NASA Lewis Ski Club Naski Tips

October 2006



Next Meeting: Tuesday, Oct. 3 BW-3 Rocky River 20412 Center Ridge Rd. 440-356-7325 5pm: Happy Hour

6pm: Meeting

Next Board Meeting: Oct. 24

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MEMBERSHIPS EXPIRE SEPT. 30 !!! Renew before Nov. 15 to avoid paying an extra \$5. Form on last page.



Fall is officially here. The days are shorter, the nights are cooler and the Browns are O-3. It's also Octoberfest somewhere and clam bakes are everywhere. There is still time to get in some golf, boating and biking but I think it's time to start thinking about winter sports. I hope everyone is getting in shape for the upcoming ski season. To help with your training we are going to have someone from the fitness center speak about conditioning for skiers at the October meeting (Oct. 3rd) so bring your notepads. Also remember to get your membership dues in early so you don't get charged a late fee.

The board has been busy planning for the upcoming ski season and things appear to be in good shape. The Park City trip is over half full and the Lake Tahoe trip is about half full. Get signed up now so you don't get left out. We also have trip leaders for all of the trips except the Seven Springs trip (Feb 2nd). If you think you would enjoy the sense of accomplishment that goes with running a trip then contact Mike Kaltenstein and we'll help you get started today.

We have a lot of interesting things coming up so check your NASA Ski Club newsletter or the web event calendar so you don't miss anything. Geiger's Ski Shop is having an appreciation night for the NASA ski club on Friday Oct. 20th. They will be showcasing the latest equipment and will also have munchies and specials on ski tuning. Geiger's is also having a women's clinic Oct. 5-7th with Jeannie Thoren to aid in fitting skis and boots so if you are a woman and you need new stuff check it out. Also coming up is the Kissing Bridge Appreciation Night downtown at the Hyatt (Oct. 27th) and the Boston Mills Open House (Oct. 13-15). We still need volunteers to work the NASA Ski Club table so if you'd like to get involved talk to Mike Kaltenstein or Annie Easley. Our next club meeting is October 3rd at BW3 so come out and have a beer and some wings.

El Presidente

Officers of Lewis Ski Club

SKI CLUB OFFICERS

President: Colin Bidwell (216-433-3947)

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

Nordic Vice President: Nancy Piltch

Activity Vice President: Barb Cool (440-781-8406)

Recorder: Janet Dubas (216-741-3161)

Publicity Director: Cheryl Alden (440-582-2174)

Treasurer: Tom Jones (216-433-3718)

COMMITTEE CHAIRS

CMSC Rep: Renee Harrington

Refreshment: Tom Jones (216-433-3718)

Sunshine: Social:

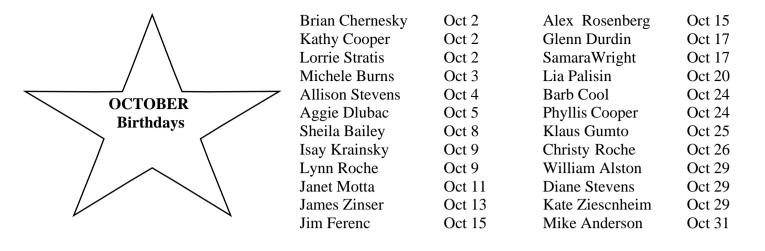
Racing: Mark Hyatt (216-433-3248)

Membership: Lisa Ferenc (216-433-6592)

Web Curator: Linda Elonen-Wright (216-433-9370)

Trip: Annie Easley (440-816-1215)

TRUSTEES: Annie Easley (440-816-1215), Gene Addy (216-977-7467) & Linda Elonen-Wright (216-433-9370)



Rays of Sunshine



A New Skier is Born...

John William Haag came into the skiing world on Wednesday, September 13, 2006 weighing in at seven pounds and twelve ounces. Congratulations to proud parents Tom and Lori Haag.

Photos for Poster at Boston Mills Open House

Please bring in your photos of past summer/winter club activities & give them to Jim Slifka at the next ski club meeting, Oct. 3rd. He will place them on a poster that will be displayed at the Boston Mills open house. These pictures will not be returned. Please include date and activity on the back of photo.

Reminder for the Park City Trip

Our trip is filling up fast. We are already over half full and have a number of people who are serious about signing up. If you are planning for this trip, we will need your trip application and deposit asap to save your spot. Judy and I will be at the next club meeting with printed information on the trip if you have any questions. This is a very reasonably priced trip, staying at a highly recommended hotel. If you would like to contact me direct before the meeting, phone is Jim Slifka(440-232-3331 - djslif@sbcglobal.net) or Judy Traxler (330-481-4455 - jatraxler@aol.com)

ASTRONOMY LECTURE

FREE EVENT at the Cleveland Museum of Natural History

Date & Time: October 19, 2006, 8:00 PM Lecture: Mapping the Milky Way with SDSS and LSST Lecturer: Dr. Zeljko Ivezic, University of Washington

Come to an astronomy lecture at the CMNH and learn how "they" map the Milky Way and other galaxies with major geek toys like the LSST(Large Synoptic Survey Telescope). The admission to the Museum is free and the parking is free. If we want to sit together let's meet at the admissions desk around 7:40 PM.

Abstract: The formation of such galaxies as the Milky Way was long thought to be a steady process that created a smooth distribution of stars. Instead, recent discoveries of complex substructure in the distribution of the Milky Way's stars have deeply shaken this standard view. Zeljko Ivezic discusses how the exceptionally accurate and robust data from such modern surveys as the Sloan Digital Sky Survey (SDSS) have made some of these discoveries possible. He also speculates on what further progress can be expected from upcoming next-generation surveys, such as the Large Synoptic Survey Telescope.

By the way, the museum has 5 free astronomy lectures like this each year.

Fred Merchant 330-644-3921 Akron, OH

Geiger's Invitational Event!!! OCTOBER 20th, Friday night at 6:00 PM

Yes, Nasa Lewis Ski Club will have a special night again this year at Geiger's Clothing and Sports in Lakewood, Ohio location, 14720 Detroit Ave. Geiger's will host an in-store event with special discounts for us on clothing, equipment, beverages and snacks, raffles, etc. Also, there is a special discount of all service on skis and snowboards (\$10) for the evening. It's not too early to get a tune up, winter will be here before you know it! Please rsvp to Barb Cool at bhelencooley@aol.com or 440-781-8406.

FOR SALE:

Ski's Volkl Women's Vectris V30 \$175 (170 cm) with Marker M8.1 Bindings

Ski's Volkl Women's 4 Star T50 Super Sport \$250 (158 cm) with Marker M12 Bindings

Women's Ski Stretch Pants \$30.00 Hot Chillys, black size 10

Women's Nordica Ski Boots size 7 \$25.00

Women's Black Stretch Ski Pants, size small 7? \$30.00 Fit inside the boot

Women's Bogner 1-Piece Ski Suit, size 8-10 \$60.00 White, Silver and Black very unusual

Ski's Volkl Men's Ultra Carver \$100 (190 cm) with Marker M44 Bindings

Men's Large Spyder Jacket w/matching XL Windstopper Sweater Jacket \$70.00 Sweater \$30.00

Men's Extra-Large Obermeyer Black/Grey/White Ski Jacket w/matching Large Sweater (Very Warm) Jacket \$30.00 Sweater \$15.00

Men's XL-46 Fera Blue/Black One-Piece Spring Suit \$60.00

Please contact Toni at (216) 433-2955

Biking Report by Barb Cool

The lucky 7 partook on the bike ride on the Ohio and Erie Towpath Trail on Saturday, Sept. 16th. Kerry (a co-worker of mine) and I caught up after a late start to the other 5 riders including Cheryl, Paul, Fred, Kathleen and Debbie at Winking Lizard in Peninsula for food and drink outside until the bees chased us inside! We then were able to catch a few minutes of the ohio state game. We not only had a great workout since we rode about 13 miles each way; but had a good fitness workout for skiiing. Bicycling strengthens the quads and provides a good aerobic activity.

Some additional highlights besides the georgeous weather were that Fred Merchant rode a good ways with no hands and Kathleen Cooper's friend said she will join Nasa Lewis Ski Club!

A note on skiing fitness: Skiing fitness should begin a minimum of 8 weeks prior to your time on the slopes. Key are **muscular strength** and **endurance** especially in the leg muscles. **Flexibility** (having a good range of movement in your joints) will enable your body to adjust to any sudden changes in direction and also will help to **prevent injury** when falling. **Aerobic** training enables you to ski longer (fatigue can result in poor concentration which can then result in crashes).

ACTIVITIES LIST

- 1) **Jeannie Thoren Clinics October 5, 6 and 7**. Details on page 8.
- 2) **Boston Mills/Brandywine Open House** at Boston Mills. **Oct 13** from 12 to 8pm. **Oct 14 & 15** from 10am to 6pm.
- 3) **Monty Python's Spamalot -**Sunday, **October 15** at **1 p.m.** At the State Theater at Playhouse Square. Contact Pam Buffington pbuffing@hotmail.com. The show will be over about 3:30-3:45 pm on Sunday Oct 15th. We'll be meeting at The Southside afterwards for a drink or bite to eat. The Southside is in Tremont (2207 W. 11th Str.--216-937-2288).
 - ***Ben N Jerrry's **VERMONTY PYTHON** Ice Cream is now in stores. Coffee ice cream with a chocolate cookie crumb swirl and fudge cows!!!
- 4) **Astronomy Lecture Thursday, Oct. 19 at 8pm.** Details on page 4. Contact Fred Merchant at 330-644-3921
- 5) Geiger's Invitational Event Friday, Oct. 20 at 6pm. Details on page 4.
- 6) **CMSC Appreciation Party -October 27**, **Friday** night at **6:00 pm -** kick off the upcoming ski season with Kissing Bridge at the 2nd annual CMSC Appreciation Party at the Hyatt Regency Arcade in downtown Cleveland. Free admission, prizes, light fare, and refreshments!
- 7) **CMSC Ski Queen Pageant Saturday, November 4th.** The party will be held at Ampol Hall, 4737 Pearl Rd., Cleveland. Tickets are \$20 in advance & \$25 at the door. Soft drinks, beer, wine and appetizers will be provided by Reinecker's. DJ Dance Delight will spin the tunes for dancing. Contact Therese Telzrow for tickets. 216-588-3490 (w) or 216-226-6013 (h)
- 8) **Off The Grid**, Warren Miller's 57th annual winter sports film. **Saturday, November 18, 8pm.** At the Akron Civic Theatre. SkiFest starts at 7pm in the lobby. Tickets are \$11 in advance, \$13 day of show. **Night Out with Trustees details on page 10.**

ONGOING ACTIVITIES:

SAILING Anyone that might be interested in a sailing experience in the evenings or afternoons may contact Mike Duerk at 440-668-4274. Mike is a NASA Lewis Ski Club member & a Fagowee member.

Biking with the Goodyear Ski Club members with food and fun afterwards - **6:00 pm Wednesdays** (contact Fred Zofchak @ 330-678-8295).



SKI TRIPS FOR 2007



Friday, Jan 5
Friday, Jan 19
Friday, Feb 2
Feb 3 to 10
Friday, Feb 16
Weekend, Feb. 23-25
Friday, Mar 2
Saturday, Mar 10
Mar 24 to 31

Holimont
Holiday Valley
Seven Springs
Lake Tahoe
Holimont
Bristol Mountain
Holiday Valley
Cockaigne
Park City, UT

Jay Peak, VT Trip

Back by Popular Demand--

A return to Jay Peak, VT for the pre-Holidays! **Departing Thursday, Dec. 14th** for 4 1/2 days of Vermont's best skiing! Trip includes breakfasts & gourmet dinners, Ski in/out Condos, Lessons or Race Coaching and a welcome party, plus more parties. **Return Tuesday, Dec. 19th**. Travel options: Motor Coach (overnight) or drive on your own. Prices are \$559 and \$430, respectively. So start your Holiday early, get your ski legs or get serious in the gates! Vermont is beautiful in December! For details please **contact Hi Rise Trip Leader: Beth Skalak** 330-467-5625 or bsuru@aol.com

Jeannie Thoren

Mark your calenders ladies!!! Jeannie Thoren will be at Geiger's the following dates:

October 5th, Thursday evening and **October 6th**, Friday, at their Chagrin Falls location (50 shopping plaza) 440-247-4900.

October 6th, Friday evening and October 7th, Saturday at their Lakewood Location (14720 Detroit Ave) 216-521-1771.

The format is..... in the evening (includes raffles!) 6:00 pm wine and cheese party, at 7:00 Jeannie gives her presentation. Afterwards appointments are made for the following day.

Jeannie Thoren is a ski pioneer in getting equipment right for women. She has been doing this for over 30 years and all over the world in her crusade. Besides ski shop events, she holds multi-day workshops on the snow and on-snow demos.

From the Jeannie Thoren brochure-----Boots: Your feet should never be cold or in pain. Footbeds: you need custom tweaking to achieve optimal fit. Bindings: Most skis on the market today have a forward binding mark to place the smaller foot closer to the tip as a result of Jeannie. Skis: skis turn from the tip, you need to get your weight forward on the ski to carve; otherwise you are not carving and you are not in control (skiing in the back seat!)

WIN A FREE PICK-A-DAY PASS for Boston Mills & Brandywine!!

There are no discounts for us signing up as a group. HOWEVER, if we have at least 21 people sign up through our club, BMBW will give the club a complimentary pass. There will be a drawing to give away the complimentary pass. Only those who signed up for their Pick-A-Day passes through the club (NASA Lewis Ski Club) by the BMBW Open House Oct. 13 -15 will be eligible. The winner will be refunded the value of the complimentary pass! If you are interested in this prize, make a check out to Lewis Ski Club, Inc. for the amount of the Pick-A-Day pass in which you are interested and get it to me, Mike Kaltenstein, before the BMBW Open House on Oct. 13 -15. You will also need to fill out the BMBW Pick-A-Day Pass form which you can get from the web at www.bmbw.com or contact me.

Mike Kaltenstein 330-483-4841 (h)

6890 Crocker Rd. mkstein1@adelphia.net

Valley City, OH 44280

The Pick-A-Day passes will NOT be available through the ski club after the BMBW Open House..

PICK -A-DAY & PICK-A-DAY PLUS are described on next page.

Pick-A-Day Pass

The Pick-A-Day Pass entitles the passholder to one all-day snow/lift ticket for his or her own use each week. The Pick-A-Day week begins on Monday and ends Sunday, and you do not have to visit on the same day each week. The snow/lift ticket is valid at either Boston Mills or Brandywine, and the passholder may substitute his or her weekly visit for a tubing session or a LateNight ticket at Brandywine. The Pick-A-Day Pass does not include any extra tickets or lessons. Passes and weekly snow/lift tickets are not transferable.

Ski or snowboard rental privileges may be added to the Pick-A-Day Pass. Due to limited availability, Snowblade rental is not available with this package. Those with snowboard rental may swap their snowboards for skis with no charge, but Pick-A-Day passholders with ski rental will be charged \$3 to upgrade to a snowboard rental during a visit.

	Oct 13-Oct 15	Oct 16-Jan 14
Adult (13+) Pass Only	\$165	\$180
Adult (13+) w/Ski Rental	\$245	\$260
Adult (13+) w/Snbd Rental	\$265	\$280
Jr/Youth (5-12) Pass Only	\$145	\$160
Jr/Youth (5-12) w/Ski Rental	\$195	\$210
Jr/Youth (5-12) w/Snbd Rental	\$215	\$230

Snowblade rental not available with pass rental packages. Open House is held Oct. 13, 14 & 15 at Boston Mills. No telephone or mail orders accepted for Open House prices. On site and online purchasing available that weekend only for Open House pricing. No exceptions.

Pick-A-Day PLUS

The Pick-A-Day PLUS affords the passholder the same once-per-week visit and rental package options that come with the regular Pick-A-Day. In addition, PLUS passes include five free tickets that may be used by the passholder to bring a guest along or to visit an extra time in a week where the weekly pass visit has already been used. The passholder must present the passcard in person at the ticket window for the free ticket to be issued. Rental is included with the free ticket only if a rental package is purchased with the pass, and ski rental can be upgraded to snowboard rental for a guest for \$3.

PLUS passes also include two General Lessons that can be used by the passholder only during the following lesson times:

Beginner Lessons: 10am, 1pm, 4pm*, 7pm**

Intermediate/Advanced Lessons: 10:30am, 1:30pm, 4:30pm*, 7:30pm**

*This lesson time available on Saturdays and Sundays only. All others available 7 days/week as open.

Adding all of the above PLUS options to your Pick-A-Day pass costs just \$30--that's less than one All Day snow/lift ticket! Passes and weekly snow/lift tickets are not transferable; only the five free tickets may be used for guests.

	Oct 13-Oct 15	Oct 16-Jan 14
Adult (13+) Pass Only PLUS	\$195	\$210
Adult (13+) w/Ski Rental PLUS	\$275	\$290
Adult (13+) w/Snbd Rental PLUS	\$295	\$310
Jr/Y (5-12) Pass Only PLUS	\$175	\$190
Jr/Y (5-12) w/Ski Rental PLU S	\$225	\$240
Jr/Y (5-12) w/Snbd Rental PLUS	\$245	\$260

Snowblade rental not available with pass rental packages. Open House is held Oct. 13, 14 & 15 at Boston Mills. No telephone or mail orders accepted for Open House prices. On site and online purchasing available that weekend only for Open House pricing. No exceptions.

^{**}Not available on Sundays.



NASA Lewis Ski Club presents

Night Out with the Trustees!

Join us as we kickoff the ski season with a skiers' evening out! We're traveling from Cleveland in first class on a mini-bus bound for the new Warren Miller Movie, "Off the Grid", showing at the Akron Civic Theatre. Champagne and hors d'ouvers will be served on the trip to the Theatre. We'll arrive at the Theatre for the Ski-Fest prior to the movie. After the movie, we'll travel to Frank's Place in Akron for partying with fellow CMSC'ers. Frank's Place provides appetizers for the evening.

Here are the details: Date: Saturday, Nov. 18, 2006

Includes: Round trip bus fare, refreshments, and Warren Miller movie ticket

I tinerary

6:00 PM - Mini-Bus leaves NASA DEB parking lot

6:30 PM - Mini-bus leaves pickup at Holiday Inn at I-77/Rockside Rd.

7:15 PM - Arrive Akron Civic Theatre

10:00 PM - Leave Theatre for Frank's Place

12:00 AM - Leave Frank's Place

12:30 AM - Arrive Rockside Road Pickup

1:15 AM - Arrive NASA DEB parking lot



Cost: \$43 per person per person (nonrefundable, unless someone fills your seat)

Make checks to: Lewis Ski Club, Inc.

No smoking on bus.

Contact any of the Trustees: Linda (216-433-9370), Annie (440-816-1215), or Gene (216-977-7467)



NASA/Lewis: Lake Tahoe, February 3-10, 2007

Cost \$1100.00

- Roundtrip air from Cleveland to Reno
- 7 Nights accommodation at the Horizon Casino, based on two per Hotel Room
- Roundtrip charter bus transportation to/from Reno to South Lake Tahoe
- 5 days of skiing/snowboarding
- 2-day Heavenly lift pass
- 1-day boat trip to Squaw Valley with lift ticket
- 1-day trip to Sierra-at-Tahoe with bus and lift ticket
- 1-day trip to Kirkwood with bus and lift ticket
- Wine and cheese party.

For sign up contact trip coordinator: Tom Vannuyen 216-433-3851 work 440-846-1736 home

Email: Thomas.Vannuyen-1@nasa.gov Checks payable to NASA Lewis Ski Club Mail to: Tom Vannuyen 21000 Brookpark Road MS 86-12

Cleveland, OH 44135

Payment schedule: \$275 due now, non refundable \$275 due Sept. 1, 2006 \$275 due Nov. 1, 2006 \$275 due Dec. 1, 2006 ****If you sign up by Oct 1, 2006, I will buy you 1 ski pin from the resort of your choice (Squaw, Kirkwood, Sierra at Tahoe, or Heavenly) up to \$5.

- Tom

Membership required in NASA Lewis Ski Club \$10/single \$15/family



For more info on ski resorts: http://www.laketahoeskiing.com
*** For trip application and membership forms, please visit our website at http://lewisskiclub.org



Ski UTAH's PARK CITY & More

With the NASA Lewis Ski Club

March 24 through March 31, 2007

\$1030.00 per person



Includes:

Lodging – Peaks Hotel (nee. Radisson Inn) – 7 nights (Sat. to Sat.), dbl occ. per room.

Lift tickets – 5 days (3 days **Park City**, 1 day **Deer Valley**, 1 day **Canyons**)

Roundtrip Airfare from Cleveland.

Ground transportation from Salt Lake City to Park City.

- **Complimentary welcome party upon arrival.
- **Complimentary full breakfast buffet (daily).
- **FREE shuttle stop in front of hotel.
- **FREE hot cider with fresh baked cookies daily.
- **FREE private group guide for 1 day.
- **Indoor/outdoor heated pool, LARGE hot tub & sauna.

For sign-up, contact trip leaders: Jim Slifka 440-232-3331 home 440-292-5300 cell dislif@sbcglobal.net Judy Traxler 330-483-4455 home jatraxler@aol.com



\$350.00 Due now, non-refundable \$350.00 Due by November 1, 2006 \$330.00 Due by January 1, 2007

Send deposit check and trip agreement form to:

Judy Traxler 6222 Boston Rd. Valley City, OH 44280 Make Checks payable to: Lewis Ski Club, Inc.





Note: Must be a member of the NASA Lewis Ski Club - \$10 single/ \$15 family.

***For additional information, trip application, and membership forms, please visit our website at: http://lewisskiclub.org

2006-2007 LEWIS SKI CLUB MEMBERSHIP

(October 1, 2006 - September 30, 2007)

Name:(first)(last)			
Home Phone:	Interests: Downhill Skiing		
Work Phone:	Snowboarding X-country Skiing		
Home address: Street/Apt.:	X-country Lessons Local/weekly skiing Learn to Ski		
City: St: Zip:	Summer Activities		
NASA Mail Stop(If applicable):	Serve on a Committee Other		
Your Birthday:/ (MONTH/ DAY)			
Type of membership: Check TWO Types)	Please list eligible Family Members: Name Age-Kids Birthday		
Single(\$10) New Member	Only (M/D)		
*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 15th to \$15.00 for single and \$20.00 for family. New members			
pay the lower rate no matter when they join.			
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.			

(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.)