



LEWIS SKI CLUB

NEWSLETTER

September 2025

Next up...

The September meeting is one week later than usual!

Tuesday, September 9th

Happy hour at 5pm – meeting begins at 6pm

**Donauschwaben German-American Culture Center at Lenau Park
7370 Columbia Rd, Olmsted Township**

Join us for happy hour, hotdogs, sides, and a survey in the pavilion as we bid farewell to summer! Bring your own non-alcoholic beverage. Libations can be purchased from the bar inside. Remember to bring cash if you wish to participate in the 50/50 raffle + donations to our refreshment fund are appreciated!

2027 – Where to go?

Using your feedback from the survey conducted at the August picnic we'll conduct another survey at our September meeting to determine where we'll go in 2027. To have a say, be sure to join us!



Coming up...

October – Ski and board tuning demo + pizza

November – Club recruitment event + Dan from the Village with the latest technology

December – Potluck and gift exchange

Message from our President



As we see warm weather waning, we are reflecting on our days in the sun in Northeast Ohio with LSC. We enjoyed a fabulous bike ride on Presque Isle, our annual Bike-N-Brew, a social at Red Wagon Farm, Bier & Brats, Middle Bass Island Music Festival, our annual picnic, camping at West Branch, a pickleball social and the Guardian's Rock-N-Blast just to name a few of our great activities! We truly are a year-round ski and social club! Thank you to everyone who coordinated these events and YOU for your participation!

More thanks go out to everyone who volunteered to help with the picnic which was well attended. I am especially grateful to Shari Williams for her thoughtful remembrance of those who have gone too soon. Thank you to everyone who participated in our [Mentimeter](#) survey (find results on page 10-11). It was so fun that we are doing it again at the September meeting!

I'm looking for volunteers who are interested in promoting our club to be part of the recruitment committee to plan an Open House event for November. We also need a volunteer or two to assist the trustees with their annual constitution review as well as a work group to revise our Activity Guide, which was last updated in 2012. We all know it takes a village! Please reach out if you're interested in helping. Committee meetings can be attended via Zoom to allow for greater flexibility. The Executive Board needs your help to ensure our success.

Lastly, please renew your membership even if you don't plan on attending any trips. Dues help pay our expenses for room rentals, refreshments, and website fees just to name a few. Membership dues don't cover our entire overhead so every dollar counts. No matter where you live, the number of meetings you attend, or trips you plan to go on, adding your name to our 2026 membership roll helps ensure the success of the Lewis Ski Club. [Renew today!](#)
Ski ya later!

Kim

Alpine VP Message

We will be working with Suburban Ski Club again this season to fill our bus trips to Ellicottville, NY, which will include two one-day trips and a mid-week overnight trip. We are using the results of the survey conducted at our August picnic to guide our plans. That survey showed about half of respondents would pay the extra cost for Holimont, and there is strong support for the overnight trip. As a result, we will plan for one of the day trips to be to Holimont, while the other day trip and the two-day overnight trip will be to Holiday Valley. Tentative dates for Holiday Valley are January 16 and Feb 25-26, and Holimont on Thursday, Feb 19.



Our western trips to Purgatory and Big Sky both have strong enrollment, and with the Big Sky trip going in late March, we will have an extended club ski season in 2026. As we plan for 2027, we will try to satisfy the strong preference shown in the survey for condominium vs. hotel room accommodations for weeklong trips as we select destinations. While condominiums make for more complicated planning for trip leaders when matching singles with bedding configurations, if more of our club follows our Nordic VP's example it will make our trip leaders' jobs much easier. For those who missed the August picnic, he showed true leadership and selflessness by publicly declaring that he is willing to share a queen bed with ANYONE - he just wants to snowboard!

On a personal note, Lori and I want to express our sincere gratitude to our fellow club members who shared their concern and sadness with us over the loss of our beloved snowboarding son Kurt.

Mark

Close to Heaven, but fun as Hell!!

We have only **3 spots** remaining for our first ever trip to Purgatory! We are holding these spots for individuals that are willing to share a king or queen bed. [Use this link to preview or register.](#)

Big Sky Update

Trip is full. Contact Shari to be added to the waitlist: BigSky2026@LewisSkiClub.org.

Ikon & Epic Price Increase

Prices for both Ikon and Epic passes will increase on September 1st. Buy TODAY for the best price!

<https://www.sportsamerica.com/ikon-lewis>

www.sportsamerica.com/epic-lewis

Your purchase helps to support our club!

How many ski instructors does it take to screw in a light bulb?

Four. One to screw in the bulb and three to critique the turns.

Off-Piste Activities

Wild Ride at the Cleveland Zoo

Date: Sunday, September 14, from 6 to 9 p.m.
Guests can ride through the zoo on their bicycles at this one-night-only event. This family friendly ride offers guests one last chance to experience the illuminated lanterns from this year's Asian Lantern Festival. [Tickets](#) are limited so sign up soon!

\$17 for non-members
\$16 for zoo members



Slow Roll Cleveland

9/8
Sidaway Bridge
Otter Park

9/15
West Park
Jefferson Park

9/22
Downtown
Public Square

9/29
University Circle
Wade Oval

10/13
Tremont
Lincoln Park

10/20
Woodland Hills
Luke Easter Park

10/27
Ohio City / Market Sq.
Halloween Ride 2025

Discover Cleveland like never before with [Slow Roll Cleveland](#)—a fun, social, and inclusive bike ride that brings the community together to explore the city at a relaxed pace. Whether you're a seasoned cyclist or just dusting off your wheels, Slow Roll welcomes all ages and skill levels to join the ride, meet new people, and see hidden gems of the city. Each ride is a rolling celebration of Cleveland's neighborhoods, culture, and pride—complete with good vibes and a strong sense of unity. All rides begin at 7pm. **Become a part of something moving!**



Explore Rocky River Bike Ride

Date: Saturday, September 20th at 1 pm



Meet us at the park & ride at Reese Park, 545 Clague Rd (just north of I-90). We'll explore the Rocky River lakefront by bicycle and stop at several parks to enjoy the view. After the ride we'll stop for refreshments at Panini's just down the road from our starting point.



Middleburg Hts. Concert in the Park

Date: Friday, October 3rd, 6:30 – 8:30pm



Middleburg Hts. is sponsoring their last 2025 [Concert in the Park](#) featuring [52nd Street Stranger](#). This band of local artists will be performing the storytelling lyrics and genre-spanning sound of multi-platinum artist, Billy Joel. Concerts are at 15700 Bagley Road behind the recreation center and fire station.

Cleveland Metroparks West Creek Reservation hike

Date: Saturday, October 18th at 11 am

Bernadette will be our guide for another hike at [2277 West Ridgewood Drive](#) in Parma. We'll start from the West Creek Watershed Stewardship Center for this very nice hike. Keep reading or follow this [link](#) for more information about the area.



West Creek Reservation's wide-open spaces and forested ravines appeal to nature lovers...

While neighborhoods surrounding most of the nine-mile West Creek are densely developed, this nearly 600-acre reservation preserves a valley of rocky gorges, forest-draped hillsides, floodplains and babbling brooks.

The West Creek watershed has influenced settlement and development patterns for two centuries. Remnants of abandoned quarries and the comfortable homes of quarry owners can still be found in the watershed today.

West Creek Reservation invites the cyclist, hiker, picnicker, and birdwatcher to a varied upland and wetland landscape. Nesting birds include red-tailed hawks, wood ducks and screech owls, and migratory species such as American redstart, indigo bunting, Lincoln's sparrow and great crested flycatcher can be found there as well.

And here's what we've been up to...

Middle Bass Island Music Festival

We got lucky! The weather cooperated with temperatures in the low 80's and sunshine for most of the day. It started clouding over about 4 pm with the threat of rain coming in about 7 pm. We



opted to take the 5:15 ferry home not wanting to brave a storm on the 7 pm journey back to the mainland. Since we left early it allowed us more time to explore the Catawba area and a local brewery, Twin Oast Brewing, who also provided the beer at the festival. In chatting up the servers, one of them stated that their brewery was “paradise” so with a comment like that we had to check it out. And it was everything they said it was.

At the festival we had a nice shady spot between the trees just to the side of the stage where we relaxed, snacked and listened to live music. We enjoyed each other's company including our nearby neighbors who shared in sending out the bubbles that Lisa provided. We explored the former Lonz Winery, the refurbished Lonz Mansion (my dream home!) and the various vendors featured at the festival. The addition of the slight breeze, the island vibe, and the live music helped to make it a perfect summer day!



Thanks to Lisa who hosted this event. I may not have made it to the islands this summer without you!

Therese

Red Wagon Farm Social



I'd never been to this place before so driving out along Route 252 I felt like I was in the middle of the country - all that farmland and wide-open spaces. I thought I missed it but finally found the Red Wagon Farm. Whew! It looked hot if you had to walk out to the extensive fields but thankfully the buildings where the music was being held were close by the parking lot and among some trees. I'm so glad we were there to listen to music instead of picking fruit!

Even though it was in the 90's we remained relatively cool since we camped out in the largest of the

buildings with tall ceilings, cool concrete floors and fans rather than the outside bar area and the tents. It was great to speak with longtime members and reminisce about past ski trips and adventures with Warren and Barb, Jan and Ray, Eric M (our past newsletter publisher), Janet, Sandy and newer members Kathy and David.

Not a bad way to spend a nice Sunday afternoon with an added benefit of going home with all the fresh produce we bought on our way out ... good times and grocery shopping in one!

What does it really mean when someone says,

“It takes a village”

This phrase pops up in conversations, but do we grasp its full impact? It's more than just a string of words; it's a powerful expression that ties into deep values of community and support.

The idea behind this saying might seem

straightforward, yet it holds a layered significance that

resonates differently across various cultures

and contexts. How does this phrase play out in real

life, and why do people emphasize its

importance? Let's uncover the layers together.

The phrase “**It takes a village**” means that

many people's cooperative effort is necessary to

achieve a significant task or help someone

through a challenging period. This expression

emphasizes the importance of

community and collective action.

For example, raising a child often

requires support from extended family,

teachers, neighbors, and friends,

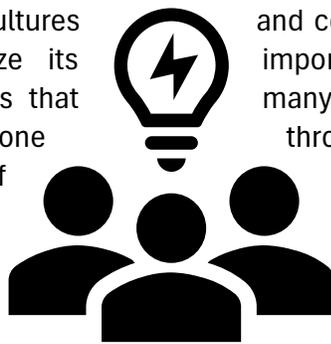
illustrating that **no single person** can provide

everything a child needs to grow and

succeed. This shows how crucial a

supportive community is in nurturing

development.



If you have a talent, newsletter article, idea or suggestions for the Lewis Ski Club, we want to hear from you! Contact Kim at President@LewisSkiClub.org.

Watersports and Camping Weekend Recap



This was the 8th annual Lewis camping weekend. The first four were at Findley, and four at West Branch. We had 15 campers for this trip, and some visitors. We packed a lot into the time there (and probably packed on a few pounds as well). It's impressive how everyone pitches in with camp and



cooking chores, an amazing variety of great foods, and good conversation around the campfire. Folks helped lug kayaks, coolers, the canopy tent, and more. Many of us used kayaks on Saturday afternoon. Valerie organized a pontoon boat ride on the lake for Sunday afternoon. That was a great chance for the



swimmers to cool off as it was a hot weekend!

This year's feature, unlike last year's monsoon, was "Itsy Bitsy", our new mascot. Thank

you, Lisa, for introducing us to the orb weaver, so that we didn't get caught in its web. Itsy built the same huge web each night, at the edge of the path we traveled to get to our lake front spot. And travel that path we



must. There's magic in staring at the lake, or a campfire. A good reason to start planning next year's weekend.

Cathe



Word Scramble

PHE\$CLKCEL

Survey Results

Do you sign up for our day trips to Holiday Valley?

YES (14) NO (4)

Would you pay \$20 more to go to Holimont?

YES (9) NO (10)

Would you go on a mid-week overnight trip to Holiday Valley?

YES (18) NO (1)

Do you go on our week-long trips often?

YES (14) NO (4)

What western destinations would you like to see for 2027?

Steamboat (7)	Utah (6)	Aspen Snowmass (2)
Crested Butte (2)	Sun Peaks (2)	Banff (2)
Europe (2)	Palisades Tahoe (1)	Telluride (1)
Good River (1)	Canada (1)	Montana (1)

Are you willing to contribute to a meeting refreshment fund?

YES (16) NO (3)

Would you go on a ski trip to a foreign destination?

YES (17) NO (1)

List your priorities in deciding about a destination.

- #1 Price
- #2 Ski out ski in
- #3 Ease of travel
- #4 Retail & restaurants close by

Do you prefer hotel vs. condo lodging?

Condos (19) Hotel (1)

fuel+

perks

Skiing requires significant energy, primarily fueled by carbohydrates, both before and during the activity. To maintain energy levels, skiers should focus on a diet rich in carbohydrates, both fast-burning and slow-burning, and consider incorporating snacks and hydration during the day.

Carbohydrates: The Primary Fuel Source

Importance: Skiing, especially alpine and backcountry skiing, relies heavily on carbohydrates for energy.

Fuel Sources: Carbohydrates are stored as [muscle glycogen](#) and also used as [blood glucose](#).

Depletion: Prolonged skiing can deplete these carbohydrate stores, leading to fatigue.

Types of Carbs

Fast-burning carbs: Provide quick energy boosts, like those found in energy gummies or sports drinks.

Slow-burning carbs: Offer sustained energy, such as those in whole-grain bread or energy bars.

Balancing Carbs: It's important to balance both types of carbohydrates to maintain energy levels throughout the ski day, [according to Clean Eating Magazine](#).

Nutritional Strategies for Skiers and Riders

Carb-rich breakfast: Ensure adequate glycogen stores for the day, such as Greek yogurt, cereals, and fruit.

Energy bars: A good option before hitting the slopes to top off glycogen stores.

Snacks: Carry energy bars, dried fruit, or small sandwiches for quick energy boosts.

Hydration: Replenish electrolytes with sports drinks or mixes to prevent dehydration and maintain performance.

Recovery: Consume a protein-rich meal or snack to help repair muscles and replenish glycogen stores.

Listen to your body: Pay attention to hunger cues and adjust your intake accordingly.

Word Scramble Answer

SPELLCHECK

Lewis Ski Club: Purgatory, Colorado

Sun, Feb 1 – Sat Feb 7, 2026, Cost \$1725



Package includes:

- Roundtrip flight from Cleveland, OH to Durango, CO
- Roundtrip ground transportation
- Welcome party/midweek party
- 6 nights' accommodation at the Purgatory Village Condo
- **Ski in/ Ski Out**
- 4 people per 2 bedroom / 2 bath condo
- Complimentary wi-fi with fully equipped kitchen, fireplace
- Hot tub, heated pools, fitness room
- 5 days riding/skiing at Purgatory.

Mountain Stats: <https://www.purgatory.ski/mountain/purgatory-mountain/trail-maps/>

- Skiable Area: 1,635 acres
- Vertical Drop: 2,072 feet
- Base Elevation: 8,793 feet
- Summit Elevation: 10,822 feet
- Annual Snowfall: 260 inches
- Lifts: 11 lifts (1 High Speed Six Person, 2 HS quad..)
- Trails: 107 trails
- Terrain: 20% Beginner, 45% Intermediate, 35% Advanced/Expert

Link to register online at SportsAmerica: <https://www.sportsamerica.com/online/lewis-purgatory>

Trip Leader: Tom Vannuyen 440-376-1503 Question? Purgatory2026@lewisskiclub.org

* Membership in the Lewis Ski Club is required and is available at: <https://lewisskiclub.org>

* Does not include baggage fees, any additional fuel surcharges, or airport fees, which may be imposed by the airline prior to departure. Lewis Ski Club reserves the option to change airlines, lodging and/or itineraries. Cancellation policy can be found on [trip page](#).

COME SKI WITH US UNDER THE BIG SKY IN MONTANA!

March 21 – 28, 2026

Your Package Includes



7-night stay at Huntley Lodge (2 Queen beds)

Slopeside access at the main base + complimentary ski valet.

Roundtrip flights from Cleveland, OH to Bozeman, MT.

Roundtrip transportation from BZN to Huntley Lodge + grocery stop and portage.

Welcome reception, daily breakfast and mid-week group dinner.



Located at 7,500' in the heart of Mountain Village! Every room features a wet bar, coffee maker, refrigerator, TV, seating area and daily house-keeping.

Questions? bigsky2026@lewisskiclub.org

To register:
sportsamerica.com/online/lewisbigsky

(Cancellation policy can be found on [trip page](#))

\$2,370 + lift ticket



Lift options

The lowest price for a traditional 5-day lift ticket is the **Freestyle pass**. Group lift tickets with tram access are also available.

Or **save big** with **wholesale** Ikon prices using our special password protected link: sportsamerica.com/ikon-lewis.

Send an email to bigsky2026@lewisskiclub.org to request the password.

Guests who purchase an Ikon pass through Sports America will have **6.5% of the cost of your pass deducted** from the final balance due for your trip! Ikon Base Pass includes 5 days at Big Sky.



Mountain Facts

Big Sky Resort is known for its expansive terrain, offering something for every level of skier and rider. With 40 lifts, 5,850 acres of skiable terrain and 4,350 vertical feet, this winter wonderland promises an adventure like no other.

50/50 beginner-advanced terrain split

400" of annual snowfall

58" average March snowfall

320 named trails

Payment Schedule

\$550 Deposit

\$550 7/30/25

\$570 9/30/25

\$700 1/15/26

