

What's happening with the Space Coast Ski & Travel Club? Read this month's Snowbird newsletter....
PLEASE share this newsletter with friends and encourage them to JOIN US!!



MAY 2023 NEWSLETTER

President's Message

I hope everyone who attended the Spring Fling had a great time! If you haven't done so already, please renew or start your club membership.

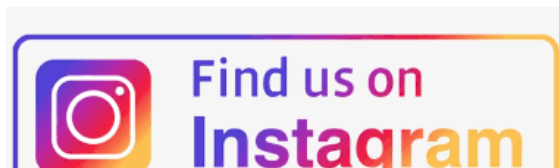
Trips for next year have opened for club registration. The ski trips available for registration are Breckenridge & Mt. Bachelor. Solden Austria should be opening shortly and there is a new interest sheet for Beaver Creek. If you have any interest in Beaver Creek, please review the interest page now for additional information. Travel trips open for registration are Explore Scandinavia and Tahiti South Pacific Adventure. The Scotland Tour should be available soon. Please review interest sheets.

TRAVEL TIP OF THE MONTH: With longer flight times for some upcoming club trips, it may be time for a few words about jet lag. Drinking plenty of water, avoiding caffeine and alcohol and getting fresh air are several tips to help avoid jet lag or at least shake it off quickly. Another way is to take a shower and then head outside right afterwards as fresh air should wake you up for the day. Another possible solution is to only sleep when your destination country is sleeping. On overnight flights, if your destination is awake, stay awake for the flight. When you arrive try to stay up until it is bedtime there and hopefully your internal clock will adjust faster.

Happy Travels, George

Our Local Socials

Please join us on May 25 at Marker 99 (formerly Captain Katanna's) on the back deck. Click link for [Details and Registration](#). Let us know if you are coming so we can plan accordingly.



Our Upcoming Trips

Full trip details and registration are available by clicking on the trip name link.

* [Explore France](#): Sept. 7-21, 2023

The waitlist is open for this adventure across France. If you have any questions, contact Trip Leader [Debbie Steininger](#).

* [Breckenridge, CO \(FSC\)](#): Jan 20-27, 2024

Join us to the popular mountain resort. Click the trip link for trip details. If you have any questions, contact Trip Leader [Ellen Parda](#).

* [Beaver Creek, CO interest signup](#): Jan 27 - Feb 3, 2024

NEW! If you want to go, let us know! Click the link for trip details. If you have any questions, contact Trip Leader [George Libak](#).

* [Mt Bachelor, OR \(FSC\)](#): Feb 24 - Mar 2, 2024

NEW! Time to check this mega mountain off your skiing bucket list. Click the trip link for trip details. If you have any questions, contact Trip Leader [Brice Crossley](#).

* [Solden, Austria \(FSC\) interest signup](#): Mar 9-16, 2024

If you want to go, let us know! Trip signups coming soon. If you have any questions, contact Trip Leader [Carla Constantino](#).

* [Tulip Bike & Barge](#): April 18 - May 2, 2024

Wait list is open for this biking tour of the the Netherlands and Belgium. If you have any questions, contact Trip Leader [Ellen Parda](#).

* [Explore Scandinavia](#): June 12-23, 2024

Come experience the beauty of Scandinavia, starting in Denmark, exploring stunning Norway and ending in Sweden. Click the trip link for trip details. If you have any questions, contact Trip Leader [Debbie Steininger](#).

* [Scotland Tour interest signup](#): Sept 2-



South America Tour Interest Signup: Sept 2 - 12, 2024

NEW! If you want to go, let us know! If you have any questions, contact Trip Leader [Pam Kaercher](#).

*** Tahiti South Pacific Adventure: Sept 27 - Oct 9, 2024**

Join us for a tour of the Society Islands (including Tahiti & Bora Bora) plus the Cook Islands. If you have any questions, contact Trip Leader [Jeff Koss](#).

*** South America Tour (FSC) interest signup: Nov 1-10, 2024**

NEW! If you want to go, let us know! If you have any questions, contact Trip Leader [George Libak](#).

[Our Trip Reports](#)

Click the link above to see the photos and read all about past trips.

*** Explore Indochina: April 14 - May 9, 2023**

Trip will be wrapping up soon so stay tuned for the report and photos. Trip Leader [Jeff Koss](#).
