



Fall 2019

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**OVSC**  
[www.ovsc.org](http://www.ovsc.org)

## Fall edition

### REAL ID Identification Requirements

Oct. 1, 2020, is the day the Real ID law will finally be enforced.

Every traveler must present a REAL ID-compliant driver’s license, or another acceptable form of identification, to fly within the United States.

According to the TSA website, a U.S. passport is one of many valid forms of identification. Please see TSA's website for the complete list of acceptable forms of identification.

The key thing that makes the card “special,” is that the federal government requires you to provide certain identifying documentation to obtain one from your state.

• To get a Real ID, you need to present documents to your motor vehicle department proving your age and identity, Social Security number and address. That generally means bringing a birth certificate or passport, a Social Security card or tax form such as a W-2, and two proofs of address. If you’ve changed your name through marriage, you’ll need a marriage certificate. Please check with your state driver license agency for allowable documentation.

• Although the Real ID is also a driver’s license, the old-style driver’s license is still lawful for driving and still available as an option in many states.

• To fly, however, a “regular” driver's license won't be sufficient to get through security and onto a plane. The Real ID technically is not mandatory because you can instead use a passport or an ID from the federal government’s Trusted Traveler Program, such as a Global Entry card.

• For international travel, you’ll still need a passport.

(source: AARP, August 23, 2019)



### Getting in Shape – the Senior way!

Don't shoot the messenger! I saw this article, and thought we could all benefit from it, regardless of our age!

It's time to focus on strengthening legs and hips for snow sports. *Please don't start the snow sports season without toning up your muscles. If you don't get into shape, you're inviting strains and sprains at the very least. You'll tire more easily and, at the end of the day, you'll be risking more serious injury.*

Here are five basic, get-started exercises that you can do with minimal time, equipment and space. This exercise series will just focus on hips and legs. There are other resources online for core, lower and mid-back and shoulders and arms.

Do at least two sets of eight reps of each for starters.

#### Quad Wall Squats

Either use an exercise ball or just slide up and down a smooth wall. Squat down so your thighs are 90 degrees to your lower leg, and no further.



#### Leg Straight Raises

The key with this one is keeping the leg you are raising straight and your lower back flat on the floor. Feel that hamstring! Raise to 45 degrees and down, not letting your heel touch the floor.



#### Static Lunge

Here's one that focuses on hips and quads. You can put your back leg on a chair or on the floor. Great one for balance, too.





### Hamstring

Keep your butt off the floor. If you don't have an exercise ball, use a desk chair with rollers.



### Outer Hip Abductors

Tight hips can cause mischief if they are not strong and supple. These muscles run up to the central back and down to your knees. If you have back problems, strengthening hips and core might help. This exercise is for the outer hip abductors. We'll work the other hip muscles in a few weeks. Try to keep your toes pointing straight ahead. A variation is to lift your leg with toe pointing down and lowering with toe pointing up. Then reverse the pattern.



Copied, with permission, from [seniorsskiing.com](http://seniorsskiing.com)

### Here are a few quick tips from instructors from the U.S. Ski Team:

Steady state cardio (such as doing a warm-up, then 30 min of running, followed by a cool-down) not only keeps your body moving and releases endorphins, but if done consistently over time, you'll likely see a decrease in your heart rate and blood pressure.

Breakfast burritos are a nutritious meal that gets your day started the right way. A pro tip from the U.S. Ski Team's

dietician is to make them in bulk and freeze them. This makes it easy to enjoy a nutritious meal that only takes a few minutes out of your morning.

Chugging water after a workout isn't the best way to rehydrate. Instead, take smaller drinks throughout your workout to keep your body going.

Bad knees? Try a low-impact cardio workout like riding a bike or running on an elliptical. You'll give your heart a healthy workout without putting stress on your joints.

Eccentric weight lifting is often overlooked, but it can be incredibly effective for skiers. Instead of quickly doing push-ups or pull-ups, slowly lower your body back down. Using your own body weight as resistance will give you a more comprehensive workout.

## NSCF ANNUAL MEETING

September 4 – 7, 2019  
Jackson Hole, WY

I just returned from the 21<sup>st</sup> NSCF meeting, in which all 30 Council presidents are invited to participate. Some of the topics we and 17 Industry representatives (Tour operators and resort personnel) discussed included: Copyright infringement; Airbnb and VRBO impact on traditional business models; Update on EPIC and IKON passes; the Industry’s relationships to Councils; and a presentation by Constance Beverly with the Share Winter Foundation, a grantmaking organization working to improve the lives, health and fitness of youth. Educational topics included Getting new members to volunteer: Industry’s relationship to the Councils; Getting Over the Ifs, Through the Ands, and Off the Buts (Overcoming Objections); and Long-range planning.

All of the 3-day conference presentations and information was shared with your club’s OVSC rep at the September 15<sup>th</sup> OVSC Board meeting, or via the minutes. Take the time to ask them about what was learned – there just might be something of value to you and your club.



## Upcoming Events:

**OVSC Board Meeting:**  
Cincinnati, OH  
Contact Juli Brace,  
[julibrace1@hotmail.com](mailto:julibrace1@hotmail.com)

### ON THE OVSC WEBSITE:

**2019 International Trip:**  
Rhine River Christmas Market Cruise  
December 3 – 11

**Crans-Montana Ski trip**  
March 7 – 17, 2020  
Germany, March 15 – 23 (stand alone or post-trip)

Contact Dan Hapner,  
[rosehapner@aol.com](mailto:rosehapner@aol.com)

**2020 North American Trips:**  
Red Mountain  
Jan 25 – Feb 1

Zermatt, Utah  
Feb 22 – 29

Contact Bob LeValley,  
[rdlevalley@gmail.com](mailto:rdlevalley@gmail.com)

## OVSC BOARD AND TRIP DIRECTORS:

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# 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 Wi-Fi 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 / Rudesheim, 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 Rudesheim 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 – Rudesheim, 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 Rudesheim 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**

## CRANS-MONTANA, SWITZERLAND

MARCH 7 – 14, 2020

### \*Includes:

Round trip air from Dayton or other Delta cities Transfers between Zurich airport and Crans-Montana in private coach 7 nights' accommodations Welcome orientation Breakfast buffet daily 5 nights dinners at hotel Hospitality Desk nightly Optional excursions for non-skiers All local taxes All current airline taxes and fuel surcharges Passport Cases luggage tags Optional extensions

\*Air and hotel rates based on 2019 pricing and subject to change; Does not include club or council fees;

\*Pricing based on exchange rate of CHF1.00 to 1.00USD and subject to currency fluctuations

Post-Trip OR Stand-alone trip to Germany, March 15 – 23. Visit Munich, Neuschwanstein Castle, Salzburg, Bamberg, Leipzig, Berlin, Potsdam, Sanssouci Palace, and other worldly sights. See website for details.





# Ohio Valley Ski Council North American Western Ski Trips 2020



**Red Mountain Rossland B.C. Canada**  
Sat. Jan 25 – Sat. Feb 1, 2020



**Zermatt, Utah "Park City with a Twist"**  
Sat. Feb 22 – Sat. Feb. 29, 2020

**Trip Package Includes:**

- 5 of 7 days lift ticket (one day at Whitewater)
- 7 nights lodging in Salom Creek Condominiums
- Flight to Spokane, bus to Red
- Bus to Whitewater and back for day trip
- Land packages available
- See below for what both trips include:

**Trip Package Includes:**

- 7 nights lodging Zermatt Resort 4 Diamond Resort
- 1 day lift ticket at Sundance with transportation & Lunch at the Sundance Film Festival Screening Lobby
- Daily shuttles to Deer Valley and Park City
- Epic Pass and Ikon Pass resorts
- Land Packages available
- See below for what both trips include

**BOTH TRIPS INCLUDE:**

- Round Trip Airfare
- Round Trip Ground Transportation
- Welcome reception
- Après ski event
- Farewell dinner with music & dancing

**QUESTIONS?**

- Contact Bob LeValley, OVSC North American Trips Director [rdlevalley@gmail.com](mailto:rdlevalley@gmail.com)
  - Tour Operator: Winter Ski & Sport, [Crystal@winterskiandsport.com](mailto:Crystal@winterskiandsport.com)
- All members of Ski Clubs of the Ohio Valley Ski Council are invited to participate. Join a Club today!**  
[www.ovsc.org](http://www.ovsc.org)



