



HSVC Annual Election

Wednesday, April 6

Reminder: "The election of officers shall take place at the Annual Meeting. The first regular meeting in April shall be considered the Annual Meeting, provided a quorum is present and the Board has met all its election duties."

HVSC Bylaws

Anyone wishing to run or nominate someone to run to be a club officer or for the Board of Directors should contact either Pat Marsh or Cindi Millsap not later than March 29.

Please plan to attend the April 6 meeting, and if you are eligible to cast a vote, be prepared to do so.

Come out and Vote!!

Thank you!

2016 HVSC Nominating Committee



At press time the slate of candidates for the positions of Officers and Directors is as follows:

<u>Office</u>	<u>Candidate(s)</u>
President	(None)
Vice President	Jeff Elwyn
Treasurer	Jim Gahn
Secretary	Charlie Shanes
Sergeant at Arms	Pat Cummins
Board of Directors	Keith Faucher Ellen Kelly Rich Partridge



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Club Information

Club Officers

President:	Frank Van Zanten
Vice-President:	Jeff Elwyn
Secretary:	Rich Partridge
Treasurer:	Jim Gahn
Sergeant at Arms:	Pat Cummins

Board of Directors

Keith Faucher	Ellen Kelly
Pat Marsh	Cindi Millsap

Committee Chairs

Budget and Finance:	Vacant
Constitution:	John Macek
Events:	Gwen Cardarelli & Ellen Kelly
Instruction:	Mark Searle
<i>Racing Sub-Chair:</i>	Tom Pompei
Marketing/Publicity:	Craig Goldstein
<i>Media Liaison:</i>	Vacant
Meeting Programs:	Vacant
Membership Services:	Pete Gray
<i>Sub-Chair: Welcoming, Mentoring,</i>	
<i>Retention:</i>	Susan Eschbach
Newsletter:	Melanie Michon
Website:	John Macek, Cindi Millsap
Ski Council/Discount Tix:	Jim Gahn
Ski Trips:	Jeff Elwyn

Contact information is available in the
Online Membership Directory
on the club website.

www.hudsonvalleyskiclub.org

Or queries may be sent to
info@hudsonvalleyskiclub.org



President's Message

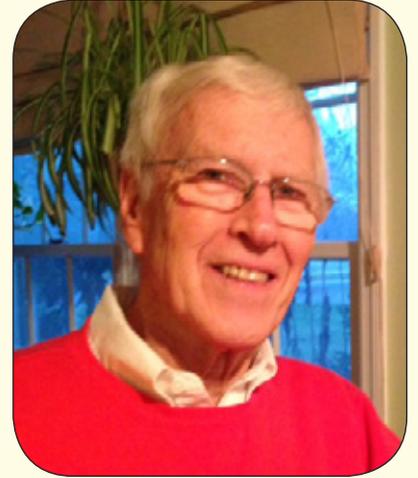
Ski Clubs and Ski Trips

As of this writing the New Jersey Ski and Snowboard Council's annual President's Race at Hunter Mountain is still scheduled to take place, but for practical purposes it's reasonable to state, although sadly so, that the 2015-2016 snow season has come to an end. While this winter ... this non-winter ... this winter of our discontent, will linger in our memories as one we don't want to have repeated any time soon, it's somewhat surprising that the four HVSC trips took place with considerable success. While the Okemo, Mount Snow and Breckenridge trips experienced varying snow and weather conditions which were neither fantastic nor awful, the Whistler trip appears to have been tops in every aspect ... a most pleasant happening considering how Whistler was a total washout last year.

One way to look at the importance of membership in a ski club is to realize that this season the HVSC, through its four trips, offered its members a total of approximately 1,100 on-snow days with all transportation, lodging, lift tickets and even some meals, all provided at significant discounts and without members having to go through the trouble of making their own arrangements. Another way in which trips are important to a club is their potential of attracting new individuals to membership.

Time now to thank the people who made the trips possible this season's trip planning committee, for lots of difficult work, and for making available its expertise led by Bill and Nancy Egan and also consisting of Ellen Kelly, John Macek and Charlie Shanes. And we also thank those who ably led the trips out and back ... John Macek, Ellen Kelly, Jim Gahn and Jeff Elwyn.

I am pleased that Jeff Elwyn has agreed to lead the trip planning for the 2016-2017 season.



Frank Van Zanten



Ralph's Peak Presentation

At our club meeting on May 4th the Ralph's Peak Hikers Cabin Volunteers will be showing and telling about trail maintenance which the volunteers perform in Dutchess County on the Appalachian Trail. Various tools will be shown and completed projects, done over the past 15 years, will be discussed.

Hiking trail maintenance is an ongoing exercise and dependent on volunteer man/woman power. The RPHCV club will be encouraging ski club members to get involved on all levels of maintenance. Specific attention will be drawn to the annual work weekend held the weekend after July 4th every year.

Last year five Ski Club members offered their help. Looking forward to our presentation!

Jim Gahn, President
RPHC Volunteers
*A member organization of the
New York New Jersey Trail Conference*

Website Happenings

Visit the club's new website at hudsonvalleyskiclub.org/Events to keep up to date on club activities over the next few months. Our calendar of events is continually updated.

See photos of HVSC events from links on the Photo Gallery page, hudsonvalleyskiclub.org/photos. Each future event will have its own slide show album including photos from multiple photographers.

New Membership Directory

The 2015-2016 Membership Directories are available!

You can pick up your copy at any HVSC meeting at the Membership Desk, or to receive a mailed copy, send a stamped, self-addressed envelope (6.5" x 9.5" minimum) to Pete Gray, Membership Services.

Postage for one membership directory (single memberships) is \$.71 and for two membership directories (couple memberships) is \$.93.



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Visit Us At skihausonline.com



Executive Club

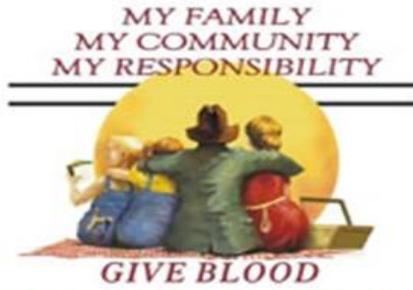
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Licensed Real Estate Broker Associate

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Office: 845-473-2800
Email: TSearle@hvc.rl.com

www.TerriSearle.com
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LaGrangeville, NY 12540





Bring your family and friends

Please bring your donor card or a valid ID. Ages 17 and up. Eat a full meal and water/ juice just before your donation. Protein & green veggies are great but easy on the caffeine & tea for 24 hours before.

Saturday, 4/2/16

9 am to 2 pm

1110 Route 55, LaGrangeville NY

845-473-2800

Call for your appointment but walk-ins are welcome

Dear Friends & Neighbors,

Over the past 10 years. We have joined together 20 times to help over **1900** lives. **Maybe someone you love.** Let's continue to take care of our wonderful community.

We look forward to taking good care of our **First Time Blood Donors.** Our "Double Red" donors have tripled over the years.

I am happy to greet and serve you juice & cookies. Thanks for your continued community support.



Our Weichert manager, Christine King, would love to meet you also.

Ferri Searle

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Lift Tickets

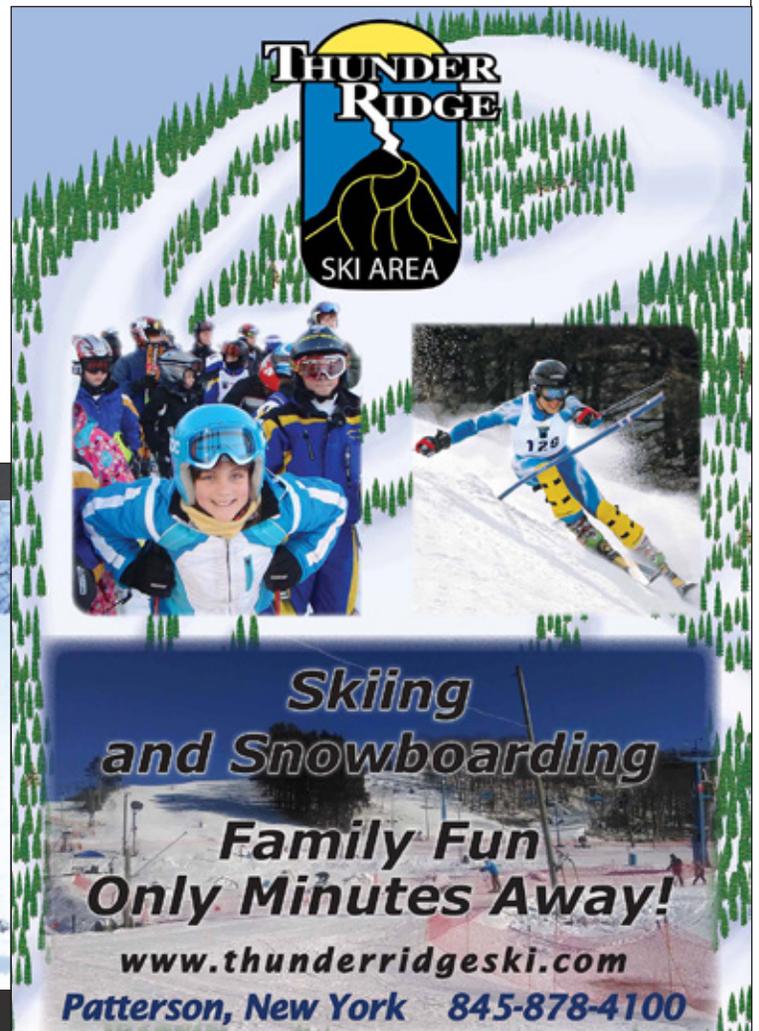
\$40 / **\$20**

Most Weekends & Holidays*

Monday- Friday (excluding all holiday periods)

Save up to \$10 on Rentals & \$20 on Lessons. Family members save too.

*Offer NOT valid Jan. 16 - 18 & Feb. 13 - 15, 2016. Show your Ski Club ID at Groups Booth. No advanced purchase necessary.

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Trash Talking

Dutchess Rail Trail • Saturday April 16 • 9:30am

Spring has come early this year, so while the ski season has been long over, there's still an opportunity to get out there with our ski buddies. Join us for a fun morning while cleaning up any trailside trash.

This will be the HVSC's fourth year participating in the Dutchess Rail Trail's Adopt-A-Trail program, covering the section between Old Manchester Road off Route 55 (H.G. Page) and Titusville Road (Gold's Gym).

We'll meet sharply at 9:30am at the Rail Trail parking lot behind H.G. Page (the lot closest to the over-highway bridge), and after a brief safety talk, we'll head out for a 1.5 mile walk, picking up any litter along the way. In past cleanups, there's been quite a bit of good-natured competition regarding who collects the most litter!

Trash bags and rubber gloves will be provided to all participants.

After backtracking to our cars, we'll gather for a late breakfast / early lunch at a local diner on Route 55, sure to be a lively time.

To sign up for this spring outing contact Carole Daniels at 845-635-3949 or carolebdaniels@gmail.com.

Why Ski?

Psychologists have studied the rationale for skiing—skiers speculate about it—ordinary mortals shake their heads in dismay over it. There is an ambivalence to this sport. There are no scores or points to skiing, but the beauty of movement gives a self-assurance that is better than winning a game.

It is a sport that brings escape from the cares and tensions of daily life. Skiing brings an awareness of the grandeur of nature; an exhausting exercise for most people, yet no other sport gives such a feeling of satisfaction and healthy vigor.

Why do we ski? Words can't explain it. You have to experience the hours and days and weeks of skiing. You have to meet the people who ski—the individualists, the nonconformists. You have to see the beauty of snow-covered mountains and valleys. You have to participate in this moment of truth.

Why do we ski? You have to become a skier to know.



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Stronger And Refocused Staci Mannella Finds Success On the Slopes

By Dave Royse | Feb. 23, 2016
(Printed from www.teamusa.org)

Staci Mannella has long been comfortable in situations most people might find a little unsettling, like speeding down a steep ski run she can't really see, or riding on the back of a big horse that's jumping over things.

There's another place Mannella where might need to start getting comfortable: on the medal podium.

The 19-year-old is having a breakout season on the IPC Alpine Skiing World Cup circuit. She won the women's visually impaired slalom in the season opener in Slovenia, and then she continued a strong January run, winning three more medals, including another gold, at world cup events in Tarvisio, Italy, and St. Moritz, Switzerland.

All that is impressive enough, but even more impressive is that she's doing it after taking a year off from the sport to focus on school and in a season in which she's working with a new guide.

Mannella was born with achromatopsia, a genetic eye condition that causes extreme light sensitivity and

severely limits her vision. For a visually impaired skier, the guide is like an extension of oneself — someone who skis a few yards ahead and serves as the blind skier's eyes, relaying terrain information by radio into the competitor's ear.

New guide Sadie DeBaun is just 17, even younger than Mannella.

"It takes hundreds of runs of skiing together, trying to figure each other out," Mannella said. "At the beginning, we didn't know each other at all.

"The biggest thing is trust and communication."

So Mannella and De Baun room together, they train together in the gym, they even run errands together.

"We're basically together all the time," Mannella said. "Our relationship off the hill is definitely a reflection of our relationship on the hill. And without it, I don't think I'd be able to trust her."

Mannella is also refreshed and refocused on the slopes after taking a year



Save-The-Date

Mark it on your summer calendar!
Saturday August 13, 2016
will be the annual HVSC skiers
and riders Garden Party at
the Van Zanten's
in Poughkeepsie.





off following the Sochi 2014 Paralympic Winter Games. Though it wasn't like she was relaxing during the "time off."

She started college at Dartmouth and indulged one of her other passions, horses, by competing on the college's equestrian team.

And she was training.

Mannella took advantage of a program at Dartmouth that helps elite athletes with weight and exercise training. She was also in the gym five to six days a week, building mostly the leg and core muscles needed for skiing, while also working on agility.

"I'm a lot stronger than I was when I left skiing after Sochi," said Mannella.

In addition to the added physical strength, Mannella said she also has newfound mental strength and confidence that comes from a growing understanding of what she enjoys about skiing and how she wants to excel.

"I've gotten a little older, and I've probably figured things out a little," she said.

Mannella admits that for many years, she was enjoying skiing, but was perhaps a bit ambivalent about being among the best in the world at what she does.

Her former guide, Kim Seevers, who is nearly 40 years Mannella's senior, was convinced of Mannella's natural talent and fearlessness, and she pushed her young protégé. Together they found success — including a world cup win and success at the Sochi Games, where Mannella had sixth-place finishes in both slalom and giant slalom.

But for the young skier, sometimes it felt like she was just along for the ride.

"At first, the Paralympics was maybe more her dream than my dream," Mannella said.

That's not to say Mannella took Seevers' guidance for granted.

"I don't know if I would have been motivated without that (when I was younger)," Mannella said. "Kim definitely pushed me to be a really good athlete."

But now Mannella doesn't need that push as much. She has found her own motivation — and for a young skier who is finding her way onto the medal podium more, it may not be what you think.

Mannella, who grew up in Randolph, New Jersey, and learned to ski at Windham Mountain in New York, likes winning just fine. But since Sochi, she's learned to really enjoy the process of getting to the podium as much as being on it.

"I'm not so hyper-focused on 'I want a medal,'" she said. "The process of getting there is kind of what shaped me as a person. I've learned to appreciate the process of getting there."

Dave Royse is a Chicago-based freelance journalist and a former reporter for the Associated Press and News Service of Florida. He is a freelance contributor to TeamUSA.org on behalf of Red Line Editorial, Inc.

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Vice President

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Hudson Valley Ski Club

Membership Application

(September 2, 2015 – September 7, 2016)

Please **print clearly!** Application must be received by December 1st to appear in the Annual Membership Directory.

Check here if you **DO NOT** wish to be listed in the Annual Membership Directory.

Name(s): (1)* _____
(2) _____

*Name (2) becomes the "X" member (same membership number as (1) followed by an "X").

Street: _____

City: _____ State: _____ Zip: _____ - _____

Phone: Home: _____

Check box for any phone #

Work (1): _____

you **DO NOT**

Work (2): _____

want listed in the Membership Directory.

Cell (1): _____

Cell (2): _____

Membership Committee use only:

Check #: _____

Check Amount: _____

Cash Amount: _____

Date: _____

Membership Number(s): _____

Check the membership fee which applies:

	<u>New Member</u>	<u>Renewal on or Before 9/2</u>	<u>Renewal After 9/2</u>
Individual Membership	<input type="checkbox"/> \$50.00	<input type="checkbox"/> \$40.00	<input type="checkbox"/> \$50.00
Couple Membership	<input type="checkbox"/> \$70.00	<input type="checkbox"/> \$60.00	<input type="checkbox"/> \$70.00

Make your check payable to:

H.V.S.C.

If you have an e-mail address you would like listed in the Membership Directory, write it here:

(1) _____ @ _____ (2) _____ @ _____

I (we) am (are) at least 21 years of age.

Signature (1): _____ Date: _____

Signature (2): _____ Date: _____

Submit this application and payment at the Membership Desk at any meeting or mail to:

Peter Gray IV, 55 Hagan Drive, Poughkeepsie, NY 12603-5016

Please read & sign the Waiver and Code of Conduct on the reverse side of this form.



Waiver and Release of Liability

In consideration of being allowed to participate in any way in **Hudson Valley Ski Club, Inc. (HVSC)** sponsored activities, related events, or trips, each of the undersigned:

1. Agrees that prior to participating, he/she will inspect any facilities and equipment to be used, and if he/she believes anything is unsafe, he/she will immediately advise a club officer of such condition(s) and refuse to participate.
2. **Acknowledges and fully understands** that each club member will be engaging in **activities that involve risk of serious injury, including permanent disability and death**, and causing severe social and economic losses which might result not only from his/her own actions, but inactions or negligence of others, the club rules, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known or not reasonably foreseeable at this time.
3. **Assumes all risks and accepts all responsibility** for **the damages** following such injury, permanent disability or death, **even if caused, in whole or in part, by the negligence of the “releases” named below.**
4. **Releases, waives, discharges and covenants not to sue** the Hudson Valley Ski Club, Inc., its affiliates, their respective administrators, directors, agents, officers, and other employees of the organization, other club members, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct club activities, premises or event inspectors, surveyors, underwriters, consultants and other persons or entities which give recommendations, directions or instructions or engage in risk evaluation or loss control activities regarding the program or premises, all of which are hereinafter referred to as “Releases”, **from demands, losses or damages on account of injury, including death or damage to property whether caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise.**

Code of Conduct

I understand camaraderie among the members is a crucial component of HVSC’s purpose and enhances the enjoyment of club activities by everyone. My conduct as a club member impacts the public’s view of our club and the willingness of organizations to co-sponsor activities with our club. As a result I agree to the following: a) I will exhibit courtesy, good behavior and show respect for fellow members and other parties while on any club trip or while involved in any club-sponsored activity; b) I understand that offensive conduct, making threats, sexual harassment and intimidating behavior is not acceptable and will not be tolerated; c) I will obey all federal, state and local laws while participating in club functions and the rules and authorities of establishments where functions are held; and d) I will support and promote safety at all club-sponsored functions.

I understand and accept that violations of this “Code of Conduct” can result in disciplinary action up to and including termination of membership.

Signatures:

The undersigned have read and agree to the above Waiver and Release of Liability and Code of Conduct and understand that they have given up substantial rights by signing it and sign it voluntarily.

(1) _____
 Print Name Signature Date

(2) _____
 Print Name Signature Date

Friday Race Training

Every Friday evening, Club members meet at an area restaurant for a couple hours of friendly conversation. We welcome new members and old.

Any questions, comments or suggestions, contact Susan Kokosa @ 845-229-6786 or race_training@hudsonvalleyskiclub.org

April

- | | | |
|----|------------------------|--------------------------------------|
| 1 | Cosimo's | Delafield St, Poughkeepsie |
| 8 | Antonella's | Kohl's Plaza, Rt 9, Wappingers Falls |
| 15 | Bonefish Grill | Route 9, Poughkeepsie |
| 22 | Shadow's On The Hudson | Rinaldi Blvd, Poughkeepsie |
| 29 | River Station | Water St., Poughkeepsie |

Calendar of Events

- | | |
|---------|---------------------------------------|
| April 6 | Club Meeting, Coppola's on 9 @ 7:30pm |
| 20 | Club meeting, Coppola's on 9 @ 7:30pm |



HUDSON VALLEY
SKI CLUB

Hudson Valley Ski Club
PO Box 2704
Poughkeepsie, NY 12603-2704
www.hudsonvalleyskiclub.org
info@hudsonvalleyskiclub.org

