



LEWIS SKI CLUB

NEWSLETTER

July 2021

Prez Sez:

Summer is here! Our Activity VP has planned *many* summer activities this year for us, including cycling, hiking, a Goodtime III cruise, pickleball, camping, and river tubing. Check the website for up-to-date events.

LSC will do only 1 weeklong Western trip this year. We are going to Winter Park, Colorado. The sign-up page is live and available for sign up. Don't delay, the trip will fill up soon. Check the website for more details.

Most importantly, the Lewis Ski Club "Live" (face-to-face) picnic is Tuesday, August 3th at Albion Woods picnic area in Mill Stream Run Reservation (Cleveland Metroparks). Enjoy some grill food and cold beverages and see some of your friends again. This will serve as our regular August club meeting. Sign up on the webpage.

See you then...

T. Vannuyen

Club Picnic Resumes!

On Tuesday August 3rd at the Albion Woods Picnic Area, in the Metroparks in Strongsville, we are so excited that our first meeting will be our annual picnic on Tuesday August 3rd!

The board decided to increase its funding of this event, so the cost to you is only \$5. We are planning to grill steaks and chicken, with the usual sides. We've added some raffle prizes too! Please be sure to sign up soon on our website:

[2021 Club Picnic](#)

Registration will close approximately a week prior to ensure adequate time to prepare. If you'd like to volunteer to help out, please let us know! Thank you to everyone who has already signed up and volunteered to help.

Alpine Update

Winter Park 2022! - Come ski the Colorado Rockies at Winter Park Resort with the Lewis Ski Club! **Spots are filling up fast** for this February 12 - 19, 2022 trip to Winter Park, CO. The cost of \$1,550 includes 7 nights lodging (at the Beaver Village Condominiums based on four members to a two bedrooms/two bath unit) and five days of lift tickets.

To sign up, go to (a \$450 deposit will secure your spot on this trip):

[Winter Park 2022.](#)

Please e-mail trip co-leaders A. Wood or T. Telzrow at [Trip Leaders](#) with any questions or concerns. The flyer for the trip is included at the end of this newsletter.

Winter Park, Colorado (an IKON pass resort) is located less than two hours from Denver Airport. It has over 3,000 skiable acres and more than 3,000 feet of vertical from the resort base at 9,000 to the peak at over 12,000 feet.

A. Wood

Proposed Constitution Changes *(repeat)*

The Constitution Review Committee has proposed several changes to the Club's Constitution and By-Laws, which will be discussed and voted on at the August Club Picnic Meeting. The exact language changes were posted last month (in a separate document), but are summarized here:

1. Remove the requirement that the Club President be a current employee of the NASA Glenn Research Center
2. Concurrent with #1 above, add the position of "NASA Liaison" to the Chairs and Committees which are appointed by the President
3. Extend the term limits of the President and Treasurer from 3 to 5 years
4. Change the quorum (minimum required for voting) from 20 members to 10% of current members
5. Allow "remote" voting

Activity Reports

Hike in the CVNP Sunday June 13th 9:30 am. We squeezed this hike in, right on the edge of a storm that took its time moving through the area. Too late to cancel, I made my way to the park. On the way I hit a few pockets of rain drops but the sky started clearing the closer I got. As I drove down Wheatley Road, at the entrance to the CVNP the sky cleared sending shafts of sunlight through the mists that were rising from the green grass, and that, paired with the leftover rain droplets sparkling from the trees, made it absolutely beautiful! I would have loved to stop and take some photos, but the road was too dangerous with its twists and turns. I'm glad I didn't cancel the hike because it was worth it just to experience that beauty, not to mention the hike itself. Not surprisingly, we had a small turnout because of the weather and the earlier time slot. So, it was just the four of us - Bernadette, Matt, Janet, and myself...



...who made our way along the trail, with Bernadette providing all sorts of interesting bits of information. We even ran into a ranger at the "carvings" who weighed in with a few facts.



I felt like a kid scrambling through the caves/crevices to get a better view. I wish I was a bit



more flexible or I would have avoided hitting my head on overhanging rocks. I took a lot of photos because the Ledges are so unique. It seemed like



there was one view after another that warranted another photo stop. The rest of the hike was just right, with the perfect balance of exercise and exploring another trail in the CVNP (which fits my goal to hike them all). But I'm not planning any new hikes until the fall because it's too hot and crowded in mid-summer. Too bad y'all missed this one! Don't miss out on future hikes or for that matter, any of the events we have planned! See the list on our website and on our distribution emails.

P.S. Watch out for all that poison ivy if you're out on the trails - its deceiving with its pretty and bright



green leaves - I've included a picture so you can easily identify it. Yours truly,

T. Telzrow

15th Annual Bike & Brew Tour Saturday June 19th. All I've got to say is that we're so lucky. The forecast called for thunderstorms all day. This wasn't the first year that the weather was threatening but since in fifteen years we've never canceled the event, Ray and I decided to go for it. There was one year that four of us brave souls ventured out only to make it to the Eastland Tavern before the downpour. But that left us with great memories. This ride which began in Berea at Cornerstone Brewery went off without a hitch. Just a few sprinkles in the beginning, not even a groundhog on the path to run over. We all rode quickly through the Parkway and



Lake-to-Lake Trail over to the Brew Garden on Bagley Road for our first stop. There were some who because of a previous commitment arrived late to the starting point caught up with us before we were even seated.



There were 15 riders in all. There we enjoyed some beers and appetizers then off for a short ride to Fat Heads Brewery...



Put-in-Bay Bike Ride – It was Pirates Weekend on Saturday, June 26th, and another event that was almost cancelled due to weather. It wasn't just the threat of storms, but also the intense heat which played a factor. Six of us gambled that the weather would cooperate, and it did!



Unlike last year when COVID-19 restrictions were enforced, we were able to grab a beer and hang out. Some even found seats on the “closed” patio. After making our way back to Cornerstone...

Four of us explored the island by bicycle, with the other two making a smart choice to rent a cart (although I am glad that I got some exercise with the bike). We rode by the state park, the public beach and the side of the island before making our way to DeRivera park in the center of town which held various pirate exhibitions, blasting cannons, and some uniquely attired individuals - “Furries” dressed up as pirates. I don't know how they survived in that heat! We needed refreshments so we stopped at the bar and sat across from some authentically attired pirates. It wasn't long before meeting up with our “cart” friends for lunch at Goat, Soup and Whisky. We discovered the “Goat” last year and once again it was the perfect place. We sat on the shaded covered patio which allowed for a cool breeze and some rest from the heat and sun. Then back on our bikes once again. Did I say it was hot? We had to stop for a rest on the point which had a nice breeze to cool us down. Thank god it had a covered pavilion which we ducked into to wait out a quick rain shower. From there we cycled past the town and Perry's monument all the way to the edge of the island. We stopped at the Massie Cliffside Preserve



...most of us enjoyed dinner while discussing our adventure and plans for ski trips in '22.

J. Neumann



in search of shade which held beautiful views of the lake and the island. Our Deer Valley friend was determined to stop at the Margarita Tiki



bar, so we willingly complied (at that point a nice frosty beverage was certainly in order!). We took the shadiest route back to the ferry and enjoyed its views and breeze back to the mainland.

Upcoming Activities

Wendy Park/Whisky Island to Centennial Link Trail Bike Ride - Meet at the Edgewater Boat House by the parking lot on Saturday, July 10th at 10 am. We'll explore the new bridge from Wendy Park to the centennial link trail stopping for lunch along the way. Once we've finished the ride, we can continue the fun at any of the local establishments.

T. Telzrow

"Pickleball 101" and Ice Cream - Please join us for PickleBall, a combination of tennis, badminton and ping pong which is one of the fastest growing sports

in the country (see **"Pickleball 101"** later in this newsletter). We will play at Greenbrier Park in Parma Heights (behind the library and by Cassidy Theater, 6200 Pearl Road) on Wednesday, July 14 at 6:30. They have two courts to play on as well as tennis, bocce ball, shuffleboard and volleyball. This will be an introduction to the game for any newbies and for the more experienced, we'll play a few games. I will have several paddles for use and if you have one or can borrow one, please bring with you. Following play, we'll hit East Coast Custard just down the street.

C. Dreibelbis

Goodtime III Harbor Happy Hour Cruise – This Friday, July 16th (boarding starts at 5:45) cruise is from 6:30 to 8 pm from the East 9th Street Pier. Please join us as we once again enjoy the Goodtime with great views of the lake, happy-hour drink prices, prize giveaways, and great music from their DJ to get you in a party mood! Tickets can be bought online at...

goodtimeiii.com

...at 216-446-7795, or at the ticket office on the pier. Book your tickets early, as this cruise is always a hit! Adults only 21 and older.

Camping and Boating Weekend – On August 6-8 (Fri-Sun) at Findley State Park, come join us for a camping weekend. We hope to repeat the good weather, good food and great company from the last 3 years. We've reserved 5 side-by-side, non-electric campsites and plan to make use of Findley Lake and the hiking trails. We will bring 3 single kayaks, a tandem kayak, and a stand-up paddleboard, all to be shared. There are also kayaks and canoes available for rent from the concession stand at the swimming beach. Look for more details (and sign up and pay) on the website...

[2021 Camping Weekend](#)

...and the flyer later in this newsletter. The cost is \$32 per person.

Float the River Sunday August 29th. We had so much fun last year that we're doing this once again. Please join us for the 11 am trip. Sign up online at:

[Float the River](#)

A. Wood

Race Team News!

The 2022 race schedule has been set. Thank you all for your patience as we confirmed these dates for the 2022 schedule.

We're working on producing race schedule cards to share. Hope you all are doing well, enjoying your summers and not coughing on anyone. And still washing your hands.

2022 Race Schedule

January 8-9 Holiday Valley
January 15-16 Swain 1
January 29 - Kissing Bridge
January 30 - Holiday Valley
February 12 - Snow Trails
February 26 - 27 Swain 2 (SB Combined)
March 5 - 6 Bristol Combined

M. Hyatt



Bridget's Pickleball 101

914-388-4962



PICKLEBALL is a game usually played by four people, and is a combination of table tennis, badminton and tennis. It started in Seattle in 1965.

THE BASIC STROKES are the *serve*, *forehand* and *backhand ground strokes*. All played with a swing from the shoulder, finishing with a long arm in front to prevent injury at the elbow. The *half volley*, *swinging volley* and the *punch volley*. The *dink*, a soft silky shot reaching forward standing at the Non-Volley Line (NVL). Finally the *lob* and the *overhead*.

The non-dominant arm should always be used for balance and better rotation into hitting forward into the ball. The paddle should always be held out in front, to be ready promptly, never dropped down in front or at the side of the body. The tip of the paddle should be tracking the movement of the ball at all times. If the ball continually goes into the net, check that the follow-through is high enough. If the ball is always going too high, check the angle of the paddle-face in relation to the net.

RULES: The Serve has to be underarm, from low to high, the ball hit below the waist and the paddle has to be below the wrist. No side arm motion, starting with the paddle down low near the back leg. Announce the score before each serve. The serve has to land in the rectangle on the diagonally-opposite side. After the serve, the ball has to bounce on both sides of the net before it can be volleyed (hit in the air).

If the players on the same team disagree on the call, the ball is good. A ball touching any line is good, except on the serve the NVL is out.

The player must not step or fall into Non-Volley Zone (NVZ) after hitting a volley. If the ball bounces in the NVZ, a player may go in to hit it.

Keep communication with partner clear and simple. Always hit the return of serve high and deep to keep the receiver back.

SCORING: You can only win a point when you are serving. The first server starts from the right side and the score is: 0-0-~~1~~. The numbers are: *your score* —*their score*— and *1st or 2nd server*. The first team to serve only gets one serve, from then on each team has 2 chances to serve. After the 2nd server loses the point, it is side out and the other team serves and the score is 0-0-1. If both teams have won one point each and it is the 2nd server's turn, the score is 1-1-2. Play is to 11 points, win by 2 points. ▶

Camping and Boating Weekend—2021

Dates: Friday evening, Aug 6 thru Sunday August 8

(check-in at 3 pm Friday; check-out at 1 pm Sunday)

Come join us at Findley State Park for a camping weekend. We hope to repeat the good weather, good food and great company from the last 3 years. We've reserved 5 side-by-side non-electric campsites and plan to make use of Findley Lake and the hiking trails.

Location: Findley State Park is south of Wellington, on SR 58. It has 2 boat launch ramps, hiking, disk golf, and a mountain bike trail. One of the 2 boat launches is in the campground; the other launch ramp has a handicap accessible ramp for launching and retrieving kayaks.

Bring your own camping gear and cooking gear, beverages and food. The **\$32 fee per person** will pay for the campsites for the weekend, and Friday night sub sandwiches (easy on the cook), firewood, at minimum. If more than the break-even number of participants sign up, more food will be provided by the club as funds allow.

We will bring three single kayaks, a tandem kayak, and a stand-up paddleboard, to be shared. Also, there are kayaks and canoes available for rent from the concession stand at the swim beach.

Space is limited to 20 Participants with 2 tents and cars per site. For more information contact the Activity VP at activity@lewisskiclub.org. Reservations can be made at the lewisskiclub.org website. Reservations by July 8 are strongly suggested, as we will release unclaimed sites on that date.



Lewis Ski Club Membership is required. Please see the Membership Page for more information.

Winter Park

Sat, Feb. 12 - Sat, Feb. 19, 2022

Lewis Ski Club

Cost: \$1,550



Ski/Ride the Colorado Rockies with the Lewis Ski Club at Winter Park Resort!

The trip includes:

- Roundtrip flight from Cleveland to Denver
- Shuttle transportation from the airport to lodgings
- 5 days skiing/riding at Winter Park, an Ikon Resort
- 7 nights at Beaver Village, 4-per 2-bed, 2-bath condo
- Hot tubs, pool, and laundry located in clubhouse building
- Lodging near town of Winter Park 2 miles from resort (free shuttle available)
- Interested in an Ikon pass? Trip discount available at <https://www.sportsamerica.com/ikon-lewis>
- Lewis Ski Club Membership is required.

Pay online at: <https://lewisskiclub.org/trip/2022-02-12/winter-park-2022>

Payment schedule

- 1st payment **\$450** due now, **non-refundable**
- 2nd payment **\$280** due Sept. 15, 2021
- 3rd payment **\$435** due Oct. 29, 2021
- 4th payment **\$385** due Dec. 15, 2021 (Add cost for extra day lift tickets)
- IKON pass holders or non-skiers, omit 4th payment.

Questions? Contact trip leaders Allison Wood and Therese Telzrow at

Winterpark2022@lewisskiclub.org

