



# The *Sitzmarke*

SPACE CITY SKI CLUB

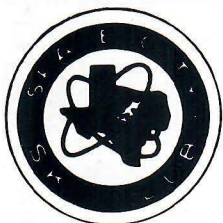
Vol. 23, No. 8

DECEMBER, 1990



CALL 688-SCSC FOR CLUB INFORMATION  
DECEMBER HAPPY HOUR - See inside





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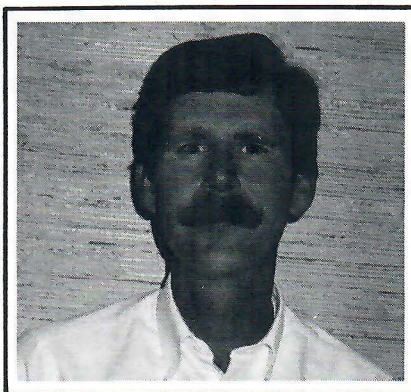
## SITZMARKE

The Sitzmarke is published monthly by the  
**SPACE CITY SKI CLUB**

Volume 23, No. 8 DECEMBER, 1990

## HEAD OF THE LIFTLINE

by Ray Naudain



The holiday season is upon us and SCSC will begin with the Second Annual Christmas Party on December 7th. Linda Licarione and Patti Richards will provide an excellent time for everyone.

The General Meeting will be on Monday, December 10 and we will have a Happy Hour on Thursday, December 20, at a new place called Babaloo which should be fun.

I appreciate the new members participation in the style show. You did a great job modeling the new ski wear. Oshman's provided a large variety of

viewing. Nancy Sarff did an excellent job in coordinating the show.

By now the first ski trip of the season to Vail over the Thanksgiving Holidays has returned to Houston. No doubt they did a great job of representing SCSC in the Texas Ski Council activities and races.

The nominating committee has begun its work to select a slate of officer candidates for the 1991-92 year. If you are interested in being considered for an officer, contact a member of the committee. Also, ask a current or former officer what the duties of their office entail. SCSC is a volunteer organization and every year we need member involvement. Don't be bashful in lending your assistance to an activity, meeting or trip.

To share the holiday with those less fortunate, the current officers request that you bring non-perishable food items to the December meeting. These food donations will be given to the Houston Food Bank. Have a joyous, safe holiday and think snow for January.

## UNSUNG HEROES OF THE NOVEMBER MEETING

### LIFTLINERS

Sharon Taylor  
Corky Ament  
B. J. Scott  
Floyd Hanks  
Susan Simmons  
Bob Simmons

### MEMBERSHIP / SIGN-IN

Mel Tawney  
Denise Loos  
Andy Fitzpatrick  
Elaine Bohot  
Tom Fitzpatrick  
Charles Allen  
Bobbie Lowery  
Glenda Margraves  
Karen Kopelman  
Donna McCue  
David Doucette  
Donna Kidwell  
Richard Hall  
Layna Adams  
Charles Morgan

## South America TSC Trip

The Texas Ski Council is looking at a ski trip to South America to ski in August or September, 1991. We would like to poll the SCSC membership on their interest in a trip. If you are interested, please stop by the Officer's Table and sign the list indicating an interest. If you are not going to be at the meeting, call **Craig Tharpe**, Vice President of Trips at 776-9754.



# Coming Events

## DECEMBER

**Christmas Party**  
**Texas Club**  
 December 7  
 \*\*\*

**General Meeting**  
 December 10  
 \*\*\*

**Breckenridge Ski Trip**  
 December 11-16  
 \*\*\*

**Happy Hour**  
**Babaloo**  
 December 20

## JANUARY

**TSC Traditional Trip**  
**Snowmass/Aspen, Colorado**  
 January 5-13  
 \*\*\*

**General Meeting**  
 January 14  
 \*\*\*

**Happy Hour**  
**XiT (West Gray)**  
 January 17  
 \*\*\*

**Swinging Door**  
 January 19  
 \*\*\*

**TSC Expedition**  
**Courmayeur, Italy**  
 January 19-27  
 \*\*\*

**Jackson Hole Ski Trip**  
 January 21-27

## FEBRUARY

**MFA Fun Run**  
 February 2  
 \*\*\*

**Sun Valley Ski Trip**  
 February 2-10  
 \*\*\*

**General Meeting**  
 February 11  
 \*\*\*

**Taos Ski Trip**  
 February 12-16

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## General Meeting

**MONDAY, DECEMBER 10 • 7:30 P.M.**  
**HOLIDAY INN - CROWNE PLAZA**

2222 West Loop South

★ **COMMUNITY SERVICE** ★

SCSC's Officers would like to remind you to bring non-perishable food items to the meeting. There will be a collection box at the Community Services Table near the stage. The items collected will be given to the Houston Food Bank for distribution.

The guest speakers will be representatives from the Houston Food Bank and Toys for Tots.

## HAPPY HOUR

**DECEMBER 20**

**5:00-8:00 P.M.**

1625 WEST LOOP SOUTH



\*No Cover

\*Special Drink Prices

\*Buffet

## ATTENTION

### SITZMARKE CONTRIBUTORS

January Sitzmarke Deadline:	DECEMBER 6
February Sitzmarke Deadline:	JANUARY 5
March Sitzmarke Deadline:	FEBRUARY 5

*Please send all articles and news about SCSC to:*  
 Jeri Hartman — 6504 Newcastle — Bellaire, TX 77401



# ENTER SPACE CITY SKI CLUB'S AMERICA WEST AIRLINES DRAWING!



**HOW:** Bring new guests to the meetings and have them show you as their sponsor on their guest registration slip. You will then be automatically entered. Since you will be registered each and every time you sponsor a guest, the more guests you bring, the more chances you have of winning. (Remember, no person may attend any meeting of the club as a guest more than two times.)

**WHAT AND WHERE:** Two round-trip airline tickets anywhere in the continental U. S. A. that America West Airlines flies.

**WHEN:** Final drawing will be at the May General Meeting. You must be a member to win. You must be present at the May meeting to win.

## WANTED!

Vice President of Programs  
needs Activity Coordinators  
for the following activities:

### ■ Mardi Gras

*Day trip to Mardi Gras in  
Galveston on February 9*

### ■ Volleyball Tournament

*Spring 1991 (Saturday or Sun-  
day. If interested, please con-  
tact Peggy Donley at 656-6864  
(W) or 437-5467 (H).*

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## CONTEST WINNER

**BILL VASEN** is the winner of our monthly contest. Bill sponsored the most guests at the October meeting and will receive a \$15 Gift Certificate that may be used towards any SCSC activity or ski trip during the 1990-1991 membership year.

## NEW MEMBERS

Charles B. Allen  
James G. Bishop  
George L. Blohm  
Pamela Blohm  
Jayme L. Brown  
Joan L. Burback  
Yvonne Burkhardt  
Roberta Chauvin  
John R. Curry  
Kelly & Arnie Dastur  
David C. Doucette  
Michael & Lee Ann Gavula  
Randy Giesy  
Jim Gilliam  
Sherman & Alana Glass  
Tricia Gow  
Gary Griesenbeck  
Laurie Haischer  
Deborah Heaton

Elizabeth C. Hill  
Terrell Hillebrand  
Mary Hubert  
Roeline D. Hudson  
Terry Ibarra  
Jim Iden  
Graham & Gloria Johnson  
Belinda T. Johnson  
Nancy Karchmer  
Louis M. Kleinman  
Mike & Celeste Kowis  
Nadine Lange  
Stephen W. Larson  
Jimmy Licari  
Margaret Little  
Clair Love  
Ro Anna Lovett  
Dena J. Lucas  
Diane Maskey

Brian Matthews  
Brigitte Metzger  
Nick Mostert  
David Patterson  
Jeanette P. Perini  
Felix Rezzoffi  
David B. Richardson  
Glen M. Rieger  
Jimmie M. Riesenberg  
Paul & Kathy Schexnailder  
Robert & Susan Stevenson  
Davis Tucker  
Andrew Visco  
Terry Wander  
William H. Wellborne  
Bob Wilbanks  
Sandra R. Williams  
Millie A. Wing  
Kim Zachary



# SCSC Christmas Party

☆  
**Buffet Dinner**

☆  
**Dancing**

☆  
**Door Prizes**

☆  
**Friday  
December 7**

**at  
The Texas Club**

**\$17.00 per person**

*Call for space available:*

**Linda Licarione - 468-2816**

**or**

**Patti Richards - 789-9194**

## BOOKS FOR DESERT SHIELD

Space City has been asked to participate in "BOOKS FOR DESERT SHIELD" for our troops in the Middle East by **Don McCarver**, a former Marine who served in Vietnam and is working with the Texas Association of Former Marines. If you have paperback or hardback books or Reader's Digests that you would like to donate, please bring them to the Community Services Table at our November 12th and December 10th meetings at the Holiday Inn Crowne Plaza.

Please keep the cultural differences in mind - no religious

materials are permitted, and the Saudis also will not allow anything showing women's arms or legs, nor anything depicting alcohol! Magazines and newspapers are not being accepted at this time.

There is no entertainment of any kind in the Middle East for our troops -so you can imagine how the diversion of a good book can help our service-people make it through this ordeal. If you have any questions, Don McCarver would be glad to answer them. His work number at the Bellaire Police Department is 662-8103.

## FOLLIES MAY 13, 1991

*We need volunteers for the May Follies!*

We're starting to plan now for the 1991 Production!! Anyone who sings, plays an instrument, acts, or likes to have fun, give me a call NOW!!

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# MURDER MYSTERY DINNER

by Melissa Frazier



On October 13, 1990 a group of forty people met to solve two mysteries: 1) *Who killed Archibald Frath in his wine cellar on his motor yacht Gilded Vessel while cruising the Mediterranean?* and, 2) *What or who caused the death of Rockford "Rock" N. Roley at a railroad crossing in Roley, USA the night before the five-year reunion of the class of '54?*

We ordered out for enough beer, wine, fajitas and cheesecake to tide us over until we could get to the bottom of these questions. We divided into five teams of eight people and set about to solve two mysteries. We each assumed the role of one of the characters and were a possible suspect ourselves. Half of the group was dressed for a high school reunion in 1959 and the other half was dressed for cocktails aboard a yacht in the Gatsby era. We learned of many interesting facts out of members' past as they were playing their roles in the murder mysteries.



It turns out the death of Rock N. Roley was the result of a complex scheme, the participants of which included **Peggy Donley**, **A. G. Davis**, **Tim Morton**, **Tania Andrasko**, **Charles Goodrich**, **Alan Shinkman**, **Renee White**, **Stan Woods** and **Carol Sue**

**George**. In the process of solving the mystery we found out that **Craig Tharpe**, **Loretta Colchin** and **Donna Mills** had secretly had Rock's baby.

**Jeff Sarff**, **Ty Smith** and **Tom Hogle**, whom we all remember as big dumb jocks, made money on the side while



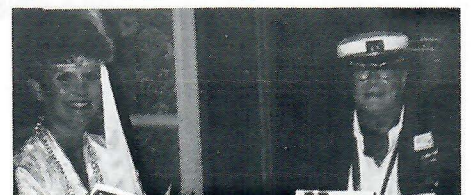
shaving points for their high school and college football teams. **Layna Adams**, **Sandi Preston** and **Linda Alexander**, well-known for their scholastic prowess, live daily with the fear that the terrible secret of their cheating on their high school exams might be disclosed.

The unlucky Archibald Frath's death was primarily attributable to Champagne from his own vineyard. All of the guests aboard his yacht had reasons to want Frath dead, but it appears that his death was accidental. **Bob Frazier** and **Earl Hyland**, the ship's captains, were frauds and drunks. They had produced counterfeit Champagne under the Maison Frath label and were marketing it throughout Europe. **Bob Nielson** and **Cissy Dutcher**, were Frath's investment ad-

visors. They were in serious financial difficulty due to mismanagement and their only hope was to collect the \$1,000,000 life insurance policy on Frath. **Terry Cummings** and **Nancy Boelsen**, considered by many to be conniving egomaniacs, had previously committed a murder and were prime suspects. **Harold Eaton** and **Manuel Valle**, alias, the Gentlemen Thieves, made their living by stealing expensive jewelry, and Frath had some they wanted. **Connie Nielson** and **Cuba Melton** had accumulated some serious gambling debts. Frath, having knowledge of this, humiliated them by forcing them to entertain his business friends. **Lynn Eaton** and **Sue Harris** claimed to be Russian Countesses and owners of a nightclub. It turned out

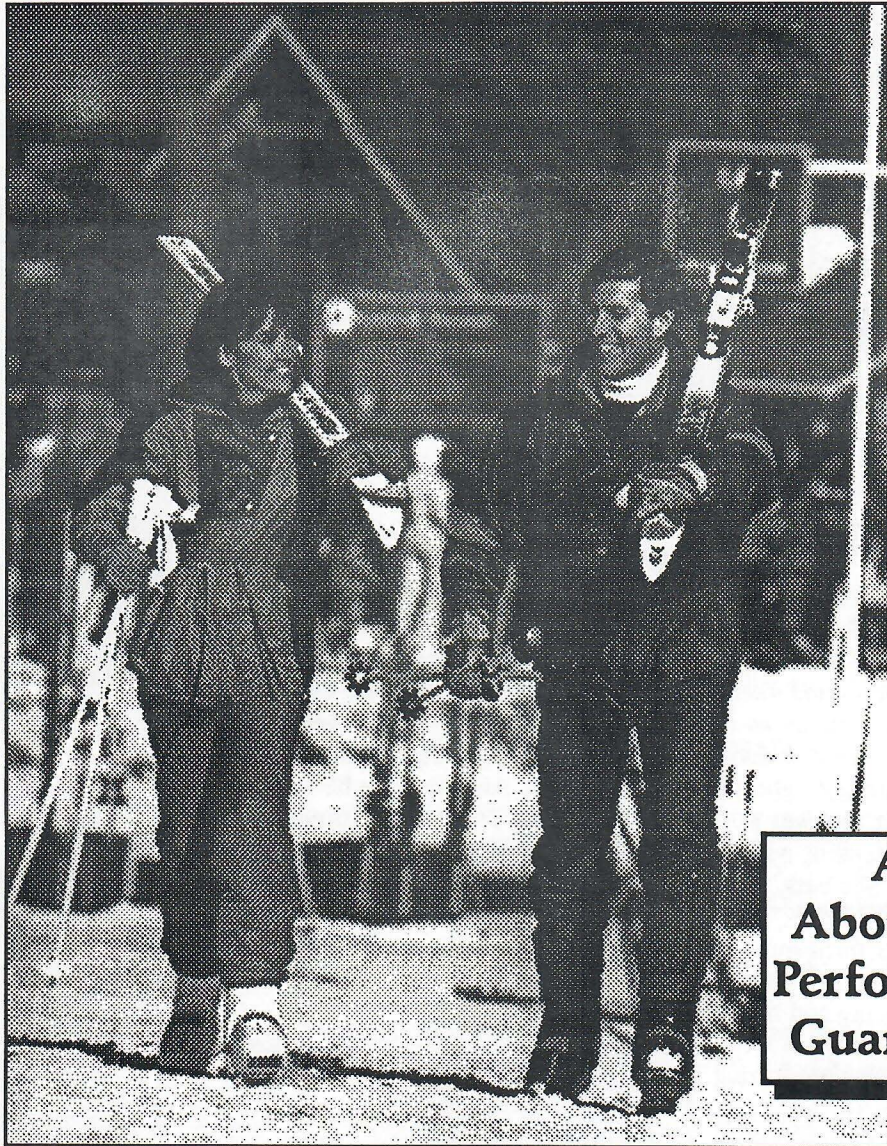
they were born into a poor American family and their nightclub was merely a front for a very successful brothel. **Joan Osborn** and **Melissa Frazier** came from families who owned vineyards competing with Maison Frath. They were out for revenge because Frath caused their vineyards to be destroyed by a deadly grape blight. **Easy Thayer** and **Steve Kern** were illegitimate sons of Frath who would stand to inherit half of his fortune should he die.

All-in-all, it was a very enlightening evening with gossip typical of any Space City gathering.





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**MEMORIAL:** 12526 Memorial Drive (between Gessner & West Belt in Lantern Lane Shopping Center) 464-2639

**1960 WEST:** 6540 FM 1960 W. (1/4 mile east of Willowbrook Mall in Champions Village I) 537-0928

**GULF FREEWAY:** 12819 Gulf Freeway (at the Fuqua exit behind Friday's in Southpoint Shopping Center) 481-5217



# HALLOWEEN PARTY

by Llona A. Wicks



It was a clear and chilly night, Saturday, October 27th, as various creatures in mysterious garb made their way to Lake Livingston. Their destination was the haunted house of **Charles and Kathy Morgan**, who, upon their appearance, were revealed to us as a Shark and a Shark Hunter. Cobwebs filled every nook and cranny as ghosts and bats flew about. But this was not just any haunted house; this was a Halloween bash. He and She bats, **Ron and Roberta Rambin**, were seen welcoming guests to this third annual event. Ghoulish noises were replaced with lively music for dancing and Neon Man and Neon Woman, **Ted and Debbie Bergeron**, were seen leaving a trail



Neon People - Debbie and Ted Bergeron

of neon nectar as they displayed their skill at Whip dancing. Peter Pan, **Chip Doubet**, led us to Never, Never Land by making sure the Margarita machine

was never empty as Tinker Bell, **Llona Wicks**, gleamed her light in preparation of the festivities.

He and She Cows, **Ed Cain and Kay Ellig**, swung the vote of all and received the trophy for best couple. A ghoulish vampire, **Linda Licarione**, hypnotized us into electing her the best or worst gal. And we were held at gun point by Dick Tracy, **Jon Hofman**, until we elected him best guy, or is it best dick??? The Punkers, **Mike Moldofsky and Gene Michaels**, seemed to be quite



Best Couple: Kay Ellig and Ed Cain.

chilled out. But can anyone tell me if Mark Anthony, **Nelson Turner**, ever found his Cleopatra? Maybe she was delayed along with Hookers, **Ann Harvey and Joyce Ryan**, who arrived suspiciously late. Farmer **John Car-**

**michael** was relieved that **Dana Wardell** managed to escape the spider web entanglement of the porta potty. Yeah Dana!

Batman **Ray Davis**, arrived with a new heroine for the evening, Witch **Marti Toomer**, and Count Dracula,



Best Gal: Linda Licarione

Cont'd on page 9

## HOT GNUS



Congratulations to **Elaine and Jim Bell** on their visit from the Stork. **Julia Renee** was born Friday, November 2, at 8:05 a.m., weighing in at 8 lb., 4 oz.

...

**Craig Tharpe and Sy Lierbergot** were married on Friday, November 9, aboard the "Golden Odyssey" on the Mediterranean Sea. Best wishes to them!

...

Best wishes to **Sharon Griffin and Gary Sequeira** who were married on Saturday, November 10.



## HALLOWEEN *Cont'd from page 8*

**Manolo Valle**, was accompanied by his lovely victim **Lilly DeCanter**. Werewolf Hunter, **Ty Smith**, was ready to kill any werewolf should one have needed it. Banditto, **Ron Flowers**, was sure incognito for a long time.



**Ray Naudain**, **Little Bo Peep** (**Laurie Homburg**), **Best Guy**: **Dick Tracy** (**Jon Hofman**) and **Kevin**.

**Zoro**, **Dell Davidson**, left the party without leaving his sign behind. **Eugene Walker**, the Pirate, came by land and not sea only to be greeted by **Samurai**, **G. A. Addicks**, who had a bigger sword than he. All night long we had our pick of M & M's, plain or with nuts, **Layna Adams** and **A. G. Davis**.



The "M & M's": **Layna Adams** and **A. G. Davis**.

As the evening progressed guests were seen dancing around a huge bonfire. **Little Bo Peep**, **Laurie Homburg**, must have gotten so excited thinking they were roasting her lost sheep that she fell right through the fence and broke it. No, no, **Bo Peep**, that was **Jack and Jill** that fell down the hill.

Anyhow, whether they were flying when they left that night or crawling into the wee hours of the morning, every ghoul and goblin was surely a laughin'.

## FROM THE SKI DESK

*by Craig Thorpe*



HO! HO! HO! Believe it or not, it's that time of year. I know all of you are busily wrapping presents for the holidays (HO! HO! HO!). At this writing, I am packing for my honeymoon, so I will make this article very brief.

With the price of everything going up, it's nice to see that skiing with SCSC is still a real bargain. The

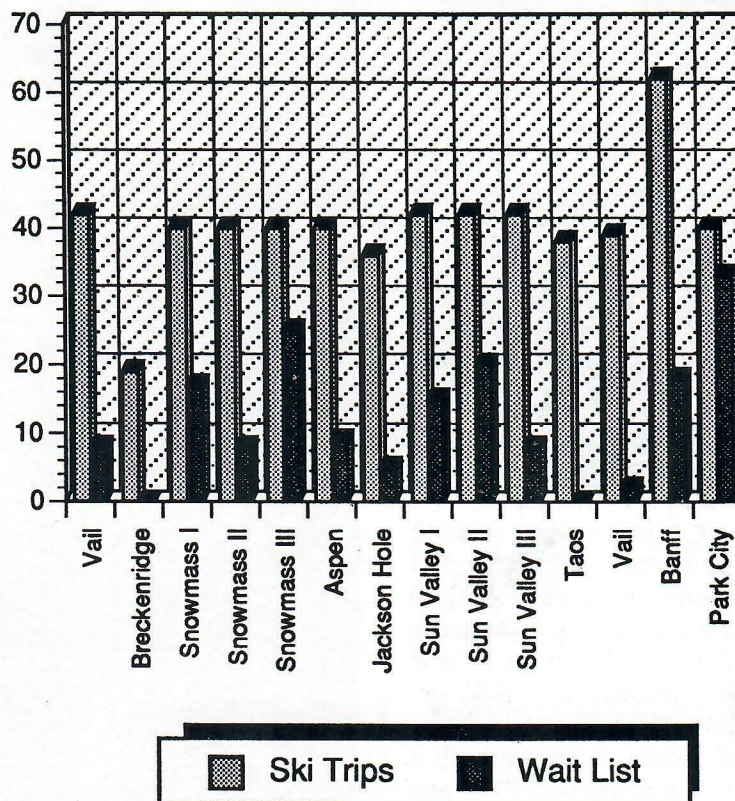
average one-week trip with SCSC runs approximately \$628.00, which includes airfare, transportation to and from the airport, lodging and parties. The average short trip with the club (4 ski days) runs approximately \$450.00. Group lift tickets average \$25/day. The same week-long trip that you would arrange for yourself would run between \$750-\$1,200, while the average lift ticket bought on an individual basis runs about \$32-\$35/daily. So, not only do you get to ski with great friends while making new ones, but you save money in the bargain!!!

The next SCSC trip is to Breckenridge from December 11-16th. A BIG thank you goes out to **TC Howard Paillet** and **ATC Gayla Cawood** for all of their hard work.

Have a wonderful holiday and a terrific New Year. And, until 1991, think snow and happy skiing!!!!

### SPACE CITY SKI CLUB TRIP STATUS REPORT

(As of November 1, 1990)

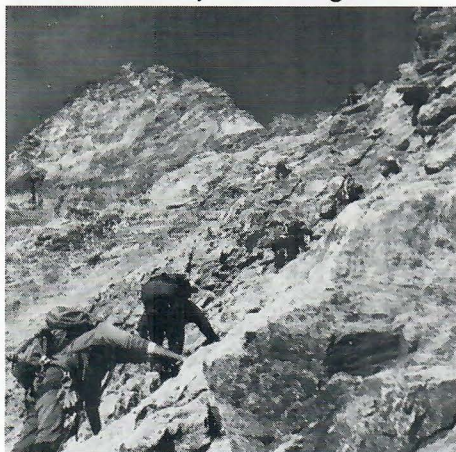




# DIARY OF THE ESCAPE OFF THE MATTERHORN

by George J. Hirasaki

Our climbing team of two American guides and three clients started the ascent at 4:30 A.M. from the Hornli Ridge of the Matterhorn. At one point the route went along the North Face and I could see nothing below me with the headlight, only the grayness of a glacier. Over my shoulder I saw the sun burst from the side of a distant peak. We could not stop to look. The route became steeper and on vertical pitches where there were no handholds, we climbed 2" fixed ropes with our feet pressed against the rock face. I felt the strength leaving my arms on a long vertical pitch without any hand or foot holds. I made it but knew I could not do much more. As I belayed Mark up the same pitch, I felt the belay rope go tight. He told me later that he fell when his arms gave out so he rested on the belay rope until his strength returned. "Hurry up! We are turning back at 12:00 noon wherever we are," said the guide.



I was breathing like a steam locomotive above 1400' and my guide told me, "Don't breath so fast." I knew that if I did not get enough oxygen I would get a headache and nausea from altitude sickness. At 12:10 we reached the summit and the guide told us, "You have 2 minutes to look around, take pictures, drink water, eat, and start down."

Physiologically, going downhill is lot tougher than going up. When you face forward, the mountain drops away and there are no handholds.



*George Hirasaki (right) on The Matterhorn.*

Alternatively, you can face the mountain to gain handholds but you have to walk backwards. Usually, I traversed facing downhill and switched directions every few steps as in skiing an extreme slope. We were roped together but usually used running belays, *i.e.*, everybody walks simultaneously while flipping the rope over rock horns to arrest us in case of a fall. We had a choice; either we could rush while exhausted and risk a fall, or we could be careful and risk being overtaken by darkness. Soon after the sun set, the ridge was interrupted by a 30' overhang with a near vertical face of 1000' on the north face and only about



60 degrees on the south. Not able to see any tracks because of the fresh snow, we took the southern route and put on our headlights and crampons as darkness and a snow storm overtook us. Exhausted after 16 hours of climbing without rest, I expected to hear someone yell, "Falling!!," and it could be me. Soon we realized that we were off on a side ridge with a vertical face of about 100' separating us from the main ridge. The guide suggested rappeling down to get across the "gully" but we were relieved when he agreed to bivouac.

A bivouac is not bad when planned, but we were out of water and our only shelter was the clothes on our back. We put on all of our clothes and huddled, roped together, with a rock for a windbreak on a narrow ridge. Without the rope someone could fall asleep and fall off the cliff. Brent, our second guide, had to sit by himself because the ridge was only wide enough for four. We could see the lights of Zermatt in the distance and the Hornli Hutte was just below us. We felt secure with civilization in sight and safe from hypothermia because it was not raining or snowing. All of a sudden, a bolt of lightning lit up the sky and soon Zermatt and the Hornli Hutte disappeared. About 6" of snow fell during the night. We talked to each other during the night so as not to lose

*Cont'd on page 12*



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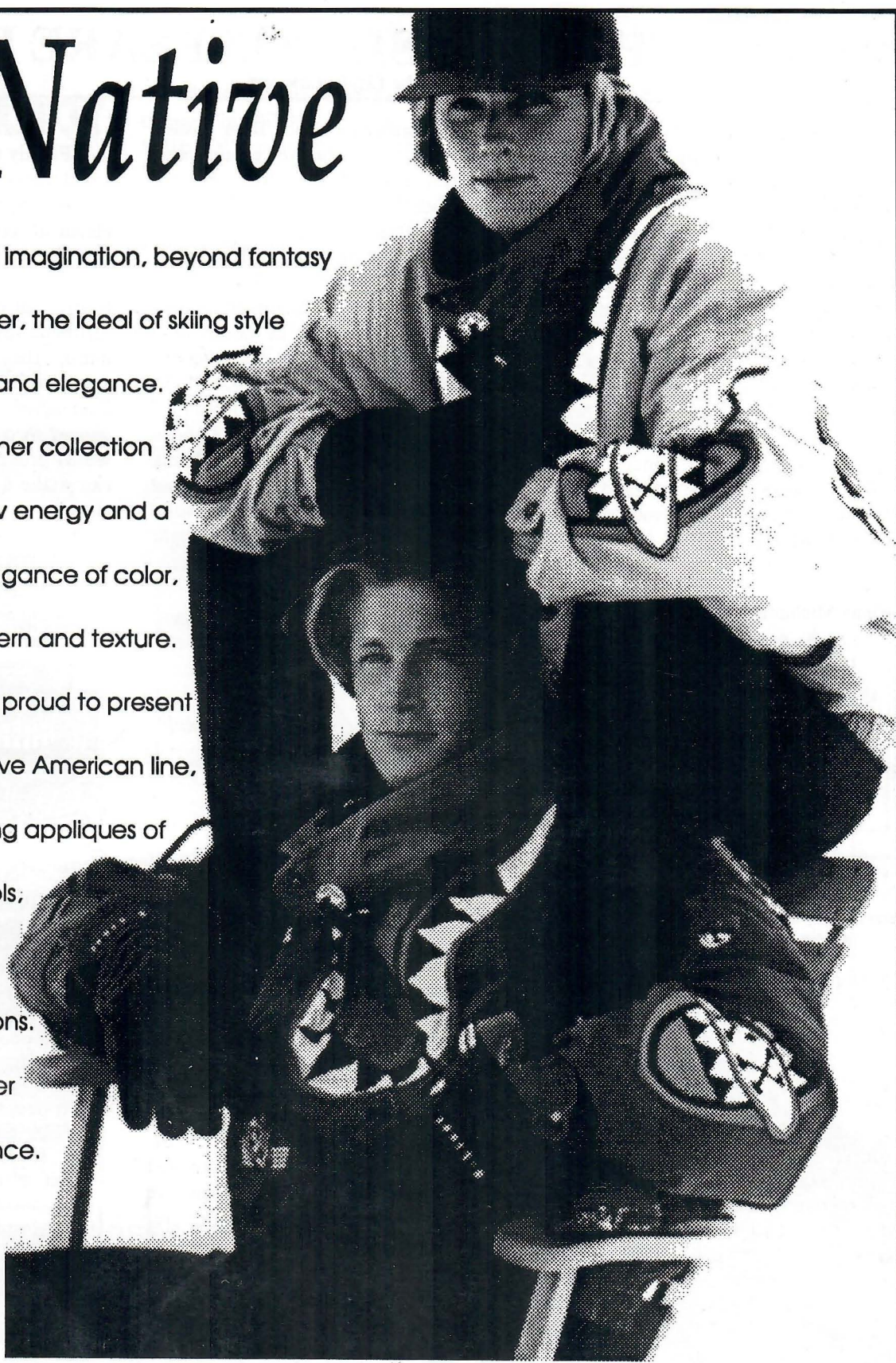
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# MILLER THEATRE SHAKESPEARE FESTIVAL

by Gayla Cawood

Friday, August 10, 1990

What is the saying - "Even the best laid plans....?" After a typical Houston thunderstorm, which discouraged most and made for soggy blankets, a few brave SCSCers came to Miller Theatre to watch the performance of "The Tempest." Upon arrival, most of the participants wandered from balloon cluster to balloon cluster. *(It seemed that every group gathering at Miller had the same idea to bring balloons so their group could find them.)* Of course, Space City's balloons were clearly marked with "SCSC," or at least that was before it dripped off the balloons in the rain.

Debbi Chrissinger and Beth Nolen decided to avoid the wet ground and take advantage of the free reserved seats. Debbi - What was in that giant mug you were carrying?


Soon after arriving, most participants learned that Miller Theatre had made late schedule changes to the program, and would not be performing "The Tempest." Instead, they were to perform "Troilus and Cressida." *(So much for reading the play ahead of time.)* Sue Salvage and Diane Osborn moved their lawn chairs after being told by other concerned watchers that lawn chairs go on the left *(never mind all those other lawn chairs on the right*

*- they're just confused).*

Finally the play, which was an updated version set in the 1940's began. Armor was replaced with flak jackets, Helen of Troy wore a gingham dress, and Hector's very southern accent was reminiscent of "Cat On A Hot Tin Roof," all of which took a bit of adjustment for the audience. But never mind, the cast's performance was great, and all SCSCers seemed to enjoy themselves *(even Kirby Contat who snored through the entire second act)*, which proves the theory that SCSCers can make a party out of any circumstances.

...

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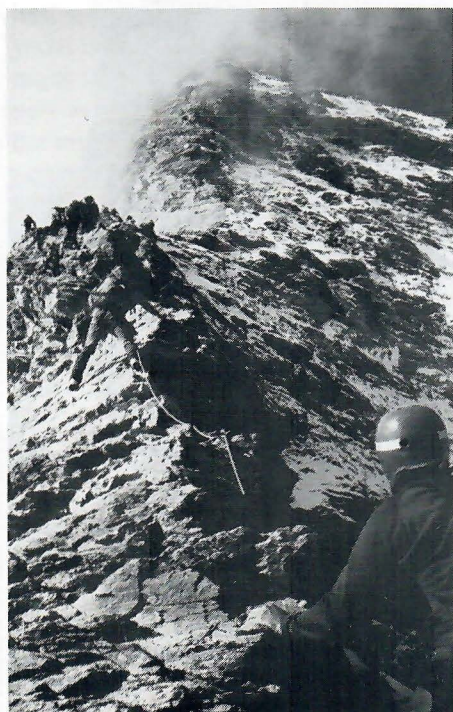
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## "ESCAPE"

Cont'd from page 10)

anyone to hypothermia.

With the first light, we were amaz-



ed at the steepness where we were. If we had rappelled down the face, I don't know if we could have made it up the other side in the dark and snow. We had to traverse back up the mountain to a point on the ridge above where we left the route. The 3' side ridge with 1000' exposure on the north face was now covered with snow to a sharp edge. When we came to the overhang, we did not take the easy way because that was how we got lost. There was a narrow, snow-covered ledge and then about 1000' of exposure to the glacier I saw the morning before. After the guide passed under the overhang on the ridge, he said, "Yahoo!" We were back on the route. All is well that ends well!

Back at the Hornli Hutte shortly after noon, the caretaker said that she saw our signals during the night but assumed that it was someone from the Italian side since she did not have our passports. Wonder what she would have done if she had known we were Americans!

## "SHARE YOUR CHRISTMAS" FOOD DRIVE

The Houston Food Bank needs volunteers for its Christmas food drive sponsored by Channel 13. It needs people to man a phone bank accepting calls from people in need on **December 12, 13 and 14, 1990** and people to help collect, sort and deliver food on **December 14 and 15, 1990**. There will be a sign-up sheet at the December meeting or you can call **Dille Habegger of the Houston Food Bank at 223-3700** or the Vice President of Programs, **Peggy Donley (437-5467)**, who will be glad to try and answer any questions.

## NEW MEMBERS

PLEASE PICK UP YOUR 1990-1991 MEMBERSHIP CARDS AT THE MEMBERSHIP DESK DURING THE GENERAL MEETINGS.



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#### TIME SHARE

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#### HELP WANTED

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## WIN A \$15 SCSC GIFT CERTIFICATE!

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AND HAVE THEM SHOW YOU AS THEIR SPONSOR  
RULES:**

- [1] The sponsor must be a member in good standing.
- [2] Gift certificate may be used towards any SCSC trip or activity during the 1990-91 membership year.
- [3] Your name must be shown as the sponsor on the registration form.
- [4] Only one sponsor per guest.
- [5] Gift certificate will be announced and awarded at the next General Meeting.

## JANUARY MEETING

The January meeting will feature some of the "Skiing Grandmothers" and Max Steward with Retail Concepts. They will be discussing their involvement with the Special Olympics Ski Program and encouraging Space City members to come join the fun and participate in helping with this special program for special individuals.

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# PRE-SEASON SKI FITNESS

by Mark Seegers, Baylor College of Medicine

HOUSTON (October 31, 1990) -If a ski trip is part of your winter plans, start exercising now. An exercise program might help keep your trip injury-free.

"Many people are not in proper condition to ski," said Dr. Bruce Moseley, a sports medicine expert at Baylor College of Medicine in Houston, "Skiers who are out of shape tire more quickly, and tired skiers risk injury because they make mistakes and fall more often."

The most common ski injuries are strained muscles, torn knee ligaments or cartilage, bone fractures and dislocations. Moseley recommends a simple exercise routine of stretching, aerobics, and strength training. A program beginning four to six weeks before the trip will condition the body and strengthen muscles in injury-prone areas.

"Stretching always comes first,"

said Moseley, "Stretch each day before you exercise, and before you ski."

Five key areas that should be stretched are the back, groin, quadriceps (the muscle in the front of the thigh), hamstrings and calves.

- Stretch the back by lying flat on your back. Place your hands just below the knees and draw the legs to the chest.

- Stretch the quadriceps by holding your ankle and raising it to your buttocks. Stretch until you feel tension in your thigh.

- Stretch the hamstrings by lying flat on your back. Grasp the back of the thigh with both hands and keeping the knee straight, pull the leg toward you until you feel tension behind the knee.

- Stretch the groin by sitting with legs spread and the bottoms of your feet placed flat against each other. Lean forward at the waist.

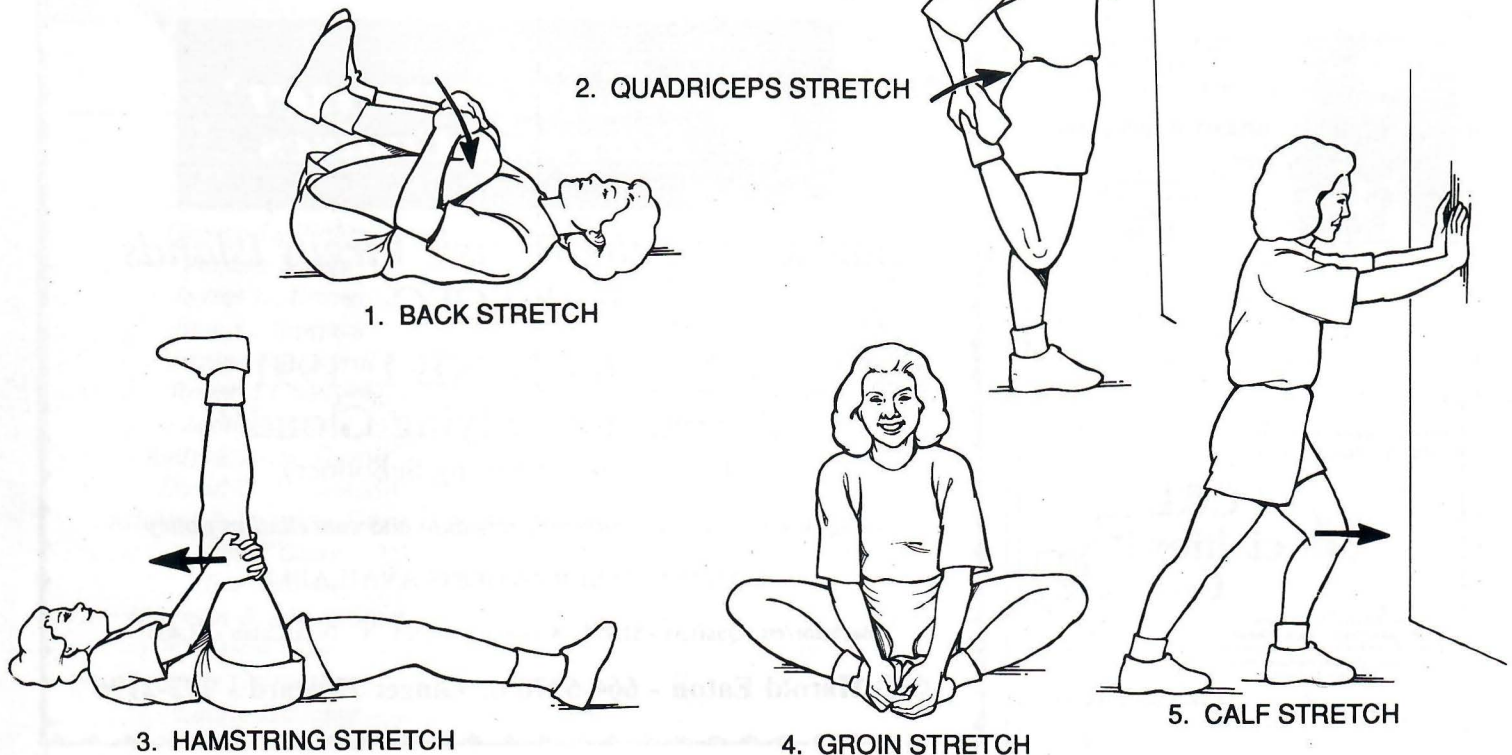
- Stretch the calves by supporting yourself against a wall with the palms of your hands. Put one foot forward, the other foot back, and gently bend the front knee until you feel tension in the calf of the back leg.

After stretching, alternate daily between aerobic and strength exercises. The best kind of aerobic exercise available to skiers are stair-climbing machines, available at most spas. These machines offer resistance workouts for the legs while they condition the heart and lungs. Jogging or cycling are good alternatives.

"Torn ligaments and broken bones might be prevented by giving more support to those areas," said Moseley, an assistant professor of orthopedic surgery at Baylor.

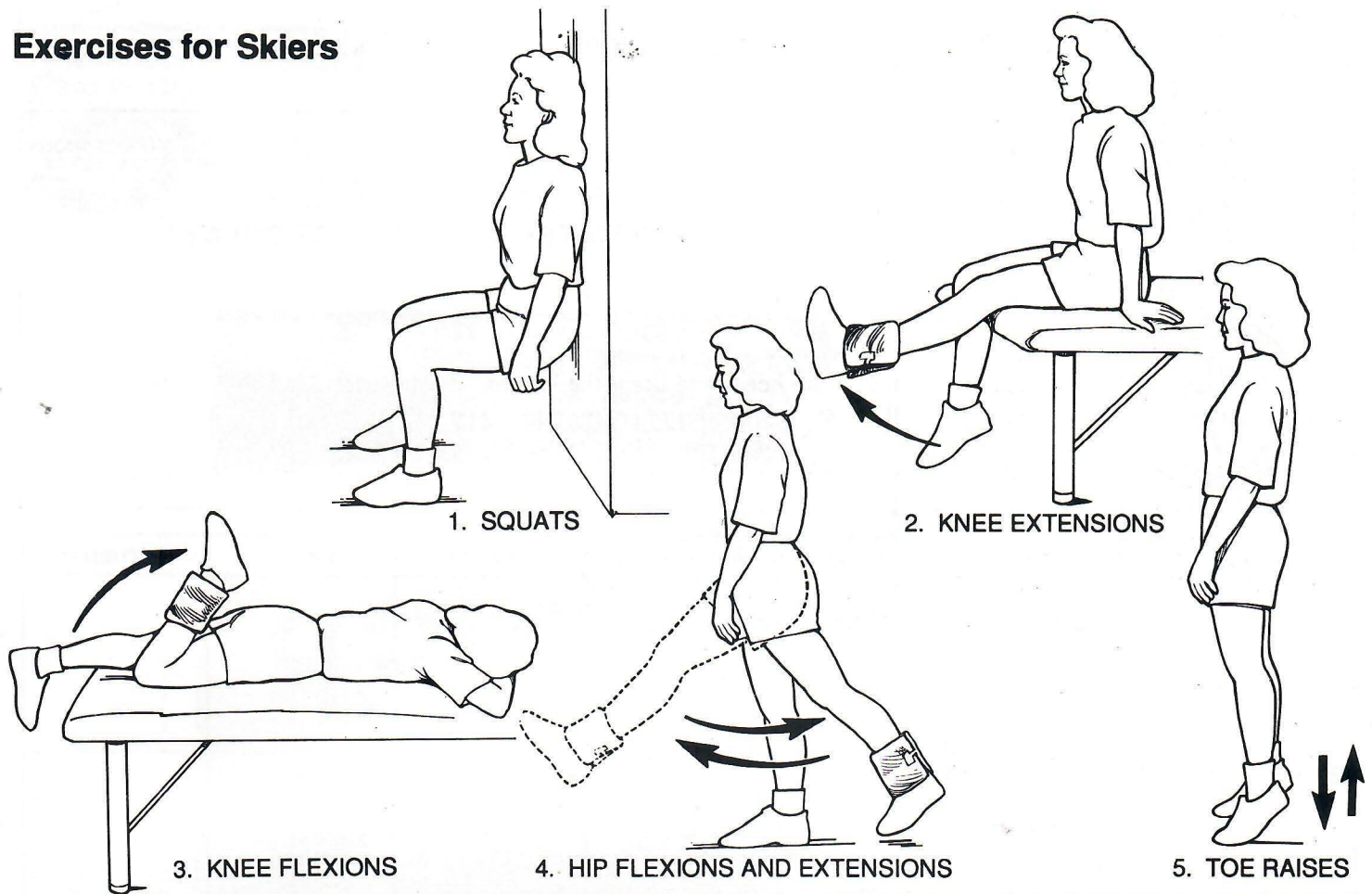
Moseley recommends a short series of exercises to strengthen the muscles around joints. These five strength exercises are effective in a short workout:

## Stretches for Skiers





## Exercises for Skiers



- **Squats:** Place feet 18-24 inches from the wall and then lean so your back is flat against the wall. Slide down until thighs are at a right angle to the wall. Hold, and slide back up.

- **Knee extensions:** Sit on the edge of a table or chair so that your feet are dangling. With an ankle weight, straighten your knee. Hold it and return. Repeat for both legs.

- **Knee flexions:** Lie flat on your stomach. With an ankle weight, bend your knee. Hold it and return. Repeat for both legs.

- **Hip flexors and hip extensors:** Standing with ankle weights, bring your leg forward and then backward while keeping the knee straight. Repeat for both legs.

- **Toe raises:** Standing flat-footed, slowly raise on the balls of your feet and hold to strengthen the calves.

All of these exercises and stretches are effective for men or women. A workout should consist of three sets of 10 repetitions for each stretch or exercise. With any exercise, stop if there is pain.

You don't have to limit yourself to the exercises contained in this workout. Any exercise that strengthens muscles in arms, shoulders and legs will benefit you as a skier.

### NEW ACTIVITIES

At the December meeting, look for the tables to sign up for the following new activities:

- **Swinging Door Barbeque and Dancing**  
*January 19*
- **Museum of Fine Arts Fun Run**  
*February 2*

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### NOMINATING COMMITTEE

Space City Ski Club is a premier example of a volunteer-run organization. Since Officers' terms are for only one year, the club needs a new slate of candidates for the seven positions on the Executive Committee at the beginning of each year. Members who wish to be considered for election to the Executive Committee as President, one of the four Vice-Presidents, Secretary or Treasurer should contact any one of the members of the Nominating Committee immediately.

The 1990-1991 Nominating Committee:

**Bob Nielsen, Chairman**

<b>Gloria Rooney</b>	<b>(409) 582-4193</b>
<b>Jerry Montgomery</b>	<b>(713) 499-4413</b>
<b>Blaise Guerrero</b>	<b>(713) 437-5467</b>
<b>Gayla Cawood</b>	<b>(713) 479-1678</b>
<b>Melinda Jelks</b>	<b>(713) 781-1183</b>
<b>Patti Richards</b>	<b>(713) 682-1241</b>
	<b>(713) 789-9194</b>



Space City Ski Club  
P. O. Box 22567  
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	<b>DECEMBER</b>					1
2	3 	4	5	6	7 	8
9	10 	11 	12 	13 	14 	15 
16 	17	18	19	20 	21	22
23 30	24 31	25 	26	27	28	29

**COMING ATTRACTIONS**

**JANUARY**

JANUARY 5-13..... ASPEN/SNOWMASS -TSC TRADITIONAL  
JANUARY 14..... GENERAL MEETING  
JANUARY 17..... HAPPY HOUR — XiT  
JANUARY 19..... SWINGING DOOR  
JANUARY 19-27..... COURMAYEUR, ITALY - TSC EXPEDITION  
JANUARY 21-27..... JACKSON HOLE SKI TRIP

**JANUARY**

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	28	30	31		



# 1990-1991 TRIP SCHEDULE

DATE	RESORT AREA	NO. PART.	SKI DAYS	PRICE	FINAL PAYMENT	TRIP COORDINATOR	ASST. TRIP COORDINATOR
Nov. 20-25	<b>*VAIL</b> (Thanksgiving) (Fall Roundup)	42	5	\$514.00	10/1/90	Ann Harvey (H) 464-7150	Kay Ellig (H) 952-6012
Dec. 11-16	<b>BRECKENRIDGE</b>	20	4.5	\$411.00	10/1/90	Howard Paillet (H) 668-9616	Gayla Cawood (H) 781-1183
Jan. 5-12	<b>*SNOWMASS I</b> (Texas Ski Week - Traditional)	40	6	\$634.00	11/5/90	Dave Pullin (H) 496-0184	Cissy Dutcher (H) 467-6645
Jan. 5-12	<b>*SNOWMASS II</b> (Texas Ski Week - Traditional)	40	6	\$634.00	11/5/90	Beverly Merritt (H) 721-7814	Marti Toomer (H) 859-5787
Jan. 6-13	<b>ASPEN</b>	40	6	\$733.00	11/5/90	Shirley Lang (H) 474-5873	Gene Davis (H) 981-1811
Jan. 8-13	<b>*SNOWMASS III</b> (Traditional - Short Trip)	40	4-5	\$549.00	11/5/90	Loren Gullede (H) 556-1370	Cheryl Houge (H) 488-2243
Jan. 19-27	<b>*COURMAYEUR, ITALY</b> (TSC Expedition)	42	6	\$1195.00	12/1/90	Marilyn Anderson (CLASC) (H) 487-4249	Taeko Brown (CLASC) (H) 486-5072
Jan. 21-27	<b>JACKSON HOLE, WYOMING</b>	36	5.5	\$632.00	11/21/90	Anita Yeomans (H) 796-8739	Terry McGuinness (H) 789-9497
Feb. 2-9	<b>*SUN VALLEY, IDAHO I</b> (Winter Shootout)	42	6	\$588.00	12/3/90	Sharon Inman (H) 445-3702	Eugene Walker (H) 578-3010
Feb. 2-9	<b>*SUN VALLEY, IDAHO II</b> (Winter Shootout)	42	6	\$588.00	12/3/90	Sue Salvage (H) 690-5551	Tom Hogle (H) 621-5348
Feb. 3-10	<b>*SUN VALLEY, IDAHO III</b> (Winter Shootout)	42	6	\$588.00	12/3/90	Bill Kirk (H) 774-5474	Steve Holt (H) 956-2701
Feb. 12-16	<b>TAOS, NEW MEXICO</b>	40	4	\$343.00	12/3/90	Tom Okamoto (H) 995-1391	Sandy Hoffman (H) 391-3224
Mar. 17-24	<b>*BANFF, CANADA</b> (Final Showdown)	62	6	\$759.00	1/8/91	Nelson Turner (H) 474-5290	Chris James (H) 580-3698
Mar. 23-30	<b>VAIL</b> (Family Optional)	40	6.5	\$618.00	1/26/90	Connie Nielsen (H) 409-582-4193	Pam Paillet (H) 666-5964
Mar. 30-Apr. 6	<b>PARK CITY, UTAH</b>	40	6	\$487.00	1/30/91	Chuck Ratliff (H) 870-9126	Melinda Jelks (H) 682-1241

\*TEXAS SKI COUNCIL TRIP

(Any information shown on this sheet is subject to change)