## General Meeting

 Shi Shous \& Equipment Swap Meet Holiday Inn Select2712 Southwest Freeway at Kirby October 14, 1996 - 6:30 p.m.

- Time Running Out for December Trips Call Now
- New Emergency Wait List Program
- Logo Order Forms Enclosed

Let's Get Fit


## SITZMARKESTAFF

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Volunteers:
Beth Wood
Marti Toomer

## SITZMARKE

The Sitzmarke is published monthly by the SPACECITY SKICLUB

Printed by
AAAA PRINTING
Volume 29, No. 6
OCTOBER, 1996


Once again, tis the season again to start the process to find next years officers. The SCSC executive committee has approved the formation of the 1996-97 Nominating Committee. The chairman is Jerry Montgomery, past President of Space City and presently the Past President of the Texas Ski Council. The members are as follows:

Ginger Howard-Hanks, past President of SCSC. Sy Liebergot, past President of SCSC and a past President of the Texas Ski Council. Jill St. Clair, SCSC Treasurer last year and a former Assistant Treasurer. Craig Campbell, a former V.P. of Publications. Phyllis (Anders) Reichek, a former Trip Coordinator and Assistant Coordinator and long time member. And finally last but not least Sharon Sequeira, last years Coordinator of the Sign-in desk and a long time member who has years ago served on a Nominating Committee. This is an excellent group of SCSC members who represent years of experience and a true interest in the future well being of Space City Ski Club. I want to personally thank them all for the time and effort they have volunteered to put in recruiting next year's officers. Please contact any member of the committee if you have an interest in running for office.

I am happy to say our Internet Web Site is starting to payoff with a marked increase in E-mail activity from interested denizens of cyberspace. We are starting to see our members transact SCSC related business on our site. Keep on sending those messages and spams. If you have any interest in suggesting improvements to the site or if you have interest in maintaining it, Email me at scsc@hic.net.

On the activity front, Don Crabtree and all his Activity Coordinators have offered a plethora of events through December. Space City members say they want a host of activities, you have them. We need to support our activities as well, so step up and run some. Congratulations to all who have shared their experience with us this year.

By the time you read this, I should have lost at least $35-40$ pounds and have well over $\$ 30.00$ per pound committed towards the Sunshine Kids Fund Raising at the December 9th General Meeting. Anybody out there need some pairs of extra huey sized pants, I've got some that does not seem to fit anymore (belt included). Please remember, we are in need of items to be auctioned, please call and support "Gary's Kids". By the way, I can use some help setting up the auction.

On a serious note, two of our members, John Weber and Bill Morley are going through a very rough period with their health. I would like them to know that our hope and prayers are going out for them and their families. We are behind you guys all the way. Let us know if we can do anything for you.

## Race for the Cure

Saturdary, October 5th • 6:00 a.m. to 10:00 a.m. Free
Hosted by: Sue Salvage 690-5551 - Joe Daleo 847-1856 The 5 K run/walk is for women participants only. Entry fee is $\$ 15.00$ with the proceeds benefiting the Susan G. Koman Breast Cancer Foundation. Volunteers are needed to help man a water station for the racers. Call for details.

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## SCSC World Wide Web Site

 http://www.hic.net/scsc/scsc.html/Club history, membership information, trip and activity schedules, E-Mail articles/comments to SCSC officers

President
VP Membership
VP Publications
Other officers
s scsc@hic.net scscmem@hic.net scscpubs@hic.net scscoff@hic.net

## CALENDAR

| October |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| S | M | T | W | T | F | S |
|  |  | 1 | 2 | 3 | 4 | $(5)$ |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 29 | 25 | $(29$ |
| 27 | 28 | 29 | 30 | 31 |  |  |

## October

5 ... Race For The Cure Jazz on the Plaza
9. $\qquad$
14 .. General Meeting, Ski Equipment Swap Meet
19 $\qquad$ Volleyball Tournament
20 $\qquad$ Fall Tennis Tournament
24 $\qquad$ Happy Hour - CIAO
26 $\qquad$ Halloween Party

## November

11 $\qquad$ General Meeting, Fall Fashion Show
16 $\qquad$
17 $\qquad$ A Tuna Christmas
21 1 ..................................... Happy Hour - Vargo's 26-Dec 1 Keystone

| November |  |  |  |  |  |  |
| ---: | ---: | ---: | ---: | ---: | ---: | ---: |
| $\mathbf{S}$ | M | T | W | T | F | S |
|  |  |  |  |  | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 10 |
| 10 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 20 | 07 | 28 | 29 | 30 |

## December

$5-8$
6. $\qquad$ Red River
9. $\qquad$ General Meeting, Sunshine Kids 11-15 $\qquad$
19 $\qquad$ Happy Hour - Albert's 511
26-Jan 1 Santa Fe

## SCSC Activity

## A Tuna Christmas

November 17, 1996 Brown Theater $\$ 29.00$ Orchestra seating

AC: Nancy Meier
11835 Plumpoint
Houston, Tx 77099
568-7058 (H)
Final Payment due: 9/9/96


## TO SKI OR NOT TO SKI....THAT IS THE QUESTION

History credits similar words to Mr. William Shakespeare but the real story regarding the origin of these words will be told in the "the rest of the story" that will continue after a few brief commercial announcements. The answer concerning this month most frequently answered questions are as follows. 1) Yes, the Post Office really did change mailing requirements 1 July and SCSC was not informed how the changes would affect mailing of the Sitz. 2) No, we are not going to redo mail-in sign-up because it was "unfair". Please read the rules regarding mail-in sign up (contained in your late arriving Sitz). SCSC cannot undo the ills of the P.O., and besides it's just not feasible. Now, on to "the rest of the story".

It was late September and there was great concern in the land of SCSC. Ill North winds were beginning to blow, stirring feelings of longing for the great white (the legal stuff!!!). Every year the pattern was the same...The Grand Trip Master would post a schedule of tantalizing ski destinations. Frequent indecision always arose among the members regarding where to go and with whom. This year was no exception for the ski schedule held many new destinations along with many old favorites. Prices were great! In fact, they were the lowest trip prices in recent memory. There was great indecision among many of the members.

Sam Skimore was discussing the ski schedule with one of his compadres. How about Red River he asked? Or Park City? Maybe Fran Fencesitter replied...those early trips require final payment in September and October. I don't know if I feel like committing yet. Then how about some of the TSC trips then Sam inquired? Snowmass 1 is full but there are a few spots open on the other trips. I heard they filled almost everything at the mail in sign up or the September meeting, replied Fran. How about a club trip then? Well, Jackson Hole and Whistler are full. I don't know about these other trips. It's probably a good idea to wait a while longer before we commit.

The Grand Trip Master was faced with a decision. Many of the trips filled early. However, some of the trips had excess space but the club could ill afford to keep open spaces on these trips because of financial costs to the club. There were decisions to be made. Excess capacity was built into the schedule to accommodate as many skiers as possible. Now the time approached to reduce the number of spots on selective trips. These decisions were never easy because it would leave many late registrants without an SCSC ski trip. This decision occurred early in the club year, usually during October and November and certainly before early December. The Grand Trip Master felt sad as he desires to accommodate as many members as possible, but if they won't commit....

So Sam Skimore and his compadres debated "to ski or not to ski....that was the question". Meanwhile an enterprising young man overhearing this conversation, jumped in his magic time machine and traveled to another era, landing at Stratford on Avon. There he sold the rights to a plagiarized conversation to a fellow named Shakespeare. With new found cash in hand he returned to the present, purchased the last remaining spots on the SCSC trips. Mr. Shakespeare changed the words slightly and became a very successful playwright. And now you know "the rest of the story"!!!

Other News...A tip of the hat and special thanks to John Weber, TC, Snowmass 2. Due to personal reasons John must pass the TC baton. John is a very special person who has worked diligently to bring together a low cost trip option for Snowmass. We wish John well and hope he can rejoin the TC'S again next year. One of the club's great tireless workers has agreed to fill in and run the trip. That is none other than Miss Chocolate Chip. Nancy Sarff. I expect there will be "special treats" on the way to Snowmass.

Airfares and the taxman. The Feds have enacted a tax of $10 \%$ of the airfare to be added to the price of a ticket through 1996. As a result of this airfare has increased on the Red River, and Santa Fe trip. Keystone's price seems to be holding firm. Good news for those on Jackson Hole, Park City and Snowmass 2. Your trip prices have decreased!

About Wait Lists. After a trip has filled the TC will begin a wait list. You can get on any wait list just by making a fully refundable deposit. Your deposit check will be held until a spot is open, and you determine if you want to be on the trip. Most trips will garner a quarter to over a third of their participants from the wait list. Most openings occur at or just before the final payment date, so you should be prepared for an immediate payment if your name clears at final payment.

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## SPACE CITY SKI CLUB <br> 1996-1997 Trip Schedule

Status / Wait List as of 9/12

| Trip Dates | Nights/ Ski Days | Trip <br> Destination | Cost (see notes) | Final Paymt | Lodging | No. Skier | Status / Wait List | TC/ATC (DOT) | Home Phone |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Nov. 26 - Dec. 1, 1996 (Tues. - Sun.) | $5 / 4$ | KEYSTONE Colorado (TSC Fall Roundup) | \$525 | 10/14/96 | Quicksilver <br> 2 / 2 Condos | 32 | 31 | Debbi Chrissinger George Faust (DS) | $\begin{gathered} \hline 326-2251 \\ (409) \\ 945-4341 \\ \hline \end{gathered}$ |
| Dec. 5-8, 1996 <br> (Thurs. - Sun.) | 3/21/2 | $\begin{aligned} & \text { RED RIVER } \\ & \text { New Mexico } \\ & \text { (Leam to Ski) } \\ & \hline \end{aligned}$ | \$288* | 10/11/96 | Ponderosa <br> $1 / 1$ Condos | 28 | 26 | Patti Maudslay <br> (DS) | 977-7439 |
| Dec. 11-15, 1996 (Wed. - Sun.) | 4/31/2 | PARK CITY Utah (Improve your Skiing) | \$420* | 9/19/96 | Resort Plaza 2 / 2 Condos | 28 | 20 | Gary Haley (SB) | 984-9884 |
| Dec. 26 - Jan. 1, 1997 (Thurs. - Wed.) | $6 / 5$ | SANTA FE New Mexico (Feliz Navidad) | \$667* | 10/24/96 | Fort Marcy 2 / 2 Condos | 42 | 17 | Beth Nolen Rick Wasson (DS) | $\begin{aligned} & \hline 468-4268 \\ & 664-8329 \end{aligned}$ |
| $\begin{gathered} \text { Jan. } 4-11,1997 \\ \text { (Sat. - Sat.) } \end{gathered}$ | $7 / 6$ 1/2 | $\begin{aligned} & \text { SNOWMASS I } \\ & \text { Colorado } \\ & \text { (TSC Traditional) } \\ & \hline \end{aligned}$ | \$836 | 10/14/96 | Mt. Chalet (Condos) | 42 | $\begin{gathered} \text { Full } \\ 24 \mathrm{WL} \end{gathered}$ | Eddie Bayersdorfer Jane Orr (SB) | $\begin{aligned} & \hline 622-4212 \\ & 688-5345 \end{aligned}$ |
| $\begin{gathered} \text { Jan. } 4-11,1997 \\ \text { (Sat. - Sat.) } \end{gathered}$ | $7 / 6$ | $\begin{aligned} & \text { SNOWMASS II } \\ & \text { Colorado } \\ & \text { (TSC Traditional) } \\ & \hline \end{aligned}$ | \$708 | 11/11/96 | Stonebridge Hotel | 52 | 30 | Nancy Sarff Charles Butler (SB) | $\begin{aligned} & 461-9665 \\ & 583-7515 \end{aligned}$ |
| Jan. 7-12, 1997 (Tues. - Sun.) | $5 / 4$ | SNOWMASS III Colorado (TSC Traditional Short) | \$687 | 10/24/96 | Stonebridge Hotel | 42 | 35 | Julia Long Joan Henke (SB) | $\begin{aligned} & 522-5175 \\ & 367-4614 \end{aligned}$ |
| Jan. 11-18, 1997 (Sat. - Sat.) | $7 / 7$ | ```SUMMIT COUNTY Colorado (New Member Trip)``` | \$561* | 11/11/96 | Hampton Inn Hotel | 52 | 17 | Scott Keller Janet Arentzen (DS) | $\begin{aligned} & 480-3161 \\ & 367-2617 \end{aligned}$ |
| $\begin{gathered} \text { Jan. } 17-25,1997 \\ \text { (Fri. - Sat.) } \end{gathered}$ | $8 / 6$ | VAL di FASSA Italy (TSC Expedition) | \$1134* | 11/11/96 | Hotel Catinaccio | 32 | 30 | Peggy Montgomery <br> (SB) | 437-5467 |
| $\begin{gathered} \text { Jan. } 25 \text { - Feb. 1, } 1997 \\ \text { (Sat. - Sat.) } \end{gathered}$ | 7 / 6 1/2 | JACKSON HOLE <br> Wyoming <br> (Yellowstone Option) | \$762 | 12/06/96 | Wind River 4 / 4 Condos | 40 | $\begin{gathered} \text { Full } \\ 26 \text { WL } \end{gathered}$ | Barb Ehrlich Jeff Warren (DS) | $\begin{aligned} & \hline 868-2470 \\ & 859-5812 \end{aligned}$ |
| Feb. 1-8, 1997 (Sat. - Sat.) | 7 / 6 1/2 | TELLURIDE Colorado (Members Request) | $\begin{aligned} & \hline \$ 793 \\ & \$ 500 \mathrm{~L} \end{aligned}$ | 11/11/96 | Ore Station <br> $2 / 2$ Condos | $\begin{gathered} 36 \\ (8) \mathrm{L} \end{gathered}$ | 26 | Bill Bomberger Joanne Fore (SB) | $\begin{aligned} & 495-8668 \\ & 723-4707 \end{aligned}$ |
| Feb. 8-15, 1997 (Sat. - Sat.) | $7 / 6$ | PURGATORY Colorado (TSC Winter Shootout) | \$694 | 12/06/96 | $\begin{aligned} & \text { Tamarron } \\ & \text { Lodge } \\ & 1 / 1 \text { Condos } \end{aligned}$ | 42 | 35 | Louella Steller Kathy Young (DS) | $\begin{aligned} & 723-6713 \\ & 497-5339 \end{aligned}$ |
| $\begin{aligned} & \text { Feb. } 15-22,1997 \\ & \text { (Sat. - Sat.) } \end{aligned}$ | $7 / 6$ | WHISTLER <br> Canada <br> (President's Day) | \$752 | 11/23/96 | Tantalus Lodge $2 / 2$ Condos | 40 | $\begin{gathered} \text { Full } \\ 6 \mathrm{WL} \end{gathered}$ | Ivan Butterfield Matthew Sheehan (SB) | $\begin{aligned} & 466-7760 \\ & 783-7930 \end{aligned}$ |
| Feb. 22 - Mar. 1, 1997 (Sat. - Sat.) | $7 / 7$ | BRECKENRIDGE Colorado (Best of Breckenridge) | \$692 | 12/09/96 | River Mtn. Lodge $2 / 2$ Condos | 42 | 9 | Debbye Crofoot Ladye Freitag (DS) | $\begin{aligned} & 783-6831 \\ & 855-4110 \end{aligned}$ |
| Mar. 1-9, 1997 <br> (Sat. - Sun.) | $8 / 6$ | MONTREAL/QUEBEC Canada (SCSC Adventure Series) | \$793 | 12/01/96 | 3 Five Star Hotels | 32 | 26 | Stuart Traver Elba Villareal (SB) | $\begin{aligned} & 789-3514 \\ & 977-3086 \end{aligned}$ |
| Mar. 8-15, 1997 <br> (Sat. - Sat.) | $7 / 6$ | SUGARLOAF Maine (TSC Final Showdown) | $\begin{aligned} & \$ 650 \\ & \$ 320 \mathrm{~L} \end{aligned}$ | 1/13/97 | Snowhorse Village $\qquad$ <br> 2/2 Condos | $\begin{gathered} 60 \\ (8) \mathrm{L} \end{gathered}$ | 60 | Dana Wardell Barbara Weber (SB) | $\begin{aligned} & 497-8552 \\ & 467-8424 \end{aligned}$ |
| $\begin{aligned} & \text { Mar. } 15-22,1997 \\ & \text { (Sat. - Sat.) } \end{aligned}$ | 7 / 7 | VAIL Colorado (Spring Break) | \$781 | 1/10/97 | Vail International $2 / 2$ Condos | 42 | 22 | Sharon Inman Pamela Whitfield (DS) | $\begin{aligned} & 578-1942 \\ & 468-1459 \end{aligned}$ |

[^0]Susan Blome
Director of Trips
Home 680-1349

## George Flournoy

Vice President - Trips
Home 789-0654

## Dave Stotz

Director of Trips
Home 862-9486

## Programs



Get ready for our October General Meeting 'cause we're going to have a grand time. This meeting will be the annual Ski Swap and Ski Show so be certain to bring all your vintage skis, ski boots, poles and any other alpine paraphernalia and we'll put them up for cash or trade at the swap table. Or, if you're looking for that bargain of a lifetime, drop by and maybe you'll just find it. Additonally, several ski equipment retailers will be there displaying the latest in ski gear and fashion. Moving on, Lynn Burch is heading up our annual style show and she will be there to recruit volunteers as models, stage hands, etc. Drop by her table if you would like to get involved. This goes for new members especially!

Now that October has arrived we can look foreward to some invigorating activities such as: SCSC Annual Volleyball Tournament, Saturday, October 19. Becky Hall and Linda Lacarione are coordinating this event which takes place at the BackYard Bar and Grill on South Main St.

Robert Dickerson will conduct the Fall Tennis Tournament the very next day at Fondren Tennis Club.

On Saturday, October 26, our Annual Halloween Party will take place at the Westside Tennis Club with Cheryl Houge and Heidi Heinrich as your hostesses. Final payment for the above activities is due at our General Meeting on Monday, October 14. Be sure to sign up.

Don't forget our Happy Hour at the Cadillac Bar, 1802 Shepherd on Thursday October 24. See you there.

## Ski Equipment Swap Meet October General Meeting

Contact Mary Kay Kitchens 558-9736 (H)

Bring your ski equipment and ski clothes you no longer want or that don't fit anymore .... to sell or trade.

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## Happy Hour

October 24, 1996
5:30 p.m. to 8:00 p.m.
Cadilillac Barir
1802 Shepherd


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## PROGRAM ACTIVITY SCHEDULE

| Activity | Activity Coordinator | Activity Date | Final Pmt | Cost |
| :--- | :---: | :---: | :---: | :---: |
| Race For The Cure | Sue Salvage $-690-5551$ | $10 / 5 / 96$ | $\mathrm{n} / \mathrm{a}$ | no cost |
| Volleyball Tournament | Becky Hall $-783-9990$ | $10 / 19 / 96$ | $10 / 14 / 96$ | $\$ 12.00$ |
| Fall Tennis Tournament | Robert Dickerson $-661-8283$ | $10 / 20 / 96$ | $10 / 14 / 96$ | $\$ 21.00$ |
| Halloween Party | Cheryl Houge $-493-0016$ | $10 / 26 / 96$ | $10 / 14 / 96$ | $\$ 16.00$ |
| Del Lago Weekend | Fred Wright $-953-7933$ | $11 / 01-11 / 03$ | Canceled |  |
| Fall Golf Tournament | Chris Sheehan $-783-7930$ | $11 / 16 / 96$ | $10 / 14 / 96$ | $\$ 46.00$ |
| A Tuna Christmas | Nancy Meier $-568-7058$ | $11 / 17 / 96$ | $9 / 9 / 96$ | $\$ 29.00$ |
| Christmas Gala | Sue Salvage $-690-5551$ | $12 / 06 / 96$ | $11 / 21 / 96$ | $\$ 29.00$ |


|  | $\begin{aligned} & \text { SPORTHAUS } \\ & \text { SPONR OE SSPED } \end{aligned}$ $\begin{aligned} & \text { SPORTHAUS } \\ & \text { SPORTBEASPEN } \end{aligned}$ |  |
| :---: | :---: | :---: |
| SCSC Activity <br> VOLLEYBALL <br> TOURNAMENT <br> October 19, 1996 <br> Noon - 5:00 p.m. - \$12.00 <br> Third Annual "Just for <br> Fun" Tournament. Players of all levels invited!!!! Includes court fees, referee fees, prizes, and good times! at The Backyard Bar \& Grill 10200 S. Main <br> AC: Becky Hall 5711 Sugar Hill \#57 Houston, Tx 783-9990 (H) <br> Final Payment due: 10/14/96 | SCSC Activity HALLOWEEN PARTY <br> October 26, 1996 <br> 8:00 p.m. to 1 a.m. <br> $\$ 16.00$ <br> Delicious Buffet, Costume Contest, <br> Cash Bar at the elegantly refurbished Westside Tennis Club, 1200 Wilcrest <br> AC: Cheryl Houge 800 Country Place Dr. \#1305 <br> Houston, Tx 77079 <br> 493-0016 (H) <br> Final Payment Due: 10/14/96 Adults Only | SCSC Activity FALL TENNIS TOURNAMENT <br> October 20, 1996 <br> 3:00 p.m. - 8 p.m. <br> $\$ 21.00$ <br> Fondren Tennis Club <br> 4 rounds of indoor tennis for "good and not so good" tennis enthusiasts, trophies awarded Italian sit down dinner at nearby restaurant <br> AC: Robert Dickerson 5320 Pine <br> Bellaire, Tx 77401 <br> 661-8283 (H) <br> Final Payment due: 10/14/96 |
| C\&L Specialties \& Screen Printing Co. <br> LEONA SCHROEDER PRESIDENT QuALTY SCREEN PRINTING <br>  PROMOTIONAL PRODUCTS HOUSTON, TEXAS 77036 <br> (713) $541-3130$ FAX P713) <br> FAX (713) 771-8742 |  | Goldsmiths <br> Custom Jewelry Diamond \& Gemstone Broker 14520 Memorial Dr. \#G J. Paul Guidry Houston, Texas 77079 Owner/Designer (Eckerd's Center) (713) 497-2973 |

Following five simple training programs, you can get your self in shape for the slopes this season. The training programs consist of the following: aerobic training; endurance training; strength training; flexibility training and skills training. These five training sessions can be worked into a weekly training schedule using only a 30 minute-a-day sessions.

Starting with an aerobic training schedule of 30 minutes a day will provide a level 2 aerobic capacity. This level will provide sufficient energy/aerobic fitness for the typical intermediate/sport skier. For those who are competitive skiers, you will want to perform more than the minimum amount of aerobic activity. Brisk walking, running, roller skating and cycling are the best off-season activities. Swimming and circuit training are also good.

Endurance training can take place during your aerobic training by slowly increasing the amount of time you dedicate to your workout.

Strength training should focus mainly on your quadriceps. Perform quad training at least three times a week. One good quad training exercise is squats or lunges. The following exercises are recommended:

1. Hip Stretch (Lunge) - With hands on hips, stand with one leg in front of the other. The knee in front is flexed to a right angle, and other leg placed far behind you, resting foot only on toes. Lower your body slightly by letting the front knee bend, and hold this position for 30 seconds. If you feel no stretch in the front leg, place rear leg further back.
2. Wall Sitting - Start with your back up against a wall and your feet flat about $1^{\circ}-2$ feet from wall. Wearing non-skid shoes or bare feet work best. Slide your back down the wall to a sitting position. Your feet should be directly below your knees, if not adjust to this position. Hold this position as long as you can.
3. Double Front Thigh Stretch - Lie on your stomach and grasp each ankle in your hands. Use your hands to pull your feet forward towards your buttocks. Keep your thighs on the floor at all times. If you have any knee problems, check with a Doctor before doing this stretching, as it could aggravate an already pre- existing condition.
4. Knee Extension-Sitting- Sit on the edge of a sturdy table and let both legs dangle freely. Raise one foot at a time until knee is fully extended, keeping your thigh in contact with the table at all times. Take $2-3$ seconds to raise the leg and about $4-6$ seconds to lower it. Repeat with other leg. To increase muscular work, add a weight to each foot. Start with 5 lbs., unless you are recovering from an injury, then use only 1 or 2 lbs. Do 10 reps on each leg.

Flexibility training involves stretching on a daily basis. Simple exercises can be done in front of the TV for just a few minutes.

1. Sitting on the floor. place your feet against a box, a table on its side, or on the front of your couch. Keeping legs straight and on the floor, reach as far forword as possible. To
measure improvements, keep a yard stick on the box to measure your "reach" distance.
2. Broom stick stretch - hold a broom stick above your head with both arms stretched-out straight. Make sure there are no breakable objects around before you begin this. Stand with feet slightly apart and bend from side to side stretching your sides. You can also hold the broom stick in front at shoulder height and twist from side to side. This helps your waist, not necessarily for skiing, but for apres' ski!

Skills Training - there are several locations in Houston where one can take "ski lessons" on the indoor carpet. As a past instructor I do recommend this, not only to get back into shape and get you "ski-legs" back, but to improve your skill level. Also don't forget the on-the-slope lessons.

Enjoy your ski trip and good luck on the workout.

## References:

Sports Fitness and Training, Richard Mangi, MD, Peter Jokl, MD, O. William Dayton, ATC, Pantheon Books, NY, 1987 and The Skier's Year-Round Exercise Guide, Thea Dee Slusky, R.P.T., Stein \& Day Publishers, NY 1979.


WHEN TRED

## This Ski Season. Ski Fit \& Ski Safe!


$T$ he Ski Fitness Club offered by the Physical Therapy Department at Memorial Hospital Northwest was designed with the seasonal skier in mind. Our program includes an individual assessment and four weeks of physical conditioning. Call today and begin your personal fitness program anytime.

The Memorial Hospital Nortbwest Ski Fitness Club, Monday, Wednesday, \& Thursday, 5-7p.m. October 7-January 30
Fee: \$45/individual, \$75/couple.
Each additional four weeks is just $\$ 25$.
To schedule your assessment, call Mary or Cbris at 867-3350.

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The '96-'97 ski season will not only bring a fantastic slate of trips to choose from but also a chance to win club prizes for any trip that holds a NASTAR race. SCSC has set up a competition among just our ski trips that will add to the fun of racing.

The program works as follows: there are two categories, one for TSC trips and another for club trips. All trips in each of the two categories are eligible for awards provided there is a scheduled club or TSC NASTAR race on the trip. There will be three awards for each of the two categories.

Highest percentage of racer participation on the trip. This is calculated by dividing the number of racers by the number of trip participants.

Highest percentage of never ever racers (defined as a person who has never raced on a NASTAR course). Calculated by dividing the number of never evers by the number of racers.

Highest percentage of medal points. (A count of three points for gold, two for silver, and one for bronze shall be totaled and divided by the number of racers to determine the percentage).

Winning trips will be selected from the criteria listed above. Racers on those trips that are the category winners will be entered in a special drawing to be held at the April General Meeting. Six racers will be drawn from the pool and will receive a very nice prize!

Support the Advertisers in the Sitzmarke. Our advertisers help pay for the Sitzmarke, so please do business with them and be sure to mention you saw their ad.

## Weddings Birthdays Anniversaries

Why Pay Retail When You Can Buy Wholesale
JEWELRY PRECIOUS STONE PENDANTS HANDCRAFTED LEATHER GOODS IVORY CHINA SPARKLING CRYSTAL STERLING FLATWARE COLLECTIBLE DOLLS MUSIC BOXES

I can save you $\$ \$ \$$ by dealing direct!
Bobbie Sellers
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HOUSTON METRO GO TEXAN COMMITTEE
HOUSTON LIVESTOCK SHOW \& RODEO
Spring Branch - Memorial Division
${ }^{5}$ COUNTRY \& WESTERN DANCE - LONG HORN SALOON 11-14-96 • FOOD, DANCE, AUCTION • \$5 / PERSON Call or See Leona Schroeder - 541 -3130 / 468-4609 or Lynn Burch - 955-5511

## For Lease Summit County Townhouse

N/S Unit - 3Br-21/2B - Furnished-Includes W/D, TV, etc. Minutes from A-Basin/Keystone/Breckenridge/Copper Rates for 6 from \$145-\$175-Summer rates available During Season Ray or Betty Keith - 303/468/2879

## Mont Tremblant

"ECONO" Suites Ski Reservations From \$59.00 per Person Canadian Dollars Tel. $800 / 567-0213$ or $819 / 425-5064$

Fax 819/425-9370

[^1]La Bahia Antiques Show and Sale
October 4, 5, \& 6th first weekend of April \& October Burton, Texas
290 West 1.5 hrs from Houston

## Ray \& Carol Schmidt

(713) 937-1635


## Why Ski Keystone at Thankssinimg?

1) Best snow making capabilities in the state of Colorado.
2) First skiing of the season.
3) Enjoy TSC parties with at least 300 other Texans!
4) Get out of Houston's "still warm" weather.
5) Use only one vacation day (Wednesday).
6) Try your skill at snowboarding, recreational \& racing!
7) Enjoy an On-The-Mountain Picnic.
8) Compete in the first of the season NASTAR racing.
9) Take an optional horse-drawn sleigh ride to a remote lodge for dinner.
10. Spend the holiday with lots of new and old friends in the SCSC.

The above package is only \$525.00! What a fun way to enjoy Thanksgiving!

TC: Debbie Chrissinger 326-2251
ATC: George Faust
(409) 945-4341


After many months of hard work by Stan Broniak and Pam Smith, the magical moment arrived on August 4th. It was now time for the Big Event! On you mark, get set, go! The 1996 SCSC Road Rally was off to a scrambling start.

The objective of this event was to provide correct answers to clues, while following a series of directions leading to the final destination, and by the way .... having some fun. An optional "biker theme" was offered for those so desiring, and to give Pam Smith yet another chance to wear her leather and handcuffs.

On the subject of clues, the first questions was a "no brainer", as the answer was Don Crabtree, (a regular guy), who participated in the event and was introduced during our PreRally assembly! Most everyone responded correctly, with the exception of Dell and Tayna Davidson, who leisurely arrived a half hour after the official start.

Due to the longer route of approximately 25 miles, and a time window of two and a half to three hours until dinner would be served, participants were warned not to dwell on any one clue, nor to incur excessive mileage. Beginning and ending odometer readings were recorded by Larry "the mileage meister" Christie. The mileage penalty created retentiveness in some, paranoia in others. Ed Cain and partner Kay, having parked three car lengths away from the official start, requested their mileage be properly adjusted. Matt Sheehan, driver of car \#24, minimized mileage by making his passengers count newspaper publications from the street instead of incurring that additional $1 / 16$ of a mile driving through the parking lot.

Could it have been the longer route, the August heat, or the witty clues not so enjoyed by all that caused anxiety to pay a visit? Bill Simmons, Mary Kay Kitchens, and Sharon Broughton, members of car \#10, were really "sweating it out", but not because of the clues. The A/C died in Bill's van. Heidi Heinrich and Jerry Price, after missing their turn onto Fondren and realizing the route no longer made any sense, decided to hang out at Joe's Crab Shack until dinner. In spite of being disqualified, Heidi said this was the most fun she ever had on a Road Rally! Other frustrated participants who ended up at Ninfas upon disqualification included: car\#4-Roger Holzman and Linda Levins; car \#13-Lyn Crim and R.E. Wilson; car
\#19- Marty and Kathy Matras; and car \#25 - Bob Dickerson and Caroline Baggaley. But hey guys, don't feel bad ... a total of seven carloads "DQ'd"!

Car \#11 - Marsha Lutz, Carole Moffet, Nancy Meier, and Dan Stoltzfus, found little humor in some of the clues. Marsha's favorite was ..."thrown up". Stan's retort was, "(You) Sit on it, Marsha!" Sometimes, people take things too literally. Vicki Davis revealed the following: While enroute, Matt Sheehan asked for the next clue. Elba Villareal responded, "SHHHHH! Quiet, please!" Matt said OK, but what's the next clue? This verbal exchange occurred for several blocks. Car \#12-Sarah Granberry, Concietta Ruggiero, Janet Arentzen, and Ann Odegard, were followed by a van trying to pick up these "biker babes" with the line, "Do you have any grey poupon?" Call me crazy, but I think I detected some tell tale mustard stains.

For the most part, the event proceeded very smoothly, with one notable exception. The numbering was off for the "telephone booth clue" resulting in additional revenue for $A$ Movable Feast with dazed and confused participants and restaurant staff. Meanwhile, Pam Smith and Stan Broniak clandestinely waited at the phone booth for participants who never arrived. A quick phone check to Deborah Christie determined it was time to abort the mission and head to Ninfas.

After much debate and discussion, with the help from Larry and Deborah Christie during the scoring process, the following winners were determined:

1st Place: Car \#14 Steve Amy, Nancy Richard, Linda Licarione<br>2nd Place: Car \#15 Robert Reichek, Phyllis Anders, Sue and Dan Wexler<br>3rd Place: Car \#5 Beth Nolen and Lari Paradee

In addition to the above named winners, the following teams/individuals garnered special attention and recognition:

Concietta Ruggiero won the Best Biker Outfit. Dell and Tayna Davidson mastered an almost impossible feat by achieving the worst possible score in several categories: Last to start and finish, and fewest correct answers. Don Crabtree missed the corresponding clue relating to himself. However,


## Road Rally continued

Don's team was the only group to successfully answer the final bonus question, stating that the "curb be cut". Sorry, Ted and Debbie Bergeron, it wasn't tires, the judge's decision is final. The last two awards were presented in connection with the phone booth clue. Car \#22 - Joy Taylor, Pam Graham, Suzanne Lebars, and Lisa Vandervort, in spite of the confusion, was the only team to answer the phone. Meanwhile, Car \#6-Tim Malone, Elyse Turla, Evelyn Newtow, and Rod Hope, nearly ran over Pam and Stan hiding by the phone booth.

All participants were winners in one way or another, either enjoying the Fajita Fest at Ninfas, and/or their newly acquired trophies. Among those spotted were: Patti Maudslay, Joan Fore, John Gallagher, Tom Hogle, Patti Richards, Mary Thorpe, Jonell McKennon, Debbie and Jeff Warren, Barb Ehrlich, Bill and Julie Raley, Kevin King, Bob Brayshaw, Milt Kramer, Sue Salvage, Pat McDonald, and Kay Jones.

Thanks to all seventy-one participants for coming out and making this event a success. Acknowledgment to Larry and Deborah Christie for all of their hard work at both Pre and Post Rally sites!


The Bowling Party on August 16th proved once again that the SCSC has talents unknown (and which can be mentioned!) to the general public. The high score prize winners were Fred Wright and Debbie Norton. Other high scorers were Fred Arbuckle (who won the Turkey prize -- first to get three strikes in a row), John Rice, Gary Butler, Jeff Warren, Michele Sloan, Kelley Morrisette, Susan Blome, and Kelly Miller. Of course, team members Debbie Warren, Vicki Wright and Tina Lipscomb had a few dazzling moves of their own... which were also very impressive. Other winners (in other categories) were Karen Mozisek, Kayleen Kill and Jim Benefield.

The Brunswick Sharpstown Lanes Bowling Alley was very accommodating and reserved eight lanes for us which made it very easy to organize our group and "let the rumpus begin". This enabled SCSC bowlers Gunnar Heyne, Dorothy Miller, Marvin Volz, Don Payne, and Mary Kay Kitchens to concentrate on aimin', swingin' and releasin'. The action shots of Patti Maudslay, Sue Moehring, Steve Benson, Larry Hord, Don Crabtree, and Bill Simmons were .... ummm ..... beyond description.

Cheers for good shots and high fives reflected the camaraderie and supportive attitude of our group of bowling skiers who enjoyed being together and having a good time. From the level of someone (yours truly) who asked "why there were so many injured wrists with wrist braces" (athletic wrist supporters) to those who were wearing them, a good time was


## TSC Delegate Report

The second Texas Ski Council Delegates Meeting of the 1996-1997 season was Saturday, August 17th in Austin. All clubs were represented, except Texas Tumbleweeds. All TSC Officers were present, and for Space City, Alternate Ted Bergeron and myself were in attendance.

There's a new computer program being put together by SCSCer Charles Butler. This should make compiling the race results faster and more accurate. Be sure to tell Charles how much we appreciate his hard work.

The VP of Marketing, Ann Myers, presented an update on TSC's web site. I'm happy to report it's in full operation and can be found at "texas-ski.org" (this is a different address than I reported in July, we now have our own domain). If you're surfing the Internet, look it up. There are links to ski resorts and other TSC Clubs.

I'm happy to report that Sun and Ski will again support the Council with Trophies and Medals for racers on TSC trips. You can again get discounts on merchandise and deck lessons by showing your SCSC membership card. Oshmans is also offering a $50 \%$ discount on shop work and deck lessons. Please support the retailers that support our Club and Council.

The TSC Trip VP's inform us trip participation is up this year. The Fall RoundUp in Keystone is expecting 454 members. Snowboarding will be allowed on Keystone this season, and everyone on the trip should watch for Keystone Man. At Snowmass the TSC Traditional will have nearly 800 skiers. The Expedition to Val di Fassa, Italy has 470 already signed up. FYI; there will be complimentary wine served at the Welcome and Farewell Parties. The Winter Shootout at Purgatory has 393 pillows reserved now, and while there may not be free wine, you can run their slalom course all week, by just showing your TSC credential. The Final Showdown is shaping up to be bigger than the last few years with 371 going to Sugarloaf right now. They better have the lobsters ready by March.

Our next Delegates Meeting will be in Houston on December 14th. If you have any questions about Council business, please contact me or Ted and we will do our best to help.


## Don't Miss

The November General Meeting's Ski Fashion Show
Ski apparel provided by Sun \& Ski Coordinated by Lynn Burch

## Texas Terror Football

by Robert Fulwiler
The group survived a heat index of 106 degrees and rush hour traffic to rendezvous at Pappasito's on Richmond Avenue. Our only near-casualty was Linda Sheward who suffered through a stalled bus on her way home from work and then as if that wasn't enough, a flat tire on the way to Pappasito's. However, Linda took those minor setbacks in stride and was her usual effervescent self. Well at least after a few margaritas! No one wanted Linda to drink alone, so everyone else downed their share of beer and margaritas along with nachos and other lowcalorie Mexican food.

With our spirits high and our stomachs full we departed Pappasito's for the Summit. One by one we found our seats high atop the stadium. Who picked these seats anyway, Stevie Wonder?

Once in our seats we were a pretty subdued bunch except for Patti Maudslay, who became our designated "cheer leader" and Joe Daleo who quickly became fixated on the Terror's cheer leaders. We also had in our midst Don Crabtree who signed up at the last minute when he realized he was falling behind on his charitable contributions for the month. It was nice to have a member of management along to chaperon the group.

The Texas Terror's opponent happened to be the Tampa Bay Storm. Quite early in the game it became evident that the Storm was anything but terrorized when they proceeded to blow away the Terror. The Terror actually lived up to their name since their play was frightful.

Bill Simmons originally signed up for the game but was unable to attend due to his work schedule. Mary Kay Kitchens convinced Delores Day to go in Bill's place by promising Delores a "good time". After the Terror's lack luster play in the first half, Mary Kay decided that in order to keep her promise to Delores they had better leave the game and seek excitement elsewhere.

To no one's surprise the Terror lost the game, ending the season with a record of one win to thirteen losses. After the game, several in the group realized they had not consume their daily minimum calorie intake so Elba Villereal, Joe Daleo, and Robert Fulwiler headed to the Cheesecake Factory for coffee and dessert.

## SCSC Activity



## FALL GOLF TOURNAMENT

## November 16, 1996

12:30 a.m. - \$46.00
Shot gun start...Includes green fees, cart, range balls, prizes for top finishers, closest to pin and longest drive contests

AC: Chris Sheehan
10305 Briar Forest Dr
Houston, Tx 77042
783-7930 (H)
Final Payment due: 10/14/96

Clear Creek Golf Course 3902 Fellows Road 288 @ Beltway 8

## Horse Racing

On Friday, July 26, 42 of your fellow SCSCers went to Sam Houston Rack Park for an evening of dining, socializing, drinking and using their horse sense to make a few $\$ \mathbf{\$ \$ \$}$. Our participant got a package deal which included their admission, reserved seating in the Winner's Circle Restaurant, a program and a complementary copy of the Mr. Handicapper Tip Sheet (prepared by Mr. Handicapper and guaranteed to be worth exactly what they paid for it).

Craig Liebergot was the first to make a reservation. She said she has become very interested in horse racing since a relative died and left her part of a race horse. Based on the horse's recent performance, she suspects it is the unmentionable part of the horse. After providing Mr. Handicapper with that information, she made a reservation for her husband Sy Liebergot.

Bill Kirk was the first to arrive - so early he beat the parking lot attendants and saved $\$ 2$ which he promptly bet on an exacta and won. That sounded like a good idea to Matt Sheehan and Debbie Warren who also collected on these not-so-easy bets. Debbie's husband Jeff was proud to be married to a wealthy woman after he learned her winnings weren't exactly hay. Bruce and Marcia Kilgore preferred winning on quinellas. Don Crabtree bet a total of $\$ 15.00$ to win, place and show bets in the first race and collected $\$ 15.50$. This 4 bit profit allowed our V.P. of Programs to deduce that famous gamblers like Nick the Greek and Amarillo Slim did not get their start in this manner. Jim Benefield seemed to be betting everything - and collecting.

Upon arriving with her husband Floyd, Ginger HowardHanks began reading the official program and asked Mr. Handicapper what it meant. After hearing a brief explanation, she told him to speak English. Horse-speak isn't exactly as easy as Mr. Ed made it seem.

Monolo Valle, Gina Emerson, and Bill Landfield arrived slightly late and saved Mr. Handicapper some $\$ \$ \$$ because he
was waiting to check them in and could not bet on his selections in the first 3 races. This made the Mr. Handicapper Tip Sheet's guarantee particularly relevant. The other handicappers printing their selections - the Houston Chronicle, The Daily Racing Form and the official track program all had winners by then.

The next 3 races changed all that as Mr. Handicapper's choice got its nose under the wire first in each race. This phenomenon propelled the Mr. Handicapper Tip Sheet into first place at the end of the sixth race. By the end of race 9 , The Houston Chronicle had caught up and the two were in a tie going into the tenth and last race.

Milton Lazarone and his friend Richard Kuranoff, who were veteran horse players, helped many of the first timers understand the program and terminology. Gary and Charles Butler watched the Olympics on TV and kept interested parties posted on how the USA was doing. Marda Waters, Elba Villareal, Mary Kay Kitchens, Billie Nowak, Bev Johnson and a few others went down to the paddock to watch the horses being saddled and see the race from the rail. Ellen Manhard stayed until the 8th race so she could see her namesake, Ellen Marie's Hope, run. Please don't ask how it did.

Now, on to the last race and the tie breaker for the handicapping title. Barb Tuley and her friend Audrey stayed until the last race so they could bet on one horse named "Yes, I'm a Blond". This was also Mr. Handicapper's pick. If you want to know how it ran, just ask your hairdresser. Anyway, the Chronicle is a good paper and should be congratulated on its win.

Also at the track, but escaping the author's watchful eye and thus this humiliating article were Robbie Adams, Russell Benham, Sue Salvage, Terry Ann Garvey, Steven Teoh, Gary Haley, Gunnar and Renete Heyne, Bruce Lowther, Chip Delaup, Charles Luschen, Patty Baker and all the way from Galveston, Tommy Thompson.

## SCSC Activity HOLIDAY GALA



December 6, 1996
7:30 p.m. - 1:00 a.m.

$$
\$ 29.00
$$

Hilton Southwest Ballroom
Dinner, cash bar, live band, dancing, door prizes What a great way to start the Holiday Season
(Hotel is offering special rates with breakfast buffet included)

[^2]Non Sponsored Activity
JAZZ ON THE PLAZA
Wednesday, October 9th, 5:30 p.m. Jones Plaza, across from Jones Hall
Hosted by Peggy Montgomery, Debbie \& Ted Bergeron, Sy cceraig Liebergot, Vicki $\begin{aligned} & \text { Faulkner, }\end{aligned}$ Linda Licarione, Becky Hall, Llona \& Chip Doubet, Nancy \& Jeff Sarff, and Karen Putney. This is a non-sponsored club activity -- which means it's advertised in the Sitzmarke but is not a formal, budgeted activity; enjoy Jazz at your own risk (no release form), at your own expense (no money is collected), no reservations required and no cancellation forms are required if you change your mind. Plan on joining your hosts and other Sese members for an evening of Jazz after work to fine tune our apres' ski skills.

## NEW .... Emergency Wait List

The Executive Committee recently approved a new process that will benefit SCSC members. The new process is called the "Emergency Wait List". This new wait list is in addition to the existing trip wait list. The purpose is to provide trip participants who cancel after final payment date with a formalized source of trip replacements once the normal trip wait list becomes exhausted. This should be a very valuable asset for all members as it gives us a means to contact those people who can go on a tip at the last minute. This will help us out of a situation that could result in a potential financial loss. Please see your DOTS, Susan Blome or Dave Stotz or the VP Trips for details on how to sign up. The following information explains the procedures:
Purpose: to provide SCSC members with a list of prospective members who could replace them on a trip in a last minute situation after final payment dates have passed and the normal trip wait list has been exhausted.

## Emergency Wait List Rules

1. Any SCSC member may participate on the list. A five dollar non-refundable registration fee is required.
2. Trip Coordinators may present the Emergency Wait List to a trip participant cancelling from the trip only after the normal trip wait list has been exhausted. In no case shall the Emergency Wait List be available to a trip participant until ten days prior to departure. The TC will assess the roommate requirements and advise the cancelling trip participant accordingly.
3. It shall be the responsibility of the trip participant to contact the individuals on the list and conduct all negotiations. The trip participant is responsible for contacting the Trip Coordinator once a replacement is secured and advising of the transition. Additionally, the cancelling trip participant will be responsible for any fees related to the participant transfer and the normal SCSC cancellation fees. The replacement participant may be rejected by the TC due to roommate incompatibility.
4. It shall be the responsibility of the Trip Coordinator to coordinate with the appropriate travel entity to insure transfer of the participants, appropriate roommate arrangements and optional activities to include any cancellations. Forty-eight hours prior to departure shall be the cut off period for participant changes. This may be waived at the TC's discretion.
5. Use of the Emergency Wait List by a trip participant in no manner obligates SCSC or its members for collection of monies from the replacement trip participant. Negotiations and collection of monies are solely the responsibility of the trip participant who is cancelling from the trip.
6. The replacement trip participant shall abide by all SCSC Standing Rules and By-laws.
7. The VP of Trips or his designee shall collect monies and maintain the Emergency Wait List and provide updated copies to the Trip Coordinators.
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## SKI SANTA FE WITH SCSC DEC. 26JJAN I

The bistoric old city of Santa Fe can be your destination if you sign up for 1996's final week of funfilled boliday sking with TC Beth Nolen and ATC Rick Wasson.

This trip's bighlights include upscale condos only 4 blocks from a boliday-accented Santa Fe Plaza, a compliment aky wine \& cheese party at the ski base, a TC/ ATC condo dinner party, an indoor pool/botтuk party our own private bus shuttle to/from the slopes, Casino Night at Camel Rock Casino including free dinner buffet, a NewYear's Day tour of a nearby Indıan Pueblo where we will view theik New Year's traditions, and for those who desike sometbing extra, we bave discovered the Santa Fe Music Hall. They're offering theik boliday dinner theater fare complete with a special New Year's Eve celebration for around $\$ 50$ per person.

This year's Farmer's Almanac is predicting a banner year for snow in this region. Although last year was the exception to a resort where snow is bistorically plentiful, their records provide support for a Late December snow base of 40-60 inches.

This is one trip not to miss! All this fun for $\$ 667!!$
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## Nominating Committee

The Nominating Committee is looking for a few good officers (seven to be exact) for the 97-98 year.
The committee members are: Jerry Montgomery, Jill St. Clair, Sy Liebergot, Craig Campbell, Phyllis Anders, Sharon Sequeira, and Ginger Howard-Hanks.
Please call them for information if you are interested in becoming an officer next year.

## We're Looking For:

Actors \& Actresses (including crowdscenes), Singers \& Dancers (including chorus), Stagebands, Etc. for the 1997 Follies.
We need dedicated people who are willing to give their time and talents to make the ' 97 Follies' the best ever!
Call Peggy Montgomery - 437-5467 (H)

## Spotlight on Volunteers

## Meet the Programs Executive Coordinators!

These volunteers work with the V.P. Programs to arrange your General Meetings and Happy Hours.


Susan Wicker
Birthplace? New Haven, Conn.

Occupation? Computer Systems Analyst

Live in which area of Houston? Galleria /
Memorial
Joined SCSC in? 1992
Marital Status? Single
Skiing Level? Intermediate
Previous Trips? Banff, Vail, Park City, Lake Tahoe

Hobbies? Rollerblading, Canoeing, Dancing

Volunteer Experience in SCSC? ATC Lake Tahoe ' 94, AC Beach Bash ' 95 , Rodeo, Magic Island \& more!

What do you enjoy most about SCSC? The people that I've met!


Birthplace? Houston, Tx.
Occupation? Office
Manager for an Oil \& Gas Co.

Live in which area of Houston? Northwest

Joined SCSC in? 1994
Marital Status? Single
Skiing Level? Intermediate
Previous Trips? Mammoth
Hobbies? Rodeo
Committee, C\&W Dancing
Volunteer Experience in SCSC? Follies

What do you enjoy most about SCSC? Making new friends, skiing and traveling with the fellowship of a group


Marital Status? Single
Skiing Level? I'm better in the boutiques!

Previous Trips? Keystone, Vail, Breckenridge

Hobbies? Golf, Dancing, Reading

Volunteer Experience in SCSC? Photo Contest Coordinator ' 96 , Follies, Membership Sign-in

What do you enjoy most about SCSC? The people and activities - I've done activities that I never would have tried without SCSC!


Jane Orr
Birthplace? Illinois
Occupation? Account Exec.

Live in which area of Houston? Northwest

Joined SCSC in? 1991
Marital Status? Single
Skiing Level? Intermediate
Previous Trips? Heavenly, Big Mountain,
Breckenridge
Hobbies? Rodeo
Committee, Dancing, Training for the Marathon, Rollerblading

Volunteer Experience in SCSC? ATC Snowmass I '97, AC for TSC Summer Meltdown

What do you enjoy most about SCSC? People


## This could be YOUR CARD

Call Karen Putney 527-8383 for details

|  | October, 1996 BULK RATE <br> U.S. POSTAGE  <br> PA ID  <br>  PERMIT NO. 9036 <br> HOUSTON, TEXAS  <br> DATED MATERIAL - DO NOT DELAY |
| :---: | :---: |



## Space City Ski Club Logo Order Form

| Logo Item | Cost | Order Quantity | Extended Cost |
| :---: | :---: | :---: | :---: |
| Bandanas | \$ 1.00 |  |  |
| Gold Patches | \$ 1.00 |  |  |
| Luggage Tags | \$ 1.00 |  |  |
| Koozies | \$ 2.00 |  |  |
| License Plates | \$ 2.00 |  |  |
| Name Badges | \$3.00 |  |  |
| Chili Peppers | \$ 4.25 |  |  |
| Wallet-on-string | \$ 4.50 |  |  |
| Golf Caps | \$ 5.00 |  |  |
| Sun Visors | \$ 9.00 |  |  |
| SCSC Pins | \$ 6.00 |  |  |
| Ski/Boot Totes | \$ 6.50 |  |  |
| 6 Pack Coolers | \$ 7.50 |  |  |
| Golf Shirts S-XL | \$20.00 |  |  |
| Golf Shirts 2XL | \$21.50 |  |  |
| Golf Shirts 3XL | \$23.00 |  |  |
| Golf Shirts 4XL | \$24.50 |  |  |
| Turtlenecks | \$24.00 |  |  |
| Shipping and Handling |  |  | \$3.00 |
| Total Purchase |  |  |  |

Mail to Llona Doubet: 3115 Orchard Valley Ct. Houston, TX 77084


[^0]:    ** DNotes: L=Land Package; Val Di Fassa - Price is dependent on the exchange rate; includes breakfast \& dinners at hotel and daily lift tickets. Telluride 36 total which includes up to 8 land. Sugarloaf 60 total which includes up to 8 land. Summit County \& Santa Fe includes daily breakfasts. Red River, Park City and Santa Fe include additional $10 \%$ air tax.

[^1]:    Do you have something to sell or a special announcement you'd like to make? Consider a Classified ad. Classified ads are $\$ 12.00$ per month for members for the first 4 lines and $\$ 2.00$ for each additional line. Slightly more for non members. If interested, call Karen Putney at 527-8383.

[^2]:    AC: Sue Salvage AAC: Sharon Broughton 864-7021 9365 Springmont AAC: Kathleen Fowler 661-1055 Houston, Tx 77080
    690-5551 (H) Cocktail Attire, Black Tie Optional Final Payment due: 11/25/96

    Adults Only

