

Ski Trails

The monthly newsletter for Suburban Ski Club

November 2016

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

A MESSAGE FROM THE PRESIDENT



Dear Suburban Ski Club Members,

I hope you are thinking like I am that this month of November is bringing us closer to ski season and that the recent weeks of cool fall weather have alerted us that winter is not far away. But we need to do more than just dream about the skiing in our future. We need to get ready – and that means we need to give some attention to our equipment and our own bodies. For the former, you should be sure to have your skis checked and tuned professionally by your favorite ski shop. For the latter read on.

I am very happy to let you know that our November Membership Meeting will feature **Martin Danial**, a personal trainer at Life Time Fitness. But first I want to call your attention to a change in the meeting date. We have rescheduled it to **Thursday, November 17th**.

At the meeting, Martin will teach us some exercises that we can do at home to get in shape for skiing. Martin is a lot of fun and has Master Degrees in exercise sciences and health sciences from Cleveland State University and a Bachelor's Degree in Biology from Wooster College. Wear comfortable clothes to the meeting so you can practice the routines with Martin's guidance. I've been working with Martin for a couple weeks now and he is very good. Though after forcing me to do a third set of squats this morning, I might have mentioned that I didn't like him very much today. But, seriously, there are a number exercises we should all be doing now to strengthen our legs and core and to increase our endurance. Not only will this help us be better skiers, but being more fit will have huge benefits for our overall health.

Later in this newsletter you can read a report on our three major trips and an article by **Melinda Kellerstrass** on our program of ten bus trips including those two very special overnight trips. Please read both these articles and, if you have not done so already, begin to assemble your personal calendars and plan your skiing for 2017. It is important for you to do this now and not take the chance of being disappointed by delaying until you see some snow falling. [A copy of our one page ski calendar for 2017](#) can be found attached to the Email that brought you this newsletter.

I also need to tell you that if you are thinking of going to **Steamboat Springs** (our first major trip on January 21 – 28, 2017), you need to take some action immediately. There are already more than 30 who have signed up but we still have places open. However, time is quickly running out on those available spots. Per our contract, we must release the beds we have reserved in our block one week from now. By Election Day, all unclaimed spots will be relinquished. At \$1,225, the price of this trip is a bargain and presents an affordable opportunity to ski an iconic western

destination. Come join us. It will be a shame to give up a place that could be yours. Please contact Trip Leader, **Joe Sullivan**, this week before he gives up your spot: (216) 932-3636 or joe@suburbanskiclub.org. A trip flyer is attached to this Email and is also available on our website: www.suburbanskiclub.org.

Many thanks to **Greg and Christine Orlowski** who organized a bike ride for members on October 1st on the towpath. Although the weather probably kept some away, there were nine SSC members on the ride, including Greg and Christine. From what I understand all had a great time. This is my favorite biking destination and I was sorry to miss the trip as I was heading out of town the next day. You can read an account of the day later in these pages.

In October, **Annette Yamada** was a busy woman working for SSC. She booked a presentation for our October meeting by **Brandon Chrostowski**, the founder of Edwin's restaurant. In his fascinating talk, Brandon told us about how Edwin's came to be and described how they use this non-profit restaurant to teach the culinary arts to released felons. Annette did even more than arrange for Brandon to speak, she also organized an Eat-Around-Town dinner at Edwin's Restaurant at Shaker Square on Tuesday, October 25th. Reservations were limited to 26 and those who were lucky enough to attend were treated to an evening of fine dining. Thanks, Annette, for not only getting Brandon to speak at our meeting, but for arranging this unique and wonderful EAT experience.

I want to welcome some new members to SSC: **Robin Olds, Anne Marie Peacock and Judd Stroud**. We are happy you have joined us and look forward to seeing you at our social events and on the slopes.

Speaking of membership, the deadline for renewing your membership is November 15th. For this issue of Ski Trails, we have created a special edition of the newsletter for those who have not yet renewed, reminding them of the impending deadline and the \$5 penalty for a late renewal. If you are reading this edition of the newsletter, our records show you have renewed your membership. If that is not correct, contact Cliff Lewis [cliffskier@suburbanskiclub.org]. We would appreciate it if you would check with your family and friends to make sure they have renewed.

Hope to see you on the 17th. Be prepared to do a little exercise.

Beth Silverman, President of SSC
president@suburbanskiclub.org

NOVEMBER BIRTHDAYS

Another edition of our series recognizing the birthdays of SSC members follows. Don't worry, we do not publish the year of your birth, just the month and day! Our data base of birthdays is far from complete. Please remember to include your birthday on your membership form. It is not necessary to give the year of your birth, but we need your day and month so we can publish your birthday. Here are the November birthdays we have on file:

Robert Almquist (11/27), Frank Bolon (11/25), Elaine Breiner (11/16), Megan Budo (11/28), Gregory Chmielecki (11/3), Janet Duden (11/24), Julie Ferencak (11/28), Robert Frick (11/19), Margaret Glenn (11/3), Dona Kless (11/2), Jackie Otte (11/20), Russ Sebbio (11/29), Judy Stowe (11/23), Judith Trepkowski (11/23), Dale Unroe (11/25) and Eric Zelman (11/3)

HAPPY BIRTHDAY to you all.

CALENDAR AT A GLANCE

November & December, 2016 -January, 2017

- **SOCIAL:** Sunday, November 13, 4:30 PM: **EAT at Stonewater** with SSC Alumni
- **MEETING:** Thursday, November 17, 7:00 PM: **Membership Meeting**
- **SOCIAL:** Saturday, December 10: **Annual Holiday Party** at the Lakeside Yacht Club
- **SKI TRIP:** Sunday, January 8, 2017: **Peek'n Peak**, first trip of the 2017 season
- **SKI TRIP:** Monday (MLK) – Tuesday, January 21-22: **Two Day Trip to Holiday Valley**
- **MEETING:** Thursday, January 19, 7:00 PM: **Membership Meeting**
- **SKI TRIP:** Saturday, January 21 – Saturday, January 28: **Steamboat Springs, CO**
- **SKI TRIP:** Sunday, January 29: **Holiday Valley**

UPCOMING EVENTS IN MORE DETAIL

Sunday, November 13, 4:30 PM: EAT at Rustic Grill

This is a very special EAT that has become an annual tradition. It is a kind of homecoming for SSC Alumni. As usual, **Kathy Porcen Robinson** will be rounding up the SSC veterans and our EAT Coordinator, **Mary Ellen Noss**, will take reservations from current SSC members. We will be going back to Stonewater Golf Club, One Club Drive, Highland Hts, 44143. But this time there is a new and more casual restaurant in the clubhouse under new management. We will meet in the bar at 4:30 PM for cocktails and socializing and sit down for dinner an hour or so later.

If you are an alumnus, please make your reservation with Kathy at perobinsonllc@sbcglobal.net or by phone at **(440) 729-0939**. Current SSC members should contact Mary Ellen at lpdpra@gmail.com or by phone at **(330) 569-3170**.

Kathy and Mary Ellen would like you to get your reservations to them by Tuesday, Nov. 8th.

Thursday, November 17, 7:00 PM: Membership Meeting

The meeting begins at 7:00 PM 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 assembling at 5:15 PM 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.

As Beth explained in her President's message, this meeting will feature a personal trainer and you may want to come in casual clothes so you can practice some of the exercises he will demonstrate.

Saturday, December 10: Annual Holiday Party at the Lakeside Yacht Club

Be sure to put this date on your calendar. Later this month we will be Emailing invitations to the SSC membership with all the details. At this point we can tell you that we will be returning to the newly renovated and expanded Lakeside Yacht Club. Even the kitchen is new and we are confident that this year it will not catch on fire! We know that we have a very hot group that likes to party hard but we have assured management that we will not contribute to any pyrotechnics.

As usual, SSC will be subsidizing some expenses and the cost will be very reasonable. We also will have some valuable prizes along with a live band, dancing and some holiday music from our own SSC concert band.



WANTED:

Musicians for Merry Making

at SSC's Holiday Party

If you play or have played an instrument, we would like you to join us in some “**merry music making**” for our annual holiday party on Saturday, December 10th. We started this last year and would like to make it an annual event. No worries about talent, we are just going to have fun. So, dig out those flutophones, kazoos, banjos, clarinets, flutes, guitars, trumpets, violins, keyboards, tubas or drums, whatever you have, and join us. We keep the songs simple and Melinda will arrange the music for whatever instrument you play. The more the merrier! Contact Jack or Melinda with questions or to sign on:

Jack Ganz: (216) 536-7299 jackjbg@gmail.com

Melinda Kellerstrass: (440) 237-9849 kellerstrass59@gmail.com



TWO REPORTS ON THE 2017 SKI SEASON

Our Three Major Trips:

Last month we cautioned you that your advanced notice of the three major trips had come to an end and that the trips were being published in The Sitzmark and on the CMSC website. We told you that you needed to act quickly if you planned to go on these trips because we expected an influx of non-members to sign on. However, that did not occur and to our dismay, we discovered why there was almost no one from outside the club making a reservation.

We found out that the CMSC website omitted critical information about our week-long trips and that someone checking the website had no way to contact us or obtain further information. We pointed out the problem to CMSC but their correction only happened a couple of days ago. We expect that now we may hear from some non-SSC members who want to join our trips. The bottom line here is that, despite our previous warnings to you that others outside our club would be making reservations for our trips, that did not happen and we still have places on all three major trips and it is not too late for you to make your reservations.

However, as you read in Beth's President's Message, there is another factor at work – i.e., there are deadlines when we need to relinquish unsold spaces we have reserved. For Steamboat Springs, that deadline is one week away. We will be giving up all unsold beds by Election Day. So, if you are considering Steamboat, you must act immediately. There is a flyer for Steamboat Springs as well as the other two major trips, attached to the Email that brought you this newsletter. Please look at them for details and contact information.

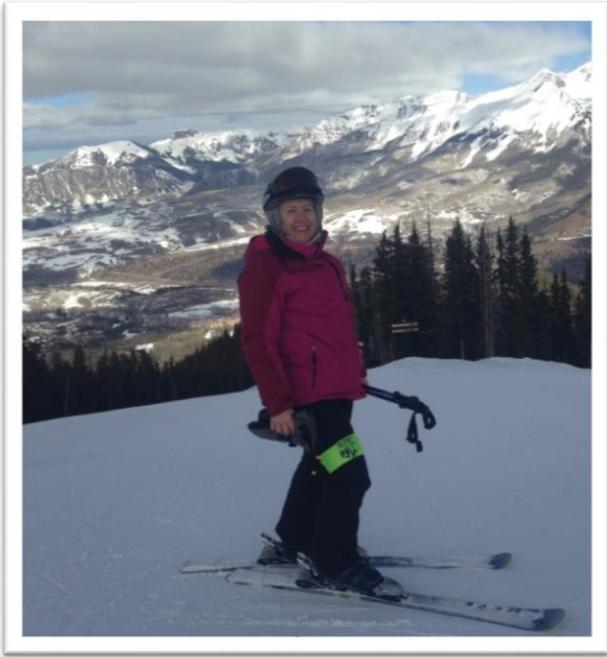
All three trips had deadlines upcoming in the next several weeks but, as you have read, the deadline for Steamboat is almost upon us. Again, if you want to go to Steamboat, don't delay. And although there is less urgency for the Eastern Trip to Maine and the western trip to Banff, please be aware that they too will need shut the door and settle on a final number for the group later this month of November.

You can find detailed information on the three trips in the flyers and on SSC's website, but let us give you just a brief summary that may induce you to take some action:

We go west to **Steamboat Springs** from Jan. 21 – 28, 2017. Steamboat is called "Ski Town USA" and is very deserving of that title. The price is \$1225. Next, we travel east to **Sunday River** and **Sugarloaf, Maine**, from Feb. 5 - 11. These are the two largest ski areas east of the Mississippi and our price of only \$999 is all-inclusive. The third major trip is to **Banff/Lake Louise, Canada**, on March 5 – 12. The scenery and the skiing there are not to be missed. The cost is \$1425.

Joe Sullivan
Editor of Ski Trails

Our Ten Bus Trips:



The Paddleboard is cleaned and stored for the winter. Notice, I have donned my ski gear. Yes, it is that time of year to not only get the ski equipment ready for snow, but also to sign up for your trips,

If you plan on going on one of our two-day bus trips, now is the time to reserve your spot. We have two wonderful overnight trips that will give you a little mini vacation with some fantastic ski buddies and friends.

Jan 16 - 17, 2017, MLK Day Special (Mon - Tues): Two days of skiing; the opportunity to night ski; bus transportation; one night at the Holiday Valley Inn with ski in ski out; access to the pools and hot tubs; and breakfast in the morning. All for a mere \$199 - such a deal! And the best part is you get to do it with some really fun people and great friends! AND... for those who work, we

scheduled it over MLK day so, if that is a holiday for you, Tuesday would be the only vacation day you would need to take. What a great mid-winter holiday. Ellicottville is such a fun and cute town to explore and the skiing is great. Make sure to go on line and register today.

Feb 23-24, 2017, Two-Day at Holiday Valley & Bristol: - Back by popular demand, Jack Ganz will be leading this fun trip. It offers a variety of skiing terrain. If you have not tried this trip in the past – now is your chance. The trip includes bus transportation, two days of skiing at two different resorts, lodging at The Inn on the Lake, dinner & breakfast at the hotel – all for only \$259. You will love it - just ask anyone who has gone on the trip in the past. It must be fun because they keep coming back!

In addition to the foregoing two-day trips, we offer eight one day trips to several destinations. Get out your calendars, check your schedules and then go on line and book your trips: www.suburbanskiclub.org. The snow is coming and we are ready for a great time. We just need you! While you are on line, check out the full schedule. It is easy to see that SSC lives up to its motto *“We Ski Every Week...and then some!”*

I am looking forward to seeing you on the slopes and to another ski-filled winter with SSC.

Melinda Kellerstrass
melinda@suburbanskiclub.org

A BIKE RIDE ON THE TOWPATH



Seven Suburban cyclists met **Greg and Christine Orłowski** at Bacci Park in Cuyahoga Heights on Saturday, October 1, for a ride on the Tow Path: **Frank Bolon, Elliott Drysdale, Jennie and Don Haldi, Frank Kulo, Russ Marx, and Ann McBrian**. We were joined by another seven riders from Silver Wheels Cycling Club located in Oberlin. The weather was cool and cloudy but the rain held off.

We decided not to ride on the crushed limestone path through the Cuyahoga Valley National Park because it was wet and muddy. Greg led the more advanced cyclists north on the paved Tow Path to Harvard and continued behind Steel Yard Commons up the big hill to Tremont. On the return the group stopped at the Alcoa trailside display where Russ Mark explained the hot forging process. They reported only one flat tire in 24 miles!

Christine led the easy-rider group and we rode about 18 miles. We didn't get as far as Greg's cyclists but we managed some pretty solid hills. Both groups met back at Bacci Park, loaded up their bikes and drove to the Oak Barrel for fun, food and drink. *Christine Orłowski*