



# The Roanoke Skier

*The Monthly Newsletter for the Roanoke Ski Club*

## February 2018



## President's Message

January was a very exciting month for the club. We realized the success of our holiday fundraiser, made the front page of the Virginia Section of The Roanoke Times and were featured on the evening news. The arctic outbreak the first week of 2018 was the coldest on record for many cities in the Eastern US, and in the nick of time, the RSC delivered 138 new winter coats to Roanoke City school children. Several Board members met with the Superintendent, Dr. Rita Bishop, at the school's administrative offices to deliver boxes and boxes of brightly colored warm coats, sizes 4-16, enabling quick distribution to elementary school children. I would like to give a very special thank you to all our members who opened their hearts and contributed to this very worthy cause. Please take a moment to check out our new blog, Club News, at the bottom of the home page on our website, where you can read excerpts from our positive media coverage from The Roanoke Times and WSLV TV. This was a wonderfully successful event for the RSC, but most importantly, a transformational contribution to the wellbeing of hundreds of homeless children in the Roanoke Valley.

We have already started our 2018 journeys together, but we are truly more than a ski club. Our commitment to community, our appreciation of the outdoors, our love of travel, our anticipation of adventure, and our lifetime friendship bonds cannot be captured in a mere title but are nevertheless an apt description of our Roanoke Ski Club.

In Appreciation,

Marla Kemsey

# Roanoke Ski Club



**\$15 Each**  
**Hats**

100% Fine Gauge Canvas  
Super Soft Mesh or Relaxed Twill

**Tee's**



100% Cotton Pigment Dyed  
Vintage Washed

To order email

[Marlakemsey1@gmail.com](mailto:Marlakemsey1@gmail.com)

Tees – unisex sizing S, M, L, XL

Hats – adjustable, one size

## The Roanoke Ski Club Mission Statement

*To actively promote and engage our members' appreciation of the outdoors, our love of skiing, travel, and adventure.*

## Upcoming Events:

### Membership Meeting

- [Thursday, February 8 at 6: 30 p.m.](#)  
Hidden Valley Country Club  
2500 Romar Road, Salem  
\*Lasagna Dinner  
Must RSVP by **Feb 1**  
Contact Karen Strickland: [kstrickland@waldron.com](mailto:kstrickland@waldron.com)  
Or call: 540-588-9748

**GENERAL  
MEMBERSHIP  
MEETING**

## Happy Hour

- [Thursday, February 22 at 5:30p.m.](#)  
Martin's Downtown Bar and Grill  
[413 First Street, Roanoke, VA](#)  
\$3.00 Taco Thursday night. Free parking after 5:00 p.m. on the street and in the DEA parking lot

Emily Hurst hosting



[Click the dates to easily add the events to your Google calendar!](#)

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### SLATE OF OFFICERS FOR FISCAL YEAR 2018-2019

#### TO BE ANNOUNCED AT THE FEBRUARY MEMBERSHIP MEETING

At our **February** membership meeting to be held on **Thursday, February 8** at Hidden Valley Country Club, the Nominating Committee will present a recommended slate of officers for the 2018-2019 fiscal year beginning **May 1, 2018**. The slate presented will consist of **President, Vice President, Treasurer and Secretary**.

If you are interested in volunteering for any of the four positions that will be put to membership vote at the **March** meeting (or any of the other Board positions listed on the last page of this newsletter), please contact one of the members of our Nominating Committee:

**Karen Strickland** – 540-491-9071 or [kstrickland@waldron.com](mailto:kstrickland@waldron.com)

**Linda Corbitt** – 540-312-4236 or [lcorbitt2010@gmail.com](mailto:lcorbitt2010@gmail.com)

**Bob Strickland** – 540-314-9779 or [robert.strickaland@aecom.com](mailto:robert.strickaland@aecom.com)

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# TRIPS! TRIPS! TRIPS!

Hello Roanoke Ski Club members! If the recent snow has put you in the mood for skiing, there are still spaces available on the **Canaan / Timberline** trip for couples and singles at a **last-minute reduced rate!** Contact Shelley Gibson at [434-444-3951](tel:434-444-3951) or [shellgbsn@aol.com](mailto:shellgbsn@aol.com) regarding availability, and click here for details:

[https://roanokeskiclub.org/resources/Documents/Caanan\\_Valley\\_Trip\\_Flyer\\_2018.pdf](https://roanokeskiclub.org/resources/Documents/Caanan_Valley_Trip_Flyer_2018.pdf)

If you are considering an overnight trip to Snowshoe, First Tracts Real Estate (great name!) is offering a 15% discount on their properties to Roanoke Ski Club Members. They offer over 100 homes, from studios through 8-bedrooms. Contact them at [304-572-4500](tel:304-572-4500) and use code "CLUB17". Discount does not apply to President's Day weekend.

## Melinda's Top 10 Travel Tips

In last year's February issue of the Roanoke Skier, Melinda published a list of her "Top 10 Travel Tips" to make your trips with the Ski Club (no matter what kind of trip it is) the most fun and most epic adventure possible! After re-reading the list, I think it's worthy of re-publication, so here it is:

**#10 Call your bank and cell phone provider** to be sure your card and phone plan work at your destination. There's nothing more frustrating than going to pay for dinner at a restaurant and your card is declined or flagged for fraud. This is especially important for those traveling overseas.

**#9 Print out your particulars.** Make a list of your medications and supplements and keep it in your wallet with your insurance card. Also, make a copy of your ID and the front/back of the credit cards you'll be taking. Save this in a secure place in your carry-on bag. If you lose them or something happens to your original documents while traveling, it will be easy to get them replaced and get home!

**#8 Leave extra room (weight) in your bag for souvenirs** and items you want to return with. There's nothing more embarrassing than checking in your baggage at the airport only to find out you've gone overweight...then you've got to open your suitcase and all your personal items are in view for the whole airport to see.

**#7 Know your surroundings.** If you're going to be at high altitude, make sure you give yourself time to acclimate. If you're going to a foreign country, make sure you have contact numbers, translation guide for the language, and conversion apps so you know how to convert money at restaurants, shops, etc. The more aware you are of your surroundings, the less stress and more fun can be had.

**#6 Find a "buddy"** or two or three that is at your same skier/activity level. When you play in groups, it's just way more fun (and safer too!)

**#5 Hydrate.** Travel can be dehydrating. Did you know that airplanes take the humidity level to below 20% (your home is typically at 30%) and sometimes as low as 11%?! This can have an adverse effect on how you feel on and after travel days; leaving you lethargic, weak and sometimes even dizzy (not to mention what happens when you factor in high altitudes). Since caffeine and alcohol have a diuretic effect (causing more urine to be produced), it is wise to limit consumption of such beverages during long flights... not to mention you won't have to pee as much on the flights!

**#4 Carry a list of participants' cell phone numbers for easy contact.** Once you arrive at your destination you'll want to meet up with different people. Be sure it's easy for you to contact them.

**#3 Attend the pre-trip party.** Each trip leader will host a pre-trip party. Not only is it fun to meet everyone else going on the trip and have a fun social gathering, the trip leader also provides you with answers to frequently asked questions, resort materials, itineraries, rooming lists, swag and more. Check with your trip leader for the date and details for your specific pre-trip party.

**#2 Travel insurance.** A small investment can create huge peace of mind (and maybe even save you \$8,000 like it did for Dave Cohan). See your trip leader for the details on obtaining this ASAP!

**#1 Get to know those going on your trip.** Your trip leader will provide you a roster list of participants. Make a point to introduce yourself at club happy hours, membership meetings and even find them and "friend" them on Facebook.

## TRIP LINEUP FOR 2017 – 2018

The following is a summary of the 2017-2018 trips. See the following pages for more detail and for links to the full-color flyer on the RSC website, or visit our website at <https://roanokeskiclub.org/Trips>.

### Ski Trips

- **BIG SKY** 1/27 – 2/3 Kate Steinbacher
- **CANAAN VALLEY** 2/4 – 2/7 Shelley Gibson & Dana Harlor
- **SNOWMASS / ASPEN** 2/10 – 2/17 Karen Saunders
- **TELLURIDE** 2/24 – 3/3 Shelley Gibson
- **CRESTED BUTTE** 3/3 – 3/10 Marla Kemsey
- **TELLURIDE & CRESTED BUTTE** 2/24 – 3/10 (two weeks) Marla Kemsey

### Non-Ski Trips

- **WESTERN MEDITERRANEAN CRUISE** 5/14/18 – 5/25/18 Dave Brammer  
(includes 3-days in Barcelona)
- **CROATIA ADVENTURE** 9/7/18 – 9/17/18 Bill Fleshman

Happy Travels,

*Dave Cohan*, Trip Director

# BIG SKY, MT

Jan 27 – Feb 3, 2018

\$2,099 per person, double occupancy

Trip Leader: Kate Steinbacher

[kate@coachesconsole.com](mailto:kate@coachesconsole.com)

**WAIT LIST—CONTACT TRIP LEADER!** [Click here](#) for full color flyer!



# TIMBERLINE/CANAAN VALLEY, WV

February 4-7, 2018 (Sunday – Wednesday)

Only \$450 per person, double occupancy

Trip Leader: Shelley Gibson

[shellgbsn@aol.com](mailto:shellgbsn@aol.com)

[Click here](#) for full color flyer!



# ASPEN / SNOWMASS, CO

February 10–17, 2018

\$1,999 per person, double occupancy

Trip Leader: Karen Saunders

[kxsaunders@yahoo.com](mailto:kxsaunders@yahoo.com)

**WAIT LIST—CONTACT TRIP LEADER!** [Click here](#) for full color flyer



# TELLURIDE, CO

February 24 – March 3, 2018

\$2,120 per person, double occupancy

Trip Leader: Shelley Gibson

[shellgbsn@aol.com](mailto:shellgbsn@aol.com)

**WAIT LIST—CONTACT TRIP LEADER!** [Click here](#) for full color flyer



# CRESTED BUTTE, CO

**March 3–10, 2018**

**\$2,280 per person, double occupancy**

Trip Leader: Marla Kelsey

[marlakemsey1@gmail.com](mailto:marlakemsey1@gmail.com)

**WAIT LIST—CONTACT TRIP LEADER!** [Click here](#) for full color flyer!



**Contact Marla for details regarding back-to-back trips Feb 24 – Mar 10.**

[Click here](#) for the full color flyer!

# WINDSTAR WESTERN MEDITERRANEAN CRUISE

(Spain, France, Monaco, Italy)

Includes 3 days in Barcelona

**May 14–25, 2018**

**from \$3,996 (depending on cabin selected)**

per person, double occupancy

Trip Leader: Dave Brammer

[daveb@vt.edu](mailto:daveb@vt.edu)

**WAIT LIST—CONTACT TRIP LEADER!** [Click here](#) for full color flyer!



# CROATIA ADVENTURE

September 7–17, 2018

Approx. \$3,554 per person, double occupancy

Trip Leader: Bill Fleshman

[bill.fleshman1@gmail.com](mailto:bill.fleshman1@gmail.com)

**WAIT LIST—CONTACT TRIP LEADER!** [Click here](#) for full color flyer!



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## Membership:

**WELCOME TO OUR NEWEST MEMBER!**

**Thomas Long**

Membership dues are: **\$35 for individual, \$50 for family and \$40 single family.** Our Membership year runs from July 1<sup>st</sup> through June 30<sup>th</sup> of the following year. Membership applications received on or after April 1<sup>st</sup> will extend through June 30<sup>th</sup> of the following year. Please remember that your membership must be up-to-date before registering for any trips.

Applications can be obtained via the Club website under the Membership tab or you can [click here](#). We need the application completed and signed even if you are a returning member!

## Marketing:

### New Director: Heidi Marer-Fraser

Heidi is currently a Field Trainer for Schumacher Clinical Partners, WellnessWorks. After 20 years in the television industry, she decided to change her career path and pursue her passion for health and wellness. For the past 11 years she worked as an NSCA certified personal trainer and certified nutrition and weight management specialist. Before moving to SW Virginia to be with family, she worked as the Health and Wellness Coach for a large maritime union, where she created and implemented the first “Fit for Duty” program in the maritime industry. In her spare time, she is an avid West Coast Swing and Ballroom dancer. Heidi holds a B.S. in Business from the Indiana University Kelley School of Business and a Master’s in Public Health from Kaplan University.

### CHECK THIS OUT!



We will post our events to our new Facebook page so make sure you follow it and share with your friends! Now if you're wondering how to conquer any of these tasks, you'll be relieved to hear we will share these actions plus a few more at an upcoming membership meeting. Stay tuned!

[Click the logo on the left for a direct link!](#) Have you checked it out yet?!?

# Treasurer's Report:

## December 2017



Roanoke Ski Club			
2017/2018 General Account Summary			
December 2017 Year to Date			
<u>Income Category</u>	<u>Total</u>	<u>Budget</u>	<u>Difference</u>
Membership	9,415.00	8,815.00	600.00
50/50 Raffle	346.00	500.00	(154.00)
Guest Fees	-	-	-
Holiday Party ticket sales**	4,330.00	3,500.00	830.00
Misc.	-	-	-
	-	-	-
<b>TOTAL INCOME</b>	<b>14,091.00</b>	<b>12,815.00</b>	<b>1,276.00</b>
<u>Expense Category</u>			
Activities	-	200.00	200.00
Insurance	574.00	700.00	126.00
Marketing	485.82	1,000.00	514.18
Membership Meetings	2,287.58	5,516.00	3,228.42
Newsletter	-	-	-
Website	24.98	25.00	0.02
Email & Member software	1,404.00	1,235.00	(169.00)
Holiday Party (budget items)**	4,331.00	3,500.00	(831.00)
Office (stamps, name badges, folders...)	129.61	125.00	(4.61)
Corporate (PO Box, SCC reg)	137.00	130.00	(7.00)
Misc.*	-	250.00	250.00
	-	-	-
<b>TOTAL EXPENSES</b>	<b>9,373.99</b>	<b>12,681.00</b>	<b>3,307.01</b>
<b>NET INCOME (LOSS)</b>	<b>4,717.01</b>	<b>134.00</b>	<b>4,583.01</b>

### General Checking Account:

Beginning Balance 12/1/2017				\$ 15,132.05
<b>Income</b>				
	Membership Dues		130.00	
	50/50 Raffle		55.00	
	Holiday Party Ticket Sales		530.00	
	<b>Total Income</b>		<b>715.00</b>	
<b>Expense</b>				
<u>Date</u>	<u>Ck #</u>	<u>Payee</u>	<u>For</u>	
12/5/2017	1773	CW Sullivan	Refund Over payment	10.00
12/8/2017	1774	Marla Kemsey	Holiday party DJ	400.00
12/15/2017	1775	Hidden Valley Country Club	Holiday Party - Room & Food	3,781.00
12/15/2017	-	Checks Unlimited	General Fund Checks	45.38
	<b>Total Expense</b>		<b>4,236.38</b>	
Ending Balance 12/31/2017				\$ 11,610.67

# THAT'S ALL FOLKS!

Stay tuned for next month's news and activities.

**WE ARE NOT JUST A SKI CLUB!**

CHECK OUT OUR YEAR-ROUND ACTIVITIES AT:

[www.roanokeskiclub.org](http://www.roanokeskiclub.org)

And [click here](#) to follow us on Facebook!



## Roanoke Ski Club Board Members:

<u>OFFICE</u>	<u>NAME</u>
President	Marla Kemsey
Vice President	Linda Corbitt
Secretary	Kate Steinbacher
Newsletter	Pat Oberlin
Treasurer	Steve Worman
Marketing Director	Heidi Marer
Membership Director	Karen Strickland
Activities Director	Sally Wesley
Program Director	Karen Saunders
Trip Director	Dave Cohan
Webmaster	Ted Lonitz
Past Director	Melinda Cohan

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