

Ski Scoop



The Newsletter of the Short Hills Ski Club

Winter 2006

What is Membership ?

There are four classes of membership: Active, Provisional, Associate and Honorary. Refer to the SHSC Bylaws, Article 1, for a complete description of the membership classes and their rights and responsibilities.

The Membership Committee, which meets once monthly during the ski season (November - April), has final authority in deciding issues of membership status. Elevation from one level of membership to another is based upon demonstration of a sincere interest in the club and its activities. This is demonstrated by: Participation in club sponsored trips, attendance at club meetings and functions, participation on committees, elective or appointed office, concern for the rights and privileges of others, concern for conserving the club's assets and resources and activities deemed by the membership as furthering the purpose of the club.

Examples of activity recognized by the Membership Committee are: work weekends at the Lodge, working the welcome tables at the door at general meetings, party organization and clean-up, sponsorship and management of club functions, Assistant Trip Captain.

All members and potential club members are responsible for completing legible activity reports and submitting them to the Membership Committee in order to be credited for work done.

Active members have priority for Lodge usage over all other classes of membership, except for Trip Captain and Assistant, and may use the Lodge at any time. Active members are entitled to the lowest Lodge rates. Elevation to Active status requires passing a ski test designated by the Board of trustees and administered by judges appointed by the President.

Provisional members have priority for Lodge usage over prospective members and applicants, and they may use the Lodge at any time provided an Active member is present.

Associate members (one time Active members) shall have the same rights as Provisional members except as stated

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Spotlight on VP of Membership

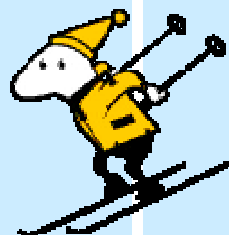
Our current VP of Membership, Keith Wilcox, has quite a few responsibilities to fulfill. This article details some of them.

As the Chair of the Membership Committee, he schedules membership meetings to take place monthly between December and April. The committee reviews membership records at each meeting in order to determine elevations between membership levels. The Vice President of Membership is a member of the Board of Trustees and attends monthly Board meetings.

And don't forget the record keeping – this includes the ultimate responsibility for club membership records. The VP of Membership appoints and trains a records chairperson to maintain the membership database. Specifically, this role maintains and updates permanent club records for each member throughout the year, keeps track of all member days skied, meetings attended and activities for inclusion in both annual and permanent records, ensures computer records are updated with new members, address changes, etceteras, so that mailing lists are accurately maintained. The Computer Records Chairperson helps with this. One of the uses of this information is for the Spring Banquet, where qualifying members receive awards/plaques for things like most days skied and number of days at the lodge.

The VP of Membership also corresponds with members regarding guidelines for membership and decisions made in membership committee meetings. This includes letters to active members who are not fulfilling their annual membership requirements. Determination of deficient members is made by the committee at its April meeting.

Annual Applications are another responsibility. The VP of Membership arranges for printing and mailing of annual membership applications to all current individuals listed in the computer records. Per our By-laws, applications must be mailed out by September 15 and returned to the Membership VP by November 30. Dues, along with a payment log, are remitted to the General Treasurer, and applications are maintained by the Mem-



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Greg Pier, "Master Boot-fitter" and a boot tester for SkiWorld Press

By Anne Dashevsky



The Skier Development committee invited Greg Pier from Heino's Ski & Cycle to discuss bootfitting before the SHSC meeting on November 14.

"My first pair of

boots were leather which took a long time to be tightly laced but at least they molded to your foot," Greg began, "then the plastic boots came out but they were not molded well. I've endured bloody socks, bone spurs, and numerous other foot problems so that inspired me to become a professional bootfitter."

Getting the right fit is like building a house; the foundation begins with finding the right size. The most important thing to remember is that **you're not looking for the most comfortable boot but the boot that is the most snug and still comfortable**. For about 75% of skiers, your ski boot is about a size smaller than your street shoes. However, boot sizing is not uniform between manufacturers and there really are no half sizes; so do not rely on boot size alone. Also be sure to tell the bootfitter about any existing foot issues such as wide or narrow feet/heels as well as arch problems. Bring along your ski socks, which should be made from silk, wool, or polyester and not too thick. The boot is the link between you and your ski so you want to minimize the materials between them.

Avoid boots with too cushy liners and keep your ski pants, long underwear and other garments out of your ski boot.

All boot liners compress, so take it out and place your foot in the shell with your toe touching the front and measure it; there should only be space for just one or two fingers' width at most between the back of your heel and the end of the boot. Then try the boot on with the liner, buckled up, and in a ski stance. Make sure that the boot has the right **shape, size, and flex**. It should be

easy to flex the boot so that your knee is over the front end of the boot. Some models and brands are better for wide feet and some are better for narrow feet. "Always remember that you're looking for the best boot for you, not just best boot" Greg said.

A boot that's too big will make it difficult for you to maintain control, especially in bad conditions, and can cause many foot problems such as toenail injuries and foot cramping because your foot is wasting energy moving inside the boot instead of applying that energy directly to the skis. A good way to test your boots is by rolling your ankles on a flat area, like a traverse, and seeing how well your skis respond. Also note which buckles you use; if you're using the highest settings,

you're just causing the boot to flatten out and distorting the fit.

"A good shop should always try to fix your existing boots first, rather than simply try to sell you a new pair of boots," Greg continued, "if they try to sell you new boots, they should be able to give you a valid reason and prove how it would help." He went on to say that there's a saying in the ski industry "a millimeter is a mile in a ski boot" and most ski boots can tolerate a scraping of up to 5 mm to make them more comfortable. Moldable liners, custom footbeds, and cuff alignment (also known as canting) can also help you get the best fit from your boots.

If you want to buy a new pair of boots or have your current pair adjusted, contact Greg at (973) 696-3044 to make an appointment. Heino's Ski & Cycle is located at 65 Route 23 South in Pequannock, NJ.

The Skier Development committee has many other activities planned including clinics as well as injury prevention and fitness presentations. To get involved, contact the committee chair, Tom Milner.



NOVEMBER MEMBERSHIP PARTY



The Chef takes a break



Happy to pose for a picture!

What is Membership? continued from page 1

in the Bylaws. They may also use the Lodge at any time during any season without the requirement that an Active member be present.

Applicants for membership in the SHSC should be persons of good moral character who demonstrate both a sincere interest in the club and a desire to become an Active member. Applicants have priority for Lodge usage over prospective members and may use the Lodge at any time that an Active member is present.

Prospective members may submit a membership application after attending three club meetings. The form requires the endorsement of an Active member and payment of an application fee as established by the Board of trustees.

The minimum age for all prospective members of the SHSC is 21 years. Prospective members are expected to show respect for club members, other prospective members, club functions and property. Active or Associate members are responsible for the actions of the prospective members they sponsor.



Spotlight on VP of Membership, continued from page 1

bership Vice President. New applications and dues are collected throughout the year, along with any active member activation fees when appropriate.

Not to be forgotten, a Membership Directory is compiled from the updated database once annual applications and dues are received. Revised policy and directions are included in the directory. The VP arranges for printing and coordinates distribution to members, ideally in the month of December. Membership listings (updated to reflect elevations and new applicants) are provided to the door chairperson and trip chairman.

Committees Reporting to and Duties of VP Membership include the **Door Committee** (Supervises sign-ins and money collection, keeps record of meeting attendance, insures there are copies of pertinent forms at door for membership use. Responsible for updating records chairperson with current meeting attendance. Responsible for reconciling monies collected at weekly meetings and remitting to the General Treasurer. Serves on membership committee), **Hospitality** (Supervises first time guest sign-ins and introduces first time guests. Provides guests with club information and guidelines for membership. Serves on membership committee), **Records** (Responsible for maintaining membership database with any address changes, new applications, ski days (annual and total), meeting attendance and activities. Provides membership committee with updated listing of member activity for elevations and deficiency letters. Serves on membership committee.) and **Sunshine** (Sends official club congratulations or condolences for marriages, babies, sickness, death, etc.)



Who's on the Membership committee?

Members are: Membership Vice President (Chairman), Door Chairperson, Hospitality Chairperson, Records Chairperson, last year's Membership Vice President, Club President, Chairman of the Board and the elected trustees.

Meetings are once a month from December to April. The December meeting only decides requests to go from Associate to Active and elevations from Provisionals to Active. The January to April meetings review of all classes.

Weekly Meeting Reminders

- Each member is responsible for turning in their work credit by filling out an activity report and having same signed by the appropriate Chairperson and turning it in to the Membership Vice President or Records Chairperson.
- Mid-week skiers who have not paid a Weekend Trip Captain for their mid-week skiing should pay the Lodge Treasurer and fill out a mid-week ski report. The Lodge Treasurer will notify the Membership VP and records chairperson of any mid-week days so individual's ski days can be recorded for an accurate count of ski days during the season.
- Applicants and provisionals can get activity points and improve their chances for elevation by helping out in the various club activities.
- A basic ski test must be passed to become an active member. Members can do this by having a ski test judge fill out a blue card. A list of ski test judges is posted in the membership directory.
- Applicants and provisions should make themselves known to the Membership Committee.
- Elevated members are reminded that upon elevation, their activity slate is wiped clean but ski days and meeting days remain cumulative.

What are the minimum Active Membership Requirements?

- Obtain 5 ski days (lodge days) – during the regular ski season from December to April.
- Attend 6 club meetings between May to April.
- Perform at least one activity between May and April.
- Delinquency will result in a letter. Two consecutive letters results in automatic demotion of membership status from Active to Associate.

An Update

By Susan Donlan

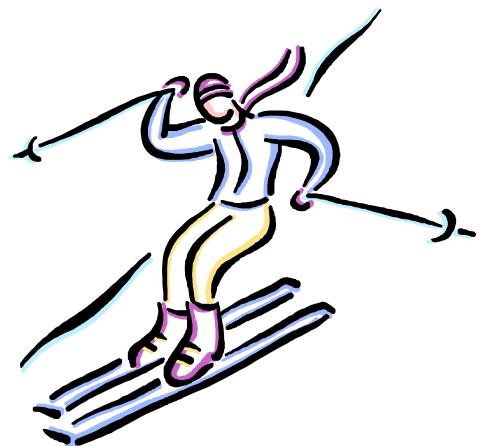


The New Jersey Special Olympics Winter Games Alpine Skiing & Snowboarding event will be held at Mountain Creek on January 29th & 30th. Volunteers are needed both days. For more information and sign-up forms, please visit www.sonj.org

The NJ Ski Council "Ski Vail - 2007" trip, scheduled for Feb 10th - 17th, is currently full. Since there are usually cancellations, a waiting list will be maintained. Call Susan (908-522-1517) if you wish to be placed on the list.

On Thursday, January 18th, Hidden Valley is hosting a Council night. The cost is \$18.00 for a lift ticket, pasta dinner, race participation and prizes.

All members are encouraged to visit the N.J. Council website at www.NewJerseyskiCouncil.org to view Membership Direct Discounts. These are "on-the-spot" discounts available by presenting your SHSC membership card. Discounts are available for Bromley, Belleayre, Windham, Hidden Valley, Plattekill, Smugglers Notch and Stowe.



SHORT HILLS SKI CLUB

P.O. Box 116, Short Hills, NJ 07078

www.shorthillsskiclub.org

2006-2007 Board Members

President	Doreen Cashen
VP Membership	Keith Wilcox
VP Lodge	Chad Watkins
General Treasurer	John Zimnoch
Lodge Treasurer	Dotty Klein
Secretary	Tim Brogran
Elected Trustee	Tom Brogan (2005-2007)
Elected Trustee	Rob Pabst (2006-2008)
Board Chairman	Tom Brogan
Trustee	John Adamson
Trustee	David Kapner
Trustee	Mariann Mann
Trustee	Marie Nardino
Trustee	Jack Walker

2006-2007 Other Contacts

Competition	Bruce Roberts
Discount Lift Tix	Joel Blank
New Membership	Linda Moakler
Recruitment	& Bob Frank
Newsletter Editor	Irene Huhner
NJ Ski Council	Susan Donlan
Party	Bob Frank
Ski Jamboree	Linda Moakler
Spring Banquet	Ann Hopkins
Trip Chair	Bill Selvidio
Webmaster	Ted Heidemann



Let the editor know that you're reading the Ski Scoop. Send an email to irene0001@yahoo.com with your comments.



THANK YOU!

The Lodge VP would like to thank everyone that helped out during the work weekends!

Upcoming Ski Weekends

WEEKEND	TYPE	SIGN UPS START
Jan 6-7	Family	Dec 19
Jan 13-15	MLK	Dec 26
Jan 20-21	Regular	Jan 2
Jan 27-28	Regular	Jan 9
Feb 3-4	Race	Jan 16
Feb 10-11	Family	Jan 23
Feb 17-19	President's	Jan 30
Feb 24-25	Regular	Feb 6
Mar 3-4	Regular	Feb 13
Mar 10-11	Regular	Feb 20
Mar 17-18	St Patty's	Feb 27
Mar 24-25	Regular	Mar 6
Mar 31-Apr 1	Pond Skimming	Mar 13



SHSC meets at 8:30pm at the Elks Club,
40 Maple Street, 2nd floor, Summit NJ.



Remember to send your ski weekend photos to the webmaster!



Weekly meetings held until the end of April!