



Cuyahoga Valley Ski and Social Club

Newsletter ~ June 2024

Officer Reports

President ~ Tim Lavey

Greetings to all and thank you all for your support. Wow! I'm the new club president. It is an honor, but it's sort of scary too. This is a great club with a great history, so I have a lot to live up to. I don't have much experience, so if it looks like I don't know what I'm doing, I probably don't know what I'm doing, so please tell me. Thanks in advance. I'll figure it out eventually.

On to the fun. Summer is here, and our social calendar is full, so let's hop on board the CVSSC fun train. First stop, bike riding. Join me at the Boston Store overflow lot on Saturday, June 8 at 10 AM. I mean in the saddle, feet on the pedals, and moving onto the trail at 10 AM. If you're late, go north, you'll find us on the trail. Please go to the web site and check the calendar. There is something there for everyone – bike rides, Mike's craft beer tour (CBT), Akron RubberDucks baseball, winery nights, the summer picnic, and more!

I invited the Stark County Ski Club (SCSC) to join us on our towpath bike rides, and they invited us to join them on their paddle nights. They kayak, paddle board, and canoe on some of the local lakes. The schedule is included in this newsletter. I'm hoping our two clubs can join each other at more social events. I think it will be good to get to know our neighbors to the south. Stay tuned for more to come.



Big thanks to the Grethers for their many years of service to the club.

Randy most recently served as President for two years and previously served as Vice President.

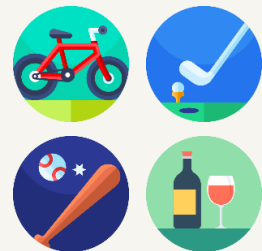
Mary Beth most recently served as Officer in Charge of Trips for four years. She has also served as Officer in Charge of Marketing, President, Secretary, and Treasurer!



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We will not have any CVSSC business meetings during June and July.



We hope to see you at the annual picnic and other summer activities.

CVSCC Strategic Planning Report ~ Mike Neag

A few days ago, 25(!) of our members joined together to consider, discuss, and rank ideas to guide CVSSC into the future; a huge thank you for coming together for this first ever strategic planning meeting. Special thanks to Sharon Kaffen and Janie Burke for suggestions that made this meeting run so smoothly.

We looked into eight focus areas and changes that might improve our club. You were thoughtful, engaged, and enthusiastic. We generated 70 recommendations in a few short hours. It was a good day for CVSSC.

So, about those recommendations, what did they look like? The following text highlights the highest-ranking recommendations created in each focus area. We (i.e. the officers) will review *all* of the recommendations at our next officers' meeting and begin working toward implementation of improvements or changes in the coming months. You can expect a more detailed report with more specific plans in the near future, probably at the picnic.

Membership – Marketing: because of the close relationship between “membership” and “marketing” these groups combined. There were 8 recommendations – these ranked as essential:

- Facebook Links/Sharing and business cards to distribute to interested members.
- Relationships! Reach out to past members & let them know about the new CVSSC.
- Relationships! Tell your friends – let them know **why** CVSSC is the place to be.
- Establish strong relationships with new members, preset program of interactions w/current members.

Finance and Budget: 5 total recommendations – top two:

- Revise budget summary so we better understand income/expenses. Separate ski financial report and club operating expenses.
- Maintain a positive cash flow – consider fund raising events and charging for events.

Local, Year-round activities: 17 total recommendations – the top five follow:

- Engage members in activities – Generate incentives.
- Learn from other clubs – the what and the how.
- Return to the Foundry, Game night, Zip lining, Guardians game.
- Cuyahoga Valley Scenic Railroad event (wine or beer train)
- Games for annual picnic

Ski Trips – 8 total recommendations – top four:

- Recreate a Trip Advisory Panel
- Survey after trips – positives and negatives.
- Collaborate with other clubs.
- Identify and set resort(s) plan 2 years in advance.

Overnight Non-ski Trips – 17 recommendations – the five ranked as “essential”:

- Hocking Hills
- Niagara Falls (2 nights)
- Oglebay Park Christmas lights, Wheeling WV
- Winter Carnival, Quebec City (2 nights)
- KY Bourbon Trail

Intergroup Collaboration – 11 Recommendations altogether with the top two below:

- Work with other clubs.
- Agree on destinations in advance.

Other/Operations – 4 recommendations w/a look at how we do things. The top 2 recommendations:

- Establish working committees in most or all of these areas.
- Consider/hold a recognition party (at club expense) for our volunteers and organizers.

Upcoming Social Events

Tim's Towpath Challenge

Various dates in June, July, and August. See page 5.

Foodbank Volunteers– Friday, June 14 at 9–11:30 AM.
350 Opportunity Parkway, Akron. See page 12.

Norbert's Big Bike Ride – Saturday, June 15 at 9:30 AM.
Bike & Hike Route 303 Trailhead. See page 4.

Sarah's Vineyard – Thursday, June 20 at 5 PM.
1204 W Steels Corners Rd, Cuyahoga Falls. See page 4.

Janie's Ride – Saturday, June 22 at 10 AM
Canalway Center, 4524 E 49th St, Cuyahoga Heights. See page 5.

CBT Great Lakes Brewing – Saturday, June 22 at Noon
2516 Market Ave, Cleveland. See page 4.

CBT Magic City Brewing – Thursday, July 18 at 6 PM
2727 Manchester Rd, Akron. See page 4.

CVSSC Golf Scramble – Saturday, July 20 at 11:30 AM.
Spring Hills Golf Course, 6571 S Cleveland-Massillon Rd. See page 6.

CBT Royal Docks Brewing – Tuesday, July 23 at 6 PM.
7162 Fulton Dr NW, Canton. See page 4.

CBT Missing Falls Brewery – Friday, July 26 at 5 PM
540 S Main St, Suite 112, Akron. See page 4.

Akron RubberDucks Baseball – Friday, July 26 at 7 PM
Canal Park, 300 S Main St, Akron. See page 7.

CMSC "Metro Cup" Golf Outing – Sunday, July 28 at 12:30 PM.
Contact Art Pokopac at 330-697-7491. See page 20.



June Birthdays

- 02 Chip Bodnovich
- 07 David Ensminger
- 08 Camille Barbuto
- 10 Ralph Leidy
- 11 John Mack
- 20 Cheryl Gray
- 30 Cheryl Koontz



New Members

- Charles Birt
- David Ensminger

Cuyahoga Valley Ski and Social Club

Website: <http://www.cuyahogavalleyskiandsocialclub.org>



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Craft Beer Tour 2024

There will be six more craft beer stops this summer. Three will fall on Thursdays as they have for several years, one will move to a Saturday in conjunction with Janie’s Ride, one will move to a Tuesday in conjunction with Tim’s Towpath Challenge, and one will be on Friday before the Akron RubberDucks game.

No, you do not have to ride a bike on the days we’re partnering with bike rides, just show up as you have in the past.

Date	Time	Location
Sat, June 22	Noon–2:00 PM After Janie’s ride	Great Lakes Brewing 2516 Market Ave, Cleveland
Thu, July 18	6:00–8:00 PM	Magic City Brewing & Cult Kitchen 2727 Manchester Rd, Akron
Tue, July 23	6:00–8:00 PM After Tim’s ride	Royal Docks Brewing Co. Taproom & Kitchen 7162 Fulton Dr NW, Canton
Fri, July 26	5:00–7:00 PM Before RubberDucks	Missing Falls Brewery 540 S. Main St., Suite 112, Akron
Thu, Aug 29	6:00–8:00 PM	Akronym Brewing Will include a tour of the brewing facility. Details to follow.
Thu, Sep 12	6:00–8:00 PM	Missing Mountain Brewing Co. 2811 Front St, Cuyahoga Falls



Norbert’s Big Bike Ride Saturday, June 15 at 9:30 AM

Bike & Hike 303 Trailhead parking lot
64 W Streetsboro St, Hudson
West of Route 8 on south side of Route 303

We’ll head north on the upper bike path to the beautiful Brandywine Falls! Lunch to follow at the Winking Lizard in Peninsula.

After lunch, there will be an optional 2-hour hike to Blue Hen Falls.

Contact Norbert Majerus at 330-801-3184



Sarah’s Vineyard ~ Betty Wise Thursday, June 20 at 5 PM

Everyone welcome! Join us at Sarah's Vineyard on Thursday June 20 at 5 PM for wine and food.

In case you haven't been there, their system is that you stand in line to order food and drink. Please come early if you can as seating is first come first serve, and because we never know how many will attend, it is hard to hold seats.

Let's hope for great weather ... I know the fellowship will be great!

There is a 3.5% surcharge for paying with a credit card. To avoid the fee, pay with cash or a check.

Tim's Towpath Challenge 2024 ~ Tim Lavey



We've been hiking for three seasons now, so it's time to get out those bikes! The challenge is to complete as much of the Towpath from Cleveland to Bolivar as we can.

Each ride will be about 15 miles (7.5 miles out and back) and will take about 2 hours (no racing!). It's the Towpath, so it will be flat. Also, we have tried to pick times when the Towpath will have less foot traffic!

Contact Tim Lavey for more information.

Landline/Ans machine 330-825-9538

Cell phone/Text message 330-687-4623.

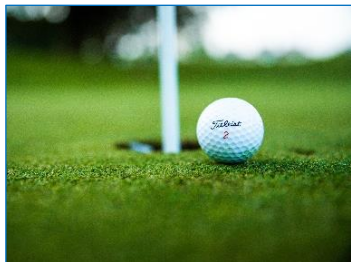
[The Towpath Trail \(ohioanderiecanalway.com\)](http://ohioanderiecanalway.com)

Date	Trailhead	Section	Food/Drink
Sat, Jun 8 10 AM–Noon	Boston Overflow Lot 1508 Boston Mills Rd, Peninsula	Boston Store -> Frazee House	Pierogies of Cleveland 4131 Streetsboro Rd, Richfield Country Maid Ice Cream 3252 Streetsboro Rd, Richfield
Tue, Jun 11 4–6 PM	Lock 39 8000 Rockside Rd, Independence	Frazee House -> Canalway Center	Yours Truly Rockside 8111 Rockside Rd
Sat, Jun 22 10 AM–Noon	Canalway Center (Janie's Ride) 4524 E 49th St, Cuyahoga Heights	Canalway Ctr -> Canal Basin Park	Great Lakes Brewing 2516 Market Ave, Cleveland
Tue, Jun 25 4–6 PM	Ira Trailhead 3801 Riverview Rd, Peninsula	Ira -> Memorial Parkway	Musketees B & G 3027 Brecksville Rd
Sat, Jul 6 10 AM–Noon	Memorial Parkway 499 Memorial Pkwy, Akron	Memorial Pkwy -> Wilbeth Rd	Lock 15 Brewing Co. 21 W North St, Akron
Tue, Jul 9 4–6 PM	Wilbeth Rd 380 W Wilbeth Rd, Akron	Wilbeth Rd -> Vanderhoof	The Upper Deck 357 W Turkeyfoot Lake Rd
Sat, Jul 13 10 AM–Noon	Vanderhoof Rd 2445 Vanderhoof Rd, New Franklin	Vanderhoof -> St Helena Park	Winks 75 Fifth St SE, Barberton
Tue, Jul 23 4–6 PM	St Helena Park 123 Tuscarawas NW, Canal Fulton	St Helena Park -> Towpath Court	Royal Docks Brewing Co. 7162 Fulton Dr NW, Canton
Sat, Jul 27 10 AM–Noon	John Glenn Grove 8000 Warmington Rd SW, Massillon	Towpath Court -> Wooster St	Buffalo Wild Wings 235 Lincoln Way W, Massillon
Tue, Aug 6 4–6 PM	Craig Pittman Park 8042-8062 Hudson Dr SW, Navarre	Wooster St -> McDonnell	Kozmo's Grill 37 1st St, Massillon
Sat, Aug 17 10 AM–Noon	Fort Laurens State Memorial 11064 Fort Laurens Rd NW, Bolivar	McDonnell -> Canal Lands Park	Towpath Tavern 225 Canal St, Bolivar

Cuyahoga Valley Ski & Social Club ~ Golf Scramble

Spring Hills Golf Course

6571 S. Cleveland-Massillon Rd, Clinton, OH 44216



Saturday, July 20, 2024

Check-in at 11:30 AM

First tee at 12:00 PM



Best Ball Scramble

Four-person, mixed gender teams
Prizes for winning team and special holes

\$70.00 per Player – (Dinner / Social Only Option \$25)

Includes 18 holes of golf, cart, hot dog lunch, steak dinner, beer & soft drinks.

Bring your own table service and steak knife – we will be in a picnic shelter.

Limited to the First 12 Golfers

Must have at least one CVSSC member per team.

Contact: Les Wise 330-958-1456 or email engl.wise@outlook.com

Make check payable to "Cuyahoga Valley Ski and Social Club" and send application to:

Les Wise
3311 Ethan Allen Rd
Coventry Township, Ohio 44203

Golf + Dinner _____ x \$70 = \$ _____

Dinner only _____ x \$25 = \$ _____

Total amount due = \$ _____

Name of Team Captain _____

Phone _____

Email _____

Golfer #2 _____

Golfer #3 _____

Golfer #4 _____

BASEBALL & FIREWORKS!

Please join us for a fun night at Canal Park when the Akron RubberDucks take on the Bowie Baysox from Maryland. We'll have great seats along the third base line and entertainment by ZOOperstars! — an inflatable acrobatic comedy act. After the game, there will be FABULOUS FIREWORKS!!!

Sign-up deadline is Friday, July 5.

Meet up before the game at Missing Falls Brewery at Canal Place, 540 S. Main St., Suite 112, Akron

Akron RubberDucks Baseball at Canal Park Fireworks Friday, July 26, 2024

Game Time: 7:05 PM

Ticket Price: \$13.00

Make checks payable to "Cuyahoga Valley Ski and Social Club" and mail to:

Suzanne Nappi

388 Hillbrook Dr.

Cuyahoga Falls, OH 44223

Phone: 330-814-0856

Email address: snappilady@gmail.com



Name _____

Email _____

Phone _____

Number of tickets for game on July 26, 2024 _____ # tickets x \$13 = \$ _____

Total amount due = \$ _____

Canal Park has gone digital and cashless. By adding the ticket to their Apple or Google wallet, fans can easily hold their phone next to the scanner and then enter the game. Tickets may also be printed.

MasterCard, Visa, American Express, and Discover are accepted at ticket windows, concessions, and merchandise locations.

There is a reverse ATM next to Akron-Canton Airport Guest Services on the main concourse behind section 12. This will convert cash to a prepaid card that can be used anywhere in the ballpark.

Trip Officer Report ~ Janie Burke

This is my first official report as the new Officer in Charge of Trips, and I am excited and, admittedly, somewhat nervous to be taking this role, particularly since I am filling the shoes that Mary Beth has so competently worn these last several years. Mercifully, she and the other officers and trip leaders have been very supportive and patient with my steep learning curve. I welcome all your feedback as I continue to gain experience in this role.

Suffice it to say I hit the ground running, beginning with representing the club at the 2024 Mountain Travel Symposium (MTS) in April in North Tahoe, CA. If you are not familiar, this is an annual networking conference bringing together resort representatives from around the world, various tour operators, and ski club trip coordinators from across the country. At this year's event there were trip leaders from over 120 ski clubs, providing a great opportunity for me to meet with and learn from others' knowledge and experience. One day of the multi-day conference is spent meeting with various vendors in what can best be compared to "speed dating", with over 30 pre-scheduled meetings happening back-to-back in 10-minute sessions in 6½ hours. I took lots of notes and received a plethora of brochures and other information that will come in handy as we begin exploring our future trip opportunities. In addition, throughout the week there were several presentations from various resort reps (continental U.S. and international), tour operators and other experts in the industry providing updates on trends and changes within the ski industry. One big takeaway, an overarching theme throughout the week, was that the dynamics in this industry have shifted – some quite a bit – over the past few years. What this means for us is that we need to stay up to date on the challenges and opportunities that exist and perhaps alter the way we organize trips. One example is that a majority of ski clubs – more than half of those in attendance – do not include airfare in their trip packages and instead have participants book their own airfare. There are advantages and disadvantages to doing it this way, and it is certainly something to think about and discuss as we move forward.

Another topic that was stressed throughout the conference was the value of trip insurance, which some of you know from personal experience. Trip insurance can be purchased through a number of vendors with a variety of coverage options, including purchasing annual insurance versus per trip, which can be more economical in the long run. For example, Mary Beth and Randy are purchasing annual insurance for \$280.00/person as opposed to per trip at a cost of \$195.00/person. If you have more than one trip planned for the year this is the way to go. The price of insurance is calculated as a percentage of the cost of the trip, typically ranging from 7-8%, with different coverage options per plan, so carefully read through the benefits to find a plan that works best for you.

The trip insurance offered through the Sun Valley tour operator can be purchased via this link:
<https://www.vacationguard.com/?agentCode=AA0810&referralId=Cuyahoga&marketingCode=SunValley>

We are still waiting for the insurance being offered for Snowmass through the tour operator, Ski White Diamond, but you can also purchase through whatever agency you prefer (for either trip).

Mary Beth wrote a detailed summary of insurance options in a past newsletter which I have resurrected for your reading pleasure (see below).

That all said, now it's time to start putting the information that I gathered to use. One of the other important things I am learning is that trip planning can't begin too soon, with the recommendation being 12-18 months in advance. For 2026 trips that means getting going within the next couple of months. Since Big Sky, MT was already the top destination request from our members, I have contacted two tour operators to get started on quotes. We still need to decide on our second location, and this is where I need some input from all you skiers. In the next couple of weeks, I will be sending out an email to past ski

trip attendees seeking suggestions for 2026 and beyond, so please be looking for that email and send me your ideas.

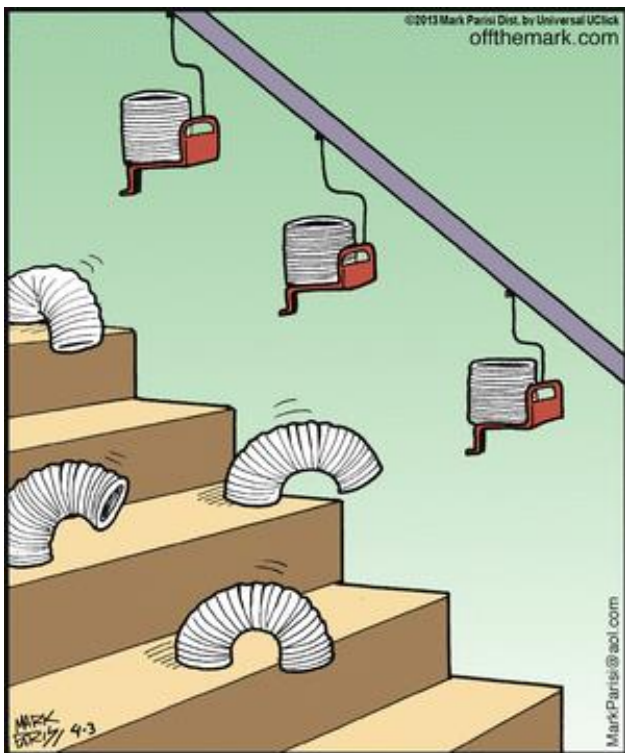
And lastly, the two ski trips planned for 2025 – Sun Valley and Snowmass – have been filling up at lightning speed. As of this writing, Snowmass has one open slot and Sun Valley has four. The speed of these trips getting filled is due to them being among the first trips advertised by area ski clubs, a strategy that clearly has merit and will be the goal moving forward. Kudos to Mary Beth for making this happen.

From Mary Beth’s report in the July 2023 newsletter:

Trip insurance is a personal decision. Some credit cards cover travel insurance. CFAR (cancel for any reason) insurance costs more, but not all insurers offer this. IMG has various levels of coverage. Travel LX covers CFAR: <https://www.imglobal.com/travel-insurance/itravelinsured-travel-lx>

- The travel insurance comparison site <https://www.insuremytrip.com/> has over 20 years of experience connecting travelers with the best policy for their trip.
- National Ski Council Federation (NSCF). CVSSC members are part of CMSC, which is a member of NSCF, and thus we can receive NSCF member benefits including insurance. Some insurers include iTravelInsured, John W Glover agency, Travel Protectors, etc.

You will have to do your own research and decide what risk you are willing to take. One other thing to consider is the ease of reimbursement. If you go with the insurer associated with the tour operator, they (the tour operator) already have 90% of your documentation. Going with a third party will require some legwork on your end. And remember, some packages have time-sensitive sign-up periods that allow pre-existing condition coverage.



JUMBLE THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek

Unscramble these six Jumbles, one letter to each square, to form six ordinary words.

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Check out the new, free JUST JUMBLE app

12/14

THE SKI LIFT TO THE TOP OF THE MOUNTAIN WAS SO POPULAR BECAUSE OF ITS _____

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

PRINT YOUR ANSWER IN THE CIRCLES BELOW

Jumble solution is on page 17

Officer in Charge of Marketing ~ Sharon Kaffen

We've had a wonderful year of fun and fellowship in addition to supporting our community! Let's focus this summer on sharing these good times with our friends, family, and associates.

We always discuss how to increase our membership, and the discussion usually comes back to the fact that our best source of new members is our current members. We now have a calendar that includes so many different kinds of activities that it makes it very likely that we will have something for everyone! You don't ski? Oh, we hike and bike! You want to volunteer? We volunteer often at the Akron and Canton Food Banks! You like beer? We have a Craft Beer Tour! Don't like beer? We have several wine tastings! You don't want to go on a ski trip? We have trips to see fall foliage!

So, invite your friends and family to join us for a summer event! Mention us to your golf league, your book club, your card playing group, etc. Send them to our webpage at CVSSC.org or to our Facebook page at Cuyahoga Valley Ski & Social Club.

We are poised for great things to happen, and we are ready to grow!



We had a great turnout at the May business meeting.



Les Wise won \$82.50 at the May 50/50. He kept \$20.50 and donated the rest to the club. Thanks, Les!



Akron-Canton Regional Food Bank

June brings another opportunity to volunteer at our local food bank. This month we're back at the Akron facility. We will meet at the Akron Food Bank on Opportunity Parkway, 9:00–11:30 AM, on June 14. Remember that if you haven't volunteered in the last couple of years, you will need to register as a volunteer. The links to do this are below.

And remember, if you would like to join our CVSSC Cares group, we will be on call to volunteer in times of extra need for our regional food banks! Just let me, Sharon Kaffen, know that you are interested. We volunteered at the Canton facility on May 7 at their 'Stuff the Bus' event. Canton area schools held food drives, and on May 7 they drove them to the Food Bank. We volunteers helped to unload the buses! When we were done with that, they had us pack 'senior' boxes for the local senior citizens!

Our group (Cuyahoga Valley Ski and Social Club) is scheduled to volunteer at the Foodbank on:

Day	Date	Time	Location
Friday	June 14	9:00 to 11:30 AM	350 Opportunity Pkwy, Akron OH 44307
Friday	August 16	9:00 to 11:30 AM	350 Opportunity Pkwy, Akron OH 44307
Friday	October 18	9:00 to 11:30 AM	1365 Cherry Ave NE, Canton OH 44714
Friday	December 20	9:00 to 11:30 AM	350 Opportunity Pkwy, Akron OH 44307

If you have not volunteered with the Foodbank in the past 2 years, please complete an application.

[Adult Volunteer Application](#)

[Youth Volunteer Application \(ages 10-17\)](#)

Akron Main Campus:

The Regional Foodbank's Main Campus is located at 350 Opportunity Parkway, Akron, OH 44307, at the corner of Dart Avenue and Opportunity Parkway off of OH-59 near Downtown Akron. Please park in the volunteer/visitor parking lot and enter through our front glass doors.

[Get Directions.](#)

Stark County Campus:

The Regional Foodbank's Stark County Campus is located at 1365 Cherry Ave. NE, Canton, Ohio 44714.

[Get Directions.](#)

What to wear:

- Safety is our priority! Please note that open-toed shoes are not permitted in the warehouse. Jewelry is not permitted in the clean room, and we recommend wearing limited jewelry when volunteering.
- Comfortable shoes are recommended as you may be on your feet the entire time.
- It is best to dress in layers. The weather outside may affect the temperature inside the warehouse.

CVSSC Cares

It's official! If you are willing to be on our CVSSC Cares team, you will receive a text to let you know that one of our food banks, either Akron or Canton, is in need of volunteers at more unscheduled times. Of course, you won't be expected to drop everything when we call, but your help will be very appreciated at times when there just aren't enough hands to do all the important work of feeding our families in need.

Just give Sharon Kaffen your name and phone number. Text or call Sharon at 330-620-4190 for specific information about representing CVSSC at the Akron-Canton Regional Foodbank as a volunteer in addition to our group volunteer days in the warehouse.

Thanks for showing how much you care! The potential jobs are listed in the table below:

Activities	Location	Group Size	Days	Times	Description
Pantry Workers	Akron	Group of 3-10	M, W, F	8:15-11 AM 10:45 AM-1:15 PM	Help neighbors register / bag food
Pantry Restock	Akron	Groups of 3-10	M, W, F	2-4 PM	Lifting up to 40 pounds
Order Packing & Restock	Canton Monda Pantry	Groups of 3-10	M	9-11 AM	
Order Ahead Pickup	Canton Monda Pantry	Groups of 3-10	M	12:30-3:30 PM	
Pantry Workers	Canton Monda Pantry	Groups of 3-10	T	8:30-11 AM 11:00-1:30 PM	Help neighbors register / bag food
Pantry Restock	Canton Monda Pantry	Groups of 3-10	T	1:30-4 PM	Lifting up to 40 pounds
Pantry Workers	Canton Monda Pantry	Groups of 3-10	W	8:30 AM-12 PM 12-3:30 PM	Help neighbors register / bag food
Pantry Restock	Canton Monda Pantry	Groups of 3-10	F	9 AM-12 PM	Lifting up to 40 pounds
Pantry Workers	Canton Werner Pantry	Groups of 3-10	M-F	8-11 AM	Assist neighbors in choosing/loading food
Drivers / Route Partners	Canton	1-2 people	Varies	Varies	Longer term commitment, picking up food from restaurants/grocery stores
Receptionist	Akron & Canton	1	M-F	8 AM-4 PM	2-hour shifts or all day
Social Media Ambassador	Work from home		Varies	Varies	Use social media to promote awareness.

Vice President ~ Mike Neag

I know you, and I'm looking right at you, but I can't remember your darn name. OMG! Dementia? Alzheimer's? True story, it happened to me. I'm guessing you may have had a similar experience and likely wondered if you were in early-stage Dementia or Alzheimer's.

You lost your phone, put the corn flakes in the refrigerator, or wore two different shoes? Makes you wonder: Alzheimer's? Dementia? So how do you know? Let's take a short tour of some of the research; you can read further using the links at the end of this note.

First off, why is it that we become more forgetful with age? Without giving you a lost-in-the-weeds explanation...it's because we get lost in the weeds. Research indicates that our memory impairment (or distraction) occurs because of other associated memories. In the case of my niece's name, I looked at her, got hung up for a split second, and then got lost in the flood with related thoughts about her and our long history together. For the record, it took a minute or two to settle down, but I did remember "Jessie".

One way to think of your memory is to think of dredging up a fact or an answer as analogous to going to a wall of file cabinets in your brain. You must access the right cabinet and then retrieve **the** answer by opening drawers and sifting through file folders of related possibilities. If the answer isn't immediate as it used to be, emotions can kick in, and then you're blocked.

Age-Related Forgetfulness or Signs of Dementia?
Many people can become more forgetful as they age. Learn the differences between age-related forgetfulness and signs of dementia.

Age-related forgetfulness	Signs of dementia
<ul style="list-style-type: none">• Making a bad decision once in a while• Missing a monthly payment• Forgetting which day it is and remembering later• Sometimes forgetting which word to use• Losing things from time to time	<ul style="list-style-type: none">• Making poor judgments and decisions a lot of the time• Problems taking care of monthly bills• Losing track of the date or time of year• Trouble having a conversation• Misplacing things often and being unable to find them

Talk with a doctor if you notice any changes in memory or thinking that concern you. Learn more at www.nia.nih.gov/memory-and-aging.

NIH National Institute on Aging

Simply put, healthy aging involves a decline in control of our attention (or focus) because our cluttered minds are "wandering through a rich history of mental representations". I like to say, "If you forget when you're young, you're forgetful, but when you're older, whoa, must be Dementia".

Reality: Symptoms of mild cognitive impairment (MCI) are often vague but may include the following:

- [Memory loss](#), such as forgetting certain words
- Forgetting important events, such as appointments
- Losing your train of thought in conversation or when reading a book or watching a movie
- Becoming disoriented in familiar surroundings
- Becoming more impulsive or showing poor judgment

LOL...those look pretty familiar. I guess some of you were right about me after all!

Are there simple tests if you just want to know? There are! One well respected test is (**SAGE** – see below). This is a brief, pen-and-paper cognitive assessment tool designed as a screening tool for mild cognitive impairment (MCI). SAGE evaluates every part of a person's brain and gives equal weight to each of your answers. Simply put, the test evaluates your thinking abilities; the test does not diagnose any specific condition.

For Dementia there's another test – the “**mini-cog**” – that correctly identifies Dementia in about 75% of those tested. So, yes, you could be mistaken. This test is simple and can be done at home but requires someone to administer the test.

There's also a test that purports to be predictive for life expectancy. This test, colloquially known as the “Flamingo 10-sec balance test”, revealed a correlation (*NOT CAUSE AND EFFECT*) between life expectancy and balancing on one foot for 10 sec. It's fun to try, but don't overreact if you cannot do it; there are a *lot* of variables that go into the ability to balance on one leg for 10 sec, and this “study” controls for absolutely *none* of these variables. But if you want to give the test a try, it happens also to be a good way to boost balance, which reduces your risk of falls regardless of any possible effect on longevity.

Keep in mind, none of these tests can replace a comprehensive physician administered test. It is best, I think, to consider these tests as a first step that should be followed up, if necessary, with professional support. Note that I've taken both of these tests as a part of an Alzheimer's study (ADNI3) that I've been involved with at University Hospitals for the last 7 years. I think I've passed them both – probably.

So, let's remember to eat well, exercise (increase your heart rate!) and take care of your social network.

Memory Clutter:

- [https://www.cell.com/trends/cognitive-sciences/abstract/S1364-6613\(21\)00310-7](https://www.cell.com/trends/cognitive-sciences/abstract/S1364-6613(21)00310-7)
- <https://theconversation.com/why-we-become-more-forgetful-with-age-and-what-you-can-do-about-it-70102>

Memory, Alzheimer's and Dementia:

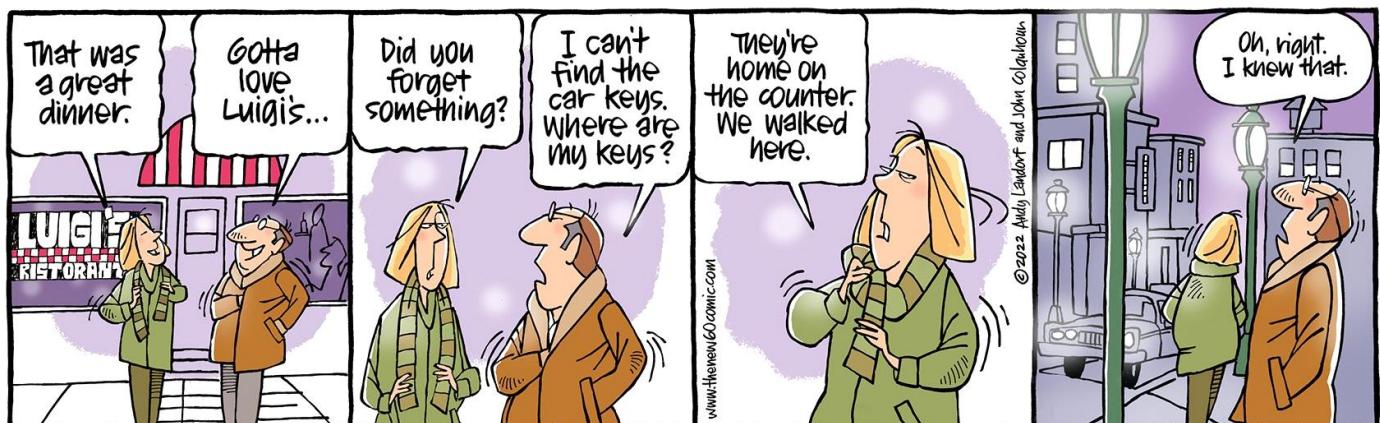
- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/memory-lapse-or-dementia-5-clues-to-help-tell-the-difference>

Alzheimer's and Dementia Detection Tests:

- Mini-Cog: <https://www.dementiacarecentral.com/mini-cog-dementia-test.pdf>
- SAGE: <https://www.everydayhealth.com/alzheimers-disease/all-about-the-sage-test-for-alzheimers-and-dementia-detection/>

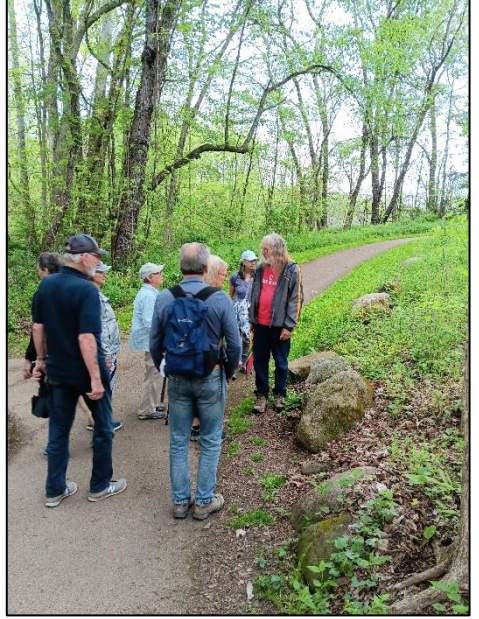
Life expectancy (One leg 10 seconds test):

- <https://www.health.harvard.edu/staying-healthy/better-balance-may-mean-a-longer-life>
- <https://www.newscientist.com/article/2325621-does-your-ability-to-stand-on-one-leg-predict-your-risk-of-dying-soon/>



Spring Wildflower Walk ~ Tim Lavey

Saturday was a perfect day for a wildflower walk. As promised, Hubbard Valley always delights. The Trout Lilies were gone, and the Trilliums were faded, but we still had plenty to look at. We had 12 people and one Collie in our group. We saw a lot of Wild Geranium, and we saw the beginning blooms of Miami Mist. Miami Mist is spectacular, and I recommend a stop to Hubbard Valley in late May. You will be overwhelmed. Thanks to Esther, we saw a Stonecrop in full bloom. This is a small plant that is rarely noticed, but when it flowers it is worth seeing. We also saw Anise Root along the trail which I couldn't recognize. I guess I'm getting old. Luckily, Gerhard's smart phone figured it out. After the hike, it was off to Wadsworth for gourmet gelato at Dolce at the Strand. I had my favorite, cappuccino flavored gelato.





JUMBLE SOLUTION: INLAND, DEFECT, HIGHLY, ROCKET, FERVOR, UPDATE - "PEAK EFFICIENCY"

Scotch Doubles Bowling ~ Linda Slicker

On Friday, May 10, twenty-five representatives of Cuyahoga Valley Ski & Social Club came to Kent Lanes to play Scotch Doubles. The price included three games, your shoe rental, a bowling ball of your choice, and some great food. This year we had a vegetable tray with dip, fried chicken fingers, meatballs, and fried green beans. There was plenty of food, so no one went home hungry.

For the first game the men bowled first, and the women picked up the spare (sometimes). In the third frame you threw the ball using the opposite hand but no fingers or thumb. In the sixth frame you threw the ball between your legs facing backwards (you could look between your legs). In the ninth frame you sat down at the foul line and kicked the ball with your feet.

For the second game it was switched so the women bowled first, and the men picked up the spare (not sure how often that happened). This time in the third frame you held hands with your partner as both walked to the foul line to throw the ball. You skipped to the foul line to throw your ball in the sixth frame. (I believe you can catch a video of Gerhard doing this on the club's Facebook page). In the ninth frame you bowled with your opposite hand with or without the use of fingers.

The third and final game was like the first with the men starting off and the women doing the clean-up. For the third frame you walked backwards to the foul line and threw the ball with your back facing the pins. That was some feat. In the sixth frame you held the ball with both hands but with no fingers or thumb. The ninth frame repeated throwing the ball between your legs facing backwards (at least you could look at the pins through your legs).

Not sure how many people threw gutter balls, but I know I sure had a lot of them. I got close to 100 in the final game. I guess I finally got into a rhythm. I did see a few people fall to the floor, but I wasn't quick enough to capture the moment. No one reported their scores to me, so I guess we can't give out a trophy for the best score, but no one was bragging about their scores either. Considering the price of \$15 per person, everyone reported having a good time. You missed another fun night with the club if you didn't sign up. You really don't need to be a good bowler to have a good time. Maybe we will see you next year. That gives you a lot of time to practice.

Linda Slicker



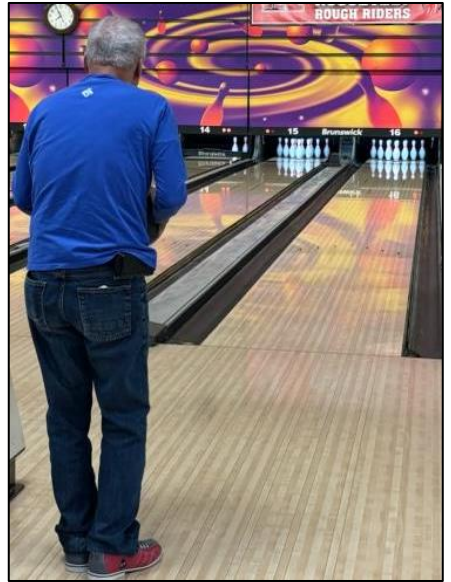
Yahoo, I got a strike!



Paula and Tim holding hands



Mike throwing a ball



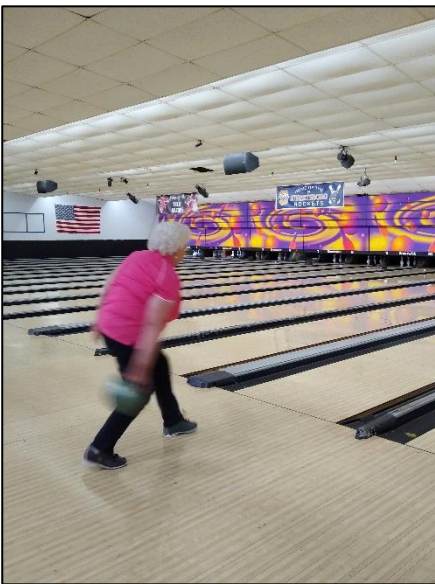
Butch getting ready



Camille and Diana kicking



What a group



Sharon throwing a ball



More of the gang



Ron placing his ball



**CLEVELAND METRO SKI COUNCIL PRESENTS:
2024 CMSC "METRO CUP" GOLF OUTING
Golf Package is \$80**



Golf Course, date & time: Mayfair County Club, 2229 Raber Road, Uniontown, Ohio 44585
July 28, 2024, Sunday @ 2pm shotgun start.

Four Person Scramble Play Typical format – Each person drives their ball on each hole; locate the ball in the best position. Move all balls to the best ball position and hit the next shot from there. Continue this process until the ball drops in the cup. Record your score as a team.

Format: The intent is to have 2 persons from one club paired with 2 persons from another club as one team to promote camaraderie between clubs! **Accepting one, two or four from a club to play.**

If you have a golf handicap for 18, please write it down in app, no handicap places a "N".

Golfers on the following tees: *Red Tees for the ladies, Black Tees over 70, and all others off the White*

The Golf Package includes: 18 holes, cart, lunch, BBQ dinner, course refreshments (on your own at reduced rate). Prize for first place, prize for DFL and drawing for prizes.

Options: For Golf only the cost is \$53.00. OR For Dinner only the cost is \$25.00.

Schedule at the course: Registration is between 12:30 PM to 1:30 PM near the Pro Shop; Team organization is 1:45 PM to 2:00 PM; and shotgun start is at 2:00 PM. Lunch is being served from 12:30 PM to 2:00 PM and Dinner plus awards and prizes after golf at the course in the banquet room.

Contact information or questions: Call Art Pokopac 330.697.7491 or email at pokieman@aol.com CMSC Golf Chair.

Fill in application and sent in payment below:

-----cut here and send-----

Player 1: Name: _____ Email: _____ Phone: _____ Handicap: _____

Circle one: Golf Package \$80 Golf Only \$53

Player 2: Name: _____ Email: _____ Phone: _____ Handicap: _____

Circle one: Golf Package \$80 Golf Only \$53

Player 3: Name: _____ Email: _____ Phone: _____ Handicap: _____

Circle one: Golf Package \$80 Golf Only \$53

Player 4: Name: _____ Email: _____ Phone: _____ Handicap: _____

Circle one: Golf Package \$80 Golf Only \$53

Person: Name: _____ Name: _____

Dinner only \$25

Make check payable to CMSC.

Send check and app to:

Art Pokopac, 3956 Troon Dr, Uniontown, Ohio 44685

Due on or before July 5, 2024, with payment and app

Come for the fun and be a part of "The Cup"

Link to <https://starkcountyskiclub.org/> for more detailed information.

SCSC Biking Schedule 2024

Tuesday Evening Rides starting at 6PM

Date	Meet Location	Optional Dining/ Drinks
June 4th	John Glenn Grove Trailhead	Erie Street Pub
June 11th	Bison St Burgers & Brews	Bison St Burgers & Brews
June 18th	Ernie's Bike Shop	T. J Dillon
JUNE 25th	Rain Date	
July 2nd	Helina Park Canal Fulton	Miller Doan Tavern
July 9th	John Glenn Grove Trailhead	Erie Street Pub
July 16th	Bison St Burgers & Brews	Bison St Burgers & Brews
July 23rd	Ernie's Bike Shop	T. J Dillon
July 30th	Rain date	
August 6th	Helina Park Canal Fulton	Miller Doan Tavern
August 13th	John Glenn Grove Trailhead	Erie Street Pub
August 20th	Bison St Burgers & Brews	Bison St Burgers & Brews
August 27th	Rain date	

Contact Roberta Graham at 330-418-2613 or skiingdef@gmail.com

SCSC FRIDAY NIGHT FLOAT 2024 SCHEDULE

EVERY FRIDAY EVENING MEET AT 6:00PM SPLASH TIMES ARE 6:30PM
 WEATHER PENDING STAY POSTED VIA FACEBOOK & GROUPME

DATE	LAKE/RESERVIOR	LAUNCH LOCATION
May 31, 2024	WINGFOOT LAKE	FARR LN
June 7, 2024	MOGADORE RESERVOIR	THE BOATHOUSE
June 14, 2024	SIPPO LAKE	TYNER ST
June 21, 2024	ATWOOD LAKE	ATWOOD EAST MARINA
SUNDAY June 30, 2024	LAKE MILTON 9AM	LAKE MILTON STATE PARK MARINA
SATURDAY July 6, 2024	LEESVILLE LAKE 9AM	SOUTH FORK MARINA
July 12, 2024 Camping Weekend	MOHICAN CAMPING WEEKEND	CONTACT DIANE FOR DETAILS
SATURDAY July 20, 2024	Tuscazoar Showcase	Tuscazoar Park 10a-4p
July 26, 2024	MOGADORE RESERVOIR	THE BOATHOUSE
August 2, 2024	DEER CREEK RESERVOIR	PRICE ST
August 9, 2024	NIMISILA RESEVIOR	C6 CHRISTMAN RD
August 16, 2024	WINGFOOT LAKE	FARR LN
SATURDAY August 24, 2024	Tuscarawas River Paddle- 9a Meet	Craig Pittman Park to Tusc. River Park
August 30, 2024	SIPPO LAKE	TYNER ST
September 6, 2024	TBA	TBA
September 13, 2024	TBA	TBA

Contact Alyssa Givens at agivens0125@gmail.com.

CVSSC Presents - Drive Yourself
Soaking In the Fall Foliage at Salt Fork Lodge



October 25 - 27, 2024

Member Price: \$290 *

Price Includes: Two-night stay at [Salt Fork State Park Lodge](#). The price is per person based on double occupancy. There will be a reduced cost for triple or quad rooms. Breakfast is included both mornings, but all other meals will be at your own expense. Admission to [The Wilds](#) is also included.

Friday: We will start our weekend at The Wilds in Muskingum County, then meet for dinner at [The Forum](#) in Cambridge. Check in at the Salt Fork Lodge, followed by an evening of relaxation. There is a beautiful indoor pool and hot tub, so pack your swimsuit!

Saturday: We will start with a buffet breakfast, followed by a Fall hike led by a naturalist. Or you can arrange your own activities for the day (golf, pontoon boating, biking, etc.). Saturday evening will find us at a local brewery and/or winery.

Sunday: The day starts with another buffet breakfast and checkout. We'll meet up at another winery or brewery for lunch on the way home.

Make checks payable to Cuyahoga Valley Ski and Social Club. Mail payment and signed trip agreement to the trip leader no later than July 31, 2024. All participants must be CVSSC members.

Trip Leader:

Sharon Kaffen
7577 Bear Swamp Road
Wadsworth, OH 44281

Phone: 330-620-4190
Email: marketingGSC16@gmail.com

** Nonmembers must include a completed membership application and a separate dues payment along with a signed trip agreement and trip payment.*



Sun Valley, Idaho

January 25 – February 1, 2025

Member Price \$2490 *



Included:

- Roundtrip airfare Cleveland–Boise
- 7-Night stay 2BR/2BA condos (king & twins), possibly 3BR/3BA condos (king, queen & twins)
- 5-Day group lift ticket
- Ground transportation from Boise
- Mountain tour
- Nastar race voucher
- Free ski storage at River Run lifts
- Welcome party

* Sign up and pay deposit by July 15 to save \$50 off final payment.

We have 4 spots available.

Trip insurance is recommended (optional).

Deposit of \$700 is due with signed trip agreement.

2nd payment of \$600 is due July 9, 2024.

3rd payment of \$600 is due August 13, 2024

Final payment of balance due October 8, 2024.

Nonmembers must include completed membership application and separate dues payment. *

Make checks payable to Cuyahoga Valley Ski and Social Club. Mail with signed trip agreement to:

Teresa Gifford
3671 Stimson Rd.
Norton, OH 44203

Phone: 330-714-3643
Email: roscomoy@aol.com

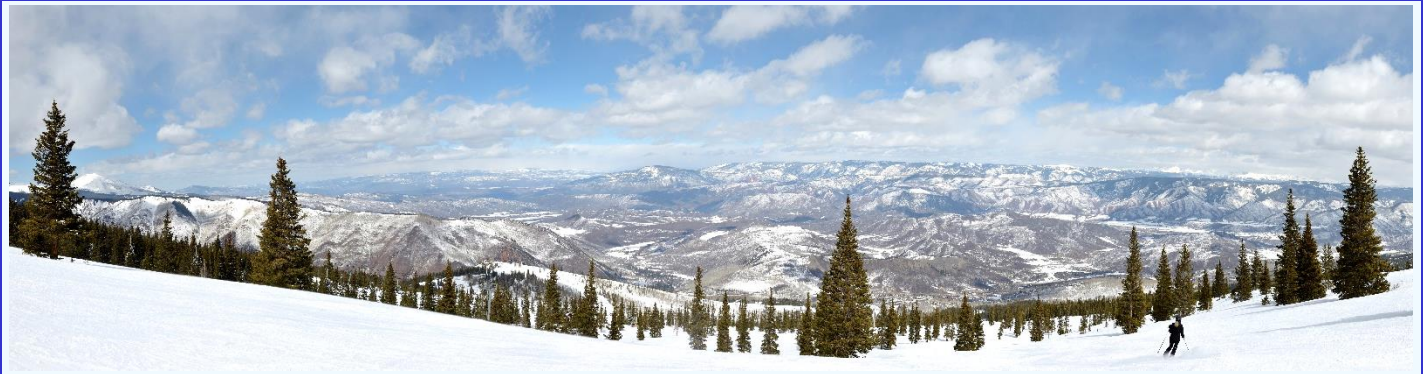
* Nonmembers must include a completed membership application and a separate dues payment along with a signed trip agreement and deposit. Additional fees may be incurred by individuals cancelling or changing their itinerary, e.g., lift tickets, flight changes, or ground transportation.



Snowmass, Colorado

March 2 – March 7, 2025

Member Price \$2070 *



Included:

- Roundtrip airfare Cleveland–Denver
- 5 Night stay at [The Crestwood Condos](#) 2BR/2BA condos (ski-in/ski-out)
- 4-Day group lift ticket
- Lift ticket good at all four peaks – Snowmass, Aspen Mountain, Aspen Highlands, Buttermilk
- Ground transportation from Denver with grocery stop on the way
- Free Snowmass Village Shuttle
- Free [RFTA bus Snowmass–Aspen](#)
- Welcome party

* Sign up and pay deposit by July 15 to save \$50 off final payment.

We have 1 spot for a single male.

Trip insurance is recommended (optional).

Deposit of \$700 is due with signed trip agreement.

2nd payment of \$600 is due July 9.

3rd payment of \$600 is due October 8.

Final payment of balance due December 13.

Nonmembers must include completed membership application and separate dues payment. *

Make checks payable to Cuyahoga Valley Ski and Social Club. Mail with signed trip agreement to:

Mary Beth Grether
509 Brookpark Dr.
Cuyahoga Falls, OH 44223

Phone: 330-328-3797

Email: mbgrether4@gmail.com

** Nonmembers must include a completed membership application and a separate dues payment along with a signed trip agreement and deposit. Additional fees may be incurred by individuals cancelling or changing their itinerary, e.g., lift tickets, flight changes, or ground transportation.*

Cuyahoga Valley Ski and Social Club (CVSSC) Trip Agreement (Revised May 1, 2023)

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 Cuyahoga Valley Ski and Social Club. No post-dated check(s) will be accepted for any CVSSC 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: CVSSC 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 CVSSC 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 CVSSC 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: CVSSC 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. CVSSC 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 CVSSC 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 CVSSC for any monies expended or paid by CVSSC over and above payments made by the applicant to the CVSSC.

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 CVSSC. The return of any check will be cause for cash payments to be made to the CVSSC 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 CVSSC 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 CVSSC is not responsible for the denied entry and may not issue any refund.

ASSOCIATE MEMBER: To protect the CVSSC'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 CVSSC 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 CVSSC, 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 CVSSC 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 CVSSC 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)

If applicable: Known Traveler Number _____ Airline Membership Number _____

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.

Cuyahoga Valley Ski and Social Club Membership Application ~ Valid thru Sept 30, 2025

In addition to my name, CVSSC 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 \$25.00

Family (single plus dependents) \$25.00

Two Adults or Family (couple plus dependents) \$50.00

Dependents under 18 years of age must be listed by full name in the spaces above in order to be included in the family memberships.

Total Enclosed: _____

**Make check payable to
Cuyahoga Valley Ski and Social Club.
Send check and completed application to:**

**Cuyahoga Valley Ski and Social Club
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 Cuyahoga Valley Ski and Social Club (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.