

NASA Lewis Ski Club

Naski Tips

March 2009



Next Meeting:

Meet & Greet

Tuesday, March 3, 2009

Rocky's River Pour House

(Former BW3)

Center Ridge Road

Next Board Meeting:

Tuesday, March 24

Panera Bread, Brooklyn

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Meeting Activity:

Club Officer

Nominations

No Trip & Wine Drawing. Drawing will return next fall

Last Call



Only one club

day trip remain-

ing - Holiday

Valley, NY on

March 6th Sign

Up Now

Lewis Ski Club Ski Trips - Season 2009

See flyer for contact info for specific trips

When

Where

March 6, Friday

Holiday Valley #2 Alpine (Flyer Out)

Mar. 20-31, Fri-Tues Solden/Vienna, Austria Alpine (Check Web Site)



President's message... OK, so we've had a little rain recently, but it still has been a good year for skiing. The cold weather and snow in January allowed the ski areas to build up a good base of snow, so there will be several weeks of good skiing left. We're still accepting signups for our last Friday trip of the season to Holiday Valley on March 6. Get your money in now!

Unfortunately, the economic downturn has prompted the governor of the state of New York to ask for a 4% State sales tax on ski lift tickets, lessons, and other recreational activities. Under the provisions, local government can then add another 4% to the tax for a total sales tax of 8%. Unless this proposal is stopped in the NY state legislature, trips to ski in NY will go up again next season. Such actions hardly stimulate new and continued business the country needs. For more information, see <http://www.stoptheskitax.com/>.

It's time to start looking ahead to spring and summer and we'll be looking for ideas for non-snow related activities. Contact Therese Telzrow if you have one! Finally, club officer elections will be coming up in April. Please nominate someone, or, better yet, consider serving the club as an officer yourself!

Finally, thanks go to Mike Bell for coming to our February meeting and talking about adaptive skiing. Adaptive skiers are an inspiration to us all

See at the meeting,
Gene

Need to update your skills, tried of going unnoticed on the slopes then check out the self paced yodeling course at <http://www.yodelcourse.com/>

Drawing winners: Trip - Don Kirkwood & Wine - Gene Addy

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

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)

NASA Ski Team Crushes Competition at Combined!

That's right folks, fresh off the slopes of Bristol Mountain, the NASA Ski Team recorded it's best team result ever in CMSC's Combined Championships. There was no shortage of individual highlights either, as every team member turned in outstanding performances. Fielding a small but powerful team, with six competitors in four classes, skiing in three races (that's five runs!) over two days, we brought home the hardware and finished a resounding 3rd overall in Division 2, our best team finish ever!

That's the team result, now let's recap the individual finishes. Therese Telzrow dominated her class, CCVW, winning the Super G, GS, and Slalom, and of course, bringing home a Combined trophy as well. She even earned her first strike in the slalom on Sunday! Bruce wasted no time serving notice in BVM he was there to race, winning the Super G and GS on Saturday. He followed up with a second place on Sunday in the slalom, taking Combined as well. He also received a strike in each race on Saturday, and was bumped to BBVM! Lisa Lambert made her case for racer of the year in BW, with a win in the Super G, 2nd in the GS, and a 4th in the slalom. Combined is determined by total time for five runs, and Lisa brought home the big trophy as well! For those of you keeping track at home, that's three Combined Champions out of six racers. What a team!

We never would have made it to third in Division 2 without a strong supporting cast, and the rest of the team did not disappoint. Cheryl Alden got her BW mojo working on the big hill this year, finishing 3rd in the Super G, winning the GS, and taking 3rd in Slalom. Looks like NASA is ready to dominate B Women, until Lisa and Cheryl earn their strikes too, it's just a matter of time! Elise Frankenfiled brought home valuable team points race after race, finishing a consistent 4th in each event, racing with Therese in CCVW. I guess NASA is a force in that class as well! Race Chair Mark, skiing his first Combined in BBM, contributed a 6th in the Super G, and finished 5th in both GS and slalom. Mark, and his racing pride, even survived taking out the fencing by crashing in the finish corral in the Super G!

That's it for Combined, but let's cover the results from Boston Mills and Swain, just to be thorough in February. Lisa Lambert finished 2nd in both GS and Slalom at Swain. Quite the way to represent the team, as she was the only racer on the hill for us that weekend. We were more numerous at Boston Mills, with six racers on the hill. Cheryl led the way with a win in BW, followed by Lisa in 5th. Bruce added a 5th in BVM, while Elise and Don Ginley chalked up 6th and 2nd on CCVW and CCVM, respectively. Finally, in C Snowboard, Bruce brought home a win, while Mark added a third place finish.

That's it for now. We'll add a final update after the last races of the year, coming up at Kissing Bridge and Swain. Congratulations to all our racers on a great season, so far! Race (and Party) fans should save April 25th on their calendars for the annual CMSC Racers Awards Banquet, at Reineckers Party Center. Details are available on skicleveland.com. - Mark Hyatt



Trip Report: Seven Springs

The ambient air was in the teens but the NASkiers enthusiasm was off the chart. The sun had not yet arrived on this colder than most morning of 30 Jan but there was skiing to be done and the NASA Lewis ski club and their sister club Suburban were packed and ready to hit the slopes at 7Springs in Western Pennsylvania. The buses arrived on time; the orderly stowing and boarding process began and in no time at all we were cruising to our second pickup point to take on the second contingent of NASkiers and our Suburban club colleagues. It seemed but a wee bit of time had elapsed and no sooner had the snacks been passed out and we had become oh too comfortable in our seats and the call to dismount the bus could be heard and the awesome snow covered slopes could be seen. The FunBus had arrived and 7Springs was already alive with skiers and snowboarders zipping here and carving there. All through the day the snow continued to fall and the NASkiers continued lapping it up by showing their prowess both on the slopes and in the cantina. The conditions were ideal and the skiers were pleased that they were getting as much slope time as was possible. The resort was humming with activity especially since five separate CMSC ski clubs were present. As the day wore on it was soon time to catch a bite to eat and migrate back to the buses to reload and return to Cleveland. All were accounted for, no one seemed to be hurt and everyone had a very enjoyable time. The return trip was quick and uneventful. The temperature at the dropoff locations was as cold as it had been earlier that morning but the skiers albeit tired smiled knowing that today had been a good day and good days should be savored and remembered. The 7Springs trip had been a success not only because of the tremendously superb skiing conditions but also because club members did what needed to be done in order for the trip to be a success. To all those that assisted even in the simplest way thank you. – Frank DiMarco

Trip Report: Steamboat Feb 2/1-8,2009

This has to go right to the top of the "Best" ski trips yet. Jim Slifka and I escorted a total group of 31 to Steamboat, Colorado. Flights out were perfect, The Ranch condos were wonderfully comfy, weather was mostly sunny--20 to 30 degrees all week, snow was fantastic, and for entertainment it was Steamboat Winter Carnival the whole week. One evening we were treated to the "Lighted Man"--for the last 30 years this guy skis down the darkened slope covered with little lights and a backpack filled with FIREWORKS! (his brother follows 50 ft behind with a fire extinguisher--just in case he's needed). 200 or so little kids (6 and up) either snake down the same darkened slope with flares in both hands--(who puts fire in the hands of a 6 year old)-- or do trick jumps in the dark with flares! Then a ski patrol guy skis down one of the long jumps hauling a flaming sled and jumps through a flaming hoop to boot! This town takes extreme way out there! Saturday and Sunday snow was spread down main street and galloping horses, hauling 6 to 14 yr old slalom skiers, boarders or cross country kids, race to the finish line for prizes. Where but out west would Moms and Dads let their kids get so close to horse's hooves! Then there was a dogsled race for the wee ones---on sled or inner tubes, kiddies were pulled by the likes of Great Danes to Heinz dogs---one funny race!...Then Dads were put in the harnesses and had to pull the same wee ones on all fours to the same finish line. Sunday morning they had what I called a Fat Friday Steamboat Parade--the school band on cross country skis, huge sleds with bearskin rugs hauling kids in inner tubes tossing candy to the crowds, the Burmese mountain dog club with at least a dz. of those beautiful dogs, a crazy bunch of older ladies, decked out in moth eaten furs and leopard skin leotards, wild feather and tinsel hats, all being hauled around by a snow groomer as they all sang "Baby light my fire"! and lots more! We all agreed, in our next lives we want to experience a childhood in Steamboat!



Billie MacIntyre, Jack Fiening, and Theresa Monaco had breakfast with the Grand Marshall of the Carnival, Leif Howelsen (85 yrs young). His Dad was responsible for the building of all the long jumps where Steamboat has contributed to the training of 90 Olympians. Theresa had a skiing first--Jim Slifka took her from the Bunny Hill to the top of the mountain---she skied greens the whole way down and lived to tell about it--Way to go Theresa!

Therese Telzrow and I, under the tutelage of Doug Grossman and Kathleen Moran must have covered at least 500 moguls during the week-- it was a great accomplishment for us both. Pole (turn), Pole (turn), Pole (turn), again and again. Toni Horn and Billie MacIntyre found their own moguls but joined up with us to race down the favorite run "Tomahawk"-- this great big blue was the favorite of most--not a lot of vertical but wide and rolling--just perfect for great big carving turns. I even heard of some wild races that went down on that run between the girls of #112. Friends Doc Sveda and Bob Kwiatkowski were often see there or at Slopeside Grill, where we would all have a drink and tell tales of the mountain. Therese Telzrow also



managed to ski with Billy Kidd and got a few pointers from him on technique. Bonding brothers Jerry and Gary Hill joined us too. Steve Smalley can only be called "The Phenomenal Man" --he was skiing blacks with fantastic control and this was only his twelfth day on skis-- how does he do it? His wife Deb, having been an instructor, gets some of the credit but she claims he is a "natural". Good buddies, Dave Evans and Jim Zinser were both caught by the professional photographers on the mountain---their pictures are great--as was the one of Paul Burik. And speaking of pictures, Victoria Wise, ever ready with

the camera, caught some great shots of Mary Ellen Davis, Bob Dennington, and Ron Howard "catching some Steamboat rays" at the deck at Rendevous Lodge on one of our "to die for" days. Chris Anderson and Lori Haller spent many hours cruising the mountain, honing their technique on some of the best groomed runs in Colorado. Mary Donovan kept us all chuckling with her witty quips all week long--she is too fun to travel with--and a special thanks to Gary Donovan who shared the monster hot fudge sundae at the Steamboat Smokehouse--a fantastic meal was had by all who attended this restaurant. Cheryl and Randy Bowman managed to get in lessons --it showed by the end of the week. I stopped by their condo one evening and Cheryl was making yeast bread for the next mornings sweet rolls--what a woman--and what lucky condo mates! Stacey Bagg was found most mornings on the other side of the mountain, boarding her way through the trees--we need more boarders on our trips! Jim, Diane, and Robert Slifka were the only ones who found time to hit the Old Town Hot Springs, newly renovated with tubes and waterfalls. They had a blast! Robert is not only sprouting in height, but his skiing ability has improved tremendously with the new equipment-- he is awesome in the trees!

We had the Lewis Ski Club Pizza/Wings Party at a local restaurant that features gourmet pizza's and specialty beers--what a spread they provided and ended it with the chef's specialties--key lime tarts and gourmet brownies! What more could you ask for--Great food, good beer, and wonderful friends!

None of us managed to get to Strawberry Park Hot Springs (the clothing optional)Hot Springs--We will have to save that for the next time we visit this marvelous resort and the "true to it's western roots" town of Steamboat. Co-leaders: Jim Slifka & Judy Traxler

Want more Steamboat pictures? Check out Jim Slifka photo album at <http://www.iry2.com/photopost/showgallery.php?cat=937>

A Day and Night at Snow Trails

Nearby Alpine Ski Area, Lodging, and Restaurant are worth the trip...

We've all heard the disparaging remarks about the poor skiing in Ohio. The truth is, though, if you really enjoy skiing or snowboarding and you don't want to travel too far, at least one Ohio ski area can be a great escape.

For many years, I have thought about driving south to Snow Trails near Mansfield, but simply hadn't taken the time to do so. On a recent weekend, my wife and I decided to explore the area. We made the roughly 90 minute drive from Cleveland Heights in the morning, skied all afternoon, stayed overnight, and drove back the next day.

Snow Trails is a nice ski area. It has thirteen trails, the longest being about 2000 feet in length with about 300 feet of vertical. The beginner area has gentle, even slopes that were not crowded. The intermediate runs are long enough to get in more than a few turns and there are a couple more challenging runs and terrain parks. The snow coverage and conditions were quite good, even though they had had a lot of rain and warm temperatures the previous week. The snow making and grooming were above average. The lifts were adequate and there was no waiting in lift lines, even though it was a holiday weekend. For more information, go to: www.snowtrails.com.

We stayed the night at Spruce Hill Inn and Cottages, located on the slopes adjacent to Snow Trails. We were very much impressed by these new cottages. Our unit was part of a quaint, double cottage. It had a large bedroom-living room area with a nook near the entrance that included a sink, small refrigerator, and microwave oven. There was also a large, full bathroom that included a jacuzzi. The unit was cozy, clean, and very well kept. We found the hostess, Elizabeth, to be very accommodating, with a ready, pleasant smile. A nice touch was a large selection of DVD movies that could be borrowed from the main lodge free of charge. For \$85 per night, it is hard to beat. I haven't stayed in anything nicer in my trips to Colorado or Utah! More information can be found at: www.sprucehillinn.com.

For dinner that evening, we drove a short distance to Malabar Farm Restaurant, about eight miles from Snow Trails. This French restaurant, located in a restored stagecoach inn, has some of the best French cooking around. I had roast duck with a large helping of french fries. Both were excellent. My wife had some of the best veggie lasagna she'd (or I'd) ever tasted. For dessert, my cherry crème brulee was as good as any I've had in France! My wife's "small" order of ice cream (Ben and Jerry's) was four scoops. www.malabarfarmrestaurant.com

To heck with the all the snooty skiers who have nothing good to say about skiing in Ohio, this is a terrific place to get away for a weekend! Gene Addy

NASA Lewis Ski Club Activities

Looking for co- trip leader for the Halloween weekend trip to Laurel Hills Lodge in PA. The lodge is already booked and paid for so some of the work is already done. This eventful trip is being held on Friday, Saturday and Sunday Oct 30, 31 and Nov 1st.

Summer Activities Brainstorming Session Fri April 3rd 6:45 at PJ Macintyre's, 17119 Lorain Ave Cleveland OH 44111 tel 216.941.9311. Come with your ideas or just to have some fun. Contact Therese Telzrow, VP Activities, at 216.226.6013

To all NASA Lewis Ski Club members,
The club needs nominees for the following offices:

PRESIDENT
ALPINE VICE PRESIDENT
NORDIC VICE PRESIDENT
ACTIVITY VICE PRESIDENT
RECORDER
PUBLICITY DIRECTOR
TREASURER
TRUSTEE

The club relies on volunteers like you to continue to operate. Please consider nominating fellow club members for the offices or, better yet, nominate yourself! Summaries of officer's duties are listed below. Our annual election will be held at the April meeting.

PRESIDENT: The President presides at all Club meetings, appoints chairpersons for all committees, and is a standing member of all committees except for the Nominating Committee. He/She shall promote publication and review of the Activity Coordinator's Guide on an annual basis. He/She shall perform all duties incident to the office. He/She must be an on-site employee at the NASA Glenn Research Center.

ALPINE VICE-PRESIDENT: The Alpine V.P. is responsible for overseeing the Club's downhill ski and snowboard programs, issues the Activity Guide, in conjunction with the Nordic V.P. and Activities V.P., to each Activity Coordinator, and performs the duties of the President in the absence of the President or as delegated by the President.

NORDIC VICE-PRESIDENT: The Nordic V.P. is responsible for overseeing the Club's cross country ski program, issues the Activity Guide, in conjunction with the Alpine V.P. and Activities V.P., to each Activity Coordinator, and assists the Alpine V.P. in performing the duties of the president.

ACTIVITIES VICE-PRESIDENT: The Activities V.P. is responsible for overseeing all the activities other than those associated with the club's on-snow program including, but not limited to, biking, inline skating, canoeing, white water rafting, parties, and other such recreational activities, issues the Activity Guide, in conjunction with the Alpine V.P. and Nordic V.P., to each Activity Coordinator, and assists the Alpine V.P. and Nordic V.P. in performing the duties of the president.

RECORDER: The Recorder shall keep accurate and complete minutes of all meetings and report them to the Club members. He/she shall notify the members of the Board of all Board meetings.

PUBLICITY DIRECTOR: The Publicity Director shall have charge of all club publicity, oversee distribution of the club newsletter, notify all members of all club meetings and perform all other duties incident to the office.

TREASURER: The Treasurer shall handle the general funds of the Club, keep an up-to-date record of all Club finances, and report receipts, disbursements, and account balances at the monthly membership meeting.

TRUSTEES: The Board of Trustees will provide guidance and oversight of the activities of the Lewis Ski Club, Inc. The Trustees shall be guardians of this Constitution, and shall be responsible to the members to ensure that all articles and sections of this governing document are followed. The Board of Trustees, along with club Treasurer, will perform the annual audit of the club treasury. The Board of Trustees, along with the President and Vice Presidents, will perform an annual review of the Activity Guide. The Board of Trustees will provide the members with an annually written report of their activities. Verbal reports will be given at club meetings. The Trustees will not be voting members of the Executive Board.

Please send your nominations to: _____ and/or attend the March club meeting with your nomination!

The Nominating Committee:

Linda Elonen-Wright 216-433-9370 Linda.C.Elonen-Wright@nasa.gov)

Victoria Wise 440-846-1171 (wise11@juno.com)

Don Kirkwood 440-331-5368)



Holiday Valley Ski Trip II

Friday, March 6, 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. <http://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 \$** _____

Rental skis& lessons are to be handles by the individual, not the trip coordinator. See <http://www.holidayvalley.com> group rates or call 716-699-2345

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 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:

Paul Antczak
NASA MS 21-2
21000 Brookpark Road
Cleveland, Ohio 44135
216-433-3113 w
Paul.M.Antczak@nasa.gov

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