



Always a Great Time!!!

November

2020—2021

May 1—April 30, 2021

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-President-

Greg Stang

-Vice President-

Jon Laverty

-2nd Vice President-

Bill Fekete

-Treasurer-

Tim Ryan

-Secretary & Membership-

Deb Talarek

-Sergeant at Arms-

Ken Schultz

-Communications,
Newsletter-

Paula Bowers

Directors

Linda O'Donnell

Rayleen Tolejko

Pam Fekete ([Facebook](#))

Melissa Kubis

-Website Hosting-

Ken Kramer

Deb Darling (Web Editor)



To Contact any of the above
send email to
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OfficialSkiClubofLockport

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Lockport, NY 14095-0633

Hi SCOL'ers,

As I write this message to membership there is so much that is unknown, from the results of the election to how snowy the winter will be to what effect Covid-19 will have on ski resort operations. Dealing with uncertainty is difficult, and the uncertainty of the last 8 months has been quite painful. I think that I should learn how to better deal with uncertainty because there appears to be no end in sight of the current pandemic. On the bright side are the numerous conversations with fellow SCOL members over the past few months. There is nothing like a funny SCOL story to cheer you up in the current environment we're in. I encourage all members to reach out to a fellow SCOL'er and share a funny story or two, perhaps even a Zoom Happy Hour would be appropriate.

This is the most difficult of messages to deliver to SCOL membership. The out-of-state trips for the 20-21 ski season have been officially postponed / cancelled due to the Covid-19 pandemic. Given the restrictions that have been placed by various governmental bodies, the Board was left with an easy decision that was difficult to make. The decision was easy in that travel restrictions prohibit the Europe and West trips from proceeding, and those participating in the East trip would be required to quarantine for 14 days, making it impractical to participate in such a trip. The decision was difficult to make in that the Board knows how much members look forward to our SCOL ski trips and the time away, if only to escape the day-to-day news and spend time with good friends eating, drinking, skiing, boarding and carrying on as only SCOL'ers can do. At the end of the trip we may bring home souvenirs but it is the memories that we create that will last a lifetime.

Looking at the bright side, the Board will be considering various options for local events that comply with the restrictions imposed yet allow for a SCOL-worthy experience. There is no doubt that this ski season will be a ski season like no other, we all will have to be creative and make the best of a near impossible situation.

Please continue to check the SCOL website, Facebook and email for details for our next social gathering and General Meeting which will be announced shortly.

Ski ya later,
Greg Stang





We are planning for the best,
but understand we will all need
to be flexible!!!

Check This Out

- Meetings :
TBD

- Word of the
year “Go with
the FLOW”



DATE	EVENT	CHAIR
Cancel	Warren Miller Film	Deb Talarek
Canceled	Snowflake Fashion Show	Pam Fekete
December 9th CANCELED	General Meeting	Ken Schultz
On Hold	Europe Trip—If the boarder opens it will be a go at very short notice	Shelia Flanigan
TBD	Swain	TBD
TBD	Bristol	TBD
1/29	Contractors Day at Holimont	TBD
1/29	Happy Hour at ELV	TBD
1/30	Holiday Valley	Jon Lavery
Postponed	West Trip - 2022	Pam Fekete
Canceled	East Trip - Cancelled	Melissa Kubis
TBD	Penguin Paddle	TBD
TBD	Mardi Gras Parade—Float	Deb Darling
TBD	Luck of the Irish Potluck	Ken Schultz
TBD	Pond Skimming Holiday Valley	TBD
TBD	Others	TBD

Go to the SkiClub-ofLockport.com
Click on: “Ski Club Merchandise Shop”



SCOL Meetings & Events

The board is diligently researching & acquiring alternative establishments to host SCOL events. Our members safety and Covid 19 guidelines are always considered in our decisioning.

Check This Out

- Meetings :
Doors open when Covid-19 is under control
- Installation Dinner
April 24, 2021—
That's right we are already prepared for next year!!!



Go to the SkiClub-ofLockport.com
Click on: "Ski Club Merchandise Shop"

October meeting was held on a gorgeous fall weekend in WNY!!!

Thirty to forty SCOL Members were able to socialize at a distance and enjoy one of our last beautiful days of October 2020.

Ellicottville Village Park fit our needs, with getting back to nature and living the simple life.

Fall Fest might have been cancelled, but as usual SCOL'ers made the best of a gorgeous weekend.



December Holiday Meeting:

A Holiday meeting at Pane's Restaurant in N. Tonawanda has been planned for December 9, 2020. (SEE NEXT PAGE FOR THE DETAILS)

As of distribution time of this Newsletter, group gatherings of no more than 50 people ARE PERMITTED in Niagara County which is where Pane's is located.

If NYS restrictions change in future days, that would effect our plans, the Board will address and inform the membership of such changes.

As we all know, planning this year is a challenge and we all need to be flexible with changes :).



**CANCELLED
DUE TO COVID**



What's New

Holiday Valley's 2020 SKI Magazine Reader Resort Survey Rank: 10th in the East



Check out skimag.com for a awesome article about our hidden jewel!!!

Holiday Valley invests 2.9 million for improvements for 2020 & 2021

Lighting Snow Making Groomers Lifts

Authorized to open November 6, 2020



SKI NY Statement on COVID-19

The safety and health of guests and those who work at our member ski areas are a priority of SKI/NY. We know there are many questions about what measures ski areas are taking in regards to the Coronavirus.

Measures include:

- Monitoring updates on COVID-19 from the CDC (Centers for Disease Control and Prevention, New York State Government and the WHO (World Health Organization). Based on this, SKI/NY will recommend to its member ski areas on what action may need to be taken that is necessary for the continued safety of ski area staff and guests.
- Encouraging to ski areas that they instruct any of their staff who feel ill to remain at home.
- Encouraging to ski areas to provide hand sanitizers and wipes in all dining and bar areas of the facility as well as their rental facilities.
- Encouraging to ski areas to wipe down any rental equipment after use with disinfecting wipes (such as Clorox Wipes as recommended).
- Suggesting that ski areas to work with their guests who may have questions about the facility and cleanliness policy.

In addition, Governor Cuomo has issued an Executive Order banning gatherings of more than 500 and limiting those under 500 to 50% of capacity. Therefore most New York Ski Areas will continue to operate but there may be certain base facilities and services that will be closed or limited. Please check the website of the ski area you are planning to travel to.

[Heard it through the Grape Vine:](#)

Holiday Valley

- Lockers and cubbies removed/limited from lodges
- Come dressed and be prepared to put your boots on in the car, space will be limited

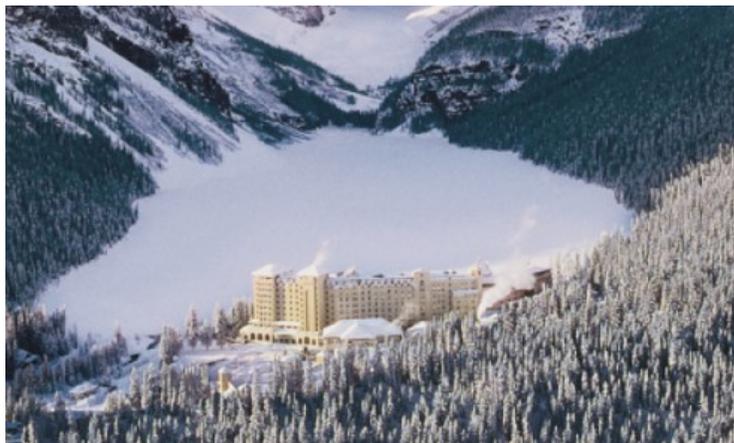
Holimont

- Has done away with volunteer ski patrol

Castles to Cabins trip

Postponed to 2022

Lake Louise & Jasper
Trip Chair: Pam Fekete email or Txt for
further details (716) 628-98
Pamgun@hotmail.com



West Trip Update:

Bad News- Good News:

Covid strikes another- With the increasing Covid rates, the Ski Club has cancelled the West trip that was planned for February 2021 . We realized with the unknown Border opening it was becoming increasingly difficult to plan a trip this year. We will continue to keep our eye out should the situation change and travel becomes more available.

As disappointing as this is, the good news is we have secured the same pricing for another year in February of 2022. We have compared our trips to our clubs and find we are very competitive with deals we can offer our members.

We are tentatively scheduling this for the same time frame in 2022.

Plan to enjoy great prices and great conditions.

Stay tuned for sign up information!

POSTPONED





Squats — 1 min, repeat 2 or 3 times

This exercise will help you build up general strength in your legs, bum and low back.

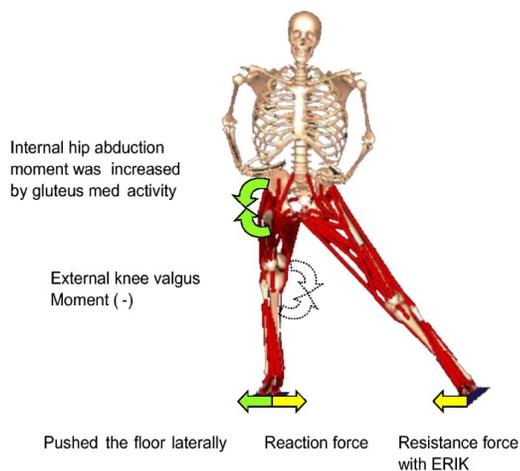
Stand with your feet hip distance apart, toes pointing forwards, weight in your heels and hands by your hips. Keeping a long straight back sit your bum backwards bending at the hips and knees, reach your arms forwards. Keep your knees over the mid foot and bum no lower than hip height. Aim for controlled movement both on the upwards and downwards phase.

Skaters — 1 min each side, repeat 2 or 3

times

This exercise will help you gain stability in your hips and low back by engaging the 'still' supporting leg stabilizers

Stand in a high squat position (feet hip distance, toes pointing forwards, bent hips and knees to a high sitting position) with a folded towel or paper plate under your right foot. Keeping alignment with your hip bones, knee caps and second toe on your left leg, gently press the right leg away in a 'skating motion' and then return to the start position. The aim is to keep the left leg perfectly still and lined up throughout. Hands on your hips will help you feel if your hips shift, watch for the knee to make sure it doesn't roll in and the arch of your foot to make sure it doesn't collapse.



Mountain climbers — 1 min,

repeat 2 to 4 times

This exercise will help you develop overall core and low back strength.





**SCOL on-line Merchandise
is available!!!**

- * T-Shirts
- * Sweat Shirts
- * Hoodies
- * Wine Bags
- * Etc.
- * Free Delivery



In these crazy times it is hard to make decisions regarding trips when Covid 19 is still a threat.

We do know we need to do following:

- ⇒ Healthy Hygiene Practices
- ⇒ Hand Washing
- ⇒ Face Mask
- ⇒ Cleaning & Disinfecting
- ⇒ Social Distancing (Two Ski poles apart)

We will all need to be flexible during these crazy times, the board is going to plan for the best and make modifications



Are you a Business owner/representative? Want to get the word out and have support from your fellow members? SCOL is looking for door prize donations. It must be a \$50.00 minimum value. You will be mentioned at the meeting, in a newsletter and we are working on a SCOL Business partner page on our website.

Please Contact Sergeant at Arms –

Ken Schultz 716-930-0960