

# The Flakey News

## Publication of the Fox Valley Snowdrifters

November, 2021



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**Fox Valley Snowdrifters**

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Hi Snowdrifters!

Happy Halloween! Turkey day is drawing close. The leaves are changing and the mornings are getting crisp. Fall is a wonderful time of the year.

I love this season because it means winter and skiing are just ahead. It also means the Snowdrifters are in full prep mode: Rick Pasturczak helping us get our gear ready; Nancy Anderson, of Fox River Strength and Conditioning, ready to give us some pointers on getting our ski legs back; and then we have the holiday party in December. (I can't wait to see what Maureen, Michelle and Chef Joe have planned for us!) No big turns here. This is straight down the fall line to ski season.

If you are looking to avoid any bumps in the run up to this ski season – think about trip insurance – especially if you are traveling to Banff or Zermatt. You can purchase Travel Guard trip insurance through the Club [here](#). Also, be aware that COVID is still affecting travel – with the U.S. and other countries requiring negative tests prior to entry. Our travel partners and trip leaders are doing their best to stay informed and will share the latest info as we move closer to our travel dates. Also remember to review your travel information on the Snowdrifter website to assure that your name matches the travel identification document that you will be traveling with and that your date of birth is correct. This information is critical so that airline tickets are issued correctly.

Speaking of moving closer to travel dates, the Club is finalizing our travel numbers and making payments to vendors for flights, rooms, etc. So, please remember to stay current on your monthly trip payments. And if you're thinking about how you can get a few more ski days in this season, look no further than the Midwest and sign up for the Club trip to [Ski Brule!](#)

Lastly, don't forget to [register online](#) for the November meeting to be held at Fox River Strength and Conditioning. It should be a great learning experience and fun too. Remember to bring a dish to pass (think light and healthy). You can find out more about the meeting in this newsletter.

**Greg Olson**  
President



# Attention Snowdrifters

- Do you need to improve your balance ?
- Do you need to increase your strength in your core?



- Do you need to increase your calf strength?
- Do you have a nagging pain?

You are invited to attend a evening of excitement to learn practical applications on how to improve and prepare for ski season. Join us for an event at **Fox River Strength and Conditioning.**



**Tuesday November 16th**

**Time 7-8 30pm**

**Potluck- Bring a dish to pass**

**Be prepared for an assessment of your joints  
and quick workout !!**



**Fox River Strength & Conditioning located at 11 John St. North Aurora, IL 60542**

# **SNOWDRIFTERS' SOCIAL HAPPENINGS**

❖ **Hike Starved Rock/Lunch at Tangled Roots Brewing/Lone Buffalo**  
**Event Full – registration closed**

For those who are registered - watch your email for maps and meeting place.  
In case of rain, hike will be cancelled.

🌀 **SAVE the DATE**

Snowdrifters 🎄 Holiday 🎄 Extravaganza

Sunday Dec. 5, 2021

5:30 PM

Silver Spur Ranch

Maple Park

We will welcome back Chef Joe - wait till you see the menu! 😊

Holiday Gift Swap

Watch your email for registration.

We are limited to 60 due to spacing so do not delay registering!

Maureen Joy

Social

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## **MEMBERSHIP**

**New members:**

Laurie & Rick Pasturczak

Michelle Etherton

Membership

*Why do we eat pumpkin pie on Thanksgiving?*

*Northeastern Native American tribes grew squash and pumpkins. **The Native Americans brought pumpkins as gifts to the first settlers, and taught them the many uses for pumpkin.** This led to serving pumpkin pie at the first Thanksgiving in America about 50 years later.*

# TREASURER'S 2 CENTS



As many of us are reaching the final payment for our trips, keep in mind our balance due might be less than the regular payment. Be sure to check your invoice online before writing that final check for your trip. You can also make the final payment online with a credit card.



Let me know if you have any questions!

Bring on the Snow!

*Peggy Courser*  
Treasurer



Hello Fellow Snowdrifters,

My daughter Aisling hosts a TRFJ 5K run/walk team each year (always the Sunday after Columbus Day) as a fundraiser for skin cancer.

<https://runsignup.com/Race/Events/IL/GlenEllyn/ThisRunsForJack>

Like runners, skiers get a lot of sun exposure! Aisling thought the ski club could benefit from the attached document provided at this year's event. Let her/us know if you would like her to bring copies to a future meeting. We can also see about getting some of the latest and greatest sunscreen samples available.

I hope you have an amazing ski season.

Best,  
Aisling and Kathleen



## Prevent. Detect. Live.®

### Prevent.

How can I prevent skin cancer?

The American Academy of Dermatology encourages you to have fun outdoors and follow these tips to decrease your risk of skin cancer:

- **SEEK SHADE BETWEEN 10 A.M. AND 2 P.M.** If your shadow appears shorter than you, seek shade.
- **WEAR PROTECTIVE CLOTHING**, such as a lightweight long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- **GENEROUSLY APPLY A BROAD-SPECTRUM, WATER-RESISTANT SUNSCREEN** with an SPF of 30 or higher to all exposed skin even on cloudy days. Reapply approximately every two hours or after swimming or sweating.
- **USE EXTRA CAUTION NEAR WATER, SNOW AND SAND** because they reflect and intensify the damaging rays of the sun, which can increase your chances of sunburn.
- **AVOID TANNING BEDS.** Ultraviolet light from the sun and tanning beds can cause skin cancer and premature wrinkling. If you want to look tan, consider using a self-tanning product, but continue to use sunscreen with it.

**1 in 5**

Americans will develop skin cancer in their lifetime.



**ANYONE**  
CAN GET SKIN CANCER,  
REGARDLESS OF SKIN COLOR



1 OUNCE OF SUNSCREEN, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.

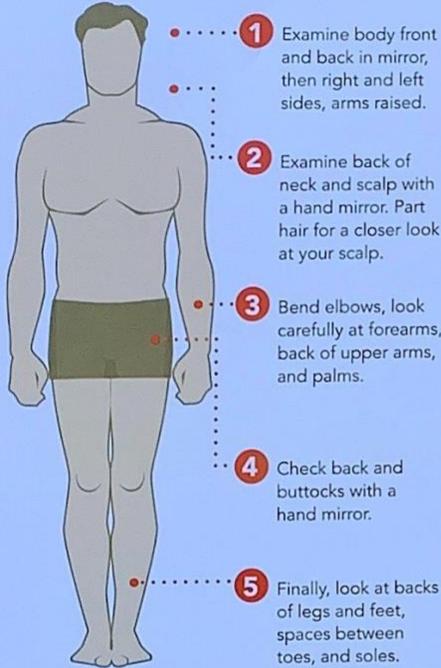
[spotme.org](http://spotme.org)

# Detect.

## How to check your spots

### SKIN CANCER SELF-EXAMINATION

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Ask someone for help when checking your skin, especially in hard-to-see places.



Download the AAD's Body Mole Map at [spotme.org](http://spotme.org) to record your spots during your next skin self-exam.

## What you're looking for on your skin

### THE ABCDEs OF MELANOMA

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:

- A ASYMMETRY** ..... One half is unlike the other half.
  - B BORDER** ..... Irregular, scalloped or poorly defined border.
  - C COLOR** ..... Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.
  - D DIAMETER** ..... While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.
  - E EVOLVING** ..... A mole or skin lesion that looks different from the rest or is changing in size, shape or color.
- Example:**
- 

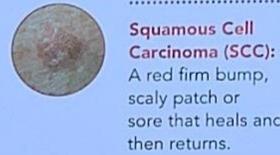
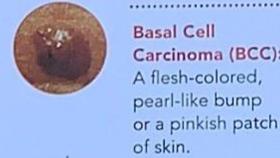
### OTHER TYPES OF SKIN CANCER

When checking your skin, look for signs of these other suspicious spots.

#### Precancerous Growth



#### Skin Cancer



If you find any spots on your skin that are changing, itching or bleeding, make an appointment to see a board-certified dermatologist.

# Live.

Visit [spotme.org](http://spotme.org) to:

- Learn more about skin cancer
- Find a dermatologist in your area

**WHEN CAUGHT EARLY, SKIN CANCER IS HIGHLY TREATABLE**





## Ogden, Utah - \$1,250

January 7 - 12, 2022

**SOLD OUT / WAITING LIST ESTABLISHED**

*This trip is capped at 42 people and a waiting list has been established. If you are interested, please reply to Joe or Marie that you would like to get on the waiting list. The waiting list is a first-come first-serve with gender considerations (e.g. we may only have one opening for a male or female depending on room assignments).*

**See October Flakey News for more details**

**Powder Mountain** has the most skiable terrain of any ski area in the United States. The 5,500 acres includes 2,800 lift-accessible acres. 500 inches of snow annually makes the resort famous for its powder skiing. <https://www.powdermountain.com>.

**Snowbasin**, A Sun Valley Resort, is a large resort in the Ogden area, covering a good selection of runs on varied terrain. It was the site of the Downhill and Super G events for the 2002 Winter Olympics. Snowbasin tends to be much less crowded than the resorts near Salt Lake City. Snowbasin cultivates a European style ski experience, complete with trams and gondolas, fine dining at trailside chalets, and cultural diversity expected of an Olympic venue. <https://www.snowbasin.com>

**Lodging:** Our lodging is Home2 Suites, located in the heart of downtown Ogden. The Suite rooms have a full kitchenette and offer free high-speed internet, 55" HDTV's, and big bright bathrooms. Free time's fun with a fitness center and game-filled lobby. Mix it up with a toppings-inspired free hot breakfast. See <https://www.VisitOgden.com>.

### **FLIGHT CHANGE**

<b>United</b>	UA2137	07JAN ORD/SLC	09:00 AM	11:37 AM
	UA2046	12JAN SLC/ORD	12:40 PM	04:47 PM

### **Payment Schedule (per person):**

- **November - Balance Due**

\* **NOTE:** All taxes that are currently in effect, including airline taxes are included in the price. Please note any additional airline tax or fuel surcharge imposed before our final ticketing is beyond our control and will require an adjustment in the final price. Any fuel surcharge imposed on our ground transfers is also beyond our control and will require an adjustment.

<b>Trip Leaders:</b>	Joe Hopp:	<a href="mailto:jhopp23@hotmail.com">jhopp23@hotmail.com</a>
	Marie Bryl:	<a href="mailto:mcbryl@yahoo.com">mcbryl@yahoo.com</a>
	Caren Werner:	Visit Ogden Manager



# Zermatt, Switzerland & Majorca, Spain - \$2,810

Jan 21 - Feb 2, 2022

- **SOLD OUT / WAITING LIST ESTABLISHED**
- **Only fully vaccinated Americans and Canadians will be allowed to travel to Switzerland.**
- **Recovered and tested Americans will no longer be able to travel to Switzerland.**

We have submitted our finalized air and room numbers; however, we may be able to procure one additional space for a male otherwise the trip will be in a wait list status. If you have any questions about the trip, contact Frank at [fthod@aol.com](mailto:fthod@aol.com). We will be providing updates on ski rentals and lift tickets directly to trip sign-ups as information becomes available.

**Reminder:** For those who are behind on payments, we need your payment in order to make an upcoming vendor disbursement.

Below are a couple web sites you may want to check out for Zermatt and Majorca:

<http://www.travelstart.co.za/blog/zermatt-switzerlands-most-charming-village/>

<https://www.spendlifetraveling.com/so-what-is-mallorca-really-like/>

## **Trip Details: See October Flakey News for more details**

- Roundtrip Air - Lufthansa
- 7 nights in 3\*\*\* Hotel Perren – Breakfast & 4 course dinner every evening at the Hotel
- Ground Transfers
- Four-day extension to Majorca Spain with air & 4 night in Hotel Puro Palma with breakfast

## Payment Schedule (per person):

- November - Balance Due

\* **NOTE:** All taxes that are currently in effect, including airline taxes are included in the price. Please note any additional airline tax or fuel surcharge imposed before our final ticketing is beyond our control and will require an adjustment in the final price. Any fuel surcharge imposed on our ground transfers is also beyond our control and will require an adjustment. Also, currency exchange rate fluctuations may affect final payment.

A passport is required for this trip and your passport must not expire 6 months past our return to the USA.

**Trip Insurance: Trip insurance is recommended but is NOT part of the package price - see web page: <https://fvssc.wildapricot.org/page-1319705>**

**Trip Leaders:** Frank Hodowal: [ftod@aol.com](mailto:ftod@aol.com)  
Peggy Schmidt: [peggy@completeadvertising.com](mailto:peggy@completeadvertising.com)

"Blast from the Past" Switzerland, January, 2013 - Poker Run/Ski Crawl. Let's do it again!!



# Banff, Alberta - Canada - \$1,295

**February 24 – March 1, 2022**

**One trip opening left for a female**

**TRIP COST: The 5 day Banff trip cost is \$1,295 (w/o lift tickets –\$950).**

## The trip includes:

- Air/ground transportation
- 5 nights Hotel lodging (2 per unit) with a hot and cold buffet breakfast
- 4-day Tri-Area (Big 3 mountains) lift Ticket.
- Trip Cost for Lift Tics: (3 of 4-Day - \$83, 4 Day SR -\$76, 3 of 4-Day SR - \$120)



## See October Flakey News for more details

Banff is home to the world's finest ski resorts; immerse yourself in breathtaking scenery and magical runs all within Banff National Park in the Canadian Rockies. Located in the heart of Banff National Park are three of the world's finest ski resorts; Mt. Norquay, Lake Louise Ski Area and Sunshine Village. Banff skiing offers almost 8,000 acres of skiable terrain on one tri-area lift ticket, the seasoned skier or rider will experience plenty of chutes, bowls, steeps and terrain parks to explore, while beginners can get the same thrills on miles of green and blue runs.

While in Banff, we will be staying 5 nights at Caribou Lodge & Spa which a traditional mountain lodge style hotel with excellent facilities and a prime location. Your room key doubles up as a free roaming bus pass for trips around town. The ski shuttle to all the ski areas stops outside the hotel. A flat-screen TV, mini-fridge, and in-room safe are provided in each room. Also included is a daily hot and cold breakfast buffet.

We will fly non-stop on United:

UA5774	24FEB	ORD/YYC	10:00AM	12:50PM
UA5877	01MAR	YYC/ORD	12:30PM	4:50PM

## Payment Schedule (per person):

- **November - Balance Due**

\* **NOTE:** All taxes that are currently in effect, including airline taxes are included in the price. Please note any additional airline tax or fuel surcharge imposed before our final ticketing is beyond our control and will require an adjustment in the final price. Any fuel surcharge imposed on our ground transfers is also beyond our control and will require an adjustment.

**Trip Leaders:** Greg Olson: [olsongregv@gmail.com](mailto:olsongregv@gmail.com)  
Tom DeVries: [tom.devries@comcast.net](mailto:tom.devries@comcast.net)



March 10-13, 2022 - \$275

## Great deal and lots of openings left

Ski Brule, is a premier ski resort in Upper Peninsula of Michigan. The #1 Midwest Ski Resort is located just over the Wisconsin Michigan border. Ski Brule is perfect for a day trip or a weekend get-a-way. Winter activities for everyone: ski, snowboard, terrain parks, tubing, acrobag, fat bike trails, cross country trails, snowshoe trails, sleigh rides, and more! Pioneer Lodge Condos at Ski Brule are the perfect Michigan lodging option for family vacations and [group ski trips](#). It is carpool trip for transportation. [www.skibrule.com](http://www.skibrule.com)

Pioneer Lodge Condos are located across the street from the Main Lodge and Ski Brule Mountain, and the views are amazing!



The Pioneer Lodge Condos feature connecting rooms, so guests have the option of enjoying both their privacy and group time. Guests at the Pioneer Lodge also have access to the two outside hot tubs (not available in 20/21). Pioneer Lodge Condos are a tradition in lodging while enjoying Michigan's number one rated family ski vacation.

Every condo unit includes FREE WIFI, Direct TV, daily maid service, telephone, microwave, coffee maker, cookware, linens (bedding/ towels) and great views of the slopes. Located just a few steps from the lifts and all services, Pioneer Lodge is the most convenient lodging to access the best skiing in Michigan.

The Trip also includes:

- Shared condo lodging, great set up for families
- Friday, Saturday lift tickets including night skiing
- One hour group ski lesson
- Free trail use passes for cross country skiing and snowshoeing. Must rent or provide own equipment. Also fat bike trails, inner tubing and rentals available.
- Barbecue dinner and sleigh ride Saturday night.
- Lots of fun and games

Trip Leaders: Maureen Joy, [Mojoy@comcast.net](mailto:Mojoy@comcast.net) 630.846.9647  
John Gamble, [John@johngamble.net](mailto:John@johngamble.net) 630.761.9550

What was the turkey thankful for on Thanksgiving? Vegetarians!

What do you call a turkey after Thanksgiving? Lucky!

What happened to the Turkey that got in a fight? He got the stuffing knocked out of him!

Ha Ha!



**March 20 – 25, 2022**  
**\$1,625 (w/o Lift Ticket \$1,325)**

**SOLD OUT / WAITING LIST ESTABLISHED**

*A Wait List will be established in case of cancellations or the possibility to add trip spots at a later date. If you are interested, contact John Walsh or Bob Hoffman to be added to the Wait List. The waiting list is a first-come first-serve with gender considerations (e.g. we may only have one opening for a male or female depending on room assignments).*

Sun Valley is America's original destination resort, often voted the number one ski resort in the US. Sun Valley is situated across two mountains: Bald Mountain (very sunny slope that's nearly all downhill) and Dollar Mountain (628 feet of vertical on a treeless slope).

Sun Valley is serviced by a modern lift infrastructure and a well-designed trail system. The resort has terrain for all ability levels and has 2,154 skiable acres. The summit elevation is 9,150 feet with 3,400 feet of vertical drop. There are 121 trails serviced by 18 lifts along with 2 terrain parks, a Super Pipe and Jib Park.

We are staying at the newly remodeled [Sun Valley Inn](#) (hotel rooms). The Inn is now complete with its own steaming outdoor pool, fitness center, restaurants, lobby bar, and friendly staff.

**Lift Tickets:** The listed price includes a 4-day adult/senior lift ticket. With a multi-day tickets (three or more days) exchange one day of skiing for an in-resort credit for a variety of other activities. All activities and services are based on availability. Lift ticket must still be valid (not expired) to qualify for the Lift Ticket Exchange Program and exchange voucher must be presented at the time of the activity for reimbursement.

**Air: Good News - We have booked a direct flight into Sun Valley's Friedman Memorial Airport which is a short 15 - 20 minute bus ride to the Sun Valley Village. The Sun Valley Inn will provide transfer to the resort and back.**

**See October Flakey News for more details**

**Payment Schedule (per person):**

- **November - Final Payments / Balance Due**

\* **NOTE:** All taxes that are currently in effect, including airline taxes are included in the price. Please note any additional airline tax or fuel surcharge imposed before our final ticketing is beyond our control and will require an adjustment in the final price. Any fuel surcharge imposed on our ground transfers is also beyond our control and will require an adjustment.

**Trip Leaders:** John Walsh: [jrwxplor@sbcglobal.net](mailto:jrwxplor@sbcglobal.net)  
Bob Hoffman: [bobski48@comcast.net](mailto:bobski48@comcast.net)

# PORTILLO, CHILE 2022

\$3,150 per person

Package Includes: Airfare to and from Santiago and transportation to Hotel Portillo at the Portillo Ski Area for 4 nights. Over the past 60 years, Portillo has earned a reputation as an excellent destination for skiers and snowboarders from all over the world. The snow quality in Portillo is excellent and is often likened to that of the Rocky Mountains. Skiers of all skill levels find what they are looking for on a mountain and come back year after year. Here is a general breakdown of the terrain: Beginner -15%, Intermediate – 30%, Advanced – 30%, Expert – 25%. The ski area features 1,235 acres of ski-able terrain, 14 lifts and 35 runs. Beginner and intermediate runs are groomed nightly, off-piste runs are challenging and steep, and the powder is often deep. The bowls and shoots perfectly collect the light, dry snow and the above-tree-line landscape turns into a white playground. Pair this with frequently sunny, blue skies and it is easy to understand why many guests, even professional skiers, say they've had some of their best ski days at Portillo.

Rate includes: Full Board, Lift tickets daily Hyatt Centric 3 nights - Santiago Hyatt Centric Las Condes is one of the 5-star hotels in Santiago, Chile, located in the modern district of Las Condes. Offering an ideal location to explore the city, the hotel is close to metro transit, providing a convenient connection to discover Santiago's popular historical spots. This bustling area is surrounded by trendy restaurants, specialty shops, local cafes, and more. Rate in Santiago includes: breakfast daily and all transfers.

Trip Leader for additional questions: John Gamble 630-761-9550

[Johngamble@icloud.com](mailto:Johngamble@icloud.com)

## ***Turkey trivia questions***

- 1. Which president was the first to give a turkey a presidential pardon?*
- 2. What are turkey chicks called?*
- 3. What is the wobbly red piece of flesh on top of the beak of a turkey?*
- 4. What are most turkey feathers used for after the turkey is plucked?*
- 5. What state raises the most turkeys?*

# **RECIPE**

## **Sweet Potato Praline Crunch Pie**

Courtesy of Pat Quetsch

### ***INGREDIENTS***

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#### **Pie**

All-purpose flour, for dusting  
One 9-inch unbaked prepared piecrust  
1  $\frac{3}{4}$  cups mashed cooked sweet potato  
1 cup packed light brown sugar  
 $\frac{1}{2}$  cup sour cream  
4 tablespoons (1/2 stick) butter, melted

2 large eggs  
2 tablespoons bourbon (optional)  
1  $\frac{3}{4}$  teaspoons ground cinnamon  
 $\frac{1}{2}$  teaspoon ground ginger  
 $\frac{1}{2}$  teaspoon salt



#### **Topping**

1 cup pecan halves  
2 tablespoons packed light brown sugar  
 $\frac{1}{4}$  teaspoon ground cinnamon

### ***DIRECTIONS***

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Preheat oven to 375°F. Bake piecrust according to package directions, usually about 10 minutes.

While the piecrust is in the oven, whisk together the sweet potato, brown sugar, sour cream, melted butter, eggs, bourbon (if using), cinnamon, ginger, and salt. Pour the filling into the piecrust.

To make the topping: In a small bowl, stir together the pecans, brown sugar, and cinnamon. Sprinkle over the surface of the pie. Bake until the filling is set, 35 to 40 minutes. Let cool before slicing serving up.

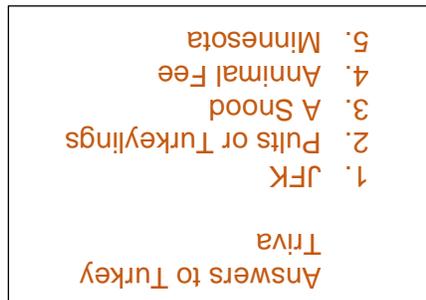
Serve with fresh whipped cream.

# Snowdrifters' Calendar

- November 14<sup>th</sup> Hike/Lunch @ Starved Rock State Park  
Registration is closed
- November 16<sup>th</sup> 6:30 PM Board Meeting  
7:00 PM General Meeting - [Register online for this meeting](#)  
@ Fox River Strength & Conditioning (see flyer in newsletter)  
Bring a dish to pass
- November 25<sup>th</sup>  Happy Thanksgiving!! No Meeting - stay home with family 😊
- December 5<sup>th</sup> Snowdrifters Holiday Party  
5:30 PM @ Silver Spur Ranch in Maple Park

Wishing you & your family a

# HAPPY THANKSGIVING!



[Fox Valley Snowdrifters](#)  
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[Batavia, IL 60510](#)