

Liftline

The Official Newsletter of the Garden State Ski Club

BUS TRIP TO BELLEAYRE DECLARED A HUGE SUCCESS!

It was a perfect day for some 88 GSSC members on their first bus ski trip of the season to Belleayre on Saturday, January 11. Conditions were good, the slopes groomed, almost no lift lines and everyone seemed to enjoy skiing. Over 40 took advantage of the free ski instructions given by Lew Strauss, Mike Tillman, John Cholin, and Rich Motto. The first race of the NASTAR racing program was run by our very own Todd Brentnall. Believe it or not,



many metals were won. The men won 8 silver and 2 bronze, plus one minor knee injury by David. The women topped this with 2 gold, 4 silver and 2 bronze metals. I know I was one of them.

The day ended with a wonderful BBQ, open bar and good music for all of those who attended. Thanks again to Lew Strauss for getting those great Leisure Line buses serviced after we started. It was a good trip!!

Isabella Micheels



More pictures inside

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GARDEN STATE SKI CLUB OFFICERS

President	Dennis Young	487-0485
Ski V.P.	Bruce Fisher	529-5498
House V.P.	Steve Corris	872-1050
Social V.P.	Isabella Micheels	853-1602
Secretary	Pat Braun	777-8673
Treasurer	Mary Ann Laskay	376-8012
Senior Del.	Rob Sinclair	445-6834
Junior Del.	Imran Rana	489-8503

COMMITTEES**SKI:**

Bus Trips	Bruce Fisher Lew Strauss
Cross Country	Ron Vitale
Instruction	Ray Owens
Racing	Joy Daubenberger Todd Brentnall Mike Burney
Ski Tickets	Caryn Casino Joanne Fromm
Snow Reports	Cliff Broder
NJSC Liaison	Fred Hotz

VERMONT SKI HOUSE:

(Phone: 802-733-9717)

Reservations	Judy Chernofski
Work Weekends	Steve Corris

ADMINISTRATION:

Welcoming	Ed Ellis
Orientation	Chuck Johnson
Membership	June Sternfels
Database Mgt.	Bob Gimpel
Parliamentarian	Stan Sharaga

LIFTLINE:

Editor	Susan Amdur
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SOCIAL:

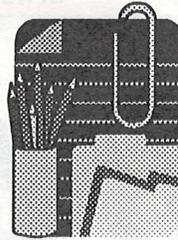
Barbecue	Cameron Blaikie Jean Meyer
Tennis	Anne Benagh
Golf	Wayne Keiser
Hike	Mike Scugoza
Bike	Ron Vitale

The Garden State Ski Club meets every Tuesday at 8:30 pm at: Victor's Maywood Inn
124 West Pleasant Ave.
Maywood, NJ
201-843-8022

Membership Meetings are held on the 2nd Tuesday of each month at:

- 7:15 pm – Regular Member Applicants
- 7:45 pm – Provisional Member Applicants

MEMBERSHIP HOTLINE: 201-478-8722

**FROM THE SECRETARY'S DESK****BOARD MEMBERS TO DISPLAY NAME PLAQUES**

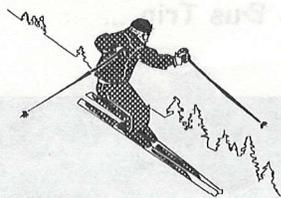
You may have recently noticed that, during meetings, the Board members are displaying plaques with their names and titles. This is to assist newer members (or old members who haven't been to meetings for a while!) to become familiar with who holds what position on the Board. For the past two years, one of the questions asked of people as they become regular members at membership meetings is "What could be done to make our club even better than it is?" A frequent response is for a clearer indication of who is who on the Board. Someone is told to see, for example, the treasurer, or see Bruce, and they don't know who that may be. In November 1996, the Board decided to institute the plaques to make it clearer for all.

REMINDER: IF YOU ARE A PROVISIONAL MEMBER, DO NOT FORGET TO SIGN IN YOUR ATTENDANCE EACH MEETING PRIOR TO THE SECRETARY'S REPORT. Also, remember that provisional membership expires after one year. If you are unsure what day your provisional membership began, check the upper right-hand corner of your sign-in card.

Membership cards for 1997 are in. Most were mailed to members with the last issue of the *Lifeline*. If you have not received your card, see Pat Braun.

IF YOU HAVE A NEW ADDRESS OR TELEPHONE NUMBER, NOTIFY SECRETARY PAT BRAUN. Forms for such changes can be obtained from Pat on the nights of membership meetings (2nd Tuesday of each month).

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GSSC SKI NEWS

SKI TRIPS 1997

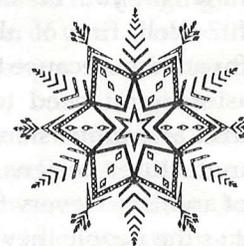
***Lake Placid, New York
Whiteface Mountain**
February 14, 1997
thru
February 17, 1997
Contact: Joanne Fromm

Aspen '97
New Jersey Ski Council
February 22, 1997
thru
March 1, 1997
Contact: Margaret O'Brien

**World Ski Party '97
Italy**
USRSA
February 28, 1997
thru
March 8, 1997
Contact: Fred Hotz

***Jackson Hole, Wyoming**
March 1, 1997
thru
March 8, 1997
Contact: Wayne Keiser

* indicates a club-sponsored trip (club-sponsored trips count towards ski requirements for membership)



1997 SKI RACE and BUS TRIP SCHEDULE

February 9	Sunday	Bus Trip #3 to <i>Montage</i> , Scranton, Pennsylvania
February 12	Wednesday	Ski Race #4 at <i>Vernon Valley/Great Gorge</i> , Vernon, New Jersey; ** SUPER GIANT SLALOM **
March 1	Saturday	Bus Trip #4 to <i>Jiminy Peak</i> , Hancock, Massachusetts
March 1	Saturday	Ski Race #5 at <i>Okemo Mt.</i> , Ludlow, Vermont; ** Vermont House Weekend **
March 15	Saturday	Bus Trip #5/Ski Race #6 at <i>Butternut</i> , Great Barrington, Massachusetts
March 22	Saturday	Ski Race #7 at <i>Hunter Mountain</i> , Hunter, New York; ** President's Race/Club Race **

Bus Trip Cost: Members \$60.00, Non-Members/Guests \$65.00
Bus leaves at 6:15 AM from the Ramsey, New Jersey, Park & Ride lot on North Central Avenue, directly across from the Police Station.



1997 CROSS-COUNTRY SKI SCHEDULE

February 15 Saturday Rockefeller Estate, North Tarrytown, New York
Contact: Carolyn Monahan (RMSC), (914) 358-6043

Possible Day Trip: March 2 or 9. Others as conditions permit!!

TOLL FREE #'s: NYS THRUWAY 1-800-THRUWAY
NY STATE SKI REPORT 1-800-CALLNYS
VERMONT SKI REPORT 1-800-VERMONT

The Ouchless Ski Boot Choosing the right fit.

Ski Boots Fits & Facts
by Greg Pier of
Heino's Ski & Cycle

If the shoe fits wear it! That's easier said than done, especially if the shoe we are talking about is a ski boot. How many shoes do you know have a hard plastic outer shell, must keep the feet warm at sub-zero temperatures, and must allow the foot to aggressively push, pull, twist and flex within?

So, how can you be sure you are getting a proper fit? Well, first of all, avoid asking your friends for advice, because their feet are not your feet. Instead, you need to get to know every angle, curve and protrusion of YOUR feet. Every boot manufacturer designs their boots to a fictitious foot and, since every foot in the world is as different as the people they carry, then theoretically, there is NO ski boot designed for you. Now, that should be a sobering thought. The good news is that every boot is designed to fit a different shaped fictitious foot; your mission is to find the boot that is best suited for your foot. For instance, you wouldn't even think of trying to squeeze a wide foot into a narrow boot. Instead of trying to do the impossible, follow these steps.

First, check how well you flex the boot. You should be able to bend your knees forward over your toes without lifting the boot soles off the ground. If you cannot bend this far, or if you can easily bend beyond your toes, the boot does not have the proper flex for you, and it should be disregarded.

Second, feel for enough room for your toes. You may actually feel the front of the boot with your toes as you stand relaxed. Then, when you flex forward, your toes should pull away. In any case, there should be enough room to freely wiggle all your toes.

Now begin feeling the senses of the rest of your foot. There should be an even sense of snugness all over without excessive pressure in any one spot. Common pressure point areas are the forefoot, instep ankles, and lower calf on the leg. Extra pressure in any of these areas

continued on page 9

Belleayre Bus Trip ...





SOCIAL NEWS

♡ ♡ ♡ ♡ ♡ ♡ ♡ ♡ ♡ ♡

♡ *Valentine Party!!* ♡

♡ **Tuesday, February 11, 1997** ♡

♡ **Maywood Inn** ♡

♡ **7 p.m. to 12 midnight** ♡

♡ **Hot Buffet/Carving Stations/Desserts** ♡

♡ **7 p.m. to 9 p.m.** ♡

♡ **\$15 - Members, \$18 Guests, \$5 after 9 p.m.** ♡

♡ **See Isabella Micheels for more info.** ♡

♡ ♡ ♡ ♡ ♡ ♡ ♡ ♡ ♡ ♡

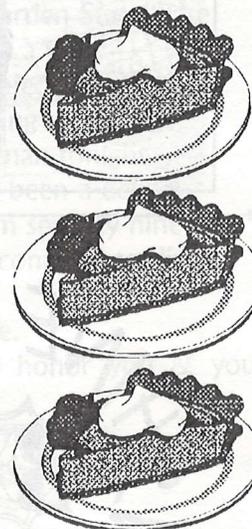
Four and Twenty Blackbirds...

For the second November in a row, the "Home-Baked Pie" theme night was a delicious success. Theme nights were initiated by former President Rob Sinclair in order to provide a socializing opportunity on the nights of Tabletop meetings. Home-baked pies were thought to be opportune on meetings held the week of Thanksgiving.

This year, 18 pies ranging from apple with oatmeal crumb topping to strawberry rhubarb, were served. They were accompanied by servings of fresh apple cider. This event enhanced member retention in the meeting room and promoted much conversation.

Many thanks to the following party specialists who contributed to making this event a success:

- Pat Braun
- Todd Brentnall
- Marilyn DiBisceglie
- Phyllis Evans
- Joanne Fromm
- Joanne Geils
- Frances Harvey
- Marie Kaplow
- Carole Levy
- Isabella Micheels
- Carrie Niler
- Dee Rigg
- Barbara Roberts
- Cynthia Soma
- June Sternfels
- Pat Young



LET'S DO IT AGAIN NEXT YEAR!

REFLECTIONS OF KILLINGTON RACE CAMP '96

A merry band of Garden State skiers made their way to the 1996 Killington Race Camp in Killington, Vermont. With visions of great snow?, innovative instruction?, and good old fashioned camaraderie; one was not disappointed.

The week of December 9th to the 13th, Todd Brentnall, Kathy Visich, Cheryl DiLauria, Joy Daubenberger, Bonnie Daubenberger, Irish O'Connor, Bob Mosher, Ken Levins, Joan Most, and Joe Mellusi found themselves in small groups of a well-structured program of ski and race improvement.

Race techniques and drills were covered and executed daily on the many available race courses. Also, the basics were reviewed and worked on with the same intensity. As the week progressed, all agreed that there had been improvements in many aspects of their skiing.

Race day resulted in one of our own, Kathy Visich, taking second place. This made all Garden State skiers proud, including our instructor, Debbie Makowsky, who soon learned our race chant "Peanut Butter-Peanut Butter-Peanut Butter" which brought fear to the hearts of men!#*+.

As the week of activities found itself winding down, one came home with thoughts of a wonderful level of instruction, fine snow conditions, new and renewed friendships, and, some came home with those new "hot" shaped skis. Not to reveal who they are but just watch Ken and Cheryl carve some of the sweetest tracts on the mountain!

With quiet moments of reflection, I'm sure that all agree we are glad to be involved in this sport of skiing.

Joe Mellusi



SHINE
SUNSHINE

Cliff Carlson and Jackie Moure were recently engaged. They met at the Newcomer's Brunch at Binghamton's a couple of years ago! They are planning to get married in the spring of this year.
CONGRATULATIONS!



Barbara Roberts and Chuck Johnson got engaged on New Year's Day. They originally met during the club's orientation for prospective members. They rekindled their relationship during the BBQs. They will be married in April.
CONGRATULATIONS!

TRIBUTE TO A GENTLEMAN AND A FRIEND

On January 26, GSSC lost its oldest member, a man who was an active skier and a longtime member of our club. Wally Reed suffered a stroke on December 7. Less than two weeks later, he was medically cleared to leave the hospital but required full-time medical assistance, so he entered a nursing home. Unfortunately, no one from our club was aware of his situation. Fortunately, Wally had a very good friend, Dolores Kupnowski, who visited him every single day. Wally's wife died this past summer. With no children and no living relatives, Wally was "adopted" by Dolores, her husband and her children after the death of his wife. Many Tuesdays, he would have dinner with the Kupnowski's and then head to the Maywood Inn for ski club meetings.

Dolores was informed the morning of January 26 that Wally died peacefully in his sleep. The wake was held on Monday, January 27, with burial the morning of Tuesday, January 28. There was little time to inform members; however, funds from the Sunshine Club were used to purchase a floral arrangement and several ski club members attended the wake and funeral service. At the funeral home, the following poem, which Wally had cherished, was on display at his feet. It had been read in his honor at the Awards Banquet in May 1991.

Condolence cards would be appreciated and can be sent to:

Walter and Dolores Kupnowski
157 Princeton Street
Nutley, New Jersey 07110

Pat Braun

He is a quiet man, an unassuming man
Who attends every meeting he can.
He is an avid skier; goes all the time
And only skis the fall line.
But for skiing he's not getting this award
Any you know he's never even served a board
What does he do, what does he say
To make him MAN OF THE DAY?
Well, I guess it's just being he
And being as pleasant as he can be
For seeing changes through the years
And still to Garden State he endears
He remembers when there was no house
And even when some of us had no spouse
He recalls a time long gone by
When Gimpel didn't have his butterfly.
And Hugo was doing the snowplow
And Chris was still in Romania, oh wow!
And the treasury was going broke
And membership requirements were a joke

He remembers when all members skied
And for all our committees there was no need.
And before the good old LIFT-LINE
There really was a time when
The newsletter was the Garden State State
And for it there never was a wait.
But I'm getting off the subject main
And this tribute is beginning to wane.
We are honoring a great man tonight
Who to Garden State has been a delight.
And I only hope when I'm seventy-nine
With Garden Staters, I'll continue to dine
And also be able to ski
And have all my time free.
It is a great pleasure to honor you & your
deeds
Our man of the hour, of the year,
Wally Reed.

Joy Daubenberger



HAPPY BIRTHDAY TO ALL!!

(March and April Babies)

Jean Kivlehan	3/01	Patricia Mullins	3/23	Vincent Paruta, Jr.	4/12
Donna Ahman	3/03	Susi Fecht-Poliseo	3/25	Susan Schwartz	4/12
Joseph Craven	3/03	Lisa Miller	3/25	Maxine Grover	4/14
Joseph Marshall	3/03	Carol Rapp	3/25	Laurie Babitts	4/15
Roberta Hermann	3/06	Paul Karner	3/26	Michael George	4/15
Bob Marino	3/07	Laurie Schwarcz	3/26	June Micera	4/15
R. Eric Hoth	3/09	Annette Tuman	3/26	Nancy Abbott	4/16
Catherine Mascis	3/09	Richard Brattlof	3/27	George Hoyns	4/17
Catherine Driscoll	3/10	Harvey Kunz	3/27	Mary Loughran	4/19
Christopher Gonella	3/10	Susan Mortaro	3/27	Chris Harnett	4/20
Donald Del Nero	3/11	William Pius	3/27	Lou Forte	4/21
Ken Hunter	3/11	Todd Brentnall	3/29	Pam Morrissey	4/21
Marie S. Kaplow	3/11	Nancy Rider	3/29	Carol Santarpia	4/21
Stanley Hutchings	3/12	John Tellefsen	3/29	Barbara Such	4/21
John Cholin	3/14	Elizabeth Murrell	3/31	Karen Minnett	4/23
Paul Kuhn	3/14	Lynn Sager	3/31	Diane Mohr	4/24
Susan M. Skinner	3/14	Otto Peter	4/06	Jorgen Aaes	4/25
Kenny Egan	3/15	Michael F. Carr	4/07	Jacques Mercier	4/25
Beth E. Dalton	3/16	Peter Sternfels	4/07	Isabella Micheels	4/25
John Fatuzzo	3/16	Richard Daubenberger	4/08	Marilyn Marconi	4/26
Marion Umowski	3/17	Bob Mosher	4/08	Pam Grattan	4/27
Carole J. Levy	3/20	Beverly Valenti	4/09	Dan Kinsella	4/27
Donna Tissot	3/20	Toni Ahrens	4/10	Robert Maida	4/27
Robert MacNish	3/20	Mary Deaver	4/11	Edwin Hirning	4/30
John Kershaw	3/22				

Reflections of New Year's Day

The street is black and barren. The Honda grumbles for several minutes in the seven degree chill. In a lone car on the road, I drive to Teresa's. We load her gear. As we reach Bridget's in Ramsey, the sun begins to rise. She has breakfast; coffee, croissants and multi-vitamins, chewable of course. We drive north on 17, under a sky splattered with purple and orange.

I change gears as we start up a mountain. All we see is dirt, until finally, we turn another curve, and there it is, a snow-covered chunk, just waiting for us. Our heads are void of New Year's Day hangovers. We are very alive and ready to ski the first morning of 1997.

We're an interesting trio. Bridget is a beginner; I'm a little more advanced, and Teresa loves black diamonds. We ride the chair lift over snow covered trees, over skiers. Teresa points out skiers to emulate, and those not to emulate.

The snow is packed well on the quiet mountain. There's no ice, no dirt patches. It's

perfect. Bridget and I do those big S's, back and forth, even on the beginner slope. Teresa skies parallel and patiently waits for us on the landing. We all try another lift. A lovely ride up — a bit farther than the last time. Woops! It's a double black diamond. Bridget's second run in many years. My fourth trip of the season. It's long and steep and skinny with huge moguls popping up every few feet. Teresa reassures us, "Just look right in front of you!" No one dies. We all get down. We decide to split for a while. The beginners stick with the beginner slope. The expert does the black diamonds. We all love it. We all get better. What an incredible day!

The mission was accomplished. Somehow we woke up at 5:30 New Year's morning to ski, to usher in a year of aliveness.

Eileen Head

Thought of the Day:

Some people drink from the fountain of knowledge. Others just gargle.

Second Thought of the Day:

If you don't know where you are going, you may miss it when you get there.

Nostalgic for...



The "Good" Old Days?

1872 Rules For Teachers

- ① Teachers each day will fill lamps and clean chimneys.
- ② Each teacher will bring a bucket of water and a scuttle of coal for the day's session.
- ③ Make your pens carefully. You may whittle nibs to the individual taste of the pupils.
- ④ Men teachers may take one evening each week for courting purposes, or two evenings a week if they go to church regularly.
- ⑤ After ten hours in school, the teachers may spend the remaining time reading the Bible or other good books.
- ⑥ Women teachers who marry or engage in unseemly conduct will be dismissed.
- ⑦ Every teacher should lay aside from each pay a goodly sum of his earnings for his benefit during his declining years so that he will not become a burden on society.
- ⑧ Any teacher who smokes, uses liquor in any form, frequents pool or public halls, or gets shaved in a barber shop will give good reason to suspect his worth, intention, integrity and honesty.
- ⑨ The teacher who performs his labor faithfully and without fault for five years will be given an increase of twenty-five cents per week in his pay, providing the Board of Education approves.

Source: Lubec Adult Education & Literacy Program
Lubec, Maine

1870 LABOR LAW

In 1870, following passage of a new labor law, a business firm released the following manifesto to employees "who now have to be present between the hours of 7:00 a.m. and 6:00 p.m. on weekdays and only until noon on Saturday."

"Daily prayers will be held each morning in the main office with the clerical staff in attendance.

"The staff will not disport themselves in raiment of bright colors, nor will they wear hose 'unless in good repair.'

"A stove is provided for the clerical staff. Coal and wood must be kept in the locker. Each member of the staff should bring four pounds of coal each day during cold weather.

"No member of the staff may leave the room without permission from Mr. Rogers. Calls of nature are permitted and the staff may use the garden below the second gate. This area must be kept in good order.

"Now that business hours have been reduced drastically, the partaking of food is allowed between 11:30 and noon, but work will not, on any account, cease.

"A new pencil sharpener is available on application to Mr. Rogers.

"Trainees will report 40 minutes before prayer and will report to Mr. Rogers after closing hours to clean private offices with brushes, brooms, and scrubbers provided by the management.

"Management recognizes the generosity of the new labor laws, but will expect a much greater work output to compensate for these near utopian conditions."

— SOURCE: 1969 AMERICAN FARM & HOME ALMANAC

Submitted by Mike Scugoza

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may not hurt initially but, after several hours of skiing, the irritation will become evident. Many of these pressure points may be eliminated through the magic workings of an experienced bootfitter.

Remember, even with careful and methodical selection, there is likely to be some lingering problem with your ski boot. The inner liner will compress as you ski it, changing the position of your foot inside. The changes may be for the better, but, if not, an experienced bootfitter can work wonders. A little fine tuning can snug up those loose areas or eliminate an irritating pressure point. Just like a new pair of shoes, it takes time to mold your new boots into the perfect fit.

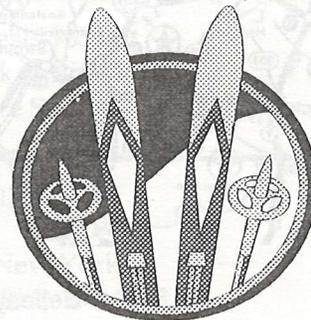
Greg Pier is a certified boot technician and is the owner of Heino's Ski & Cycle in Pequannock, New Jersey. He has been recommended in SKI Magazine as one of the top bootfitters in the tri-state area.

Courtesy of Heino's Ski & Cycle

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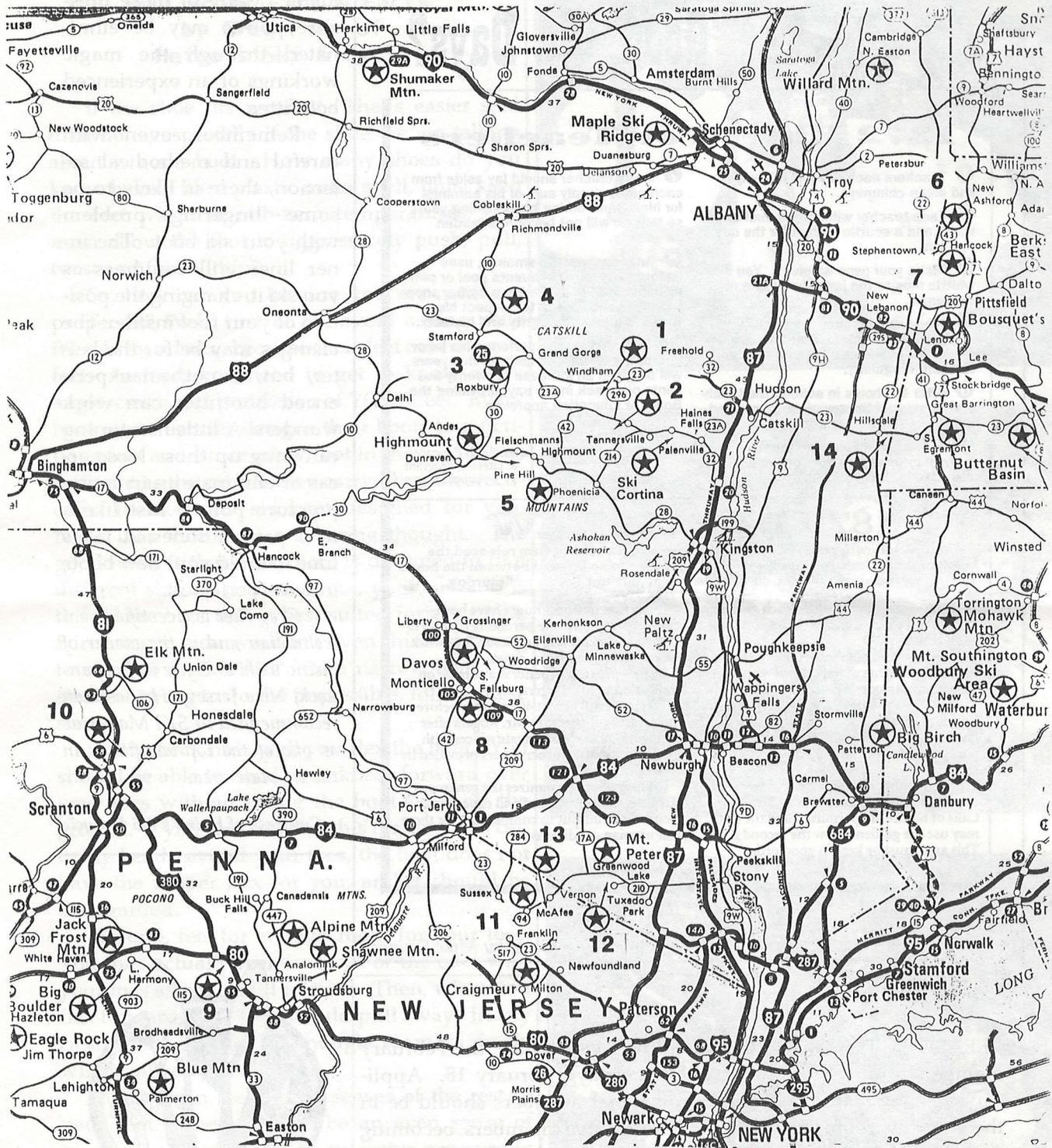
PLEASE NOTE: Due to the Valentine's Day dance, the February membership meeting will be held Tuesday, February 18. Applicants (yellow card) becoming provisional members should be in the meeting room at 7:15 p.m. Provisional members becoming regular members should be in the meeting room at 7:45 p.m. The latter group should submit their completed Regular Membership Applications to the Secretary the week before the membership meeting.

Pat Braun



How well do you know your local ski areas?

Match the number to the ski area
(answers are at the bottom of the page)



- | | | | |
|------------|---------------|----------------|-----------------|
| Belleayre | Hidden Valley | Montage | Sterling Forest |
| Brodie Mt. | Holiday Mt. | Scotch Valley | Vernon Valley |
| Camelback | Hunter Mt. | Ski Plattekill | |
| Catamount | Jiminy Peak | Ski Windham | |

1-Ski Windham 2-Hunter Mt. 3-Ski Plattekill 4-Scotch Valley 5-Belleayre 6-Brodie Mt. 7-Jiminy Peak 8-Holiday Mt. 9-Camelback 10-Montage 11-Vernon Valley 12-Sterling Forest 13-Hidden Valley 14-Catamount

WHO'S WHO

Todd Brentnall, alias Turkey Todd, alias Yosemite Sam of GSSC, has graced us with his presence, humor and barnyard friends for many a year. He is also a member of the N.J. Ski Council and one of the in-charge personnel of the GSSC Racing Program. Besides winning metals in skiing, this early riser enjoys gourmet cooking, hiking, roller blading, partying, and "ganse Bohnen". Keep it up Todd!!

Rich Motto has been with the GSSC for 9 years. He served

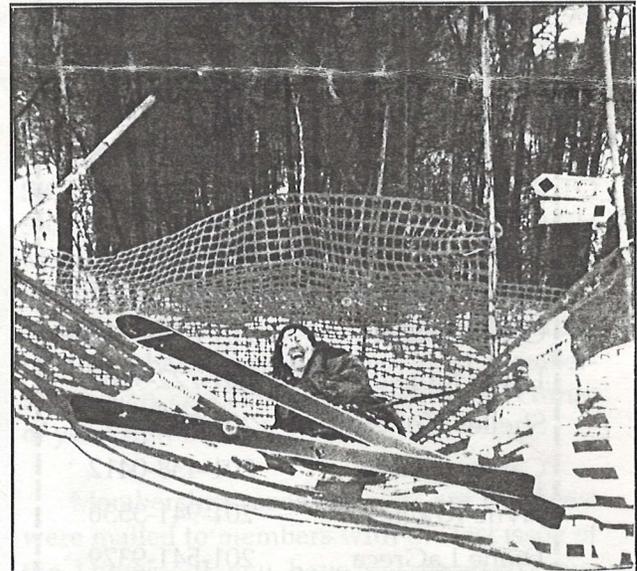
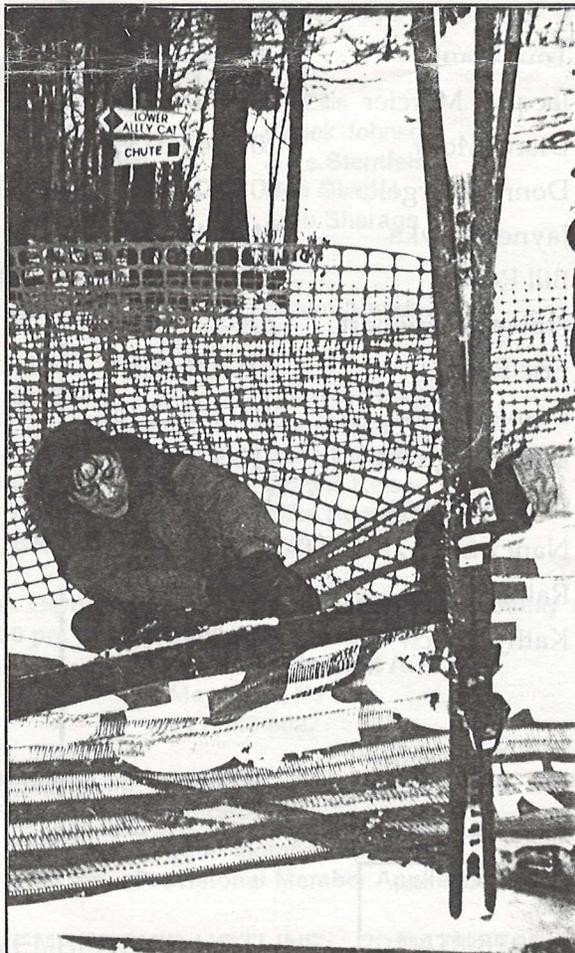
on the BBQ committee and now is a level one instructor for PSIA. Rich likes tennis, skiing and motorcycles. This down-to-earth guy enjoys playing the guitar in his leisure time when he is not working for the Copeland Company.

Guido, aka Guy Boggio, is a long time member since '71. Guy served as President of our Club when it was still in desperate need. Now, he loves to go to parties as well as give them. He enjoys skiing and most sports, es-

pecially riding his Harley. Guido is a proud bachelor with a daughter in college.

John Friscia, former President and Treasurer, has held many positions in the GSSC. He is also a member of the N.J. Ski Council. An avid golfer and skier, he also loves tennis and canoeing. John will put up a "fight for his purpose". A CPA (certified party animal), John is a well-established bachelor.

Isabella Micheels



Skier falls after morning lesson from Mike Tillman at Catamount, January 25 Bus trip. (These results are not representative of all lessons given by instructors who teach in Garden State!!)