NASA Lewis Ski Club

Next Meeting: Meet & Greet Tuesday, November 3, 2009 100th Bomb Group 20920 Brookpark Road Cleveland, Ohio Happy Hour @ 5 PM Meeting @ 6 PM Next Board Meeting: Tuesday, November 17th @ 5:30 PM Mike's Bar & Grille, Berea, OH

<u>Inside:</u>

President's Message	2
Thanks Bob Laws	2
Activities	3
Hike Report	4
BMBW	4
Trip Plans	5
Bike & Train Report	5
Nordic News	6
Racing News	6
Halloween Party	7
CMSC Nite	8
Ski Queen	9
CMSC Learn to Ski	10
Telluride Flyer	11
Park City Flyer	12
Membership Renewal	13
Trip Agreement	14
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One lone snow flake was sighted somewhere over Chagrin Falls - more to follow

Meeting Activity: Social Hour Buckeye Sports Center "What's New at Buckeye Sports for 2009/2010" New Gear display @ 5 PM Business Meeting Board Meeting New Location Mike's Bar & Grille 130 Front St, Berea, OH 44017

This is right next to "The Shoppe" Parking is available in the back We are now meeting at the 100th Bomb Group

NASA Lewis Ski Club Trip Plans and Flyers Activity Flyers Renew Membership - Rates Increase after Nov. 15th

November 2009



President's message... It's nearly November, and we're getting ready to launch the next ski and boarding season! Be sure to increase your exercise activity level now to get in shape for the fun ahead of us. And speaking of fun, next Friday, November 7, the Cleveland Metro Ski Council (CMSC) will host a big PARTY to select the Cleveland area's next Ski Queen. Come to Ampol Hall in Cleveland to cheer on our own VP Alpine, awesome snowboarder, and genuinely nice person......Ms. Stacey Bagg! Oh, and did I mention that she's also a NASA researcher for radioisotope power systems for use in deep space missions? Stacey is a great ski queen candidate, and we wish her all the best as she competes with other ski queens from CMSC clubs. Tickets are only \$25 in advance, which buys you beer, food, and entertainment. You can buy your

tickets at the next Ski Club meeting or by calling Stacey at (216) 433-3792.

Thank you to Annie Easley, who organized our club's participation in the Boston Mills/Brandy Wine (BMBW) Open House on October 16-18. We combined the sales of our Pick-a-Day passes with those sold by sister club Fagowees, and we were able to obtain two free Pick-a-Day passes to be raffled off among those who purchased passes--so the winners will ski for free this year at BMBW.

We have a new ski trip for this season. It's a combined Nordic/Alpine trip on Saturday, January 16, 2010 to Wilderness Lodge (Nordic) and Peek'n Peak (Alpine). Check out the newsletter for details on this great trip.

November is membership month, so please renew your membership today! Where else can you get all of this great information and fun club activities for only \$10 a year?

Our next meeting will be on November 3 at the 100th Bomb Group, where we will learn about the latest equipment advances in the industry from good folks from Buckeye Sports Center, and raffle off another one-day ski trip. The social hour begins at 5 p.m., and I hope to see you there. And as a preview for the December meeting, we will do the annual white elephant gift exchange—so start thinking about what you can re-gift.

Happy Halloween! Lori

Thanks to Bob Laws of the NASA Fitness Center for his talk on "Snow Sport Fitness." Mr. Laws' message - get in shape early so you won't have to suffer through the first few days of your ski vacation. In addition to cardio, work the muscle groups that you will be using during skiing and boarding.

> Also enjoy Thanksgiving, but don't over do the





Officers of Lewis Ski Club

SKI CLUB OFFICERS

President: Lori Manthey (Lori.A.Manthey@nasa.gov) Alpine V.P.: Stacey Bagg (staceybagg@gmail.com) Nordic V.P.: Teresa Monaco (teresa.l.monaco@nasa.gov) Activity V.P.: Therese Telzrow (216-226-6013) Recorder: Janet Dubas (216-741-3161) Publicity Director: Eric. McFarland (mcflnd@cox.net) Treasurer: Jan Neumann (janetteneumann@sbcglobal.net)

COMMITTEE CHAIRS

CMSC Rep: Frank DiMarco (fpdimarco@yahoo.com) Refreshment: Tom Jones (216-433-3718) Sunshine: Colin Bidwell (216-433-3947) Social: Kathleen Moran (grossman@cox.net) Racing: Lisa Lambert (216-433-3994) 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: Mark Hyatt (216-433-3248), Annie Easley (440-816-1215) & Mike Kaltenstein (330-483-4841)

NASA Lewis Ski Club Activities

Halloween Weekend at Laurel Hills Lodge Friday October 30th to Sunday November 1st. Spend the weekend in at this spacious lodge located in the Laurel Hills State Park in Somerset County PA. See the newsletter Contact Ray Neumann at 440.237.2084 or Janet Dubas at 216.741.3161. We have room for one more in a regular bed and two more on a sleep sofa. See the flyer in this newsletter.

Kissing Bridge 5th Annual CMSC/Ohio Skier and Rider Appreciation Party Friday Oct 30th from 6pm to 10 pm at the Hyatt Regency at the Arcade, 420 Superior Ave. Downtown Cleveland. Join this most fun party and the chance to win prizes or get a great deal on a season pass or lift ticket package. Free beer and snacks while supplies last. Optional costume contest. See newsletter flyer.

Buckeye Sports Center and Boston Mills/Brandywine will host our second Women's Night Thursday November 5th. Jeannie Thoren, the "guru of women's skiing" will tell you how to ski better and have more fun.. There will also be a fashion show, hors d'oeuvres, prizes and more. Purchase your tickets early. Last years event sold out and this years will be even more fun.. Event to will be held at Brandywine Ski Area. Call 330-929-3366 for reservations

CMSC Night at Buckeye Sports Center, Noivember 6th. See flyer in news letter for details

Queen Pageant Saturday November 7th at 7pm at Ampol Hall located at 4737 Pearl Rd, Cleveland. Be there to cheer our queen, Stacey Bagg, to victory! Purchase pre-sale tickets for \$25 from Stacey or a queen committee member. Tickets available at the door for \$30.

Warren Miller's Dynasty on Saturday, Nov. 21 at the Akron Civic Theatre, 182 S. Main St., Akron, Ohio 44308. Skifest starts at 6:30pm and showtime is 8:00 pm. Advance tickets are \$11 for individuals and \$9.90 for groups of 12 or more. Day of show tickets will be \$13. We will try to get a group of 12 at the Nov. meeting, so plan to bring money so we can purchase these at the discounted rate. See website: http://www.skinet.com/warrenmiller/ for more details. Contact Therese Telzrow 216.226.6013.

CMSC/BMBW Learn to Ski or Board - February 7th, see flyer in news letter for details.

White Elephant Exchange at December Club Meeting: At our general meeting in December, the club will hold our somewhat annual white elephant exchange. All you have to do to participate is bring a very nicely wrapped "white elephant" to the club meeting. The "white elephants" examples from previous years ranged from a goofy ski hat, to a beautiful framed picture of a pile of skis to some lovely etched glass wine glasses, to a silly Christmas bear to a Chia pet, to WHATEVER! So, you bring your gift; check in and get your number and place the gift on the table. Your number will determine the order in which you get to go and select another gift from the table during the exchange. You open it, and then you get one chance to go and select/steal from the previous openers! It has been a lot of fun in previous years - watching the current selectee "steal" away a treasure from the earlier openers! The first selectee gets final pickings! Please join in on the fun this year. Find that 'white elephant' and wrap it up pretty and come on down!

Therese Telzrow Activities VP 216.226.6013.

Penitentiary Glen Hike October 3rd

It seemed as if we were going to have a soggy hike according to the weather forecast, but 12 people (Alan



Porter, Nancy Piltch, Ron Howard, Cheryl Alden, Paul Senick, Therese Telzrow, Joan Feather, Janet Dubas, Matt Dubas, Victoria Wise, Rosemary Toole and Teresa Monaco) brought rain gear and jackets and were prepared for the Northeast Ohio weather. We soon found out that we did not need them—the weather turned out to be perfect for hiking. We had sunshine to start the hike, and later the clouds came in, but no rain. We climbed down 141 steps into the gorge and had a beautiful view of Stoney Brook Falls. The uphill climb got everyone a jump start for their ski season workout; it was definitely cardio! We went to

see the remnants of the Halle family summer home (front and back porch), entrance to the family bridge crossing the creek (the bridge is long gone), and the swimming pool in the creek. We decided to extend our hike to the Kirtland Connector Trail (connects to Kirtland City Hall). We saw a 4-1/2 foot water snake

(fortunately from a distance). We hiked about 5 miles. We came back to the Nature Center exactly at 3:30pm (talk about time management!). We were on our own to view the "rescue" animals at the Wildlife Center, including the barred owl, red fox, and red-tailed hawk. A couple brought in a baby opossum that they found in their backyard and had been raising it on Gatorade and cat food. The Nature



Center has display cases and items from the Halle Department Store. Overall, we had a great time on the hike. Article by Teresa Monaco, Photos by Cheryl Alden and Therese Telzrow



Lewis Ski Club Volunteers

Working hard Boston Mills / Brandywine Open House

> Pictured Annie Emil Karen

2010 Trip Plans

January 8: Holimont 1 January 22: Holiday Valley 1 January 16: Nordic/Alpine combined trip, Peak-n-Peak/Wilderness lodge January 23-30: Telluride, CO (Hurry reserve your spot!) February 5: Kissing Bridge February 19: Holimont 2 March 5: Holiday Valley 2 March 20-27: Park City, Utah (Sold out!)

If you are interested in running a day trip please let me know! You can email me at <u>Stacey.d.bagg@nasa.gov</u> or call at (216) 433 3792.



Bike and Train Recap:

It was a dark and stormy night...Wait a minute, that was the night before and every night that week! And it was a dark and stormy morning, but by 11:00 am it cleared up. By the time we unloaded our bikes at the Brecksville Depot parking lot the sun broke through the clouds and continued to shine throughout the afternoon.

There were only 4 of us who showed up. Rosemary, Lisa, Kathy and I rode the 6 miles to Peninsula in fine style. Just the right distance for a leisurely ride especially for those who hadn't ridden in a few years (their bicycle butts hadn't been developed yet). And thank goodness the puddles were easy to avoid.

We easily got a table at the Winking Lizard because the early morning weather scared a lot of the bicyclists away. We were seated outside but had to move inside because the sun was so hot and blinding. Inside we were surrounded by football fans who

were drinking beer, chomping on wings or enjoying their clambake special. And we joined right in. It was delicious!

We boarded the train for the ride back after checking out the local shops. The train ride was relaxing and the passengers were friendly. The view was scenic and covered parts of the park we could never reach by foot or bike. Something about a train ride is just so cool, could be the hint of nostalgia riding an



old fashioned train in a historic area or just because it's beyond our normal experience or because train rides are just plain fun! Can't wait for next year . Article & Photos by Therese Telzrow

- 6 - 11 November 2009 - Website: http://www.LewisSkiClub.org

Nordic News

Mark your calendars! Saturday, January 16, 2010, we will have a combined Nordic/Alpine trip to Wilderness Lodge in Pennsylvania (Nordic) and Peek'n Peak in New York (Alpine), organized by the friendly and capable duo of Linda Elonen-Wright and Dianna Hosta-Stickney. Here is the itinerary:

Going	Returning
6:30am bus at NASA	4:30pm bus leaves PnP
7:00am bus leaves NASA	5:00pm dinner for all skiers at
7:30am east side pick-up	Wilderness Lodge
9:30am drop off XC skiers at	6:30pm head back to Cleveland
Wilderness Lodge	8:30pm east side drop off
10:00am drop off alpine skiers at PnP	9:00pm NASA drop off

I have heard the dinner at Wilderness Lodge is very good. We will also invite the Ohio Nordic Ski Club to join in the fun.

Also, if anyone is interested in leading a local cross-country outing, please let me know. Phone: 216.433.8293 or e-mail Teresa.L.Monaco@nasa.gov. Thanks!

Cleveland Metroparks: <u>http://www.clemetparks.com/recreation/sledding_skiing/</u> Cuyahoga Valley National Park: <u>http://www.nps.gov/cuva/planyourvisit/winter-sports.htm</u> Lake Metroparks: <u>http://www.lakemetroparks.com/programs/activities/cross-country.shtml</u> Summit Metroparks: <u>http://www.summitmetroparks.org/Activities/WinterSports.aspx</u> Lorain County Metroparks: <u>http://www.metroparks.cc/activities/winter/</u>

Racing News

Have a need for speed? Race schedule torn from the pages of *Sitzmark*

The CMSC race schedule can be found at: <u>www.skicleveland.com/adraceschedul</u> e.html

For the competition or just to improve your skiing & boarding Contact Lisa Lambert, Racing Chair (216-433-3994) Lisa.M.Lambert@nasa.gov".

Date	Venue	Course	Snowboard
		Туре	Race (SB)
	. Boston Mills Qualific		
Sat. Jan. 9	. Holiday Valley	GS	SB
Sun. Jan 10	. Holiday Valley	Slalom	
Sat. Jan 23	. Kissing Bridge	Dual Slalom	SB
Sat. Jan 24	. Kissing Bridge	Race Clinic	
Sat. Jan 30	. Cockaigne	Dual GS (Beach Party)	SB
Sun. Jan 31	. Peak'n Peek	Slalom	
Sun. Feb. 7	. Boston Mills	Slalom	SB
Sat. Feb 13	. Swain	GS	SB
	. Swain		
	Bristol Combined		
Sun. Feb 21	Bristol Combined	Slalom	
		Dual GS	SB
Sun. Mar. 7	Swain	Dual open eliminations	
Sat. Feb. 13	Swain		SR
Sat. Mar. 6	Swain		CD

Celebrate SKIING with Kissing Bridge at The Arcade ON HALLOWEEN!!





FREE BEER AND SNACKS WHILE SUPPLIES LAST KB PASS AND TICKET SPECIALS COSTUME CONTEST CMSC QUEENS IN THE HOUSE! SKI / SNOWBOARD VIDEOS

To get party updates, contest information and late breaking news email andym@kbemail.com

A great way to kickoff the ski season! Costumes are optional.

Buckeye Sports Center **CNSC** Night Friday November 6th 5:00pm to 10:00pm

Special One Day Only CMSC Discounts

Save an additional 10-20% off all winter sports merchandise

Mini Clinics

Jeannie Thoren – Womens specific equipment

Custom boot fitting, footbeds & stance alignment

Waxing & tuning

Fashion Show

Beer, Wine & Appetizers

Prizes – \$1000 in Snowsports merchandise

Buckeye Sports Center 4610 State Rd. Peninsula, OH 44264 330-929-3366 www.buckeyesportscenter.com Website: http://www.LewisSkiClub.org - 11 November 2009 - 9 -



Cleveland Metro Ski Council

Presents

The 2009 CMSC

Queen Pageant

"The Unofficial Kick-off Party for the 2009 – 2010 Ski Season!"

Saturday, November 7th, 2009

Doors open at 6:30, Party 'til Midnight On stage at 7:00pm, Crowning at 8:30pm # Pageantry & Party with DJ Dance Delight Savor Soft Drinks, Beer, Wine & Appetizers

Pre-sale Tickets for \$25 from a Queen or Queen Committee member

Tickets also available day of for \$30 at the door Ampol Hall, 4737 Pearl Rd., Cleveland

> *NEW THIS YEAR* free shuttle to and from Ampol when you reserve a room at the Embassy Suites in Independence the night of the pageant! Contact Jennie Stephan @ JStephan@bicoakron.com for more details.

skicleveland.com







Boston Mills

The Cleveland Metro Ski Council and Boston Mills have teamed up to give all folks who have never skied or snowboarded the chance to do so

> Your Day Includes: - AREA LIFT TICKET - RENTAL EOUIPMENT - GROUP LESSON

Instructors: Certified Ski Instructions from Boston Mills Group Lessons – 10 A.M & 1 P.M. (Please plan to be at BM one hour prior to the lesson time)

Welcome Reception after Your Lesson

For more information on CMSC, ski trips and more, visit www.skicleveland.com

Email: CMSCL2SKI@hotmail.com

CUT THIS AD OUT AND BRING IT TO BOSTON MILLS ON FEBRUARY 7 TO RECEIVE THE SPECIAL LEARN TO SKI / SNOWBOARD RATE OF \$45.

This Learn to Ski Day offer is open to all skiers and snowboarders 9 years old and up. Please contact our web site for additional information. You do not need to be part of any organization to take advantage of this offer.

Name:_____Address:_____

Telephone Number:







SKI TELLURIDE WITH THE NASA LEWIS SKI CLUB FOR INCREDIBLE ALPINE, NORDIC, SNOWBOARD, HELICOPTER SKIING AND BOARDING

January 23 - 30TH, 2010

\$1260

Don't Miss This Excellent Opportunity! It's The Best Price You'll Ever Get To Stay At Such Great Accommodations And To Ski This Fabulous Resort

Includes:

- Lodging At The luxurious Bear Creek Lodge in Mountain Village.
 - Each unit has 2 or 3 bedrooms, (each bedroom has its own luxurious bath), living room with fireplace, gourmet kitchen and laundry facilities.
 - Outdoor heated pool and three hot tubs.
- Lift Tickets 5 of 6 day lift tickets
- Roundtrip transportation from Cleveland to Telluride
- Welcome Wine & Cheese Reception
- o Fabulous Midweek Condo Party

Contact Therese Telzrow @ 216.226.6013 or <u>theresetelzrow@yahoo.com</u> or Annie Easley @ 440.816.1215 or <u>ajeasl@sbcglobal.net</u>

Payment Schedule:	Send Check And Trip Agreement Form To:
\$420.00 Due now, (\$200 non-refundable)	Therese Telzrow
\$420.00 Due by September 15, 2009	1203 Ethel Ave
\$420.00 Due by November 15, 2009	Lakewood OH 44107

Make Checks payable to: NASA Lewis Ski Club

Note: Must be a member of the NASA Lewis Ski Club \$10 single/\$15 family (separate check for membership, please)

Trip Application and Agreement form are required. Fuel surcharge may or may not be added by airline before ticketing. Check directly with the airline for baggage information.

11

Ski UTAH 's Park City & Canyons Snowbird



With the NASA Lewis Ski Club Sat March 20 through Sat March 27, 2010

\$1110.00 per person Includes: Lodging – The Yarrow Resort in Park City 7 nights (Sat. to Sat.), dbl occ. per room. Lift tickets –5 days (2 at Park City, 2 at Canyons, 1 at Snowbird) option for 1 more additional day of skiing at Park City is available. RT Airfare from Cleveland. (Bag fees \$15 (1st bag) & \$25 (2nd bag) each way) **RT** Ground transportation from Salt Lake City to Park City. **RT** Ground transportation from Park City to Snowbird. **** Complimentary** welcome party upon arrival. ** Complimentary full breakfast buffet (daily). **** FREE** shuttle stop in front of hotel. ****Outdoor HEATED pool, LARGE hot tub.** As always, complimentary parting gift and raffle items on the bus ride home!!!

For sign - up, contact trip leaders:

Tom Vannuven 440 -846-1736 home 216-433-3851 work Thomas.Vannuyen-1@nasa.gov

\$370.00 Due now, non-refundable

Payment schedule:

440427-1522 home 440-454-0475 cell David.R.Root@nasa

Dave Root

&

Contact Tom Vannuyen to get on waiting list \$370.00 Due by November 6, 2009 \$370.00 Due by January 1, 2010 Send deposit check and trip agreement form to: **Tom Vannuyen** 21000 Brookpark Rd MS 86-12 Cleveland, OH 44135 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

2009-2010 NASA LEWIS SKI CLUB MEMBERSHIP

(October 1, 2009 - September 30, 2010)

Name:(first)(last)	-
Home Phone:	
Work Phone:	numbers of the members. It is in hard copy only and made available at
Home address: Street/Apt.:	
City: St: Zip:	included? YES NO
NASA Mail Stop(If applicable):	NORDIC Skiers check box if you wish to be included on a notification list for
Your Birthday:/ (MONTH / DAY)	impromptu nordic ski outings.
Type of membership: Check TWO Types)	Please list eligible Family Members:
Single(\$10) New Member_ *Family(\$15) **Renewal	NameAge-KidsBirthdayOnly(M/D)
*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 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:301-4, NASA Glenn Research Center, 21000 Brookpark Road, Cleveland, OH 44135 - Make checks payable to: Lewis Ski Club, Inc.)

Lewis Ski Club Trip Application and Agreement

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

- 1. DEPOSIT: The required initial deposit for this trip must be paid and submitted along with a signed Trip 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. Trip participants ski and/or snowboard at their own risk. It is the injured skier's/snowboarder's responsibility to report to Ski Patrol for treatment or referral to hospital/doctor. If unable to accompany the club on return trip as planned, the injured party is responsible for arranging their own transportation for the return trip.
- 4. IDENTIFICATION: Each participant is responsible for having and taking with them a valid, current, government-issued, photo ID. For trips out of the USA, participants are responsible for having up-to-date and valid passport. When required, participants are also responsible for having up-to-date and valid visa(s).
- 5. MINORS: Any minor's participant Trip 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, Inc.".
- 7. CANCELLATION: If the participant cancels out of the trip, then the participant forfeits their rights to any and all payments made to Lewis Ski Club for this trip. 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.
- 8. ELIGIBILITY: Lewis Ski Club membership is required to participate.
- 9. EXTRA FEES: Price does NOT include any additional fuel surcharges, baggage fees, or airport fees which may be imposed prior to the date of travel.

Print clearly Trip:	·		
Applicant Name:(MU	ST be as it appears on I	Drivers License/Passport (for airline ticketing))
Address:			
Phone w/area code:		(Cell)	
Email address:			
In case of an emerge	ency contact: (Name)		
Phone w/are	a code: (H)	(Cell)	
NASA Lewis Ski Club	o member? Yes / No	(If NO, membership available for \$10-single/\$	15-family)
Optional Trip Insuran	ice? Yes / No (Inforn	nation will be forwarded to you)	
I have read and agre	e to all the terms of this	Agreement, and waiver of liability, as of this da	ate.
Signed in Agreement	:	Date:	