

50+ Ski Club

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NEXT MEETING

Thursday, February 21st, 8:00 PM

SYOSSET – WOODBURY COMMUNITY CENTER

On entering park, turn right at stop sign and follow the road to the end.



IMPORTANT NOTICE FOR NEXT MEETING

Sanjeeta Ahuja, a board certified OT, will be providing an informative and interaction presentation on effective techniques for strengthening balance, coordination and overall physical fitness. She will also discuss safety at home and during sports

Sanjeeta has extensive experience working with patients who have had total hip and knee replacements and works closely with primary care physicians and orthopedics.

Please wear comfortable clothes if you'd like to participate in some of the exercises.

Midweek Skiing by Gary Schorr: It's been a very good year for skiing in the east although our jaunts were interrupted by the club's most enjoyable trip to Whitefish, Montana. We'll continue to go to Windham, Belleayre, and Hunter and, should conditions warrant, areas in the Poconos as well. If you're not on my list and are able to ski midweek to enjoy no lift lines or crowds, please let me know at gss12@optonline.net. We meet in Christopher Morley Park in time to leave at 6:30 AM and carpool.

Winter skiing at Whitefish MT. By Louise Covitt

Our club's trip to Whitefish Resort, Jan 19-26, was very successful and enjoyable. There were 25 intrepid club members, including two experiencing western skiing for the first time.

The Kandahar Lodge had plenty of western ambiance with comfortable rooms, a "great room" with a big fireplace and a very helpful staff. The Snug Bar was a welcome amenity 😊 The first night's welcome party and orientation was well organized - with representatives from the Lodge ski school and mountain ambassadors.

The daily Continental Breakfast provided energy to burn during the day. On the mountain we found well-groomed packed powder to start the week with 14-21" of fresh "pow" falling during our stay. Many of us took advantage of the free mountain ambassador tours as well as special rate lessons from the ski school.

In addition to skiing, other activities enjoyed were snow shoeing, a dog sled ride, and exploring the shops and restaurants in downtown Whitefish... (Distillery tour -wow!)

For dinner we walked "up" to the Hell Roaring Saloon three nights, and walked off our satisfying dinners on the way back down.

Our final night's gourmet dinner (with wine-courtesy of the club) at Cafe Kandahar, followed by a group photo in front of the fireplace was the perfect ending to our adventure 🏔️

Our thanks to Lois for making all the trip arrangements and to Joyce for being our on-site group leader. PS - from Joyce:.. This was a new destination for the club, so I'm sending out a BIG THANKS to all for your cooperation and patience. Travel with 50+ is always fun and never BORING!! Looking forward to our next trip----if you missed this one - try not to miss next year!

Thanks again and Happy Skiing...

Barry Fahrar also submitted an article on the Whitefish ski trip. It will appear in next month's Newsletter and hopefully, some pictures taken on the trip.

Some thoughts from a skier on my Mt Snow Experience. By Barry Fahrar.

This year I went on the Mt Snow trip because the club was staying at the Summit Hotel at the base of the mountain. I had vowed never to go back to the Lodge at Mt. Snow which had gone from rustic to ramshackle with no hope of recovery. I wanted to be with a wonderful group of dedicated skiers and opted in on this trip as a tune-up for the Western trip to Whitefish Montana. The ski-in portion was just as promised but the ski-out meant a bit of a hike up hill or a smaller hike to a very slow lift. Not really a problem for me but it seemed to be a bit hard on some in the group. The hotel was fine. There was free valet parking for my car, free ski check, each day, the room I had was a nice size with plenty of drawers, closet space and wall hooks, a modern TV with a nice amount of channels. Our package included breakfast every day which was bountiful and I couldn't have asked for more. The staff was great and it was enjoyable.

Skiing Mt Snow is, in my opinion not very challenging. The challenging part came on Wednesday when high winds shut down the bubble chair and all of the detachable chairs lifts. It made for extremely long lines and uphill climbs to get to the other available lifts. Since the only way to travel from the base area to the top is the bubble chair (a faulty mountain design), it meant I was constantly heading back to the bubble chair. Unfortunately, I was not alone. It turns out it was a college week off from school and the lines were fifteen to twenty minutes long at times. During the week, that is not acceptable. Almost all of the trails I skied on were groomed and the corduroy wore away well before the midday break leaving very hard packed surfaces and, dare I say, ice.

It did snow several days while the group was there and I found the two to three inches of snow made a difference on my skis. I went from scratch to shush and I felt that it was like skiing a cloud. The

only restaurant open in the evening was at the hotel. I ate three of the four nights at the hotel and the food was fine, nicely prepared and the meals I chose were not expensive. It would have been nice to be able to walk somewhere different.

Having skied last year at Stratton, I felt being within walking distance to the village gave me much more of a dinner selection than what was available at Mt. Snow. I would have traded the ski-in and ski-out portion for the ability to window shop in a village and choose a place for dinner. I can say that because the Black Bear Lodge had its own shuttle which ran every few minutes.

I think it's time to do several things. I think it's time to move further away from Mt Snow. I would like to ski Killington or another bigger mountain, even perhaps Mt Tremblant in Canada, or to another area that is more diversified and can handle more people, one that has some more eating choices.

I also think that our trip should be later in the month as the snow pack would be deeper. Our eastern trip used to be on Super Bowl Sunday. As I remember, it was much quieter on the mountain. I would also like to see the Western trip moved back to the end of February or beginning of March. At that time the days are longer and the snow pack would probably be deeper.

If the exchange rate for the Euro is decent, a trip to a major city and ski area would be wonderful. Another thing to consider might be a train from New York to Rutland. From Rutland, if we have enough people interested, we could get a bus to Killington on a Sunday, stay for a midweek tour and then back to New York. Lastly, if we do not have the number of skiers we used to have for our trips, I see nothing wrong with combining our gang with another club where we can make new friends.

