



**All Meetings are held at  
the American Legion Hall**  
570 East 328<sup>th</sup> Street, Willowick, OH 44095



## Calendar of Upcoming Events

➤ Meeting - Chili Cook Off	Wednesday, January 10	7:00 p.m.
➤ Meeting – The Best Soup Contest	Wednesday, January 24	7:00 p.m.
➤ Crested Butte Trip	Sat, January 27 to Sat., February 3	
➤ Dinner of the Month	Wednesday, February 7	7:00 p.m.
➤ Meeting	Wednesday, February 14	7:00 p.m.
➤ Meeting	Wednesday, February 28	7:00 p.m.

## You're STILL Skiing?!

Those of us who are skiing into our retirement and even those who are close to “that age” often hear the refrain – You’re still skiing? – wow. Skiing as a senior does require some amount of caution and preparation that we didn’t necessarily need back in the day. Here are some common sense tips I learned from the Freedom Village article [Skiing at 70: Ski tips for Seniors](#).

First, prepare yourself physically throughout the year including the summer. Back in the day we played volleyball, softball, biked and just kept active. Today not so much. Pick a summer activity like biking, or paddleball, to keep active along with regular visits to the gym or with home exercises. Before you head out to the slopes, start your day with some stretches. Be sure to have updated and properly fitted equipment - your old Hart skis and Lange boots should stay at home. Bring out the new helmet and call up your ski buddy – don’t ski alone. Now, onto the slopes... if it’s been a while, take a lesson. On a personal note, when I returned to skiing after a 20-year hiatus, I took a lesson at Boston Mills. What a game changer that was for me. Once on the slopes, know your limits and enjoy the experience. Ski the runs you are comfortable with although as you move through the day you can challenge yourself if you are not too tired. Take more breaks than you did years ago and stay hydrated. Bring along a water bottle. Your ski day may end at 2:00 or 3:00, you don’t have to be the last off the mountain. Enjoy the experience – smell the mountain air. Most importantly be grateful and thank God that you are still able to ski.

For a nostalgic look at senior skiing check out this article - click [here](#).



## Have you renewed your membership?

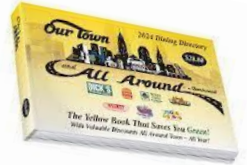
Please print the membership renewal form on page 11.

You may mail it to Nate or bring it to a meeting.



# Updates from Your Board

- We are selling the **All-Around Town** books this year! The books are \$28 each. See meetings chair, Arnie Rodriguez, to purchase yours.
- The annual banquet will be held at the St. Noel's Party Center on May 10<sup>th</sup>.
- Both western trips are full. However, we have a waiting list. See Bob Mac to be added to the wait list.
- **We are looking for social ideas.** What would you like to do? If you have an idea, please share it with one of the board members – even if you don't want to run the event. We will find a way to make it happen. This is your club!



## Chili Cook off & The Soup Night

January is chili and soup night at Hi Rise!



Calling all chili cooks. Share your best chili with Hi Rise at our annual Chili Cook Off on January 10<sup>th</sup>. There are prizes and cheers for the top three best chili dishes. Let's make the decision hard one with many chili samples to taste. Bring on the chili!

Soup night is January 24<sup>th</sup>! Bring your best homemade soup to warm all Hi Risers on Soup Night. We'll have prizes for the best heartwarming soup on a cold January night. And it's the pre-trip meeting for Crested Butte.

To enter the contest please bring your best chili or soup to the meeting by 7:15 p.m.

## Upcoming Meetings & Themes

Jan 10	Chili cookoff. Calling all chili makers to participate.
Jan 24	Soup night. Calling all soup makers to participate. This is also the pre-trip meeting for Crested Butte.
Feb. 14	Baker's Night Bring in you special baked goods to share.
Feb. 28	Breakfast for Dinner and how to make maple syrup by Ray Patacca
March 13	Irish night with corn beef! And Telluride pre trip meeting
March 27	Guardians Night - get ready for baseball! We'll even serve hot dogs to get you in the mood.
April 10	Italian Night
April 24	Golf Night
May 8	Mexican Night – Cinco de Mayo
May 22	First outdoor meeting – location TBA

If you have a cool idea for a meeting theme, please see Arnie R.

## The Super Bowl is Coming and So is Super Bowl Squares

The Super Bowl this year is Sunday, February 11<sup>th</sup>, and we still have some open squares available. Don't delay! Join the fun in the Hi Rise Super Bowl Squares. Pick your squares at the next meeting on January 10<sup>th</sup>. The rules are the same as in the past -you pick a square and the coordinate numbers will be assigned in a random drawing after the board is sold out. Cost per square is \$2. Prizes are awarded for numbers that match game scores at the end of the 1st, 2nd, and 3rd quarters and the final score. **There are only six squares left, so don't delay! Good luck!**



# Upcoming Events

## February Dinner of the Month

### Wednesday, February 7<sup>th</sup>, 2024

## Chinese New Year at Siam Café



Celebrate the Chinese New Year with us at the Siam Café on Wednesday, February 7<sup>th</sup>. Chinese New Year this year begins on February 10<sup>th</sup> and is celebrated for sixteen days. We, however, are jumping the gun, so to speak and are celebrating early. Practice makes perfect, I guess!



This is the year, 2024, of the Dragon. If you were born in the year of the dragon, you may be ambitious, energetic, and charismatic. They can be natural leaders, confident and unafraid to take risks, and have magnetic personalities in social and professional circles. According to Chinese tradition says that the year of the dragon will bring authority, prosperity, and good fortune.

If you've attended last year in the year of the rabbit or another year, you know that the Chinese food at Siam's is always good. Join us for the fun! Dennis Rosa is your host.

To see the menu, please click [here](#). Please see page 10 for more details.

## In Case You Missed it!



Our annual Christmas party was good time for all. We saw some old faces and a few guests. Hope to see you at our winter meetings! Thanks to Bob, Roseanne, Roger, Adrian, and Russ for hosting this event.

Happy New Year, too!



# Something You May Have Missed!

## Ugly Sweaters and Retirements

Merry Christmas from the bottom of my "Toes"!



Nice Hat!

A Happy smile!

Merry Christmas to all!

I really am enjoying this. This is the best smile I can muster.

Smile, Ray!

I know it's not a Christmas sweater, but I didn't want Geri to be alone!



I'm dreaming of retirement and a European ski vacation!



We did it – a lifetime of Saturdays!!



# I've Been There: Skiing Around the World.



Verbier, Switzerland

This month's contest features the top 20 ski areas from around the world. So, if you've skied across the ocean, this one's for you. The rules this time have changed slightly. The board members are not eligible since they have dominated this contest's winners. We'd like to even the playing field, so to speak. The winner still gets \$10 Hi Rise Bucks to be used for meeting entry or trips. And now, here are the world's top 200 ski areas according to *Travel and Leisure* magazine. To read more about the best ski areas around the world click [here](#).

Good luck!

- |                           |                                  |                             |
|---------------------------|----------------------------------|-----------------------------|
| 1. Deer Valley, Utah      | 2. Verbier, Switzerland          | 3. Aspen Mountain, Colorado |
| 4. Big Sky, Montana       | 5. Courchevel, France            | 6. Stowe, Vermont           |
| 7. Niseko, Japan          | 8. St. Anton am Arlberg, Austria | 9. Park City, Utah          |
| 10. Jackson Hole, Wyoming | 11. St. Moritz, Switzerland      | 12. Telluride, Colorado     |
| 13. Sun Valley, Idaho     | 14. Portillo, Chile              | 15. Mont-Tremblant, Canada  |
| 16. Bormio Ski, Italy     | 17. Cerro Catedral, Argentina    | 18. Les Deux Alpes, France  |
| 19. Kitzbühel, Austria    | 20. Whistler Blackcomb, Canada   |                             |

BTW... Last month's winner for the ski movie challenge was Beth Skalak. Congrats!

## Racing News

Are you thinking of ski racing this season? If you are new to racing or haven't raced in many years, you may participate in Race Demo. On the day of the race, you can try out the racecourse to see if you like racing. You may take two free runs through the course. If you decide to race you must register. Your registration fee may be covered by Hi Rise provided you follow the Hi Rise registration rules below. If you decide not to race, you are not charged for your runs through the course.



The registration rules are as follows: If you pre-register and are a member of Hi Rise your race registration fee is covered by the club and you must participate in five races, Hi Rise pays all your fees. If you do not pre-register, you must pay the onsite registration fee of \$25 fee yourself and you will not be reimbursed by Hi Rise. If you do not participate in five races, you are responsible for all your race fees at \$20 per race and Guy will hunt you down for your fee. LOL

Secondly, work assignments for race days will be made. If a racer fails to complete his/her assigned task, your race for that day will be considered a DQ. BTW, only one third of all racers are assigned tasks at the day's race.

For race regulations and the 2024 schedule, see the Hi Rise Racer News on page 6. To pre-register, please complete the form on page 7. Follow the instructions on the form to submit it.

### Your 2023-2024 Hi Rise Ski & Sports Club Board

Bob Akamine - Board Chairman

Bob Maclauchlan – President

Trish Carleton - Vice -president

Jessie Anderson – Treasurer

Guy Nerren – Secretary

Arnie Rodriguez

Dennis Rosa

Ray Patacca

Nate Diederich





# Hi Rise Racer News

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## CO RACE CHAIRS- GUY NERREN & RICK GZEDH

**MEMBERSHIP-** You must be a member of Hi Rise to race on our team. Contact Guy, Rick, or Nate Diederich.

**RACE SCHEDULES-** Are available at meetings, on our Web Site. In our NEWSLETTER, on CMSC WEB SITE.

**ADVANCE REGISTRATION FOR RACES-** Forms are available at meetings, on our WEB SITE, and in our NEWSLETTER. Hi Rise will pay race fees for those who advance register and attend 5 or more races. Some races will be advance register only. To register yourself late on race day will cost you at least \$25.00 per race.

**COMBINED RACE WEEKENDS-** SKIER COMBINED is at Bristol. SNOWBOARDER COMBINED is at Swain II. BOTH require advance registration. NO registration on race day. BOTH require that you have two races started prior to the combined event.

**WORK ASSIGNMENTS-** For each race, one-third of our racers may be assigned to work that race. Assignments are posted in the bib pick up area. It is your responsibility to check the list. If you are assigned to work, show up at least 15 minutes prior to the start of the race. If you prefer to work at or not work at a particular race, let Guy or Rick know at least a week in advance. **RACERS WHO FAIL TO SHOW FOR WORK ASSIGNMENTS WILL BE DQd.**

**HELMETS-** Are required for every race.

**NO BYOB-** Please do not bring your own booze onto the ski area premises.

**LIFT TICKETS-** Some areas may offer discounts for racers and may ask to see your bib. Others may only sell online.

**DQ & RESULT SHEETS-** Are usually posted in the bib pick up area about one hour after the last race of the day. It is your responsibility to check to verify your race times and/or any DQ. If you dispute either the times or the DQ, find Guy or Rick to discuss the issue and possibly file a protest. The time limit to do so is 30 minutes after posting.

**START TIMES-** For most races will be 10:00 AM for the first GROUP of the day. Some races may start earlier.

**RACE ORDER-** For most races will be: GROUP I SKIERS: Super Senior Vets, Open Elite, AAW, AAM, AW, AM, BBBM, A Qualifiers. Then, after about 45 minutes, GROUP II SKIERS: Senior Vets, BBW, BBM, BW, BM, CCW, CCM, CM C Qualifiers, Then ALL SNOW BOARDERS. A few races may have different start orders which are posted in the bib pick up area.

**CLASS CHANGES-** If you wish to ask to change your assigned race class, you must do so through Guy or Rick, at least seven days prior to the next race.

**QUALIFICATION-** For both skiers and boarders if you have never raced in CMSC before, or have not in some time, you can qualify at any race by registering as a QUALIFIER and completing two runs after which you will be assigned to a racer class that matches your ability.

GUY NERREN 1-216-577-3552, skilaw@sbcglobal.net

RICK GZESH 1-412-491-4511, rickgz@aol.com.

## 2024 CMSC Adult Race Schedule

January 6 – 7: Holiday Valley 1

January 13 – 14: Swain 1

January 28: Snow Trails

February 3 – 4: Holiday Valley 2

February 17 – 18: Bristol (Ski Combined)

February 24 – 25: Swain 2 (Snowboard Combined)

# **Hi Rise Race Team 2024 Advance Race Registration**

Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Work/Cell \_\_\_\_\_ Email \_\_\_\_\_

Ski (Y/N) \_\_\_\_\_ Class \_\_\_\_\_ Snowboard (Y/N) \_\_\_\_\_ Class \_\_\_\_\_

If Racing in both Ski and Snowboard divisions, please fill out one form for each.

Race Date	Location	Race Type	YES	NO
Sat Jan 6	Holiday Valley	Ski GS, SB	_____	_____
Sun Jan 7	Holiday Valley	Ski SL	_____	_____
Sat Jan 13	Swain I	Ski GS, SB	_____	_____
Sun Jan 14	Swain I	Ski SL	_____	_____
Sun Jan 28	Snow Trails	Ski SL, SB	_____	_____
Sat Feb 3	Holiday Valley	Ski GS SB	_____	_____
Sun Feb 9	Holiday Valley	Ski SL	_____	_____
Sat Feb 17	Bristol Ski Combined	Ski SG & GS, SB	_____	_____
Sun Feb 18	Bristol Ski Combined	Ski SL	_____	_____
Sat Feb 24	Swain SB Combined*	Ski GS SB SG & GS	_____	_____
Sun Feb 25	Swain SB Combined*	Ski SL SB SL	_____	_____

**The Hi Rise Race Team will pay the race fees for any racer who competes in 5 races.**

Please complete this form and return to:

Guy Nerren, Hi Rise Race Chair  
4314 River Street  
Willoughby, OH 44094  
skilaw@sbcglobal.net  
216-577-3552 Cell

Co-Race Chair:

Rick Gzesh  
rickgz@aol.com

412-491-4511 Cell

All spots are taken, but we have awaiting list. Please contact Bob Mac ASAP if you are interested.

**Hi-Rise-Ski-Club-proudly-presents**



**CRESTED BUTTE**

COLORADO



**Member-price: \$1,679**  
**non-members: \$1,709**

7-nights-at-Elevation-Hotel-&Spa, Ski-in/Ski-out

2-people-per-room-with-kitchenette-and-multiple-great-amenities

Transfers, lodging and transportation provided

Welcome-reception, mid-week parties

Saturday-January-27, 2024-to-February-3, 2024



Round-trip-air-from-Cleveland-to-Gunnison-(Via-Dallas)-transfers, -all-taxes

- 3,062-vertical-feet, 1,547-skiable-acres, 15-lifts, 121-trails-Base-9,375
- 27% beginner, 57% intermediate, 16% advanced, 2-terrain parks
- Over-250-inches-snowfall-per-year, longest-run: 2.6-miles-(Peak-to-Treasury)
- Premier-accommodations! -Plush-bedding, coffee-maker, work-desk, flat-screen-with-DVD, private-balcony, great-vistas, spa, gym, restaurants, Billy-Barr, outdoor-fire-pits, equipment-rentals, indoor-pool/hot-tub-and-2-outdoor-hot-tubs.
- **Lift-tickets-not-included**, Epic-Pass-or-variation-suggested.
- \$50-discount-on-trip-if-purchased-from-our-vendor. Epic-Day-Pass-also-available-1-6-days. Example-4-days-\$288, 5-days-\$348-if-bought-by-April-20<sup>th</sup>
- Epic-Pass-prices-and-benefits-rise-April-16<sup>th</sup>-5-day-lift-available-for \$361



All-trips-subject-to-Hi-Rise-Trip-Agreement

Pricing-on-air-is-subject-to-possible-fuel surcharges

Travel-insurance-is-available-and recommended



\$500-due-at-sign-up, \$500-due-September-1<sup>st</sup>, \$679-November-1<sup>st</sup>

Contact: Bob-Maclauchlan-440-622-1283

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

Visit-our-website:



# Hi Rise Ski & Sport Club Presents Telluride, Co. March 16<sup>th</sup> – 23<sup>rd</sup>, 2024



All spaces are filled. -We have created a wait-list. ¶



**Price:** **\$1,675 for Members**      **\$1699 for non-members**  
**Lift Tickets not included - Epic Pass recommended**

## Includes:

- Return flight from Cleveland to Montrose, Co,
- Round trip airport transfers on motor coach
- 7 nights at Bear Creek Condos, on the mountain
- Take the Venicular from our Condos to the slopes, 2-minute ride to gondola
- Telluride, always one of the top ski towns in North America
- Gondola from the mountain to town and back until midnight
- 2,000+ acres, 4,425' vertical drop, Galloping Goose 4.6 mile run
- 23% beginner, 36% intermediate, 41% black, skiing for all
- Welcome party, Mid-week Pizza Party, Special event
- All taxes and airport fees. |
- Extra charges apply for Baggage fees and any additional fuel surcharges

Initial deposit of \$500 reserves your spot. Second \$600 deposit due September 7<sup>th</sup>

Balance due November 1<sup>st</sup>. Payable to: Hi Rise Ski & Sport Club

Send payments to: Bob MacLachlan 29731 Fairway Blvd. Willowick, OH. 44095

Phone 440-622-1283

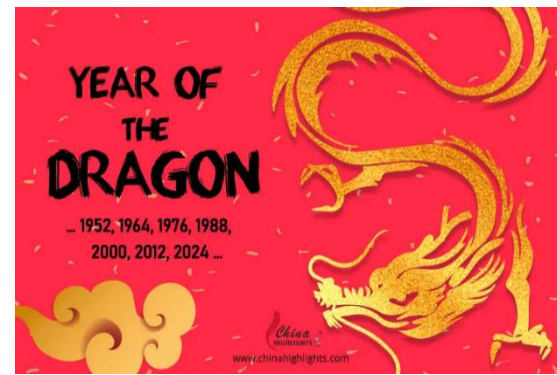
Email: [bobmacLachlan@yahoo.com](mailto:bobmacLachlan@yahoo.com)

Trip insurance is available and recommended to be purchased.

All trips subject to Hi Rise trip agreement at: [www.hiriseskiclub.com](http://www.hiriseskiclub.com)



**Celebrate  
Chinese New Year  
February 7, 2024  
The Year of the Dragon**



**Hi Rise Ski Club - Dinner of the Month –**

**Wednesday, February 7<sup>th</sup>, 2024**

**Siam Café**

3951 St. Clair Ave. NE, Cleveland, Oh 44114

(216) 361-2323 (at East 40th and St. Clair Ave.)

6:30 p.m. arrival cocktails

7:00 p.m. order your food from the menu

Menu: Order from regular and special New Year menu items,  
separate checks/tabs for everyone.

No special combined dinner!

Text Dennis Rosa at 216-990-1411 cell or email

[djrosa369@gmail.com](mailto:djrosa369@gmail.com)

or sign up on the sign-up sheet, so the restaurant can plan for the  
quantity/group to cook for. We have been celebrating this  
annual event for over 30 years.

Enjoy! Denny

# Hi Rise Ski & Sport Club Membership Application

**Renewal**

Name \_\_\_\_\_ Email Address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_ Occupation \_\_\_\_\_

Birthday (MM/DD only) \_\_\_\_\_ Marital Status \_\_\_\_\_ Member of Hi-Rise since \_\_\_\_\_

Check here if any of the above information has changed since last year. \_\_\_\_\_

Membership (please circle type of membership)	Renewal	New
Single Member	\$25	\$30
Married Members	\$40	\$50
Lifetime Member	Free	N/A
Spouse of Lifetime Member	\$25	\$30

<b>Mailing Member</b> (Must be outside of the Cleveland and Akron areas, Lorain and Lake counties areas. Mailing member receives only the newsletter and must pay any racing fees and guest fees for all Club events and activities)	\$10	\$10
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<b>Junior Member</b> (Must be 18-20 years old and may not consume alcoholic beverages at Club events.)	\$15	\$20
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<b>Summer Member</b> (Accepted May through August only.)	N/A	\$10
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NOTICE: By signing and/or accepting any membership benefit, and/or by participating in any club activity, applicant/renewer releases Hi Rise Ski Club, Inc., its officers, board members, chairpersons, and members from any and all liability or claim including theft, property loss, accident, injury, death of or to themselves, family members or guests, arising from any participation in any club activity, whether resulting from negligence or otherwise

Signature \_\_\_\_\_ Date \_\_\_\_\_

Make checks payable to Hi Rise Ski Club. Please return this renewal form with the appropriate membership dues to the membership table at the general meetings or mail to: **Hi Rise Ski Club**

Hi Rise Ski Club Membership Drive  
C/O Nate Diederich  
8985 Edgemoor Road  
Mentor OH 44060



### Hi Rise Standing Committees & Chairpersons

Trips – Bob Maclauchlan

Meetings - Arnie Rodriguez

**Social – We need your name here!**

Banquet – Meg Goetz

Social media – Greg Schmid

Webmaster – Nate Diederich

Database – Nate Diederich

Membership - Nate Diederich

CMSC – Larry Crookshanks

Racing – Guy Nerren

Newsletter – Ray Patacca

**Summer Activities – open**

Miscellaneous Goods – Arnie Rodriguez

Marketing – Dennis Rosa

Advertising – Bob Maclauchlan

Fundraising – Arnie Rodriguez

Historian – Trish Carleton

**If you have ideas for social activities, please  
tell a board member.**

### Support our advertisers!

If you would like to place an ad in the  
newsletter, please contact:

Bob Maclauchlan, 440-622-1263.

## Congratulations!

On the birth of Leona Isabella  
Wineland, 7.5 # and 20" long,  
granddaughter of Carol & Dennis Rosa  
and daughter of Dan & Ashley  
Wineland.

On the retirement of Arnie Rodriguez,  
Joe Riznar and Pam Kornewych.



### Need Legal Services? Guy V. Nerren

#### General Practice of Law including:

Personal injury, domestic relations, criminal  
defense, wills & trusts, corporate and business  
law, real estate,  
DUI, Worker's Compensation,  
and more.

Too Many people leave estate property to the  
government! Call if you do not have a will or  
haven't updated in 5 years.

Guy V. Nerren  
4314 River Street  
Willoughby, OH 44094  
Secure email: [skilaw@sbcglobal.net](mailto:skilaw@sbcglobal.net)  
(216)577-3552

thank  
you!

Thank you to Guy, and  
Trishia for your  
contributions to this  
newsletter.

A special thankyou to Bob, Roseanne, Roger,  
Adrian, and Russ for the delicious Christmas  
Party dinner!

## CONDOLENCES



To Carol and Dennis Rosa and Family on the  
untimely loss of their nephew Ricky Ferlito, 26, son  
of Ken and Annie Ferlito, on December 20, 2023.