NASA Lewis Ski Club Naski Tips

January 2008



Next Meeting: Tuesday, January 8
BW-3 Rocky River
20412 Center Ridge Road
440-356-7325
5 pm: Happy Hour
6 pm: Meeting
Next Board Meeting:
January 22

Inside:

January Speaker:

Dr. Judith Gentner, DC wil be at the January meeting. Dr. Gentner is a Chiropractor & will be discussing good health & tips for your back.

January BW-3 Meeting:

Since the 1st Tuesday in January is New Year's Day, the January BW-3 meeting will be held Tuesday, January 8.



President's Message...

Happy New Year, everyone! Ski season is HERE! As a New Year's resolution, why don't you set a goal for a minimum number of ski-days this year? What's good for you - 5? 10? 20? More? In the everyday hustle and bustle in which we all live, it can be very easy to keep putting off that next day of skiing. Before you know it, the end of the ski season comes and you've missed out. By setting a goal, it makes it easier to plan ski-days into your calendar and reinforces your commitment to follow through. It's really all about getting the most out of life and enjoying it to the fullest! You owe it to yourself!

Our White Elephant Gift Exchange at the December meeting was a big success again this year. As always there were some great gifts and some

not-so-great ones, but the fun really got rolling when the stealing began. Jan Neumann kept selecting gifts that other people wanted. So, she was the primary victim-of-crime; until SHE starting stealing stuff back! Thanks for being a great sport, Jan! I also want to thank Linda Elonen-Wright for a great job MC'ing the event and Kathleen Moran for bringing an extra gift to share in the true spirit of the season.

Other club events in December included another terrific hike led by Bernadette Kan; this time around Kendall Lake in the CVNP. Up and down hills on snow covered trails - it was a great way to get ready for the ski season. Also, Therese Telzrow has been skating at Winterhurst along with other club members. Go out and join her! (See details elsewhere in the newsletter.)

I apologize for the late distribution of the December newsletter via email. A tremendous amount of work goes into getting the newsletter out each month. Cheryl Alden, Linda Elonen-Wright, Sue Deal, and, more recently, Lisa Lambert coordinate their efforts and work diligently to see that you get all the information you need as a ski club member. They are all volunteers who receive nothing in return for their work except some satisfaction in knowing that the ski club could not function without them. Be sure to say, "Thanks!" when you see them. The next time the first week of the month rolls around and you haven't gotten a message for the newsletter, go to the club's website: www.lewisskiclub.org and check the calendar for meetings and see if the newsletter is posted. Last month's newsletter was posted a few days before we got the email notice out. If you're interested in helping out with the club in any way, please let me know.

Now, how many days are you going to ski this year? Pick out some club trips and send in your reservation!

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: Colin Bidwell (216-433-3947) Social: Kathleen Moran (grossman@cox.net)

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 (Lisa.Lambert@nasa.gov)

Trip: Annie Easley (440-816-1215)

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

\bigwedge				
/ \	Kathryn Street	Jan 1	Mary Ellen Davis	Jan 17
/ \	Sandra Cayet	Jan 5	Frank DiMarco	Jan 18
/	RobertPalmer	Jan 5	Denise Gruden	Jan 18
JANUARY	Tom Palisin	Jan 6	Walter Bishop	Jan 19
Birthdays	Arthur Vasilevich	Jan 6	Mary Lamb	Jan 20
Bittidays	David Kwiatkowski	Jan 7	Peter Paslawski	Jan 20
	Greg Schmid	Jan 11	Dan Reiber	Jan 24
/ ^ \	Karen Wilson	Jan 11	Doug Grossman	Jan 29
	Mary Jo Blonski	Jan 17	Denise Varga	Jan 31

For Swap

Lewis Ski Club Vest - size large

(nice, grey, hardly used)
Would like to exchange with someone for medium
Contact Andy Gross at a_gross35@yahoo.com

SKI TRIPS for 2008



Jan 4	Friday	HoliMont	Joe Gruden Joe Roche	440-944-8327 440-546-9081	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
			Tom Jones	216-433-3718	thomas.a.jones@grc.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

Kendall Lake Hike on Saturday 12/8

Lots of sunshine, snow and hills was the perfect combination for fun. Gene Addy, Therese Telzrow, Janet Kan and I (Bernadette Kan) enjoyed the trails and the workout. Fred Merchant and his dog, Angie, met up with us after they double-timed the hike to catch up with us. Some of us, especially Angie and I, were a little muddy. Note: Put the hills surrounding the lake on your list of great places to sled.







Nordic News

by Nancy Piltch

Ski Denton

The Ski Denton trip is on **Tuesday, February 19**, right after Presidents Day. This is a good opportunity for Nordic skiers as well; the area is surrounded by state forest land. The Susqeuhannock Trail System is a roughly 84-mile hiking loop with access from the ski resort. These trails are not groomed for skiing, and will probably not be trackset, so bring touring skis rather than racers. The trails are not suitable for skating. Ski rentals are available.

The trail system starts at the top of the hill. There is a trail suitable for skiing up (and back down) at the east side of the resort; this trail is not in use by Alpine skiers. At your option you may ski up, or ride the ski lift. You can buy a single pass ticket for \$5 or a regular lift ticket for the day for \$10. Once at the top, the first few miles in either direction are fairly flat, with some significant hills coming after a few miles. You must be able to ski back down the hill.

We will be stopping for brunch on the way there and will ski in the afternoon.

If you are planning to come as a Nordic skier, please let me or Bruce know, so we can provide enough trail maps for you. Email is best for me: npiltch@earthlink.net

Volunteer to assist visually impaired skiers:

Volunteers are needed to assist blind or visually impaired skiers over Martin Luther King Day weekend at **Punderson State Park**. Guides are needed for **Saturday, January 20 and Sunday, January 21.** You may come for either or both days, or part of a day, and lunch will be provided. No prior guide experience is needed. If there's no snow, they will hike. If interested, let me know (npiltch@earthlink.net) and I'll provide more complete information.

Local races:

The Nordic Flurry will be held **Sunday, January 27 at Chapin Forest.** There will be a 5K classic, a 10K freestyle, and a 2K juniors (under 18) race. See http://lakemetroparks.com/programs/activities/cross-country.shtml - races for details.

Lake Metroparks and the Ohio Nordic Ski Club have a Tuesday night sprint series at Chapin Forest. See http://www.ohionordic.org/ for details, and check the forum site http://www.ohionordic.org/forum/ for weather and race format updates

Off-Snow Activities

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

Skating at Winterhurst, Thursday nights from 8:30 to 11:00 14740 Lakewood Hts Blvd at the intersection of I-90 and Warren Rd.

I've gone the last 2 Thursday's. Last week, John Ballasch and his friend were there. We had a great time whipping around the rink skating "trio". His friend is interested in joining our club and going on a one day trip. Another skater was interested as well... maybe because I wore my Lewis Racing Team fleece vest?

This past Thursday I didn't see any Lewis skaters but maybe there will be more next week! I did meet up with another potential member also interested in doing one of our day trips.

			January			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Ice Skating 8:30 to 11pm	4 HoliMont	5
6	7	8 BW-3 5 pm	9	10 Ice Skating 8:30 to 11pm	11	12
13	14	15	16	17 Ice Skating 8:30 to 11pm	18 Holiday Valley	19
20	21	22 Board Meeting	23	24 Ice Skating 8:30 to 11pm	25	26
27	28	29	30	31 Ice Skating 8:30 to 11pm	Feb. 1 Seven Springs	

2008 Adult Race Schedule

DATES	EVENTS	VENUE	SNOWBOARD
Wed Jan 2	Qualifier	Boston Mills	
Sat Jan 5	Giant Slalom	Holiday Valley	Yes
Sun Jan 6	Slalom	Holiday Valley	
Sat Jan 12	Slalom	Kissing Bridge	Yes
Sat Jan 19	Giant Slalom	Bristol Mt.	Yes
Sun Jan 20	Slalom	Bristol Mt.	
Sat Jan 26	Slalom	PeekN' Peak	Yes
Sun Jan 27	Giant Slalom	Cockaigne	Yes
Sun Feb 3	Slalom	Boston Mills	Yes
Sat Feb 9	Giant Slalom	Swain	Yes
Sun Feb 10	Slalom	Swain	
Sat Feb 23	Super-G, Giant Slalom	Bristol Mt.	
Sun Feb 24	Slalom	Bristol Mt.	
Sat Mar 1	Dual Slalom	Holiday Valley	Yes
Sat Mar 8	Dual Giant Slalom	Swain	Yes
Sun Mar 9	Open Eliminations	Swain	
Sun Jan 27 Sun Feb 3 Sat Feb 9 Sun Feb 10 Sat Feb 23 Sun Feb 24 Sat Mar 1 Sat Mar 8 Sun Mar 9	Giant Slalom Slalom Giant Slalom Slalom Super-G, Giant Slalom Slalom Dual Slalom Dual Giant Slalom	Cockaigne Boston Mills Swain Swain Bristol Mt. Bristol Mt. Holiday Valley Swain Swain	Yes Yes Yes



HoliMont I Ski Trip



Total Payment \$____

Start the New Year off right Ease back into the full work week with a Friday of skiing on January 4, 2008

This bus trip is brought to you by the Lewis Ski Club, Inc.

PRICE (lift ticket and bus): \$63.00. Membership Required Bus only \$30

Package includes: Round-trip transportation from Cleveland to Holimont including an evening trip to Ellicottville, where you are on your own for dinner. We will also provide breakfast snacks on the bus. Itinerary:

6:00 AM Leave NASA DEB Parking Lot (North side of Brookpark Rd)

6:30 AM East Side Pickup - Home Depot parking lot on Wilson Mills Rd, 1/2 mile west of I-271.

DO NOT PARK AT DENNY'S

10:00 AM Arrive at Holimont Ski Area
4:45 PM Bus leaves for Ellicottville for dinner (\$\$ of dinner not included)
7:00 PM Bus Leaves for Cleveland
10:30 PM East Side Drop-off
11:00 PM Bus Arrives at NASA

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Club membership is required: New members: single \$10 / family \$15 Name:	
Address :	
Phone w/area code : (H) ()	
(W) ()	
Email	
In case of an emergency, contact: Name	
Phone: ()	
Lewis Ski Club Member? Yes / No If no, then please add membership fee*	
Bus Pickup East / West (circle one)	
If west side pickup- your license plate # is needed for NASA security	

- Reservations are 1 st -come, 1 st -served with payment in full.
- (Please make checks payable to "Lewis Ski Club, Inc.")

No refunds will be made for your bus seat, unless your spot is filled.

Every skier must sign a trip agreement form.

Please download from the website: www.lewisskiclub.org

Minors without parent must have a release form signed by a parent or legal guardian and be accompanied by an adult. Participants less than 18 years old as of the date of the trip are considered minors.

NO smoking on the bus

Mail payment to Trip coordinators:

Name: Joe Gruden

Address: 420 E 326 St

Phone: H 440-944-8327 C 440-487-7273

Brecksville OH 44141

H 440-546-9081

Email: <u>Josephgruden@sbcglobal.net</u> NASA mail drop 86-15



Holiday Valley Ski Trip Friday, January 18, 2008



This bus trip is brought to you by the Lewis Ski Club, Inc.

www.lewisskiclub.org

PRICE (lift ticket and bus): \$63.00. Membership required

<u>Package includes:</u> Round-trip transportation from Cleveland to Holiday Valley including an evening trip to Ellicottville, where you are on your own for dinner. We will also provide breakfast snacks on the bus.

Itinerary:

6:00 AM Leave NASA DEB Parking Lot (North side of Brookpark Rd)
6:30 AM East Side Pickup – Home Depot parking lot on Wilson Mills Rd, 1/2 mile west of I-271.
10:00 AM Arrive at Holiday Valley
4:45 PM Bus leaves for Ellicottville for dinner (\$\$ of dinner <u>not</u> included)
7:00 PM Bus Leaves for Cleveland
10:30 PM East Side Drop-off
11:00 PM Bus Arrives at NASA

Trip Application

Name:	In case of an emergency, contact:
Address:	Name:
	Phone w/area code:
Phone w/area code: (H)	
(W)	
Email	-
Lewis Ski Club member? Yes / No If no, then plea	
Bus Pickup East West (circle one) If west side pickup- your license plate # is needed for	NASA security

- Reservations are 1st-come, 1st-served with <u>payment in full</u>. (Please make checks payable to "Lewis Ski Club, Inc.")
 - No refunds will be made for your bus seat, unless your spot is filled.

Rentals and Lessons available. Call for details.

- · Every skier must sign a trip agreement form. Please download from the website: www.lewisskiclub.org
- Minors without parent must have a release form signed by a parent or legal guardian and be accompanied by an adult.
 Participants less than 18 years old as of the date of the trip are considered minors.

Total Payment \$

NO smoking on the bus

Mail payment to **Trip coordinators**:

Linda Elonen-Wright
2256 South Overlook Rd.
Cleve. Hts., Ohio 44106-3105
(H) 216-791-5038
I.elonen-wright@grc.nasa.gov
(at NASA, mail to: L.Elonen-Wright, M.S. 6/2)

Dianna Hosta-Stickney 14308 Revere Circle Middleburg Hts., Ohio 44130 (cell) 440-785-6800 diannasellshomes@aol.com





Friday, FEBRUARY 1, 2008

PRICE (lift ticket and bus): \$57.00

Ski area description: Seven Springs is located East of Pittsburgh, PA. With 275 acres of both gentle and steep terrain with 750 vertical feet, Seven Springs provides a variety of terrain for both skiing and snowboarding. Also available are shopping, snow tubing, hot tubs and more. For additional information about Seven Springs, go to http://www.7springs.com.

Package includes: Round-trip transportation from Cleveland to Seven Springs and lift ticket (good until 7:00pm). We will also provide breakfast snacks and juice on the bus. If you need to rent equipment or desire lessons, there are additional charges at the rates shown below. Lunch and dinner are on your own.

Itinerary:

6:00 AM Leave NASA DEB Parking Lot (North Side of Brookpark Rd.)

6:30 AM East Side Pickup-Hilton Garden Inn (8971 Wilcox Drive, Twinsburg, OH)

9:30 AM Arrive at Seven Springs

6:30 PM Bus Leaves for Cleveland

9:30 PM East Side Drop off

10:00 PM Bus Arrives at NASA

Rentals		Group Lessons 2	hr	SnowTubing Rates
Skis/Boots/Poles	\$13.00	Ski /Snowboard	10.00	\$12.00/2 hours
Snowboard/Boots	\$23.00	Hot Tub Rental ava	ailable, \$7.00/	1/2 hour

THE FINE PRINT:

- · Membership in Lewis Ski Club, Inc. is Required
- Reservations are 1st-come, 1st-served with payment in full. (Please make checks payable to "Lewis Ski Club, Inc.")
- · No refunds will be made for your bus seat, unless your spot is filled.
- Minors traveling without a parent must have a release form signed by a parent or legal guardian and be accompanied by an adult.
- Every skier must sign a trip agreement form. Please download from website: www.lewisskiclub.org.
- No smoking on bus

Trip coordinator: Lisa Ferenc/Tom Jones

MS 49-5 or MS 501-2

NASA

21000 Brookpark Road Cleveland, OH 44135 (216) 433-6592 or 433-3718

Ski Denton



<u>Tuesday</u>, February 19, 2008 (the day after President's Day)

PRICE (lift ticket, brunch and bus) \$59.00

Are your same New York ski destinations getting old?

Is it time to try a new ski destination?

Trip includes Brunch stop at <u>Sprague's Maple Farms Pancake House!</u>

<u>Ski area description</u>. The Ski Denton is located near Coudersport, Pennsylvania (county population of 18,000), about 15 miles south of the New York border and in the heart of Northern Pennsylvania's heavy snow country.

Ski Denton is best known for its "park like" setting and uncrowded slopes; in fact the ski resort is actually a PA state park.

Ski Denton is similar in size and character to New York's Swain Ski Center, with a vertical drop of 650 feet.

Ski Denton allows both skiing and snowboarding on a variety of trails, from gentle beginner slopes, to trails that are advertised as the "Steepest in the East." Ski Denton has a full service dining lodge, ski/rental shop and ski school.

- Excellent nordic skiing opportunities available at adjacent Susquehannock Trail System.
- Low cost opportunity to try snowboarding.

<u>Package includes:</u> Round-trip bus transportation from Cleveland to the Ski Denton, including a brunch stop at Sprague's Maple Farms near Olean, NY, and lift ticket, with skiing hours between 1pm-5:30pm. We will also provide <u>post-skiing beverages</u> on the bus. Ski rental is \$10 additional and snowboard rental is \$15 additional.

Itinerary:

6:30 AM - Leave NASA DEB parking Lot (North Side of Brookpark Rd.)

7:00 AM - East Side Pickup - Home Depot parking lot on Wilson Mills Rd., ½ mile west of I-271

10:00-11:30 AM - Stop at Sprague's Maple Farms Pancake House for brunch. (brunch cost included)

12:30 PM - Arrive at Ski Denton.

5:30 PM - Bus leaves Ski Denton for Cleveland.

10:00 PM - East Side Drop off

10:30 PM - Bus arrives at NASA

THE FINE PRINT:

- * Membership in Lewis Ski Club, Inc is required.
- * Reservations are 1st-come, 1st-served with payment in full. (Please make checks payable to "Lewis Ski Club, Inc.")
- * No refunds will be made for your bus seat, unless your spot is filled.
- * Minors traveling without a parent must have a release form signed by a parent or legal guardian and be accompanied by an adult.
- * Every skier must sign a trip agreement form. Please download form from website NASA Lewis Ski Club Home Page.
- * No Smoking on the bus.

Mail payment and Trip Application and Agreement form (last page of newsletter) to the Trip Coordinator:

<u>Trip Coordinator</u>: Bruce Frankenfield

1351 Giel Avenue Lakewood, OH 44107 Home phone: (216) 226-7148 Work phone: (216) 433-6456

Bruce.J.Frankenfield@nasa.gov

Nancy Piltch – alternate Home Phone: (440) 235-1236

npiltch@earthlink.net

http://www.skidenton.com

HoliMont II Ski Trip



Friday, Feb. 29, 2008 PRICE (lift ticket and bus): \$63.00

Membership Required (Bus only \$31)

Package includes: Round-trip transportation from Cleveland to HoliMont including an evening trip to Ellicottville, where you are on your own for dinner. We will also provide breakfast snacks on the bus.

Itinerary:

6:00 AM Leave NASA DEB Parking Lot (North side of Brookpark Rd)

6:30 AM East Side Pickup – Home Depot parking lot on Wilson Mills Rd, 1/2 mile west of I-271. DO NOT PARK AT DENNY'S

10:00 AM Arrive at HoliMont Ski Area

4:45 PM Bus leaves for Ellicottville for dinner (\$\$ of dinner not included)

7:00 PM Bus Leaves for Cleveland

10:30 PM East Side Drop-off

11:00 PM Bus Arrives at NASA

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Club membership is required: I	New members: single \$10 / family \$15
Name:	Phone w/area code : (H) ()
Address :	(W) ()
	Email
n case of an emergency, contact: Name	Phone: ()
Lewis Ski Club Member? Yes /	No If no, then please add membership fee*
Bus Pickup East / West (circle one	e)
f west side pickup- your licens	se plate # is needed for NASA security
	Total Payment \$
an adult. Participants less than 18 yea NO smoking on the bus	vis Ski Club, Inc.") seat, unless your spot is filled. nt form.

Mail payment to Trip coordinators:

Gene Addy 325 Rowan Dr. Berea, OH 44017 216-977-7467 Gene.Addy@nasa.gov Cheryl Alden
11922 Harbour Light Dr.
North Royalton, OH 44133
440-582-2174
skier117@att.net (better to email)

accordance with payment schedules established by Lewis Ski Club.

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

	ay withdraw any trip from its schedule at any time; may refuse any time for any reason; and may change the itinerary at any t	
for any loss of damage to baggage, property, o	atuitously for the applicant and shall not be responsible or lia r for any loss, injury, death, accident, delay, inconvenience or pplicant's participation or lack of participation in any trip.	
4. PASSPORT/PROOF OF CITIZENSHIP For trip and valid passport, visas and proof of identifications.	s out of the USA, participants are responsible for having up to ation and citizenship.	o date
	and Agreement must be co-signed by his/her parent or legal gip by a parent or legal guardian or their designee who shall enduct and well being.	
6. PAYMENT All payment checks shall be paya	ole to "Lewis Ski Club".	
	participant means and includes: (a) failure to abide by the term nt to cancel; (c) participant's failure to make timely payments; arture or return of the trip.	
Trip:	In case of emergency contact:	
Deposit/Cost\$	Name	
Applicant Name:		
Address:	Phone	
Telephone number: (H) (W) Email:		
(Circle appropriate responses) Lewis Ski Club Member? Y/N (members)	nip required)	,
West Side Pickup (NASA Parking Lot on N. side East Side Pickup(Depot parking lot on Wilson No Smoking on the Bus"		
I have read and agree to all the terms of this Ag	reement, and waiver of liability, as of this date.	

Signed in agreement: ______ Date: _____