



# Cuyahoga Valley Ski and Social Club Newsletter ~ January 2025

## Officer Reports

### President ~ Tim Lavey

Thank you. Thank you. Thank you. The CVSSC Holiday Party was a big success thanks to you. Thanks to all the members who were there, and thanks to all the officers who worked behind the scenes to make it happen. A big thank you to everyone who donated a prize for the basket raffle. A great big thank you to our major corporate donors: Peek'n Peak, Holiday Valley, Snow Trails, and the Cleveland Monsters. Thanks to Randy for donating money to purchase the Christmas Cacti. A special thank you to Kathy. She helped plan the event, purchased supplies, organized the basket raffle, and put together the prize list. Thank you. I hope everyone had a good time. I know Paula and I did.

It looks like the side trip to Peek'n Peak on Wednesday, January 15 is a go! They are holding on to their snow, so if it doesn't rain between now and then we should be good to go. We will meet at the bottom of Long Bow by the double triple lift at 11 AM. I will announce our final plans at the CVSSC meeting on Tuesday, January 14. The Peek'n Peak trip is self-serve: You buy your own lift ticket and drive yourself. Most of us will be driving to Holiday Valley afterward, but even if you're not on the HV trip you can still join us at Peek'n Peak. It is a very doable one day trip. Please email me if you have any questions.

I believe your ski boots have a greater effect on your ski skills than your skis. Your boots are your foundation, and if they do not fit properly, your ski skills will suffer. So why do I mention this? The foot bed that came with your boots is generic. It doesn't always work for everyone. Sometimes it needs to be custom made. There is a new vendor at the Hartville Marketplace called The Sole Truth that makes custom foot beds. I could write a lot on this topic, but for now, I just want to give you some information. If this has piqued your interest, let me know. I always enjoy talking about skiing fundamentals, and if there is enough interest, maybe I'll write that article. I have flyers for The Sole Truth if you are interested in a custom foot bed.

I enjoy cross-country skiing, and so far, I have been able to go twice, so it is shaping up to be a good season. Sometimes you don't go at all because there is no snow. If you like cross-country skiing, you know what I'm talking about. Lately there has not been much snow sticking on the ground in this part of Ohio. If you like cross country skiing, let me know. Maybe we can ski together sometime.

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**CVSSC Meeting**  
**Tues, Jan 14 at 6:30 PM**  
**Chili's Montrose**  
**4022 Medina Rd, Akron**



## Upcoming Social Events



### January Birthdays

- 14 Flo Fiehn
- 23 Judy Birt
- 23 Janet Zema
- 25 Larry Whalen
- 28 Linda Slicker
- 31 Rita Tinker

**Winter Walk #1 – Sunday, January 5 at 2 PM**  
Goodyear Park Alder Trail. Sharon Kaffen. See page 4.

**Winter Walk #2 – Saturday, January 11 at 2 PM**  
Bath Community Center. Sharon Kaffen. See page 4.

**CVSSC Activities Planning – Tuesday, January 14 at 5 PM**  
Chili's Montrose, 4022 Medina Rd, Akron OH 44333. See page 3.

**CVSSC Monthly Meeting – Tuesday, January 14 at 6:30 PM**  
Chili's Montrose, 4022 Medina Rd, Akron OH 44333.  
Dinner starts at 6:30, followed by the business meeting at 7:30.

**Winter Walk #3 – Sunday, January 18 at 2 PM**  
Firestone Park Willow Trail. Sharon Kaffen. See page 4.

**Winter Walk #4 – Saturday, February 8 at 3 PM**  
CVNP Horseshoe Pond Trail. Camille Barbuto. See page 4.

**CVSSC Monthly Meeting – Tuesday, February 11 at 6:30 PM**  
Chili's Montrose, 4022 Medina Rd, Akron OH 44333.  
Dinner starts at 6:30, followed by the business meeting at 7:30.

**Winter Walk #5 – Sunday, February 16 at 2 PM**  
Bedford MetroPark Sagamore Creek Trail. Bob Swidarski. See page 4.

**Winter Walk #6 – Saturday, February 22 at 3 PM**  
Blue Heron Trails, Medina. Derek & Sally Rance. See page 4.

**Hike the Hills at Hocking Hills – Friday, May 2 to Sunday, May 4**  
Drive yourself. Sign up by Feb 2 and save \$10. See page 19.

Check out the [CVSSC Bulletin Board](#) for more fun!

### New Members

Guy Cottle  
Eric Haney



Why don't snowflakes like to go away on vacation?

They prefer to chill at home!

## Cuyahoga Valley Ski and Social Club

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



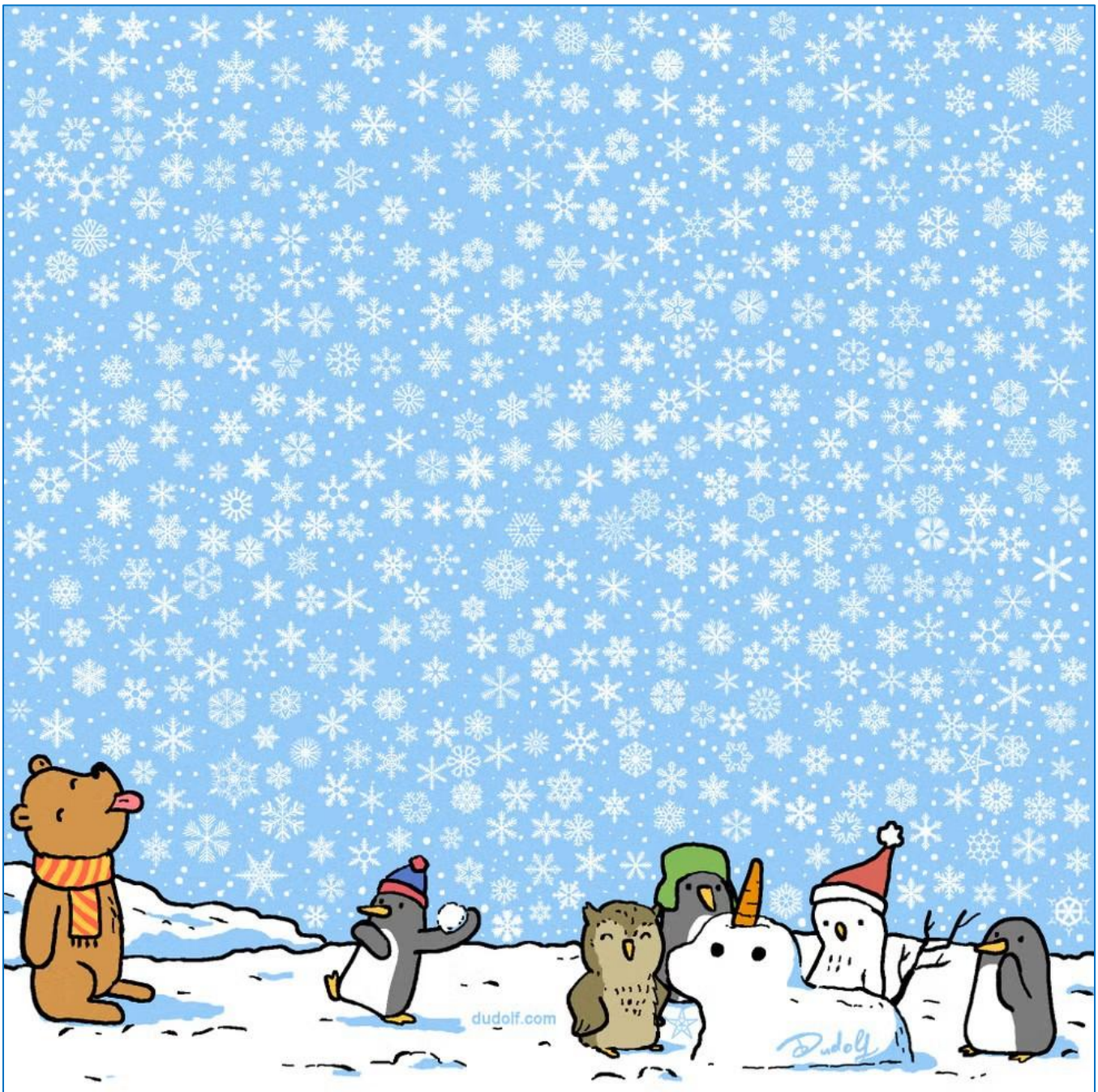
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## CVSSC Activity Planning Meeting

If you planned an event or an activity in 2024 or have an idea for 2025, you are invited to attend an "all activities" planning meeting at 5 PM at Chili's before the January 14 business meeting. We plan to fill the 2025 calendar in a thoughtful, well-organized process. If you'd like to repeat your activity, please pick a few dates that work for you and bring them with you to the meeting. Never organized an activity or have a new idea? YES! absolutely, join in! Bring activity details and the dates you like, and we'll add them to the calendar! Please recall, we did this last January; the process went smoothly and really worked well.

### Find Three Stars Among the Snowflakes

*Solution on page 17*



## Winter Walk Series - Sharon & Friends

We're trying something a little different this winter – guest hike leaders! A few brave souls have stepped up, but we're looking for more! I've filled out January with some oldies but goodies from last winter...but I'd love to get some input from you guys to fill out our schedule through March. This is a great opportunity to hike close to your house!



Date & Time	Host	Hike	Address	Eat/Drink
<a href="#">Walk #1</a> 1/5 Sun 2:00 PM	Sharon Kaffen	<a href="#">Goodyear Park</a> Alder Trail	East Park Blvd 550 Frazier Blvd Akron	<a href="#">Missing Mountain</a> 2811 Front St Cuyahoga Falls
Walk #2 1/11 Sat 2:00 PM	Sharon Kaffen	<a href="#">Bath Community Center</a>	1615 N. Cleve-Mass Rd Akron	<a href="#">Musketeer's Grill</a> 3027 Brecksville Rd Richfield
Walk #3 1/18 Sun 2:00 PM	Sharon Kaffen	<a href="#">Firestone MetroPark</a> Willow Trail	2620 Harrington Rd Akron	<a href="#">Jerzee's</a> 1019 E. Turkeyfoot Rd Green
1/25 - 2/1		No Hike – Sun Valley Trip		
Walk #4 2/8 Sat 3:00 PM	Camille Barbuto	<a href="#">Horseshoe Pond</a> CVNP	2075 Major Road Peninsula	<a href="#">Winking Lizard</a> 1615 Main St Peninsula
Walk #5 2/16 Sun 2:00 PM	Bob Swidarski	<a href="#">Sagamore Creek Trail</a> Bedford MetroPark	7733 Canal Rd Valley View	<a href="#">Winking Lizard</a> 511 E Aurora Rd Macedonia
Walk #6 2/22 Sat 3:00 PM	Derek/Sally Rance	Blue Heron Trails	3227 Blue Heron Trace Medina	<a href="#">Blue Heron Brewery</a> 3227 Blue Heron Trace Medina
3/2-3/7		No Hike – Snowmass Trip		
3/9 Sun 3:00 PM	Tim Lavey	Flower Hike Hinckley Reservation		

## Trip Officer Report ~ Janie Burke

I hope this finds you all in good spirits after your holiday celebrations. I, myself, am just back from a month in Mexico and am now gearing up for ski season. To kick things off, our first trip of the year is to Holiday Valley/Kissing Bridge from January 15-17. As in the past, we will drive ourselves and meet up with some of the folks from Stark County when we arrive. Thank you to Betty Wise for leading this trip. And please think snow!!!

Our next trip, the first of our two big trips, takes place January 25-February 1 in Sun Valley, Idaho. For these two trips I don't think we need to "think snow" as it is already there waiting for us to come enjoy! Thanks to Theresa Gifford for doing a great job organizing this trip. And then from March 2-7 we are off to Snowmass, Colorado for 5 days. Thanks to Mary Beth Grether for leading this trip.

Next year we will be heading to Winter Park and Big Sky. Official announcements for these trips will be made in the spring.

I am happy to announce that we have secured plans for our next non-ski trip, following the great success of our October trip to Salt Fork Lodge, skillfully lead by Sharon Kaffen. We are planning a drive-yourself trip to Hocking Hills (by popular choice) from May 2-4. Please see the attached flyer for the details. Our deadlines are a bit tight so please take note. Joan Leidy is the trip leader, a new role for her, so a Big Thank You to Joan. Joan knows some great hiking locations for us to check out, so stay tuned for more details. I hope to see you there!

Best,

Janie

### JUMBLE

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

Get the free JUST JUMBLE app • Follow us on Twitter @PlayJumble

**BLYOB**  
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**LUBBR**  
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**RPCEPO**  
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**KBEYAR**  
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### THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek



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



*Jumble solution on page 10*

## Vice President ~ Mike Neag

### What a year for CVSSC in 2024!

Together? *That IS us.* Last year our club's membership spent a lot of time together – a lot! About six times a month, every month in the last year we got together to celebrate. Altogether we met in some way 86 times, more than 1½ times each week. Check this out! We gathered for (organizers in parentheses)

- Hikes and walks (30) – including Tim's 3 wildflower walks – (Sharon K, Tim L, Derek R)
- Bike rides (15) (Tim L, Janie, Norbert M, Mike N, Camille B)
- Our monthly party/business meetings (9) (all officers)
- Akron Canton Foodbank (6) (Sharon K)
- Our craft brew tour (6) (Mike N)
- Very special events (10)– Mystery Theater (Mary Beth G) Solar Eclipse party (Sharon, Tim & Paula), winery visits (Betty W, Mike N), golf outing (Les W), road rally (Mary Beth G), Selfless Elf 5k (Mike N), Rubber Ducks (Suzanne), Warren Miller (Tim L), bowling (Linda S)
- Euchre nights (3) (Cheryl G, Kathy N, Derek & Sally R)
- All club parties – Picnic, Chili cook off, Christmas Party (3) (Mike, Teresa G and Tim, respectively)
- Ski Trips – Holiday Valley & Holimont, Keystone, and Banff (3) (Betty W, Mary Beth G, Linda S)
- Fun at Salt Fork (1) (Sharon K)

In all, 16 different people organized and led these events for us, and I've noted the event organizers in the list above. Many of us attended and enjoyed these uniformly well-organized activities and for that we owe a debt of gratitude to the folks that took the time to plan and execute our club's activities. Let's give special recognition to Tim Lavey for the Towpath Tour biking (we did the whole thing – 100+ miles!) and to Sharon Kaffen for the Winter and Fall hiking series along with Sharon's guidance and drive in support of the Akron-Canton Foodbank. Finally, special props too to our overnight trip leaders: Betty Wise Mary Beth Grether, Linda Slicker and Sharon Kaffen. We all know the cliché about "herding cats" so thanks to these three for persevering and making these trips such *grand* successes.

So, you ask, what, if anything, do these activities do for you and me? Well, it turns out that "happiness" in life is important and is the focus of a *lot* of research across various fields: psychology, medicine, and sociology. According to ChatGPT (Google's AI assistant) "Google Scholar alone lists over 50,000 research papers on 'happiness' in the past decade" and "probably hundreds of thousands – possibly millions – of publications on the topic in the last 50 years".

My guess is that most of us have an interest at some level in how to live a happy, satisfying life, so if you've read through any of the many thousands of publications (I am drawn to every paper I see on happiness) you'll probably see that a happy life distills down to three important factors<sup>1</sup>:

1. Strong Social Connections: Family, friends, community, stress relief, support, social belonging
2. Physical Health / Well-being: Exercise (get your heart rate up!) and eat smart (Mediterranean diet)
3. Sense of Purpose and Meaning: Engagement through community service, hobbies, work.

Consider those factors against last year's CVSSC activities. I'd say we cover them well. (See next page.)

### References

1. ChatGPT – the 'top 3-6 factors in a healthy and satisfying life' (See page 16 for details.)
2. "Good genes...joy is better" <https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>
3. "Aging with Grace" *What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives.* Bantam Books."

<b>Date</b>	<b>Activity</b>	<b>Sponsor</b>
1/6	Mystery Theater	Mary Beth Grether
Jan- May; Oct-Dec	Monthly Meetings	Mike Neag
1-10 thru 1-12	Holiday Valley Ski	Betty Wise
1-13 thru -3-11	Winter Walks (11)	Sharon Kaffen
2-13 and 2-17	Winter Wildflower Walk	Tim Lavey
2/16	AC Foodbank	Sharon Kaffen
3/1	AC Foodbank	Sharon Kaffen
3/1-3/7	Keystone Ski	Mary Beth Grether
3/10 thru 3/16	Banff ski	Linda Slicker
3/22	Euchre Night #1	Cheryl Gray
4/6 thru 4/27	Spring Walks (6)	Derek Rance
4/8	Solar Eclipse Party	Tim & Paula Lavey, Kaffens
4/19	AC Foodbank	Sharon Kaffen
5/4	Spring Wildflower Walk	Tim Lavey
5/10	Scotch Bowling Night	Linda Slicker
5/23 thru 9/12	Craft Brew Tour (6)	Mike Neag
5/28 thru 8/6	Tim's Towpath Challenge	Tim Lavey
5/31	AC Foodbank	Sharon Kaffen
6/8;11;18;22;25	Tim's Towpath Challenge	Tim Lavey
6/14	AC Foodbank	Sharon Kaffen
6/15	Norbert's Big Ride	Norbert Majerus
6/20	Summer Solstice Sarah's	Betty Wise
6/22	Craft Beer Tour #2	Mike Neag
7/6;9;13;23;27	Tim's Towpath Challenge	Tim Lavey
7/18	CBT #3 at Royal Docks	Mike Neag
7/20	Annual Golf Outing	Les Wise
7/23	Craft Beer Tour #4	Mike Neag
7/26	Rubber Ducks	Suzanne Nappi
8/4	Annual Picnic	Mike Neag
8/6 & 8/17	Tim's Towpath Challenge	Tim Lavey

8/9	Pop Up Euchre	Kathy Neag
8/16	AC Foodbank	Sharon Kaffen
8/29	CBT#5 at Akronym Brewing	Mike Neag
9/5 & 9/7	Wildflower Walk #3	Tim Lavey
9/7;17;21;24;26	Fall Hiking Spree #1-4	Sharon Kaffen
9/12	CBT#6 Missing Mountain	Mike Neag
9/14	O.S. Bike and Hike-Creston	Mike Neag
9/28	Camille's Whiskey Island Bike	Camille Barbuto
10/1;5;10;15;22	Fall Hiking Spree #5-9	Sharon Kaffen
10/12	CVSSC Road Rally	Mary Beth Grether
10/17	Winery at WolfCreek	Mike Neag
10/18	AC Foodbank	Sharon Kaffen
10/25-26	Salt Fork Overnight	Sharon Kaffen
11/2	Fall Hiking Spree #10	Sharon Kaffen
11/8	Chili Cook Off	Teresa Gifford
11/24	Warren Miller Event	Tim Lavey
12/10	Annual Christmas Party	Tim Lavey
12/20	AC Foodbank	Sharon Kaffen
12/21	Selfless Elf 5k	Mike Neag





## Marketing Officer ~ Sharon Kaffen

You blink and another year has gone by! Luckily, we have found a way to pack our years with as much fun and activity as possible!

Let's make 2025 one of the best ever. Invite your friends and family to join us for hikes, bike rides, Euchre parties, and all those other things that we love doing.

Thanks to all who volunteered at the Akron Canton Regional Food Banks throughout 2024. I am in the process of getting us set up for 2025. The dates are tentative but will be firmed up during January.

We're also still looking for volunteers to arrange our Winter Hikes! Thanks to Camille, Bob, Derek and Sally for their input.

Oh, and join us on the slopes of Boston Mills starting January 6, 10:00 AM.

### **Akron-Canton Regional Food Bank - Sharon Kaffen**

Get ready for another year of giving at the Akron and Canton Food Banks!! The schedule will start in February and will follow pretty much the same as last year. All but one of our visits will be on the third Friday of every other month. The April visit will be on the second Friday, avoiding Good Friday! As usual, we'll help out 9:00 – 11:30 AM. Locations will be announced as soon as the Food Bank has us set up!

February 14	April 11	June 20	August 15	October 17	December 19
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And a big thanks to all who bagged "Cheerios" on December 20!



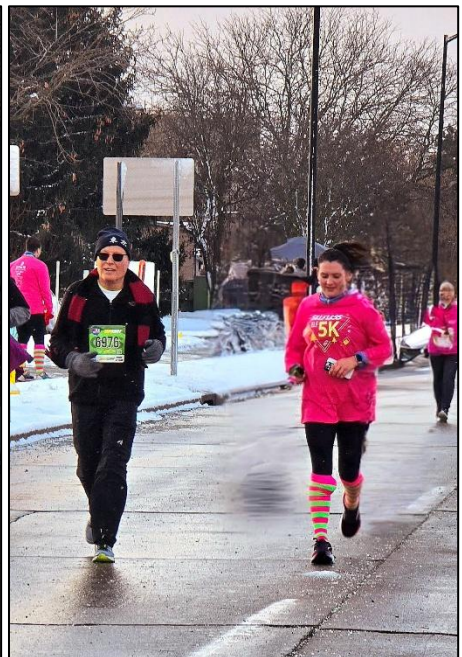
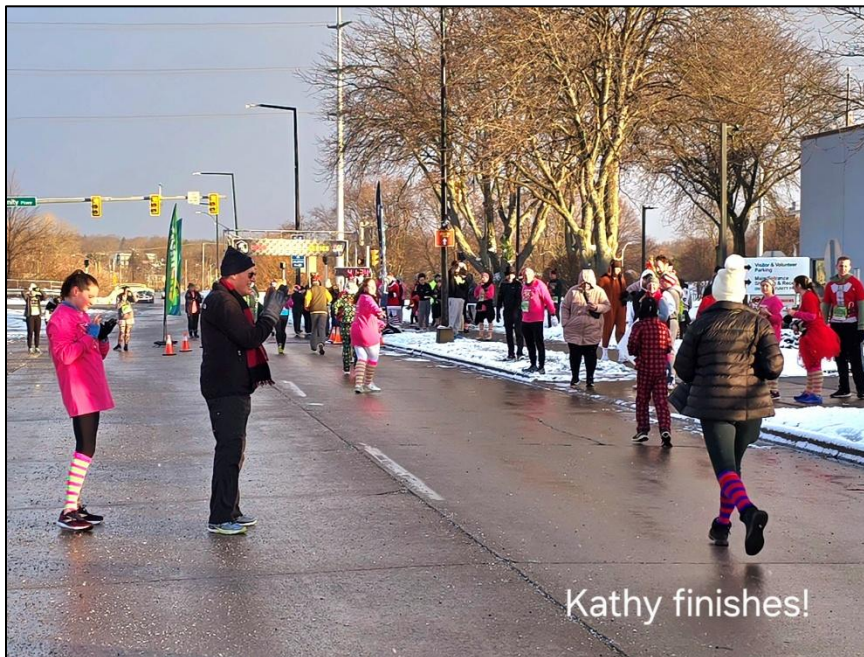
## CVSSC Bulletin Board

Send me your items to put on the website [CVSSC Bulletin Board](#) (and I'll pass them along to Tim for the hard copy!) Remember, this is for things that you are doing that aren't actually club events but could be enjoyed by some members.

New addition: Ron and Sharon will be attending Houston Hall's presentation of 'HARVEY' on Sunday, January 19. Doors open at 1:00 PM for brunch; the show starts at 2:30 PM. \$25 includes brunch. Charlie does need a head count for brunch, so let me know if you plan to go!!

## Selfless Elf 5K

It wasn't a very pretty day, and several of us were not healthy enough to make the trip (although we still got the shirt and socks)! But the 'Die-Hard Neags' and Derek represented us very well! We promise to have a bigger group next year. Also, thanks to Lindsey Neag Shoup for supporting us!



JUMBLE SOLUTION : LOBBY, BLURB, COPPER, BAKERY, -- "BUBBLY PEOPLE"

## Christmas Party ~ Tim Lavey

What a great party! It was great to see so many familiar and friendly faces. We were all so busy socializing before dinner, we forgot to hit the appetizer table. Now that's what I call a 'real social' social club. The appetizers were great by the way. I especially liked the cranberry roll-up. Yummy. I hope everyone had enough to eat. I know I did.

The basket raffle was outstanding. If you like chocolate, we had baskets for you. If you like wine and cheese, we had baskets for you. If you like adult beverages, we had baskets for you. We had a lot of really nice baskets, plus some nice homemade craft items. Thanks to Les and Linda for the craft items, and thanks to everyone who donated a basket to the raffle. Please, check out the donation list in this month's newsletter for a complete list, and thanks to Kathy for making the list.

I would like to thank our major corporate donors. Peek'n'Peak Resort donated vouchers for 2 lift tickets. Holiday Valley donated vouchers for 2 lift tickets. Snow Trails donated vouchers for 2 lift tickets, rentals, and group lessons. The Cleveland Monsters donated vouchers for 2 tickets to a Monsters hockey game.

I'd like to thank Randy for making a donation to the Club when he won the 50/50 raffle at Salt Fork. I used the money to buy the Xmas Cacti used as the table centerpieces. When I bought them, they had some nice blooms, but they promptly fell off when I got them home. I apologize for that. I'm not good with house plants. In spite of that I hope they made for nice raffle prizes. Hopefully they will all rally in their new homes. I would like to hear how they are doing, so please let me know how they look if you took one home.

Yes, we saved the best for last – my favorite event, the ugly sweater contest. It was a competitive field, and it came down to 3 ugly sweaters in the finals. Eric's ugly Christmas T-shirt, Vickie's ugly sweater, and Ralph's homemade ugly sweater. It was a tough match, but Ralph took home the prize with a little help from Bari. Now we have a champion, so what about next year? Yes, we will have another ugly sweater contest, so keep your eye out for an ugly sweater. Maybe you can become next year's champion.

Thanks to all who helped make this a special event, and thanks to all who came. It was great to see you!

Thank you. Thank you. Thank you.

*Pictured: Sharon with 40/30/30 Raffle winners: \$124 went to CVSSC, Randy Grether won \$94, and Scott Kahler won \$94.*

*Ugly sweater finalist Eric Young with winner Ralph Leidy.*







Galaxy S24 Ultra



Galaxy S24 Ultra



Galaxy S24 Ultra



## Basket Raffle

Thanks to all who donated to the basket raffle. After the raffle, Tim collected all the unclaimed tickets from the basket raffle and gave away the Christmas Cacti centerpieces.



ITEM	DONOR	WINNER
Cookies & Chocolate	Neags	Mary Beth Grether
Candy Cane Liquor	Judy Ripple	Paula Lavey
Wine & Food	Joan Leidy	Vickie Pavell
Games Night	Rances	Vickie Pavell
North Face Vest	PRW Group, P Webber	Sharon Kaffen
Dandelion Basket	Paula Lavey	Teresa Gifford
Dinner & Vienna Treats	Diana Kunze	Vickie Pavell
Holiday Valley Tickets	Holiday Valley	Teresa Gifford
Ghirardelli Chocolate	Kaffens	Ralph Leidy
Peek'n Peak Tickets	Peak'n Peak	Bob Swidarski
Cleveland Monsters Tickets	Cleveland Monsters	Sharon Kaffen
Lighted Xmas Tree	Les Wise	Linda Slicker
Piggy Banks	Les Wise	Paul Webber
Snow Trails Tickets/Lesson	Snow Trails	Jody Payne
Breathe Better Purifier	Eric Young	Randy Grether
Winers Delight	Grethers	Bonnie Schaaf
Goggles	Jim Betz	Guy Cottle
Beauty Accessories	Judy Ripple	Linda Yelinek
Santa Wine	Linda Slicker	Jim Betz
Wine & Candles	Bob Swidarski	Joan Leidy
Candy Jar	Betty Wise	Scott Kahler
Christmas Cacti	Randy Grether	Various

# ChatGPT on a Healthy Satisfying Life ~ Mike Neag

According to available research what are the key 3-6 factors in living a healthy, satisfying life?

ChatGPT said: Living a healthy and satisfying life is influenced by a variety of factors that are interconnected. According to research across fields such as psychology, public health, and longevity studies, some of the key factors that contribute to overall well-being include:

## **1. Strong Social Connections**

Importance: Having supportive relationships—whether with family, friends, or community—has been consistently linked to better physical and mental health, longer life expectancy, and greater life satisfaction. Social connections help reduce stress, provide emotional support, and contribute to a sense of belonging and purpose.

Research: Studies like the Harvard Study of Adult Development have shown that strong relationships are one of the most significant predictors of long-term happiness and health.

## **2. Physical Activity and Exercise**

Importance: Regular physical activity is crucial for maintaining physical health, but it also has profound benefits for mental health, improving mood, reducing stress, and boosting cognitive function. It can help prevent chronic conditions such as heart disease, diabetes, and obesity, and contribute to a longer, healthier life.

Research: Exercise has been shown to enhance brain function and protect against mental health disorders like anxiety and depression. Studies suggest that even moderate, regular exercise can have significant long-term health benefits.

## **3. Adequate Sleep**

Importance: Sleep is vital for overall well-being. Consistent, high-quality sleep is essential for physical health, cognitive function, and emotional regulation. Poor sleep has been linked to a range of health issues, including weakened immunity, cognitive decline, and increased risk for chronic diseases.

Research: Sleep researchers like Matthew Walker emphasize that sleep is foundational to maintaining a healthy mind and body. Lack of sleep can increase the risk of heart disease, diabetes, and mental health disorders.

## **4. Mental and Emotional Well-being**

Importance: Having a positive outlook, managing stress, and cultivating resilience are key to overall life satisfaction. Emotional well-being includes factors like self-compassion, gratitude, and the ability to cope with life's challenges.

Research: Studies on happiness and well-being, such as those from positive psychology (e.g., the work of Martin Seligman), suggest that a positive mindset, emotional regulation, and practices like mindfulness or gratitude can enhance life satisfaction and reduce the risk of depression and anxiety.

## **5. Healthy Nutrition**

Importance: A balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats is fundamental for physical health and energy. Nutrient-dense foods support the body's systems, reduce inflammation, and improve mood and cognitive function.

Research: Nutritional studies show that diets high in processed foods and low in essential nutrients are linked to an increased risk of chronic diseases like obesity, diabetes, and cardiovascular diseases.



Conversely, diets rich in antioxidants, vitamins, and minerals are associated with better health outcomes and longevity.

## 6. Purpose and Meaning in Life

**Importance:** Having a sense of purpose or meaning in life is a strong predictor of health and well-being. This can come from work, hobbies, volunteering, or any activity that provides a sense of fulfillment and direction.

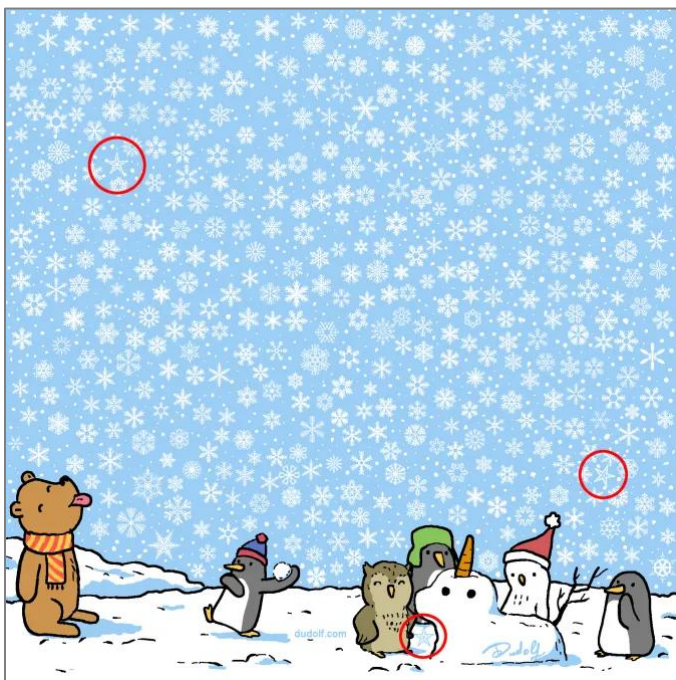
**Research:** The “Blue Zones” studies, which examine regions where people live the longest, consistently find that having a sense of purpose is a key factor. People with a clear sense of purpose tend to live longer, healthier lives, with lower risks of mental health issues and chronic diseases.

### Honorable Mentions:

**Financial Stability and Security:** While wealth alone doesn’t guarantee happiness, financial stability can reduce stress and provide access to resources that promote health and well-being.

**Self-Compassion and Acceptance:** Research by Kristin Neff and others indicates that self-compassion—being kind to oneself during tough times—promotes better mental health, emotional well-being, and resilience.

In summary, leading a healthy and satisfying life typically involves nurturing both your physical and mental well-being, building and maintaining strong relationships, staying active, eating a balanced diet, getting enough rest, and finding purpose in daily life. These factors create a synergistic effect, each contributing to a life of greater health and fulfillment.



## Exploring Akron’s Hidden Charitable Landscape: A Call to Action

This article marks the first in an ongoing series that delves into the human capital supporting Akron and surrounding communities. My goal in writing this series focuses on three key objectives: first, to illuminate the diverse services available within our region; second, to foster a deeper understanding of these organizations’ impact; and third, to encourage you to actively contribute—through time, talent, or treasure—to the causes that inspire you in our shared community.

Akron area’s extensive network of charitable governmental and community services is little short of staggering. And yet, despite this intricate framework, many of us remain largely unaware of the resources that underpin our thriving, successful, community. We are privileged; we own a wealth of experience. Most likely we support the causes special to us through direct service or philanthropically. But even in the face of our generosity the needs around us remain substantial. There is much to be done; we can help. Let’s get started.



The “**Akron Community Foundation**” – everywhere, everyone, all the time.

**Overview:** The Akron Community Foundation (ACF) is a nonprofit organization that serves as a central philanthropic hub for the greater Akron area and all of the surrounding communities and townships. Founded in 1955, the foundation has grown into one of the region’s leading philanthropic entities, providing grants and other resources to support a variety of causes. The mission of ACF is to enhance the quality of life for residents of Akron and the surrounding areas by managing a diverse range of funds that are committed to enriching lives through the arts, civic improvement/community services, education, health care, and human services.

**Impact:** Beyond the many projects that ACF currently funds every year, we should note the continuing impact of the foundation in Akron’s history. When the city faced economic decline in the manufacturing sector (especially tires) in the 1980s and 1990s, the foundation stepped in to fund numerous programs to aid displaced workers, improve public education, and revitalize downtown Akron. As Akron evolves and our economy changes, ACF will continue its commitment to meeting the community’s ever-changing needs.

**Financials and Leadership:** Akron Community Foundation is primarily funded through a \$250M+ endowment that directs millions of dollars toward more than 350 charitable projects (ca 2023-24) each year. The endowment is funded through corporate and individual donations (you can set up an account on their website if you’d like!) that support its grant making mission. The ACF operates with a small, dedicated team of 20-25 that includes grant administrators (that vet/review *all* project activities), fundraisers, marketing experts and operations staff. ACF is known for efficiently managing expenses with recent financial reports (publicly available) showing that approximately 85-90% of the foundation’s income is directed toward community grants and initiatives, with only 10-15% going toward operational expenses.

You can learn more about ACF thorough their website (<https://www.akroncf.org/>). Interested in learning how you can support ACF? Contact Christina Gonzales by email at [cgonzalezalcala@akroncf.org](mailto:cgonzalezalcala@akroncf.org) or call her at 330-436-5626.

Thanks! Mike

CVSSC Presents ~ Drive Yourself  
"Hike the Hills at Hocking Hills State Park"



Friday May 2 to Sunday, May 4, 2025

Member Price: \$360\*

**Price Includes:**

- 2-night lodging at [Hocking Hills Lodge and Conference Center](#).
- The price is per person based on double occupancy.
- Breakfast is included both mornings, but all other meals will be at your own expense.

\*Member early sign-up price: \$350 (before Feb. 2, 2025)

\*Non-member price: \$370

Make checks payable to Cuyahoga Valley Ski and Social Club. Mail payment and signed trip agreement to the trip leader no later than February 26, 2025.

**Trip Leader:**

Joan Leidy  
1633 Halifax Way SE  
North Canton, OH 44709

Phone: 330-904-7379  
Email: [jleidy@comcast.net](mailto:jleidy@comcast.net)

## 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.