



# LEWIS SKI CLUB

# NEWSLETTER

DECEMBER 2018

## Prez Sez “Get Ready, Get Set, Snow!”

To help you get yourself ready for the ski season, I thought I would share an article I found on the Cleveland Clinic’s website. It is written just for us skiers, so I encourage you to read it. It’s a bit longer than your 165 cm skis, so for brevity’s sake, I am just including the hyperlink so you can read it at your leisure:

<https://health.clevelandclinic.org/how-to-get-yourself-in-shape-for-ski-and-snowboarding-season/>

See you on the slopes next month! - Tom Palisin

## NEXT MEETING: Dec 4<sup>th</sup>

The next Lewis Ski Club Meeting will be Tuesday, December 4<sup>th</sup> at the Donauschwaben Club (7370 Columbia Road) in Olmsted Township). A representative from Geiger’s sporting goods will be there. And bring your best recipe for a Christmas Cookies Contest!



## Sign Up For Ski Trips Now!

Congratulations to David King who was the first person to sign up for our earliest opening ever of our day trips. There are still openings for our Park City, Utah (alpine) and Wilderness Lodge, Pennsylvania (Nordic) trips! Recent changes with PayPal and previous restrictions have allowed us to open all of our day trips before the resorts have even officially opened! But don’t get complacent thinking you’ve got time. LSC organizes the best day trips. Check us out!

<https://lewisskiclub.org/trips>

## New West Side Pickup Location

If you go to the usual West Side pickup spot for our one-day ski trips, you’ll probably feel very lonely because it has changed for this season. The new location is the Home Depot parking lot on Brookpark Road, just west of Tiedeman – don’t forget!

## Openings Remain for Park City, Utah Feb 23-Mar 2, 2019 \$1810

Join the Lewis Ski Club as we explore all that PARK CITY, UTAH has to offer on our 2019 adventure leaving Cleveland, Ohio on Saturday, February 23<sup>rd</sup>. Park City is a historic mining town unlike any other ski town in the world. Trip includes roundtrip flight from Cleveland, OH to Salt Lake City, UT, roundtrip ground transportation to and from Park City, 7 night accommodations at The DoubleTree Yarrow, and includes porter fees, and 5/6 days skiing/riding at Park City/Canyons. Also receive a gift card as part of “Lunch On Us,” a \$15 food voucher for every day of skiing to use in any Vail-owned restaurant. A Welcome Reception and Mid-Week Group Dinner are planned as well. Space is limited, so sign up today.

<https://lewisskiclub.org/trips>

## Trip Leader Training Dec. 18<sup>th</sup>

For any new trip leaders, there will be a training session on the process, policies, finances, and forms on Tuesday, December 18<sup>th</sup> starting at 5:30 at the North Olmsted Library conference room. This training will precede the regularly-scheduled Ski Club Board meeting.

## Good At “Needling?”

The club is in need of a few people who have a sewing machine and can sew a straight line. We have red leg bands that are precut but need Velcro added and put together. Basically, I cut the strips, now they need sewn. This has been something that I’ve work on from time to

time for the last 4 years as our supply of red leg bands has dwindled and aged, imagine... I have repaired many of the older ones and made the newer ones smaller. If you happen to find one as you prepare for the season, please feel free to bring to a meeting. But if not, definitely bring it on a day trip! I'll have kits with directions if you are interested in helping out at future meetings.

## Changes to Activity Guide

Recently, the Executive Board approved changes to the Activity Guide allowing for TWO trip leaders on our day trips. There are stipulations to having both leaders covered by the club that are purely financial. Without 80% of the budgeted available seats filled, the expectation is that the second trip leader pay for their seat on the bus. The number needed for the 2019 season is 35. I am hopeful that we will easily exceed those numbers. We very often do, not to mention that Mother Nature is way overdue! If you are leading a trip this year, let your friends know, it is one of the responsibilities of the trip leader to promote the event. Here are the approved changes:

*"The Executive Board has established that two Activity Coordinators for a bus trip must be on the bus of that trip to act as chaperones. Since their attendance is mandatory, the Ski Club will allow for two seats per bus provided that the total number of PAID PARTICIPANTS is equal to or exceeds 80% of the budgeted available seats. If the total participants is below 80%, only one*

*seat will be permitted for the Activity Coordinator. Any trip with less than 70% of available seats sold will need Executive Board approval to continue. A decision to cancel should be made. The Activity Coordinator can designate an additional chaperone for each extra bus if no Activity Coordinators available. Activity Coordinators shall enter their information on the trip registration using the Trip Leader Portal access and mark it as complete to show their presence on the registration role without requiring a payment be made. In the event that the trip does not meet the 80% requirement, only one seat per bus shall be covered by the club. Alpine VP shall oversee and ensure that occupancy goals are met through coordination with Trip Leaders. In the event that the goal is not met, the Executive Board shall determine whether the trip should be cancelled, if below 70% occupied, it will be a loss to the club."*

## Roommate (for Nordic Trip) Wanted!

We have a female who is interested in the Wilderness Lodge trip, and would like to share the cost of a room with a roommate or roommates. Please contact Kathy McGinnis, Nordic VP if you would like to share a room or have questions. (See contact page:

<https://www.lewisskiclub.org/contact>)

See the 2019 Wilderness lodge trip page for updates on available rooms and further information.