

The EDGE



HUDSON VALLEY
SKI CLUB
NEWSLETTER OF THE

How you were taught vs How you should teach

by Dan Croak

I am often asked by experienced skiers how to teach a beginner skier how to make good wedge turns. The art and science of teaching skiing is an evolving subject. Physical changes in the design of skis have caused us instructors to adapt. And we make other changes to how we teach because we discover concepts and techniques that just work better. Having said that, what I will explain is just a tool for you to use. When all else fails, I will sometimes revert to approaches I have not used for years. Try out what I talk about below to add to the tools in your toolbox when teaching others.

When learning to make a turn in a wedge, many of us are of a certain age where we were often taught to apply more weight to the ski that points in the direction of the turn. This meant that to turn left, put more weight on the right ski in the wedge because the right ski points in the direction of the turn to the left. To turn right, put more weight on the left ski in the wedge because the left ski points to the right.

Instructors eventually learned that putting the weight on the right ski usually moved the center of mass of the skier's body to the right when the turn was to the left. As the student advanced to matching skis at the end of the turn on blue terrain and skiing parallel on black terrain, moving the center of mass of the skier away from the turn caused lots of problems. The habit of moving the center of mass of the skier away from the turn had to be broken for the skier



Herb Eschbach on his edges

to improve. Instead of breaking a bad habit to improve, it is better to teach a good habit from the start.

Here is what I use to teach the wedge turn: When a skier is in a gliding wedge moving straight down the hill, both skis are on edge in the shape of a "V" or a slice of pizza. Each ski on edge is acting like a brake. The equal pressure on both edged skis keeps the skier going straight. I tell my beginner student to release the brake on the left side to turn to the left. Releasing the brake on the left is accomplished by flattening out the left ski so it is no longer on edge or is on much less of an edge. The right ski stays on edge and may become a little more on edge than it was. It is important to keep the center of mass of the skier between the skis. The skier should NOT be putting all their weight on the left ski to turn left. When the left ski is flattened, you still want weight on the right ski. The size of the wedge also matters - the tips of the skis should remain about fist width apart all or most of the time. The tails of the skis should be about shoulder width apart (a gliding wedge). If the skier feels like they have to have their skis much wider apart than shoulder width (a braking wedge) to keep them slow, you may need to move the skier to flatter terrain so they can use a gliding wedge. The skier will need to finish their turns across the slope of the hill or even up the hill to keep them slow rather than using the size of the wedge to slow themselves down. Use the hill to stay slow.

As I said earlier, the above is just a tool to use. Try it out and you may find it improves your own skiing. Let me know what works for you and your "students" and what does not work. Even after 35 years of teaching I am always learning new stuff, adding tools to my toolbox for teaching.

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Club Information

Club Officers:

President:	Bet Mostachetti
Current Past Pres:	Keith Faucher
Vice-President:	Frank Ruggiero
Secretary:	John Ollive
Treasurer:	Jim Gahn
Sergeant at Arms:	Pat Cummins

Directors:

Nonie Kelley	Alan Imhoff
Lisa MacDonald	Jay Brenner

Committee Chairs:

Budget and Finance:	Pat Cummins
Constitution:	Nonie Kelley
Instruction:	Dan Croak
Marketing/Publicity:	Alan Imhoff
Membership Services:	Pete Gray
Sub-Chairs:	Susan Eschbach, Robin Smith
Newsletter:	Donna Augustine
Website:	Rich Partridge
Ski Council/Discount Tix:	Jim Gahn
Ski Trips:	Jim Gahn
Events:	Jay Brenner
Audit:	Frank Ruggiero

Contact information is available in the
Online Membership Directory
www.hudsonvalleyskiclub.org

Or queries may be sent to
secretary@hudsonvalleyskiclub.org

The Times, They are A-Changing

In recent years, the composition of HVSC members has changed. A number of our members live a significant number of miles, if not states, away from our meeting place at the American Legion in Poughkeepsie. These members are unable to attend the member meetings. Other members have commitments or health reasons why they cannot attend the member meetings.



Teresa, Nonie and Donna enjoy arrival night at Mt Snow

With the HVSC elections approaching in April, the board has been approached by members to vote online or by proxy. Currently our Constitution only allows voting by "written or printed" ballot which must be completed, in person, at the Annual Meeting in April.

The Constitution Committee of HVSC has researched and explored various mechanisms to allow proxy voting or online voting. The committee has submitted constitutional changes to the Election section of the constitution. You will find these changes in this newsletter (pages 7-8). I urge you to look at these proposed changes. Voting for these changes will take place at the March 20th member meeting (this is the 3rd Wednesday of March as many members will be on the Telluride trip on the first Wednesday).

If these changes are approved by you, the members, then the April election will be a bit different. The Constitution Committee has found an outside organization/application to securely conduct the remote voting. Members desiring an absentee ballot will fill out the request form on the HVSC website. Assuming the By-Law change is approved at the March 20 meeting, the outside organization will send an email with instructions for voting on their secure site.. Members who wish to vote at the annual meeting will still be able to do that this year.

Nonie Kelley
Constitution Chair



Bet, Keith and Patrick relax pre-Mt Snow trip!

President's Message

Hello fellow members!

Winter has arrived and we are on the mountain again. It feels great! It's cold and snowy, just how we skiers love it! Be advised to check the website for member meeting times which are temporarily changed.

Best,
Bet

Collette Tours & HVSC will be exploring Spain & Portugal October 12-26, 2024.



Highlights: Barcelona, La Sagrada Familia, Valencia, Paella Experience, Granada, The Alhambra, Seville, Choice on Tour: Seville Walking Tour or Guadalquivir River Boat Ride, Flamenco Show, Cordoba, Madrid, The Prado Museum, Toledo, Elvas, Lisbon, Belém, Obidos

See <https://gateway.gocollette.com/link/1209840> for details.

Spotlight on Gore Mountain

by Alan Imhoff

The club is going to Gore again this March (March 12-15, see flyer on next page). It's a popular trip because Gore is a very big and varied mountain.

Gore, owned by New York State and operated by the Olympic Region Development Authority (ORDA) (along with Belleayre and Whiteface) is the largest ski area in New York by acreage, and one of the oldest. It has four peaks and 7 distinct faces or pods, a gondola among its 14 lifts, and the 5th highest vertical in the east at 2,537 feet. Gore is also the Tree Skiing Capital of the East, with nearly 30 glades scattered all over the mountain.

Since 1996 New York State has invested hundreds of millions of dollars in the three state owned ski areas, and much of that has gone to Gore. That was the year that Gore gained access to the Hudson River, providing almost limitless water for snowmaking. The old gondola was replaced with a new 8-person gondola which provides access to several intermediate trails with over 1700 feet of vertical drop. In 2008 Gore developed the Burnt Ridge area, adding a high-speed quad and access to trails with Hudson River views. And in 2011 ORDA entered into an agreement with the Town of North

Creek to bring back North Creek Ski Bowl, with trails originally cut in the 1930's. Today that area of Gore has a new lift, and night skiing.

Gore has a lot to offer advanced skiers beyond the glades, including "Rumor", which they claim is the steepest ski trail in the East, along with the High Peaks area, known by locals as 'the Dark Side' since the trails, some of the oldest on the mountain, were cut by hand and all face north.

Some downsides - since there are 7 distinct 'pods' on the mountain, unless you are familiar with the layout you are going to be doing some poling on the flats to get around. There are not many beginner slopes- the mountain is 11% green, 48% blue and 41% black. And since much of the land is state owned, there is virtually no on-mountain lodging- hence we are staying in the Lake George area and having to drive up the slopes every day. That might change in the future, as there are plans for significant real estate development in the Ski Bowl pod that should add lodging options.

On our March trip we can probably look forward to plenty of open terrain and few crowds.

Gore Mountain March 12-25, 2024



3 or 4 nights at the **Comfort Inn, Lake George**

- Continental Breakfast included
- Refrigerator, Microwave
- Indoor Pool, Hot Tub
- Pizza night included

Per person pricing	3 nights Tu, We, Th	4 nights Mo, Tu, We, Th
2 Queen beds, double occupancy	\$159.00	\$206.00
Queen or King bed, single occupancy	\$288.00	\$378.00

Non-member guest add \$30.

Lift tickets	Adult	65+ Senior
3 days	\$201.00	\$132.00
4 days	\$268.00	\$176.00

Ski improvement clinic (optional).

Trip Leader: Jay Brenner 516-313-7670 jay@brennerphoto.com

\$100 due with registration, full payment required by **February 7**.

Send Checks (payable to **"HVSC Trips"** with **"Gore"** in memo area) to:

Jay Brenner, 29 Snake Hill Rd, Garrison, NY 12524



Nordic Ski Weekend Get out your Cross Country Skis!

On Saturday, February 10th, the Hudson Valley Ski Club is partnering with Dutchess County Parks for a Nordic Ski Day on the Dutchess Rail Trail. The event is for novice and intermediate cross-country skiers. It is from 9-11am starting from the LaGrange Trailhead (behind Page on Rt 55, where HVSC's "adopted" section of the Rail Trail begins). There is no cost, but you must register with Dutchess County Parks at 845-298-4600. Participants need to bring their own equipment. Of course, the event may be cancelled due to weather or trail conditions. Pray for snow!

**Our Mt. Snow, Vail, Stowe, Telluride trips are Full,
but we are taking names on waiting lists.**



We still have openings for Gore.



Friday Race Training

On Friday evenings, 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

Feb 2 la Catrina, Albany Post Rd, Hyde Park

Feb 9 di'Vine Wine Bar, Market St, Wappingers Falls

Feb 16 La Puerta Azul, US 44, Salt Point

Feb 23 Shadows on the Hudson, Rinaldi Blvd, Pok

All event dates are subject to change.

Please use the HVSC Website Events Calendar and Facebook page for up-to-date event and meeting information.

February

Jan 27- Feb 3 Vail Ski Trip, Vail Colorado

7 Club Meeting @ 7:30pm, American Legion, 55 Overlook Rd, Pok

7 *Last day for Gore Ski Trip signup.

7 Catamount NJSSC Appreciation Program 40\$ (show sticker on back of your HVSC membership card)

10 *Cross Country Skiing -Dutchess Rail Trail Lagrange Trailhead, 15 Old Manchester Road, Pok

11 *Cross Country Skiing - Harlem Valley Rail Trail, Miller-ton Trailhead, 35 South Center St., Millerton

11 Catamount NJSSC Appreciation Program 56\$ (show sticker on back of your HVSC membership card)

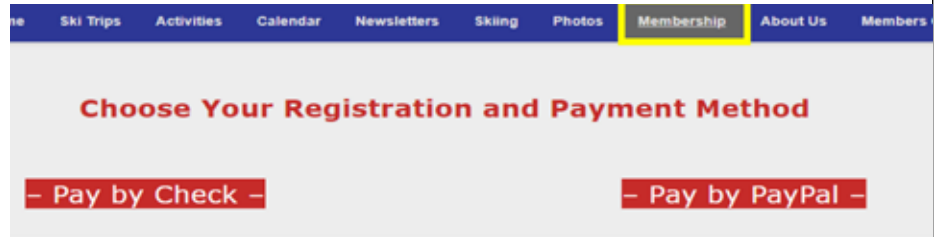
12-15 Stowe Ski Trip, leader Lisa McDonald

Mar 2-9 Telluride Ski trip, leader Charlie Shanes

Reminder! Membership Renewal!

2022-2023 memberships expired September 6, 2023. Easiest way to renew or join is online at:

<https://hudsonvalleyskiclub.org/membership/>



New members, Larry and Betsy, fit right in! And then there's Bob, a stranger to none!

Use online fill-in pdf
Print out completed pdf
Pay by check
Mail printed pdf & check to HVSC

- Use online fill-in form
- Pay via PayPal
- Click to send online form & online payment to HVSC



We really do ski! But here's us on a ski break. Clockwise L-R Laurie, Terese, Larry, Nonie, Bob, Donna, Jean, Rich, Jay, Patrick, Keith



We love how involved our out of town members are! Shannon (Long Island) and Cathy (Vermont), an integral part of our fun trips.

Newsletter Content Submission Deadline

The March newsletter deadline is February 15th. Please send all content, stories & photos to: Alan Imhoff at alanimhoff@gmail.com

Membership Directories

The 2023-2024 Membership Directories are now available and may be picked up and any meeting.

I can also mail them out if you send me a Self Addressed Stamped Envelope. The envelope should be a minimum of 6.5" x 9.5".

Postage is \$1.59 for one directory (single memberships) and \$1.83 for two directories (couple memberships).

Pete Gray
Membership

I AM PROUD TO ANNOUNCE THAT I AM NOW PART OF THE

Berkshire Hathaway HomeServices team!

Therese "Terri" Searle
Associate Real Estate Broker
has joined the LaGrange Office

1100 Route 55, Suite 201
LaGrangeville, NY 12540

Contact Terri at:
m: 845.546.9260
o: 845.473.1650
tsearle@bhhshudsonvalley.com



BERKSHIRE HATHAWAY HomeServices
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BREWSTER, NY 10509
845-279-3100

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

Visit Us At skihausonline.com

Connect on Facebook

Check the [HVSC Facebook page](#) to connect with members on current club events and happenings. Don't go it alone! Post on our Facebook page and invite your HVSC friends.



Current (September 21, 2016) By-Laws

ARTICLE VI - Eligibility, Nominations, Elections and Terms of Office

Section 1 - Eligibility

1.1 To be eligible for any elected office of the club, a candidate must currently be a regular member of the club. No elected Board member may hold at the same time another elected office of the Club.

Section 2 - Nominations

2.1 A slate of officers shall be presented to Club members by an annual special committee called the Nomination/Election committee with a non-Board regular member leader appointed by the President. This committee will include the leader, the two Directors not up for reelection, and any other members willing to participate. This nominating committee shall present at least two candidates for each office. The slate of officers shall be presented to the general membership at least one regular meeting prior to the meeting at which the election of officers shall take place, and the slate shall also be made available to all members at least one week prior to that Annual meeting.

This committee will also create and, working with the Membership Committee, distribute a ballot to each regular member present on Annual Meeting election night, and tabulate those ballots and announce the results.

2.2 Nominations shall be opened from the floor at the meeting at which the slate of officers is presented to the membership.

Section 3 - Elections

3.1 Officers shall be elected by a written or printed ballot. A plurality vote shall determine which candidate has been elected to each office.

Section 4 - Terms of Office

4.1 The terms of office shall commence and terminate at the annual installation banquet, or not later than thirty days after the Annual meeting. However, it remains the responsibility of outgoing officers to prepare all records associated with the close of the fiscal year on May 31. Transfer of properties associated with each office shall take place within thirty days after the commencement of the term of office.

Proposed ~~deletions~~ and ~~additions~~

Section 2 - Nominations

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~~2.2~~ 2.3 Nominations shall be opened from the floor at the meeting at which the slate of officers is presented to the membership.

Section 3 - Elections

3.1 Officers shall be elected by a written, ~~or~~ printed, ~~or online~~ ballot. A plurality vote shall determine which candidate has been elected to each office.

3.2 The Nominations/Election Committee, working with the Membership Committee, will make available a ballot to all members.

3.3 The Nomination/Election Committee will make available a proxy ballot to all members at least 2 weeks prior to the Annual

Meeting. Members proxy votes must be received at least 3 days prior to the Election.

3.4 It is the responsibility of the Nomination/Election Committee, working with the Membership Committee to tabulate election results, including proxy votes.

3.5 After tabulation, election results will be included in the Member Meeting minutes. Actual tabulation numbers will be provided to the board and recorded in Board Minutes.

Proposed new Article VI

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