

Ski Trails

The monthly newsletter for Suburban Ski Club

November, 2015

Website: <http://www.suburbanskiclub.org>

A MESSAGE FROM THE PRESIDENT

Dear Suburban Ski Club Members,

Our next **Membership Meeting**, on **Thursday, November 5th**, will be a special evening. **Gordon Geiger** will show us some of the latest developments in ski equipment. And if you haven't had your skis tuned and bindings checked for the upcoming ski season, you can bring them to the meeting. Gordon is once again offering Suburban Ski Club members 20% off his regular pricing. Simply bring your skis and boots to the meeting and pick them up later at your choice of Geiger's stores in Lakewood or Chagrin Falls. And, as they say in those TV ads, "but wait, there's more." At this meeting, you will also be treated to a show of this year's ski fashions modeled by some of your SSC colleagues. **Lilly Kron** is again organizing this annual event and we need to thank Lilly, in advance, for putting it all together.

Please do come to the Membership Meeting for our very special program. The meeting begins at 7:00 PM but you may want to arrive early if you are bringing your skis so you will have time for the paper work.

John Danis, Chair of Trips and Tours, came up with an idea that you will find convenient if you plan on going one more than one bus trip. Now, you can reserve multiple bus trips using a single reservation form. A copy of our **new multi-trip reservation form is attached to this newsletter** and is also available on our web site: www.suburbanskiclub.org . Another attachment is the convenient one-page summary of our 2016 Ski Schedule.

If you haven't done so already, please **send in your 2015-2016 membership renewal**. For you procrastinators (you know who you are!), our editor, known for his subtlety, made Page 1 of this newsletter our Membership Form. Please be aware that if you snooze past the November 15th deadline, it'll cost you another \$5 to renew. A November 15th or earlier postmark, will get you in under the wire for the regular \$20.

A warm welcome to the following new members: **Michael Burns, Brad Carleton, Zahra Karimloo, Art Koch, Angela Matousek, Chip Post, Arash Rashidi and Melissa Zahoransky**. We look forward to seeing you all on the slopes and at our social events.

Special thanks to member **Nancy Lukens** for planning a successful October EAT dinner at the Banana Blossom restaurant on the near west side. Around 30 members attended and enjoyed a wonderful evening of delicious Thai food and comradery.

I would also like to thank **Joe Sullivan** for organizing our booth at the Boston Mills Open House and to all those who volunteered their time to promote our Club: **Larry Grewe, Almuth Riggs, Annette & Hisao Yamada, Ed & Mary Ellen Noss, Frank & Sue Evan, Steve Richards, Ron Howard, Colette Gschwind, Kim Sandler, John Danis, Dona & Jim Kless, Phil Meyer, Ann McBrian and Frank Bolon.**

In the pages that follow, check out our upcoming social events and pay special attention to the **Sunday, November 8th EAT** and the **Saturday, December 12th, Holiday Party**. The November event is the one where we invite SSC alumni to reminisce about the good old days. It's always a lot of fun. The December Holiday Party is again at the fabulous Lakeside Yacht Club. Please see the flyer attached and make your reservations for this not-to-be-missed event.

*Beth Silverman, President of SSC
president@suburbanskiclub.org*

NOVEMBER BIRTHDAYS

This is another edition of our series for recognizing the birthdays of our members. Don't worry, we will not publish the year of your birth, just the month and day. When you fill out your membership renewal, please include the month and date of your birthday so we can recognize your special day. Our data base of birthdays is far from complete. Please remember it is not necessary to include the year of your birth if you do not wish to do so but we need your day and month in order to recognize your birthday. Here are the November birthdays we have on file:

Frank Bolon (11/25), Elaine Breiner (11/16), Janet Duden (11/24), Robert Frick (11/19), Dona Kless (11/2), Eugene McKale (11/11), Paula McKale (11/11), Jackie Otte (11/20), Alberta Payton (11/10), Judy Stowe (11/23), Judith Trepkowski (11/23), Dale (Cuche) Unroe (11/26) and Eric Zelman (11/3)

HAPPY BIRTHDAY to you all.

CALENDAR AT A GLANCE

November – December, 2015

- **MEETING:** Thursday, November 5, 7:00 PM: SSC Membership Meeting (please note the change from the second Thursday of the month to the first Thursday)
- **EAT:** Sunday, November 8, 3:30 PM: Zappitelli's at Stonewater Golf Club in Highland Hts. with SSC Alumni (please note the starting time is slightly earlier than previously published)
- **SOCIAL:** Saturday, December 12: Annual Holiday Party at Lakeside Yacht Club

UPCOMING EVENTS IN MORE DETAIL

Thursday, November 5 8, 7:00 PM: Membership Meeting

The meeting begins at 7pm in the party room of Alfredo's at the Holiday Inn; 780 Beta Drive; Mayfield Village 44143; (440) 461-9200. Beta Drive is only one intersection east of the exit for Wilson Mills Road on I-271. Turn NORTH off Wilson Mills Road at the traffic light on to Beta Drive. You will see a sign for the Holiday Inn as you make the turn.

As usual we will be meeting at 5:15pm for cocktails, food and socializing. If dinner is more than you want, order an appetizer, a salad or even pizza. You will find us at the back of Alfredo's.

This is a special meeting as noted above by our President in her message. **Gordon Geiger** will talk about and show us some of the latest developments in ski equipment. Gordon will also be accepting your skis for tuning etc. at a discounted price. And our own **Lilly Kron** will present her annual show of ski fashions from Geiger's with some SSC members serving as her models.

Sunday, November 8, 3:30 PM: EAT at Zappitelli's, Highland Hts

This EAT is the one that has become an annual event where we get a chance to mingle with some of SSC's alumni. For the past several years we have assembled at The Grovewood Tavern but, as you may have heard, Grovewood has closed. In its place we have found a very exciting location in Highland Heights at the Stonewater Golf Club. It is called **Zappitelli's** and the exact address is 1 Club Drive; Highland Heights 44043. Zappitelli's menu can be found on the website: www.stonewatergolf.com

We will be gathering for cocktails and socializing at the bar at 3:30 PM and plan to make our way to dinner tables between 4:30 and 5:00 PM. We will be dining at smaller tables to facilitate more socializing and the seating time for dinner will be staggered to allow for the kitchen and wait-staff to accommodate our group in a more relaxed fashion.

As usual, **Kathy Porcen-Robinson** will be contacting the alumni and taking their reservations. Our EAT Coordinator, **Mary Ellen Noss**, will handle that chore for SSC members. Mary Ellen can be contacted via Email at lpdptr@gmail.com or by phone at (330) 569-3170. Alumni should contact Kathy via Email at perobinsonllc@sbcglobal.net or by phone at (440) 729-0939.

The **deadline** for your reservations is **November 2nd**. Last week you should have seen an Email reminder. If you are reading this late, you may still be able to get in but you should call (rather than Emailing) Kathy or Mary Ellen to see if they have a place for you.

Saturday, December 12, 2015, 6:00 - 11:00PM: Holiday Party at the Lakeside Yacht Club

We have locked in the date and the band for our kickoff to the holiday season and it promises to be a spectacular event. As we have done in the past, the club will be subsidizing the cost and we are happy to report that we have been able to maintain last year's bargain price of \$35 per person. **You will find the official announcement and flyer as an attachment to the Email that brought you this newsletter.** Please print it out and send in your reservation.

Last year's party was very well attended and we expect to be an even larger group of party goers this year. Space is limited at the club. So, please do not hesitate in sending in your reservation.

A WORD FROM OUR EAT COORDINATOR

We have had a great year in 2015 with some very successful **Eat Around Town** dinners. There has been a lot of variety to fit everyone's tastes and we have attempted to move around the geography of Greater Cleveland. We would like to continue that in 2016.

To that end I want to ask you for your suggestions and ideas. Of course, we would love to have you be a host for a dinner but if you can't do that, you may have a thought or two about a place we should try. Being a host, by the way, is not a difficult job and we stand ready to offer some advice and assistance. The most important thing is that you have a place you would like to share with your fellow club members.

Let me hear from you. Contacting me via Email is best (see address below). If necessary, you may telephone me at (330) 569-3170.

*Mary Ellen Noss, EAT Coordinator
maryellen@suburbanskiclub.org*

SUBURAN SKI CLUB AT THE BOSTON MILLS OPEN HOUSE

As our President, Beth Silverman, noted earlier, we had a great turnout of volunteers who spent time at our promotional table at the Boston Mills Open House. Although we can't produce a group photo of all those generous volunteers, we thought you might like to see what the SSC table looked like. Everyone thought it far outshined the displays of all the other ski clubs.



AN UPDATE FROM LARRY ON DONATIONS OF USED SKI CLOTHING

[**Editor's Note:** In the March and October issues of this newsletter we ran **Larry Grewe's** article on his idea for contributing your used ski clothing to athletes in Special Olympics. Larry was there at our October Membership Meeting to speak to the members and collect donations. Below is Larry's report on what he collected. Please note that Larry will be at the November 5th Membership Meeting to again receive your donations.]

WOW ! What started out as a small effort to help Special Olympics Ohio and Cleveland Schools better equip Special Olympics athletes has already resulted in big response. So far, with the help of the members of Suburban Ski Club and my other skiing friends, over 100 pieces of clothing and other equipment has been turned over to Special Olympics Ohio/Cleveland Schools.

On behalf of Special Olympics Ohio and Cleveland Schools I want to say "THANK YOU." I also want you to know how pleased I am to be part of a group that not only cares about skiing but also cares about others who are just getting started in the sport we all love. Everything donated will be used and in many cases reused in future years as the athletes pass things along as they grow out of them.

At the November meeting we will once again collect any ski jackets, ski pants, ski gloves, hats etc that you want to pass on.

If you have any questions or comments, please contact me at lagrewe1952@gmail.com or [330 819-6871](tel:3308196871) mobile or [330 656 1284](tel:3306561284) home

Take care and God bless

Larry Grewe

REPORT FROM TRIPS & TOURS

It won't be long until we hit the slopes and I want to give you a snapshot of where we are with our skiing program.

Week-Long Trips

A few spaces may be available for our Western trips to **Keystone in January** and **Whistler Blackcomb in March**. The Eastern trip to Sunday River and Sugarloaf in Maine is fully booked. Judging from the interest shown in our 2016 program at the Boston Mills Open House last month, I would not be surprised to see all of our week-long trips completely filled very shortly. So, if you still want to go on one of our western trips, the time to decide is now. You might still be able to snag the one or two remaining spots. See the trip flyers on our website and contact the trip leaders to make your reservation or get any information you need. Also, Joe Sullivan is compiling a waiting list for the Eastern trip in February. Please contact Joe if you are interested.

One Day and Two Day Bus Trips

We have nine one day trips plus a two day trip on our schedule. As Beth mentioned in her message, you can reserve your entire season with one reservation form (and one payment) by using the

multi-trip form. This should be very convenient for all and will ease planning considerations for our trip leaders. You will find that form attached to this newsletter and you can also find it on the website: www.suburbanskiclub.org

Our schedule includes two Sunday trips for those who find it difficult to get away during the week. Chagrin Valley Ski Club is offering three additional Sunday trips to Holiday Valley and will be notifying its members about our schedule in the future to offer more skiing opportunities to them. You can visit their website for more information.

Committee Activities

We are starting to get busier as the 2016 ski season approaches. A meeting for all current trip leaders will be scheduled later this month to review the elements that make our trips successful. At the same time, planning for 2017 will also begin with committee meetings and consultation with tour companies. As I have said, we have Jack Ganz, the Trips and Tours Committee, and the Executive Board to thank for the framework they set for a great ski season but it will take the participation and interest of all of you to make it truly successful - and that includes looking into the future and planning for 2017.

As I assume my duties as the new Chair of Trips and Tours, I want you to know that I welcome any advice or ideas you have to offer. I also would like to hear from anyone who wishes to participate as a trip leader. We have others who are willing to mentor and support you if this would be your first time as a trip leader. It's a great way to give back to an organization that offers so much to its members.

See you on the slopes in 2016.

John Danis, Chair of Trips and Tours
john@suburbanskiclub.org or (440) 796-0311

IMPROVE YOUR SKIING BY TAKING LESSONS (PART ONE)

I have written and spoken to you about this subject many times but I really believe I cannot overdo it. I am convinced that it is vital to improve our skiing technique and get better at the sport we love so that we can enjoy it even more. So, here I am again encouraging you to become a more proficient skier and to do that by taking lessons.

I am delighted to tell you that we offered skiing lessons for our upcoming trip to Whistler in March. Scott Tremmel, a level III instructor, spoke to our members last month and we invited him to join our Canadian trip as our private instructor. Scott was excited by the idea and our skiers jumped at the opportunity and filled up all 18 instructional spaces in a just a few days after we made the offer. This tells us that our skiers want to improve their skiing. However, there is a fly in the ointment. It is my observation that many of us take lessons but don't seem to see much improvement. Of course, some do see improvement but too many of us do not see their skiing get much better. Why is this?

I believe we need to have a goal when we take a lesson. We need to decide what we want to get out of the lesson. In addition, the instructor needs to know what our concerns and goals are. The instructor will then evaluate our skiing and will make a decision about what needs to be improved upon. The instructor's job is to help you get better in both your areas of interest and in what he/she sees in your skiing.

Allow me to offer a few other suggestions. After we take a lesson, the easiest way to improve our skiing is to do a lot of skiing. We really need to be comfortable on our skis and have the time to play with and test out what we take away from a ski lesson. Note that when we take a lesson, only some of the points stick with us. If we are not ready for the point the instructor is making, it simply flies by unnoticed. However, even if we understand some of the points the instructor has made, that does not mean we can execute them immediately. We have to work with them and experiment with them. After much effort we can master the techniques.

When you take a lesson, you should also make sure that the instructor labels or names the techniques that are being worked upon. Perhaps there will be more than one item the instructor is working on with you but be sure you understand what the main issue is so you can have a label for the associated activity and so you can then work on it on your own. You may even want to write down some points after your lesson.

In my opinion, the best place to take private lessons is at Boston Mills with a level II or level III instructor. Then, if you like the instructor, you can make arrangements with him or her for additional private lessons. Further, you will save many dollars compared with private lessons out west or at other areas. A level II or III instructor is a very experienced instructor who has passed skiing and teaching tests to accomplish their level certification.

We also need a way to measure our improvement. This is easier said than accomplished. There are two ways to measure our improvement. One way is to ask ourselves if we are doing better now than one year ago. If the answer is yes, then we can feel good that we are improving. If the answer is no, then you need to rethink how you are approaching your ski lessons and ask yourself if you are practicing enough to improve. Look for ways to get more out of a lesson and give serious consideration to a number of private lessons. Take two to four lessons during the season and, if possible, do so with the same instructor.

Another way to see if you have improved is to run a NASTAR course. This will give you a quantitative measure, your handicap. As this number decreases, it tells you that your skiing technique is improving. Don't think of NASTAR as a race. Think of it as more of a way to test your skiing technique. The NASTAR handicap will give you a score that will measure your skiing skills. Compare your handicap scores for this season with your scores in the previous season to see the change (hopefully improvement) in your skiing skills.

Next month I will have some more thoughts to share on improving your skiing via ski lessons. For now, think about the points I have made and begin to make a commitment to becoming a better skier this season.

Jack Ganz