

NASA Lewis Ski Club

Naski Tips

September 2007



Next Meeting: Tuesday, September 4
BW-3 Rocky River
20412 Center Ridge Road
440-356-7325
5 pm: Happy Hour
6 pm: Meeting
Next Board Meeting:
September 18

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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.



President's Message...

The annual ski club picnic was a big success again this year with well over 100 members in attendance. In addition to the great food and camaraderie, highlights of the evening included the crowning of new Ski Queen Barbara Baldizzi and awarding the first ever Racer of the Year Award to Barb Cool!! Congratulations to both! Barbara will be busy preparing for the CMSC Queen Pageant on Nov. 4 at Ampol Hall over the next couple of months. She will represent our club well. Let's get out there and support her! Meanwhile, Barb will be spending the next few weeks recovering from her broken ankle - suffered while skating. Let's hope for the best for her so that she is out racing again next season! I want to thank the picnic committee of Tom Jones, Annie

Easley, Therese Telzrow, Mike Kaltenstein, Jim Slifka, Judy Traxler, and Tom Vannuyen for a job well done!

Ski Club summer events are still happening - check out the calendar and listing in this newsletter. We had a beautiful evening for the Tremont Art Hop and the Kelley's Island trip went well.

Places on both our week-long trips this coming season are going fast - so sign up soon.

Finally, Bob Laws, Certified Strength and Conditioning Specialist and Assistant Director of the NASA GRC Fitness Center is returning as a guest speaker at the next club meeting on Sept. 4. Bob always gives a great talk about getting in condition for the upcoming ski season. Don't miss it!

See you at the meeting!

Gene

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)
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)

Sunshine News...

Get Well Soon wishes go out to Barb Cool and Annie Easley both of whom suffered broken ankles while in action; Barb while ice skating and Annie while golfing.

Drop me a line if you hear news of members - either good or not-so-good!

Colin Bidwell

CMSC Notes

The next meeting is Sept. 6. Anyone that has items to bring up to CMSC, please email Renee.M.Harrington@irs.gov by COB September 6th.



Elise Allen	Sept 1	Susan Humphrey	Sept 21
Christine Tabar	Sept 1	Nicholas Kwiatkowski	Sept 22
Jennica Roche	Sept 3	Joe Frankenfield	Sept 23
Alysha Tanasijevic	Sept 6	Neil Gleason	Sept 24
Gary Paul	Sept 9	John Restifo	Sept 25
Frank Boldizar	Sept 12	John Reveley	Sept 25
Katie Hartman	Sept 12	Cathe Radabaugh	Sept 27
John Haag	Sept 13	Deborah Smalley	Sept 27
Dale Stalnaker	Sept 15	Ron Towne	Sept 27
Matt Dubas	Sept 17	Bonnie Kaltenstein	Sept 29
Lisa Lambert	Sept 17	Blanche Vanis	Sept 29
Patrick Ballasch	Sept 18		

September Guest Speaker: Bob Laws, Certified Strength and Conditioning Specialist and Personal Trainer

Bob Laws, Assistant Director of the NASA GRC fitness center, will be talking about exercises to get in shape for skiing & to prevent injuries. Bob is a Certified Strength and Conditioning Specialist and Certified Personal Trainer through the National Strength and Conditioning Association. Questions to be addressed include:

- What exercises you can do at home to help condition for skiing?
- When do I start my "training?"
- Should I work out twice a day?
- What equipment will do the most for the least price?
- How many reps and how fast should the reps be? How often?
- What stretching exercises help with tired sore leg (especially) muscles??
- What about the abs? How important are strong abs and how do we best address these?

SKI TRIPS for 2008



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

*** Ski Denton is also a Cross Country Trip

Photos From Picnic



Therese Telzrow crowns this year's
Ski Queen, Barb Baldizzi



Barb Cool receives a skier statue & NASA Lewis Ski
Club vest for her awesome racing accomplishments

Words From the Queen

Hi everyone. Welcome to the start of the "ski" season . . . I am already signed up for the two Colorado trips . . . are you?

Sharing my little heart note . . . I love skiing because it provides me with the awesome experience of nature. In growing up I always found nature, the wonder of the outdoors to provide me all kinds of fun, adventure, learning and exciting growth. Appreciation and respect grew along with each experience.

Skiing, sailing, biking, hiking, scuba diving, rafting, camping and gardening . . . just a part of it. And I welcome meeting people . . . the Lewis Ski Club has given me all that and more. As your Queen for the year I will represent our club with honor and make unique connection to those who share our interests.

Hope to see you at the meeting!
Barbara (Queen) Baldizzi
Work 216-426-5689
Home 440-243-3473
baldizzi@buckeyebusiness.com

Thank you, from Barb

I would like to thank the NASA LEWIS SKI CLUB for their generous Racer of the Year Award and Nasa Ski Vest. (I will be very honored to wear the NASA SKI VEST!) I have gotten so much enjoyment and personal satisfaction out of the racing. It is such a good program that enables one to improve upon their skills. It doesn't matter what your ability is! This program works! Everyone involved makes it a lot of fun and if you stick with it, you naturally improve. The most important thing that I have learned (a tip from Mark Hyatt) is to not focus on hitting gates but to focus on getting a rhythm which also means that you are relaxed. This results in an increase in speed.

There are a lot of dedicated people that put in a lot of work to make this such a good and successful program. I would also like to make mention of Mark Hyatt, our own Race Director, who puts in a lot of support and work for our Nasa Team! Mark planted that racing seed in both myself and Therese's brain a long time ago and gave us a lot of encouragement too! He does a great job!

Even if you don't race, going on the race trips is a lot of fun! Racing = Skiing with FUN!!!

Nordic News

by Nancy Piltch

Hello skiers! You should be thinking about the coming ski season.

Bruce Frankenfield is planning a trip to Ski Denton in Pennsylvania on February 19. I'd like to encourage cross country skiers to come on this trip too. There is access from the ski area to the Susquehannock Trail System, an 85-mile loop of hiking trails that are also good ski trails. I don't expect anyone to ski all 85 miles in one day, but you can do out and back trips on these trails. I skied part of these trails when Bruce ran the same trip a few years ago and really enjoyed them. Note that the trails are not groomed.

There are also two week-long Alpine trips planned, and there is cross country skiing available nearby for each trip. Check out some of these possibilities and consider joining the trips. Alpine skiers may also be interested in a day of cross country.

For the Ski the Summit trips, here are several links:

Breckenridge:

http://www.breckenridgenordic.com/breck_center.html

<http://www.summitcolorado.com/breckenridge/gold-run-nordic-center.php>

http://www.luckymountainhome.com/CROSS_COUNTRY_SKI.asp

Many Colorado ski areas including Vail and Arapahoe Basin

<http://www.cross-countryski.com/colorado.html>

Keystone

<http://keystone.snow.com/info/winter.nordic.asp>

For the Winter Park trip:

<http://www.skisnowboard.com/winterpark/crosscountry.html>

Recap of Tremont Art Hop

By Therese Telzrow

The stars must have been in alignment...we all found decent parking spaces, each other, the restaurant and a table where we were able to expand as our group grew (I only expected 6 but 11 people showed up: Therese Telzrow, Gloria O'Donnell, Brian, O'Donnell, Tom O'Donnell, Lori Haller, Charlie Snyder, Janet Dubas, Suneeti Sapatnekar, Eileen Coen, Gene Addy, and sorry, I can't remember Janet's friend's name.) We finished eating in time to cover all the participating galleries. The weather was perfect (after too many days and a morning of rain). And we even had time to get in an ice cream by the end of the evening.

The Southside was a good pick because it was just a short walk to the 1st stop on the list, Eye Candy Gallery, then on to Piccadilly's, Banyan Tree, Gingko, Robins Egg and Atmosphere Gallery. We also visited some galleries not on the list and then to Tremont Scoops before they closed.

There were all kinds and mediums of art; jewelry, glass, fabric, metal, stone carvings, photography, enhanced photography, paintings in oils and watercolors. Some art we all agreed was beautiful; some could make you laugh, some could make you blush and some you just wondered...why? All in all it was a good mix and made for a great night.

Activities

I hope you all had a great summer. Now that fall is here the theme is (still) to get in shape for skiing! We're going to go indoors with weekly skating. Don't miss Bernadette's hike on September 14th...not only is it a great workout; the scenery is always great! I'm looking for an experienced climber to help out with our wall climbing event (you don't have to lead the trip). If you have any questions, or would like to volunteer your ideas or to lead an activity, call me at 216.226.6013. Therese Telzrow.

Rollerblading in The Cleveland Metro Parks - We're done for the season...see you next year?

Bike Rides in the Rocky River Reservation of the Cleveland Metro Parks - Meet at the Rocky River Nature Center parking lot at 24000 Valley Parkway, North Olmsted. **Every Monday at 6:30 pm except Labor Day Sept 3rd. Last bike ride will be Sept 24th.** Contact Therese Telzrow at 216.226.6013.

Hike in the Cuyahoga Valley National Park (CVNP) 5 mile hike starting from the Oak Grove Parking lot. Oak Grove picnic area is on the south side of Valley Parkway. Directions: From Rte 21, turn east on Valley Parkway and turn right (south) into the one-way parking lot. Bring water, flashlight and bug spray (last two are optional.) Remember to wear comfortable walking boots/shoes and comfy socks! Watch the weather as thunderstorms will cancel the hike. **Friday September 14 @ 7 pm.** Contact Bernadette Kan at 440.838.1973

Ice Skating - Winterhurst Ice Rink 14740 Lakewood Hts Blvd at the intersection of Interstate 90 and Warren Rd. Join us for the adult only sessions **every Thursday from 8:30 to 11:00pm beginning on September 20th.** And with enough interest, we may do a private session at one of the local rinks. Contact Therese Telzrow at 216.226.6013.

Horseback Riding - Contact Kathleen Moran at 440.333.6089 if you are interested. The date and time will be determined by those who respond.

Wall Climbing @ Kendall Cliffs Climbing Gym - 60 Kendall Park Road, Peninsula, Ohio 44264. The price is \$15 per climber. Sometime in October. See the next newsletter for details. For more information about Kendall Cliffs visit their website at kendallcliffs.com.

Anyone interested in **Dance Lessons** as a group? Just contact me!

Winter Park Trip

Greetings NASA Ski Club members,

We're starting to get sign-ups for the March Winter Park trip. Winter Park Resort is what I would call a sleeping giant. 3000+ vertical, 3000+ skiable acres, 25 lifts including 9 high-speed lifts and a big variety of green and blue groomers.....Since Intrawest bought them 5-6 years ago they have poured massive amounts of money into the resorts infrastructure. Meaning, just about the whole mountain is covered by high speed lifts. We opted for the Winter Park Mountain Lodge Hotel right across from the resort and included a full breakfast buffet. We saw on our Park City trip how people just loved coming down in the morning and have breakfast all set. Being the first week in March, it will be "Prime Time" for the deepest base of the season. Please see flyer on page 9 or give us a call.

See you on the slopes..... Jim & Judy

Ski Summit Trip

The Ski Summit trip has 19 paid participants. There are only 9 spots left. If you are interested, please send a check and trip agreement in ASAP.

Contact Tom Vannuyen 216-433-3851 for more info. See flyer on page 8 in this newsletter.

Kelly's Island Recap

Eight Lewis Ski Club members met at NASA's parking lot to car pool to the Kelley's Island Ferry on Saturday, August 11th. We couldn't have asked for a nicer day. The sky was clear and the temperature just right. Ray and I rented a golf cart since his shoulder is still healing. Everyone else decided to bike around the island but we were able to stay together most of the day. We started by visiting the glacial grooves, which are amazing even after seeing them many times. We stopped for lunch at the Kelley's Island Brewery. After lunch we swam, biked and hiked and met up later at the winery. That is everyone except Matt met up. Just as we were about to launch a search of the island Matt arrived. We decided to hit a livelier spot called "West Bay Inn" to listen to music in the late afternoon. We finished the day with dinner at the Captains Corner, a great ending to a fun day.

Jan Neumann



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 2nd 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

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

Email: 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

Judy Traxler 330-483-4455 home

330-421-7733 cell

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>

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

2008 Adult Race Schedule

DATES	SPONSORS	EVENTS	VENUE
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.

NASA Lewis Ski Club Trip Application and Agreement

***** MORE TRIP AGREEMENT FORMS AND THE MINOR RELEASE FORM ARE AVAILABLE AT 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>**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.</p>	<p>Please list eligible Family Members:</p> <table border="1"> <thead> <tr> <th data-bbox="857 831 943 863">Name</th> <th data-bbox="1230 831 1360 898">Age-Kids Only</th> <th data-bbox="1377 831 1495 898">Birthday (M/D)</th> </tr> </thead> <tbody> <tr> <td data-bbox="857 961 1214 972">_____</td> <td data-bbox="1235 961 1333 972">_____</td> <td data-bbox="1377 940 1474 972">___/___</td> </tr> <tr> <td data-bbox="857 1066 1214 1077">_____</td> <td data-bbox="1235 1066 1333 1077">_____</td> <td data-bbox="1377 1045 1474 1077">___/___</td> </tr> <tr> <td data-bbox="857 1171 1214 1182">_____</td> <td data-bbox="1235 1171 1333 1182">_____</td> <td data-bbox="1377 1150 1474 1182">___/___</td> </tr> <tr> <td data-bbox="857 1276 1214 1287">_____</td> <td data-bbox="1235 1276 1333 1287">_____</td> <td data-bbox="1377 1255 1474 1287">___/___</td> </tr> </tbody> </table>	Name	Age-Kids Only	Birthday (M/D)	_____	_____	___/___	_____	_____	___/___	_____	_____	___/___	_____	_____	___/___
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.)