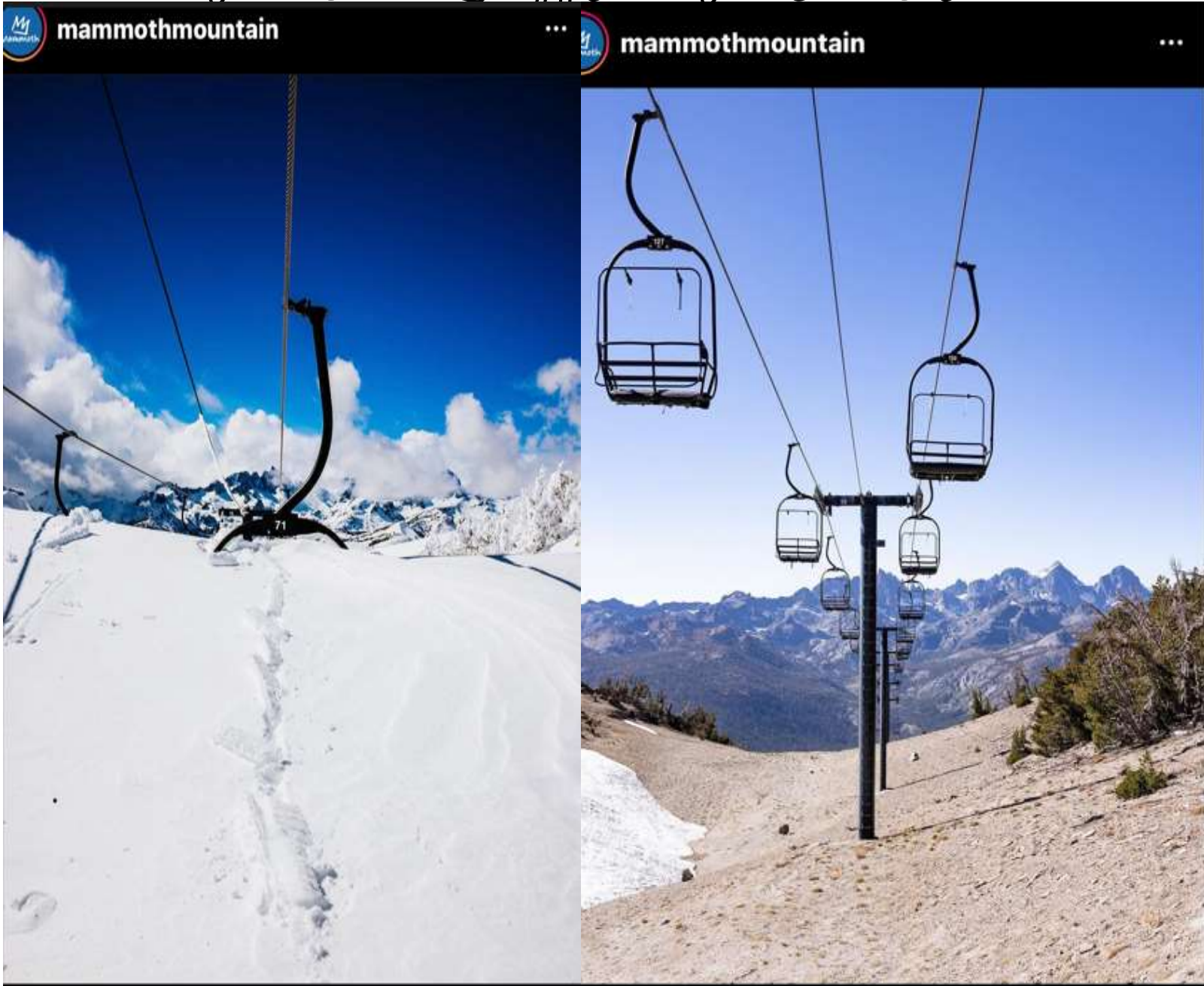


# The Lift Ticket



A reminder of a Mammoth in  
**March 2023** to those who went...

**October 2023** at Mammoth??

Photos provided by Janet Buchanan



[SkiRockford.com](http://SkiRockford.com)

**November 2023**

**Volume: 53**

**Number: 7**

# The Snow Board

RVSkiAssoc@gmail.com

Chairman: Greg Kaski

President: **Open**

Vice President: **Open**

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Patty Zahn, Chris Wonderlick

Ski Master: [skimaster.skirfd@mail.com](mailto:skimaster.skirfd@mail.com)

Lars Freeman

Publicity/Web Maintenance: **Open**

Lift Ticket Editor: **Open**

## November Dates Reminder

Fri 11/03/23:

Happy Hour @ Lucha  
Cantina. 5:30 pm

Tue 11/14/23: Fall Audit  
(Board reminder)

Mon 11/20/23:

Board Meeting 6:30 pm  
General meeting 7:30 pm

**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](mailto:membership.skirfd@mail.com)

[trips.skirfd@mail.com](mailto:trips.skirfd@mail.com)

Website: [www.skirockford.com](http://www.skirockford.com)



## Chair Notes....



First major news for the season! After many months and proposal revisions received from our Constitution/By-Laws committee and others, a finalized document was presented at the October meeting. The updated version was reviewed and passed by a unanimous vote of all current members present! Thanks again to everyone who participated for their work and patience.

Now the next few months will see holiday travel and social activities will be the order of the day. We have a lot of great ski outings and social activities planned and really want you to be part of them. That being said *your* Board members wish you a **Happy Thanksgiving** with family and friends. Drive safe and enjoy your time with those you care about! Please be careful and we hope to see you soon.

With the ski season potentially weeks away I hope that you may have had the opportunity to check around the areas for possible ski sales going on? Good time to be upgrading or adding to our gear so let the season begin. Make sure you keep checking to see what we may get set for a possible December Day trip!

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. Enjoy the changing season.....

Greg Kaski, RVSA Chairman.



### Skis, Boards, Boots & Poles - On Sale!

Searching for some good deals on used equipment to start the season? Stop on in! We've got plenty of skis, poles, and ski boots, plus a limited number of snowboards and snowboard boots available for purchase in our rental shop! Ski sizes ranging from 80cm - 174cm and ski boot sizes Children's 10s - Adult 14s! Jr ski + boot packages for as low as \$150 and Adult ski + boot packages as low as \$225! Current hours are 8am-4:30pm Monday-Friday.

# SKI AND RIDE WITH RVSA IN SNOWBIRD, UTAH!

RVSA Sponsored



12 SPOTS still AVAILABLE...!

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](http://skirockford.com)

📧 [kenrichardson53@live.com](mailto: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

**SOLD OUT!**



### 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!



Previous RVSA trek to Jackson Hole...

Pictures provided by Lars



*What's happening for November Patty & Chris??*

Social Time  
& MORE

The date was changed to the 3<sup>rd</sup>  
of November.

Please join us for:

Friday Night Happy Hour at:

LUCHA CANTINA

1641 N. Alpine Rd.

Edgebrook Shopping Center

Rockford, IL 61107

FRIDAY November 3rd.

5:30 pm

Reservations will be made so please:

RSVP TO:

[Socialski.skirfd@mail.com](mailto:Socialski.skirfd@mail.com)

Thanks

Chris and Patty

Who and what you missed  
at the October gathering !!



**MORE Social Time**

## **SAVE THE DATE**

Please save the date for December's Friday Night Happy Hour at the Rockford Ice Hogs Game.

If you're interested, please text Chris (815)601-3156 A.S.A.P. so we can order the tickets.

Please make sure you text your name, the number of tickets requested and the method of payment. I will text you back the address to send your checks to.

Price: \$16.00 per ticket

Payment is due by Friday 11/17.

Payment: CASH, CHECK (to RVSA) or ZELLE

**Rockford Ice Hogs Game**

**Friday Dec. 8th**

**The puck drops at 7:00 pm**

**BMO Center**

**300 Elm St.**

**The Ice Hogs vs. San Diego Gulls**

We will meet at the BMO Center before the game to hand out the tickets.

We want to thank Doug for helping us coordinate this event. 😊

Thanks

Chris and Patty



# ***Walking: Trim your waistline, improve your health***

**Here is the Final-segment on walking for your 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.

Some final suggestions to help you get started with your program.

### **Walk with a friend**

Walking with a companion may help a person increase their steps by taking their mind off of the activity itself. Making walking a social activity may make it more enjoyable and help a person walk more, as well as provide mutual accountability and motivation.

### **Take the dog**

Walking with a dog may help keep some people motivated to walk for longer, or to walk in new areas, which may also make the walk more pleasant.

### **Park farther away**

In areas with large parking lots, trying simple acts such as parking farther away may help a person increase their step count. (By parking further away you usually have many empty available spots to choose from and could possibly reduce the number of 'door dings' on your vehicle!)

### **Take the stairs**

If possible, opting for the stairs rather than the elevator can help increase a person's daily step count.

### **Track progress**

It may help some people to see the progress they are making.

Keeping a simple progress journal that tracks the date, the number of steps a person has taken, and their goals can help them see the progress they make over time. This may keep them motivated to take more steps.

### **Summary**

The average number of steps a person takes each day will vary based on a number of factors.

People who are actively trying to increase their step count may want to focus on determining their average steps, then finding ways to increase their activity levels slowly.

Trying to reach national guidelines for physical activity is a good place to start the journey, and challenging oneself to move forward and reach new fitness goals may help increase step count over time.

**This is the last in Lar's 3-Part series on walking. Thanks for the great ideas.**



It just happens that on our Monday meeting day the American Legion Post serves their monthly **Chicken Dinner**. Serving time **5 to 7 pm** with the proceeds going to their Scholarship program. Get a good meal before our meeting!!

Club Meeting **Monday November 20th**,  
at the **American Legion Post 1207**,  
1011 South Alpine Road, Rockford.  
Board meeting - 6:30 pm  
General meeting - 7:30 pm

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**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 # \_\_\_\_\_

Hello RVSA members,

Your co-officer's for Merchandise (Ways and Means) , Mary Babb and Laurie Eisenbise are asking that If you are interested in ordering or purchasing any shirts, sweatshirts, cozies, leg bands, luggage tags, masks, etc.- please let either of them know.

Send your email to Ways & Means: [waysnmeans.skirfd@mail.com](mailto:waysnmeans.skirfd@mail.com)

Zelle

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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 business<sup>1</sup>.
- 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](mailto: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.



## 2023-2024 Learn to Ski Week Info Coming Soon!

- \$49.00 includes LIFT TICKET, SKI or SNOWBOARD RENTAL, and BEGINNER LESSON.
- All transactions are done at the participating ski area/resort or through their website.
- RESERVATIONS ARE REQUIRED. Please check the participating ski area's website for reservations or call the ski area directly (see logos below).
- Ski areas can limit the number of lessons available and may have other restrictions (such as age, dates, and times of lessons).
- The Skiing Wisconsin Passport is NOT a part of WI Learn to Ski and Snowboard Week. Passports are sold before the ski season in September via this website and are currently sold out. You or your child do not need a Passport to register for WI Learn to Ski and Snowboard Week.
- Please be patient. Some areas have staff shortages. See you on the slopes!

Looking for a great way to learn to ski, invite a friend to learn to ski, or hone your skills for the season - Wisconsin Learn to Ski and Snowboard week is a great bargain for a lift, lesson and rental. Multiple places near us offer this. Last year it was December.

Please feel free to join other RVSA members at Tyrol Basin for \$20 Tuesdays - \$20 lift \$20 rental has been our attraction for last 3 years with Jeff grilling brats for lunch. Several of us also purchase the Bronze Pass at Cascade so we'll let you know what days we'll be going weekly. Text Janet to be on the chain of updates or see our Facebook page. Hope to see you.

Skiing updates from Janet Buchanan,  
Asst. Trips: [trips.skirfd@mail.com](mailto:trips.skirfd@mail.com)

# 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](http://www.winterskiandsport.com)

### And 4 Night Ext. to Milan, Italy!

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

