



# LEWIS SKI CLUB

# NEWSLETTER

July 2020

Prez Sez:

Friends,

Reminder – There is **No club meeting in July!**

Summer is here! Our summer activities this year are slightly different from previous year. We will have some more biking events, zoom game night, camping, etc. See below for up-to-date event plans.

The pandemic is still out there. Please keep this in mind and follow the OHIO guidelines for COVID 19 on what you can do to limit its spread:

[Ohio COVID-19 Guidelines](#)

For example, if you plan to join the bike ride, check out the “Group Riding” section in this link for how to stay safe:

[Safe Group Riding](#)

The Executive Board has decided that we will do only one week-long trip western trip, and possibly a shorter eastern trip, this upcoming ski season. The locations and details are still being formulated. We will send out info as soon as we make the decision.

Lastly, the Lewis Ski Club virtual ZOOM picnic is Tues August 4, 2020. Enjoy your grilled food in the comfort of your home, or your own patio. This will serve as our regular August club meeting.

See you then...

- T. Vannuyen, President

## Update Needed for “Zoom” Meetings

There is an updated version of Zoom (version 5.0) that we will be using. Please update all devices that you use, since older versions may not work after May 30th. Zoom will be enabling GCM encryption across the entire Zoom platform, providing increased protection for meeting data. Log into Zoom sometime before our August meeting and update your app. Go to the <https://zoom.us> website and find the download page or log into our ski club meeting extra early to initiate the download.

## Social Event Reports

**Virtual Game Night** - The challenge was on! Team A crushed Team B in the first round of *Scavenger Hunt*. But then In Round two Team B came from behind to win.



It was tough beating Cindy D and her grandkids who were ready to spring into action to retrieve the requested items. The rest of us were amazed at what a good work out the game provided - after running up and downstairs multiple times it really got the blood flow running!

Next, the game, *Scattergories*, provided some great play on words. There were some really unique solutions which earned a few people quite a lot of points. If you’re not familiar with the game, it would go like this - solve for an animal that begins with the letter F and earn extra points when doubling. The insect “fire flies” won because too many others

came up with “flying fish” and cancelled each other out.

After *Scattergories* we played a round of *Code Name*. It was much harder than the first two games but, now that we understand the rules, it might be a very competitive game for next time!



To top off the night we played yet one more round of *Scavenger Hunt*. Valerie hit pay dirt with “something with wheels” winning it immediately as she indicated the wheelchair upon which she was sitting. Mary gained points as she raised her foot for multicolored socks. I won for flip-flops which I had just taken off my feet.

We are all looking forward to the next game night! Tom talked about *Whiplash*, which we hope to play the next time we organize a game night. While we haven't yet set a date please keep an eye out for our periodic emails reminders or check the website for updates.

**Bike-N-Brew** – Our fourteenth annual Bike-N-Brew Tour came off without a hitch. I had my doubts while watching the weather forecasts in the days preceding the ride. At one point it predicted 90% chance of thunderstorms. That along with the



COVID-19 issues made me wonder if we'd have more than a few turn out. To my surprise we ended

up with 18 bike riders and a member's friend that joined us at the last two stops. Another surprise was that the weather was perfect!

This was possibly our largest participation in the ride's history. Included were six members of the board, which I know was a record. Thanks for supporting our activities.

We rode the all-purpose trail in the Mill Stream North Reservation past Wallace and Baldwin Lakes. Then we turned off onto Big Creek Parkway which lead us to the Lake-to-Lake Trail starting at Lake Isaac. Our first stop was the Brew Garden on Bagley Rd. They were able to accommodate our group right



away with three side by side booths where we enjoyed good company, appetizers and beverages. Our final destination was to be dinner at Cornerstone Brewery, where we parked in Berea. With even more limited seating they were not ready for us when I called. With time to kill, we decided to try Fat Heads Brewing. Everyone else had the same idea and there was an hour wait. It was time for Plan B. After making some phone calls we found The Berea Depot could get us in and it was not too far out of our way. After a quick stop there, all nineteen of us made our way back to Cornerstone for dinner. My husband Ray said he thinks was the best Bike Brew Tour to date. Everyone seemed to enjoy themselves. Come back next year for number fifteen!

J. Neumann

## Upcoming Social Events

Next on the agenda will be a zoom social hour (or 2) on Friday July 10th. If we can get Tom to run some games, it might turn into a game night. Now is the time to see if you can access Zoom when you're

outside so you can enjoy the nice summer weather while socializing with the group.

**Lakewood Bike Ride** - We had a great turn out with our Bike-N-Brew and had requests to set up another bike ride, so we are going to ride again on **Saturday, July 25<sup>th</sup>**. I'll be hosting a ride starting from **Lakewood Park at 10am** and take the back streets exploring the scenic route around Lakewood shoreline all the way to Edgewater and the Lakefront Bikeway. We'll stop for lunch at one of the local eateries that offer outside dining and possibly entertainment. We'll decide at a later date exactly where we'll stop. Then we'll make our way back to Lakewood Park to end the ride.

**Camping & Paddle Sports Weekend** – We have made plans for another camping weekend at Findley Lake State Park. The dates this year are Friday August 7<sup>th</sup> through Sunday August 9<sup>th</sup>.



See the [website page and the flyer](#) on the club website for the key details and to sign up.

**Put-in-Bay Bike Ride** - We are making plans to do a Put-in-Bay bike trip on **Saturday, Sept 12<sup>th</sup>** so mark your calendars and watch your email for more information.

Future events - possibly a paddle sports along the Rocky River reservation off Detroit Road in Lakewood where there are rentals available from 40 Degrees North, but I haven't been able to set a date. If you are interested in attending or hosting the event, please contact me. Also, if anyone would like to run a bike trip through CVNP and the towpath trails, please feel free to volunteer.

That's it for now! Hope you are all enjoying the summer weather and staying active.

T. Telzrow

## Racing Update – 2021 Race Schedule Released.

*(Excerpted from CMSC Racing Commissioner's message)*

I was hoping to have an answer from Bristol by now, but I don't want to wait any longer to send out the 2021 Race Schedule. Please see below:

January 9-10:	Holiday Valley
January 16-17:	Swain 1
January 30-Feb 3:	Snow Trails
February 7:	Boston Mills
February 13-14:	Kissing Bridge
February 27-28:	Swain 2/Bristol
March 6-7:	Swain 2/Bristol

Like last year, we aren't 100% sure what our last two weekends are going to look like. It's either going to be Swain 2 and then Bristol, or Bristol and then Swain 2. As soon as I have confirmation from Bristol on our date, I'll be sure to let you know.

And if anything changes by next season due to Little Miss Rona, I'll let everyone know. But let's all hope and pray we can pile on a ski lift and not worry about social distancing.

The committee is also trying to figure out what we will do in place of the banquet that was cancelled. Stay tuned for more information.

See you all out and about this summer. Keep washing your hands and don't cough on anyone!

B. Bertuzzi

## Alpine VP Shares Experiences With COVID-19

This has been a year like no other and it's only July! As many of you know, I am a nurse with University Hospital Home Care. The pandemic, far from over, has increased our patient census in dramatic fashion. Patients not wanting to experience the isolation of a nursing or rehabilitation center, have chosen to go home with Home Care. I am not the front-line nurse, but the front-door nurse. I travel

from home to home, always wearing a mask to protect our patients and myself. We do see patients with COVID-19, even when home from the hospital, and they are far from being well. They still struggle with lingering fatigue, shortness of breath and intermittent fever. Encouraging them to eat better, stay hydrated and maintain their safety is an ongoing battle while the humidity increases, and we are fully decked out in Personal Protection Equipment (PPE). Now hospitals are opened for elective surgeries, so all the knee and hip replacements delayed by the virus are in full swing. Home Care patient's needs range from disease education to wound care to resetting their i-phones. How they manage to have their privacy settings to keep the phone from ringing is a mystery to me! My typical work week had been to see 30 patients per week. Since March, I have been seeing closer to 45 per week. It has been, and continues to be, a challenge.

As the debate continues on the best practices for slowing the spread of COVID-19, I think of the times that I have encouraged the use of a helmet in winter sports. Not because you are not a great skier or boarder, but because the person behind you or beside you may not be. This is the same



idea with wearing a mask whenever out in public - you may be fine, or you may be an unknowing carrier, and you still may get sick, but wearing the mask has been shown to decrease the spread and right now, it is the best tool we have. Please physical distance when socializing, don't touch your face and wash your hands often. And of course, wear a mask.

K. Hulick, Alpine VP