

The Lift Ticket



SkiRockford.com

***Moving forward into
a changing season!!***

September 2023
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The Snow Board

RVSkiAssoc@gmail.com

Chairman: Greg Kaski

President: **Open**

Vice President: **Open**

Trips: trips.skirfd@mail.com

Ken Richardson

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Janet Buchanan

Treasurer: treasurer.skirockford@gmail.com

Ron Foran

Secretary: secretary.skirockford@gmail.com

Emily Gayle

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Dennis Schneider, Jeff Buchanan

Ways & Means: waysnmeans.skirfd@mail.com

Mary Babb, Laurie Eisenbise

Social: socialski.skirfd@mail.com

Patty Zahn, Chris Wonderlick

Ski Master: skimaster.skirfd@mail.com

Lars Freeman

Publicity/Web Maintenance: **Open**

Lift Ticket Editor: **Open**

Help with your club.....
There are still opportunities for you!
The board is looking for Web maintenance support along with other positions.
Help us to keep the club members updated!
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....



September is providing the club with **two major club activities** that have one common theme between them, your membership being up-to-date! The activities are early trip signups and Constitution/By-Laws review and approval. Your dues can be easily handled by contacting either Dennis Schneider or Jeff Buchanan, your Membership Team!

Ken Richardson, your Trips Director, has **two great trips** lined up for us this season. If you want to get onto them either via an “Early Bird” or regular sign-up, you need to be current on your membership! Don’t miss out by not being payed up!

Next and important to the club and how it is run, is the general memberships **review and approval of changes to the current Constitution & By-Laws**. Over the past season we had a committee that has reviewed and/or changed the description(s) on the various Constitution/By-Laws points. Last club meeting Aug 19th, the board approved those changes. You, the general membership, has 3-weeks notification to read through them prior to a vote. Only current members will receive an updated version prior, all others can review it at the Sept 18th General Meeting. That’s when a vote will be taken on those changes. So get your memberships updated and hope to see you on the 18th at 7:30 pm, The monthly meetings is at the American Legion Post #1207 on South Alpine Rd.

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

Greg Kaski, Chairman.

SKI AND RIDE WITH RVSA IN SNOWBIRD, UTAH!

RVSA Sponsored



MARCH 23 - MARCH 30, 2024



\$2,350

SKI AND SNOWBOARD

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

- 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



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

RVSA Sponsored

SKI & RIDE WITH RVSA IN JACKSON HOLE, WY

MARCH 3 - 10, 2024

\$2,200*



*Price subject to change based upon options



TRANSPORTATION

- Round Trip Air Transport via United
 - ORD to JAC
- Ground Transport



ON THE MOUNTAIN

- 3, 4, 5, & 6 day lift options
 - Senior rates available
- IKON Destination
- Optional Snow King or Grand Targhee Day
 - Additional Fee



LODGING

- 49er inn and suites
- Daily continental breakfast
- Room upgrades available

PLEASE CONTACT OUR TRIP DIRECTOR KEN RICHARDSON WITH QUESTIONS!

*Hi from Chris and Patty your SocialSki CoChairs
What you missed from our August Club outing at Garrett's!!*



**Social Time
& MORE**



Reminder to all members (active and inactive)

The RVSA By Laws Committee submitted the final revision of the Constitution and By Law to the board and it was approved. Members who are active (dues are paid) will receive the copy of By Laws and be voting to accept or make further revisions at the September meeting.

Only active members are allowed to vote on the By Laws so please renew your membership prior to the meeting so your vote counts!

Best Regards,

BVSA By Laws Committee

Please join us for:

THE END OF SUMMER SOCIAL HAPPY
HOUR ON THE ROCK RIVER

HAIRY COW BREWING COMPANY

450 E. Blackhawk Dr. Byron, IL 61010

FRIDAY September 15th @ 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

This will be a multi-segment for our club members health



What is the average daily number of steps, and how can I increase them?

There are no strict rules about how many steps a person needs per day. However, making efforts to increase their average daily step count may help people reach their health and fitness goals.

Using step trackers, smartphone apps, and other fitness-friendly devices can help people count how many steps they take each day.

A person's daily average step count can vary widely based on a number of factors. These include age, sex, occupation, and even location.

Benefits of walking

For most people, walking is a cheap and readily available form of physical activity.

The *Physical Activity Guidelines for Americans* recommend getting 150 minutes of moderate intensity activity, such as brisk walking, each week.

Engaging in regular physical activity builds muscle strength and endurance. It may also play a role in preventing a number of chronic conditions, such as:

- coronary heart disease and stroke
- type 2 diabetes
- obesity
- high blood pressure
- osteoporosis
- high cholesterol
- depression
- anxiety
- Alzheimer's disease
- certain cancers, including breast and colon cancer

Walking poses little risk of injury compared with other, high impact forms of activity, such as intense sports. Also, in most cases, walking does not require special equipment or clothing to engage in. How many daily steps should a person aim to take?

For people who find it difficult to meet recommended activity levels each day, adding simple activities such as taking more steps can help increase general activity.

An article in the *International Journal of Behavioral Nutrition and Physical Activity* recommends that inactive adults incorporate at least 30 minutes of brisk walking, which is about 3,000–4,000 steps, each day.

For an average person, walking at a brisk pace means walking 100 steps per minute. This is enough to get the heart rate up slightly, but the person should still be comfortable while walking. This is a low requirement, and adding more steps or other activities to a regular exercise routine may provide more benefit. Active, otherwise healthy individuals can reasonably aim for the 10,000-step mark, though other forms of activity count toward this, as well.

Getting to know your BOARD MEMBERS

Say Hello to Laurie

Hello RVSA members,

I am Laurie Eisenbise. I am the co-officer for Merchandise (Ways and Means). If you are interested in ordering or purchasing any shirts, sweatshirts, cozies, leg bands, luggage tags, masks, etc.- please let Mary or I know.

You can contact me at: laureleisenbise@gmail.com, or by phone # 815-721-0048.

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 September 18th** Meeting at the **American Legion Post 1207**,
1011 South Alpine Road, Rockford.
Board meeting - 6:30 pm
General meeting - 7:30 pm

The club received this notice, this would not be a club sponsored trip but if you have interest contact them!

Subject: Afton Alps flyer

Hi!
Nomads had our trip kick off meeting this past Thursday. I got 10 sign ups to start. Let me know if anyone in your club is interested in joining us. We could make an extra stop to pick them up on the way.

Heather Seger
708-439-6258

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 # _____

CMSC SPONSORED Events



The CMSC Cubs v. Brewers baseball (Sept 30 - Oct 1) game is open for signups to all individual members of CMSC clubs. This was a great trip in 2021 and will be even better this year. Package includes game ticket, 3 hour tailgating party with food and drinks, hotel room on Saturday night and bus transportation with drinks and snacks. There will be an optional Octoberfest party on Saturday night and an optional tour of the Harley Davidson museum Saturday afternoon. There are a limited amount of spots available on this trip. Please make this information available to your club members. Attached is the trip flyer, application and liability waiver. We do have a "Tailgate/Ballgame" option available for Milwaukee clubs. Contact Kevin Conlon at kconz1@aol.com or 708-906-9517 for any additional information.

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

