



Cuyahoga Valley Ski and Social Club Newsletter ~ March 2025

Officer Reports

President ~ Tim Lavey

Remember we are having elections in April. The positions up for election are Officer in Charge of Marketing, Vice President, and Treasurer. If you are interested in becoming an officer, please contact one of the current officers. We will be glad to help you. At the March meeting we will have the official nominations for the upcoming election.

I hope you have been enjoying all of the great skiing we've been having this year. We continue to meet at Boston Mills on Monday mornings. I can report that the skiing at Boston Mills has been very good. I can also report that a small group of brave travelers went to Peek'n Peak for a serve-yourself side trip. The skiing was good, and it was not crowded at all. However, the drive was rough. I've been making the run down I-90 to New York for many years, but this was one of the worse rides that I have experienced. Black ice covered the road from the Ohio border all the way to I-79. The carnage was unbelievable. Semi-trucks were jack-knifed across the road, and many cars and pickup trucks were crashed into the berms and medians. Luckily the eastbound lanes were able to keep moving at a snail's pace. The westbound lanes were totally blocked in a number of places. Unbelievably, on the return trip all of the carnage was cleaned up and the road was open. I hope to make another side trip to Peek'n Peak in March. I will announce the details at the March meeting. If you are interested in going to Peek'n Peak, drop me an email, and I'll make sure you know when we are going.

Cleveland Metro Ski Council ~ Tim Lavey

Our ski club and all our members belong to the Cleveland Metro Ski Council (CMSC). CMSC offers a number of benefits to our club, and I would like to mention a few here. The CMSC racers are having a banquet on April 5 at Reinecker's Bakery, 8575 S. Freeway Drive, Macedonia. All CMSC members are invited. I will have more details when they become available. The CMSC golf outing will be on Sunday, July 27 at Mayfair Country Club. Next year's (2026) ski trip will be in Japan. The 2026 summer trip will be to the Dalmation Coast. Check out the CMSC website at skicleveland.com for more information.

Contents

<i>President's Report</i>	<i>1</i>
<i>Announcements</i>	<i>2</i>
<i>Winter Hiking Series</i>	<i>3</i>
<i>Trip Officer's Report</i>	<i>4</i>
<i>Euchre Tournament</i>	<i>5</i>
<i>Scotch Doubles Bowling</i>	<i>6</i>
<i>Waterfowl Migration</i>	<i>7</i>
<i>Marketing Officer's Report</i>	<i>8</i>
<i>Superbowl Party</i>	<i>9</i>
<i>Akron Canton Foodbank</i>	<i>10</i>
<i>Vice President's Report</i>	<i>11</i>
<i>Red Oak Behavioral</i>	<i>13</i>
<i>Sun Valley Report</i>	<i>14</i>
<i>Hocking Hills Trip Flyer</i>	<i>20</i>
<i>Trip Agreement</i>	<i>21</i>
<i>Membership Application</i>	<i>22</i>



CVSSC Meeting
Tue, Feb 11 at 6:30 PM
Chili's Montrose
4022 Medina Rd, Akron

Upcoming Social Events



March Birthdays

- 02 Mary Beth Grether
- 03 Eric Young
- 06 David Hall
- 07 Bob Swidarski
- 11 Joe Zema
- 12 Shari Williams
- 17 Patrick Gipson
- 21 Rob Winston
- 23 Mike Neag
- 28 Kevin Flynn
- 30 Judy Harrison

Winter Wildflower Walk – Sunday, March 9 at 3 PM

Contact Tim Lavey at 330-687-4623. See page 3.

CVSSC Monthly Meeting – Tuesday, March 11 at 6:30 PM

Chili's Montrose, 4022 Medina Rd, Akron OH 44333
 Dinner at 6:30; business meeting at 7:30. We will take nominations for Vice President, Treasurer, and Officer in Charge of Marketing.

Winter Walk #9 – Saturday, March 15 at 3 PM

Contact Paula Lavey at 330-730-5731. See page 3.

Spring Waterfowl Migration – Wednesday, March 19 at 9 AM

Contact Tim Lavey at 330-687-4623. See page 7.

Winter Walk #10 – Sunday, March 23 at 3 PM

Contact Sharon Kaffen at 330-620-4190. See page 3.

Winter Walk #11 – Sunday, March 30 at 2 PM

Contact Derek Rance at 216-258-4379. See page 3.

Akron Food Bank – Friday, April 11 at 9:00 to 11:30 AM

Contact Sharon Kaffen at 330-620-4190. See page 10.

Euchre Tournament – Friday, April 25 at 5:00 PM

Contact Cheryl Gray at 330-687-7758. See page 5.

Hike the Hills at Hocking Hills – Friday, May 2 to Sunday, May 4

Contact Joan Leidy at 330-904-7379. See page 20 for details.

Scotch Doubles Bowling – Friday, May 16 at 6:00 PM

Contact Linda Slicker at 330-416-6065. See page 6 for details.



Feb 50/50 Winner Ken Neff

Cuyahoga Valley Ski and Social Club

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



Office	Name	Email	Phone
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Vice President	Mike Neag	vicepresGSCI@gmail.com	330-888-9050
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Winter Walk Series - Sharon Kaffen

It has been a little tougher to squeeze in our winter walks between snow and ice. But we have a dedicated bunch who, even if we can't hike, find a way to make it to 'food/drinks to follow'!

We still have four more weeks of winter walks! And as the weather gets a little warmer, these should be much easier weatherwise. We're taking a week off while many of us take off for Snowmass, but we'll be back for our March 9 flower walk with our very own Tim 'the Flower Guy!' The weeks to follow will take us to Sippo Lake (Paula), Buckeye Woods, and Blue Heron (Sally and Derek). See you out there!

Thanks to all who have offered their favorite trails for our winter walk series! It looks like we have completed our schedule, but if you missed out on the winter walks, save your ideas for our spring hikes!



Date	Host	Hike	Address	Eat/Drink
Walk #8 3/9 Sun 3:00 PM	Tim Lavey	Flower Walk Hinckley Reservation	Hinkley Lake Boathouse 1 Metropolitan Park West Hinckley	Musketeers Grill 3027 Brecksville Rd Richfield
Walk #9 3/15 Sat 3:00 PM	Paula Lavey	Sippo Lake Park North Entrance	Exploration Gateway 5712 12 th Street NW Canton, OH 44708	Bombay Sitar 5111 Fulton Dr NW Canton
Walk #10 3/23 Sun 3:00 PM	Sharon Kaffen	Buckeye Woods	6335 Wedgewood Rd Medina	On Tap Medina 2736 Medina Rd Medina
Walk #11 3/30 Sun 2:00 PM	Derek/Sally Rance	Blue Heron Trails	3227 Blue Heron Trace Medina	Blue Heron Brewery 3227 Blue Heron Trace Medina



Euchre Tournament

Friday, April 25 at 5:00 PM

Cheryl Gray
2218 Canterbury Circle
Akron, OH 44319

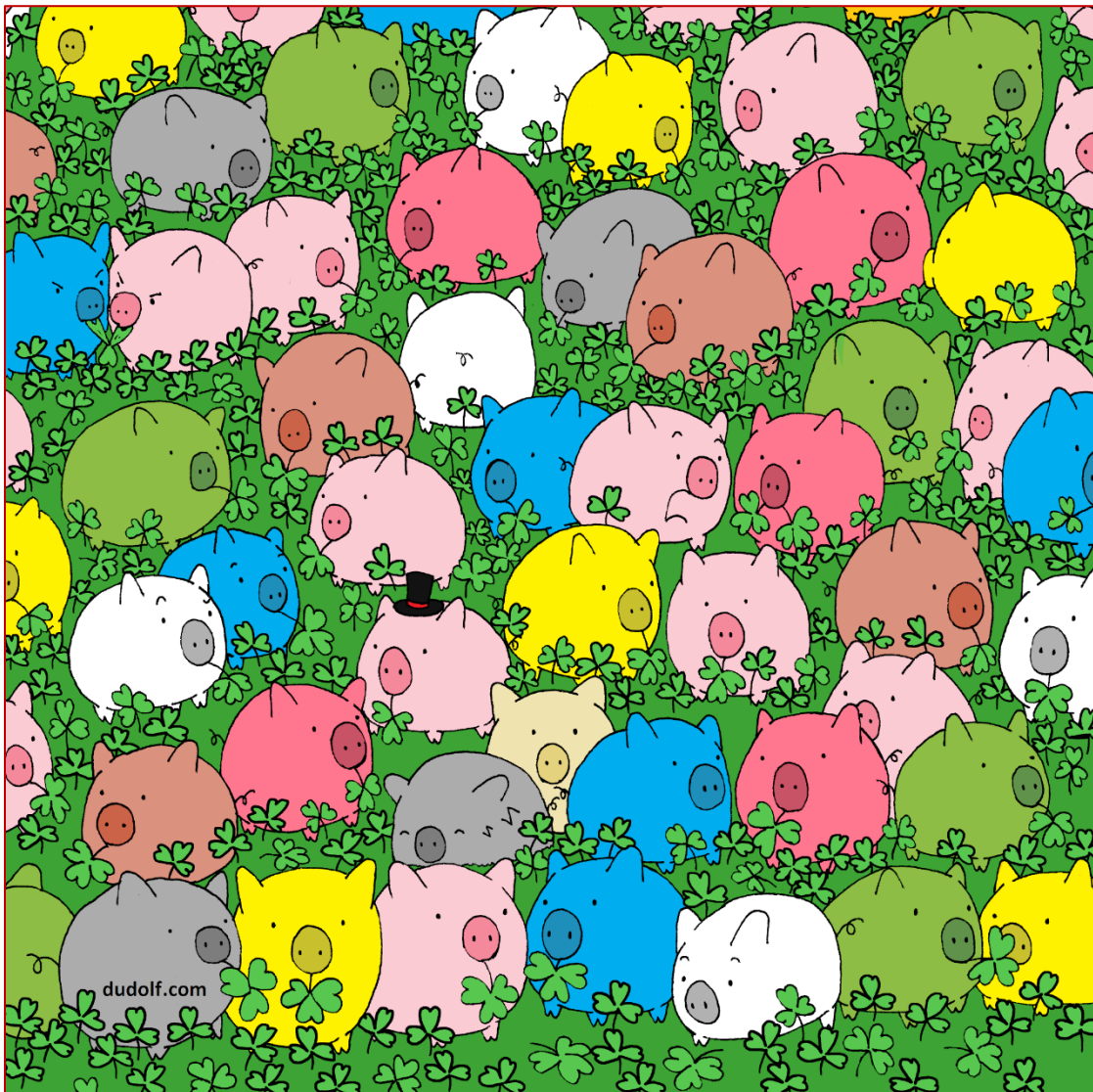
- \$5 entry fee per player
- Limited to 16 players
- BYOB and a dish to share



Contact Cheryl Gray at 330-687-7758 to reserve your spot.

Can You Find the Four-Leaf Clover?

Hungarian cartoonist Gergely Dudás, better known as Dudolf, has hidden a single four-leaf clover somewhere in this springtime scene among the pigs in clover. The solution is on page 12.



Scotch Doubles Bowling

Kent Lanes
1524 S. Water St, Kent

Friday May 16
6:00–9:30 PM



Cash bar available

\$30.00 per 2-person team includes:

- 3 games
- Shoe rental
- Light appetizers

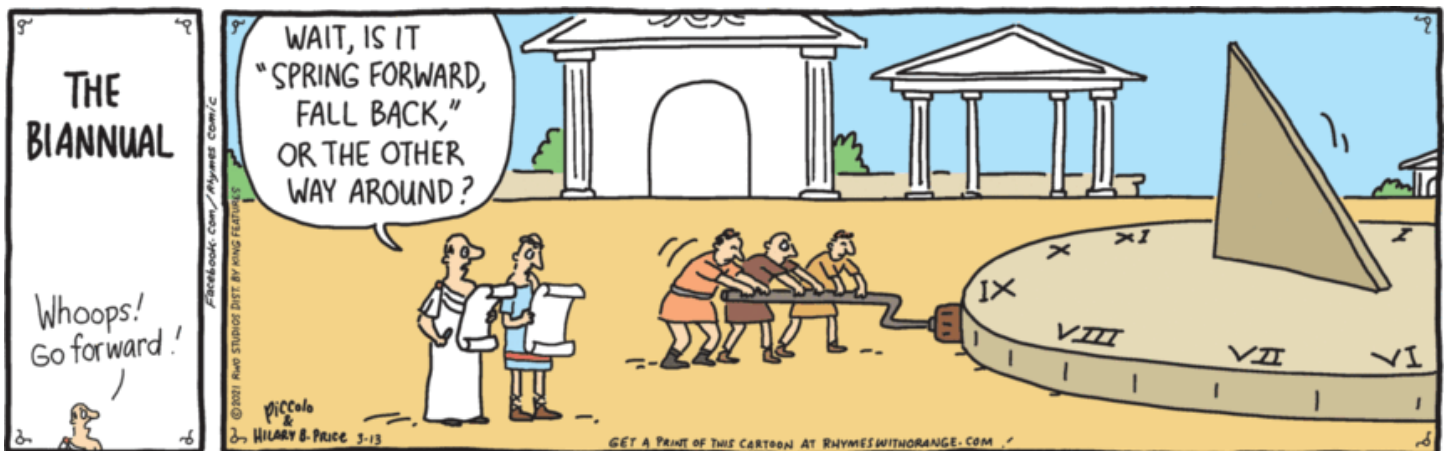
Singles welcome! (\$15 per person)

Bowler #1 _____

Bowler #2 _____

Cash or checks payable to Cuyahoga Valley Ski and Social Club. Bring completed application and fee to the business meeting or send completed application and fee to:

Linda Slicker
482 W. Sturbridge Dr
Medina, OH 44256
Phone:(330) 416-6065

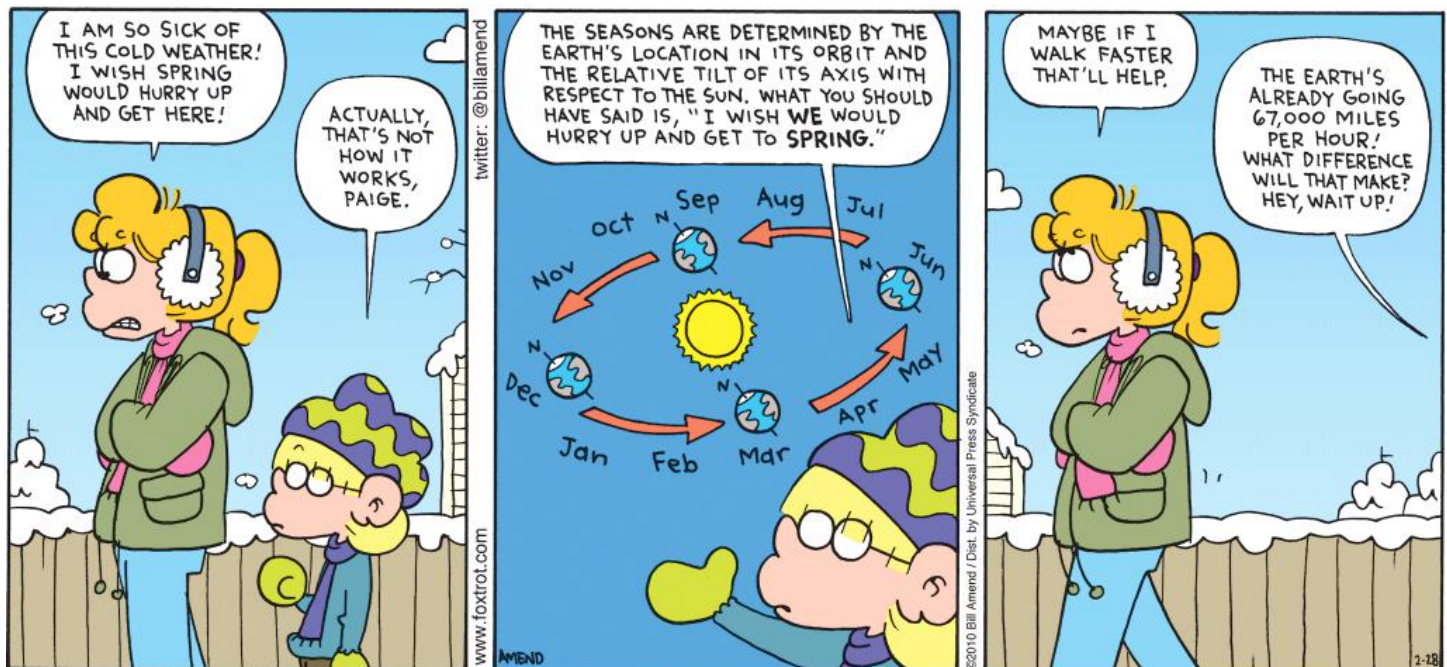


Spring Waterfowl Migration ~ Tim Lavey

Wednesday, March 19 at 9:00 AM, Nimisila Reservoir boat launch

Spring migration has begun. So, let's go out to the Nimisila Reservoir and look for waterfowl! This will be a side trip for the sideboard, not an official club outing. Birders are a tough bunch. It's not like looking for wildflowers where you stroll through the park on a sunny afternoon. No, birders get up early and stand around in rotten weather looking for birds that are hiding in the shrubberies. Luckily for us, Lake Nimisila is not the harsh environment birders are accustomed to. I don't think we will experience many hardships, and I'm confident we will see a lot of birds.

We will meet at 9 AM at the Nimisila Reservoir boat launch on South Main Street at the intersection with West Nimisilia Rd. There is a traffic light here, so as you travel on South Main it should be easy to find. From there we will take a driving tour to a variety of viewing points and will finish with a 1-mile walkabout. The first outing will be on Wednesday, March 19. We will meet once a week until the migration is over. Hope to see you there.



Travel Tales ~ Tim Lavey

What if you went on a trip without a smartphone? There would be no pictures of daring do and merriment to share with your friends, so how could you share the adventure. Well, you would talk about it, of course. The spoken word. Everyone loves listening to a good story. An even better way to tell a story is to write it down. Why don't we start a travel column in our newsletter? We are a travel club, and I think it would be nice if we had an opportunity to share our travels with our fellow members. A few pictures would be nice, but it is the story that we are after, the written word that captures the drama of the moment and preserves that moment for all to enjoy.

Looking forward to reading your stories of daring do and merriment!

Marketing Officer ~ Sharon Kaffen

Well, it looks like we're going to make it through this wonderful winter full of snow! It hasn't been quite as conducive to hiking as last year, but it has been truly a 'real winter'! Ron and I were at Boston Mills this morning and there is still so much snow!

We still have four more weeks of winter walks! And as the weather gets a little warmer, these should be much easier weatherwise. We're taking a week off while many of us take off for Snowmass, but we'll be back for our March 9 Flower Walk with our very own Tim 'the Flower Guy'! The weeks to follow will take us to Sippo Lake (Paula), Buckeye Woods (Sharon), and Blue Heron (Sally and Derek). See you out there!

We had a great visit to the Canton Food Bank in February. We spent over two hours sorting large amounts of frozen meats that will be distributed to the needy in Stark County as the need grows even more. Please join us on one of our future visits!

Akron-Canton Regional Food Bank

We're off to another year of giving at the Akron and Canton Food Banks!! We had a new experience this time...sorting meat! We got to sort hundreds and hundreds of pounds of frozen donated meat into huge boxes of poultry, pork, beef, seafood, miscellaneous, and ice cream! Ron and I had to leave right after to head to Virginia. I hear the group visited Samantha's in North Canton for lunch and enjoyed it very much.



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.

2025 Super Bowl Party with Bob Swidarski

We had a great time watching the game (well not so much the game) AND the commercials! It was so nice of Bob to open his home to us...and he made some great pizza, wings, and little weenies in blankets! We'll definitely do it again next year!



Boston Mills Mondays - Sharon Kaffen

I think everyone agrees...Boston Mills has never had snow this nice! And we have heard that they plan to stay open into April! We'll see...



Akron-Canton Regional Food Bank ~ Sharon Kaffen

Our next volunteer day will be April 11 (the second Friday, so that we miss Good Friday!). The rest of this year's schedule is listed below and will follow pretty much the same as last year. All but one of our visits will be on the 3rd Friday of every other month. All of our Food Bank events run 9:00 am - 11:30 am.

Day	Date	Time	Location
Friday	April 11	9:00 to 11:30 AM	350 Opportunity Pkwy, Akron OH 44307
Friday	June 20	9:00 to 11:30 AM	350 Opportunity Pkwy, Akron OH 44307
Friday	August 15	9:00 to 11:30 AM	350 Opportunity Pkwy, Akron OH 44307
Friday	October 17	9:00 to 11:30 AM	1365 Cherry Ave NE, Canton OH 44714
Friday	December 19	9:00 to 11:30 AM	350 Opportunity Pkwy, Akron OH 44307

PLEASE COMPLETE A VOLUNTEER APPLICATION – If you have not volunteered with the Foodbank in the past 2 years, please complete a volunteer application.

[Adult Volunteer Application](#)

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

Akron Main Campus: Please park in our visitor/volunteer lot and enter through our front glass doors. The Akron-Canton 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.

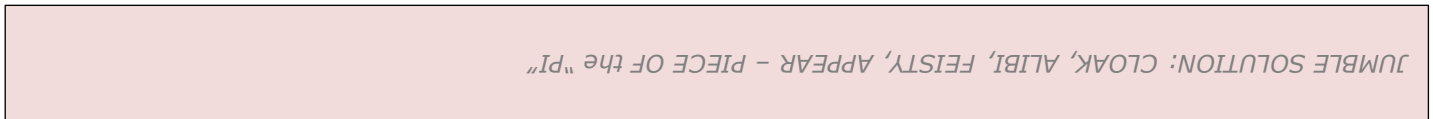
[Get Directions.](#)

Stark County Campus: Please park in our visitor/volunteer lot and enter through our front glass doors. The Regional Foodbank's Stark County Campus is located at 1365 Cherry Ave. NE, Canton, Ohio 44714.

[Get Directions.](#)

What to wear:

- Per Centers for Disease Control and Prevention COVID-19 and mask guidance, masks are optional for guests and volunteers.
- 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.



Ultra-Processed Food ~ Mike Neag

About those Fruit Loops: Thinking back to my 6th grade social studies class in the early 1960s, we learned that the planet's population would more than double – from 3 billion to over 6 billion – by 2000. And we were warned: Doubling the population in a few short years meant that there wouldn't be enough food for everyone. Many experts (*The Population Bomb* by Paul Ehrlich, 1968) predicted a world with widespread famine: Population growth would outpace food production and there was no way there'd be enough to go around. In the eyes of a prepubescent 12-year-old, the future was grim. Starving millions!



So, what actually happened? Well, the population did indeed double, but the starving millions? Nope. It turns out humans had an answer...well two^{1, 2} actually. The first was the "green revolution" – high-yield crops (genetics), pesticides (chemistry), and advanced irrigation (engineering) – gave us a *lot more food*. The second came with highly processed foods – foods transformed by adding industrial preservatives, artificial colors, sweeteners, flavorings, and emulsifiers. According to the UN, the average daily food supply available for a person in the rich world jumped by over 20% between 1961 and 2021, to 3,500 kilocalories. Plenty for all.

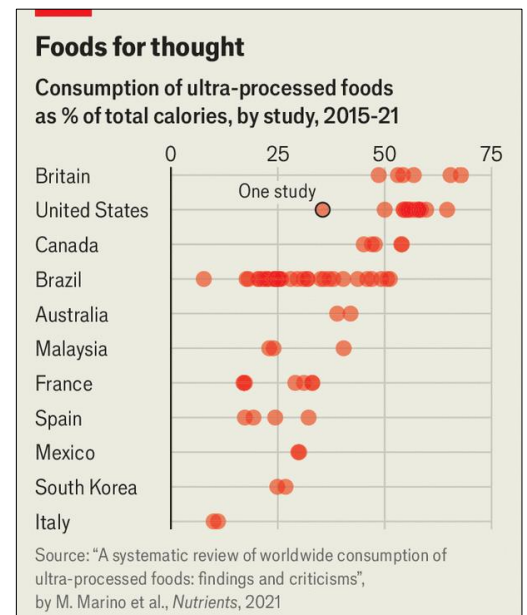
Ultra-processed foods (UPFs) include almost all packaged snacks like chips, candy, cookies, crackers, sugary cereals, ready-to-eat meals, and soft drinks. UPFs are also ubiquitous in the fast-food industry

where mass production techniques and preservatives help to ensure uniformity and shelf stability.

Tasty snacks or health hazard? Enjoying those tasty, processed foods come with a caveat: UPFs are strongly linked to many chronic illnesses^{3,4}. A comprehensive review⁵ (British Medical Journal) of 45 studies with 10 million participants in total linked ultra-processed foods to an increased risk of dying of any cause and 32 different health conditions. In spite of this work and claims otherwise, research connecting health and UPFs remains elusive. Observational research with humans presents too many uncontrolled variables to make a concrete connection.

There has been work with controlled variables that you might find interesting. A study published in 2019 by the US National Institutes of Health⁶ (NIH) compared the effects of ultra-processed or minimally processed foods in the diets of 20 adults over 4 weeks. The results were striking. People on the ultra-processed diet ate about 500 more calories per day than those on the unprocessed one. They also ate faster and gained an average of 1kg (2.2 pounds) over two weeks. On the other diet, participants lost a similar amount of weight. I hear that GOLO emphasizes eating whole foods and avoiding all processed foods.

Who? As the graphic at the right shows, more UPFs are consumed in Britain, the US and in Canada than any place else in the world. They are also disproportionately consumed by lower



socioeconomic groups. Why we eat more probably comes down to cost, distribution networks, (capitalism is very efficient) and the fact that these foods are made to be irresistible. UPFs often contain combinations of nutrients – higher in either fat and sugar, fat and salt, or carbohydrates and salt – known as “hyper-palatable” mixes. These combinations tend to encourage people to eat more quickly, not giving the gut enough time to tell the brain that it is full.

Keep in mind that very smart people with degrees in human physiology and psychology are working hard in food labs to keep their jobs. That means they need you to stay with their products, and they are indeed good at it.

What about You? So, given this information, what should you do? Most of us, thankfully, understand the benefit of exercise; maybe it’s a good time to look more closely at our diet. It’s always a choice. Now you know.

Excellent, informative references follow!

¹[Green revolution: impacts, limits, and the path ahead - PubMed](#)

²[Global nutrition transition and the pandemic of obesity in developing countries - PubMed](#)

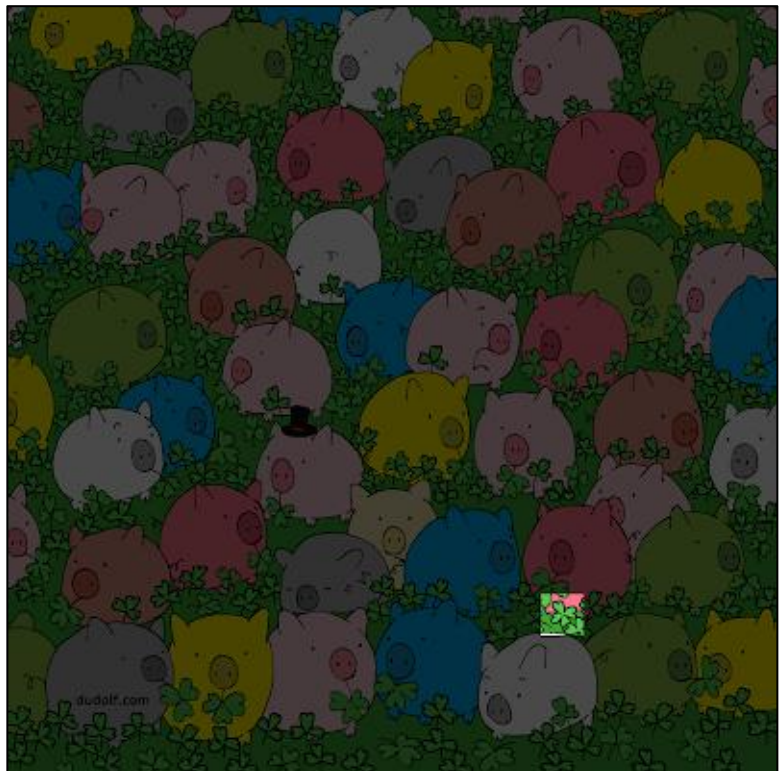
³[What makes ultra-processed foods so bad for your health?](#)

⁴[Scientists are learning why ultra-processed foods are bad for you](#)

⁵<https://www.bmj.com/content/384/bmj-2023-077310>

⁶<https://www.cc.nih.gov/about/news/newsletter/2019/summer/story-01>

⁷<https://pubmed.ncbi.nlm.nih.gov/34444936/>



Exploring Akron’s Hidden Charitable Landscape: Continuing the Call to Action ~ Mike Neag

This article marks the third in an ongoing series looking into the network of organizations that support so many in Akron and our surrounding communities. Recall the series objectives – first, illuminate: we live in a terrific city; second, understand: these organizations help so many; third, encourage: we need you to contribute your time, talent, or treasure. Please help where you can. Let’s look at how Red Oak Behavioral <https://redoakbh.org/> provides support for Akron. You may not be aware, but they raise us all up.

Inner City Reality: What would you say to a 15 year old who looks you in the eye and gives you intimate details of a brother gut shot then run over and killed in a West Akron drive-by shooting? How would you respond when he continues, quoting his dad, “Darren, you have to be the man of the house” as his dad dies in his arms just two weeks later, shot in a domestic squabble in Parkersburg, WV? That was real...it happened. So, how would you respond to that? What do you do? You’re probably not trained for that.



Help and Hope? When personal, horrific, life-altering tragedies occur, we should all give heartfelt thanks here in Akron for organizations like Red Oak Behavioral that step in to provide support where an individual’s existing social support network is limited or non-existent. It’s so good to know that people like those at Red Oak Behavioral are there to help when life takes a grim turn and hope for the future dims, especially at 15.

Red Oak’s mission is simple: They aim to ensure that everyone – children, individuals, families, and whole communities – have access to high quality support and mental health care. Red Oak delivers much needed help to our community through six separate programs. Some of the programs are reactive, helping in life-altering traumatic situations like Darren’s, while others are proactive, stepping in at various life stages to provide intervention and ongoing support. *Examples?* Red Oak provides support through “Safe Landing” help for those facing homelessness, guidance through the iCARE mentoring program, and by providing health care professionals in 18 school districts. Red Oak has served our community since 1963 and helped almost 12k individuals last year alone. Put simply, Red Oak Behavioral provides stability and *hope*.

Employees, Volunteers, Finance: Red Oak employs a mix of full-time and part-time professionals, including therapists, social workers, case managers, and support staff. Additionally, Red Oak relies heavily on volunteers, and Red Oak welcomes individuals who are eager to give back to the community, through time or contribution. Volunteer support exemplifies the profound difference that compassionate care and community-focused individuals can make in others’ lives.

Finance: As a nonprofit organization, Red Oak Behavioral Health relies on a combination of funding sources, including government (for now) grants, private donations, and funding from community partners. They also partner with local schools and healthcare providers, which helps to subsidize their services.

Get Involved (YES, refer to me by name): *Volunteer:* Celeste Tannenbaum (330) 815-2614 ctannenbaum@redoakbh.org *Donate:* <https://redoakbh.org/be-a-donor/#give-form> Ann Robson

Mike Neag



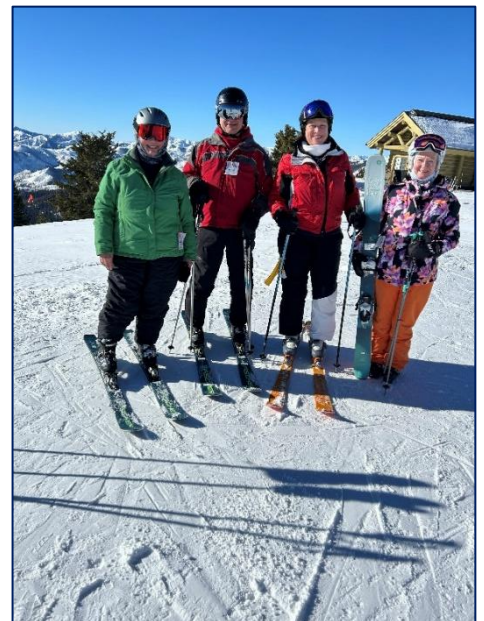


Sun Valley ~ Teresa Gifford

The club had 24 members signed up for Sun Vally before mid-July 2024 – what a long time to wait to go skiing at a place where the majority of the participants had never been. It was well worth the wait, and we had one week of the BEST skiing to start off the 2025 week trips.

On Saturday, January 25, we flew out of Cleveland at 6:15 AM, a pretty early flight with a layover in Chicago. We made it to Boise, ID on time, gathered our luggage, and boarded the bus. We headed to the closest Albertsons for a small stop for drinks and a bite to eat on the bus while headed to Sun Valley. I have to add that Norbert Majerus gave me a 100% rating as trip leader because I had a bottle opener on hand for thirsty passengers.

When we got to the resort, porters gathered our bags and took them to each of the condos. We all settled in and then scattered on Saturday night into the village near the lodge and the town of Ketchum for a bite to eat. The shuttle service was very efficient and speedy. There was a really cute movie called "Sun Valley Serenade" that played over and over on the television on Channel 2. If you have not seen this movie, you should. It was filmed at Sun Valley in the early years of the resort.



Sunday was our first day of skiing for most. It was a beautiful "blue-bird sunny day", and the conditions were great! We had our welcome party that evening. They had a trivia contest about the resort and handed out prizes for the first ones with their hands up with the correct answers. Joan Leidy and I each won a balaclava that night. We shared the party room with another smaller ski club from Winston-Salem, NC and another small ski group – I will just call them the "hot tub ski club" as they came in with their robes and ski hats right out of the hot tub! We had drinks, quesadillas, chips, and salsa that evening at the party, and we were able to set up mountain tours for Monday.



On Monday, the mountain tours started at 9:30 AM. They had all levels of tours, from beginner to advanced. Kevin (KC) Flynn had his own "private" tour as he was the only brave one who signed up to go on the advanced tour. He said it was really great! It was another majestic "blue bird" day.

Tuesday was a repeat blue bird ski day, with nicely groomed slopes. The wait times for lifts were minimal, maybe a minute if that! After skiing, some took the time to go to the heated pool and/or the hot tub that was close by the condos to soothe their bones and muscles.

Wednesday was another gorgeous, sunny day of skiing. It had warmed up a bit and sometimes it felt like the top of the mountain was way warmer than the base. All in all, it was a great day to ski. Later that evening, I had arranged a "Happy Hour" from 3 PM to 5 PM at the Village Station for whoever wanted to meet there and talk about how the ski week was going. The majority of our group showed up for discounted drinks and appetizers, while chatting and sharing stories up to that date.



Thursday, I felt like I was part of the movie "Groundhog Day" minus the Sonny & Cher song "I Got You Babe" as it was once again a spectacular blue bird, sunny, warm day in Sun Valley. Skiing was outstanding and the slopes were groomed to perfection. Chris, Frank Horvath, Dave Corl, and I decided to stay in that evening and cooked in the condo after resting and relaxing in the hot pool. Did I mention how beautiful the clear night skies were and how you could see so many stars and constellations? It was gorgeous!

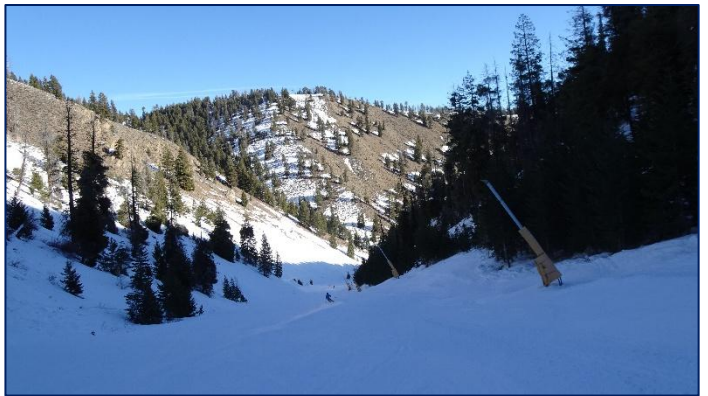
The week flew by, and it was the last day of skiing. The forecast had predicted snowfall starting around noon that day. It was 12:00 PM when it started snowing. Those weather people were spot on! The people who skied Friday found it harder to see as the snow fell. Later that day we had the "clean out your condo" party. Mary Beth & Randy Grether, Norbert Majerus and Rick Beagle hosted. We took up a collection and ordered pizzas from Wise Guys – it was a hit! Along with reminiscing about the ski week and throwing back a few drinks there were Euchre games being played as well.



Saturday morning arrived bright and early, and the porters picked up and loaded all the luggage. It was a very quiet trip back to Boise, but we were fortunate to have the same bus driver both ways from Boise and back to Boise. Kyle was awesome. We all got back to our homes safe, and there were no missing items!

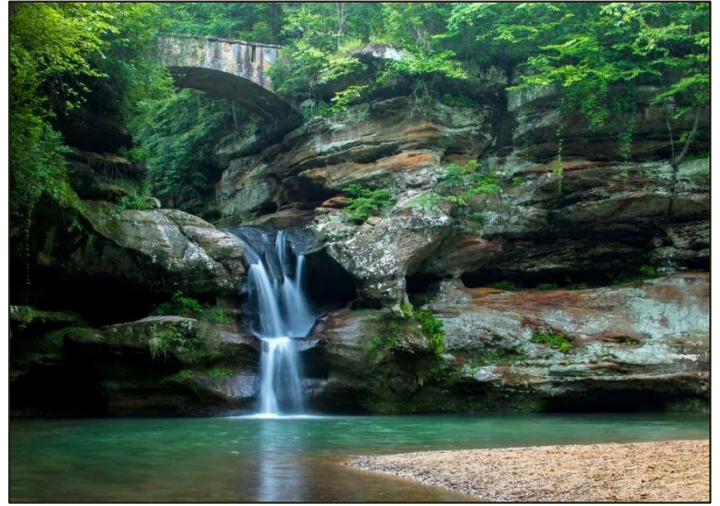
I want to thank everyone who went to Sun Valley for making this trip so much fun and easy to run. It was a great time!

Teresa Gifford





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-nights 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.

Planned Activities:

- Stop at Visitor center and Nature Center
- Ziplining \$115 plus tax, call Joan for further details.
- Biking & hiking
- Restaurants around Logan do not take reservations, but we will try group dinners.
- Evenings games at the Lodge

*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@aol.com

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.

**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**

Total Enclosed: _____

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.