

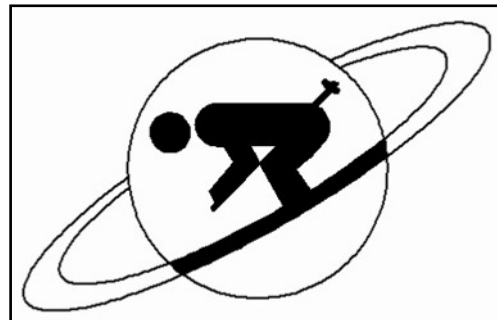
NASA Lewis Ski Club

Ski Mt. Bachelor!



There are still seats available for the club's trip to Mt. Bachelor, Oregon leaving in late February. See page 10 for more information about the resort and how to sign up.

October 2016



Next meeting

This month's meeting will be held Tuesday, Oct. 4. This month, members will share some information about getting in shape for ski season. There will also be demonstrations. Next month's meeting Tuesday, Nov. 1 will be a costume contest.

We meet downstairs at 6 p.m. at Donauschwaben Club, 7370 Columbia Road, Olmsted Twp. Come early starting at 5 p.m. for a drink at the bar or some conversation upstairs if you like.

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President's message

Are you ready?

I heard someone say this week that "summer lasted right up to fall this year." Isn't that the truth! It's not long now until winter begins on Dec. 21 and snow season begins. It's time to start preparing in earnest for ski season. If you want to have a great ski season you need to have a plan. Step one is to decide when and where to ski.

Your club leaders have planned some great trips this season with weeklong trips to Mt. Bachelor in Oregon and Keystone in Colorado, a 4-day adventure to Mt. Snow in Vermont, and day trips to Holiday Valley, Holimont, Kissing Bridge and Seven Springs in western New York. Mt. Bachelor is a new destination for our club and trip leaders Kim and Karen have put together a great trip plan. So step out for a new adventure and sign up before you miss out! Our trips to Keystone and Mt. Snow are already sold out! If you are inclined to ski closer to home, check your schedule now and block out the time for our day trips. Make an appointment for yourself to go skiing! Sign-ups for those trips open 30 days prior to the trip.

Step two is check out your gear. Get those boots out of the closet and check them out. Do they still fit? Are they still in good condition? Drag out the skis too. Check the edges for rust or nicks. Did the wax dry out over the summer? When was the last time you checked the bindings? Now is a good time to take the skis to the ski shop for tuning or waxing. Many shops offer discounted rates early in the season. If you need to check your binding release take your boots in too! If you are a do-it-yourself person, you might want to wax and tune your skis now before leaf raking season starts. If you've looked at your equipment and need different gear, considered going to a swap meet. There will be one at the Boston Mills Open House October 14-16. See their website and this newsletter for more details. If you want new gear, many ski shops have deep discounts early in the season ... like now ... and offer deals for trading in your old equipment. Speaking of the Boston Mills Open House - Lewis Ski Club will be there sharing information about our club. Sign up on our club website to help out for a couple hours!

Now for step three and the subject of our Oct. 4 club meeting: physical conditioning. Most skiers are active people, but physical conditioning is important to getting the most out of your days skiing and to preventing injuries. Do exercises to strengthen your legs, core, and upper body. Be sure to stretch to maintain flexibility and to do aerobic training to build stamina. It will help deal with skiing at higher elevations and cross-country skiing. Also, doing exercises that will improve your balance should help you avoid those personal blizzards! With that as an introduction, come to the meeting to find out more about physical conditioning. Yours truly will share some information and conditioning suggestions obtained from the NASA GRC Fitness Center. We'll even have a few demonstrations by other club members and try some simple moves together.

Message continued on page 4

NASA Lewis Ski Club

Club officers

Position	Name	Email @lewisclub.org
President	Margaret Proctor	president
Alpine V.P.	Kim Hulick	alpinevp
Nordic V.P.	Valerie Lyons	nordicvp
Activity V.P.	Jan Neumann	activity
Recorder	Cindy Busch	recorder
Publicity Director	Allison Wood	publicity
Treasurer	Janet Dubas	treasurer
Refreshments	Cindy D. & Mary D. & John B.	goodeats

Committee Chairs & Trustees

CMSC Representative	Jan Jurgensen	cmssc
Racing	Lisa Lambert	race
Membership	Vacant	membership
Web curator	Aaron J. Swank	webcurator
Alternate web curator	Vacant	webcurator
Trip	Vacant	tripchair
Trustee	Therese Telzrow	trustees
Trustee	Victoria Wise	trustees
Trustee	Cheryl Bowman	trustees

President's message continued

Opportunities to serve:

We are still looking for a trip leader for Seven Springs, Pa. Talk to Kim H, AlpineVP if you can help in this way.

Jan J. is stepping down from being our club's CMSC representative. If you are interested in representing the Lewis Ski Club at the Cleveland Metro Ski Council, please let me know as soon as possible. The next CMSC meeting is Oct. 6.

Lead a cross-country ski outing or trip. Contact Valerie, NordicVP.

Plan a program for a club meeting. Contact Margaret, President.

****We will have a Halloween costume party at our Nov. 1 club meeting, so start planning your costume. More details to come!****

Margaret

President, Lewis Ski Club Inc.

Trip Committee Recap

We met after the General Membership Meeting on Sept. 6 to discuss possible extended trips for 2018. There was discussion about what things are important when choosing a location for the club. One of the most important, and most challenging items is the infamous "Trip Leader." Who will volunteer to lead friends and strangers on an epic winter vacation? Without a trip leader, there is no trip. Without new trip leaders, we will stay home. Another important item is ease of getting from the lodging location to the slopes. Price, the overall value of the trip, is it worth the cost. Interest, everyone has a bucket list and we would like to not repeat a trip that we have done in the last five years. And last on our list of considerations is condos vs. hotels.

A few destinations were reviewed, Telluride, CO. Park City Mountain Resort, UT, Sun Valley, ID, Red Mountain Resort, BC, Whitewater Ski Resort, BC and Chile, South America in July. We currently only have volunteers to run the Chile and British Columbia trips. We need your help. We need your time. We need your commitment. We need you.

There is still a need for a day trip leader for Seven Springs, Pa. for Feb. 17. If anyone is interested in leading a trip on this date but would like a different destination, please email the alpine VP to suggest an alternative.

The Lewis Ski Club membership fee is still the best in town and one of our strongest selling points, not to mention the online sign up process. The dues have never been increased since the club was founded more than 30 years ago. Keep our club strong, volunteer today. Trip leaders will be invited to attend an annual ski show in May 2017. This is a great event, meet and greet sales representatives from resorts all over the country, travel consultants, trip leaders and officers from other ski clubs as well as chances to win some great prizes.

If not you, who?

September Activities

On Saturday, Sept, 10, 11 members met at Fisher's Café in Peninsula for a delicious clambake. The weather was unseasonably warm, so everyone except Ray and I decided to skip the hike before dinner. The weather looked threatening but we stuck it out on the patio until just before the cloud burst. We all made it inside with our dinners just in time. Then it poured and we finished up our bakes staying dry. Mike K. made a short appearance on his way home from working at Buckeye. What a pleasant surprise to end the evening.

The following Friday, Sept. 16, we gathered at Donauschwaben for the last Beer and Brats of the season. It also happened to be John B.'s birthday so there was more reason to celebrate. John's former dance mentor from high school came all the way from Phoenix to join us. We enjoyed great food, beer and dancing to the live band.



Above: Happy Birthday John!
First left: Enjoying a moment of rest during Beer and Brats
Left: It wouldn't be a proper evening without a shotski or two.

Upcoming Activities

Friday, Oct. 7 - 5:30 p.m.-Wine tasting at The Olde Wine Cellar in Olmsted Falls. Come out and join us at the newly reopened wine center to taste a selection of German wines. Cost is \$15 for optional tasting. Wines may also be purchased by the glass or bottle. It's now located at 7932 Main Street across from Olmsted Community Church. There is plenty of parking out front and also roomy inside. After we can eat at one of several nearby restaurants.

Saturday, Oct. 8 - Towpath bike and train ride - (Rescheduled from Oct. 1) Take a bike ride on the Cuyahoga Valley National Park Towpath and then ride back on the Cuyahoga Valley Scenic Railroad. We'll meet at the trailhead by Canal and Rockside roads at 9:30 a.m. We'll ride down to Peninsula and stop for lunch and then go on until we have to catch the train northbound. Tickets are \$3 each. The train will come back to the Rockside stop around 4:15 p.m. Contact publicity for more information. The train schedule can be found at <http://www.cvsr.com/bike-aboard/>



Upcoming activities continued

Thursday, Oct. 13 - Welcome Winter Party hosted by The Village Ski and Board Shop of North Olmsted. See their website for more information.

http://www.villagesnow.com/North_Olmsted/News/News.html

Friday, Oct. 14 - Sunday, Oct. 16 - 2016 Boston Mills Open House - Ski swap, pre-season gear sales, discounts on season passes, fun activities, etc. If you're already going to come, please volunteer to stand by our booth for a couple hours and represent the club.

[Please sign up for a time by clicking here.](#) See flyer on page 7 for other information.

Friday, Oct. 28 - Annual CMSC Appreciation Party hosted by KB from 6-10 p.m. at Reinecker's Bakery and Party Center, 8575 S. Freeway Drive in Macedonia 44056. Phone: 330-467-2221. Halloween theme. See CMSC website for updates at

www.skicleveland/events.html

Saturday, Nov. 19 - Warren Miller's Annual Ski Movie, "Here, There and Everywhere" at Akron Civic Theatre, 182 South Main Street in Akron. Skifest starts at 6:30 p.m. and the movie begins at 8 p.m., cost is \$15. See flyer on page for more information.

-Jan N.

Membership renewal time!

It is time for another great snow season, so don't forget to renew your Lewis Ski Club membership.

Renew your membership online: <https://lewisskiclub.org/join>

Can't remember if you already renewed?: See the FAQ's Page
<https://lewisskiclub.org/faq>

Tip: To renew your membership, we suggest you first login to the website. Logging in will save you time, as your membership form will be automatically populated using information on file.

Boston Mills/Brandywine/Alpine Valley Ski Patrol

2016 SKI SWAP

Friday, October 14 - Sunday, October 16
at Boston Mills Ski Resort



Used skis, snowboards, boots, clothing and accessories will be available.

For more information about the Ski Patrol Ski Swap's terms and conditions, go to the BM/BW/AV Ski Patrol website: www.bmbwavsp.org or send an email to skiswap@bmbwavsp.org

Swap Item Drop-off Hours

Monday, October 10: 12 p.m. - 9 p.m.
Tuesday, October 11: 10 a.m. - 9 p.m.
Wednesday, October 12: 10 a.m. - 9 p.m.
Thursday, October 13: 10 a.m. - 5 p.m.
Friday, October 14: 10 a.m. - 8 p.m.
Saturday, October 15: 10 a.m. - 6 p.m.

All unsold swap items must be picked up by 6 p.m. Sunday October 16.



Open House Hours

Friday, October 14: 10 a.m. - 8 p.m.
Saturday, October 15: 10 a.m. - 6 p.m.
Sunday, October 16: 10 a.m. - 6 p.m.

Open House Location

Boston Mills Ski Resort
7100 Riverview Road
Peninsula, OH 44264

Don't forget to sign up for the club's booth! Go [here](#) to sign up for a time.

WARREN  MILLER'S

HERE THERE & EVERY WHERE



Photo: Greenland, Seth Wescott
Photographer: Mike Arzt

This showing of Warren Miller's
HERE, THERE & EVERYWHERE

Locally Sponsored By:
Fairlawn Family Practice
Cleveland Metro Ski Council

It's been 67 years since ski-film pioneer Warren Miller picked up a camera to capture the wonder, the adventure, the humor and the beauty that is skiing. Since that time, Warren Miller film crews have traveled the globe from storied slopes to hidden, snow-covered corners to celebrate all things snow sports. Their quest has taken powder-hungry filmgoers, well, *Here, There & Everywhere* and this year, **The Civic Theatre's 20th year of hosting this event**, continues that legacy.

Get your tickets at akroncivic.com.

The National Tour of *Here, There & Everywhere* is presented and co-sponsored by:
Ski Magazine; Glacier Country Montana;
Goslings; Helly Hanson; My Switzerland; LL Bean;
Korbel; and Moosehead Lager

**For tickets or further information contact
The Akron Civic Theatre at (330) 253-2488**



182 S. Main Street
Akron, Ohio 44308

Saturday, November 19, 2016
SkiFest: in the Lobby at 6:30 p.m.
Showtime: 8:00 p.m.
All Tickets: \$15.00

Keystone 2017 is now available for sign up
<https://lewisclub.org/keystone2017>

Where: Ski Keystone, Vail, Breckenridge, A-Basin in CO

Date: Keystone, Colorado on 1/28 to 2/4/2017

Cost: \$1260

- Lodging – Lakeside Condominium 7 nights (Sat. to Sat.), dbl occ. per room.
- Lift tickets – 5 days (4 days interchangeable at Keystone, Breckenridge, A-basin, 1 day Vail)
- Option for 1 more additional day of skiing at KS is available. (additional charge applies)
- RT Airfare from Cleveland.
- RT Ground transportation from Denver to KS (1 hour grocery stop at King Sooper/ Applejacks)
- Complimentary welcome party upon arrival and midweek party.
- Complimentary \$100 Helly Hansen gift card
- Complimentary 1-day transportation to Vail and (1) (\$15 lunch voucher to use at Vail resort)
- Complimentary shuttle stop nearby. (Goes to River Run gondola and to many nearby restaurants) (Also goes to Breckenridge/A-basin, Silverthorn etc.)
- HEATED pool, LARGE hot tub.

Trip leader: Tom Vannuyen

For more information, keystone2017@lewisclub.org

Phone: (440) 879-8088

Please join us as we explore skiing a stratovolcano! This is the Lewis Ski Club's first trip to Oregon and we want you to join us. It's also a great opportunity for our nordic skiers to join the alpine group, Mount Bachelor boasts 56 kilometers of cross country trails. Sign up today!

Kim and Karen-trip leaders extraordinaire, are running this adventure!

Mount Bachelor 2017
Sunday, Feb. 26-Sunday, Mar 5, 2017
TOTAL TRIP PRICE: \$1550
Ski Trip Package Includes:

Seven nights accommodation at DoubleTree Hotel, Bend, Oregon
Hot buffet breakfast daily
Airfare from Cleveland, OH to Redmond Airport, Oregon
Return flight from Portland, Oregon to Cleveland, OH. Includes ground transportation.
Welcome party, includes one hour open bar with beer and wine
Mid-mountain apres party, includes, pizza, drink tickets and souvenir Silpint
Group photo
Mid-mountain midweek lunch buffet
Round-trip ground transportation from Redmond Airport to Doubletree Hotel
Five day lift tickets (skiing/boarding)
6th day lift ticket available for \$35 (payable with last installment)
First day mountain tour
First Friday party and concert in Bend
Private shuttle to ski resort
\$20 Spa Voucher
Discount coupon book for Bend restaurants and shops
Souvenir Mt. Bachelor bandana

To sign up for Mount Bachelor 2017:

1. Update your club membership via our online membership form.
Please use the online form to join the club (new members) or to renew your membership (existing members). If renewing your membership, please log in to the club's web page first. Refer to our FAQ page for help.
2. Login to the club's webpage, and "Add to Cart" the Mount Bachelor 2017 Trip Item
Please continue through the online checkout process, and complete the online trip application and agreement form.

Mount Bachelor 2017 Payment Schedule:

Due Now: \$450 Non-Refundable Deposit
Before August 30, 2016: \$600
(Add to cart "2017 Mount Bachelor Payment 2")
Before November 1, 2016: \$500
(Add to cart "2017 Mount Bachelor Payment 3")
Optional Trip Insurance Available
Must be paid within 21 days of sign up

For more information:

Contact the trip coordinators at mountbachelor2017@lewisskiclub.org

Ski Vermont's Mount Snow

While our Lewis Ski Club trip is sold out and has a waiting list, don't let that stop you from driving up on your own and participating in Mount Snow Ski Club Week! Their ski club week runs from Feb. 13-16 and includes a welcome reception, pizza/dance party, lift tickets and breakfasts all for \$389 based on double occupancy. Keep in mind that the price does not include transportation. Contact Mount Snow directly to make your reservation but don't wait too long as they have a limited amount of rooms left. Contact Kelly at kmurphy@mountsnow.com or 800-261-9442.

For those who were lucky enough to sign up for our trip, we are leaving Cleveland early Sunday morning Feb. 12 via Amtrak to Albany, New York and then taking a van to Mount Snow, Vermont. On our return trip, we leave Mt. Snow late Thursday afternoon after skiing in the morning and early afternoon and arrive in Cleveland in the early morning hours on Friday, Feb. 17. The \$750 price covers round trip transportation and:

- 4 nights lodging at the Grand Summit Resort Hotel

- 4 breakfasts

- 4 days skiing

- Welcome reception and a farewell pizza/ dance party

- Tubing hill ticket.

The Grand Summit amenities include:

- Slope side lodging (ski in/ ski out) and free ski check

- Outdoor heated pool and hot tub

- Harriman's, a farm to table world-class restaurant

- Deli

- Health club

- Nature Spa

- Full retail store (20% discount for club members)

- Free Shuttle service (nearby town offers all kinds of dining options)

For more information: Contact trip leaders Jan and Therese at mountsnow2017@lewisskiclub.org

