

The Lift Ticket



SkiRockford.com

***Enjoying the Dog
Day's of Summer!!***

**August 2023
Volume 53;
Number 4**

The Snow Board

RVSkiAssoc@gmail.com

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President: **Open**

Vice President: **Open**

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Ski Master: skimaster.skirfd@mail.com

Lars Freeman

Publicity/Web Maintenance: **Open**

Lift Ticket Editor: **Open**

Helping your club.....
The Board still has opportunities for you!
If you have done web maintenance we are looking for support.
Help with keeping the club members updated on our activities.
Talk to a Board member for more info.

Rock Valley Ski Association
SKI, SNOWBOARD & SOCIAL CLUB

Email: membership.skirfd@mail.com

trips.skirfd@mail.com

Website: www.skirockford.com



Chair Notes....



It seems this summer has been cruising through very quickly. Being able to spend more time outside does make the days seem to escape us! Hope you're enjoying those restaurant outdoor patio areas for dinners and gathering with friends for conversation and drinks. Just enjoy the activities that make your summer something to be remembered.

As in the past, August marks looking forward to a new ski season. Your Trip director, Ken, has so far set in motion at least one Western trip, with may be news of a second one also. Be assured that the planning and phone calls are being accomplished to make this another great season.

It seems we've started this season with some unfilled board positions! This is *YOUR* club and in saying that we need people to step up and get involved on the board. We have unfilled positions that need your participation. This month's Board meeting will be Aug 19 (*third Monday*) @ 6:30 p.m. at the American Legion Post #1207 on South Alpine Rd. Come and sit in, find out how you can help and make a difference.

The warm weather isn't finished yet so if you know of some activities that you think other club members might like please let us know so we can see if it can get posted. We are always looking for activities that might be of interest to our members! We do appreciate your input!

The best to all and looking forward to another great season.....

Greg Kaski, Chairman.

SKI AND RIDE WITH RVSA IN SNOWBIRD, UTAH!



MARCH 23 - MARCH 30, 2024

snowbird



\$2,350

*Early bird pricing \$2,250 until Sept. 1, 2023

SKI AND SNOWBOARD

- 5 day lift ticket with 6th day free
- IKON destination
 - \$514 resort credit with IKON pass



THE CLIFF LODGE

- 7 Nights
- Ski in/out
- Double occupancy
- Optional spa-level upgrade
- Welcome breakfast included



UNITED



TRANSPORTATION

- Round trip airfare from ORD to SLC
- Round trip ground transportation

Contact our trip director Ken Richardson with questions!

📞 815-985-7194

🌐 skirockford.com

📧 kenrichardson53@live.com

Hi from Chris and Patty your SocialSki CoChairs

Social Time

What you missed from our Club outing
In June we had a great time at the BBQ (AKA: Spring Banquet). 32 people attended. We enjoyed good company, delicious food, a wonderful setting with great Host & Hostess (Thank Ken & Cheryl). Food was from our own Stephen (and Kindra) Strombeck. There were prizes and gave away some great stuff!

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

SUMMERTIME SOCIAL

Do you golf?

Bring your clubs to practice at the driving range.

|

Garrett's

1631 N. Bell School Rd

FRIDAY August 18th

5:30 pm

Reservations will be made so please:

RSVP TO:

Socialski.skirfd@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.



Getting to know your BOARD MEMBERS

Say Hello to Emily

In addition to being secretary of the ski club, a caregiver, a landlord, a substitute teacher at Keith School, I am a docent at Anderson Gardens. I LOVE skiing, swimming, bicycle riding, and playing pickle ball... let me know if you would like to join a great pickle ball group Tues & Thurs 2-4PM.

I joined in 1999 thanks to knowing and running into team Fritts from high school. Met Joe on a ski trip 23 years ago and we joke that we are pre-engaged ("wait, what does that mean?"). Find the fun, it's out there! 😊

Emily Gayle
RVSA Secretary

Get 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





Club Meeting Monday August 21st
At American Legion Post 1207
1011 South Alpine Road, Rockford.
Board meeting - 6:30 pm
General meeting - 7:30 pm

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.* Change also effects the **meeting DAY, now to the THIRD MONDAY of the month**, not the second Tuesday anymore.

Inside our members may have access to the bar, food when available, as well as any their gaming devices.

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

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 # _____

PARTY TIME

WONDERLICK LAKE PARTY

DATE: SATURDAY AUGUST 5th

Please join us for a fun filled day at the lake

TIME: 1:00 PM to 11:00 PM

Activities: All Day – swimming, boating, skiing, tubing, kayaking,
paddle boarding, lawn games

Snacks: All Afternoon

Dinner: 5:00 PM – Polish sausage (better than brats), Chicken breast
Bake Beans Asian Salad, Veggies, Fruit

Drinks: We will provide water and soda
Please bring your favorite alcoholic and/or
nonalcoholic beverages

PLEASE RSVP by AUG 1st
Please call Jack to reserve your Weenie
815-601-3157

Upcoming note from CMSC

You can have a piece of Cascade Mountain History and you can enjoy après ski swinging in your very own chairlift. American Blind Skiing Foundation (ABSF.org) is raffling off a Chair from the Mogul Monster Chairlift that carried skiers uphill at Cascade from 1987 to 2022. Raffle tickets are \$10 each. Tickets can be purchased at www.absf.org/announcements/chairliftraffle starting July 1 through August 26, 2023. The winner will be announced during the CMSC Picnic August 26th at Norge Ski Hill.

100% of the proceeds go directly to support ABSF activities benefiting the blind and visually impaired.



2023 CMSC Annual Picnic



AUGUST 26TH

FREE CAMPING ON THE 25TH & 26TH

**NORGE SKI CLUB
FOX RIVER GROVE
100 SKI HILL RD.**

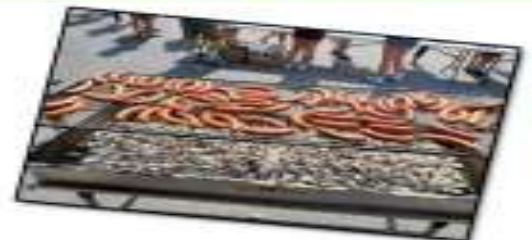
Gates open at Noon
Food at 2:30pm (BYOB)
Ski jumping at 4:00pm

**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



CMSC SPONSORED TRIP

Zermatt Switzerland !

Ext. to Milan, Italy!



JAN 26-FEB 7, 2024

- **THIS PACKAGE INCLUDES:**
- 7 Nights at 4-Star Hotel Alex, Dbl Occ.
- Round Trip Air: ORD / ZRH
- All Ground Transfers
- Includes Breakfast & Dinner, Daily
- Welcome Reception

\$3,997* pp

Steve Patzer, Trip Leader

630-297-1964

scpatzer@hotmail.com

Trip Options:

- Lift Tickets sold separately
- Ikon Pass good at Zermatt!
- Day Trip to Bern
- Trip Rebate with Ikon Pass at:
www.winterskiandsport.com

And 4 Night Ext. to Milan, Italy!

- 4-Star StarHotels-Ritz, Dbl Occ.
Daily Breakfast Buffet.
- Milan City Tour

