

NASA Lewis Ski Club

Naski Tips

September 2006



Next Meeting: Tuesday, Sept. 5
BW-3 Rocky River
20412 Center Ridge Rd.
440-356-7325
5pm: Happy Hour
6pm: Meeting
Next Board Meeting: Sept. 19

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



Can anyone tell me where the summer went ? It seems like we just slogged through another wet spring and already Labor Day is here. I guess time flies when we are having fun. The Indians provided us some entertainment this summer although not as much as we expected. On the brighter side it looks like the Browns may be providing more entertainment this year than expected. And you never know about the Cavs.

I was in Seattle last week visiting Boeing and had the chance to visit with Victoria Briscoe for a couple of evenings. We rented some Kayaks in Everett and went boating near the Puget Sound one evening. We saw some seals, herons and an aircraft carrier. The next evening we had dinner overlooking Lake Union where we watched Sailboats and Sea Planes landing. Afterwards we saw the troll under the bridge, the locks, and Victoria's favorite Irish Bar. Victoria is doing quite well in her new home and she said to say hi to all of her Cleveland friends. She has a very nice guest bedroom if anyone is going to Seattle.

We still have plenty of things to do before the snow flies so if your not bed ridden get going. The annual showing of Warren Millers latest movie down in Akron is a must. Also if you're into free beer, Kissing Bridge threw a very nice skier appreciate party downtown last year that was a lot of fun. Check your Sitzmark for details.

The ski trip schedule has been finalized and can be found in the newsletter and on the web-site. We have longer winter trips planned for Lake Tahoe, Park City and Bristol along with our usual one day trips to the local areas. We still need trip leaders for a few of the one day trips so if you would like to help out contact Mike Kaltenstein. Also we are always looking for interesting speakers for our club meetings so if anyone has any ideas let me know. Our next club meeting will be at BW3's next week (Sept. 5th) so I hope to see you there.

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)



Elise Allen	Sep 1	Nicholas Kwiatkowski	Sep 22
Christine Tabar	Sep 1	Joe Frankenfield	Sep 23
Jennica Roche	Sep 4	John Restifo	Sep 25
Alysha Tanasijevic	Sep 6	John Reveley	Sep 25
Susan Demczyk	Sep 7	Neil Gleason	Sep 28
Gary Paul	Sep 9	Megan Kessler	Sep 28
Matt Dubas	Sep 17	Bonnie Kaltenstein	Sep 29
Lisa Lambert	Sep 17	Blanche Vanis	Sep 29
Patrick Ballasch	Sep 18		

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.

Note from the 2005-2006 Nasa Lewis Ski Queen:

I would like to thank the Nasa Lewis Ski Club for your support and the opportunity to be Ski Queen. I received some great prizes and have gotten to know some very cool people along the way. I would also like to extend congratulations and good luck to Therese Telzrow, the new Nasa Lewis Ski Queen for 2006-2007! Therese Telzrow led the corn challenge bike ride, the Goodtime cruise this year and raced in CCVW class last ski season. Besides being an avid skier and very involved in club activities; Therese also has a way of getting others hooked on skiing as Kathleen Moran and I can attest!

- Barb Cool

Therese Telzrow Ski Queen 2006 - 2007



Hi, my name is Therese Telzrow and I have been chosen to represent the NASA Lewis Ski Club in the Cleveland Metro Ski Council Queen Pageant. As your queen I will do my best to promote the sport of skiing, bring in new members and represent our club in as many CMSC activities as possible.

I am a native Clevelander and have resided here all my life. Even though I may be called a "flatlander," it hasn't stopped me from taking up the sport of skiing, my true love. When I was told that skiing would make winter go by quickly, I couldn't resist. So I signed up for Boston Mills Pick-A-Day program and have been hooked ever since. Now winter is too short!

I've found activities to make the other seasons go quickly too. In the summer months I enjoy being outdoors, gardening, hiking and bicycling. I also love to explore and camp in the deep woods, many times by canoe. Throughout the year I swim with the Ohio Masters Swim Club and just recently competed in a 1 mile swim in Lake Erie. I love challenges and do so by being a member of Toastmasters. Last year racing for the NASA team was quite an experience. I met a lot of people, had a lot of fun and met many challenges.

I believe that my involvement and experiences in all these things will help me represent and promote our club. And as your queen, I look forward to participating in all our upcoming club and CMSC activities. Thank you for this great opportunity!

UPDATE FROM VICTORIA

Hi Lewis Ski Club members,

I've been hearing all about the success of the rafting trip, picnic, and summer events. Wish I'd been there and thanks to everyone who's called/mailed to share in all the fun you've been having. Keep it up.

In case you haven't heard..., I'm originally a Seattleite who went to Cleveland, almost became a Clevelander (just shy of 6 years), and returned home in June of '06 to the NW. I'm now working at Boeing in Everett, WA as a Safety and Airworthiness Focal for Flight Controls. Found a great townhouse just minutes from work. It has a "peek-a-boo" view of the Puget Sound. In free moments I'm exploring the outdoor scene. Course I should be unpacking the sea of boxes. I've gone golfing, out for couple nights of kayaking, and started lessons on Lake Washington for Windsurfing (I'm mostly "in" the water!). I even pulled a team together for the Boeing Flight Controls Golf outing all within the first few weeks on the job! At the golf scramble I won the women's longest drive and my team won last place--emphasis on won last place.

I've found two terrific trails for in-line skating, went over 126 blocks in one night. I must say that in-line skating is not nearly as fun as when we all skated together in the Cleveland Metro Parks. I miss all those great stories that we'd share on the trail and now I don't have witnesses (that I know) for documenting the wipe-outs. FYI: I'm starting pre-ski-training at the Boeing gym. I'm rehabbing my knees for I have a goal to beat Cheryl's score from last season and meet the challenge for this year's most ski days!! The ski glove has been thrown- in.

Other terrific news from my perspective...4 friends visit ...hoping for more (hint, hint):

* 1st to arrive was my friend from NASA-Carolyn Mercer. While on her vacation, Carolyn invited me to a lovely wine bar in Woodinville (not far from the St. Michelle winery) where we shared a nice meal with a gathering of her family/friends.

* 2nd to town was Colin Bidwell-our ski president who was out here on a business trip to Boeing. Colin and I packed a bunch into 2 work evenings. We explored the Everett Bay in kayaks (seals, bird estuary, naval ships, and yacht club) and checked out a local Everett brew pub (Known Fact: Seattle has at least a 100 microbrews). The next night at Ivar's famous Salmon House for dinner (YUM). We found the Fremont troll (slugbug) and visited the Locks between Lake Washington and the Puget Sound. We got kicked out of the Locks (closing time) and drove to Golden Gardens where Seattleites enjoyed roaring bonfires on the beach. As the sun set we ventured to find the downtown scene in Bell Town, and Pioneer Square. While wandering we even came across a silent auction of large art sculptures that were located down a series of city stairs in the middle of the city-all unguarded! The finale ended at the Owl and Thistle. I must say we traipsed a majority of the city's tall hills and sites.

* 3rd and 4th visitors are scheduled the third weekend in August. I'm catching a ferry to Victoria, BC where I'll be meeting up with Eric Rahnenfuehrer, he's windsurfing/traveling around the US, and Phil Dufresne who's in B.C. for a training class. Many of you may have skied with these two gents. They have both raced in the Cleveland Metro series and Phil went on the last Cockagine bus trip. The three of us mapped out grand plans to kayak, explore downtown Victoria, and see the Bchart Gardens. We will be painting the Ol' English city a new coat of red!

I sure hope to see more of my friends throughout the year... come visit! I love the adventures we have together.

Cheers,

Victoria Briscoe
vbriscoe@msn.com
5300 Glenwood Ave (R-2)
Everett, WA 98203
(216) 214-7056



Scramble at the Walter Hall Golf Course, July 20, 2006.

ACTIVITIES LIST

- 1) **Country Jam at Cuyahoga County Fairgrounds - Saturday, September 9.** Gates open at 10 am. Featuring Trace Adkins, Trick Pony, Chris Cagle, Gary Nichols and more !!
- 2) **Ice Skating Clinic** in Strongsville coming up later, perhaps in September - contact Barb Cool for more info. 440-781-8406
- 3) **Horseback Riding** - contact Kathleen Moran at 440-333-6089 for more info.
- 4) **Jeannie Thoren Clinics - October 5, 6 and 7.** Details on page 8.
- 5) **Monty Python's Spamalot -Sunday, October 15 at 1 p.m.** At the State Theater at Playhouse Square. Contact Pam Buffington - pbuffing@hotmail.com.
- 6) **Geiger's Invitational Event - Friday, Oct. 20 at 6pm.** Details on page 3.
- 7) **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!
- 8) **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)
- 9) **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.

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).

Sparx In The City will be presented **Thursdays and Fridays** in downtown Cleveland. A free performance art series called Sparx Street Beats will take place live on various open spaces, from June 1st through September 16th. Every week the sidewalks are a stage as selected performers present charming, mesmerizing and colorful shows. For more information **call 216-426-7335**.

SKI TRIPS FOR 2007

Friday, Jan 5	Holimont
Friday, Jan 19	Holiday Valley
Friday, Feb 2	Seven Springs
Feb 3 to 10	Lake Tahoe
Friday, Feb 16	Holimont
Weekend, Feb. 23-25	Bristol Mountain
Friday, Mar 2	Holiday Valley
Saturday, Mar 10	Cockaigne
Mar 24 to 31	Park City, UT



Jay Peak, VT Trip

Back by Popular Demand--

A return to Jay Peak, VT for the pre-Holidays! **Departing Thurs. Dec. 14th** for 4 1/2 days of Vermont's best skiing, exceptional breakfasts & dinners, Ski in/out Condos. Includes Daily Lessons or Race Coaching and a welcome party. **Return Tues Dec. 19th.** Fly non-stop, overnight Bus, or drive on your own. Prices are \$899, \$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 calendars 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!)



Brecksville Sweet Corn Challenge - July 30

Three bikers braved the heat to take part in Brecksville's Sweet Corn Challenge bicycle ride. Although it was hot, all agreed that it was a great time and promised to do it next year. The route took us through beautiful countryside with views of horse pastures and sprawling homes (I found my dream home). We began the ride in Brecksville and rode through Bath, and Richfield moving between both Summit and Cuyahoga Counties.

That morning after hearing the weather forecast of 94 degrees, the 10 mile ride looked attractive. But Barb convinced me to do the 25 mile route. Afterward, I was glad I did, but during the ride...Oh my! Fortunately, it's like childbirth. All you remember is the joy...not the pain.

Colin got an early start on the 50 mile route. Thank goodness for the friendly biker who donated his extra water bottle or he would have been road trash. Not only did he make the 50 mile route, but he did an extra 4 miles! I guess those 155 heart rate workouts paid off! Barb finished in fine shape making all the hills without having to get off her bike (I can't say the same for myself).

We met after the ride and enjoyed a barbecue chicken dinner to the sound of a fun band. Barb and I were tempted to get up and dance. And as an added treat we were given several fresh ears to take home. The corn was supreme and my husband claimed it was the best he'd had all summer! What a nice souvenir from the ride. It almost makes up for all the pain!

I hope you all join us next year. It's a great experience and a worthy challenge.

- Therese Telzrow

Annual Ski Club Picnic

The club's annual picnic was held on Tuesday, August 1, 2006 at the W.J. Green Lodge in the Cleveland Metroparks. Over 110 members and guests attended the celebration on a warm summer afternoon and evening this year. No members were required to work cooking over a hot grill, as that chore was left to a caterer this year. Mason's Meats of Medina provided full meals of steak or chicken, corn on the cob, tossed salad, and cookies for dessert. The club provided a wide range of beverages for the thirsty group.

In addition to renewing friendships and making plans for the upcoming ski season, club members played pickup games of volleyball and golfers tried their hands at a few rounds of "closest to the pin". As always, everyone had a good time.

Thanks go out to the picnic committee of Annie Easley, Tom Jones, Mike Kaltenstein, and Gene Addy. Kathy Cooper was a big help in collecting tickets and making sure everyone checked in. Cheryl Alden made sure the veggie burgers were there. Thanks Kathy and Cheryl!

- Gene Addy

White Water Rafting, Aug. 4 - 6

Hold your paddles up for another great rafting trip led by Tom Jones! Tom provided several tents and even an air mattress for one lucky camper. Tom also provided decorative lights and made our campsite area look festive. Linda Elonen-Wright gets the "best cook of the year" award. Linda was so kind as to have plenty of food for all of us who wished to partake in several meals. Linda and her niece, Beth were awesome! Our group of Eighteen rafters (6 in each raft) couldn't have asked for better weather and scenery! The New River trip is known for it's "scenic" ride. We had several opportunities to jump "raft" and cool off in the river. At one spot many jumped off of a huge 20 foot? rock.

At another place, our guide told us if we wanted to get out of the raft and swim, to head towards this huge boulder in the river and kiss the rock! Paul Senick did just that. He was pulled under water, was whipped around the boulder and then popped back up. Paul said the guide didn't warn him to catch his breath first!

Saturday evening Paul provided our campers with musical entertainment complete with guitar and vocals! Some of us even piped in when we knew the words!

- Barb Cool

Blossom Concert

The outing to Blossom on Sunday, August 13th, was a great night. The weather was perfect and, of course, the Cleveland Orchestra was superb. Five of us shared snacks on the lawn and shared stories of our summer fun before the concert began. Paul Senick, Cheryl Alden, Kathy Cooper, Teri Hibbard and Debbie Hitzman enjoyed a perfect evening. We all appreciated Paul's wine tasting selections, which he was kind enough to share with each of us. We hope to get another group together again next summer. What a beautiful night it was!

- Kathleen Cooper

August 18 Hike Report

It was a dark and stormy night.... Oh wait, that was the first attempt for a hike! This 5 mile hike was a go! Therese Telzrow, Barb Cool and her dog Pookie, Therese Corrigan and I started at Oak Grove picnic area. Pookie rode in a pink designer doggie backpack. We headed past the Brecksville Stables, and watched a mare with her new foal. Two other horses were running and rolling with joy in the pasture dirt. The terrain was rolling, and the scenery breathtaking. On our return, a light rain started. It cooled us, because the night was hot and humid. No thunder or lightening on this hike. Simon's in Brecksville was the final stop for food, spirits and conversation.

- Bernadette Kan



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

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>

*****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





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

djslif@sbcglobal.net

Judy Traxler 330-483-4455 home

jatraxler@aol.com

Payment schedule:

\$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:_____

Work Phone:_____

Home address:
Street/Apt.:_____

City:_____ St: _____ Zip:_____

NASA Mail Stop(If applicable): _____

Your Birthday: ____/____ (MONTH/ DAY)

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 _____

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 15th 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:

Name

Age-Kids
Only

Birthday
(M/D)

_____/____/____

_____/____/____

_____/____/____

_____/____/____

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.)