



# HVSC

**Hudson Valley Ski Club**

Poughkeepsie, New York  
\* 2014 \* Our 76th Year \*

Volume LXXVI Number 3

March 2014



## WHITE WATER RAFTING

May 2-4, 2014

On the Upper Hudson River

- 17 miles of rafting on Class III & IV rapids
- NYS Licensed Guides – Beaverbrook Outfitters
- Wet suits, helmets, PFD provided
- Lunch on the river
- Dinner provided afterwards at Inn on Gore

### **NEW !**

Lodging at **Alpine Lodge** (smack in the center of North Creek...walk to bars, restaurants, bakeries!)

[www.adirondackalpinelodge.com](http://www.adirondackalpinelodge.com)

- 2 nights lodging
- 2 Continental breakfasts (incl. breakfast sandwich)
- Use of Great Room \* BYOB and snacks
- Bonfire and marshmallows nightly
- Whitewater Derby and Adirondack Adventure Festivities

Don't miss out on the fun! Space is limited. Sign up now.

Cost: \$225    \$125 due upon signup  
balance due by March 28

Make checks payable to **Carole Daniels** (trip leader)

388 Freedom Road, Pleasant Valley, NY 12569

[cbdisland@aol.com](mailto:cbdisland@aol.com)    845-635-3949

*No rafting experience needed !!!*



Saturday, March 8  
Set your clocks ahead  
Start Daylight Saving Time



### **MARCH PROGRAMS**

March 19: **Ralph Ferusi** will present at the March member meeting. Topics: hiking, AT trail, and volunteer trail maintenance.

**Jim Gahn**  
Program Chairman

**Club Information**

**Club Officers**

**President:** vacant  
**Vice-President:** Frank Van Zanten  
**Secretary:** Helen Dickerson  
**Treasurer:** Jim Gahn  
**Sergeant at Arms:** vacant

**Board of Directors**

Herb Eschbach Craig Goldstein  
 Carole Daniels Pamela Smith  
 John Macek

**Committee Chairs**

**Budget and Finance:** Carole Daniels  
**Constitution:** John Macek

**Events:** Gwen Cardarelli & Ellen Kelly  
**Instruction:** Mark Searle

**Marketing and Publicity:** Craig Goldstein

**-Media Liaison:** Christine Desmoni  
**Meeting Programs:** Jim Gahn

**Membership Services:** Pete Gray  
**-Sub-Chair: Welcoming, Mentoring, Retention:** Shirley Rinaldi

**Newsletter - Website:** Mike Harellick

**Ski Council - Discount Tickets:** Jim Gahn  
 Bill Egan

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



**Welcome to the following new member:**

A. J. Scalise



"On a sad note, past HVSC member **Terry Terwillinger** is in a unresponsive state in a Long Island Hospital, and not expected to recover."

The **2013-2014 Membership Directories** are now available. You can pick up your copy at the Membership Table at any meeting or I can mail one (Single Memberships) or two (Couple Memberships) to you if you send me a stamped, self-addressed, 9"x12" envelope (minimum).  
 The postage for one Membership Directory is \$1.12 and for two is \$1.32. **Pete Gray**



HVSC member **John Brooks** is home from the hospital.

*From John:*  
 "Thank you for all of your

*thoughtful cards and get well wishes. I would welcome brief visits at my home between 11am and 5pm. The recent snow reminds me of many FUN trips we have had!"*

Members can find John's address and contact information in the Membership Directory.

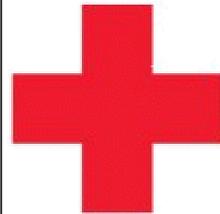
**Newsletter Editors:**

Mike & Angie Harellick  
 183 Millers Lane  
 Kingston, NY 12401  
 845-339-4894



Deadline: 15th of the month  
 send info to: [editor@hudsonvalleyskiclub.org](mailto:editor@hudsonvalleyskiclub.org).

[www.HudsonValleySkiClub.org](http://www.HudsonValleySkiClub.org) website for the most recent updates.



Tuesday May 13

**2nd Annual HVSC sponsored BLOOD DRIVE**

co-sponsored by the Poughkeepsie Public Library, to be held at the Mid-Hudson Library System auditorium, in Poughkeepsie, 1:30 - 6:30PM. Save the date. Recruit your friends and relatives. The drive is required to produce a minimum of 45 pints. For more info contact **Frank Van Zanten**



the windham mountain ski club card

A \$30 membership fee  
 A FREE anytime/non-holiday lift ticket\*  
 \$25 off midweek tickets  
 \$15 off weekend/holiday tickets  
 Direct to lift access  
 Must have valid ski club I.D.  
 \*Free ticket included if purchased by Dec. 1, 2013  
 Card available for purchase through Feb 1, 2014.



518.734.4300 ext. 1134 [sales@windhammountain.com](mailto:sales@windhammountain.com)



WILLIAM-SYKES REALTY

Bus: (845) 485-9960  
 Cell: (845) 505-3113  
 Fax: (845) 485-9978



[kathyaman1008@gmail.com](mailto:kathyaman1008@gmail.com)

266 Titusville Road, Suite 11  
 Poughkeepsie, NY 12603



**KATHY AMAN**  
 Lic. Associate R.E. Broker



### Mount Snow Race Results

The results of the racing at Mount Snow, Vermont during the recent trip are noted below. Congratulations to our members who participated. And, yes, there were no age groups.

Name	Red	Blue	Final Result	
Chet Allen		-	-	-
Carole Daniels	35.16	33.95	33.95	
Susan Stark		31.27	30.39	
Frank VanZanten	47.96	-	47.96	
Skip Alford		30.93	?	27.88?
Yvonne Baker	26.96	-	26.96	
Janet Pinnavaia	39.31	36.75	36.75	
Keith Faucher	32.80	30.39	30.39	
Ellen Kelly		33.26	32.02	32.02
Patrick Cummins	30.51	29.10	29.10	

### Lift Ticket Lotto

The club holds Lift Ticket Lotto contests at each club meeting during the ski season as a means of generating some revenue for the club. Several local ski areas have given the club lift tickets in exchange for ads in the newsletter. We will be giving away lift tickets to different ski areas at each meeting from October through March. All you need to do to get in on the hot action of this cool deal is to be sure to buy Lift Ticket Lotto tickets at the next meeting – don't get left out in the cold. When you win and later use a lift ticket from Lift Ticket Lotto, please take a moment to thank the ski area for their support of the HVSC. Ticket prices for the Lotto will be: 1 for \$1, 6 for \$5, and 15 for \$10. The lift tickets to be given away at the March 5 meeting are Butternut, Mount Snow, Plattekill and Windham.



### Ski/Ride

### Improvement Days

The last ski/ride improvement day for the season will be held on March 9, 2014 at Jiminy Peak. One of the benefits of membership in the HVSC is that members can take advantage of free lessons from certified instructors. These lessons are designed to meet the needs of beginner through upper intermediate skiers/riders. If you wish to take advantage of one of these events, please contact Mark Searle (phone: 845-471-6402) so that adequate instructors can be made available to meet your needs. Discount (Flex) Tickets for all dates are available at Potter Brothers ski shops and the program begin at 9 AM in JJ's Lodge.



**SKI CLUB MEMBERS SAVE!**

**up to \$20 OFF**

**\$40** Lift Tix Saturdays & most holidays

**\$35** Lift Tix Sundays

\*Offer Not Valid 1/16-20 & 2/15-17, 2014. Show your Ski Club ID at Group Booth. No advance purchase necessary.

Save \$10 on Rentals and \$20 on Lessons. Family members save too. 22 Trails \* 100% Snowmaking \* 3 Quad Lifts \* Close to home! 360 State Road, Great Barrington, MA | 413.528.2000 | Ski Club flyer: www.SkiButternut.com/PDF/Ski\_Club.pdf

**"Best Mountains You've Never Skied"***Ski Magazine, Nov. 2012*

\$1,645 March 8-15, 2014



*The criteria for this distinction: "large enough to offer true variety and a diverse ski experience, intimate enough to retain a hometown ambience and cultivate a true sense of community. Simply put, these mountains kick butt and take names."*

*"Schweitzer, Idaho. Where lake views, tree skiing and a generous serving of backcountry snow cat action await."*

**7 Nights Lodging, 5 of 6 day lift ticket\*\*, Roundtrip Air, Ground Transportation to and from the airports, Welcome Reception, Daily Breakfast, One Ticket for a free "Quick Tip Ski Clinic" on the mountain.**

**Schweitzer Mountain Resort** is located in the Selkirk mountains in northern Idaho, 11 miles (18 km) northwest of Sandpoint. The ski area is approximately 45 miles (72 km) south of the Canadian border.

For more information about Schweitzer Mountain, visit [www.HudsonValleySkiClub.org](http://www.HudsonValleySkiClub.org) and view the January or February newsletter.

We will be staying at the Selkirk Lodge at the base of the mountain and about 100 yards from the main lifts. The hotel has an outdoor heated pool and three whirlpools. There are two bathrobes provided with each room. Also on site is a spa, restaurant and coffee shop.

\*The price could change due to airline fuel surcharges.

\*\*Your ski lift ticket can be exchanged for a ski lesson on another day, a credit in the Solstice Spa, a snowshoe experience and other options.

Contact: **Bill Egan**, Hudson Valley Ski Club, [snowdrifters@gmail.com](mailto:snowdrifters@gmail.com), 845-895-1714

**The Difference Between Good and Great**

After experiencing a variety of ski trips I have come to the following conclusion. A good ski trip requires:

1. A clean room with a comfortable bed
2. A resort with a variety of options
3. A reasonable travel time
4. A variety of terrain for skiing
5. A good selection of restaurants
6. Breakfast included (hotel)

A great ski trip (along with the above) is created by the people on

the trip. It starts with the communication from the trip leader. It then requires the cooperation of all participants. Helping load and unload skis and luggage (western trips). Following instructions provided by the trip leader. Being on time. Being patient and courteous with each other. Being inclusive in social activities or on the slopes.

I am happy to say the Hudson Valley Ski Club has provided me with a variety of GREAT ski trips.

Thank you... **Craig Goldstein**

**Join Our Team**

It is again time to consider the upcoming annual election of Officers and Board of Directors. Those that serve in these capacities provide guidance for the administrative and operational components for the club. It is their dedication that is so important to the future of the ski club. Please consider being a member of this great team.

Since all of the officer positions are for a one year term, candidates are needed for all positions. Obviously there may be incumbents who seek re-election, however, there are currently two

vacancies—President and Sergeant-at-Arms. Plus, at least two Board positions are up for election/re-election. Therefore there are several opportunities for you to consider serving as an Officer or Board member.

Please contact me if you are interested, and help us continue the many programs, trips, events, and gatherings we have all enjoyed.

**Pat Marsh**

Chair, 2014 Nominating Committee  
Hudson Valley Ski Club  
[H2oopr@verizon.net](mailto:H2oopr@verizon.net)

**more  
gore** 

~Improvements for 13/14~

The new "Hedges" trail linking  
Burnt Ridge Mtn to the North Side

3 Fresh Glades

New Deck for 100+ off the Tannery  
Another Conveyor- this one is 150!

**Kids Program Improvements**

Early Season Council Days on 12/7 & 12/8  
Just \$42/day

**(518) 251-2411 GoreMountain.com**

## More Senior Skiers Every Year; How to Ski Safe

by Karen Schwartz, AP

Posted: Sunday, January 26, 2014  
Inclusion in this newsletter at the request of **Pete Gray**

If you've walked into a ski lodge the last few years, likely as not you've seen tables filled with gray-haired skiers wearing sweaters so old they're back in style.

That's because the number of skiers on the far side of 50 - some on the very far side - has been creeping up each year, according to the National Ski Areas Association (NSAA).

Credit advances in artificial hips and knees that make it possible for skiers to continue enjoying the sport; shaped skis, along with better snowmaking and grooming that make skiing easier; and high-speed lifts and luxury touches like ski valets that make it more pleasant.

"There are no excuses," said Klaus Obermeyer, 93, the Aspen-based skiwear designer. Despite breaking his leg in a wipeout two years ago, Obermeyer still skis each day. Sure, younger people still make up the majority on the slopes - the average age there is 38.5 years - but "the person who skis the most in a given year is 65 and older," said Michael Berry, president of the NSAA, based in suburban Denver.

Bragging rights go to those 68 and older, who averaged 9.5 days skiing last season. Boom-

ers, those age 50 to 68 this year, also skied more than the national average of five times per year, according to an NSAA survey released in August.

"You don't want to sit in your rocking chair and look at the view," said Billy Kidd, 70, who won a silver medal in the sla-



lom at the 1964 Olympics. "You want to remember your days of youth and you love that feeling of adrenaline and dealing with the variables of skiing."

So what suggestions do experts have to help the rest of us ski into our golden years?

- » Stay in shape.
- » Try to choose slopes with less traffic so you can safely ski a little slower.
- » Think about afternoon sun and shadows. A west-facing slope will have better definition.
- » Be cognizant of higher altitude and hydration.
- » Walking in ski boots can be more challenging than skiing, so companies have developed lightweight shoes, like Pakems, that you can carry

during the day for a quick change.

» Consider taking a gondola or chair lift down the mountain if weather sets in or you're tired.

» Consciously choose your danger level. "The repercussions of making a mistake are too great," Kidd said.

» And finally, enjoy, like the 89-year-old who sent the 70+ Ski Club a photo of herself

skiing with her great-grandchildren.

"There are not many sports four generations can do together like that," said club president Richard Lambert.

Note: "Richard Lambert is the contact person for 70+... [The] first Wednesday of each March is 70+ Ski Club day at Hunter (March 5 this year) ... and a number of HVSC members are also members of 70+"

**Frank Van Zanten**

For the full Philadelphia Inquirer article, visit:

[http://www.philly.com/philly/living/travel/20140126\\_More\\_senior\\_skiers\\_every\\_year\\_how\\_to\\_ski\\_safe.html](http://www.philly.com/philly/living/travel/20140126_More_senior_skiers_every_year_how_to_ski_safe.html)



EVERYTHING FOR SKIING, SNOWBOARDING, CYCLING, KAYAKING & PAINTBALL

1611 ROUTE 22 BREWSTER, NY 10509 845-279-3100  
1890 SOUTH ROAD (RT.9) POUGHKEEPSIE, NY 12601 845-298-9597  
162 DANBURY RD. (RT. 7) NEW MILFORD, CT 06776 860-355-2001

VISIT US AT [skihausonline.com](http://skihausonline.com)



### 13-14 EVENTS

- |                                    |            |
|------------------------------------|------------|
| 12 Founders Day                    | <b>DEC</b> |
| 21 Mount Snow Film Festival        |            |
| 21 Demo Day                        |            |
| 29 Torchlight Parade and Fireworks |            |
| 30 Grommet Jam #1                  |            |
| 5 Youth Pay Their Age Day          | <b>JAN</b> |
| 6-10 College Week #1               |            |
| 13-17 College Week #2              |            |
| 19 Torchlight Parade and Fireworks |            |
| 20 Grommet Jam #2                  |            |

### Ski Club Appreciation Days

**Gore Mountain \$42 \***  
March 7, 22 & 23

\*Each person must show their photo id and current ski council or club card. Council day tickets may only be purchased at the Snow Sports Desk in the Northwest Lodge.

### Killington 3-Day Weekend Feb 28 - Mar 2

*Killington*

\$342

Trip Leader: **Susan Kokosa**  
[shski2beach@yahoo.com](mailto:shski2beach@yahoo.com)

3 Nights Lodging  
3 Day Lift Ticket  
Full Hot Breakfast

We will be staying at the Inn of the Six Mountains which offers complimentary shuttle service to and from the Killington ski area.

\*You may make one payment of \$342, two payments of \$171 each, or 3 payments of \$121, \$121 and \$100. ~ Cancellation penalty \$25



# \$10 OFF Lift Tickets

*Valid anytime non-holiday with your HVSC card!*



Roxbury, NY \* [plattekill.com](http://plattekill.com) \* (607) 326-3500

### Earliest Skiers

After the last ice age (about 8000 BC), Stone Age hunters began strapping long pieces of wood to their feet to travel farther and faster over snow in pursuit of the game that flourished across Europe and Asia. Adaptations for terrain and snow conditions influenced the design of the skis in different regions.

Where skis originated is still debated, whether Scandinavia or the Altai Mountains of Siberia.



### “I like it!!!” *Pete Gray*

You may have noticed much of this issue of the newsletter has a bit of a new look — more and narrower columns, more space around and between the columns, etc.

Over the years as I have been editing the newsletter and replacing each issue with the one that follows it, much of the chaff gets buried beneath

the new stuff, much like the old paint that lies under new. So when I “stripped off the old paint” on most of the pages, I cleaned up the format as well.

So far, like the comment from our membership chairman above, the feedback has been positive.

*Mike, editor*

## Interesting Facts About Skiing

The Winter Olympics are well under way in Sochi, so here are a few facts about skiing.

1. The noun 'ski' was first recorded in English in 1755 but it took until 1893 for the verb 'to ski' to come into use. Water-ski was not seen until 1931.

between two skis. They were used to carry away wounded soldiers during a 1521 conflict between Denmark and Sweden.

2. Norwegian rock carvings dating back to 2500BC are the oldest known depictions of people skiing.

5. St Bernard of Montjoux is the patron saint of skiers. St Bernard dogs are also named after him.

3. In 1721, the Norwegian army became the first to have a specialised ski unit.

6. 'Skiing' is the only common six-letter word in English with a double-i exactly in the middle. Uncommon such

4. The earliest known stretchers were made from a piece of canvas stretched



words include 'Obiism' (a type of sorcery), teiids (types of American lizards) and Shiism and Shiite (relating to a branch of Islam).

7. In Switzerland, 35 per cent of skiing accidents involve knee injuries. In snow boarding, the upper arm and shoulder are the parts most often injured.

8. Alpine skier Erjon Toja was the only Albanian contestant at the 2006 and 2010 Winter Olympics. This year, 2014, their team has



doubled in size, with woman skier Suela Mëhilli joining Erjon Toja.

## Cancellation/Refund Policy For HVSC Ski Trips

1. Minimum cancellation penalty is \$100 for week long trips and \$25 for shorter trips.

cost of the trip.

2. Cancellation requests must be in writing and will take effect the date they are received by the trip leader.

4. Refunds will not be issued until after the final accounting of the trip.

3. Penalties vary from trip to trip. Anyone who cancels from a trip will be assessed penalties as per our contract with the vendor. Whatever the club loses, the person who cancels will lose plus the \$100 cancellation penalty, however, the penalty will not exceed the total



*Weichert*

Executive Club

**Therese "Terri" Searle**  
Licensed Real Estate Broker Associate

Cell: 845-546-9260

Office: 845-473-2800

Email: TSearle@hvc.rr.com



[www.TerriSearle.com](http://www.TerriSearle.com)

1110 Town Square, Rt. 55  
LaGrangeville, NY 12540



Skiing and Snowboarding...  
Family Fun,  
Only Minutes Away!



Get that tune-up before your next ski trip!

**Thunder Ridge Ski Area**

Route 22, Patterson, New York

845-878-4100

[www.ThunderRidgeSki.com](http://www.ThunderRidgeSki.com)

Just 75 minutes from NYC, 35 minutes from White Plains, N.Y.  
Ride the Metro-North Ski Train and take the FREE Shuttle from the Patterson Train Station!

## Friday Race Training

Every Friday evening Club members meet at an area eatery for a couple of hours of friendly conversation.

If you have questions, comments or suggestions, contact **Susan Kokosa** 229-6786 [race\\_training@hudsonvalleyskiclub.org](mailto:race_training@hudsonvalleyskiclub.org)  
race training coordinator.

- February**
- 21 Shadows on the Hudson  
176 Rinaldi Blvd Poughkeepsie
  - 28 Antonella's 1830 South Rd  
Wappingers Falls
- March**
- 7 Cosimo's  
Delafield St Poughkeepsie
  - 14 Mill House Brewing Co  
Mill St Poughkeepsie
  - 21 La Puerta Azul  
Route 44 Salt Point
  - 28 Shadows on the Hudson \*\*  
176 Rinaldi Blvd Poughkeepsie

\*\* Please come out and enjoy a \$5 signature cocktail called "The Lift" made especially for ski club members!!

## Coming Events -- March 2014

- February**
- 2/28- Killington 3-Day Weekend Ski Trip  
3/2
- March**
- 5 Meeting at Coppola's on 9 at 7:30
  - 8-15 Schweitzer Idaho Ski Trip
  - 9 Daylight Savings Time begins
  - 17 Happy St Patrick's Day
  - 19 Meeting at Coppola's on 9 at 7:30  
Program: **Ralph Ferusi** on hiking
- May**
- 2-4 White Water Rafting  
on the Upper Hudson
  - 8 2nd Annual Blood Drive



You can visit the HVSC website—just scan with your Smartphone.

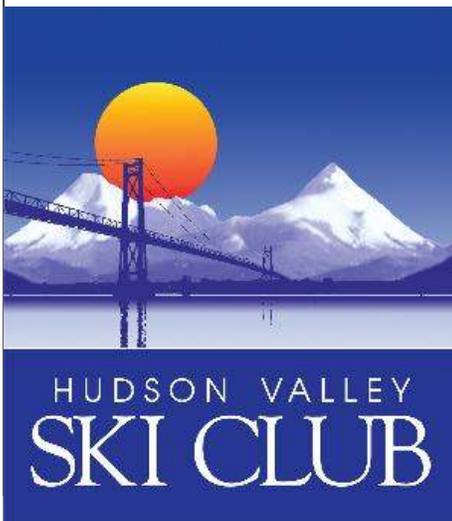
## Hudson Valley Ski Club

If undeliverable, please return to:  
183 Millers Lane  
Kingston, NY 12401

Mailing address:  
P.O. Box 2704

Poughkeepsie, New York 12603-2704  
[www.hudsonvalleyskiclub.org](http://www.hudsonvalleyskiclub.org)  
[info@hudsonvalleyskiclub.org](mailto:info@hudsonvalleyskiclub.org)

## March 2014



**Next Meetings:**  
**March 5 & 19**  
**at 7:30 PM**  
at Coppola's on 9,  
South Road, Poughkeepsie

