



The GLEBE DECEMBER 2015

CHRISTMAS PARTY AND AUCTION

The Christmas Party and auction last week were a great success. The firehouse owed its festive look to Barbara MacDonald's decorations. The club raised \$2,200. Thanks to all who volunteered, donated and bid on items. A huge thanks to Angela Annino and Trish Skidmore for heading up the auction efforts and getting donations. (The Thule box donation was arranged by Jon and Trish Skidmore).



UPCOMING EVENTS

December 12

December Demo at Okemo

December 12

Okemo Full Moon Snowshoe Hike

802 228 1956 to register

December 26

Okemo

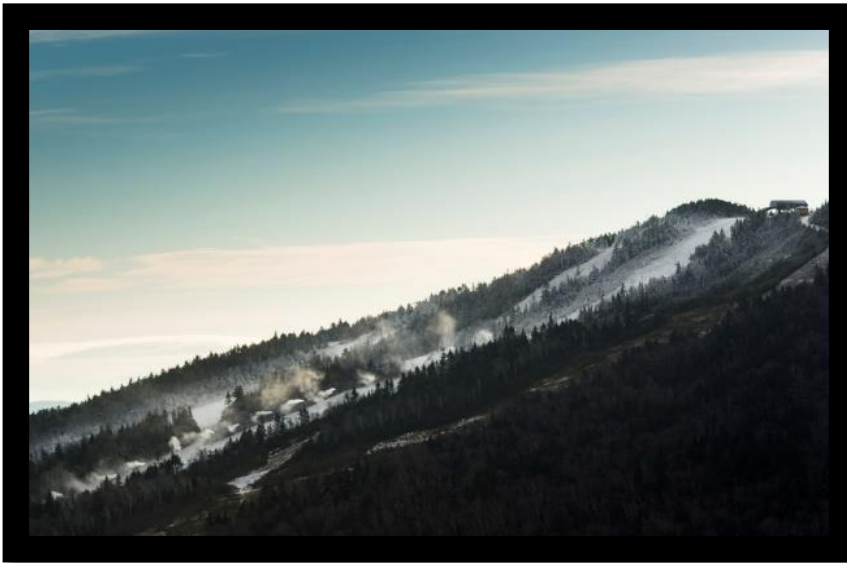
Torchlight Parade and Fireworks



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WINTER IS COMING!

The mountains are open and though a spate of warmer weather has hampered snowmaking, chillier temperatures are coming soon. In fact the FARMER'S ALMANAC is predicting another cold and snowy winter much like last year.



Over the Northeast and Mid-Atlantic States, the winter will be stormy with a good amount of snow. Periods of “red-flagging” the second week of January and the second week of February for possible heavy winter weather with a long, drawn out spell of stormy weather extending through much of the first half of March. So sharpen those skis and boards, because the eastern slopes look like the ideal places to carve some turns.

AROUND THE LODGE

RESERVATION DAYS:

December 24th
through January 1st

January 15th and 16th

February 11th-15th

March 17th-19th

March 24th-26th

Reservations are accepted a month in advance. There can be **NO REFUNDS** on reservations. Forms are on NSC website Norwalkskiclub.com.

In order to aid bookkeeping processes, a **new sign-in sheet** is now in the log. The form is easy to decipher but **your membership number on-hand.**



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GET FIT FOR SKI SEASON

Here are a few exercises you can easily do at home to prepare for the slopes:

Air squats

Your thighs are arguably the hardest working muscles in skiing, and squats are one of the best thigh exercises around. Stand with your feet shoulder-width apart and your hands by your sides. Push your hips to the rear, and bend your knees until your thighs are roughly parallel to the floor. Stand back up and repeat. Make this exercise harder by holding weights in your hands. Do two to four sets of 12 to 20 repetitions resting 30 to 90 seconds between sets.

Planks and Side Planks

Also hugely important to downhill sports: the core. Basic planks and side planks will do the trick. Balancing on your forearms in a push-up position, use the strength of your abdominals and glutes to keep your hips raised to shoulder height, taking extra care not to sag in the midsection. For the side plank, shift from a plank position onto one hand, with the other either extended into the air or on your hip and your feet stacked. Complete three sets (one regular plank and one on each side) of 30- to 60-second holds.

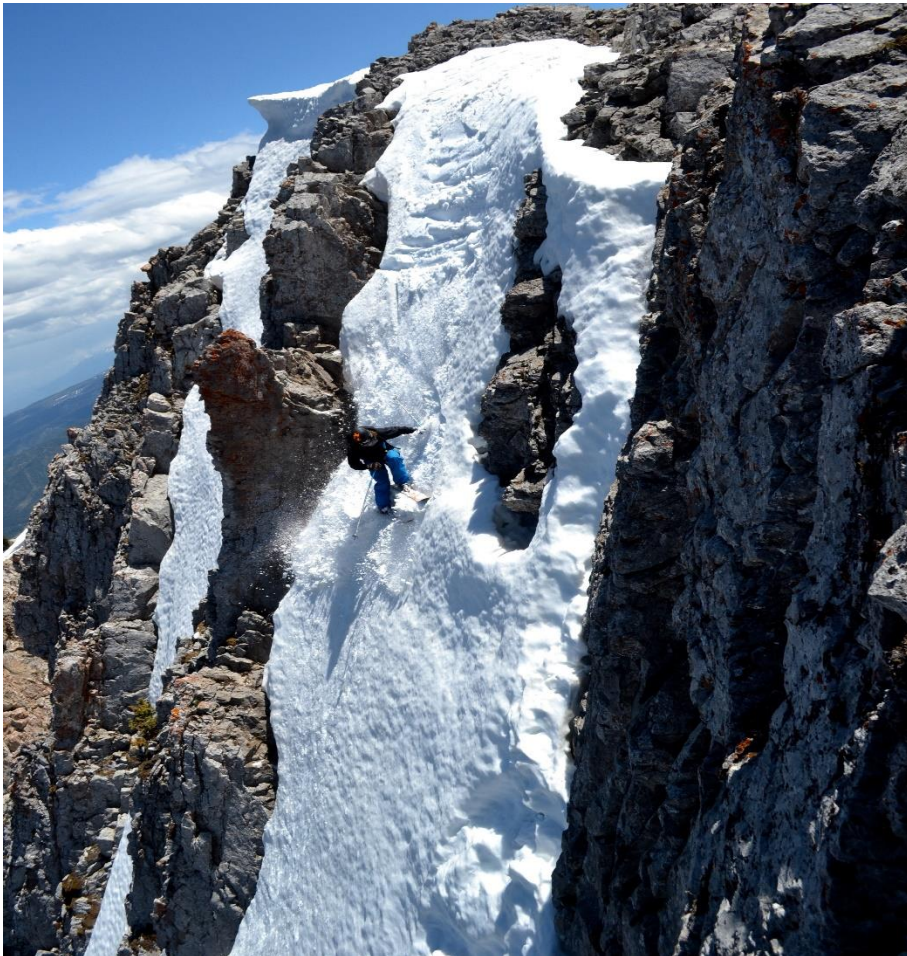
Supermans

To compensate for sitting all day long during the week, it's important to exercise the lower back before hitting the slopes. The stronger your back, the less likely you'll experience lower back pain as a result of a day on the mountain. Start by lying on your stomach with your arms extended out in front of you. Slowly lift your arms and upper body, keeping your neck in a neutral position. At the same time, lift your legs off the ground, keeping your ankles as close together as you can. Hold for a few seconds before returning your arms and legs back to the floor. Complete three sets of 30 to 60 second holds.



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Wow!



Proof that NSC is associated with some outrageous skiing talent.

Pictured here is **Jackson Keogh** the 22 year old son of former NSC members Bill and Lorraine Keogh. Click below to vote for his photo to win the “ski shootout” contest. Let’s hope he made his way down safely.

<http://shootout.freeskier.com/vote/3334>

Snacks for the Slopes

Why stop at the crowded commissary for an over-priced treat? Try this recipe from shutterbeam.com and take a few with you on the slopes:

Apricot Bars:

- 1/2 cup cashews
- 1 cup dried apricots
- 1 cup shredded coconut
- 1/3 cup rolled oats
- 2 tablespoons agave syrup
- 2 tablespoons coconut oil, melted
- 3 tablespoons hemp seeds
- 1/2 teaspoon ground ginger
- 1/4 teaspoon kosher salt



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Line an 8 inch baking pan with parchment paper, set aside. Place cashews in a food processor and process until nuts are evenly chopped, set aside. Put dried apricots in the food processor and process for 3-4 minutes to finely chop. Add coconut, oats, agave syrup, coconut oil, hemp seeds, ginger and salt. Process until mixture comes together. Add the chopped cashews and pulse until well combined.



Shutterbeam.com

Put the apricot coconut mixture in the parchment lined baking pan and firmly press into pan. Cover the bars and place in a freezer for one hour. Unmold bars, trim ends and cut into even rectangles. Bars will last up to one month if stored in an air tight container in the fridge.

RACING

CSC Monday Night Racing begins at Mt. Southington on December 14th. It's not a far drive...and looks like lots of fun with many age categories. December 14 pizza and registration night and filling out the CSC waiver/release form. Come to Mt. Southington to do the paperwork, have some pizza and some fun! Races: December 21 and 28 January 4,11,18,25 February 1, 8 Race make-up dates: February 15, 22 and 29 Connecticut Ski Council clubs race every Monday night at 7:30 PM at Mount Southington. Anyone 18 years old and up – even in their 80s, we have a category for that!



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Racing cont....

To be eligible you must be a member of one of the CT Ski Council clubs. The format is giant slalom with skiers racing the best of two runs.

Registration is in the Ready Room above the Rental Shop, 5:30-7:15 PM. A \$31 race ticket, which must be purchased before registration, entitles you to NASTAR timed racing and an all-mountain lift ticket for the night. The fee for season pass holders and seniors 70+ is \$16.

CT State GS race – January 13 (Make-up January 20)
Ct State SL race – February 10 (Make-up February 17)

Rob Dexter Race Chairman

Please note: there are several changes in the age classes for both men and women this year. Complete information is on the CSC website. Be sure all your racers are aware of the new categories.

DEALS

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Fresh from Liftopia.com, Killington 2 day lift tickets from 18% to 22% off throughout December.

And for COSTCO members:



Killington Ski Resort
\$100 Gift Card E-Voucher, Vermont
\$79.99

Skiing Magic Mountain this Season is really cost effective.

In place of a bulk ticket program at Magic Mountain this season, Magic is

22 Trails * 100% Snowmaking * 3 Quad Lifts * Close to home!

SKI CLUB MEMBERS SAVE!
Up to \$20 to \$25 OFF!

Lift Tickets	\$40	\$20
Most Weekends & Holidays*		Monday- Friday (excluding all holiday periods)

Save up to \$10 on Rentals & \$20 on Lessons. Family members save too.

*Offer NOT Valid Jan. 16 - 18 & Feb. 13 - 15, 2016. Show your Ski Club ID at Groups Booth. No advanced purchase necessary.

Ski Butternut

380 State Road, Great Barrington, MA | 413.528.2000 | Ski Club flyer: www.SkiButternut.com/Ski-Clubs



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offering a season-long discount to CSC members. As with all our other programs, you must have a valid club membership ID card with current CSC sticker to take advantage of this offer. Magic will be open on Thursday through Sunday, with this special pricing:

Thurs.: Adult \$20, Teen \$15, Child/Senior \$10
Fri. Full Day: Adult \$40, Teen \$ 35, Child/Senior \$20
Fri. Half Day: Adult \$30, Teen \$25, Child/Senior \$15
Sat/Sun/Holidays: Adult \$50, Teen \$40, Child/Senior \$30
Ages 5 and under are free at all times.

TRADING POST

Need lift tickets? Got items to sell? Log onto the NSC website and go to “Trading Post.” Here you can list items for sale, hunt for tickets and check out other various deals.



CORRECTION:

In the November Glebe the one of the new member's names was printed incorrectly. It should be **Juan Sosa**, and his son is **Nicolas**.