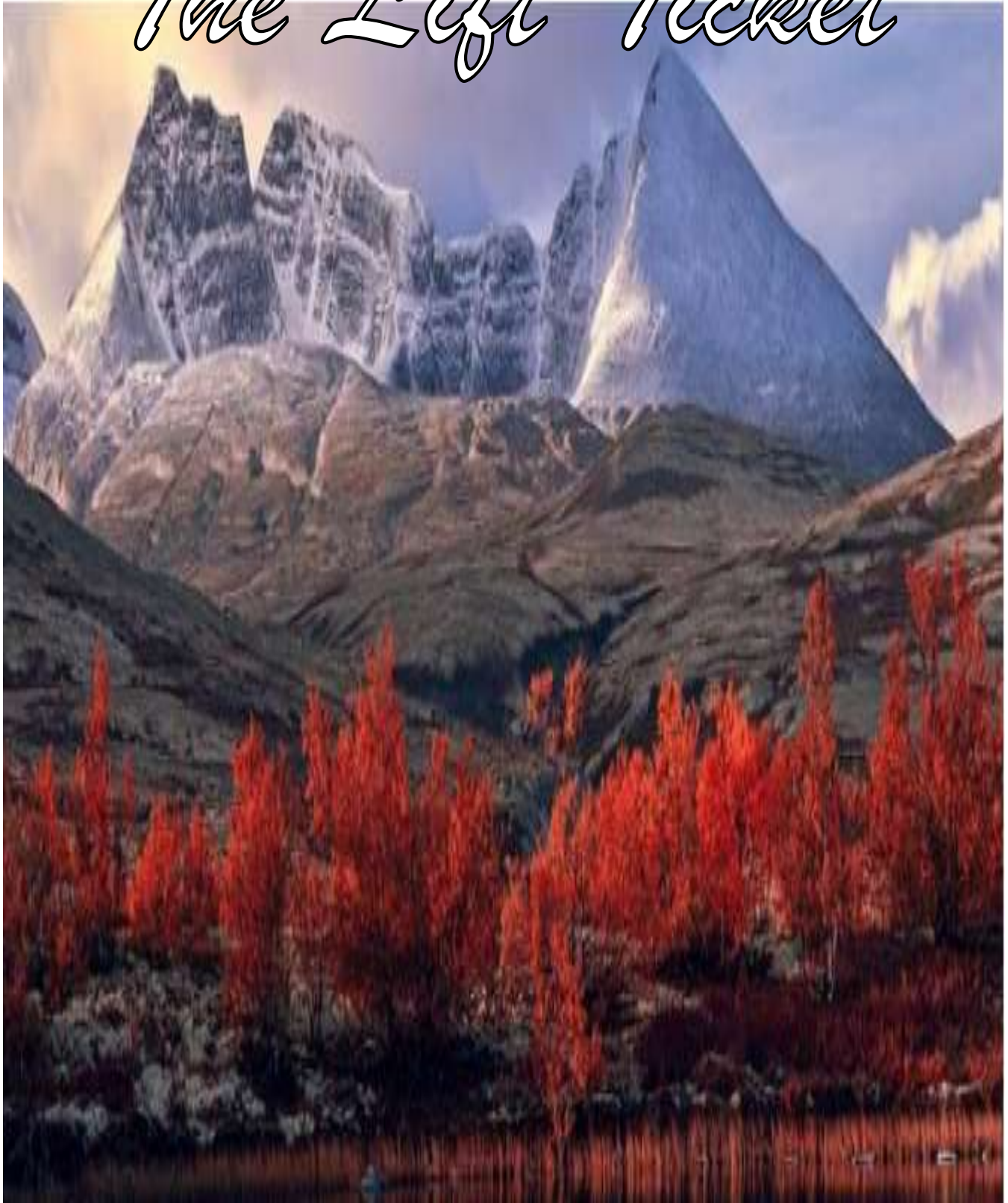


The Lift Ticket



SkiRockford.com

***Dreaming for the
coming Season!!***

October 2023
Volume: 53
Number: 6

The Snow Board

RVSkiAssoc@gmail.com

Chairman: Greg Kaski

President: **Open**

Vice President: **Open**

Trips: trips.skirfd@mail.com

Ken Richardson

Asst. Trips: trips.skirfd@mail.com

Janet Buchanan

Treasurer: treasurer.skirockford@gmail.com

Ron Foran

Secretary: secretary.skirockford@gmail.com

Emily Gayle

Membership: membership.skirfd@mail.com

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....



As we start another season the board still has some positions to be filled. As to date those positions are President, Vice President, Lift Ticket Editor and Publicity/web-maintenance. We need you to step forward and talk with a board member to find out what the positions involve. This is a good time to come join the board so you can be part of the building blocks for future activities and the growth of **YOUR** club.

On another note, we are entering a great seasonal time. There are many festivals and pumpkin events going on. If you hear of things that you think other club members would enjoy, please let us know so we can possibly pass it on and others can enjoy it also. Here's a good time for getting your name on any of our weeklong ski trips this coming winter. Ken, Trip Director, has two great destinations set for the winter. Signup early to get your spot set for those ***two great trips***.

Remember for any of our activities this is the time to introduce potential new members to your club. Bring your friends with you when coming out to enjoy the RVSA events.

The best to all of you and looking forward to another great season.....
Greg Kaski, RVSA Chairman.

Reminder to all members (active and inactive)

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

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



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

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!

What's happening for October Patty & Chris??

Join us for a **Friday Nite Social**
October 13 @ 5:30 PM

SMOKEY BONES ROCKFORD

6690 E. State Street
Rockford, IL 61108 |

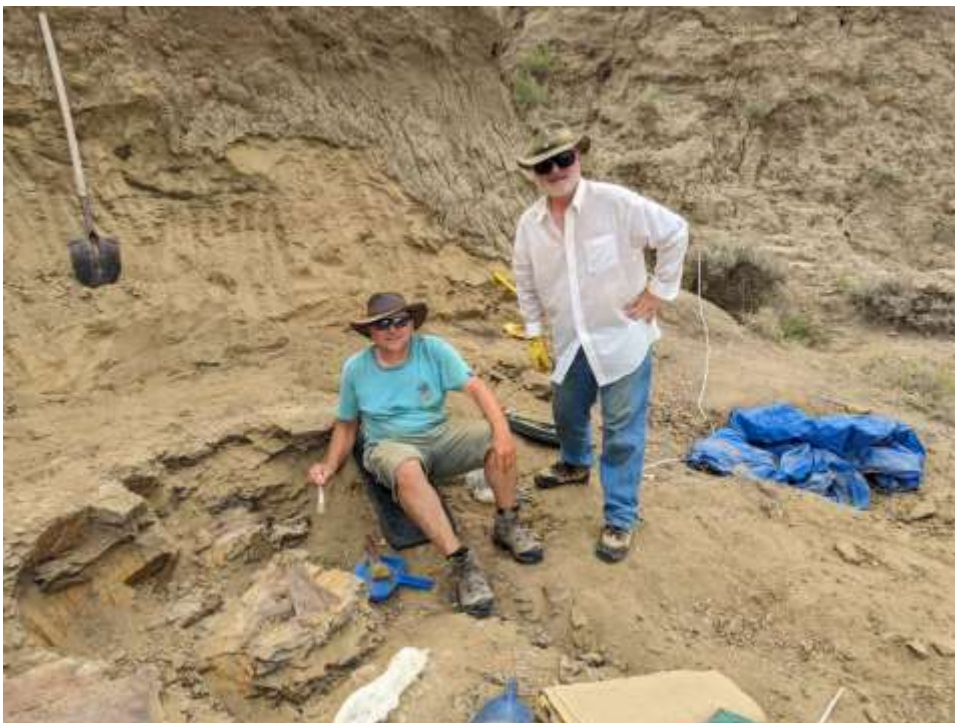
RSVP TO:
Socialski.skirfd@mail.com

**Be sure to email or text your reservation to Chris or Patty -
Smokey Bones takes reservations.**

We visited Hairy Cow in September-with a nice turnout (10 people). We enjoyed great food and drink, friends and weather on the Patio along the Rock River.

Dennis and Lars this summer on a Dinosaur Expedition with Burpee Museum extracting a Triceratops bone-by-bone.

Note: They are anxiously awaiting the ski season since the ground temperature was 131F on the hottest day!



**Social Time
& MORE**

Walking: Trim your waistline, improve your health

This is the second-segment for our club members health



Lars Freeman, Ski Master

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

How to increase daily steps

There are some ways to increase step count and general activity levels, especially when first starting out.

Set goals and stick to them

Starting any new level of activity can be challenging.

It may help to set some goals and write them down to stay motivated. These should be attainable goals.

For example, set a goal to walk for 10 minutes each day at first, gradually increasing this to 30 minutes each day over a period of 6 months.

For other people, setting distance goals may help, such as walking 1 mile or walking to a landmark down the street and back.

Setting small goals and achieving them may help keep a person motivated to continue.

Walk in enjoyable spaces

It may help some people to take their daily steps in pleasant or scenic areas. For others, however, walking around a mall may help keep them motivated.

It is important for each person to decide what they find most enjoyable.

Find out more in the final segment to be presented next month

Getting to know your BOARD MEMBERS

Hello RVSA members,

I am Laurie Eisenbise. I am the co-officer for Merchandise (Ways and Means) along with Mary Babb. 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.

Zelle

Pay with Zelle®

A fast, safe and easy way to pay an eligible business.

How do I pay with Zelle®?

- 1 Access Zelle®** — Enroll your email address or U.S. mobile number through your banking app.
- 2 Find the business you want to pay** — Enter the preferred email address or U.S. mobile number of the business¹.
- 3 Choose the amount** — Enter the amount you'd like to send. The business gets a notification letting them know you sent them a payment. If they're already enrolled with Zelle®, they'll typically receive your payment in minutes.

Send payment to:

treasurer.skirockford@gmail.com

Note: With Zelle®, money moves directly from one bank account to another, so you should only send payments to businesses you trust. Also, always ensure you've used the correct email address or U.S. mobile number when sending payments.



Club Meeting **Monday October 16th** Meeting at the **American Legion Post 1207**,
1011 South Alpine Road, Rockford.
Board meeting - 6:30 pm
General meeting - 7:30 pm

This coming October 16th meeting you will be voting (accept/reject) to changes that have been made to the club By-laws and Constitution. This was originally planned for September but not all eligible current members had received the changes for review. Plan to be at the General Membership club meeting the 16th at 7:30 PM, location the American Legion Post #1207, 1011 S. Alpine Rd. in Rockford.

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,
RVSA By Laws Committee

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 # _____

Zermatt Switzerland !

Ext. to Milan, Italy!



CMSC SPONSORED



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

