

Roanoke Skier

February 2009

Newsletter of the Roanoke Ski Club
Visit our web page, <http://www.roanokeskiclub.org>



Founded 1963

Dates to Remember!



February 4th – Club Meeting, Hidden Valley Country Club, 6:30 PM

February 12th: Happy Hour at Blue 5, 312 2nd Street, Roanoke, 5:30 PM

February 7th – 14th: Third Ski Trip to Jackson Hole, Wyoming

February 28th – March 7th: Fourth Ski Trip to Snowmass, Colorado

March 1st – 7th: Fifth Ski Trip to Winter Park, New Mexico

March 11th – Club Meeting, Hidden Valley Country Club, 6:30 PM

Note: Check Out Our Food Drive on Page 5 and Ski Tip on Page 6

President's Message

Dear Ski Club Friends,

Ever wonder how your Board of Directors is elected and/or appointed? The following is a summary of the procedure from our Bylaws, which can be found online at www.roanokeskiclub.org (go to the “Directors” tab and scroll down).

The Board consists of four officers elected by the Membership (President, Vice President, Secretary, and Treasurer), and six directors appointed by the President (Membership Director, Ski Trip Director, Activities Director, Program Director, Past Director and Web Master). The process begins in December, when the Board appoints a three-member Nominating Committee.

The Nominating Committee presents its slate of four officers at the February membership meeting. Additional nominations are taken

at the February and March membership meetings and by mail. Elections take place at the March membership meeting.

Newly elected officers and the appointed directors assume their offices on May 1. Terms of office for Officers and Directors last for one year. Officers and directors can serve two consecutive terms.

Please join us on Wednesday, February 4, 6:30-8 at Hidden Valley Country Club, when the Nominating Committee will present its slate of officers. Heavy hors d’oeuvres and a cash bar round out the festivities!

Warmest regards,

Dave Cohan

Activities



February 12th – Happy Hour at Blue 5, 312 2nd Street - Roanoke, VA. Phone: 540-904-5338, 5:30 pm.

March 19th – Happy Hour at El Rodeo, 3280 Electric Rd, Roanoke, VA - (540) 774-3735, 5:30 pm.

April 15th – Happy Hour at 202, 202 Market St SE, Roanoke, VA 24011 (540) 343-6644, 5:30 pm

Other parties and outings are in the making but dates are not yet set—will keep you posted.

If anyone else is interested in hosting an event and helping with organizing and leading stuff, please email Lauri with the details and she will include it in the next newsletter. Please note her new email address. Lauri: 540-797-0035, syng4hm@cox.net.

Looking forward to seeing you in February!

Lauri Goater, Activities Director

Programs



Don't miss our Heli-skiing program at the February 4th Ski Club meeting! Barb Follett with Canadian Mountain Holidays will show ski movies and have a question and answer session following. Barb stresses the fact that Heli-skiing is not just for expert skiers! There is a lot of different terrain including gentle pitches and the skiing is adapted to the particular type of skiers in a group. There is a powder intro program which teaches the technique of powder skiing, and the best slopes are found so that every skier has a chance to try pure powder. This is for all skiers who love to ski!!!

Our March 11th program will introduce us to the new world of "cyber social networking" and will be presented by our own cyber specialist, Karen Saunders.

The final meeting of the year is April 1st and we'll have a "Post-Trip Party" for all members. It will be a time to share pictures and stories, and find out where folks want to ski next year.

See you on the slopes.....

Sue Parks, Program Director

Ski Trip Reports

There Is Still Some Room For You And Your Friends on Ski Trips!

At this moment, we have sold 171 ski weeks.

Of course, there are always last-minute openings so please remember to contact the trip leaders to see what availability they may have. For instance, recently both Winter Park and Jackson Hole announced openings. Easily find the trip leader both listed below and in the 2009 Trip Brochure (with full details and all forms) on the Club website: www.Roanokeskiclub.org.

Remember the fabulous snow year we had last year? Six feet of snow in one week when we skied Telluride! Already this year, those who went to Park City reported a foot of powder for fine skiing on days two and three and excellent packed powder for the rest of the week. Now is the time to jump in and take your spot on one of these exciting trips!

At press time, the status of the trips and openings are as follows. Again, if you're interested in one of these great outings, call the trip leader to see if there's a wait list or if you're lucky enough to land a spot.

2 spaces	Jackson Hole, WY	Feb 7-14	Tom Landsberg	314-8004
Full	Snowmass, CO	Feb. 28-Mar 7	Gene Collier	389-9091
1 space-single woman	Winter Park, CO	Mar 1-7	Bruce Prillaman	989-3554
2 spaces	Lake Tahoe, CA/NV	Mar 21-28	Bill Howard	798-3734

I hope that you are as excited as I am about the exciting season now fully underway! **Please tell your friends to come skiing with us!**

Local Trips



Thank the snow gods that the white stuff has started to fall in this area! We've already taken a few day trips with more to be announced as conditions dictate. Our plan is to jump when the snow arrives and spread the word by e-mail. Look for notification when the stuff begins to fall around your house.

We'll see you on the slopes!

Tom

Tom Landsberg
2009 Trip Director
540-314-8004

Membership



Roanoke Ski Club in Tokyo, Spring 2009

Are You a Member? Have you Renewed?!?

STATS ON MEMBERSHIP

TOTAL Memberships: 184 (total memberships)
TOTAL New Memberships to date: 34

WELCOME TO THE CLUB'S NEWEST MEMBERS:

Anne Howard
Rachel Ellenson
Rachel Gerner
Dave & Carol Hogle
Cherie & Ron Durbin

INVITE YOUR FRIENDS

Now that the snow is falling, the powder is calling, and the trips have started, invite your friends and colleagues to join in the fun at the Roanoke Ski Club!

Membership Application: <http://www.roanokeskiclub.org/membership.htm>

With Pleasure,

Melinda Cohan, Membership Director



*Bill Brewster in Heavy
Steamboat Powder, March 2008*

RSC Food Drive

We all are no doubt aware of the challenging economic time that has recently confronted us. In our area alone, many people have lost jobs and face limited employment opportunities. In light of the human hardships, the Roanoke Ski Club would like to do something by giving back to the community and supporting those in need.

We plan to do this by organizing a food drive that benefits the Southwestern Virginia Second Harvest Food Bank (SVSHFB). Since 1981, SVSHFB has served the less fortunate by distributing food to partner agencies in 26 nearby counties. The partner agencies then directly serve those families and individuals in need of emergency food assistance. The partner agencies include non-profit food pantries, children's feeding programs, shelters, soup kitchens, and elderly care facilities.

At the next two membership meetings, **February 4** and **March 11**, we will collect non-perishable food items. A collection box will be setup at the entrance to our meeting room. Here are a few items that you might want to donate:

- Macaroni and cheese mix, ramen noodles
- Beans (canned or dry), rice
- Canned pasta meals
- Spaghetti sauce and dry pasta
- Soups, stews and crackers
- Biscuit and corn muffin mix
- Pancake mix and syrup
- Cereals and oatmeal
- Canned meat and tuna
- Canned fruits and vegetables
- Oil, sugar, flour, powdered milk
- Fruit juice
- Instant or regular coffee and tea



For those unable to attend the membership meetings, you can make a financial contribution to SWSHFB by selecting the following link: <https://co.clickandpledge.com/advanced/default.aspx?wid=17767>

Your thoughtfulness and donations will be greatly appreciated.

Donna Rogers

SKI TIPS: THE STORK TURN

By Chris Fellows, NASTC Director and Trainer, www.skiNASTC.com

The Stork Turn is a drill anyone can do providing they are willing to take a tip from our fine feathered friends. Storks can stand hours on one leg and have been known to even sleep that way. All good skiers have acquired the ability to balance on an extended outside leg while arcing through the belly of the turn. Like the stork, the skiers practicing this drill will tuck the inside leg underneath the hip and hold it there in a flexed position. The inside ski will hover about two to three feet above the snow as the long leg supports the weight of the skier. Storks do it to conserve body heat and skiers do it to conserve muscle energy and to align themselves over the outside ski. As the skier transitions from turn to turn the extended leg slowly becomes the flexed leg and the flexed leg becomes the extended one. As soon as a comfort level is reached while balancing against the ski with a long and outstretched leg then the flexed inside leg can begin to lower until the inside ski makes contact with the snow. The stork has learned that balance on one leg is very efficient and as skiers we are most effective when we are using our body as efficiently as possible. Modeling the animal world for athletic movement can give a different perspective as we grow as skiers.

Roanoke Ski Club Board Members and Leaders, 2008-2009

<u>TITLE</u>	<u>NAME</u>	<u>PHONE</u>	<u>E-MAIL</u>
President	Dave Cohan	330-3312	davecohan720@yahoo.com
Vice President	Gene Collier	389-9091	gcoll325@comcast.net
Treasurer	Tom Woods	989-3851	john.t.woods@ampf.com
Secretary/Newsletter Editor	Amy Halsted	966-5599	seagourmet@toad.net
Membership Director	Melinda Cohan	314-9779	melinda@coachesconsole.com
Activities Director	Lauri Goater	797-0035	syng4hm@netzero.net
Program Director	Sue Parks	989-9305	sdparks4@msn.com
Ski Trip Director	Tom Landsberg	989-7797	tom@coachesconsole.com
Webmaster	Tom Miller	556-2291	millert@cox.net
Past Director	Bill Howard	989-9399	psd89@cox.net
Club Historian	Roger Pommerenke	774-5823	pommerenke@cox.net



Roanoke Ski Club
P.O. Box 371
Roanoke, VA 24003

