



HVSC

Hudson Valley Ski Club

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

Volume LXXVI Number 10

October 2014

Meeting Program – October 1, 2014

EIGHT SUMMITS – THE BILL BURKE STORY



One Man, One Mission. Bill Burke had a goal after retirement, to stay active and healthy. With a goal to try mountaineering, little did he know that he would enter into the record books and become the oldest climber in the World to scale all eight of the highest peaks after age 60, then becoming the oldest American to summit Mt. Everest. EIGHT SUMMITS is a remarkable film that captures Bill's story and follows him along his journey into the record books. From his home town in California to Mt. McKinley and Mt. Everest, this compelling story will help you realize that anything is possible if you just work hard and believe in yourself.

Bill is inspired by his grandson, Oliver, who suffers from a rare disability called Angelman Syndrome. "I want to do whatever I can to raise awareness of the needs of the disabled and the responsibility of society to help the disabled reach their full potential" says Bill.

Introduction and commentary by John Macek who met Bill while hiking in the Catskills about 15 years ago and has followed his adventures since 2003.

For some advanced reading and viewing visit Bill's website: <http://www.eightsummits.com>.

Eastern Trips

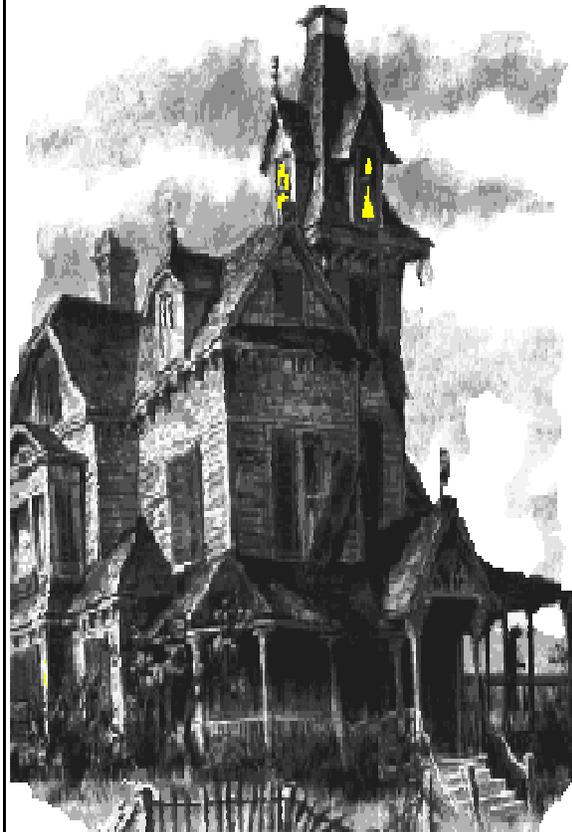
Gore Weekend ~ January 9 - 11, 2015

Mt. Snow Ski Club Week ~ February 9 - 12

New Hampshire Mid Week ~ March 15-19

See pages 4 and 5 for details.

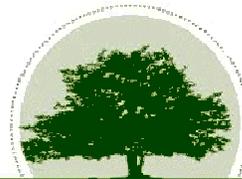
Note: See June HVSC newsletter for complete cancellation policy.



Wagoner's Antiques

"More Trash Talking"

Dutchess Rail Trail
Saturday October 25
9:30 AM



Adopt-a-Trail

Join us for the last cleanup of the year and a chance to get out and enjoy the crisp fall air.

Meet at the parking lot on Old Manchester Road, Poughkeepsie (the lot closest to the bridge over Rt. 55) and enjoy a good time while walking the approximately 1.5 mile section to Titusville Road. After returning to our cars, we'll head to a neighboring diner for brunch and a lively get-together.

Trash Bags and gloves will be provided to all participants.

To sign up for this outing contact:

Carole Daniels at 845-635-3949 carolebdaniels@gmail.com

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

Herb Eschbach Craig Goldstein
 Carole Daniels Keith Faucher
 Ellen Kelly

Committee Chairs**Budget and Finance:**

Carole Daniels

Constitution:

John Macek

Events:

Gwen Cardarelli & Ellen Kelly

Instruction:

Mark Searle

- Racing Sub-Chair:

Tom Pompei

Marketing and Publicity:

Craig Goldstein

-Media Liaison

Vacant

Meeting Programs

Vacant

Membership Services:

Pete Gray

-Sub-Chair: Welcoming, Mentoring,**Retention:**

Susan Eschbach

Newsletter - Website:

Mike Harellick

Ski Council - Discount Tickets:

Jim Gahn

Ski Trips:

Bill Egan

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

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

www.HudsonValleySkiClub.org
 website for the most recent updates.

**Welcome to
the following new members:**

Jim Bonadonna
 Drue Sanders

**How to Improve
Your Skiing or Riding**

There are a few techniques that are proven to enhance one's skiing or riding abilities that many of us have most likely employed at one time or another during our skiing/riding careers. There's the tried and true method of practice. Simply doing it over and over and over again until, hopefully, it becomes second nature. For example, you probably tie your shoes without looking at them simply because you've done it so many times that your fingers have such a high degree of muscle memory. Hopefully, all of that practice allows you to get it right and your skill level improves. If not, then frustration sets in and ultimately one gives up. Not for lack of trying mind you but, simply because it doesn't work or it's not enjoyable. Something is missing. What is a person to do? As far as snow sports are concerned, (you're on your own with regard to tying your shoes) this is where your ski club gets involved. The HVSC can address, in a positive manner, the frustration you feel, the plateau that you seem to have reached and your perceived inability to make the leap from that plateau to a higher level of skiing and riding. Forget that "woe is me" attitude or the belief that you'll always be an intermediate – do something positive. The HVSC has the means to address the dilemma you may be experiencing.

The dissolution of the Amateur Ski Instructor Association has had an impact on the HVSC Ski/Ride Improvement Days but not to the point that those days won't exist during the 2014-15 season. The club is privileged to have

in its membership a few Certified Instructors from the Professional Ski Instructors Association (PSIA) and, as a result the Ski/Ride Improvement days this season will be led by PSIA members with decades of experience.

The Ski Improvement Days offered in conjunction with discount lift tickets at several local ski areas and the instruction on some club trips are the first steps to take to enhance your skiing or riding. These days allow members and their guests to take advantage of less expensive skiing and riding opportunities and free lessons from Certified instructors. Lessons will be available for everyone from first-timers to the upper intermediate who is having difficulty making the transition to being a truly expert skier. Come join us for one of the upcoming Ski Improvement Days and you'll be pleasantly surprised at how much better your skiing and riding will become. You may learn about the highly secretive French technique for ski improvement. Be sure to see the coming newsletters for more information about the ski improvement days and a schedule for the discount lift ticket opportunities.

If you've ever had aspirations of becoming a ski instructor, please contact the club's Instruction Coordinator, **Mark Searle** at (845)471-6402 or HVSCSkiTeach@yahoo.com. The available teaching clinics are a great way to improve your skiing skills.

Happy
Columbus
Day



WILLIAM-SYKES REALTY

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



kathyaman1008@gmail.com

266 Titusville Road, Suite 11
 Poughkeepsie, NY 12603



KATHY AMAN
 Lic. Associate R.E. Broker

HVSC/TSSC Picnic & Softball Challenge**Sunday, September 14**

The event drew 52 participants and the score at the end of the 6-inning game was 12-5 with Trailsweepers taking the honors this year.

-- Frank Van Zanten



Basic Dynamic Concepts of Downhill Skiing

What is it that makes one skier better, stronger, more versatile than on other? We are all simply sliding on frozen water. Well, answer to that question lies in how a skier uses, explores and exploits the basic dynamic concepts of skiing. The basic core concepts of skiing are: Pressure Control, Edging, Turning and Balance; PETB for short. Let's examine each one of these concepts individually and discuss how they relate to one another, and how you can utilize them to enhance your own skiing. The manner in which you combine these four elements will dictate how well you ski a given section of terrain.

Pressure Control – When we talk about pressure control of the ski, we need to keep in mind that pressure is experienced in a number of locations on the ski and in a number of ways. Pressure is distributed fore and aft along the length of the ski. We've all, at one time or another, experienced inadequate pressure on the ski and had its tail wash out from under us. Applying pressure to the front, middle or tail of the ski allows the skier to utilize the design characteristics of the ski. Pressuring the tip, for example, initiates a turn. In addition to fore and aft pressure, there is lateral pressure across the width of the ski. Pressure is moved from one side of the ski to the other as the radii of turns change with the shorter radii turns generating more pressure on the skier. As the skier's velocity increases and the skier's position in the turn approaches the fall line, the skier will also feel greater pressure as gravity and centrifugal force become in line.

Edging – This is the amount of tilt the ski has relative to the skiing surface. A ski that is flat, no edge with equal pressure across the width of the ski, glides or slides easily. The ski that is not edged has all of its potential pressure directed down to the terrain. As the ski is inclined to the snow, the ski begins to do what it was designed to do, turn. In simple terms there are two vectors operating in an edged or tilted ski. One is the downward pressure and the other is the lateral pressure. The power vector of the edged (tilted) ski is between the vertical pressure and lateral forces. The greater the incline, the greater the pressure against the snow surface. Too much tilt on a surface with inadequate resistance such as ice, results in the skiing washing out and skidding. Edging movements are created by the skier's hips, legs, knees, and ankles as he/she tips different parts of the body.

Turning (Rotary Movement) – Modern skis are designed with a side cut that will turn on their own to a specific

Lift Ticket Lotto

Lift Ticket Lotto will resume at the second October meeting, that's October 15, with tickets from some regional ski areas. This program benefits both members and the ski areas as the areas donate tickets to the club that we in turn use in the raffle that generates some needed capital for the club. Lift tickets are arriving from ski areas now so at press time we can't specially say which area will be represented but rest assured that there will be a Lift Ticket Lotto at the October 15 meeting. The cost of raffle tickets is \$1 for one ticket, \$5 for 6 tickets and \$10 for 15 tickets. Remember, you've got to be in it to win it.

radius. However, all turns are not the same. Sometimes we make long radii turns while at other times we make turns of shorter radii. Turning movements involve some part of the body that rotates around a given axis. We guide our skis into new turns with rotary movements of the lower body. It's that twisting of the feet that allows us to feel pressure on specific toes in the boot as we turn. Sometimes we need to curtail the rotary movement and to do so we use a pole plant to block the hip from over rotating. The most common outcome of turning movements is a change in direction.

Balance – Again this is a dynamic concept as balance is needed in several directions simultaneously in order to ski effectively. We balance on our skis front to back and side to side just as we pressure the ski in those directions. If the body moves too far in one direction with inadequate pressure and balance, it falls onto the snow. The skier's center of mass can be changed in any number of ways such as altering the width of the stance or increasing or decreasing the flexion of the joints of the lower body (ankles, knees, and hips). In order to remain in dynamic balance while moving, the skier changes the degree of tip or tilt of the ski as well as the amount of body angulation and inclination relative to the terrain.

Effective and efficient dynamic skiing is a combination of the four core concepts. We use different amounts of each depending on the nature of the terrain, the shape of our turns, our velocity, and the given snow conditions. Mastering the core concepts and using each to your advantage will make you a more versatile skier.

If you've ever had aspirations of becoming a ski instructor, please contact the club's Instruction Coordinator, **Mark Searle** at (845)471-6402 or HVSCSkiTeach@yahoo.com. The available teaching clinics are a great way to improve your skiing skills.

22 Trails * 100% Snowmaking * 3 Quad Lifts * Close to home!

SKI CLUB MEMBERS SAVE! UP TO \$20 OFF!

Lift Tickets

\$40 Most Weekends & Holidays*	\$20 Monday-Friday (excluding all holiday periods)
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Save \$15 on Rentals and \$15 on Lessons.
Family members save too.

Ski Butternut

380 State Road, Great Barrington, MA | 413.528.2000 | Ski Club flyer: www.SkiButternut.com/Ski-Clubs

New Hampshire Mid Week March 15-19 (Sunday - Thursday) \$450

Trip Leader: **Carole Daniels**
388 Freedom Road
Pleasant Valley, NY 12569
845-635-3949 (home)
845-242-2761 (cell)
carolebdaniels@gmail.com

4 Nights Lodging at the Indian Head Resort
4 Days of Skiing
3 Dinners
4 Breakfasts
Wine and Cheese Reception

The Indian Head Resort in Lincoln, New Hampshire is a modest property. Amenities include an indoor pool, outdoor pool, indoor hot tub, outdoor hot tub, sauna, game room, exercise room, guest laundry, gift shop, dining room and lounge.

Check out this article for information on skiing Loon, Cannon and Waterville Valley:
<http://www.tetongravity.com/story/ski/The-Complete-Guide-To-Skiing-193-Guy-6561368>

*You may make one payment of \$450, two payments of \$225 each, or 3 payments of \$150.

Cancellation penalty \$25

CANNON

Bretton Woods
Mountain Resort

LOON



Waterville Valley Resort
NEW HAMPSHIRE

Your Presidents During 75 Years.

For those of us with an interest in where we as an organization have been the Hudson Valley Ski Club website offers a list of club members who served as president, beginning with Hubert "Bud" Spross during our beginning year of 1938-39. His successor, Larry McGinnis, must have been popular since he served 3 terms (1939-'42) and might have served longer except that during the 6-year period 1942-'48 World War II is shown as the reason for no presidents then serving.

It is not possible to say with exactness how many individuals served as president since the list shows an unexplained gap for the 6-year period 1949-'55. A somewhat different gap in the record is shown for the two years which followed Herb Eschbach's 2011-'12 term during which Herb may have done such a stellar job that nobody dared to follow him, not even Herb himself.

A total of 44 individuals are shown and named as having served as president. Two of these had been elected as Vice-President and stepped up to complete the term of the then-president (1971-'72 and 1975-'76). The ratio of male to female is 36 to 8. The women were popular; 3 served 2-year terms and one (Joan Sinn) served 3 consecutive years. In addition to Larry McGinnis and Joan Sinn the only other president to serve 3 terms is Jeff Elwyn (2003-'06) who currently serves as vice-president. Nine members served 2-year terms. Mark Booska (2006-'11) set an endurance record with 5 consecutive terms. Don Sinn (1981-'83) and Joan Sinn (1985-'88) completed a non-consecutive 5-year period as a husband and wife team.

The 2014-'15 board includes 3 former presidents ... Rich Partridge (1973-'74), Jeff Elwyn and Herb Eschbach. Other former presidents currently active with the club are David Allen (1978-'80), Bill Rosenberg (1990-'92), Glenn Morris (1992-'94), Chris Bopp (1996-'97) and Walt Gorgas (1999-'01), each of which except Chris Bopp served two consecutive terms.

-- **Frank Van Zanten**



Mount Snow Ski Club Week February 9 - 12 \$350*

4 day lift ticket/3 nights lodging at the Grand Summit – Ski in/Ski out
Full Breakfast Buffet Daily

*Ski club week activities include:
Ballroom Welcome Reception,
Snow Barn Pizza Party, Ski Race,
Tubing and other activities.*

A repeat of a favorite! Spoil yourself with four days of great skiing combined with three nights at the luxury Grand Summit. After a phenomenal day on the slopes ski down to the hotel and hand off your equipment to the ski valet! What better way to top off the day than to enjoy the starry night from the outdoor heated pool or the two outdoor hot tubs!

It doesn't get much better than this!

*You may make one payment of \$350, two payments of \$175 each, or 3 payments of \$125, \$125 and \$100.

Cancellation penalty \$25

Trip Leader:

Susan Stark
6 Myrtle Ave
Pine Plains NY 12567
sstark2k3@hotmail.com
845-729-8252 cell



Where *every day*
is a *bluebird day*.

SKI CLUB WEEK:

FROM FEBRUARY 9 - 12, 2015

\$379 PP DOUBLE OCCUPANCY: Includes 3 nights accommodation at the Grand Summit Resort Hotel, 3 breakfasts, 4 day lift ticket, ski club week activities, and all taxes.

ACTIVITIES THROUGHOUT THE WEEK

WELCOME WINE AND CHEESE RECEPTION -
TUBING - CLUB SKI RACE - FAREWELL PARTY
WITH DANCING AND MORE!

There is no minimum amount of bookings required for this special ski club week price. Group leader package complimentary after 25 paid packages booked. Additional nights with breakfast may be added at a rate of \$79 per person based on double occupancy.

CONTACT MOUNT SNOW GROUP SALES TODAY!







800.261.9442
MOUNTSNOW.COM

Ski Banff Lake Louise Sunshine

**February 28—
March 7**

\$1,540

(single supplement add \$340)



Banff Town

Trip Leader: **Bill Egan**
21 Stella Drive
Gardiner, NY 12525

e-mail:
snowdrifters@gmail.com

**VALID PASSPORT
REQUIRED**

- Round trip air transportation
- Round trip transfers to and from airports
- 7 Nights accommodations at Banff Aspen Lodge
- 5 of 6 day tri-area lift pass valid at Mt. Norquay, Lake Louise & Sunshine
- Shuttle bus service to all 3 ski areas included with lift ticket
- Complimentary daily guided tours at all ski areas
- Daily breakfast buffet

Comprehensive Travel Insurance is available and must be paid before December 1st. More details are available from the trip leader.

The Banff Aspen Lodge offers a friendly and cozy atmosphere with large, newly decorated rooms with great views. This popular inn is just a 3 minute stroll to downtown; close to shopping and a wide range of restaurants. Rooms feature 2 queen beds or 1 queen with a sitting area, in-room coffee



Lake Louise Ski Resort



Sunshine Village Ski Resort

maker, kettle, in-room safe, mini-fridge and satellite TV. The property features two outdoor hot tubs with gas fireplace, complimentary wireless internet, steam room and sauna. Guest enjoy a daily deluxe continental breakfast with hot options selection and freshly baked goods.

Deposit due at sign up \$340. Additional payments of \$200 each are due at the first meeting of July, Aug., Sept., Oct., Nov. and Dec. Minimum cancellation penalty: \$100 - further details available from trip leader.

"With colder temperatures, Banff becomes a giant playground with a backyard full of fresh snow and impressive peaks! Choose from a number of activities that celebrate the awesome snowfall and mountain scenery of this winter wonderland."

www.banfflakelouise.com

MORE GORE

Gore Weekend

January 9 - 11, 2015

The Copperfield Inn
Resort, North Creek



\$250*

*Children under 18 can be added to a double occupied room for \$40 each.

*Cancellation penalty \$25

Trip leader: **Craig Goldstein**
11 Tuckers Path
Clintondale, NY 12515

2 Nights Lodging
2 Breakfast Buffets

email: dockman1@optonline.net

Shuttle Service to Mountain

Lift tickets are not included and are available through the trip leader.

Note: This trip is limited to 24 people.

Copperfield Inn: "Copperfield Inn has affordably luxurious accommodations - a rare treat in the rustic Adirondacks, plus we have the services and amenities you'd expect to find in the finest resorts. To help make your stay comfortable, each of our 31 spacious rooms feature either two queen beds or one king bed with down duvets, a pull-out sofa bed, a luxurious marble bathroom with showers and roman tub. As a green hotel we offer ecologically friendly bath products and we are heated and cooled geothermally. Other room amenities include Televisions, DVD players (an assortment of DVDs are available at the Front Desk), writing desk, wi-fi, hair dryer, iron and ironing board, radio alarm clock, ski rack and electronic safe."

Gore Mountain: "Ski and ride 9 sides of 4 unique peaks! Gore has 104 trails, boasts 2,537 vertical feet and is home to the most skiable acreage in New York. 15 lifts including our high-speed eight-passenger Northwoods Gondola keep you out of lines, with more time on our four peaks and in our parks. And with five dining options scattered across the mountain, you can refuel and keep skiing or riding without missing a beat."

Keeping it Real.



Roxbury, NY * plattekill.com * (607) 326-3500



Snowbird and Alta, Utah
January 24-31 (note change of dates)



Cliff Lodge at Snowbird

“Snowbird Ski Resort near Salt Lake City, Utah, is a rich blend of luxurious relaxation and exhilarating world-class skiing and snowboarding.”

www.Utah.com

Trip Leader: **Pete Gray**
 55 Hagan Drive
 Poughkeepsie, NY 12603-5016
 845-462-2010 (home)
 845-242-5459 (cell)
pgiv@verizon.net

\$1,710**
 (single supplement \$580)

- Includes:*
 Round trip air transportation
 Round trip transfers to and from airports
 7 Nights accommodations at The Cliff Lodge
 Baggage Handling at the Property
 6 day lift ticket to Snowbird***
 Welcome reception
 Introductory tour of the mountain
 Daily breakfast

The Cliff Lodge provides canyon view bedrooms with two queen beds and a mini fridge. Other amenities include a daily newspaper, free

internet service, night skiing on selected nights, use of the skating rink plus a pool and hot tub located on the ground floor.

** Price is approximate and may change with airline changes or fuel surcharges.

*** Lift ticket options: You may pre-purchase an upgrade to a combo ticket for Snowbird/Alta for \$118. A second option is to upgrade at the resort on a day-to-day basis for \$32 per day which is paid directly to the Snowbird ticket office.

Note: Snowboarders are not allowed at Alta so you will not need an upgraded lift ticket.

Deposit due at sign up \$210. Additional payments of \$250 each are due at the first meeting of July, Aug., Sept., Oct., Nov. and Dec.

Minimum cancellation penalty: \$100 - further details available from trip leader.



Where every day is a bluebird day.

LIFT TICKETS AVAILABLE ONLINE NOW

SAVE UP TO 67% WHEN YOU BUY 24 HRS IN ADVANCE AT STORE.MOUNTSNOW.COM

mount snow
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Snowbird Ski Resort



Alta Ski Resort

2014 Kayaking Schedule



Let's get ready for some fun and adventure this year with the launch of the kayak schedule.

Things to remember:

1. Working kayak/canoe.
2. Paddle, life vest, spray skirt, water, snacks, camera.
3. Proper clothes for the weather, gloves, hat, and anything else you might need.

Dates, places, times, and description for *remaining* trips are noted below. Trips are usually a go if it is sunny, cloudy, or a little bit of rain. They are cancelled if weather is not conducive to paddling!



Oct. 11 2 PM *Note change in Date and Time.*
Cheviot Park near Germantown, NY. Paddle and then end of season picnic. Bring chairs. Easy

For the last trip on Oct. 11, we will have a picnic at Dutchman's Landing Park—will provide hamburgers, etc. Bring drinks, snacks and chair.

If you have questions, please contact **Yvonne** at 845-383-1534 (home) or **Kayak John** at 518-719-0490 (home).



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Stores in:
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Trailsweepers Ski & Sports Club

Kick-Off Dinner & Dance

Saturday November 15 7pm-11pm

Stonehedge Restaurant in West Park

\$33.00 per person includes four course sit down dinner with Breast of Chicken

Marsala,
Filet of Sole Francaise

or Roast loin of Pork

DJ Dance party to follow ~ No Refunds after November 12th



WILLIAM D. DUNSTAN, CLU, ChFC
Vice President

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845-454-8609 fax
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Weichert

Executive Club

Therese "Terri" Searle
Licensed Real Estate Broker Associate

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Office: 845-473-2800

Email: TSearle@hvc.rr.com



www.TerriSearle.com

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POUGHKEEPSIE, NY 12601
845-298-9597

162 DANBURY RD. (RT. 7)
NEW MILFORD, CT 06776
860-355-2001

VISIT US AT skihausonline.com

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
race training coordinator.

September	19	Ice House Main St	Poughkeepsie
	26	Cosimo's Delafield St	Poughkeepsie
October	3	La Puerta Azul Route 44	Salt Point
	10	Eagle's Nest 2 (Dinsmore Golf Course) Route 9	Staatsburg
	17	Shadows on the Hudson 176 Rinaldi Blvd	Poughkeepsie
	24	River Station Restaurant I N Water St	Poughkeepsie
	31	Antonella's Route 9	Wappingers Falls

Coming Events -- October 2014

October	1	Meeting at Coppola's on 9 at 7:30 Board meeting at 6:30 Program: Bill Burke Eight Summits
	13	Columbus Day
	15	Meeting at Coppola's on 9 at 7:30
	23	Autumnal Equinox
	25	Trash Pickup Dutchess Rail Trail
	31	Halloween



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

Or: goo.gl/Op3yT

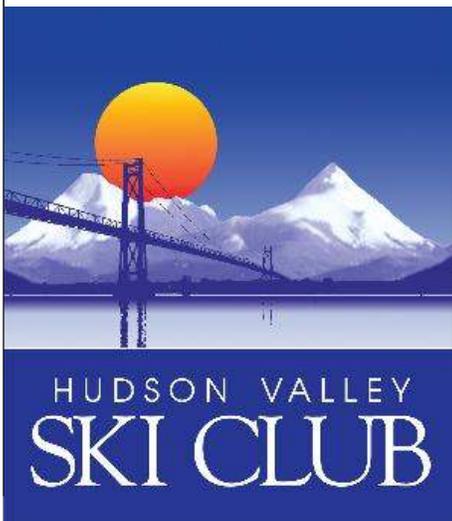
Hudson Valley Ski Club

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
info@hudsonvalleyskiclub.org

October 2014



2015 Ski Trips

See pages 4, 5 & 6

Snowbird/Alta and Banff

Eastern Trips:

- o Gore Weekend
- o Mt. Snow Ski Club Week
- o New Hampshire Mid Week

