



PSC 
SKI Club Piccadilly
January 2012
www.piccadillyskiclub.com

Happy
New
Year!

President's Corner

January - A new beginning. Time to look back at your previous year - hopefully filled with accomplishments or at least contentment and look forward to the new year chock full of opportunities. Your Board was busy this past year rolling back membership rates, entering into reciprocal agreements with area clubs, putting together unique trip schedules and quietly handling business behind the scenes so we could all enjoy a 'funtastic' season. Now it's time again to form a nominating committee and come up with a slate of Officers for the New PSC Year. If you would like to volunteer to be on the nominating committee or fill one of the Elected Officer spots (President, VP, Treasurer or Secretary) or other spots on the board, please step forward and let one of your current board members know. We are a hardworking bunch of volunteers who cannot do this without you. We welcome all comers!

Let it snow! Dawn

ONE DAY
MYSTERY SKI TRIP

"NEW DATE: Due to lack of snow, we have pushed this trip back to Saturday 1/21. Contact your trip leaders; Bruce and Jim for more info."

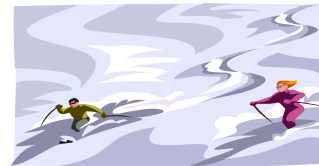
As of Dec 29th our One Day Mystery Trip still has openings. Sign up soon or you may miss your chance to go.

Back by popular demand: Our one day Mystery Trip. The destination is a mystery to all, until we all board the bus. We will be in search of the best snow. This trip is always a big seller for both skiers and non-skiers alike. So don't be left out in the cold.

The trip cost includes bus transportation, lift ticket and some beverages and snacks on the bus.

Our past trips have included destinations such as Tyrol Basin, Devils Head and Timber Ridge. The policy with this and all Piccadilly bus trips is the same: get yourself and equipment to Suburbanite Bowl. However, make sure that you get there early as the departure time is 6:00 AM Sharp.

This trip has always been a good way to meet prospective club members, so guests are most welcome. Bring yourself and a friend and let them see what great club Piccadilly is!



CONTRATULATIONS!
DEAN & RORY
WESTLUND
MARRIED 12/10/11

WHEN IT SNOWS WE WILL GO

Interested in X-Country Skiing, we will try to go on a Sat/Sun when and if we get snow again. The Arrowhead Golf Club has remodeled their clubhouse/banquet area last year and is again renting XC skis. They open when there is a minimum of 6" of snow on the ground (they must protect the grass underneath). **Costs:** Adult rental \$10.00/ Kids \$7.00 includes (skis, poles, boots) for 2 hours. Arrowhead is located on Butterfield Road west of Naper Blvd. They are next to Herrick Lake, so those who want more of a work out can extend their skiing to use those trails also. Afterwards, we can stay right there to warm up with Chili & Hot Toddies.

Contact Cheryl Skurkis - e-m at bcskiies@aol.com.

Think Snow so we can go.

PSC Upcoming Social Events

JANUARY 2012

Thurs Jan 5th - Meeting 7:30—Guess the “**Winter Snow Fall**”—from Dec 21st to March 15th meeting (winner must be present at 3/15/12 meeting)

Thurs Jan 19th Meeting –Tropical Shirt Night
Lets warm up the winter weather!

February

Fri Jan 27th - Happy Hour 5:30 –Slammers Pub & Grill
"new location" 1243 State St., Lemont

Thurs Feb 2nd - Meeting 7:30 pm

Fri Feb 10th - Happy Hour 5:30- DMK Burger Bar, 2370 Fountain Square Drive, Lombard (behind Dicks on Butterfield)

Thurs Feb 16th - Meeting 7:30 Get Your Beads On for Mardi Gras!

March

Thurs - March 15th - Meeting 7:30 pm. Who will be the lucky Snow Fall Winner? Come and find out and celebrate because Spring is just around the corner!

Contact: Cheryl Skurkis bcskiies@aol.com
or Phyllis Rynott prynott@hotmail.com
www.Piccadillyskiclub.com
e-m: comeskiwithus@piccadillyskiclub.com

SANTA CLAUS WAS AT PSC'S DEC. MEETING!



Everyone had a great time meeting Santa, Mrs. Santa, an Angel & Elf. He gave away all the gifts that were brought by our members.

Gently used clothes were donated to Loaves & Fishes to help make someone's winter a little warmer.

Many thanks to those who contributed.

Trip Updates & Payment Schedule

TRIP

PAYMENT DUE

Mystery Trip - OPEN	AT SIGN UP
Beaver Creek/Vail - WAIT LIST	AT SIGN UP
Banzai - Pine Mtn. - WAIT LIST	2/2 - \$50
CMSC Steamboat - WAIT LIST	1/5 - 199
CMSC Ski Brule - WAIT LIST	2/2 - \$75
Eastern Europe - WAIT LIST	1/5 - \$525



PSC Banquet

Save room on your dance card....

PROM - AKA Banquet Saturday, April 14th

You won't want to miss our annual end of the year blow out party where we celebrate making it through another ski season with all body parts intact. Basically, it's just an excuse to get all dolled up, cut some rug, and catch up with old friends. This year our location is The Holiday Inn, Willowbrook, on Rt 83 I-55.

This fabulous event is open to all PSC members, old and new, plus friends. Make sure we have your current address and let me know if there are others that you'd like to receive an invite. Send an email or call: Hillar Akk

akk331@sbcglobal.net

Attention PSC Members

If you have not already signed up, please join us on our two newest websites: **Meetup** and **Facebook**. We hope to get new members with our advertising on these sites.

If you have pictures you would like to share, send them to Pam Rockey at prockey@sbcglobal.net.

We want you and your Pictures! Thanks, Dawn

Rocky Mountain High?

Standing at the top of a glorious peak can be breathtaking, literally! The air we breathe is approximately 21% oxygen at sea level and the percentage drops off as you go up in altitude. By the time you get to 5,280 ft (mile high), you can already notice the difference. Denver, Colorado calls itself the mile high city. They are 20 ft short of that but close enough for Government work as the saying goes. Chicago is 579 ft above sea level so anything above that requires an adjustment for us as we travel.

When you drive to a ski area, you allow your body to adjust gradually. Some Piccadilly members have done just that since they have experienced problems with the altitude before. Most people don't have the time for that because of work (lucky @#*s!) so they have to fly (aww!). When we fly, there is a pressure drop that must be compensated for by pressurizing the cabin. You can notice this when your ears start to pop. If you have sinus congestion, equalizing pressure can be difficult and you may experience pain. Some people chew gum or yawn to get their ears to pop.

When you arrive at a ski area, your body may experience trouble adjusting to the lower pressure, and lower oxygen level and you may find yourself panting (refer back to mile high club). If you are not getting enough oxygen you may experience light-headedness, dizzy spells (some people have those anyway, Dawn), headaches, pain, difficulty sleeping, etc. Even if you are a trained athlete, you should always be aware of the signs of altitude sickness, and take precautions.

If you have the time, it is recommended to spend your first day acclimating to the altitude. Take it easy, walk around town, rest, drink plenty of fluids, and avoid alcohol and caffeine (wow, did I just say that?). Of course, most people want to hit the slopes right away.

So, how can you avoid problems with the altitude? Aerobic exercise before you go on a trip is a good answer. Allow at least a few weeks so your body can adjust to the exercise regimen. If you have not been exercising, now is the time! Refer back to the article on a sedentary lifestyle

You may have noticed you get more tired walking around than skiing. Unless of course you are skiing the moguls or still fighting the slope like a beginner. Serious athletes know the benefits of aerobic exercise. Some actually practice running at a high altitude. Once their body has adjusted, they compete at a lower altitude and their body performs at a higher level. Red blood cells are responsible for delivering oxygen to our body cells. It is believed our bodies produce more red blood cells in response to aerobic exercise as a way of carrying more oxygen.

I have noticed after being at a higher altitude for a week that when I come home my resting breathing and heart rate are way lower than when I left since my body has adjusted to the "thinner" air. Thinner meaning lower oxygen level. Try it for yourself!

High on life and ascending to new heights, Ski Meister, Harry

News Flash!!!! PUNTA CANA!!! The flight from O'hare pulled out at 5:45AM, only to be delayed for an hour and 15 minutes while they fixed a problem. We still made all of our connections to the Dominican Republic. Our resort "The Punta Cana Princess" was wonderful. The food, pool, beach and entertainment were all first class. They set up a dinner for all thirty of us on the evening before we left and the wine flowed and flowed!! Rory had her bachelorette party with 15 ladies in attendance with champagne and Mamajuana for all - even some fresh coconuts from the guys trimming the palms. We all made it back with lots of stories of the good times we had on the trip. We were told the resort will be quiet without us! I think the employees enjoyed our stay as much as we did - making things a bit more lively than they are used to at an "all adult" resort. This was by far one of best resorts we have ever been to! Carol & Roy Votava





c/o Dawn Roche, President
 P.O. Box 161,
 Clarendon Hills, IL 60514

King Keyser - 41 S. Washington St.
 Hinsdale, IL. 60521 (630) 323-4320



**Next meetings are Thurs Jan 5th &
 Thurs. Jan. 19th at 7:30 pm
 Emmett's Ale House
 5200 Main St. Downers Grove
 (630) 434-8500**



Thanks for contributing to the newsletter: Dawn Roche, Cheryl Skurkis,
 Marie Esposito-Lust, Phyllis Rynott, Harry Mattson, Carol & Roy Votava

DEADLINE FOR Feb 2012 Newsletter: MON. Jan.23rd
 Send Articles/info to Marie Esposito-Lust: Bunnyski2010@hotmail.com

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 HAPPY NEW YEAR!	2	3 Feed My Starving Children	4	5 Meeting 7:30pm	6	7
8	9	10	11	12	13	14
15	16	17	18	19 Meeting 7:30pm	20	21
22	23	24	25	26	27 Happy Hour	28
29	30	31	JANUARY			
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
FEBRUARY			1	2 Meeting 7:30pm	3	4
5	6	7	8	9	10 Happy Hour	11
12	13	14 Valentine's Day!	15	16 Meeting 7:30pm	17	18
19	20	21	22	23	24	25
26	27	28	29			

PSC OFFICERS

President Dawn Roche
 630-420-0040

V.P. Hillar Akk

Secretary Eileen Murphy-Amlee

Treasurer Susan Akk

Trip Chair Monica Magee

Co-Trip Chair Marsha Ford

Membership Don Zebrauskas

Social Cheryl Skurkis

Co-Social Phyllis Rynott

Publicity Marie Esposito-Lust

Ski Meister Harry Mattson

CMSC/ Sgt. @ Arms Jan Lord

Website: PiccadillySkiClub.com



New Meetup Group!

<http://www.meetup.com/Piccadilly-Ski-Social-Club/>



www.DownersGrovePatch.com

Facebook at:
<http://www.facebook.com>