Goodyear Ski Club
SKI NEWS
November 2022

Officer Reports

President ~ Randy Grether

I hope you are able to enjoy the changing of the leaves, either through a hike, a bike ride, or just driving through the country. Ohio is beautiful, don't you think?

I want to thank all of you who persisted to finish the puzzles at the Pirate mystery hunt. Suzanne got to meet the cannibal and receive the GSC table's treasure chest. As much as Suzanne tried to get the key to open the lock, it was not the correct key.

Coming up on November 11, which is a Friday, is our monthly meeting and our annual chili & soup cookoff at the Houston Hall. Our December meeting will be held on our regular second Tuesday of the month at the Houston Hall. And this will be our Christmas party. (December 13) I am receiving donations for our Christmas raffle from local vendors and ski resorts. Some of our members are also donating a basket for the raffle. If you would like to donate a basket, please contact me. To cover the cost of the rental, there will be a $5 entry fee. The main course will be provided, but we are asking members to bring a side dish or dessert to share. After all, it is Christmas.

By the way, my wife beat me at Euchre……again!

Trip Officer ~ Mary Beth Grether

I was on a hiking trip in Pennsylvania when we woke up to snow. It's official – time to think of skiing.

Jackson Hole is full, and Purgatory still has one opening. We have several joining the Stark County Ski Club/Goodyear Ski Club joint overnight trip to Holimont/Holiday Valley. There is still time to sign up for that one. Some of you may get to ski other places. We are receiving lift tickets for the Christmas raffle. Perhaps you'll win one of those.

Remember to keep those legs in shape.

Thank You

We are thankful for all new and returning Goodyear Ski Club members. Hope to see you at the chili & soup cookoff and the Christmas party. Thank you, Veterans, for your service to our country.

Contents

Officer Reports 1
Announcements 2
Marketing Officer's Report . . . 3
Officer Contact Info 3
Chili & Soup Cookoff 4
Thanksgiving Jumble 4
Vice President's Report 5
Euchre Tournament 7
Mystery on Treasure Island . . 8
Holimont & Holiday Valley . . 10
Jumble Answer 10
Purgatory Trip Flyer 11
Trip Agreement 12
Membership Application 13

GSC Business Meeting
Chili & Soup Cookoff

Friday, Nov 11 at 6:00 PM
Houston Hall
3069 Houston Rd, Norton

Upcoming Events

Meeting & Chili Cookoff – Friday, Nov 11 at 6:00 PM
Houston Hall, 3069 Houston Road, Norton. For just $5, you get to sample all the soups and chilis. If you want to enter the contest, please contact Teresa Gifford at roscomoy@aol.com. See ad page 4.

Christmas Party – Tuesday, Dec 13 at 6:00 PM
Houston Hall, 3069 Houston Road, Norton. Bring a dish to share and plenty of cash for raffle tickets. GSC will provide main dishes as well as beer, wine, soft drinks, and coffee. Cash bar will be available. Admission fee $5 per member; $10 per guest. See ad page 4.

Larry Prince ~ 1942-2022

Larry, an avid skier, was a long-time member of the Goodyear Ski Club. Although no longer skiing in recent years, he regularly attended the GSC annual picnics, Christmas parties, and RubberDucks games. Larry was a HUGE fan of the OSU Buckeyes football team.

We extend our condolences to Brenda and the Prince family.

November Birthdays

02 Bruce Bluell
02 Anthony Collura
06 Renae Delvitto
17 Betty Wise
19 Nina Huhta
28 Bari Barbuto
28 Teresa Gifford
28 Donna Kahler
29 Bruce Morrison
30 Christine Marks

Welcome New Members

Renae Delvitto
Derek & Sally Rance
Therese Telzrow

Friday, November 11

Marketing Officer ~ Judy Ripple

Well folks, I learned that Tuesday is NOT a good day for our members to volunteer at the Akron Canton Food Bank. We will try again after the holidays, but my poll showed a Monday or Wednesday is better.

Goodyear Ski Club used to have a Local Ski Night at Boston Mills, where members would meet in a reserved room, bring food, and ski or socialize together. This was discontinued several years ago when we no longer could use a room. A potential new member asked if any members still periodically ski at BMBW, so I am reaching out to all members that do have a BMBW pass or plan to ski there during the winter. If you would be interested in meeting up to ski, please send your name, email and phone number to me at marketinggsc16@gmail.com and I will create a group text or email. Also, we have the upcoming chili cookoff and Christmas party, which are perfect places to meet other members that may be skiing locally.

October meeting at Ray's Place of Fairlawn. Great turnout!

Goodyear Ski Club Contact Information

Club Website: www.GoodyearSkiClub.org

Office	Name	Email	Phone
President	Randy Grether	presidentGSCI@gmail.com	330-922-0650
Vice President	Mike Neag	vicepresGSCI@gmail.com	330-888-9050
Secretary	Kathy Neag	secretaryGSCI@gmail.com	330-807-7161
Treasurer	Eric Young	treasurerGSCI@gmail.com	330-923-6800
Trip Officer	Mary Beth Grether	tripchairGSCI@gmail.com	330-922-0650
Marketing Officer	Judy Ripple	marketingGSC16@gmail.com	330-323-7092
Newsletter Editor	Suzanne Nappi	nleditorGSCI@gmail.com	330-814-0856
Web Master	Dave Collura	webmstrGSCI@gmail.com	330-322-8762

Chili and Soup Cookoff

Friday, November 11 at 6:00 PM

Prizes will be awarded for 1st, 2nd and 3rd

Free Admission ~ Cash Bar
$5 fee to sample all the entries

Houston Hall
3069 Houston Rd
Norton, OH 44203

If you would like to enter the contest,
contact Teresa Gifford at roscomoy@aol.com.

Christmas Party

Tuesday, December 13 at 6:00 PM

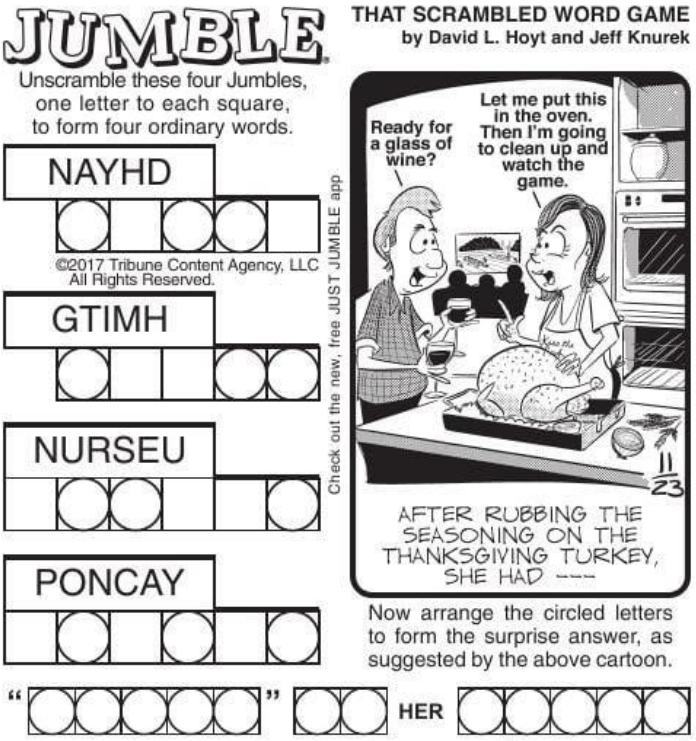
50/50 and Christmas raffle
tickets will be sold at the party.

$5 per member ~ $10 per guest

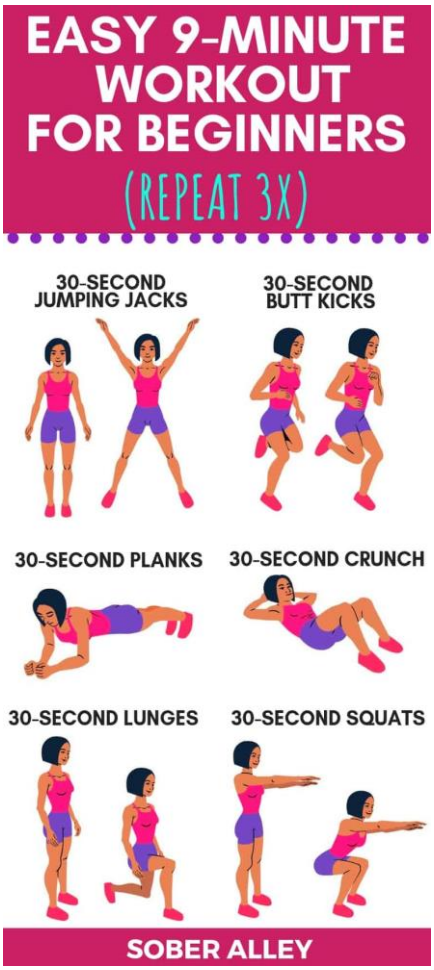
Houston Hall
3069 Houston Rd
Norton, OH 44203

Please bring a side dish or dessert to share.
GSC will provide main dishes and beverages.

"If you're making him the national bird,
what do I get?"



Vice President ~ Mike Neag



Well then…we got a first shot of cold, and then there was the wind and the leaves. Were there a lot of leaves or what? As I raked, piled, and hauled leaves, I thought about how good it *used* to feel to push a lot of weight around. So, maybe it's time to get back into strength workouts so I'm up to the task. A couple of weeks of effort and you'll be looking for that six-pack, right? Okay…probably not. You're thinking you need to buy equipment (you don't) or get a gym membership (nice, but not necessary) and then find the time (yeah, more difficult for sure).

I've taken a look around and found some valuable tips to share.

1) *Acknowledge your situation*. LOL, ain't none of us spending time flexing in front of the mirror.

2*) Understand the benefits.* Put simply, if you don't work your body, it won't work for you. Ignore your bod and it simply stops working well: muscles atrophy, bones embrittle, your core rots, and the heart forgets how to beat fast. Then, you wither and die.

3) *Embrace your lack of experience*. Very few of us have experience in resistance training. For many it will be a first (nope, 12 oz curls do not count) or the first since high school. That's fine. Use your resources – a friend, web sources, podcasts, or a trainer. Join the Y or a gym such as Anytime Fitness, Planet Fitness, or (for the brave) Orange Theory.

3) *KISS. Keep It Simple Silly.* (Whoa, what'd you think I was going to say?) There are dozens and dozens of simple routines available on the internet. Many are truly excellent. You can find them by age, by gender, by training goal (yep, skiing specific). Many routines are time based …some for a week and others longer. A two-minute web search produced the two plans accompanying this piece.

4) *Build in a workout reward* (aside from flexing in front of the mirror) into your workout. Okay, I'm not suggesting a banana split or a six-pack of Bud; instead include something you like while you're at it. I often watch reruns of Hallmark movies (sad, I know) or give yourself a nice treat after a workout. I like to make a meal contingent on finishing a workout. Bottom line, adding a bit of joy adds a "look forward" component to your workout.

5) *Do it early in the day.* There are a couple of reasons for that, and all are mainly centered on getting through the day in the first place. It can be difficult to get up off the couch after a long day. It's just hard to be disciplined about your workout when you've been disciplined all day long already.

6) *Make it a habit*. Habits have three components: 1) a stimulus 2) a response and 3) a reward (*"The Power of Habit" by Charles Duhigg*). Using that template as a guide, think about how you can change your response and earn a reward.

7) *You do not need expensive equipment*. Your body will provide (and maybe a couch or chair to hang on to). A couple of tools would be nice if you *must*. A set of resistance bands is by far the best investment for working out at home.

8) *Remember your starting goal!* This is the long game (unless you're going for wither and die) so keep at it; adjust if necessary. If you miss a planned day, get back on schedule on another day. Crap happens.

Here's a 20-minute plan for you from the NY Times. Hyperlinks are included so you can see exactly what to expect and do. Complete each exercise, in order, 10 to 15 times. Go back and do it again for a second set. The exercises alternate muscle groups. Most are compound exercises which engage multiple muscle groups and should be performed with a moderate level of intensity – whatever that feels like for you.

1. Push-ups or modified push-ups

2. Squats

3. Seated rows with resistance band

4. Glute bridges

5. Overhead presses with resistance band

6. Bird dogs

7. Pulldowns with resistance band

There you have it. Consider your long-term health, find some motivation, and teach your body to behave the way you'd like it to (okay, closer to what you'd like).

And that, folks, is all from the desk of the VP of fun

Mike

Silly Turkey Jokes

What would you get if you crossed a turkey with a ghost? A poultrygeist!

Why did the police arrest the turkey? They suspected fowl play!

What happened when the turkey got into a fight? He got the stuffing knocked out of him!

Euchre Tournament ~ Cheryl Gray

On October 15, Cheryl Gray (with lots of help from Larry Whalen) hosted Goodyear Ski Club's first Euchre party since the beginning of Covid. Everyone walked in the door ready to eat, drink, and PLAY CARDS! We began the evening with a covered dish dinner. GSC provided brats, sloppy joes, and beer (left over from the picnic), and others brought lots of good food. We had 16 players and one floater; most were Goodyear Ski Club members plus a few prospective members. We paid top five scores: the lucky/happy winners were Derek and Sally Rance, Mary Beth Grether, Linda Slicker, and Les Wise. By the end of the night, everyone was looking forward to "next time."

Front: Larry Whalen, Cheryl Gray, Kathy Neag, Betty Wise, Mary Beth & Randy Grether. **Standing:** Randy Popa, Vicki Pavell, Sally & Derek Rance, Chip Bodnovich, Mike Neag, Ron Kaffen, Les Wise, Linda Slicker, and Sharon Kaffen.

Randy Popa, Vicki Pavell, Maureen Popa, and Linda Slicker

Kathy Neag, Cheryl Gray, Randy Grether, Larry Whalen, Vickie Pavell, and Les Wise

Winners: Derek Rance, Sally Rance, Mary Beth Grether, Linda Slicker, and Les Wise

Mystery on Treasure Island

Mary Beth & Randy Grether and the Polish American Citizens Club put on another great dinner show on October 22. The Goodyear Ski Club table was right up front, so we had a great view of the action. We enjoyed drinks and appetizers, meatballs and melon balls, while we worked on our first assignment – figuring out our pirate names. We had Jean Black Jack & Ghost Parrot Steve (Scott & Kathy Wertz), Gunpowder Claw & Ironhook Lagoon Rat Breath (Tim & Paula Lavey), Flying Slappy & Ghost Parrot Sea Rat (Mike & Kathy Neag), and Salt Claw & Jean Slappy Sea Rat (Bill & Suzanne Nappi). Our next task was trying to figure out what was in the suspiciously pink cheese spread because Mistress Rat Breath is allergic to shellfish. We had it on good authority that no shellfish were harmed in the making of the cheese spread, but c'mon…a pirate with a shellfish allergy? Arrrgh!

"Captain Blood" and her screwball pirate crew put on quite a spectacle. Cook Mo Beans was chasing after a giant rat for the stew pot while Dr. Sawzalle was waving around a hacksaw looking to practice her craft. Padre Tomas Yugo zealously solicited tithes while crew member Bill Aying continuously swabbed the deck. First Officer Khur Leigh Johansson just kept taking big gulps from the rum jug he kept close at hand. The captain wanted to find Treasure Island, but the hopelessly lost cartographer, Pete Kelly, didn't know the difference between the Mediterranean and the Caribbean. The captain threatened to have the doctor saw off Pete's leg but settled for an ear – which promptly went into the cook's stew pot. Arrrgh!

While we ate our Hawaiian-themed main course and dessert – pulled pork flat bread, tuna macaroni salad, corn salad, baked beans with pineapple, pie, and coffee – the zany pirate antics continued. The pirates were all running around shouting out corny pirate jokes and riddles. How do you make a pirate mad? Take away the p! What is a pirate's favorite fast food? Arrrby's! What is a pirate's favorite exercise? Planking! What is a pirate's least favorite vegetable? Asparrragus! What is a pirate's favorite hair style? A crew cut! Why can't pirates play cards? Because the captain is standing on the deck! Arrrgh!

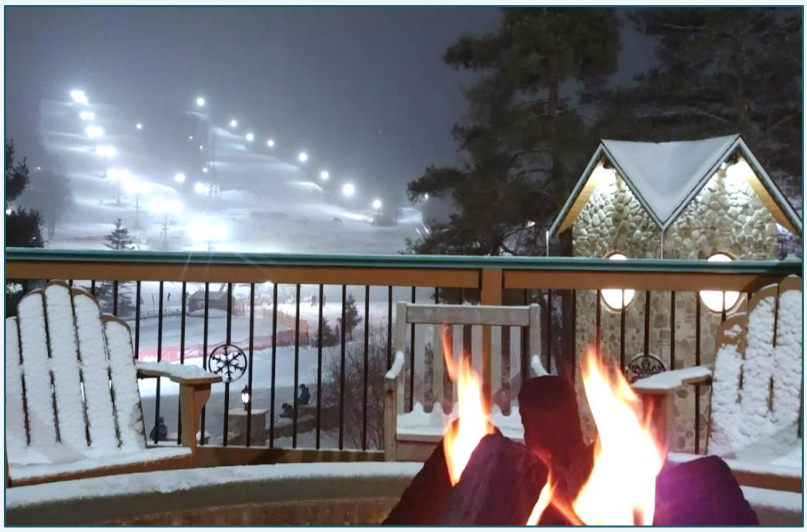
Mary Beth Grether, Hostess with the Mostest

Randy Grether, Guardian of the Gate

I'm sorry to say our GSC table did not do very well at solving the mystery. We started out okay by decoding an encrypted message. Unfortunately, we then got sidetracked – or should I say sabotaged – by a red herring. We went off on a wild goose chase trying to put together an EXTREMELY difficult jigsaw puzzle. We would probably still be there trying to put it together if Mary Beth hadn't stepped in to get us back on track. We used the secret code to lead us the next clue. A hidden message revealed that we had to enter Cannibal's hut to get our miniature treasure chest. Guess who got volunteered for that. Arrrgh!

Our mini treasure chests contained a prize number and a key. Unfortunately, our key did not open the lock on the big treasure chest, so the grand prize went to another table. But we were able to use our prize number to collect our souvenir drink glasses. Somebody won the 50/50 raffle, but it wasn't anyone from our table. Between the raffle and the treasure chest, there were some really nice prizes awarded, including a bottle of rum, homemade brandy, fancy chocolates, and a restaurant gift card. But not for us. Arrrgh!

Suzanne Nappi



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

Jumble Answer

1. handy
2. might
3. unsure
4. canopy

"Thyme" on her hands

Deep in the San Juan Mountains of Southwest Colorado, Purgatory offers a unique blend of steep tree-skiing trails and wide-open rolling cruisers with stunning views. With over 1,600 skiable acres, multiple terrain parks, plus Colorado's largest snowcat skiing operation, Purgatory has something to offer everyone.

Purgatory, Colorado

February 26 – March 3, 2023

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

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

Only one spot left!

Full payment is due with signed trip agreement

Trip insurance is recommended (optional)

Nonmembers must include completed membership application and dues payment *

Make checks payable to Goodyear Ski Club

Send check and signed trip agreement to:

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

Phone: 330-644-2852
Email: BettyWise@Ameritech.net

** 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.*

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_____

Child_____ Birthday MM/DD_____

Child_____ Birthday MM/DD_____

Child_____ Birthday MM/DD_____

Mailing Address_____

City_____ State _____ Zip Code_____ - _____

Fees (please circle amounts)

Single Adult	$20.00
Couple (same address)	$30.00
Family (single plus dependents)	$25.00
Family (couple plus dependents)	$35.00
Total Enclosed:	_____

_____ Optional Nametag (cost $5.00 each)

_____

Print exactly what you want your nametag to read.
Include nametag payment with application.

Make check payable to Goodyear Ski Club.
Send check and completed application to:

Goodyear Ski Club, Inc.
3465 S. Arlington Rd, Ste. E #178
Akron, OH 44312

By signing below and/or accepting any membership benefit, and/or by participating in any Club activity, applicant releases the Goodyear Ski Club, Inc. (Club), its officers, board members, chairpersons, and members from any and all liability or claim, including theft, property loss, accidents, death of or injury to themselves, family members, or guests, arising from participation in any Club activity, whether resulting from negligence or otherwise. I am also gifting a portion of my dues (eligible reimbursements divided by number of members) to Club officers and supplemental positions.

Signature(s) _____ Date _____

Signature(s) _____ Date _____

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