

# NASA Lewis Ski Club

## Naski Tips

October 2007



**Next Meeting: Tuesday, October 2**  
**BW-3 Rocky River**  
**20412 Center Ridge Road**  
**440-356-7325**  
**5 pm: Happy Hour**  
**6 pm: Meeting**  
**Next Board Meeting:**  
**October 23**

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### **Renew Your Membership NOW!**

**Memberships Expire on September 30.**  
**The Renewal Form is on Page 12.**  
**Renewal rates for current members increase by \$5 after November 15.**

### **October Speaker:**

**Nutritionist, Judy Zangmeister will tell us the best things to eat to have enough energy to ski all day !!**



### President's Message...

The days are getting shorter and Fall Activities are coming at us quickly. Among them are hiking, ice skating, and an Everest Movie at the Omnimax Theater at the Science Center. Pre-ski events such as the Boston Mills Open House (with its Swap Shop), Oct. 12-14, and the Kissing Bridge Appreciation Party at the downtown Hyatt/Arcade on Oct. 26 are also on the schedule this month. See articles in this newsletter for further details.

As of this writing, both our week-long trips this coming season are nearly sold out, so if you are at all interested, you'd better pick up the phone and call NOW!

It takes many volunteers to make our ski club run as well as it does. One of those volunteers is Janet Dubas. Janet is in her third year as Recorder for the club. She attends all club meetings and records minutes of all official business that takes place. She quietly and efficiently performs this important task for the club. It is greatly appreciated. Tell her. "Thanks!" the next time you see her.

Our guest speaker at the September meeting, Certified Strength and Conditioning Specialist Bob Laws gave a great talk, answering many questions from the members about getting fit for skiing and avoiding injuries on the slopes. Bob also mentioned that what you eat is as important as exercise when trying to get in shape. So, with that in mind, the guest speaker for the October meeting, nutritionist Judy Zangmeister, will have equally important advice. Don't miss what promises to be a most informative talk!

See you at the meeting!  
Gene

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## Officers of Lewis Ski Club

### **SKI CLUB OFFICERS**

President: Gene Addy (216-977-7467)  
Alpine Vice President: Tom Vannuyen (216-433-3851)  
Nordic Vice President: Nancy Piltch ([npiltch@earthlink.net](mailto:npiltch@earthlink.net))  
Activity Vice President: Therese Telzrow (216-226-6013)  
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 (216-522-2931)  
Refreshment: Tom Jones (216-433-3718)  
Sunshine: Kathleen Moran  
Social: Colin Bidwell (216-433-3947)  
Racing: Mark Hyatt (216-433-3248)  
Membership: Lisa Ferenc (216-433-6592)  
Web Curator: Linda Elonen-Wright (216-433-9370)  
Alternate Web Curator: Lisa Lambert  
Trip: Annie Easley (440-816-1215)

**TRUSTEES:** Annie Easley (440-816-1215), Linda Elonen-Wright (216-433-9370) & Mike Kaltenstein (330-483-4841)

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## Sunshine notes

Phyllis Cooper had shoulder surgery earlier this month. We wish her a speedy recovery.

Colin Bidwell



Denise Mraz	Oct 1	Alex Rosenberg	Oct 15
Brian Chernesky	Oct 2	Diane Schultz	Oct 16
Kathy Cooper	Oct 2	Samara Wright	Oct 17
Steven Smalley	Oct 2	Suparna Qanungo	Oct 19
Lorrie Stratis	Oct 2	Chuck Gannott	Oct 20
Jacquelyn Street	Oct 2	Lia Palisin	Oct 20
Allison Stevens	Oct 4	Barb Cool	Oct 24
Aggie Dlubac	Oct 5	Phyllis Cooper	Oct 24
Suzanne Street	Oct 7	Klaus Gumto	Oct 25
Isay Krainsky	Oct 9	Christy Roche	Oct 26
Lynn Roche	Oct 9	William Alston	Oct 29
Janet Motta	Oct 11	Diane Stevens	Oct 29
James Zinser	Oct 13	Antoinette Horn	Oct 30
Jim Ferenc	Oct 15	Mike Anderson	Oct 31



## CMSC Queen Pageant

Come to the CMSC Queen pageant and cheer for our Queen, Barbara Baldizzi. In addition to showing her our support, stay for the food and dance to one of the best DJ's in Cleveland, DJ Delight. The queens will be on the stage for their interviews at 7pm so come early. Saturday November 3rd. Doors open at 6:30 pm. The event is at Ampol Hall, 4737 Pearl Rd, Cleveland (just north of I-480). Directions: from the State Rd exit of I-480 head north, turn left on to Oak Park, then right on to Pearl. Tickets are \$25 presale and \$30 at the door. Therese Telzrow and Barbara Baldizzi will have tickets for sale at the next meeting so bring your cash or checkbook and save \$5!

## SKI TRIPS for 2008



Jan 4	Friday	Holimont	Joe Gruden Joe Roche	440-944-8327	josephgruden@sbcglobal.net
Jan 18	Friday	Holiday Valley	Linda Elonen-Wright Dianna Hosta-Stickney	216-433-9370 440-785-6800	linda.c.elonen-wright@nasa.gov diannasellshomes@aol.com
Feb 1	Friday	Seven Springs	Lisa Ferenc Tom Jones	216-433-6592	lisa.m.ferenc@nasa.gov
Feb 2 - 9	Week	Ski Summit, CO	Tom Vannuyen Paul Solano	216-433-3851 216-433-6518	thomas.vannuyen-1@nasa.gov paul.solano@nasa.gov
Feb 19	Tuesday	Ski Denton, PA***	Bruce Frankenfield Nancy Piltsch	216-433-6456	bruce.j.frankenfield@nasa.gov npiltsch@earthlink.net
Feb 29	Friday	Holimont	Gene Addy Cheryl Alden	216-977-7467 440-582-2174	gene.addy@nasa.gov skier117@juno.com
Mar 2 - 9	Week	Winter Park, CO	Jim Slifka Judy Traxler	440-232-3331 330-483-4455	djslif@sbcglobal.net jatraxler@aol.com
Mar 14	Friday	Holiday Valley	Therese Telzrow	216-226-6013	TTelzrow@amtrust.com

\*\*\* Ski Denton is also a Cross Country Trip

## Activities

If you'd like to volunteer your ideas or to lead an activity, call me at 216.226.6013. Therese Telzrow.

**Hike in the Cuyahoga Valley National Park (CVNP)** 5 mile hike starting from the Happy Days Visitor Center. See the write-up below for details **Saturday, October 20 @ 2 pm**. Contact Bernadette Kan at 440.838.1973

**Weekly Ice Skating** - Winterhurst Ice Rink 14740 Lakewood Hts Blvd at the intersection of I-90 and Warren Rd just minutes north of the W 150th St exit of I-71 and I-480. Join us for the adult only sessions **every Thursday from 8:30 to 11:00pm beginning on September 20th**.

**Everest at the Omni Max/Great Lakes Science Museum** - Watch the movie "Everest" and afterwards tour the museum. The movie is shown at **12pm**. Contact Therese Telzrow for details on how to get the group rate. **Sunday, October 28, 2007**

**CMSC Appreciation Party** - Kissing Bridge hosts this awesome party at the Hyatt Regency Cleveland in the Arcade, 420 Superior Ave. Don't miss out on the fun! There will be free refreshments (beer) and food. **Friday evening Oct 26th**.

**Wall Climbing @ Kendall Cliffs Climbing Gym** - 60 Kendall Park Road, Peninsula, Ohio 44264. The price is \$15 per climber. This event won't happen until at least 5 people participate. So if you'd like to do this please call me to confirm. For more information about Kendall Cliffs visit their website at [kendallcliffs.com](http://kendallcliffs.com).

**Warren Miller movie "Playground"** at the Akron Civic Theatre - **SkiFest at 7 pm movie at 8 pm**. See the Sitzmark and write-up below for details. **Saturday, November 17th**.

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## Hike in the Cuyahoga Valley National Park

**Saturday, October 20, 2007 @ 2:00 p.m.** Come join us for a hike in the Cuyahoga Valley National Park (CVNP) from the parking lot of the Happy Days Visitor Center and surrounding trails. Meet at the parking lot located on the North side of Rte 303. We'll hike the Ledges Trail for approximately 2.5 miles to see the beautiful rock formations and views of the Cuyahoga Valley. Then, for those who need more mileage, we'll hike the Boston Run trail for 3.4 miles. These trails are somewhat hilly, so boots and comfy socks are recommended. Please remember to bring water. Both sections will be at a moderate pace. Contact Bernadette Kan at 440.838.1973.

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## Warren Miller's "Playground"

Saturday, November 17 at Akron Civic Theater  
\$11 in advance, \$13 day of show  
SkiFest in lobby at 7p.m.  
Movie at 8p.m.

Playground is Warren Miller's 58th annual film!!  
More info in Sitzmark or at [www.akroncivic.com](http://www.akroncivic.com) or call theater at 330-253-2488

## **Nordic News**

By Nancy Piltch

Don't forget the Ski Denton trip on February 19. The 85-mile loop of the Susquehannock Trail System is accessible from Denton Mountain. The trails are not groomed or track-set, so bring your touring skis rather than your racers. You will be able to ride the lift one time for \$5, or get a \$10 lift ticket for all day, or you can ski up the hill on a path adjacent to the ski area (not a downhill run) to reach the trails in back. (Of course this means you will also ski back down at the end of the day, or to come in for lunch.) Trail maps will be provided.

Watch for the dates of this season's races, yet to be announced.

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## **Learn to Ski or Snowboard**

December 16, 2007 at Boston Mills

Group lessons at 10 a.m. & 1 p.m.

\$40 for area lift ticket, rental equipment & group lesson

Apres Ski with CMSC - Hot Chocolate Welcome Reception after your lesson

Rain Date - Dec. 23

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## **Boston Mills/Brandywine passes**

We will be giving away one free Pick-A-Day Pass for every twenty applications we receive again this year. Applications must be turned in at the October BW-3 meeting or at the NASA Lewis table at the Boston Mills/Brandywine Open House October 12 to 14. All applications must be received by 6 p.m. Oct 14. The price is \$195. For more information on passes see [www.bmbw.com](http://www.bmbw.com).

October						
S	M	T	W	T	F	S
	1	2 BW-3 5 pm	3	4 Ice Skating 8:30 to 11pm	5	6
7	8	9	10	11 Ice Skating 8:30 to 11pm	12	13
14	15	16	17	18 Ice Skating 8:30 to 11pm	19	20 Hike 2 p.m.
21	22	23	24	25 Ice Skating 8:30 to 11pm	26	27
28 Everest 12 p.m.	29	30	31			

### 2008 Adult Race Schedule

<b>DATES</b>	<b>SPONSORS</b>	<b>EVENTS</b>	<b>VENUE</b>
Wed Dec 27		Qualifier	Boston Mills
Sat Jan 5	TBD	Giant Slalom	Holiday Valley**
Sun Jan 6	TBD	Slalom	Holiday Valley**
Sat Jan 12	TBD	Slalom	Kissing Bridge
Sat Jan 19	TBD	Giant Slalom	Bristol Mt.
Sun Jan 20	TBD	Slalom	Bristol Mt.
Sat Jan 26	TBD	Slalom	PeekN' Peak
Sun Jan 27	TBD	Giant Slalom	Cockaigne
Sun Feb 3	TBD	Slalom	Boston Mills
Sat Feb 9	TBD	Giant Slalom	Swain
Sun Feb 10	TBD	Slalom	Swain
Sat Feb 23	TBD	Super-G, Giant Slalom	Bristol Mt.
Sun Feb 24	TBD	Slalom	Bristol Mt.
Sat Mar 1	TBD	Dual Slalom	Holiday Valley
Sat Mar 8	TBD	Dual Giant Slalom	Swain
Sun Mar 9	TBD	Open Eliminations	Swain

\*\*\*\*Snowboard races have not been decided yet. More information is available at [www.skicleveland.com](http://www.skicleveland.com).

## NASA/Lewis: Ski Summit County, CO Saturday to Saturday Feb 2-9

Cost \$1025.00

- Roundtrip air from Cleveland to Denver
- 7 Nights accommodation at the Pine Ridge Condo in Breckenridge, CO based on 4 people per 2 bedroom / 2 bath condos
- Roundtrip charter bus transportation to/from Denver to Breckenridge
- 5 days of skiing/snowboarding interchangeable lift ticket (good for any of these combination)
- 2-day [Breckenridge](#)
- 1-day [Arapahoe Basin](#)
- 1-day [Keystone](#)
- 1-day trip to [Vail](#) including bus pass

Note: \*\*\*\*\* ( 2 days max at Vail for the 5 days interchangeable lift. If you plan to do 2 days of Vail, transportation to Vail for the 2<sup>nd</sup> day is your responsibility)

- [Welcome party at Breckenridge on Saturday Feb 2](#)

For sign up contact trip coordinators:

Tom Vannuyen      216-433-3851 work  
440-846-1736 home

Email: [Thomas.Vannuyen-1@nasa.gov](mailto:Thomas.Vannuyen-1@nasa.gov)

Paul Solano      216-433-6518 work  
440-590-0048 home

Email: [Paul.Solano@nasa.gov](mailto:Paul.Solano@nasa.gov)

Checks payable to Lewis Ski Club

Mail to: Tom Vannuyen or Paul Solano

21000 Brookpark Road MS 86-12

Cleveland, OH 44135

Payment schedule:

\$325 due now, non refundable

\$350 due Oct. 19, 2007

\$350 due Dec. 7, 2007

Membership required in Lewis Ski Club

For more info on ski resorts:

<http://www.vailresorts.com/ourresorts.cfm>





# Ski COLORADO WINTER PARK

With the NASA Lewis Ski Club

March 2 through March 9, 2008

**\$1165.00** per person

Includes:

**Lodging** – Winter Park Mountain Lodge – 7 nights (Sun. to Sun.), dbl occ. per room

**Lift tickets** – 5 days of skiing at Winter Park

**Roundtrip Airfare from Cleveland.**

**Ground transportation from Denver to Winter Park.**

**\*\*Complimentary** welcome party upon arrival.

**\*\*FULL** breakfast buffet (group rate – included in price)

**\*\*FREE** shuttle stop in front of hotel.

**\*\*Indoor heated** pool, 2 LARGE hot tubs & sauna.

For sign-up, contact trip leaders:

Jim Slifka 440-232-3331 home

440-292-5300 cell

[djslif@sbcglobal.net](mailto:djslif@sbcglobal.net)

Judy Traxler 330-483-4455 home

330-421-7733 cell

[jatraxler@aol.com](mailto:jatraxler@aol.com)

### Payment schedule:

**\$365.00** Due now, non-refundable

**\$400.00** Due by October 1, 2007

**\$400.00** Due by December 1, 2007

**\*\*\* Let Judy or Jim know if you will need ski rentals or wish to purchase optional trip insurance (\$69)**

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.

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



## NASA Lewis Ski Club Trip Application and Agreement

**\*\*\* MORE TRIP AGREEMENT FORMS AND THE MINOR RELEASE FORM ARE AVAILABLE AT [www.lewisskiclub.org](http://www.lewisskiclub.org). Click on "Club Info" & then "Guides & Forms."**

The undersigned participant applies to participate in the Lewis Ski Club trip described below, subject to the following terms and conditions:

- 1. DEPOSIT** Advance trip deposits will vary from trip to trip. The required deposit for this trip is \$\_\_\_\_\_, and must be paid and submitted along with a signed Application and Agreement. Balance shall be due and payable in accordance with payment schedules established by Lewis Ski Club.
- 2. WITHDRAWAL & CHANGE** Lewis Ski Club may withdraw any trip from its schedule at any time; may refuse to accept or retain any person as a participant at any time for any reason; and may change the itinerary at any time.
- 3. RESPONSIBILITY** Lewis Ski Club is acting gratuitously for the applicant and shall not be responsible or liable for any loss of damage to baggage, property, or for any loss, injury, death, accident, delay, inconvenience or any other loss occurring during or occasioned by applicant's participation or lack of participation in any trip.
- 4. PASSPORT/PROOF OF CITIZENSHIP** For trips out of the USA, participants are responsible for having up to date and valid passport, visas and proof of identification and citizenship.
- 5. MINORS** Any minor's participant Application and Agreement must be co-signed by his/her parent or legal guardian. The minor must be accompanied on the trip by a parent or legal guardian or their designee who shall be wholly and fully responsible for said minor's conduct and well being.
- 6. PAYMENT** All payment checks shall be payable to "Lewis Ski Club".
- 7. CANCELLATION & REFUND** Cancellation by participant means and includes: (a) failure to abide by the terms of this agreement; (b) notice by participant of intent to cancel; (c) participant's failure to make timely payments; (d) participant's failure for any reason to meet departure or return of the trip.

Trip: \_\_\_\_\_  
Deposit/Cost\$ \_\_\_\_\_

In case of emergency contact:

Applicant Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_

Telephone number: (H) \_\_\_\_\_  
(W) \_\_\_\_\_

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

(Circle appropriate responses)

Lewis Ski Club Member? Y/N (membership required)

West Side Pickup (NASA Parking Lot on N. side of Brookpark Rd)? Y/N

East Side Pickup (Depot parking lot on Wilson Mills Rd., 1/2 mile West of I-271)? Y/N

"No Smoking on the Bus"



I have read and agree to all the terms of this Agreement, and waiver of liability, as of this date.

Signed in agreement: \_\_\_\_\_ Date: \_\_\_\_\_

## 2007-2008 NASA LEWIS SKI CLUB MEMBERSHIP

(October 1, 2007 - September 30, 2008)

Name:(first)\_\_\_\_\_ (last)\_\_\_\_\_

Home Phone:\_\_\_\_\_

Work Phone:\_\_\_\_\_

Home address:  
Street/Apt.:\_\_\_\_\_

City:\_\_\_\_\_ St: \_\_\_\_\_ Zip:\_\_\_\_\_

NASA Mail Stop(If applicable): \_\_\_\_\_

Your Birthday: \_\_\_/\_\_\_ (MONTH / DAY)

NASA Lewis Ski Club publishes a Member Directory containing names, addresses, email addresses, and phone numbers of the members. It is in hard copy only and made available at meetings and upon request of other club members only. Do you consent to having your contact information included?

YES \_\_\_\_\_ NO \_\_\_\_\_

<p>Type of membership: Check TWO Types)</p> <p>Single(\$10)                  New Member                  *Family(\$15)                **Renewal</p> <p>*A FAMILY MEMBERSHIP is defined as: "a member and spouse and/or DEPENDENT children".</p> <p><b>**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.</b></p>	<p>Please list eligible Family Members:</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Name</th> <th style="text-align: center;">Age-Kids Only</th> <th style="text-align: center;">Birthday (M/D)</th> </tr> </thead> <tbody> <tr> <td>_____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">___/___</td> </tr> <tr> <td>_____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">___/___</td> </tr> <tr> <td>_____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">___/___</td> </tr> <tr> <td>_____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">___/___</td> </tr> </tbody> </table>	Name	Age-Kids Only	Birthday (M/D)	_____	_____	___/___	_____	_____	___/___	_____	_____	___/___	_____	_____	___/___
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_____	_____	___/___														

Email: We prefer to send 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: \_\_\_\_\_ (please print legibly)

**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 membership 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:49-5, NASA Glenn Research Center,  
21000 Brookpark Road, Cleveland, OH 44135 - Make checks payable to: Lewis Ski Club, Inc.)