

The Lift Ticket



SkiRockford.com

***Celebration of the
4th of July***

July 2023
Volume 53,
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The Snow Board

RV Ski Assoc@gmail.com

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Publicity: **Open**

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Helping your club.....
The Board still has opportunities for you to get involve!
Specifically if you have done web maintenance we would be interested with talking to you.
Help with keeping the club and potential new members updated on our club activities.
If you have questions contact a Board member for more info.

Rock Valley Ski Association
S K I , S N O W B O A R D & S O C I A L C L U B

Email: membership.skirfd@mail.com

trips.skirfd@mail.com

Website: www.skirockford.com



Chair Notes....



Summer is upon us and the fun of outdoor activities is filling weekends quickly!

Our Social team, Patty & Chris, put together a great BBQ for June 24th and we had amazing, weather, eats and many friends to chat with. That being said I do hope you have a good July 4th with friends and family.

The Board is working through season schedules to see what we can get set up for this year. There will be more on that in the coming months, but be assured that planning and phone calls are being made.

The new board has already started for the season but as I've mentioned before we still need people to step up and get involved on the board. We have positions unfilled and definitely need your participation. If you want to see how you could get involved we invite you to the July 17th Board meeting, @ 6:30pm. Reminder on new location American Legion Post #1207, 1011 South Alpine Rd., Rckfd. Come and sit in and find out more.

Remember that if you know of a summer activity that would be fun for members to attend, send that to me at gkaski_271@comcast.net. , will pass items on when possible. Have a great summer ahead and hope to see you at one of the monthly meetings. Enjoy the ambiance of the Legion, a good spot for a drink and socializes for a while.

The best to all and be safe..... Greg Kaski, Chairman.

RVSA SUMMER BBQ

SATURDAY JUNE 24th
Hosted at The Richardson's Home



Please join us at one of our favorite Happy Hour places:

SUMMERTIME SOCIAL

Prairie Street Brew House
200 Prairie St
Rockford, IL

FRIDAY JULY 21st
5:30 pm

Reservations will be made so please:

RSVP TO:

Socialskifd@mail.com

Thanks
Chris and Patty



Walking: Trim your waistline, improve your health

Lars Freeman, Ski Master



Know the benefits

Physical activity doesn't need to be complicated. Something as simple as a **daily brisk walk** can help you live a healthier life.

For example, regular brisk walking can help you:

- Maintain a healthy weight and lose body fat
- Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes
- Improve cardiovascular fitness
- Strengthen your bones and muscles
- Improve muscle endurance
- Increase energy levels
- Improve your mood, cognition, memory and sleep
- Improve your balance and coordination
- Strengthen immune system
- Reduce stress and tension

Aerobic activity.

Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity.

The guidelines suggest that you spread out this exercise during the course of a week. Greater amounts of exercise will provide even greater health benefits. But even small amounts of physical activity are helpful.

Being active for short periods of time throughout the day can add up to provide health benefits.

Strength training.

Do strength training exercises for all major muscle groups at least two times a week.

Aim to do a single set of each exercise, using a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

Skiing the Mid-West

As you may know several of us go weekly, weather permitting to **Tyrol** **\$20 Tuesdays and Cascade on the Bronze Pass.** These both are excellent values, if able to do weekday skiing. It's a nice way to get back into skiing and get ready for the club's weeklong trips. We do have some members that prefer to go west to **Chestnut** on the weekend and if you are one of those, please let us know if you're looking for other club members to join you.

The Facebook page is a great way to find a ski partner or a few. If you haven't liked our page please do so. That being said the club is looking for someone to maintain the email and social media accounts. It is a nice way to be involved with a low time commitment or for someone who doesn't live local to the club. Please contact Greg or a board member.

This coming season we do have an opportunity to hop on a bus trip to **Afton Alps in MN** with 2 other ski clubs. **March 8 - 10, 2024.** It is a goal to start working with other close by ski clubs, so we can better provide skiing opportunities at the best value for our members. If we can get 10 commitments it is possible to get a Rockford stop for the bus. ***Please contact Janet prior to the July 17th meeting*** if interested, so that the board can look to commit. The estimated price should be under \$400 and includes hotel, bus, lift plus!

Those wanting to learn, the Ski Wisconsin website is a great way to find the dates and locations of a discount learn to ski or board week. Last year it was in December. <https://skiingwisconsin.com/learn-to-ski-week>. They also have a passport purchase option to try different resorts.

Janet Buchanan, Assistant Trips.



Tyrol Basin



Chestnut Mt.

2023 CMSC Annual Picnic



AUGUST 26TH

FREE CAMPING ON THE 25TH & 26TH

**NORGE SKI CLUB
FOX RIVER GROVE**

100 SKI HILL RD.

Gates open at Noon
Food at 2:30pm (BYOB)
Ski jumping at 4:00pm

**COME FOR THE
FOOD & ENTERTAINMENT,
ENJOY THE GAMES
AND BONFIRE...
STAY FOR THE CAMPING**

ENTERTAINMENT
ALL DAY BY

DJ & KARAOKE
(815) 404-0225



EVENT LEADER: PAT CLARK
PATRICKSKI@GMAIL.COM
REGISTER ONLINE AT SKICMSC.COM



Get you your club shirt on Order!

We are now offering short (\$20) and long (\$27) sleeve polo shirts and hoodies (\$30).

Color options for the shirts are navy, light blue, purple, black or sport gray.

Thread color options are white, light blue, purple, or royal blue.

Contact Mary to get your RVSA shirt on order!

Mary Babb babs.mmgk@gmail.com



New MEETING Location: American Legion Post 1207

Our **monthly meetings** are now at the **American Legion Post 1207**, located at 1011 South Alpine Road, Rockford. *Some of us remember this as LT's where long ago the club had been located.* The change also effects the **meeting DAY, now to the THIRD MONDAY of the month**, not the second Tuesday anymore.

To enter, front or back door, press the "non-member" doorbell (unless a Legion member), tell them you're with the ski club. Inside our members may have access to the bar, food when available, as well as any type of gaming, slots or pull tabs.

The meeting room is located on the main floor at the North side of the building. Hope to see you there!

Après-Ski!

"People protect what they love."

Jacques Cousteau



Lake Geneva June Walk

Club Meeting Monday July 17
At the American Legion Post 1207
1011 South Alpine Road, Rockford.

RVSA MEMBERSHIP FORM – Due NOW. Please Print or fill out on the website.

Please keep your payments and updates coming in! Renewals for Individuals are \$20 and couples are \$35. If you have had a lapse in membership, your dues would be \$25 for an individual and \$45 for a couple.

NAME: 1 _____ Birthdate: Month _____ Day _____

NAME: 2 _____ Birthdate: Month _____ Day _____

Address _____

Street City, State Zip

CELL #1 (_____) _____ CELL #2 (_____) _____

EMAIL #1 _____ EMAIL #2 _____

MEMBERSHIP: (please select one) **RENEWAL:** Individual - \$20; Couple - \$35
NEW / DELINQUENT MEMBER: Individual - \$25; Couple - \$45

Please mail my receipt to me: **YES / NO**

Make checks payable to RVSA Payment is accepted at monthly meetings or mail to: Dennis Schneider, PO Box 166, Byron, IL 61010

RECEIPT# _____ CASH / CHECK # _____