



Cincinnati Ski Club

# Sitzmark

Volume 12 Issue 13  
December 3, 2008

The Sitzmark is always available online at <http://www.cinski.org>

## WINTER DANCE

January 10, 2009 Hartwell Recreation Center

Don't miss out - this year will be bigger and if possible, even better. Tickets will be on sale at the December 3<sup>rd</sup> and December 17<sup>th</sup> meetings for \$20.00. You can always resell your ticket if your plans change. Procrastinator's price anytime after the December 17<sup>th</sup> meeting is \$25.00. Included in the price: delicious food (a variety of appetizers and yummy "to die for" desserts), soft drinks, mixers, ice and water, and a pre-dance lesson. You can bring your own wine and alcohol; no beer or coolers can be brought inside. Beer tickets will be for sale comparable to our meetings. Dressy attire recommended, but not required. This event is open to the public so bring your friends. What a great holiday gift idea!

There will be an intermediate level 'Night Club 2' dance lesson taught by Mike Andreyko starting at 7:15pm. The class is open to our current dance class and any interested attending / aspiring dancers coming to the Snow Ball. Come early if interested.

If you have interest in helping with decorations or joining the cleanup crew let us know.

For tickets or questions

Please contact **Angela Whisner**, [amwhisner@hotmail.com](mailto:amwhisner@hotmail.com) or,

**Francie Wolgin**, [fwolgin@hotmail.com](mailto:fwolgin@hotmail.com)

or **Kathy Preuth**, [wildflower551@aol.com](mailto:wildflower551@aol.com)



### Christmas Meeting Extravaganza

December 17

Bring a Holiday Goodie to Share

*Dessert, Cookies, Snacks*

*Hors d'oeuvres, Candy*



# Get Ready for Ski Season

For most of us the coming ski season is just weeks away. It is time to start or step up our workout routine to be sure to be ready when the season hits. Being in shape is a safety thing when it comes to skiing snowboarding and racing. The better shape you are in the less you will crash, and if you do crash you will be less likely to be hurt. Here are some tips to follow if you want to be at your best this season.

**Get the weight down:** Most of us aging skiers are putting on a pound a year or more no matter what level of activity we are at. This is not normal but a product of what we are eating. Your knees will thank you if you can get your weight down and your skiing and stamina will improve. Losing weight is a subject where there is so much disinformation out there that if you ask 10 people what is the best way you will get 10 different ways to diet. Losing weight comes down to the simple formula of calories in – vs calories out. As we approach the holiday season you will have many high calorie foods placed before you. It's a bad time of year to be trying to lose weight. I will offer my advice on this subject that is based on my personal experience and 5 years of reading everything I can find on the subject of diet and how it relates to our health. That study and my own experience points to a 100% plant based diet as the best way to lose weight and avoid the many health problems that plague our country. The best example of this is 86 yr old Mike Fremont who was one of three guys who founded our ski club in 1954. You can see the talk he gave at our "Old Timers" meeting this past September by Googling his name and that video will be second in the list of results. He has been on a plant based diet for 16 years and is the fastest marathon runner in the country in his age group. Any questions? I have been on a plant based diet for almost 5 years and I am the fastest ski racer in our club and #2 in all OVSC. Any questions? It works. The average American eats 600 lbs of dairy a year! Dairy is designed to take a 60lb newborn calf to 600lbs in one year. Any questions? I won't say it's the easiest thing to do, but the results are so worth the effort. Feel free to email me or call if you want more info on this. The increased energy and disease elimination aspects are great also.

**Exercise and Stretching:** Exercise is an important part of losing weight and of course getting muscle tone. Recent studies have shown that weight training is the best form of exercise at reducing weight. It's great for skiing too as strength equals stability. Do lots of balance exercises as well to strengthen those ankle and knee muscles that keep you centered over your skis. Sit ups

will help with your core strength which is critical as well. Stretching is as important as weight training. You can increase strength up to 10% just by stretching and being limber will help prevent injuries. Start now and keep it going through the season. Follow my advice and you will find yourself skiing like you did 20 years ago and pleading with the lift attendant at the end of the day to get one more ride. - Rich Brown



## Ski Snowmass/Aspen Colorado

### The Power of Four – Four Great Mountains, Four Incredible Ski Areas

February 7 – 14, 2009

**SPECIAL NOTE – Pre-party scheduled Friday, December 5, 2008, at Tim Ryan's home. Details to follow.**

Full option - \$1665      Ground option - \$1041

Direct flight into Aspen! We are staying at the Top of Village Condominiums - ski in / ski out on 3,132 acres of snow with 4,406 feet vertical drop on 24 lifts and 91 trails. Amidst tall aspen groves and framed by mountain peaks, Top of Village is within an easy walk to the Snowmass Village Mall where you will find great dining and shopping. The upscale amenities offer fully equipped kitchens, fireplaces, private balconies, complimentary WIFI, a heated pool, hot tub, sauna, fitness center and free covered parking. The Top of Village's mountain life style offers luxury - your trip leaders & trip mates will provide the laughter, fun and Great Skiing for a definite trip to remember – Hope you can join us!!

Visit Top of the Village web site

<http://www.snowmassvillage.com/top-of-the-village-condominiums>

Includes:

- Direct flight into Aspen via Delta
- Plus you have available 3 other major ski areas to suit all levels of skiing – Aspen Highlands, Buttermilk and Aspen Mountain (aka Ajax)

Trip Leaders:

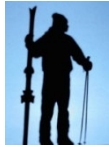
Kathy Brown

Kathy Kaelin Symons

Karen Ulreich

Trip Status: 42 total, 1 spot open

## Ski Jackson Hole Wyoming



### This trip is the bargain of the 2009 season!

February 21-28, 2009

#### **SPECIAL NOTE – Pre-party scheduled January 3, 2009, at Ann and Bernie Kramer’s home. Details to follow.**

Full option - \$1246      Ground option - \$736 (bus not included)

Stay in downtown Jackson surrounded by the Grand Tetons and Yellowstone National Park in the heart of the Rockies. You will be spending 7 nights at the beautiful Parkway Inn just 3 blocks from Jackson Hole's Historic Town Square, tucked among aspen and pine trees. Offering guests a friendly mix of modern comfort, old world charm, and warm hospitality for over 30 years. Just 5 steps to the shuttle bus and 10 restaurants within 4 blocks. The Parkway offers a European continental breakfast, indoor pool, hot tub, sauna and exercise gym. Five days of skiing on world famous deep powder (450 inches of snow annually) over 2500 skiable acres with a 4,139 foot vertical drop. Nastar and pay course racing is available as well as a new 100 passenger tram to the top of the mountain allowing all levels of skiers to enjoy the scenic vistas from the top. More Info:

[www.parkwayinn.com](http://www.parkwayinn.com) and [www.jacksonhole.com](http://www.jacksonhole.com)

#### Includes:

- Pre-party, Wine & Cheese Party, Party at the Slopes, Post Party
- Fly Delta from Cincinnati via Salt Lake to Jackson

#### Options:

- Ski Grand Targhee Resort \$80
- Snow King Ski Area offering night skiing
- Snowmobile Tours
- Dog Sled Tours of Grey's River, Old Faithful and the Grand Tetons
- Dinner Sleigh Rides
- 6<sup>th</sup> day of Skiing at Jackson Hole \$60

#### Trip leaders:

Loretta Howard: [lorettah3@aol.com](mailto:lorettah3@aol.com)

Jenny Rigling: [jenny\\_rigling@cinfin.com](mailto:jenny_rigling@cinfin.com)

Trip Status: 48 total, 3 spots open

## SKI TELLURIDE COLORADO



### An OVSC Trip with Lots of Extras!

January 24 – 31, 2009

Full option - \$1701      Ground option - \$1191  
Saturday-Sunday Option (1/24 - 2/1/09) - \$1866 - Limited space

Cancellation cost: On or before 10/21/08 - \$20; after 10/21/08 - \$20 plus all non-recoverable costs

The breathtaking scenery, the charm of the old mining town, the fabulous and recently expanded ski area, the non-existent lift lines, the restaurants from very casual and inexpensive to fine dining, the fun night life – all within walking distance, are just a few reasons to sign up for Telluride. Don't forget - this is an OVSC trip so lots of extra parties, food and drinks are already included in the price. And, finally, the club doesn't go to Telluride very often so don't pass up this trip!

#### Includes:

- Airfare from Cincinnati (flights to be determined) for full option
- Ground transfers from Montrose to Telluride
- 7 nights lodging at deluxe Riverside Condos located in the charming old town. Walk to the Gondola and lift 8, convenient to everything
- 5 day lift ticket (sixth day available at a discounted rate)
- OVSC package: welcome reception, mountain picnic, après ski party, dinner & dance, race, and a souvenir
- CSC parties: before, during and after the trip

#### Trip Leaders:

Pat Reith: [pat.reith@uc.edu](mailto:pat.reith@uc.edu) 513-242-3659

Lisa Wilkes: [lwilkes@cinci.rr.com](mailto:lwilkes@cinci.rr.com) 513-583-5405

Trip Status: 64 total, trip is full with no wait list.

Sign up for the wait list soon for a better chance to get on the trip!



## Ski Seven Springs Mountain

### Resort Pennsylvania

Wednesday, Feb. 18<sup>th</sup> to Sunday, Feb. 22<sup>nd</sup>

4 days of lodging and skiing for:

- 4 per room: \$660 per person
- 2 per room: \$740 per person
- 3 per room: \$690 per person

CSC has partnered with the Louisville Ski Club on a chartered bus to Seven Springs at their peak season for some great fun and skiing. The skiing is great for beginners as well as the advanced. There's an option to use your lift ticket money towards activities for non-skiers.

Seven Springs has 31 slopes and trails. Seven Springs Resort has several restaurants, bars/lounges, shops, mini golf, bowling, roller skating and an indoor pool all under one roof. And outdoor hot tubs and snow tubing are available. Visit the web site [www.7springs.com](http://www.7springs.com) to view the resort.

We'll hop on the Louisville bus at 11:30 AM Wed. at a central meeting spot to the CSC trippers return around 6:00 PM Sunday Night.

Includes:

- Round trip chartered bus transportation w/beverages & snacks
- 4 nights Resort lodging
- Thursday Pizza and Beer/Soda dinner get together
- 4 day/night lift ticket that starts at 5PM Wed. with overnight complimentary ski check
- 4 fabulous buffet breakfasts
- Famous Seven Springs Ski Dinner Buffet Saturday night
- Last Run Party Saturday night
- Use of indoor pool and exercise room
- The OVSC may add additional activities such as racing

More information to come as Cheryl Z. gets on board with LSC...don't you miss the bus.

TRIP LEADER:

Cheryl Zwirgzdas: [c.zwirgzdas@yahoo.com](mailto:c.zwirgzdas@yahoo.com) 513-253-9780

## Ski Europe's Bad Gastein Austria

### Join CSC and OVSC for a once in a lifetime trip to old Europe!

March 6-14, 2009 ( main trip)

Full package: \$2,174

Pre Trip to Munich for 3 days \$395

Post Trip 3 days each, Vienna and Budapest \$792

Bad Gastein was known As the Montacalo of the north. The Kings and Queens of old came here to vacation and have Summits. The valley is historically one of the top Spa-Wellness areas in Europe. Every hotel has a wellness center, the Elisabeth Park has an especially elaborate one in the corner of the building with full length windows that overlook the valley below. The town Spa and Wellness Center will be like nothing you have ever seen. I have only seen 2 that even compare – Andorra and Bormio. It takes all day to experience all the water venues and relaxation rooms that they offer. They have a Casino within walking distance of the Hotel and large water fall that runs down thru the middle of the town.

Includes:

- Round trip air Cincinnati to Munich
- Seven nights accommodations at the 4 star Elisabeth Park Hotel, with full buffet breakfast and dinner daily. Enjoy full spa with indoor pool, sauna, massages, and thermal baths. Ski four mountains and enjoy optional day tours. This property is one of the Grand old hotels of ages past and has been remodeled this year.
- For the skiers, there will be 6 ski days possible
- For the people who want to see the world (Austrian part) there will be day tours available each day to see the hot spots. You can tour castles, Salburg, Munich, Venice, Kitzbuel, Vienna, Budapest and many other places

Trip Leaders:

Steve Gavin: [skigolf@fuse.net](mailto:skigolf@fuse.net) 859-491-3950

.. and our personal Austrian Guide, Werner Malderle: 513-574-7524 (born in Vienna Austria)

Trip Status: 26 total, 5 spots open



... END WINTER SKIING 2008 / 2009

## CALENDAR OF EVENTS

<b>December</b>	
3	General Meeting
17	General Meeting Christmas Party
<b>January</b>	
2	TGIF Claddagh Irish Pub 1 Levee Way Newport KY
10	Winter Dance
7	General Meeting
16	TGIF Mongolian Grill 8655 Mason-Montgomery Road Mason OH
21	General Meeting Election Nominations
1/24 – 2/1	Ski Telluride
30	TGIF Applebee's 6084 Mulhauser Road West Chester OH
<b>February</b>	
4	General Meeting Meet the Candidates
7 – 14	Ski Aspen
13	TGIF Willie's Sports Café 401 Crescent Avenue Covington KY
18	General Meeting New Board Election
18 – 22	Ski Seven Springs
21 – 28	Ski Jackson Hole
<b>March</b>	
6 - 14	Ski Bad Gastein Austria

## Sitzmark Articles

To submit an article for publication in *Sitzmark*, e-mail:

[msa5570@fuse.net](mailto:msa5570@fuse.net)

with your text file and/or pictures attached.

**Next deadline:**

**7 pm, Monday, December 1**

**Questions?** Contact Maria Anderson

## ????????? ACTIVITIES ??????????

Do you have an idea for an activity that you'd like the club to do? Maybe you have an idea for something the club hasn't done yet. The club is open to your ideas and suggestions, and leading an event isn't hard - plus, you earn points towards the spring Volunteer Party. Contact Kathy Preuth with your ideas ([wildflower551@aol.com](mailto:wildflower551@aol.com))

## HELP WANTED !!!

### OVSC SUMMIT IN CINCINNATI

May 29-31, 2009

Members from the ski clubs in the Ohio Valley Ski Council and representatives from ski resorts and tour operators will come to Cincinnati for a weekend of parties and meetings at the OVSC Summit. The Cincinnati Ski Club is the host Club for this event. We are forming a committee that will be responsible for the overall planning and management of the activities. If you are interested in serving on this committee please contact

Warren Taylor (513) 769-1810 [wtaylor10@cinci.rr.com](mailto:wtaylor10@cinci.rr.com)

Connie Kirsch (812) 637-0707 [conron@fuse.net](mailto:conron@fuse.net)

## CSC BOARD & CHAIRS

PRESIDENT Warren Taylor, 513-769-1810	PAST PRESIDENT Connie McCuan-Kirsch, 812-637-0707	EXECUTIVE SECRETARY Suzanne Sullivan, 859-781-3187	TREASURER Stuart Pray, 513-821-2674
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# Sitzmark

OVSC, Ohio Valley Ski Council Member

P.O Box 1276, Cincinnati, Ohio 45201

<http://www.cinski.org>

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A Publication of the



**Cincinnati Ski Club**

## RENEW MEMBERSHIP NOW!!

2009 MEMBERSHIP DIRECTORIES COMING IN  
DECEMBER

If you have not already done so, **RENEW NOW!!**  
The directory is going to print in November and  
you must have your renewal submitted in order  
to be listed in the directory. If you did not  
receive a renewal in the mail, please just visit  
[www.cinski.org](http://www.cinski.org) and complete a member  
application, send it to Debbie Beaty, and mark  
**RENEWAL**, she can take it from there.

The new directories will be available at the  
Christmas Ski Club general meeting December  
17<sup>th</sup>, 2008, for distribution. Plan now to attend  
that meeting, bring a treat and take home your  
directory!!

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