

# The Lift Ticket



## ***December Date Reminders***

**Fri; 8th:** Ice Hog game for Happy Hour

**Mon; 18th:**

Board Meeting 6:30 pm

General meeting 7:30 pm



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

**December 2023**

**Volume: 53**

**Number: 8**

# The Snow Board

RVSkiAssoc@gmail.com

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President: **Open**

Vice President: **Open**

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Lars Freeman

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Lift Ticket Editor: [liftticket.skirfd@gmail.com](mailto:liftticket.skirfd@gmail.com)

Greg Kaski



## ***December Birthdate's***

3rd - Steve Zarembski

11th - Jeff Buchanan

17th - Ron Foran,  
Melinda Kluge,  
Patty Zahn

22nd - David Ross

25th - Chris Wonderlick

**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)





Who you missed at the November gathering !!



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 December 18th**, 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 # \_\_\_\_\_

## Chair Notes....



In November we held the fall club audit and thanks to everyone's part, it went well. I want to especially thank Kelly O'Brien and Jack Wonderlick for their part in reviewing all the required audit records. Ron had everything needed to make the audit painless and accurate. Again thanks to all for their work and time and bottom line is we are solvent and everything balanced out.

Hoping that you had a great Thanksgiving with family and friends and all is well! Now the fun of looking forward to Christmas and this holiday season begins.

At this time I along with the rest of the RVSA Board want to wish everyone a Merry Christmas and safe holiday. Soon the downhill fun will start!

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 your RVSA events. Have a Merry Christmas and Happy Holidays!

Enjoy the changing season.....

Greg Kaski, RVSA Chairperson.

**Important News from your Trip Director!!**  
Still room for 11 people on the Snowbird UT ski trip. If interested contact trip director **Ken Richardson at 815-985-7194.**

# SKI AND RIDE WITH RVSA IN SNOWBIRD, UTAH!



**RVSA Sponsored**

**Only 11 SPOTS still AVAILABLE... CONTACT Ken Richardson**

**MARCH 23 - MARCH 30, 2023**

**\$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




## 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!

Patty & Chris, "What's happening for December"??

Social Time  
& MORE

## DECEMBER'S Friday Happy Hour

Rockford Ice Hogs Game

Friday Dec. 8th

The puck drops at 7:00 pm

BMO Center

300 Elm St.

December's Friday Night Happy Hour will be at the Rockford Ice Hogs Game.

If you're interested, please text Chris (815)601-3156 A.S.A.P. so we can order 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 Saturday 11/25.

Payment: CASH, CHECK (to RVSA) or ZELLE

## 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

MORE Social Time

Plan for our January 2024 Happy Hour:

Friday Night Happy Hour at:

TILLEY'S PIZZA HOUSE

900 4th St. BELOIT, WI, 53511

FRIDAY JANUARY 5<sup>th</sup> @ 5:30 pm

Reservations will be made so please:

RSVP TO:

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

Thanks

Chris and Patty



# Improving your Health! Ideas & suggestions...

Lars Freeman, Ski Master

## Cardio vs. strength training

A look at the two main types of physical exercise

Regular exercise is more than just good for you — it's a powerful way to improve your physical and mental health.

Most types of exercise fall into one of two categories: cardiovascular exercise (cardio for short, also known as aerobic or endurance exercise) and strength training. Understanding how these two forms of exercise are similar — and different — can help you build a routine that's right for you.

### Cardio exercise

Cardio exercise increases your heart rate. During cardio workouts, your heart pumps faster and harder to deliver your muscles the extra oxygen they need.

Examples of cardio exercise



Running



Cycling



High-intensity interval training (HIIT)



Swimming

How much cardio exercise should you get?

150 minutes of moderate cardio  
(or 75 minutes of vigorous cardio) a week

What are the main benefits of cardio exercise?

- Burns more calories while you're working out
- Improves heart health and endurance
- Increases energy levels and boosts your mood
- Helps regulate your blood pressure and blood sugar
- Helps prevent illness by boosting your immune system
- Helps you maintain a healthy weight

### Strength training

Strength training uses a form of resistance — such as weights, exercise bands, or even your own body — to make your muscles stronger through repetition.

Examples of strength training



Weightlifting



Yoga and barre



Resistance band exercises



Pushups, situps, and squats

How much strength training should you get?

2 times a week

What are the main benefits of strength training?

- Improves metabolism so you burn more calories when you're not working out
- Improves heart health and endurance
- Improves balance and coordination
- Increases your energy levels and boosts your mood
- Helps prevent injury by improving flexibility and bone health
- Helps you maintain a healthy weight

### The bottom line

Cardio exercise and strength training each have unique health benefits. Both types of exercise boost your energy and your mood, reduce your risk for illness and disease, and help you maintain a healthy weight. Combining cardio and strength training in your workout routine is the best way to get in shape and stay your healthiest.

Hi Club members, the dates for Skiing Wisconsin 23/24 Season are set! Prices come out in December but it's a good value. I did it at Alpine Valley my first year skiing and it was \$50 all inclusive. Look into it!

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



## 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.

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)

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**Send payment to:**

**[treasurer.skirockford@gmail.com](mailto:treasurer.skirockford@gmail.com)**

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# Zermatt Switzerland !

Ext. to Milan, Italy!



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**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

