

Goodyear Ski Club SKI NEWS October 2022



Officer Reports

President ~ Randy Grether

Where did summer go? The first day of fall and the thermometer drops twenty degrees. Now it's time for hayrides, hot chocolate and carving of pumpkins. Which reminds me, soon we will be carving graceful turns on fresh fallen snow. So, it's time to tune up your body and skis and make sure those boots still fit.

The Christmas party is locked in for December 13 at the Houston Hall. Start stocking up on the ingredients for a dish to share. Please be thinking of something to donate for the raffle that night. I will have more details in the November newsletter.

I hope to see you at the pirate dinner, "Mystery on Treasure Island", on October 22 at the Polish American Citizens Club – ARRR!

Trip Officer ~ Mary Beth Grether

There is not much new on the ski trip front. Our Jackson Hole trip is full, and we were able to add a few extra. The Purgatory trip is also now full. So, our weeklong trips are full. We are still planning the overnight at Holimont & Holiday Valley. See the trip sheet on page 8 for details. It is still currently "drive yourself", but we get the group discount for lodging and lift tickets. I am still hoping to get a few spots on the bus. I have been working with Stark County Ski Club's trip leader on planning both the H&H trip and trying to set up an overnight at Canaan Valley/Timberline. Sadly, Scott Hunsinger died in a vehicle accident this past week. Suzanne sent out the information. Please keep his family in your prayers. I feel confident the H&H trip will still go, but I think the Timberline trip will likely not go.

Remember to keep those legs and arms in shape. It is never too early to transition from summer workouts to skiing workouts.

Membership Renewals

According to our latest roster, only 72 of 121 members from last year have sent in a renewal. Please check to make sure you have done so. There is a membership application on page 12 of this newsletter.

Membership renewals are due by October 1. New member dues paid after May 1 will be valid through September 30 of the following year.

Contents

Officer Reports 1
Announcements2
Euchre Tournament 2
Marketing Officer's Report 3
Contact Information 3
Find the Ghost Puzzle 4
Trick or Treat Puzzle 5
Vice President's Report 6
Holimont & Holiday Valley8
Weeklong Trips9
Puzzle Solutions & Jokes 10
Trip Agreement11
Membership Application 12

GSC Business Meeting

Tues, Oct 11 at 7:30 PM Ray's Place of Fairlawn 25 Ghent Road, Fairlawn

Don't Zom-bie a Deadbeat -Reanimate Your Membership



It's a No-Brainer!

Upcoming Events

Buckeye Sports Ski Fest – Fri, Sep 30 to Sun, Oct 9 Buckeye Sports Center, 4610 State Rd, Peninsula, OH https://www.clevelandskifest.com/

Brandywine Fall Fest & Ski Swap – Fri, Oct 7 to Sun, Oct 9
Brandywine Ski Area, 1146 W Highland Rd, Northfield, OH
https://www.bmbw.com/

GSC Business Meeting - Tuesday, Oct 11 at 7:30 PM

Rays' Place of Fairlawn Eatery & Tavern, 25 Ghent Road, Fairlawn. Business meeting starts at 7:30. Come early and join us for dinner.

Mystery on Treasure Island – Saturday, Oct 22 at 5:30 PM
Polish American Citizens Club, 472 E. Glenwood Ave, Akron. \$20.
If you like a challenge and enjoy solving puzzles, join GSC at the PACC on October 22 at 5:30 for a dinner, show, and treasure hunting. With a pirate island themed dinner of sweet and savory cannonballs, Hawaiian pulled pork, loaded Hawaiian tuna salad and Hawaiian baked beans. Dessert includes some tropical pies. Work as a crew and solve ye clues to find ye table's treasure. Some table will have the winning key that unlocks the pirate's treasure. Sign up through Eventbrite and in the comments say you want to be at the "Rather Be Skiing" pirate table. You can also visit the Polish Club on any Friday for a fish dinner and purchase your pirate tickets right at the bar.

https://www.eventbrite.com/e/mystery-on-treasure-island-dinner-show-and-hunt-tickets-413033924587

Foodbank Volunteers – Tuesday, Nov 1 at 9:00 to 11:30 AM Akron-Canton Regional Foodbank, 350 Opportunity Pkwy, Akron.



October Birthdays

- 08 Sherry Csepegi
- 10 Linda Yelinek
- 12 Les Wise
- 15 Elise Bluell
- 18 Dave Collura
- 19 Carol Deeser
- 24 Barb Cool
- 24 Vickie Pavell
- 25 Jill Collura
- 28 Linda Solnick
- 29 Don Hoque
- 31 Tom Fazio

Welcome New Members

Michele & Todd Studer Barb Cool

Euchre Tournament

Saturday, October 15 at 5:00 PM

Cheryl Gray 2218 Canterbury Circle Akron, OH 44319

- \$5 entry fee per player.
- We need at least 16 players to make this go!
- Non-members are welcome.
- Bring your own beverage and a dish to share. Sandwiches will be provided.

Contact Cheryl Gray at 330-687-7758 or cgray1470@yahoo.com to reserve your spot.



Marketing Officer ~ Judy Ripple



As of today, I have not heard from anyone interested in volunteering at the Akron Canton Food Bank on Tuesday, Nov. 1 from 9:00 to 11:30 AM. Please let me know by October 15 if you are interested in volunteering on this date or I will need to cancel. If you are interested in future volunteering, but Tuesdays are not good, please let me know which day of the week you prefer.

Our group (Goodyear Ski Club) is scheduled to volunteer at the Akron-Canton Regional Foodbank on **Tuesday, Nov 1 at 9:00 to 11:30 AM.** If volunteers are interested, we will lunch nearby afterwards.

If you have not volunteered with the Foodbank in the past two years, please complete a volunteer application. <u>Adult Volunteer Application</u> <u>Youth Volunteer Application</u> (ages 10-17)



The Akron-Canton Regional Foodbank's main campus is located at 350 Opportunity Pkwy, Akron, at the corner of Dart Ave and Opportunity Pkwy off of OH-59 near downtown Akron. Please park in the front of the building or in the Dart Ave parking lot. Use the front glass doors to enter the building. If the parking lot is full, please park in the grass lot or go to the Shipping & Receiving parking lot on the other side of the building. Enter through the **RED** visitor door and go to the front desk to sign in. Carpooling is recommended.

What to wear:

- As of Feb 28, 2022, per updated CDC guidance, masks are now optional for guests and volunteers.
- Safety is our priority! Please note that open-toed shoes are not permitted in the warehouse.
- Jewelry is not permitted in the warehouse. We recommend wearing limited jewelry when volunteering.
- Comfortable shoes are recommended as you may be on your feet the entire time.
- It is best to dress in layers. The weather outside affects the temperature inside the warehouse.

Thank you for volunteering at your Foodbank! We look forward to welcoming you.

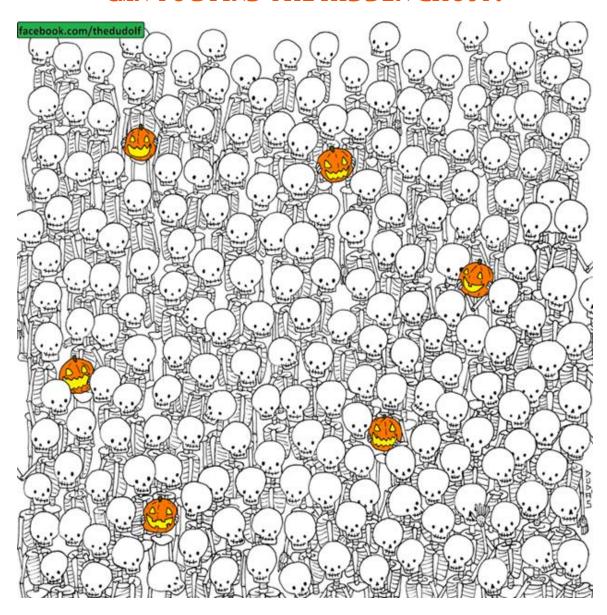
GOODYEAR SKI CLUB CONTACT INFORMATION

Club Website: www.GoodyearSkiClub.org



Name	Email	Phone
Randy Grether	presidentGSCI@gmail.com	330-922-0650
Mike Neag	vicepresGSCI@gmail.com	330-888-9050
Kathy Neag	secretaryGSCI@gmail.com	330-807-7161
Eric Young	treasurerGSCI@gmail.com	330-923-6800
Mary Beth Grether	tripchairGSCI@gmail.com	330-922-0650
Judy Ripple	marketingGSC16@gmail.com	330-323-7092
Suzanne Nappi	nleditorGSCI@gmail.com	330-814-0856
Dave Collura	webmstrGSCI@gmail.com	330-322-8762
	Randy Grether Mike Neag Kathy Neag Eric Young Mary Beth Grether Judy Ripple Suzanne Nappi	Randy Grether presidentGSCI@gmail.com Mike Neag vicepresGSCI@gmail.com Kathy Neag secretaryGSCI@gmail.com Eric Young treasurerGSCI@gmail.com Mary Beth Grether tripchairGSCI@gmail.com Judy Ripple marketingGSC16@gmail.com Suzanne Nappi nleditorGSCI@gmail.com

CAN YOU FIND THE HIDDEN GHOST?





What do you call a herd of undead llamas? The Zombie Alpaca-lypse!

Trick or Treat Logic Puzzle

Five boys are trick-or-treating side by side in their neighborhood. Each one is wearing a costume, has a bag and a favorite candy. Figure out which costume Darrell is wearing.

Bag Color: black, blue, green, red, white Candy: bubble gum, jellybeans, lollipops, stick candy, taffy

Name: Alvin, Darrell, Justin, Lewis, Terry Age: 6, 7, 8, 9, 10

Costume: cowboy, magician, pirate, vampire, wizard **Mother**: Brenda, Eleanor, Katherine, Naomi, Whitney

	Boy #1	Boy #2	Boy #3	Boy #4	Boy #5
Bag Color					
Name					
Costume					
Candy					
Age					
Mother					

- The oldest boy is at the third position.
- The vampire is somewhere between the boy that has the black bag and the wizard, in that order.
- Naomi's son is exactly to the right of the 8-yearold boy.
- At the fifth position is the boy who likes jellybeans.
- The magician is next to the boy that likes lollipops.
- The boy who likes jellybeans has the blue bag.
- In the middle is the boy that likes lollipops.
- Lewis is somewhere to the right of the boy that has the green bag.
- The boy that likes bubble gum is somewhere between Justin and the vampire, in that order.
- The 9-year-old boy is Naomi's son.

- The pirate is next to the boy who likes jellybeans.
- Alvin is somewhere to the right of the boy who has the white bag.
- Eleanor's son is next to the youngest boy.
- Terry is immediately before the wizard.
- The boy that has the green bag is somewhere between the 6-year-old boy and the wizard, in that order.
- Brenda's son is next to Whitney's son.
- The boy that has the green bag is somewhere to the left of Alvin.
- Alvin is next to the boy who likes taffy.
- Whitney's son is somewhere to the right of the boy that has the white bag.

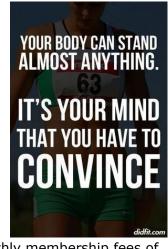
More puzzles at https://www.brainzilla.com/

Vice President's Report ~ Mike Neag

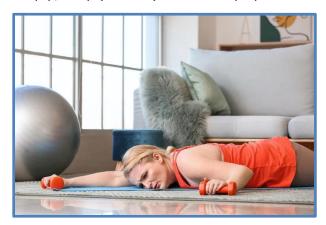
We're running out of summer and about to splash into our fall colors. Of course, all those leaves (and the raking) only reminds us that snow white is just around the corner. And THAT – if we think at all about getting on the lift – means making a stronger, healthier you. If you're like a lot of Americans, you'll plan to exercise or even join a gym this January. If you're a senior, there's a lot of "fee free" out there (e.g., YMCA, Silver Sneakers, and Orange Theory (w/ some coverages).

And if you're like a lot of Americans, you won't do or go very much. Some of us enjoy that process and others find motivation...um...difficult.

So, what does make us want to work up a good appetite (or even a sweat)? That question, it turns out, is surprisingly difficult to answer. In "Paying Not to Go to the Gym," a paper in which Stefano DellaVigna and Ulrike Malmendier found that



members at three Boston gyms went an average of 4.3 times a month. With monthly membership fees of just over \$70, that meant about \$17 a pop. Worse, on average, nonattending gym members did not cancel until 2.3 months after their last visit, paying for \$187 worth of completely unused gym access. Put simply, they (and we) were overly optimistic about going out to "just do it". We plan (or join) and don't.



So then, what will get us moving? A bunch of studies suggest that people are best motivated by cash (surprise!) incentives. How does that impact you? That depends. For seniors, you may get Silver Sneakers or even Orange Theory Fitness through a Medicare "Part C" Advantage Plan or Medicare "Medigap" Supplement. If you're still working, some company-based wellness programs offer financial incentives as do some insurers.

https://www.fitcrewbradenton.com/blog/get-paid-to-workout-with-health-insurance.

Probably the most interesting facet of these studies lies in the long-term effectiveness of the successful programs. Once people got *started* and made exercise *a habit*, they kept going without the financial incentive *for years*. Why is that? Specific conclusions vary, but those that "did it" were rewarded and recognized/acknowledged the value. You can distill this "exercise and reward" understanding into two categories we can all understand: 1) health benefits – feel better all day every day, sleep better, be physically happy, be able to play with (grand) kids, and (of course) skiing better (and 2) precipitous drops in medical costs (from a regimen of daily drugs to surgery on failing parts). Worth wading through – https://www.helpquide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm.

Speech over! Get out there! Let's make strong hearts, a tight a** and in the end (pun intended) an obituary that leads with "(your name here)" died unexpectedly at 106. Your call.

Reprising from last month – here's some things to do. Same list plus one new one from the NYTimes.

- 1) https://www.nytimes.com/2022/07/28/well/move/easy-exercise-tips.html
- 2) If you're not already, **start by walking.** "Intentional" walking go for 3-4 mph (no shuffling like you're old!). Rest when you need to but *keep moving*. If you're already walking, consider integrating some jogging into your walk and get the heart pumping.
- 3) **Go at the right pace** (until you can jog a bit \odot to get your heart pumping). Vigorous activity is good!
- 4) **Resistance train.** Bands are good! Cheap and easy to use...anything to awaken your atrophying muscles and ever-weakening bones.
- 5) *Eat right*...but don't make big changes. Yep, protein, protein, protein. Limit the sugars.
- 6) Stay away from Dick's...keep it simple...you don't need a new basement gym or a treadmill. Really.
- 7) **Do things you like,** unless you're training for an event or something, no need to do things you hate.
- 8) *Focus on yourself*, not Twitter or whatever you else is out there to follow. It's your bod...to hell with everybody else.
- 9) Nothing happens in one day...keep after it...**make exercise a habit** (or a ritual if you're into the metaphysical).
- 10) If you have any, **friends are good**; bring them along, they keep you motivated, and they can be good for a laugh along the path to fitness. (Think of Les and Randy...doesn't that make you laugh? ©)
- 11) The national institute of health recommends 150 minutes of activity each week (but just 75 minutes if it's vigorous activity).
- 12) If you want a group activity...well, **you could try Pickleball.** Court time is included in a YMCA membership and at Shaw JCC, Towpath Racquet Club (has all new outdoor courts!) and the Akron General Wellness Center. There is also free court time at several of our parks, e.g., Green or Bath Community Center (I am sure there are others) but not sure when (Green's Boettler Park is Tuesdays?). Paddles are cheap. PB...the fastest growing sport in the USA.

A couple of nice links on health and exercise.

- https://getpocket.com/explore/item/benefits-of-walking-is-walking-every-day-really-enough-exercise?utm_source=pocket-newtab
- https://lifehacker.com/the-7-deadly-sins-of-getting-back-in-shape-1849436069

And that, folks, is all from the desk of the VP of Fun.

Mike





Holimont & Holiday Valley ~ Drive Yourself \$235 Lodging & Lift Ticket Wednesday, January 11 to Friday, January 13, 2023

We will stay at the Wingate in Ellicottville on Wednesday and Thursday nights. The rooms have a small refrigerator, microwave, and coffee/tea maker. The price is per person based on double occupancy.

- Wednesday: Check in after 3 PM. Enjoy shopping and dinner in downtown Ellicottville.
- Thursday: We will ski at Holimont. Pack a lunch or eat in their cafeteria.
- Friday: We will check out of our rooms before heading over to ski at Holiday Valley.

Make checks payable to Goodyear Ski Club. Mail payment and signed trip agreement to the trip leader.

Mary Beth Grether 509 Brookpark Drive Cuyahoga Falls, OH 44223 Phone: 330-328-3797

Email: tripchairGSCI@gmail.com

Jackson Hole, Wyoming ~ (waiting list only)

January 28 – February 4, 2023 Base Price \$1880*

Please contact:

Mary Beth Grether 509 Brookpark Drive Cuyahoga Falls, OH 44223

Phone: 330-328-3797

Email: tripchairGSCI@gmail.com

INCLUDED IN PRICE:

- 7 nights lodging in downtown Jackson at the 49er Inn & Suites ~ Double-occupancy hotel rooms
- 5-day adult group lift ticket ~ Free ski shuttle from hotel to Jackson Hole Mountain Resort
- Roundtrip airfare Cleveland CLE to Jackson Hole JAC ~ Ground transfer between airport and hotel
- Welcome reception with wine & cheese ~ Daily American breakfast ~ Taxes, fees, and porterage
- Rooms furnished with mini-fridge and coffee maker ~ Free WiFi ~ Indoor pool ~ Hot tubs



Purgatory, Colorado ~ (waiting list only) February 26 – March 3, 2023

Couples \$1635* (each person) Singles \$1935* (each person)

Please contact:

Betty Wise 3311 Ethan Allen Rd. Coventry Township, OH 44203

Phone: 330-644-2852

Email: BettyWise@Ameritech.net

Included in Price:

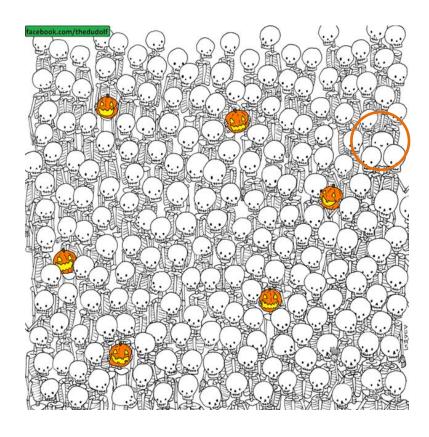
- 5 nights lodging at Purgatory Village condo hotel ~ Ski-in/ski-out ~ Taxes and fees included
- Couple in shared king/queen bed ~ Must book as a couple to qualify for couple's price \$1635 each
- Singles in separate room or shared room with separate beds ~ Singles price is \$1935 each
- Most units have kitchen/kitchenette, wood-burning fireplace, and sofa bed
- 4-day adult group lift ticket ~ seniors (65-74) save \$87, super seniors (75+ ski free) save \$274
- Roundtrip airfare Cleveland CLE to Durango DRO ~ Ground transfer between airport and lodging



^{*} Prices listed are for members of the Goodyear Ski Club. Nonmembers must include a completed membership application and dues payment along with signed trip agreement and deposit. Additional fees may be incurred by individuals cancelling or changing their itinerary, e.g., lift tickets, flight changes, or alternate ground transportation.

Solutions to Halloween Puzzles

	Boy #1	Boy #2	Boy #3	Boy #4	Boy #5
Bag	black	green	white	red	blue
Name	Justin	Darrell	Lewis	Terry	Alvin
Costume	cowboy	magician	vampire	pirate	wizard
Candy	stick candy	bubble gum	lollipop	taffy	jellybeans
Age	6	7	10	8	9
Mother	Katherine	Eleanor	Brenda	Whitney	Naomi



Q: Why did the tiny ghost join the football team?

A: He heard they needed a little team spirit.

Q: Where does a skeleton go for a fun night?

A: Anywhere, so long as it's a hip joint.

Q: Who helped the little pumpkin cross the road?

A: The crossing gourd.

Goodyear Ski Club, Inc (GSC) Trip Agreement (Revised September 12, 2017)

Unless otherwise noted, all prices are "per person, double occupancy". All trip reservations require a signed application with payment.

Make all checks payable to the Goodyear Ski Club, Inc. No post-dated check(s) will be accepted for any GSC trip. Unforeseen costs from changes to air travel, ground travel, lift tickets or rooming will be passed on to the trip participants.

CANCELLATION AND/OR CHANGES: GSC reserves the right to: (1) withdraw the trip; (2) refuse, at any time, to accept or retain any person as a trip participant; and/or (3) prior to departure, make changes in published itinerary, whenever, in its sole judgment, conditions warrant.

FUEL SURCHARGES: The GSC may incur additional fuel surcharges to the contracted transportation at any time before trip departure. It is the responsibility of the participant to pay any such increases. Participants having any questions regarding this policy should contact their trip leader.

ROOMING PREFERENCES: Due to the nature of our trips, the number of participants, the bedding configuration, and the accommodations secured for the trip participants, the GSC cannot guarantee that the requested rooming preference will be provided.

SINGLE SUPPLEMENT: Room rates are based upon double occupancy. If you are a single participant, without a roommate preference, every effort will be made to find you a roommate. If that is not possible, you will be required to pay any single supplement charges that may be imposed.

RESPONSIBILITY: GSC is acting as the applicant's agent and will not be liable for any loss or damage to baggage or property, or any personal injury, or any other loss occurring or occasioned by applicant's participation or lack of participation in a trip. GSC will not be responsible for any cost increase(s) due to increases in local, state, or Federal taxes, fuel surcharges, baggage fees, etc. Any participant under 18 years of age must be accompanied by a parent or guardian.

REFUNDS: Applicant will receive a full refund if the GSC cancels a trip, except and unless such cancellation is necessitated or caused, either wholly or in part, by applicant's cancellation or failure to make timely payment. 1) Where applicant cancels at any time and trip departs 100% filled, the applicant may be entitled to a refund, less a \$5 service charge on any one day trip; a \$15 service charge on any weekend trip; or a \$25 service charge on any trip over three days. 2) Where applicant cancels and a trip departs less than 100% filled, the applicant may be liable for the entire cost of the applicant's trip, including deposit, final payment and/or balance due. 3) Applicant shall be liable to the GSC for any monies expended or paid by GSC over and above payments made by the applicant to the GSC.

NSF CHECK: For any check returned for insufficient funds, the participant will be assessed a \$25 minimum return check fee, plus any daily penalties incurred by the GSC. The return of any check will be cause for cash payments to be made to the GSC Treasurer. If checks are returned for insufficient funds, the Treasurer shall notify the participant and allow him/her fourteen (14) days to cover the check. If funds have not been paid within the fourteen day period, the member may lose his/her position on any GSC trip or activity.

TRIPS OUT OF THE COUNTRY: You must have a current passport, which does not expire until 6 months after your return. If you have been convicted of a crime, including D.U.I., you may be refused entry into the subject country and should contact the country's embassy or Consular General for the proper procedure or clearance. The GSC is not responsible for the denied entry.

ASSOCIATE MEMBER: To protect the GSC's non-profit status, each non-member is charged an Associate Membership fee based upon a non-refundable fee structure of: \$5 for each one day trip; \$10 for each weekend trip; and \$20 for any trip longer than three days. This fee allows an individual to participate on a current season ski trip. Within one month from the ending date of the respective trip, the Associate Membership fee may be applied toward a full membership. The fee does not entitle the Associate Member to receive the monthly newsletter or any other GSC benefits. The Associate Membership fee will be in effect only after a trip is opened to non-members.

NOT INCLUDED: Any items not specifically mentioned as part of the trip, such as: meals, phone calls, transportation to the point of trip departure, items of a personal nature, fees charged for airlines for checked baggage, etc. are the sole responsibility of the trip participant.

RELEASE: In consideration of being permitted to participate in trip activities, by signing the application, I, as an individual hereby release the GSC, its officers and agents, from all liability for injury, death, damage or loss resulting from such participation. I understand the dangers inherent in trip activities and acknowledge that I have had an opportunity to make all necessary inquiries regarding the transportation and facilities involved. I release the GSC to use my likeness which may appear on their website to publicize their ski trips, which may appear in their photo albums or which may appear in other media used to publicize the GSC and its activities. I am gifting a portion of my trip fee (eligible reimbursement/# of trip participants) to the Trip Coordinator. I intend this release to be binding on my heirs and personal representatives. If I am the parent or legal guardian of a trip participant, I intend the above release to be applicable to the participant as well as to me.

Trip # Destination				 Deposit \$	Full Payment \$_	
Name				 D.O.B		(MM/DD/YYYY)
(As shown on passport or driver's license)						
Name				 D.O.B		(MM/DD/YYYY)
(As shown on passport or driver's license)						
Address				 Phone		
City	_ State	Zip	_ E-mail	 		
Emergency Contact Name				 Phone		
Rooming Preference				 		
Signature				 	_ Date	
Signature				 	_ Date	

I, we, have read and agree to the terms and conditions set forth in the Trip Agreement, as they pertain to this trip

Goodyear Ski Club Membership Application – Valid through September 2023

In addition to my name, GSC has my permission to include items listed in this box in the member directory.

(Cross off any items to exclude.) Mailing Address — Home/Work/Cell Phone — Email — Birthday

New Member (Referred by)_		
Name		Birthday MM/DD
Email Address		
Home Phone	Cell	Work
Adult		Birthday MM/DD
Email Address		
Home Phone	Cell	Work
Child		Birthday MM/DD
Mailing Address		
City		State
Fees (please circle amounts)		Optional Nametag (cost \$5.00 each)
Single Adult	\$20.00	
Couple (same address)	\$30.00	Print exactly what you want your nametag to read. Include nametag payment with application.
Family (single plus dependents)	\$25.00	Make check payable to Goodyear Ski Club.
Family (couple plus dependents)	\$35.00	Send check and completed application to:
Total Enclosed:		Goodyear Ski Club, Inc. 3465 S. Arlington Rd, Ste. E #178 —— Akron, OH 44312
releases the Goodyear Ski Club, Inc liability or claim, including theft, prop arising from participation in any Club	. (Club), its office erty loss, accide activity, whethe	penefit, and/or by participating in any Club activity, applicant ers, board members, chairpersons, and members from any and all ents, death of or injury to themselves, family members, or guests, or resulting from negligence or otherwise. I am also gifting a portion per of members) to Club officers and supplemental positions.
Signature(s)		Date
Signature(s)		Date

If under 18, parent(s) or guardian(s) must sign