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The Late Winter / Early Spring edition



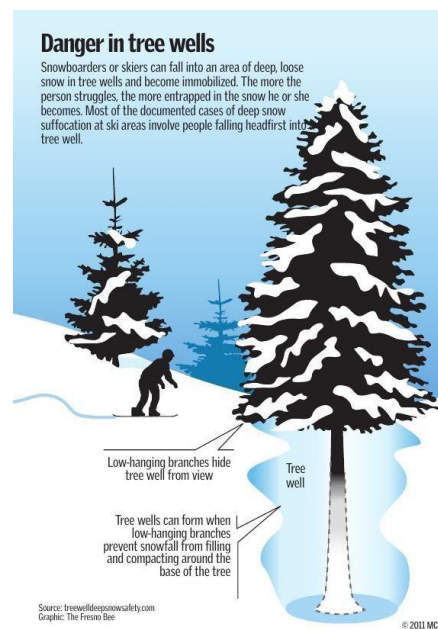
So, you like skiing trees?

Nice. You must be a decent skier, and you probably know a thing or two about how to find the best snow on the mountain even when it's flooded with people, but the question is –are you an *informed* tree skier?

The Hidden Hazard of Skiing Trees

One of the most overlooked dangers of skiing in the trees are tree wells. A tree well is an area around the base of a tree where unsettle sugary snow accumulates and acts like quick sand, potentially sucking a person down sometimes as deep as ten feet below the perceived surface of the snow. As snow falls, air pockets form around the base of a tree and release water vapor directly up and out, turning the could-be settled snow into the aforementioned quicksand.

However, the real issue resides in the way people fall into tree wells—head first. On the way in there's also a good chance a skier will knock some snow from the tree down on top of themselves. Now they're head down under six feet of snow, running out of oxygen *fast*, and without rescue the result is death by Snow Immersion Suffocation, or SIS. This sounds terrifying, and it is, but is not something that should stop you from skiing in the trees.



How to Avoid Tree Well Immersion

Fortunately getting caught in a tree well is completely preventable. First, **never ski alone and always ski in sight**. The old saying “No friends on a powder day” should be changed to “*Find* friends on a powder day”. Even though we pine for the deepest days and hate even the thought of someone stealing our line because we were too slow, you’re not much good flailing around in a tree well waiting for someone to save you. It ain’t gonna happen. When you ski with a partner, never lose sight. We often find ourselves waiting at the lift or the bottom of the run waiting for our friends, but it’s hard to dig someone out from half a mile away.

Second, **be aware and react**. If you’re going in, do everything you can to slow your roll. Bear hug the tree, grab branches, twist your body flat—just do anything to keep yourself from going head first.

Snowboarders be particularly aware of sliding to a halt in a flat area and falling backwards. You may not be aware of your proximity to a tree well.

Finally, **if you’re unsure, don’t go**. Everyone is susceptible to tree well immersion. Even the most expert skiers find themselves in sticky spots, but if you’re uncomfortable with the possibility of SIS find some fresh corduroy on the groomers. Carving turns can be the most fun in the world!



OVSC RACE PROGRAM SCHEDULE:

(by the weekend – 1st, 2nd, 3rd, 4th)

JANUARY

MAD RIVER

PAOLI PEAKS / SNOW TRAILS*

PAOLI PEAKS / SNOW TRAILS*

MAD RIVER

FEBRUARY:

PERFECT NORTH

PAOLI PEAKS / SNOW TRAILS*

PAOLI PEAKS / SNOW TRAILS*

PERFECT NORTH

MARCH:

CANAAN VALLEY /

WV GOVERNOR’S CUP

*depends on which weekend is the holiday weekend

Contact Rick Mygrant, OVSC Race Chair for details!



OVSC BOARD AND TRIP DIRECTORS:

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Vice President: Janet Jones, Lexington
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Photos from the Iceland and Denmark trip

Ohio Valley Ski Council North American Western Ski Trips 2019



Aspen/Snowmass, Colorado
Sat. Jan 26 – Sat. Feb 2, 2019

Trip Package Includes:

- 5 of 7 days lift ticket, valid at 4 resorts
 - Aspen
 - Aspen Highlands
 - Buttermilk
 - Snowmass
- 7 nights lodging in Snowmass, options include:
 - The Top of the Village Condo
 - Tamarack Townhouse
 - Stonebridge Inn Hotel



Lake Tahoe, California
Sat. Feb 23 – Sat. Mar 2, 2019

Trip Package Includes:

- 5 of 7 days lift ticket, valid at all 3 Epic Pass resorts
 - Heavenly
 - Northstar
 - Kirkwood
- 7 nights lodging in South Lake Tahoe options include:
 - Lakeland Village Condo
 - Forest Suites
 - Lake Tahoe Resort Hotel
 - Harrah's Lake Tahoe Hotel and Casino
 - Harvey's Lake Tahoe Hotel and Casino

BOTH TRIPS INCLUDE:

- Round Trip Airfare
- Round Trip Ground Transportation
- Welcome reception
- Lunch on the mountain
- Après ski event
- Farewell dinner with band & dancing

QUESTIONS?

- Contact Bob LeValley, OVSC North American Trips Director
rdlevalley@gmail.com
 - Tour Operator: Karl Winter, of Winter Ski and Sport
- All members of Ski Clubs of the Ohio Valley Ski Council are invited those clubs participating in these trips:**
- Columbus - Dayton - Kittyhawk - Lexington - Louisville - Newark -
Skiers Ltd - Tri-State

OHIO VALLEY SKI COUNCIL CAPTIVATING CUBA

August 18 – 25, 2019

Includes:

Non-stop flights from Miami to Santa Clara & Havana to Miami, including fuel surcharges and taxes and fees

U.S. Treasury Department, OFAC License Certification and Authorization Letter

Cuba Entrance Visa & Air Departure Tax

All land transportation, transfers & portage in Cuba

1 night pre-tour accommodation at the Hotel Crowne Plaza Miami airport

7 nights superior 1st class hotel accommodations in Cuba

17 meals: 7 breakfasts, 6 lunches and 4 dinners

Comprehensive educational exchange program, including entrance fees

One Friendly Planet escort

Professional, English-speaking local guide, who will facilitate the educational exchanges with Cubans

Health insurance in Cuba (mandatory)

\$3,359 per person, double occupancy



Day 2: Arrive Cuba, and drive to the picturesque town of Sancti Spiritus, one of the original seven cities founded in Cuba by the Spanish 5 centuries ago. 2 nights at one of 3 hotels TBD.

Day 3: Hacienda de Manaca Iznaga, (once known as Cuba's center for sugar production); Trinidad, one of the best preserved colonial cities in all of Latin America and a World Heritage site since 1988; Casa del Alfarero; Lunch in Trinidad. Explore the historic town of Templo de Yemaya, with its open-air craft markets, shops, museums and bars.

Day 4: 2 nights Melia Varadero. Drive to Santa Clara, visit the Performing Arts school with dance theater and music performances by the students and a discussion about the role of music and education in the USA and the impact of music on Cuban life, lunch, and then Varadero Beach – the most famous beach on the Cuban mainland. Enjoy the resort town and your beautiful, all-inclusive hotel

Day 5: Learn about the official national dance and musical genre, a craft workshop. After lunch, enjoy the day at your leisure

Day 6: 3 nights Melia Cohiba, Havana. Enjoy lunch in the fishing village of Cojimar, the setting for Hemingway's book, *The Old Man and the Sea*; Visit Ernest Hemingway's home, Finca Vigia, now a museum. Continue on to Fusterlandia, the home and surrounding neighborhood of "The Picasso of the Caribbean", Jose Fuster.



Day 7: Old Havana: Visit one of Havana's famous cigar factories, enjoy a walking tour of Old Havana, (a World Heritage site since 1982), enjoy some time on your own exploring the Plaza d Armas, the oldest plaza in the city, ride in vintage cars, and tour the Christopher Columbus Cemetery

Day 8: Havana. After breakfast, stop at the Plaza de la Revolucion, the most famous and politically important square in Cuba, witnessing many rallies and revolutions that have altered the course of Cuban history, and view the 109 m tower and 18 m statue of Jose Marti.



After lunch at a local restaurant, walk along the beautiful Paula Promenade by the waterfront of the Bay of Havana. The Artisan Market has souvenirs, including handicrafts and other collectibles. Enjoy the remaining day at your leisure, then after dinner, enjoy live, traditional Cuban music and salsa dancing. Wear your dancing shoes!

Day 9: Transfer to the airport and board your flight back to Miami.

HOLIDAZE SKI TOURS FOR THE OHIO VALLEY SKI COUNCIL:

(1) VAL di FASSA, ITALY
March 9 – 16, 2019 \$2595



A true paradise for skiing and snowboard enthusiasts, the mountains of the valley are also the ideal environment for many other fun, relaxing and outdoor activities. Over 200 km of guaranteed fun!

Ski tours:

PANORAMA

From the Sassolungo massif to the Rosengarten, through the Col Rodella - Belvedere, Ciampac – Buffaure and Catinaccio ski areas

SELLARONDA

32 ski lifts
42 km of slopes with access to:
200 ski lifts
500 km of slopes

GREAT WAR SKI TOUR

25/41 km of slopes covered
In a minimum of 7 and
a maximum of 8 hours

Enjoy skiing on the 390 km of slopes of the ski areas of Fassa/Carezza, Alpe Lusia/San Pellegrino, Fiemme and Primiero with the same ski pass



Excursions on the snow, ice-skating, cultural visits and horse-drawn sledge rides to enjoy moments of peace and well-being.

(2) AMALFI COAST, 16-22 MARCH 2019

Post-trip \$1599 OR Stand-alone trip \$2535

ITINERARY:

March 16: arrive Naples airport, meet your tour leader, transfer to your hotel, the 4 * Hotel Caravel in Sant'Agello

March 17: Full day Amalfi coast

March 18: Full day Pompeii and Naples

March 19: Full day Capri

March 20: Full day Herculaneum and Vesuvius

March 21: Half Day Caserta Royal Palace; Evening free time in Sorrento

March 22: transfer hotel- Naples airport

INCLUDES:

Breakfasts and dinners, VAT and service charges; local city tax per person, one night in Milan on the return trip

English speaking licensed tour escort with the group for the entire tour

Entrance fees to Pompeii, Herculaneum and Vesuvius, Caserta Royal Palace

Transfer to hotel, ferry to Capri, and minivans on Capri/Anacapri

Private coach transportation to all day tours listed in the itinerary above



Christmas Markets Cruise on the Romantic Rhine River

December 3 – December 11, 2019



TOUR HIGHLIGHTS

20 Meals (7 dinners, 6 lunches, and 7 breakfasts)
Airport transfers on tour dates when air is provided by Mayflower
International Cruise Director and Mayflower expert staff onboard Complimentary WiFi onboard
Unpack only once, in your river view stateroom with a window for panoramic viewing
Spacious public areas with large windows, perfect for viewing the scenery along the Rhine River

Complimentary mini-bar in all suites
Butler service for all guests
All gratuities included
\$45 in Mayflower Money
All meals included onboard with a variety of international cuisine
Complimentary beverages onboard ship, day, every day
Enhanced touring experience with included audio headsets

LOCAL INSIGHTS

Traverse the canals of Amsterdam on a cruise
Visit a cheese farm in the Netherlands and learn how it's made

Culinary demonstration by the ship's Chef
Attend a live concert performed in a baroque palace

DAY 1 – Depart the USA

Depart the USA on your overnight flight to Amsterdam, the Netherlands.

DAY 2 – Amsterdam, the Netherlands

Upon arrival in Amsterdam, transfer to the ship for embarkation. The day is at leisure to begin exploring Amsterdam on your own. The ship remains in port overnight. **Meal: D**

DAY 3 – Amsterdam: Begin the day with an iconic canal cruise and view the city from a different perspective as you pass historic buildings, lovely townhomes and churches at water level. Afterwards, explore on foot during a walking tour. OR, choose an excursion by coach to the charming villages of Volendam and Edam. Visit a cheese farm to learn how cheese is made and enjoy a sampling of the final product. Journey to Edam for an orientation tour and free time before arriving in Volendam, a traditional fishing village, full of authentic Dutch character, and colorful wooden houses surrounding

the harbor. A brief orientation tour and free time to meander through the lanes will leave a lasting impression of this quaint village. Your river cruise begins with an early afternoon departure from Amsterdam and the remainder of the day spent relaxing onboard. **Meals: B, L, D**

DAY 4 – Cologne, Germany: Enjoy a leisurely morning cruising along the river before arriving in Cologne. This afternoon, a guided walking tour showcases the highlights of the city, including the magnificent cathedral which serves as the symbol of the city. You'll have free time to visit the Christmas Market in the Domplatz, home to the largest Christmas tree in Rhineland. **Meals: B, L, D**

DAY 5 – Koblenz / Rüdesheim, Germany: As the ship docks in Koblenz, there is a choice of two activities. Explore Koblenz on a walking tour with a local guide and see this historic city which straddles two of Europe's most beautiful rivers. In the old part of the city, the Christmas Market consists of glittering, festive, cottage-style stands and Lebkuchenherzen (traditional gingerbread hearts) to create a magical European Christmas experience. OR, travel by coach to Cochem and discover a true medieval gem resting on the banks of the Moselle River. Feel as if you've stepped straight into a fairytale as you have a guided tour through town that culminates with a visit to the iconic 19th-century Reichsburg Castle. The ship departs Koblenz early afternoon for Rüdesheim and arrives this evening for an overnight in port. This afternoon, enjoy a landscape of castles and quaint towns as you cruise through the Rhine Gorge. **Meals: B, L, D**

DAY 6 – Rüdesheim, Germany: 'All aboard' as mini-trains meet near the ship and take you to Siegfried's Musikkabinett Museum for a guided visit. Afterwards, enjoy free time in this quaint town to stroll through the picturesque lanes and along the famous Drosselgasse before re-boarding the trains for the return to the ship. During your free time, wander through the Christmas Market and search for the perfect gifts. Departing Rüdesheim mid-afternoon, enjoy the remainder of the day onboard and all the amenities of the *Scenic Opal*. **Meals: B, L, D**

DAY 7 – Mannheim / Rastatt, Germany: Awaken this morning in the town of Mannheim, departure point for the day's activities. Your free choice activities include a visit to Heidelberg, with two options: visiting the castle and a walking tour, OR, a walking tour of the city with a tasting of local specialties such as their liqueur and the famous 'student kiss' chocolate. As your final port in Germany, don't miss out on shopping for unique treasures at the Christmas Market in Heidelberg. During the excursion, the ship sails to Germersheim where you re-embark. This evening, arrive in Rastatt and enjoy a special treat as you attend a live concert in the baroque Rastatt Palace. **Meals: B, L, D**

DAY 8 – Strasbourg, France: With a morning arrival in Kehl, travel by coach across the river to Strasbourg, France, where a local guide leads you on an included walking tour through this picturesque town. Stroll through the charming Old Quarter, 'La Petit France', admire the half-timbered houses and marvel at the gothic cathedral in the city center. Enjoy free time to visit the stalls of Strasbourg's Christkindelsmärik, one of the largest in Europe, before returning to the ship in Schonau. The final afternoon is spent cruising along the river to Basel, Switzerland. **Meals: B, L, D**

DAY 9 – Basel / Zurich / USA: It's time to bid farewell to the Captain and crew and depart for the Zurich Airport as you say goodbye to Europe and return home with lifelong memories of your Christmas Markets cruise along the Rhine River. **Meals: B**

Price depends upon the stateroom chosen: \$3,395 - \$6,199 per person, double occupancy

