nutrition at the Olympic Coaches College!

I was very impressed with Tom Roso during my phone conversation with him. He is very dedicated and has a deep passion for his profession. (He's been doing this for 19 years!) He shared with me in one instance a woman wanted Tom to help her mother. One of their goals was to have her fit enough to cross country ski in the winter of 2004/2005 at 79 and she did just that! Core strength is emphasized along with regular strengthening which is a big factor in success for any physical activity, skiing included! Flex Band Training, specific sports nutrition, injury prevention are other important areas which they practice. And they can show us what to do prior to skiing!!!

In addition, Tom Roso will throw in for a raffle 1 hour of his time for the winner (this would be 1 hour of training (\$65.00 value) or 1 hour consultation (\$85.00 value) for the winner!!!

Social Chair,

Barb

Volunteer LEAD & Riders NEEDED for Horse Trail Ride in Metro Parks

Hi Lewis Ski Club,

Looking for both sign-ups for riders and a volunteer to be the LEADER for a horseback ride in the Metro parks during the gorgeous fall season!! **It would be scheduled for a Saturday or Sunday in September or October.** The times are pretty open for scheduling (except for the weekend of September 16th, since we already have a planned Hike/Naturalist speaker at Tinker's Creek).

Details: The event would take place at Riverwood Stables in Olmstead Township (requires participants to be over the age of 14). In the past we've taken 6 riders. Due to high school helpers leaving, it *may* be limited to only 4 riders. The horse ride lasts 1 hour, so you would need to budget in 2.5 hrs at a minimum, if enough interest we can schedule two rides back-to-back (total of 8 riders).

Victoria will help setup the details but will not be available to lead (She's gone twice this year!). The fall colors on the Rocky River will be gorgeous. We hope someone will help be the POC/Lead and collect forms. The cost will be approx **\$28** (tip included) per rider.

What a nice fall outing to help plan and feedback from the last 2 trips indicated that several other people in the club were interested in going...please contact Victoria if you are interested in Riding this fall and for anyone who's willing to be an Event Lead to VBriscoe@msn.com or (216) 214-7056.

Happy summer days,

Your VP of Activities—Victoria Briscoe



September

Event

POC

September (Sat or Sun) **Horseback Riding** **NEEDS VOLUNTEER!**

At Riverwood Trail Rides in Olmstead Township. Need a trip lead to be the POC and get release forms, plus enjoy the ride! Plans are to have 1 (5 riders) or 2 back-to-back rides allowing for 10 riders on either a Saturday or Sunday in September. The ranch is Not available to do rides on the weekend of September 16-18th. In addition, participants must be older than age 14. Please send interest on both Going on the Ride and/or being the Lead to VBriscoe@msn.com, 216-214-7056.

Sept 3 (Saturday) **In-Line Skate (Bonnie Park)** E. Julian

Saturday morning at 9:00A, Ed is going to lead an in-line skating at **Bonnie Park**. Take I-71 to Pearl Road exit (RT 42), go South on Pearl Rd to Metro Park Entrance (½ mile). Turn Left (south-east) traveling ½ miles to 1st stop sign, take a right into Bonnie Park. Proceed to the end of the park and turn right into the largest parking lot. The group will be skating west on the parkway. RSVP to Ed Julian at Juliane@earthlink.net or call 440-238-3112.

Sept 10 (Saturday) **Tow Path Bike Ride** T. Kurtz

Meet at Winking Lizard at 12:00P (Route 303 Akron/Peninsula Rd). Bike for 1.5hr ride and refresh back at the Winking Lizard! Please **RSVP** to Tim Kurtz at TK@bfsng.com or call 216-433-2760.

Sept 12 (Monday) **Hike with Dogs** C. Alden

Monday evening at 6:00, bring your dog or just yourself to the Rocky River Nature Center (intersection of Shepherd Lane & Valley Parkway). Meet Cheryl and Sam (Golden Retriever/Chow mix) in front of the nature center and hike a trail or two. **RSVP** to Cheryl at skier117@juno.com or call her at 440-582-2174 leave a message.

Sept 18 (Sunday) **Hike on Gorge Parkway Trail** C. Alden/V. Briscoe

Starts at Noon at Bedford Reservation, Tinkers Creek, for a hike along the Gorge Parkway, so come see why the area was declared a National Natural Landmark in the US! The trail is hilly, with breathtaking fall views, anywhere from 12+ miles for those with gumption, or a milder 6 miles or less... **Please see article inside the newsletter for more details, a map of the area plus where we will be parking.** **RSVP** to Cheryl skier117@juno.com or Victoria at VBriscoe@msn.com or call 216-214-7056.

Sept 19 (Monday) **In-Line Skate (Bonnie Park)** E. Julian

Monday Evening at 6:00P, Ed is going to lead an in-line skating at **Bonnie Park**. Take I-71 to Pearl Road exit (RT 42), go South on Pearl Rd to Metro Park Entrance (½ mile). Turn Left (south-east) traveling ½ mile to 1st stop sign, take a right into Bonnie Park. Proceed to the end of the park and turn right into the largest parking lot. The group will be skating west on the parkway. RSVP to Ed Julian at Juliane@earthlink.net or call 440-238-3112.

Sept 22 (Thursday) **2 Loop Trails an Evening Hike/Run** V. Briscoe/T. Kurtz

Hike or Run the **2.5 mile Royalview Loop Trail**, moderate trail that meanders along the ridges and into the valleys of a variety of woodland habitats behind Royalview Picnic Area. There is another trail that is **3.1 mile, Sugar Bush Loop Trail**, which is a rolling trail that winds through the forest with variety of trees from pines to oak, with a few forest openings, too. Both are located in the Metro Parks along the main drive just south of Royalton Road and North of W. 130th (East of 71) we will park at Royalview Picnic Area that is on Royalview Lane. **RSVP** to Tim Kurtz at TK@bfsng.com or call 216-433-2760.

Sept 26 (Monday) **In-Line Skate Rocky River Reservation** C. Alden/T. Kurtz

Bring your skates to the Rocky River Nature Center (intersection of Shepherd Lane and Valley Parkway) at 5:30P and the group will skate north past Big Met. RSVP to Cheryl at skier117@juno.com or call 440-582-2174 leave a message.

October

Event

POC

October 7 (Friday) Wine/Cheese at Art Gallery C. Cash/C. Harmon

We are having a wine & cheese event at Tremont! Friday night starting at **6:00P**. Alan Christianson the gallery owner will be present! **Sign Up** to bring either a **Bottle of Wine** to taste **or** an **Appetizer** (ex. block of cheese and crackers). Everyone brings something, plus their **own wine glass!** Join us at the exciting event at The Atmosphere Gallery, (2379 Professor, next to Edison...couple doors down from Fahrenheit Restaurant). We'll be partying in the Sculptor Garden! (inside if chilly) Additionally, Sign-Up for a **Group Dinner** at a "hot" restaurant in this trendy area. **RSVP** and let us know what you'd like to contribute to VBriscoe@msn.com or call 216-214-7056.

October 9 (Sunday) NASA Lewis Ski Club Golf Outing M. Kaltenstein/A. Easley

Tee Time: **10:00AM** at **Dorlon** Golf Course in Columbia Station (1800 Station Road -3 miles south of 82). Four person Scramble. Bring your foursome or sign up as a single, twosome or threesome. We will make up teams if necessary. There will be a dinner at the end of eighteen holes of golfing with a riding cart. Beverage will be provided. Cost: TBA. (Will be very affordable) This is a fall fun Golf Outing for our ski club members and friends. Contact: Michael Kaltenstein at 330-483-4842, mkstein1@adelphia.net or Annie Easley 440-816-1215, ajeasl@sbcglobal.net Guaranteed: GOOD FRIENDS - GOOD FOOD - GOOD FUN! **CALL NOW OR EMAIL NOW TO RESERVE A SPOT**

October 21 (Friday) Geiger's Invitational Event! B. Cool

The NASA Lewis Ski Club has quite a Special Night arranged with Geiger's Clothing and Sports! An invitational event just for our ski club! Geiger's is hosting an in-store event with **special discounts for us on clothing, equipment, beverages and snacks, raffles, and a gift if you buy a package** etc. Also, there is a special discount of **all service on skis and snowboards (\$10)** for the evening. This would be a good time to get those needed tune-ups! **RSVP** to this private night at Geiger's (Friday night, October 21st) from **6-9P** at their Lakewood, Ohio store at 14710 Detroit Ave. **Must RSVP** to Barb Cool bhelencooley@aol.com or call 440-236-8517.

October 23 (Sunday) Roast Marshmallows & Hike Squire's Castle V. Briscoe

Located in North Chagrin Metro Park (East side of Cleveland) Starts at 12:00P for this great fall event with roasting of **marshmallows** and **hot chocolate** around a roaring- wood burning fireplace inside the castle! Hike the woods or down to the duck pond. Dog friendly destination! **RSVP** your interest to VBriscoe@msn.com or call 216-214-7056.

October Night (TBD) Comedy Club-Group Outing K. Cooper

Details to come out next month about an evening of laughs at a local comedy club...looking into club discount prices and will be a great time! Please **RSVP Your Interest** in attending such an event so that she can gauge the club's interest to Kathleen.Cooper@Relizon.com.

October/November (TBD) Cleveland Heights Ice Skating Linda Elonen-Wright

Ice Skating at Cleveland Heights Ice Rink for the Lewis Ski Club-Linda is also checking on feasibility of a beginner group lesson, too! The ice rink is located between Mayfield and Montecello Road. Details will be finalized in October's newsletter. In the meantime, **RSVP** your interest to Linda.C.Elonen-Wright@nasa.gov or call 216-433-9370.

October (Sat or Sun) Horseback Riding **NEEDS VOLUNTEER!**

At Riverwood Trail Rides in Olmstead Township. Need a trip lead to be the POC and get release forms, plus enjoy the ride! Plans are to have 1 (5 riders) or 2 back-to-back rides allowing for up to 10 riders on either a Saturday or Sunday in October. In addition, participants must be older than age 14. Please send interest on **Going on the Ride** and/or being the **Lead** to VBriscoe@msn.com, 216-214-7056.

Cleveland Metro Ski Council (CMSC) Ski Queen Pageant

Saturday, November 5th, 2005 at 6:30P
Ampol Hall: 4737 Pearl Road, Cleveland
Tickets: \$20.00 pre-sale, \$25.00 at door.

At our ski club's August Picnic, you watched her being crowned by our Past Ski Queen, **Cheryl Alden**. Now it's the official time to CHEER our new *NASA Lewis Ski Queen-**Barb Cool***, as she makes her bid for the CMSC Queen title.

In addition to the pageant events, the evening will be the "Winter Kick-off Celebration for All CMSC Clubs." The evening will include *appetizers, beer, wine or soft drinks* and musical entertainment by DJ Dance Delite.

The NASA Lewis Ski Club is sending a terrific Ski Queen to this year's event. Barb currently is a Social Chair for our club. She has been making the arrangements for speakers and entertainment at our meetings, like September's visiting trainer and Justin's great demonstration on in-line skates from Geiger's.

In addition to social planning, Barb's participated on several ski trips and club outings like white-water rafting (twice). She also took up the gauntlet that Mark Hyatt our Race Chair put down last season...she joined our ski team and raced 4 times and Barb has promising plans to challenge the CC Vet Women again in 2006!

Racing will be an added background bonus to help answer the tough technical questions that all the Ski Queen Candidates face. The Ski Queens will take to the stage at 7:00 PM. Then based on their first round of interviews, the top finalists will be announced. The top candidates will then answer various interview questions-live on stage.

What type of questions might we hear these candidates being asked? To get to an insightful answer, we asked **Renee Schwartz**, the current wearer of the CMSC crown and an honoree member of the NASA Lewis Ski Club, to tell us what technical question she answered during her time on stage.

You may remember Renee at an in-line skating event (gave an informal skate technique clinic, though Victoria still can't roll backwards) and she recently went on Tim's Island Bike/Kayak Put-N-Bay day-trip.

Well, Renee remembers her technical question quite clearly, for she almost forgot the 3rd part to her answer. The judges had asked, "*What are the 3 types of unweighting that occurs while skiing?*" (To learn the technical answer, skip to the next page)

Renee recalls that she paused to remember the whole answer (says she felt like a deer in the headlights) and after a lengthy moment-she recalled the 3rd part, jumped back on stage to deliver an energetic, physically illustrated rebounding technique!

Lesson learned for future candidates...when the pressure is on and candidates feels like they are buggin...just jump back in and give it your best, use all your skills (body motions included), and possibly end up winning the CMSC crown! As for the audience...the suspense and answers will be worth an entrance fee.

To get the best price on a ticket, Barb will sell them at the September 6th club meeting at BW3's. Let's show CMSC how supportive we are of our Ski Queen Candidate-Go Barb! Plus, don't miss the excitement when the judges tally the end results and announce the new CMSC Queen-crowning is at 8:30P. Afterwards-its boogie time!

Answer:

1. Down unweighting - bending at the knees to unweight the ski (intentional).
2. Terrain unweighting - when the ground drops out beneath you leaving the ski temporarily unweighted (NOT intentional!).
3. Rebound unweighting - the effect that occurs when the ski decambers and snaps back, like a bow & arrow, causing a momentary unweighting of the ski.



Barb Cool (right) gets crowned by Cheryl Alden at the August picnic.

September 18th Hike along Tinker's Creek Trip Leaders, Cheryl Alden & Victoria Briscoe.

Flowing through **Bedford Reservation** is **Tinkers Creek**, named for a member of Moses Cleveland's surveying party. The stream drops a dramatic 220 feet over a course of two miles and has cut a steep, walled gorge. The gorge, declared a National Natural Landmark, is a unique area with numerous tree, shrub and flower species. The Tinkers Creek Gorge Scenic Overlook on Gorge Parkway offers a spectacular vista particularly in the Fall.

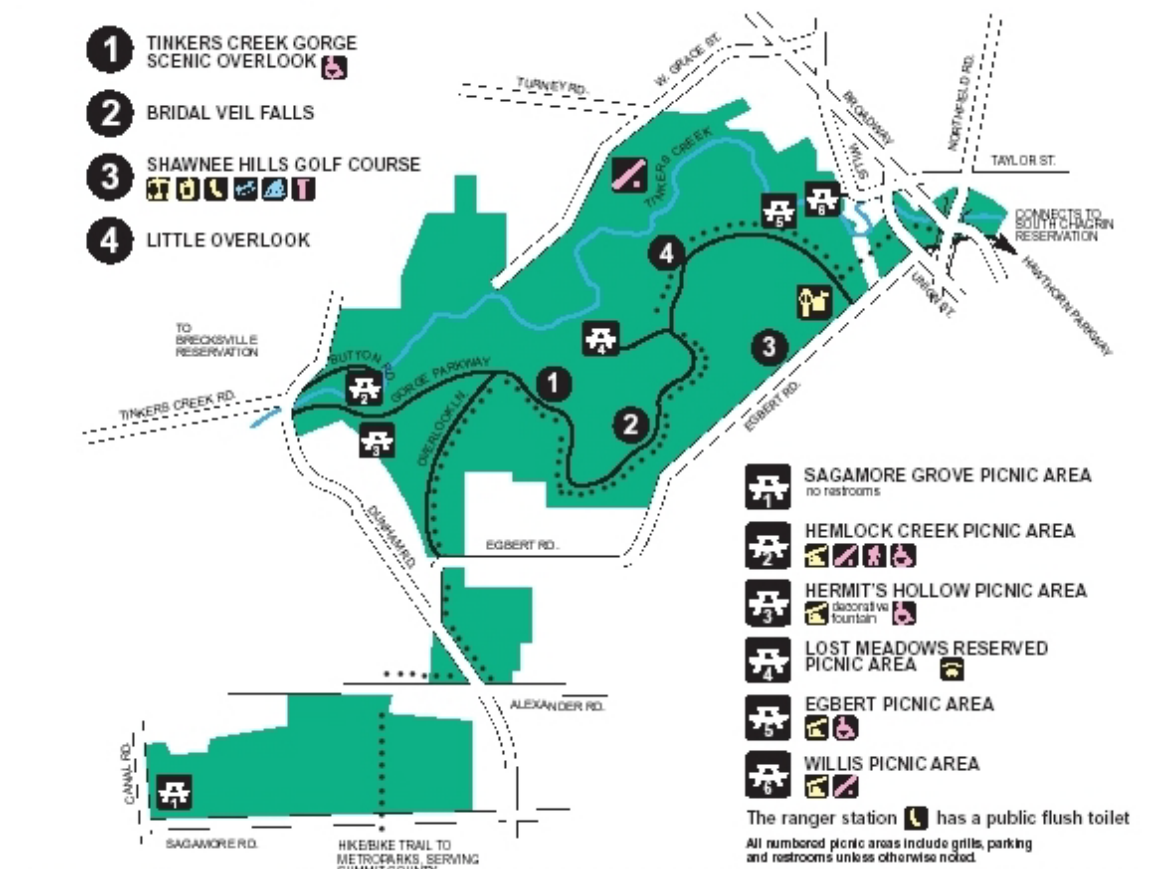
The NASA Lewis Ski Club is going to meet on **Sunday, September 18th, 2005 (12:00P)**. We are going to hike the Gorge Parkway Trail. (Hilly, a 6.25-mile trail)

The club is in process of making arrangements to have a **Naturalist** join the group for an **hour's talk** (tentatively scheduled for 1-2P) on the features of Tinker's Creek (geology, floral, fauna). Details are still being worked... Would like to have approx. **15 people!** Join us for the talk (kids & leashed dogs are welcome)!

Where are we going? Check out the map for clear details! The entrances for the trail are off Button, Dunham Egbert and Willis Roads. The NASA Lewis Ski group is going to **park at Hemlock Creek Picnic Area (#2 on the map) at (11:45A)**. The trail itself begins at Alexander Rd. in Walton Hills, and travels along Overlook Lane, Gorge Parkway, and Egbert Lane, to Union Street in Bedford, connecting with South Chagrin Reservation via Hawthorn Parkway.

We will decide on the day of the hike if we want to hike the whole loop (12 miles approx), or move a few cars to the other end (6 miles)...or do half a loop (6 miles). We may also need to incorporate the Naturalist talk. The great news is that with a short walk from where we have parked, everyone will end up seeing the Overlook -so don't shy away!

Please RSVP to Cheryl at <skier117@juno.com> by **(September 15th or sooner)**, that way will look for you in the parking lot. On the day of the trip, contact Victoria at 216-214-7056 if you need directions or are delayed. Note: Bring your **camera** the fall views are going to be spectacular!





Great Success-NASA Lewis Ski Club Picnic

The Ski Club held a grand summer picnic on August 2nd. A great success with 160+ people enjoying the feast of chicken, steak, veggie burgers or hotdogs! It was held at W.J. Green Lodge in the Metro Parks where we had shelter, tree lined private area and volleyball nets. There was an abundance of food and goodies...how did it become so successful?

It really took the rally round of many ski club members, like *Mike Kaltenstein* (great helper on cleanup and tickets). Mike's family brought their ice-making slushy machine; quite a few of tongues were blue! Our wine loving *Annie Easley* secured the red & white wine supply for the wine drinkers that were holding court inside the building. Thanks to *Bruce Frankenfield*, *Tony Shook* and *Al Linne* we all had delicious, tin-foil wrapped baked potatoes!

Exceptional recognition for *Tom Jones*, he handled the monies, the ice, beer, soda and water, along with set-up, and tear down (*Robert Czarnecki*, assisted, too). Tom not only got the coals started by he also designed the name tags after our club president, *Tim Kurtz*, suggested that we needed a way for people to really get to know each other. To the Chef's out there-*Malcom Wood* with his ingenious idea for cutting pre-cooked chicken's in half and keeping them hot, to *Kay Blaney* and *Tim Kurtz* for taking a round at the fire cooking steaks, and *Jim Slifka* for preparing the hot dogs and those great veggie burgers purchased by *Cheryl Alden*.

Wonderful recognition to *Cliff Wolfe* who helped me price, purchase, haul the food and supplies from Costco to the picnic and got the steaks started on the grill (even if he interrupted my talk on club activities with a call to the hungry members..."The steaks are ready!"). Special appreciation to ALL the club members who pitched in by bringing Dessert's and assisted in the setup and tear down. Members like Gary Paul, who put in a big effort where help was needed! There was a great many of you who lent a hand, be it bringing spoons and hot crocks (*Janet, Annie, Cheryl, Mike, Tom, Victoria, & Kay*)--the small to big items really do make a difference.

The Kid's games for example was a great hit this year and credit goes to last year's helpers who gave helpful ideas of what worked in the past (*Lisa Ferenc & Kathy Schubert*). I enjoyed leading the games with the space piñata, painting rocks, pin the donkey, along with a memorable water balloon toss from *Tom VanNuyen's* family! The picnic was a terrific "hot" evening and the biggest attendance event for our club.

So, if you enjoyed the picnic-some **160+ of you!** Next year, when the club is looking for **Volunteers** to help plan & put on the event...**Sign up**....it takes a bunch of helpers and planners...**the club needs YOU to make events like this happen!!**

Thanks to Everyone-
VP of Activities, Victoria Briscoe

Jasper, Canada and Banff, Canada Trip Report

By Annie Easley

(Trip Leaders: Annie Easley and Gene Addy)

Mar. 14 to 22, 2005

The NASA Lewis Ski Club spent eight wonderful days in the Canadian Rockies for a ski holiday. Upon arrival at the Edmonton airport we had arranged for box lunches to be available so that we could be on our way immediately. There were great views on the ride from Edmonton to Jasper.

The Fairmont Jasper Park Lodge was our 'home' for three days. The accommodations are a village of chalets and log cabins connected by picturesque paths. On the paths there is likely to be real wildlife at anytime. There is also the beautiful Lac Beauvert. The area is surrounded by majestic mountains.

We had a wine and cheese party to start the week.

Skiing, snowboarding and telemarking were done at Marmot Basin ski area. There was lots of area to cross-country ski. An ad for Marmot Basin states: "Imagine a place where snow comes from heaven, not from earth. A place where you spend more time on your favorite run rather than in lift lines. A place where the wildlife is not limited to party animals but includes deer, elk and other creatures."

One entire day was planned for travel through the Jasper National Park. We made a stop at the Athabasca Falls located off the Columbia Icefields Parkway. Some of our super group made snowballs to clean the side windows of our tour bus. Thanks gang. Another stop was made at an off road hotel that was very charming. Our next planned stop was at the Fairmont Chateau Lake Louise. We spent time there walking out on the frozen Lake Louise, taking pictures, shopping and having lunch. The weather was perfect for our tour day. Sunny skies allowed us to see the peaks of the rugged Canadian Rockies.

Our lodging in Banff was at the Ptarmigan Inn that is ideally located in the heart of the majestic Rocky Mountains, just a two minute walk from downtown Banff. We had a choice of three mountains on which to play. They were Lake Louise, Sunshine Village and Mt. Norquay.

We spent four days and five nights in Banff skiing, shopping, dog sledding, at natural hot springs and partaking of nightlife.

We had a wine and cheese party in the hallway of Ptarmigan Inn on our last night. It was fun for us and maybe a little noisy for other hotel guests.

On the trip from Banff to Calgary airport it was a party bus. Tim played his guitar while many of us sang along. When we ran out of songs that we knew, we made up new songs.

The Jasper/Banff trip was relived at our picture party. Thanks Judy and Larry for allowing us to see your beautiful house for our party.

Some comments from trip participants:

I hadn't been to the Canadian Rockies before and didn't know what to expect. I thought you made excellent choices - ski areas, Icefields Parkway, the stop at Chateau Lake Louise and lodging. The Fairmont was wonderful and the Ptarmigan was in a great location. I had a fantastic time. The wine and cheese was very nice too. - Cheryl

Thanks for running the trip. The scenery between Jasper and Banff was spectacular along the Icefields Parkway - that was the highlight of my vacation. Skiing was good enough to wear both of us out. We also enjoyed driving the team of sled dogs on a day off from skiing. - Bob. D.

Highlights of Banff trip:

1. Trip down Icefields Parkway, Nam-Til-Ja Lodge, incredibly beautiful scenery.
 2. Enjoyed opportunity to see both Jasper and Banff areas. Great choices of ski areas.
 3. Ptarmigan Inn very convenient location. Enjoyed the town of Banff.
 4. Appreciated opportunity to do our own thing. No need to "be here" or "do that" on a schedule. This enabled us to take a dog sled ride which we really enjoyed. A unique experience.
- Thanks for organizing the trip. - Mary Ellen

What a great trip. Everything was perfect from the moment we left Cleveland thru the accommodations and, of course, the wonderful flexibility in skiing. You even ordered up perfect weather. Thanks again. - Len

I've known both you two for a very long time, always enjoy seeing and being with you. This trip has increased my regard and affection for both of you. I don't really know how much work is involved in planning, organizing, marketing and pulling off something like this - but you two have done it and done it well. Thanks! Where are we going next year?

- Martie

The entire trip was great. What will be most remembered is the tremendous bus ride and views from Jasper to Banff. - Al



Most of the group at the Calgary airport on the way home.



Bus ride entertainment featuring Tim Beach.



Jerry Hill in front of glacier at Banff National Park.



Gene Addy at Lake Louise Ski Resort with snow covered Lake Louise in background.

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.





**TRAVEL WITH NASA LEWIS SKI CLUB
TO
MORZINE, FRANCE AND AMSTERDAM
March 17-28,2006**

Round trip air and ground transportation
Seven nights lodging at Fleur Des Neiges in Morzine
Breakfast and gourmet dinner included daily
Optional side trips to cities in France and Switzerland

Three nights lodging at Hotel Estherea in Amsterdam
Breakfast included daily at hotel
Lots of sights in Amsterdam including museums and canal trips

Lift tickets are optional in Morzine (not included in trip price) and may be purchased from one to six days

Cost is \$1810.00(double occupancy)
Single supplement is \$400.00 if you want to be alone

Payment schedule:

Deposit due now \$460.00 (\$260,00 non-refundable)
August 25, 2005 \$450.00
October 25, 2005 \$450.00
January 5, 2006 \$450.00

Checks payable to NASA Lewis Ski Club

Mail to: Annie Easley
23215 Wainwright Terrace
Olmsted Falls, OH 44138

Membership required in NASA Lewis Ski Club

Need Valid Passport for travel

Questions? Call Annie Easley at 440-816-1215
Email: AJEASL@SBCGLOBAL.NET