

# The Lift Ticket



## **February Date Reminders**

**Fri; 2nd:** Happy Hour  
**Baker Street Burgers**

**Mon; 19th:**

Board Meeting

6:30 pm

General meeting

7:30 pm

The *anonymous ski patroller!*  
Photo provided by Chris & Jack.



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

**February 2024**

**Volume: 53**

**Number: 10**

# The Snow Board

RVSkiAssoc@gmail.com

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President: **Open**

Vice President: **Open**

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Lars Freeman

Publicity/Web Maintenance: **Open**

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

Greg Kaski



## February Birthdate's

2nd - Terry Moss

3rd - Karen Sorensen  
& Wendy Gibson

5th - Emily Gayle

6th - Kelly O'Brien

8th - Mark Sattizahn

13th - Zack Baker

16th - Ed Reyes

25th - Marie Strombeck

28th - Diana Hawkinson

# Rock Valley Ski Association

SKI, SNOWBOARD & SOCIAL CLUB

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....



### General Board members elections coming in April.

I for one am happy to see January come to end. Along with the continuous deep chills we've been experiencing, add in freezing weather conditions making for some uncomfortable outside situations. Fortunately though we have seen some much needed snow fall for the area with hopes that it continues.

At this time I want to thank all our current board members for their work and assistance for the past season. This season we had a few vacant board positions but everyone stepped in to help. In April the club will hold its annual Board of Director's election. As in some past seasons we will need people to step up to help with the different club functions. When you have people working together it makes the job seem easier and that goes for the running of your club. ***Give some thought to getting involved. Join up and be part of the building activities and growth of YOUR club.*** Talk with any of the current board members about what they do or they could give you some insight on how you can help.

Remember our monthly club meeting or any of our social activities is the time to bring potential new members to your club. Bring your friends with you when coming out to enjoy your RVSA events.

Enjoy the changing season.....

Greg Kaski, RVSA Chairperson.

## A note from Trips!!

The Snowbird ski trip still has 11 openings available. Also if anyone wants to purchase something on-line from Snowbird you can get **20% off**. **Ski rentals excluded!** Ski rentals must be purchased on site the day of renting. I will forward a link for discounts to all going to Snowbird.

Thanks and hope to see you on the trip.

Ken Richardson, Trips Director.

Hello RVSA,

I seem to work to a deadline. Things I really work hard at being is on time are buses and airplane for ski trips. One time I was 12 hours early. I have to read the fine print about better the a.m. and the p.m. thing. I was really worried that nobody else was around at the time that I was there. You might call me Larry Ward Jr. Ha, I still miss him. Great skier and member.

This time I was 2 hours ahead of the prescribed meet-up at O'Hare for the CMSC European ski trip. Better 2 hours early than 2 minutes late at the gate. The airplane departed an hour late but we arrived in Zurich on time. Four RVSA members (Mary B, Mark S, Lars F, and Dennis S) are skiing at Zermatt, Jan 28 - Feb 2.

I know that Jeff B is always a big promoter of the RVSA club when he goes out skiing. The RVSA members are doing the same thing here at Zermatt. Many ski enthusiasts are from around the Chicago area and from around the country. We speaking highly of our trips. We'll see if we can get a few new members from this trip for next year.

I would encourage anybody from our club who has not been on a CMSC European trip to do so. New friends, stories, and great food.

Be good & be safe,  
Dennis S  
Membership Director



Club Meeting, **Monday February 19th**,  
at the **American Legion Post 1207**, 1011 South Alpine Road, Rockford.  
Board meeting - **6:30 pm**; General meeting - **7:30 pm**

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

# The "2nd Chance" Sales

Men's K2 BFC120 Ski Boots, good condition, boot's shell and cuff capable of being heat-molded for comfort. men's 10-10 ½; mondo (cm) 28/28.5. \$100. Interested call Greg (815) 275-0085



For Sale  
Select Ski boot bag (heavy duty)—\$50  
Sportube ski case. Expands to 7'—\$100  
Nordic Ski boot bag and Gloves—\$50



Suzanne Bumbard  
815-670-7585 [Skibuni116@aol.com](mailto:Skibuni116@aol.com)

My husband can no longer ski. Make an offer. Contact Lisa at (815) 222-5899. Thanks! Lisa Peterson-Doll



Hello RVSA members,

Your co-officer's for **Merchandise** (*formally 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)

*Patty & Chris, "What's happening for February"??*

Social Time  
& MORE

**Hi, February Social will be Friday February 2, 2024**

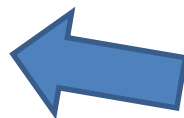
5:30 PM

At Baker Street Burgers  
1603 N. Alpine, Rockford, IL 61107

<https://bakerstreetburgers.com/>

*Hope to see everyone there!*

Patty & Chris



What you missed at the  
January RVSA event !!

A look back at a 2023 Mammoth moment!!  
Photo from Mary B.



# Improving your Health! Ideas & suggestions...

Lars Freeman, Ski Master

## What's a frog squat?

A frog squat is a type of squat that strengthens (and tones) the glutes and hamstrings as well as quads thanks to the wide stance position that is held throughout the exercise.

## Frog Squats



## How To Do Frog Squats

- For correct frog squats form, take a wider than shoulder stance and keep your feet angled out.
- Assume the squat position by bending at the hips. Place your elbows on your knees and keep your hands together. Maintain a flat back position.
- Come down low until you feel a stretch on your adductors and quadriceps. Then drive your hips up and back. At the top position, your hips should be nearly in line with shoulder level. You should feel a nice stretch on your hamstrings and glutes.
- Repeat the exercise until you have completed the targeted number of reps.

## Form and Technique

Frog Squats technique is all about constant tension. Think of your hips like a lever that moves up and down.

There is a flexibility component in Frog Squats because of the wider stance. Only go as deep as your flexibility will allow.

Maintain a bend in your legs all throughout the exercise to protect the knees.

## Tips

1. Do not let your knees go forward toward your toes. Push hips back and bend at the knees (just as if you were sitting down in a chair).
2. Be sure to inhale on the way down and exhale on the way up.
3. Increase tempo to incorporate more cardio.

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!



# SKI AND RIDE WITH RVSA IN SNOWBIRD, UTAH!



**RVSA Sponsored**

**Still have 11 SPOTS AVAILABLE.... CONTACT Ken Richardson**

**MARCH 23 - MARCH 30, 2024**

**\$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)



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