

Roanoke Skier

March 2009

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



Founded 1963

Dates to Remember!



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

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

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

March 19th – Happy Hour at El Rodeo, 3280 Electric Rd, 5:30 PM.

March 21st – Sixth Ski Trip to Lake Tahoe, Nevada and California

April 1st – End-of-the-Year Party, Club Meeting, Hidden Valley Country Club, 6:30 PM

April 15th – Happy Hour at 202, 202 Market St SE, 5:30 PM

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

President's Message

Dear Ski Club Friends,

We're more than halfway through what has been an incredible ski season - lots of snow and very few injuries. We've begun making plans for our annual post-trips party to be held during the Wednesday, April 1 (no foolin') membership meeting at Hidden Valley Country Club—mark your calendars!

We need your input to help decide where to ski next year. Please fill out the trip survey that you should have received by e-mail a few weeks ago as soon as possible. We will also have surveys for you to fill out at the Wednesday, March 11 membership meeting, which will be the last day that surveys will be accepted. Please, one survey per member.

Another important reason to attend the March 11 membership meeting is to elect the RSC officers for the next fiscal year (May 1 – April 30). The Nominating Committee has nominated the following: Gene Collier -President, Bill Howard-Vice

President, Amy Halsted-Secretary, and Karen Saunders-Treasurer. Additional nominations will be taken from the floor at the meeting.

See you on the slopes!

Dave Cohan

Activities

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

March 18th – 7:00 PM, Lyric Theater, Downtown Blacksburg. Banff Mountain Film Festival, this year featuring films centered on mountain sports. Proceeds benefit the Appalachian Trail Conservancy. \$12, \$6 for students. Tickets are available at Blue Ridge Mountain sports in Blacksburg. Contact Laura Braithwaite at the ATC for a flyer with more information. 540.953.3571

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

Looking forward to seeing you in March!

Lauri Goater, Activities Director



Programs

facebook

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

Hal Cansler Memorial Fund

In January, the RSC Board voted to establish the *Hal Cansler Memorial Fund*. Annually, the club will present a check in the amount of an individual's dues to the Boy Scouts of America. For 2009, the board voted to make the donation both in January and again in July.

Ski Trip Reports

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

In the past two months, we've covered a lot of miles and a lot of snow covered trails. With successful trips to Park City, Taos and Jackson Hole behind us, another three great trips follow. Folks have packed their gear and are headed out this week for Snowmass and Winter Park.

An important note that at newsletter press time, Bruce Prillaman announced that there was still an opening on Winter Park for a single female. If you want to go, please contact him *immediately* at 989.3554.

You might also want to check with Bill Howard to see if any spaces remain on the Lake Tahoe trip. Call him at 798.3734 to check.

And, just to whet your appetite, here are some 2009 photos courtesy of Bruce Prillaman of our very own skiers and boarders.



Bill Brewster in Jackson Hole



**Rusty Richardson & Sandy Light
at the Cowboy Bar in Jackson Hole**



Walton Rutherford takes Grand Targhee

Local Trips

We've already taken a few day trips with more to be announced as conditions dictate. Our plan is evolving: we'll announce a few dates and if the conditions just aren't quite up to snuff, we may have to cancel but let's ask the snow gods for a little early March dump. In the future, we're also going to plan a few trips for school holidays to encourage younger riders to come out to the hill with us.

We'll see you on the slopes!

Tom Landsberg, Trip Director

Membership

STATS ON MEMBERSHIP

TOTAL Memberships: 185 (this reflects total memberships, not individual members)

Roanoke Ski Club on FACEBOOK:

Are you on Facebook? Well, at the March membership meeting, our Program will be about using Facebook and the Facebook Group for the Roanoke Ski Club. In an effort to expand the club's membership to a wider audience and to target a young, adventure-type member, we are using Facebook to let the community know about the Roanoke Ski Club. Here is what you can do to help:

1. It's simple and will take you about 2 minutes (literally, I timed it).
2. Go to the Roanoke Ski Club Facebook Group (you have to have a Facebook account to do so)
3. In the upper right click on the "INVITE PEOPLE TO JOIN" menu. In the upper right you'll see the "Invite Your Friends" section and each of your Facebook friends will be listed here.
4. To the left of each of your friend's names, you'll see a check box. Click on the box to the left of each of your friends names that you would like to know about the Roanoke Ski Club Facebook group. Their name will be added to your invitation list
Copy the message below and paste it into the "Personal Message" box
5. *****Copy & paste into the invitation below into the personal message box*****
"I think you will love it! The Ski Club's Facebook group will remind you of the snowboarding/ski trips, the day trips and of the other fun activities: happy hours, hikes, rafting, etc. It's a great place for networking and the people are fun!"
6. Done
[This is simply an invitation to the Facebook group.](#) It does not mean that they will be a member of the ski club, only that they will be invited to the monthly meetings, notified of the happy hours and other events that we have. They will also be able to find out about the trips, and other member benefits.

Thank you so much for your help as we spread the word about the Ski Club! Here are just a few of the great reasons to join.

BENEFITS OF THE ROANOKE SKI CLUB MEMBERSHIP

- * Amazing long-distant trips at a great prices with excellent adventures and fantastic people
- * Participation in outdoor activities year-round (hiking, biking, rafting, cook-outs, etc.)
- * Day & Weekend Trips to local ski resorts with group pricing, accommodations, transportation, etc.
- * Discounts at local outdoor retailers (such as Back Country, Freestyle, and Outdoor Trails
- * Monthly membership meetings (networking, socializing, heavy hors d'oeuvres)
- * Amazing programs at the monthly membership meetings (learning about the club, adventures like Heli-Skiing, personal training, etc.)
- * Monthly Happy Hours at local bars and restaurants
- * People ready and able to go skiing at the mention of the idea
- * Fun, Fun and more Fun!

INVITE YOUR FRIENDS

Got someone in mind that would enjoy the above benefits? 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

RSC Food Drive

At last month's Roanoke Ski Club membership meeting, the Food Drive for the Southwestern Virginia Second Harvest Food Bank (SVSHFB) was a huge success due to the overwhelming generosity of our members. We collected 189 items for a total of 178 pounds of food. The items broke down into 91 cans, 10 jars, 60 boxes and 28 packages.

The food drive represents an opportunity for the ski club to give back to our community, especially in this time of need. The RSC will sponsor one more food drive and it will be conducted at the membership meeting on March 11. We hope that this month's food drive will be as bountiful as the first.

Here is a list of what's appropriate to provide.

- 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 meeting, you can make a financial contribution to SWSHFB by selecting the following link: <https://co.clickandpledge.com/advanced/default.aspx?wid=17767>

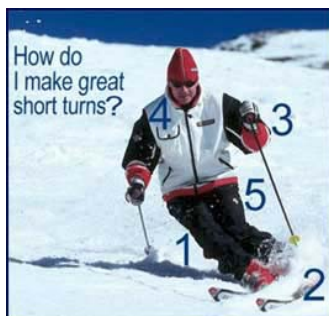
Your thoughtfulness and donations will be greatly appreciated.

Donna Rogers



SKI TIPS: MAKING GREAT SHORT TURNS

By Steve Smart, Ski Instructor, Skiing Demonstrator, Canadian Ski Instructors Alliance Level IV Examiner, www.skiNASTC.com



Point 1. Edge your skis by rolling your ankles and knees as quickly as possible after you make the weight shift to your outside ski.

Point 2. Keep pressure in the middle of the ski. If you push your knees forward too much the back of the ski will slide out.

Point 3. Keep your ski poles moving. I always think of having a pole in the snow at all times. This helps you anticipate the next turn.

Point 4. Keep your shoulders forward and your hips back. This is like the basic ready position a soccer goal keeper uses to get ready for a penalty kick.

Point 5. Turn the skis with your legs not your hips or shoulders. A centered stance and good edging movements from the lower leg will allow your legs to make all the movements and keep your upper body "quiet."

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



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