

NASA Lewis Ski Club

Naski Tips

December 2008



**WE'VE
MOVED**

Next Meeting:

Meet & Greet

Tuesday, January 6, 2009

Buffalo Wild Wings (BW3)

New Westgate Shopping Center

Center Ridge Road

Next Board Meeting:

Tuesday, January 27

Panera Bread, Brooklyn

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Meeting Activity:

Renee Barrett

NASA Fitness Center

Yoga

(maybe the cure for your
skiing & boarding ills)

Trip & Wine Drawing



Actually, BW3 moved

and we went with

them to the New

Westgate Shopping

Center. The New

BW3 is located behind

Starbuck's Coffee

See map inside

Lewis Ski Club Ski Trips - Season 2009

See flyer for contact info for specific trips

<u>When</u>	<u>Where</u>
January 4, Sunday	HoliMont #1 Alpine (Flyer Out)
January 16, Friday	Holiday Valley #1 Alpine (Flyer Out)
January 30, Friday	Seven Springs Alpine (Flyer Out)
January 31, Saturday	Wilderness Lodge Nordic (Flyer Out)
Feb. 1-8, Sun-Sun	Steamboat, Colorado Alpine (Sold Out)
February 20, Friday	HoliMont #2 Alpine
March 6, Friday	Holiday Valley #2 Alpine
Mar. 20-31, Fri-Tues	Solden/Vienna, Austria Alpine (Flyer Out)



President's message... I hope all of you had a great Christmas and are looking forward to an excellent ski season. Late November and December were unusually cold this year, allowing many of the ski resorts here and in New York to open earlier than usual. Some of our members have gotten in several days of skiing/snowboarding already this year!

NASA Ski Club trips kick off with a trip to HoliMont on Sunday, January 4th. As you know, HoliMont is not normally open to those of us who are not members of HoliMont on weekends. So, this is the first chance we have to ski there on a weekend. As always, lift lines will be very short or non-existent unlike they often are at other area resorts on the weekends because HoliMont limits access to maximize the skiing for its patrons.

January brings a full slate of club trips with outings to Holiday Valley and Seven Springs as well as a cross country trip to Wilderness Lodge in Pennsylvania. Another local cross country outing is in the plans in January. Mark your calendars and get out and enjoy the winter!

I wasn't able to attend the December club meeting, but I understand the White Elephant gift exchange was another big success. I hope you were able to take part in the fun.

At the January meeting, Renee Barrett, from the NASA Fitness Center will be giving a talk on yoga. Many skiers have found yoga to be of particular benefit to their skiing. The stretching and toning involved has an obvious connection to skiing, but balance, the fundamental skill in skiing, is also enhanced through yoga. Renee is an experienced and enthusiastic yoga instructor. Her talk promises to be both interesting and informative.

See you at the meeting and on the slopes!
Gene

Sad news: Long time member and former VP of Nordic skiing, Margaret Proctor, had her mother, Lydia, pass away during the holidays. Those of us who have traveled and skied with Margaret, and the entire membership express our condolences to Margaret and her family.

Officers of Lewis Ski Club

SKI CLUB OFFICERS

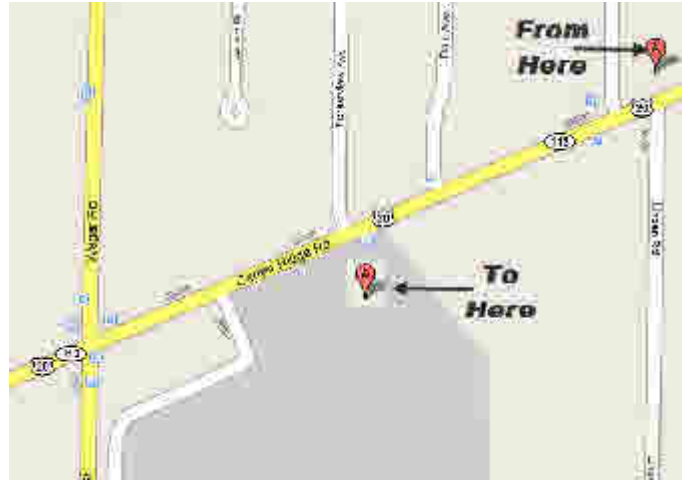
President: Gene Addy (216-977-7467)
Alpine V.P.: Open
Nordic V.P.: Larry Anderson (larryamg@hotmail.com)
Activity V.P.: Therese Telzrow (216-226-6013)
Recorder: Janet Dubas (216-741-3161)
Publicity Director: Eric. McFarland (mcflnd@cox.net)
Treasurer: Jan Neumann (janetteneumann@sbcglobal.net)

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: 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)

Of Note: The location of our general meeting has changed locations with BW3. We moved $\sim\frac{1}{2}$ mile west to the new Westgate Shopping Center. The address is 3011 Westgate Mall, Fairview Park, Ohio 44126. Use the entrance off Center Ridge Road between The Starbuck Coffee Shop and the Key Bank Branch. BW3 is located in the row of buildings behind Starbucks. There appears to be



limited parking in front of the new location with more parking behind. If you end up down by Lowes & Kohls you've gone too far; BW3 is located north of there. Or you can drive around in Westgate until you see this.

West side bus pick up: For those not familiar with NASA and the car drop off/ pick up location, DEB parking lot; the following map is provided.



CMSC Racing Schedule: See <http://www.skicleveland.com> [Adult Racing] for schedule and more details. Contact Mark Hyatt (216-433-3213) Racing Chair if interested in joining the Lewis Ski Club Team

Drawing winners: Trip - Dan Artz, vice president of CMSC & Wine - Mike Kaltenstein

Note of Appreciation: Thanks to Linda Elonen-Wright for organizing and being MC for the annual White Elephant Gift Exchange. It was fun to watch the strategic moves as the various gifts became known. It appeared that participating was even more enjoyable. Thanks to all who participated. As can be seen Linda was caught peeking at the white elephants before the event.



Nordic Ski Report

What a start we had to this year's XC ski season. This is the first year I can remember skiing before Thanksgiving. So far December has been a bit of a disappointment, but there is plenty of time left for the season to pick up. The highlight of our club's XC plans is a trip to Wilderness Lodge (near Peek'n Peak) on January 31, 2009. Be sure to check out the flier in the newsletter. Wilderness Lodge is a wonderful facility with full rentals, great trails and lots of snow. Check out their web page <http://www.thewildernesslodge.net/>

In addition to the Wilderness Lodge trip, I would like to invite everyone to get together for some great XC country skiing at the Chapin Forest Reservation in Lake Country. Go to <http://www.lakemetroparks.com/> and click on Chapin Forest where you will find a link to the Pine Lodge Ski Center. XC skiing is always dependent on natural snow conditions, but lets plan on Saturday, January 10, 2009 and Saturday, February 14 2009 (how romantic) at 10:00 a.m. in the Pine Lodge, Chapin Ski Center.

When I'm not out on the trails- or off the trails if there is enough snow- I can be found riding area lifts telemark skiing. There are a few of us in the club who tele ski and I invite anyone else who is interested to give me a call. The club's trip to Holiday Valley on March 6, 2009 coincides with Telestock at Holiday Valley, which provides a great opportunity for you to demo telemark gear. Remember, free your heel and free your mind! —

Larry Anderson, VP Nordic

Racing News

Another race season is upon us, and I hope many have had the chance to get back on snow by now. CMSC kicks off the schedule with the Qualifier at Boston Mills on Wednesday, Jan. 7. Registration will begin at 6pm in the main lodge, and the race will start at 7pm on Croyle Race Hill. You don't have to pre-register, just show up, sign the waiver, and complete two runs! I'll be at the lodge to cover your registration fees and on the hill to provide any needed pointers, guidance, or words of encouragement! The race season begins for real the very next weekend, with GS and Slalom races at Holiday Valley on January 10 and 11, respectively. Please let me know if you plan to race by noon on Thursday the 8th, and I'll make sure you are preregistered. The two other races scheduled for January are at Cockaigne and Peak'n Peak on the 24th and 25th. Cockaigne will be an entertaining Dual GS format, followed by a slalom at the Peak on Sunday. It may be next month, but don't forget to come out to Boston Mills on SuperBowl Sunday, February 1st. This is CMSC's annual charity race, and will be a slalom format.

I'll fill you in on results from these races, and details on the rest of February's schedule in next months newsletter. Tune those skis and boards, and plan on giving racing a try this season. It's good clean fun, and adds an enjoyably competitive flavor to the already social sport we all enjoy so much. Oh, and a few runs in the gates will have the side effect of improving your free-skiing, too! Hope to see many new faces in the gates for the NASA Team this season. See you on the slopes! — Mark Hyatt, Race Chair

NASA Lewis Ski Club Activities

January

Lewis Ski Club Trips: January holds 3 local bus trips for alpine skiing and one for nordic. Check out the flyers with trip details, sign up, and get outside.....



HoliMont I Ski Trip & Kids Escaping Drugs Benefit

Sunday, Jan. 4, 2009 by NASA Lewis Ski Club
COST: \$83.00 (inc. bus, lift ticket, & min. pledge*)

***Pledge(s) of \$40 or more entitles you to a lift ticket.**

Make a donation yourself or sign up other pledges.

Membership Required: 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

Trip Application & Agreement

Club membership is required: New members: single \$10 / family \$15

Name: _____ **Phone w/area code : (H) (_____) _____**

Address : _____ **(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)

Total Payment \$ _____

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

Agreement: 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. 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. 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.

Signed in Agreement: _____ Date: _____

=====

Mail payment to Trip coordinator: Gene Addy

**3334 Meadowbrook Blvd.
Cleveland Hts., OH 44118
216-977-7467**

Gene.Addy@nasa.gov MS:11-2

Lisa Ferenc

**NASA MS 49-5
21000 Brookpark Road
Cleveland, OH 44135
(216)**

433-6592

Holiday Valley I Ski Trip

Friday, Jan. 16, 2009

COST: \$64.00 (inc. bus, adult* lift ticket, & snacks)

*** Call us for junior pricing!**

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

Package includes: Round-trip transportation from Cleveland to Holiday Valley Ski Resort 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 m. west of I-271. DO NOT PARK AT DENNY'S
10:00 AM Arrive at Holiday Valley 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

Trip Application & Agreement

Club membership is required: New members: single \$10 / family \$15

Name: _____ **Phone w/area code :** (H) (____) _____

Address : _____ **(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)

Total Payment \$ _____

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

Agreement: 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. 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. 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.

Signed in Agreement: _____ Date: _____

Mail payment to Trip coordinators:

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

Linda Elonen-Wright
2256 South Overlook Road
Cleveland Heights, Ohio 44106
216-433-9370 or 216-246-7912
linda.c.elonen-wright@nasa.gov





www.7springs.com

A joint trip sponsored by Suburban Ski Club and NASA Lewis Ski Club

Only \$57*
Friday, January 30, 2009

Reserve on or before January 23!

Price includes round-trip bus transportation, lift ticket and morning snacks on bus

NASA Trip Leader: Frank P. DiMarco, (216) 702-7313, fpdimarco@yahoo.com

Make check payable to **Lewis Ski Club** and mail to Frank P. DiMarco, 14107 Ryan Drive, Walton Hills, Ohio 44146-4179.

- NASA departure point: from DEB Parking Lot (North Side of Brookpark Rd.). Bus leaves 6:00 a.m.
- Southerly departure point: Hawthorne Village Shopping Center, Broadway Rd. just east of I-271. Bus leaves 6:30 a.m.
- Bus leaves 7-Springs 6:30PM.
- 10:00 PM Hawthorne Village Drop Off
- 10:30 PM NASA Parking Lot Drop Off

Agreement: 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. 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. 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.

Club membership is required: New members: single \$10 / family \$15

Name: _____ Phone w/area code : (H) (_____) _____

Address : _____ (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) Total Payment \$ _____

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

Wilderness Lodge XC Ski Trip

Saturday, January 31, 2009

COST: \$36.00 (includes bus and adult* trail pass)

* Call us for junior pricing!

This bus trip is brought to you by the NASA Lewis Ski Club in cooperation with the Ohio Nordics Ski Club.

Package includes: Round-trip transportation from Cleveland to Wilderness Lodge Touring Center in Wattsburg, PA (on the back side of the ridge that Peek'n Peak occupies). We will also provide breakfast snacks on the bus.

Itinerary 7:00 AM Leave NASA DEB Parking Lot (North side of Brookpark Rd)
7:30 AM East Side Pickup – Home Depot parking lot on Wilson Mills Rd, 1/2 m. west of I-271. DO NOT PARK AT DENNY'S
10:00 AM Arrive at Wilderness Lodge Touring Center
4:30 PM Bus loads and leaves for Cleveland
7:30 PM East Side Drop-off
8:00 PM Bus Arrives at NASA

Trip Application & Agreement

Membership in one of the clubs is required.

Name: _____ Phone w/area code: (H) (____) _____

Address: _____ (W) (____) _____

_____ Email _____

In case of an emergency, contact:
Name _____ Phone: (____) _____

NASA Lewis or Ohio Nordics Ski Club Member? Yes / No If no, contact trip coordinators.

Bus Pickup East / West (circle one) Total Payment \$ _____

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

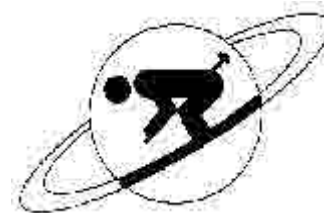
Agreement: Lewis Ski Club is acting gratuitously for the applicant and shall not be responsible or liable for any loss of damage to baggage, property, or for any loss, injury, death, accident, delay, inconvenience or any other loss occurring during or occasioned by applicant's participation or lack of 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. 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. 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.

Signed in Agreement: _____ Date: _____

Mail payment and agreement to Trip coordinators:

Larry Anderson
2617 Exeter Road
Cleveland Hts., Ohio 44118
(cell) 216-932-9482
larryamg@hotmail.com

Jim Wright
2256 South Overlook Road
Cleveland Heights, Ohio 44106
216-791-5038
jlsqwright@visn.net



**TRAVEL WITH NASA LEWIS SKI CLUB
TO
SOLDEN AND VIENNA, AUSTRIA
March 20-31, 2009**

Round trip air and ground transportation
Seven nights lodging at Alpina in Sölden
Breakfast and dinner included daily

Three nights lodging at Trend Hotel Ananas in Vienna
Breakfast buffet included daily at hotel
Lots to see and do in Vienna including the Opera House

Lift tickets are optional in Sölden (not included in trip price) and may be purchased from one to six days

Cost is \$2380.00US(double occupancy)
Single supplement is available

Payment schedule:

Deposit due now \$500.00 (\$200.00 non-refundable)
August 29, 2008 \$700.00
October 10, 2008 \$700.00
January 10, 2008 \$480.00

Checks payable to NASA Lewis Ski Club
Mail to: Annie Easley
23215 Wainwright Terrace
Olmsted Falls, OH 44138



Membership required in NASA Lewis Ski Club
Need Valid Passport for travel

Trip Insurance is available

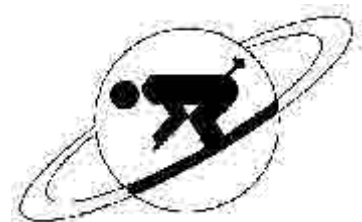
Questions? Call Annie Easley at 440-816-1215

Email: AJEASL@SBCGLOBAL.NET

Or Sandi Miller at 216-433-8489

Email: SANDI.G.MILLER@NASA.GOV

**You could be
here**



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: _____
(MUST be as it appears on Drivers License/Passport (for airline ticketing))

Address: _____

Phone w/area code:
(H) _____ (W) _____ (Cell) _____

Email address: _____

In case of an emergency contact: (Name) _____

Phone w/area code: (H) _____ (Cell) _____

NASA Lewis Ski Club member? Yes / No (If NO, membership available for \$10-single/\$15-family)

Optional Trip Insurance? Yes / No (Information will be forwarded to you)

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

Signed in Agreement: _____ Date: _____