

## November 2010



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Killington - October 2010

### Letter from the President

Dear Riverhillers.

Ski season is just about here and I'm looking forward to seeing you all soon. The lodge is in great shape and we have been working on programs that should make your stay more enjoyable. We've have added enough storage bins so everyone who wants one should be able to get one. We also have a new guest policy that allows you to lock in dates earlier for first-time visitors with a genuine interest in joining the club, which will make it easier for you and your friends to plan your trip to the lodge (see the handbook for more details and conditions). And most importantly, the luge course has been significantly upgraded.

We are working with the mountain to lock in a date for

race weekend, making best efforts to hold the race on a Saturday in February, which means a fast course and fun after-party. We will keep you posted.

I hope to see lots of new faces at the CSC Snow Ball, which is the major fund raiser for the CT Ski Council, which does a good job lobbying for our interests with the mountains of Vermont and Mass, and is responsible for the discounted lift tickets that takes some of the financial sting out of the ski season. Gabe has been the face of RHSC with CSC and it would be great if we could back him up, as well as our ambassador Stephanie Evers, with a big turnout for the Snow Ball. Details are below.

As always, I encourage all of you to call me or any of your board members with questions, comments, concerns or complaints.

John Olshan

## MEETINGS & PROGRAMS

**October 5** - Jim Collard (a.k.a. Jimmy Luge) was the evening's guest speaker and gave a great presentation on "**Health Made Simple.**" Thanks Jimmy!

### *Upcoming Meetings*

Going forward, regular monthly meetings at the Long Ridge Tavern (LRT) will start at 7:30pm and run until 9 or so, to comply with the Tavern's hours of operation. The bar remains open for socializing, but the kitchen closes at 9.

**Nov 9 at 7:30pm at L R Tavern**-- Frank Matsuda will give a presentation of the latest ski and snowboard equipment.

**Dec 7 at 6:30pm** -- The ONS Foundation will give a Sports Medicine Seminar entitled "Ski Conditioning & Injury Prevention" at their facility in Greenwich. Speakers include orthopedic surgeons, physical therapists, etc., who are also skiers. The seminar is free and refreshments will be served, but you **MUST** pre-register by emailing Anne Zaera at [azaera@prodigy.net](mailto:azaera@prodigy.net) prior to Nov 15. A flyer on the event can be uploaded from our website at <http://www.riverhillsskiclub.org/wp-content/uploads/ONS-Seminar-Flyer.doc>.

**Jan 4 at 7:30pm at L R Tavern** -- Curtis Casey will give the annual Lodge Coordinator's Training. Members who were certified last year will continue to be certified until this meeting. If you are unable to attend Jan 4, please contact Curtis directly, and a second training session may be set up if necessary.

## ACTIVITIES & EVENTS

### Summer Picnic 2010

With a slight nip in the air, the annual summer picnic at Barrett Park in Stamford felt more like a fall picnic. With about 20 members attending, including a few adorable pooches, it was an intimate and enjoyable event with yummy steak and chicken on the BBQ and an assortment of delicious homemade salads. Many thanks to Stephanie Evers who organized the event and to all the volunteers who helped make it a success!



Stephanie Evers and Susan Anderson



John Olshan, Kelly Swingler, Bill Hughes and Lisa Nau under the pavilion



Stephanie Evers flipping the chicken



Gabe Cordova and Zach Wellburn manning the grill



## CSC SNOW BALL 2010

The Connecticut Ski Council's annual fundraising event, the Snow Ball, will be held Saturday, November 20 at the Hartford Windsor Marriott. The Snowball begins at 8 PM with the return of the live band "Steppin' Out." Each CSC club participates to make it a success so... shine up your dancing shoes and save the date to support our CSC

Ambassador, Stephanie Evers. Ticket price is \$20. To reserve your seat, contact Stephanie by November 6 at 203-253-3855 or [ske999@gmail.com](mailto:ske999@gmail.com).



**Snow Ball 2009**

Discount rooms are also available at the Hartford Windsor Marriott for \$99, plus tax, if you mention you're with the CSC and if you reserve the room by November 6. Here is the link for reserving your room:

<http://www.marriott.com/hotels/travel/bdlap?groupCode=cscscsa&app=resvlink&fromDate=11/20/10&toDate=11/21/10>

## WORK WEEKEND 2010



### Report from Gabe Cordova

There were 17 members and two guests (Aili Arisco and son Nick) who attended the work weekend.

Jim Collard did a lot of hedge trimming and cleared a path on the left side of the lodge (looking down) so that a sled lunge could be constructed with snow for the youngsters to sleigh down the hill next winter.

Bob Boothroyd did a great job of planning, purchasing materials, cutting the lumber and supervising the construction of the storage bins.

Zack was great in identifying the chores and allocating work teams to accomplish the activities.

Patty cooked and did the dishes. We feasted on chicken marsala, rice, roasted vegetables and fresh baked apple pie. It was also Zach's birthday on Sunday. We all sang Happy Birthday and he blew out a candle on the apple pie.

In addition to all of the work, the biggest challenge was to beat TJ (son of Tom Constantine) at ping pong. He beat all challengers. Mike Lobosco finally was able to win one game after TJ spotted him 5 points. TJ is the RHSC Ping Pong champion.

The Killington Ski Club had their Ski & Swap sale and a number in our group got some great deals on ski equipment. Lesley Nolan picked up a new racing outfit. Now she will be unbeatable!



### **Report from Zach Wellburn**

Work Weekend went well with the following items getting done.

1. Cleaned lots of junk out of back room
2. Built new storage racks
3. Repaired outside concrete walls and sealed inside wall to stop water
4. Stacked firewood in shed
5. Cleaned entire kitchen
6. Cleaned out chimney ash box
7. Washed all bed covers and curtains
8. Cleaned exterior of lodge
9. Repaired ski symbol on outside chimney

Please be advised that the back room freezer died and we lost all food in it and need a new freezer for this season. The old freezer was taken to the dump.

We also need the following items:

4 silicon pot holders - full hand to wrist  
5 twin mattress pads  
5 plastic mattress covers  
3 doors are missing curtains

The board is working on replacing the freezer and other items needed.

## MEMBER NEWS

### Linda Gottlieb



RHSC member and Milford resident Linda T. Gottlieb was featured in a recent article by Hersam Acorn Newspapers on a new movement in the treatment of cancer that prescribes regular exercise to aid in the prognosis and recovery of a cancer patient. Linda is one of the first certified cancer exercise trainers in Connecticut. A personal trainer for over 30 years, she achieved certification after meeting the stringent program requirement supplemented in 2009 by the American Cancer Society and the American College of Sports Medicine. Program participants learn to develop and safely adapt workouts for patients at various stages of treatment.

A quote from Linda in the article says, "The convergence of the medical and exercise communities is really going to deliver the best possible care to cancer patients that has ever been seen." To read more of the article, go to <http://www.fittraining.net/press.html>.

### Jeff Stein

Larry Stein's son Jeff learned to ski at Killington and spent a lot of time at the club. He is now working in New Zealand. On the weekends, Jeff is volunteering taking the disabled down the mountain outside of Wanaka, NZ.

Way to go, Jeff!



Jeff Stein in New Zealand

## CLUB DISCOUNTS



Basin Sports, located 2.8 miles up the Killington Road under the clock tower, is offering the following discounts to CSC members during the 2010-11 season:

- 10% off jackets, pants and shoes (non-sale items)
- 15% off accessories; fleece, gloves, helmets, etc. (non-sale items)
- 20% off service (tuning, binding adjustments, boot fitting)
- \$20.00 off Custom Insoles - certified Pedorthists on staff
- \$5 off single day performance ski/snowboard rental
- \$10 off multi-day performance ski/snowboard rentals or off single day demo ski (limit two days)
- Free mount and prep with all ski and binding purchases.

Basin Sports is having their annual Winter Kick-Off Party on Saturday, November 6 at 4pm at The Lookout Tavern (2886 Killington Road) with complimentary buffet, free t-shirts, big prizes and fun contests.



Butternut is providing lift tickets to CSC members for \$35 per day on Saturdays, Sundays and holiday weekdays (President's Weekend MLK Weekend excluded).

#### TO RECEIVE DISCOUNT:

1. ARRIVE AT THE GROUP BOOTH BEFORE 12:00 NOON!
2. Note: the Group Booth is located at the front of parking lot, just to the left of the Ski Patrol.
3. PRESENT VALID SKI CLUB ID CARD. The discount is valid for CSC Ski Club members and their immediate family members aged 7+. Children 6 & under will receive \$15 lift tickets & \$15 rentals.
4. PROVIDE CASH or CREDIT CARD PAYMENT. No personal checks please!
5. Discount valid for 2010-2011 ski season and may not be combined with any other discount.

## TRIPS

**River Hills Ski Club presents ZERMATT & LUZERN!**



**February 4 - 13, 2011**

**\$1,595 per person (double occupancy)**





Zermatt - a mile high ski Mecca for all levels of skier at the foot of the majestic Matterhorn! Best known for its southern exposure and high snowfall levels which produce the longest ski season in the Alps and quintessential Swiss charm. Zermatt is an incredible ski destination.

Ski the three main ski areas of Tiefbach, Aeroleid or Momatt, and then ski across the border to Cervinia, Italy for lunch.

Please see flyer on the RHSC website for more details:

[http://www.riverhillsskiclub.org/wp-content/uploads/FLIER\\_RiverHills-Zermatt\\_Luzern111.pdf](http://www.riverhillsskiclub.org/wp-content/uploads/FLIER_RiverHills-Zermatt_Luzern111.pdf)

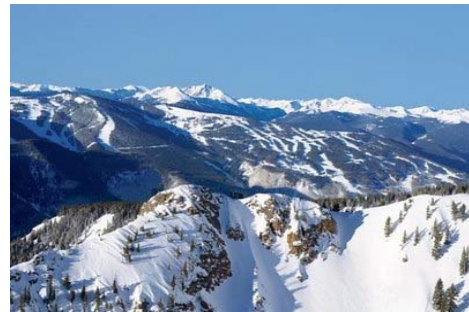
To sign up or obtain additional information please contact: Jim Garvey of RHSC at (845) 621-1305 (office), (845) 222-4187 (cell) or email [jmgarv@gmail.com](mailto:jmgarv@gmail.com)

Initial deposit of \$500.00 due ASAP to confirm your spot on this popular trip  
Please make checks payable to Alphorn Tours and mail to: Jim Garvey at 117 Geymer Dr. Mahopac, NY 10541.

**Connecticut Ski Council - Ski Vail - February 5 - 12, 2011**  
**\$1,429 per adult (double occupancy)**

Including . . .

- Round trip air transportation from New York or Hartford
- Round trip airport/hotel transfers
- Seven nights' accommodations at the Evergreen Lodge:
  - Walking distance to slopes and world class shops/dining and Vail's free shuttle system
  - Outdoor heated pool, indoor hot tub, 2 cedar saunas, free ski storage
  - Restaurant, sports bar, cozy lobby with a fireplace and Internet on-site
  - Baggage handling
  - Hot breakfast daily
- Five day ski pass valid at Vail, Beaver Creek, A- Basin, Breckenridge and Keystone
- Welcome Reception/Orientation
- \$15 Vail Mountain Money certificate
- Managers' Reception
- Current (05/20/2010) taxes and air security fees
- For more details and to sign up, go to [http://www.skiclub.com/documents/Vail%20Flyer\\_1.pdf](http://www.skiclub.com/documents/Vail%20Flyer_1.pdf)



**NEW RHSC APPAREL!**



Show your RHSC spirit and help promote our club by purchasing our new logoed clothing! Upload the order form and size chart at <http://www.riverhillsskiclub.org/member-resources/documents/rhsc-apparel-order-forms/> and contact Anne Olshan at [aolshan@optonline.net](mailto:aolshan@optonline.net) to place your order. Please also contact Anne if you have an interest in volunteering to help manage our merchandise orders.

## LODGE COORDINATORS

### November

Walter Kostrzewski

[Coachkay@gmail.com](mailto:Coachkay@gmail.com)

(203) 876-9887

Please contact Joe Grabiec at 203-374-1158 or [jpdgrabiec@att.net](mailto:jpdgrabiec@att.net) to volunteer as the monthly coordinator!

Please no calls after 9pm!



If you have any news or article ideas for the Skizette, please contact me at [aolshan@optonline.net](mailto:aolshan@optonline.net)

**Happy trails!**  
**Anne Olshan**  
**River Hills Ski Club**

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