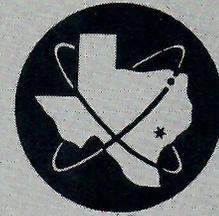


The *SitzMarke* December, 1982

# Space City Ski Club 1982-1983 Season



MEMBER OF  
**TEXAS SKI COUNCIL**  
— Representing the Texas Skier

## CALENDAR

**GENERAL MEETING - Stouffer's - 7:30 P.M.**

**December 13 - "Ski Wear Style Show"**

**Fashions from Sporthaus of Aspen**

**Wine and Cheese Party & Ski Deck**

**at Oshman's - December 14**

**Next General Meeting — January 17**

**Ski Gear Swap Shop**

**Circle These Dates**

DECEMBER	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	24	25
	26	27	28	29	30	31	

JANUARY	S	M	T	W	T	F	S
	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	29
	30	31					

**1982-1983 Officers**

- President:** Bruce Maughs - 236-6706 (O)
- Vice President-Programs:** Pam Pyle - 721-7035 (H)
- Vice President-Trips:** Eric Holm - 591-SNOW (H)
- Vice President-Membership:** Ron Smith - 879-8240 (H) 679-3253 (O)
- Vice President-Publications:** Tania Andrasko - 776-9754 (H)
- Secretary:** Margaret Norris - 466-4802 (H)
- Treasurer:** Craig Meyer - 621-5594 (H)
- Trip Directors:** John Cook - 448-5012 (H) 460-4132 (O)  
Glenn Bishop - 729-0065 (H) 662-3000 (O)

**Board of Directors**

- Anne Benefield, Chairman
- Curent Officers**
- Keith Eastin
- Lynn Burch
- Bill Brooks
- Jim McIntyre
- Leona Schroeder
- Linda MacFarland Simpson
- Jan Livingston
- Carol Dutton
- Layna Adams

**The SitzMarke Staff**

- Editor:** Tania Andrasko
- Head of the Lifeline:** Bruce Maughs
- Cover Photo:** Sy Liebergot, *Teton Village, Jackson Hole, Wyoming*
- Staff Photographers:** Bob Wilbanks, Charles Dutton, Sy Liebergot
- Contributions for December Issue:**
- Eric Holm
- Bob & Barbara Cruse
- Bob Olsen
- Arlene Lehrer
- Ann Batten
- Carlos Campo
- Steve Van Pelt

Published monthly by Space City Ski Club for its members.

General Correspondence: SCSC, P. O. Box 22567 Houston, Texas 77227. **SitzMarke** Correspondence: 10611 Sandpiper, Houston, Texas 77096

**Next Executive  
Officers Committee  
Meeting  
December 20**

**SitzMarke Deadlines**

- December 13
- January 17
- February 14

Response to our trips continues to be excellent, especially those during Texas Ski Week. We started out with 210 spaces for that week. However, after final payment was received, the Aspen Traditional trip still had over 70 people on the waiting list. Although final payment is not due until after this article has been written, I understand that Texas Ski I and II have received a significantly high number of final payments. There are more than 100 people on waiting lists for these two trips. I do not recall a situation where we received this many final payments prior to the due date. Because of this tremendous response to the trips of January 9-16, we are adding forty spaces to the Aspen Traditional trip. We are able to do this because **Eric Holm** was able to obtain additional lodging in Aspen and air transportation. I want to thank everyone for their



tremendous support of the Aspen and Texas Ski Week trips.

The attention given to **Tom Lee**, our speaker in November, was very much appreciated. The division of the

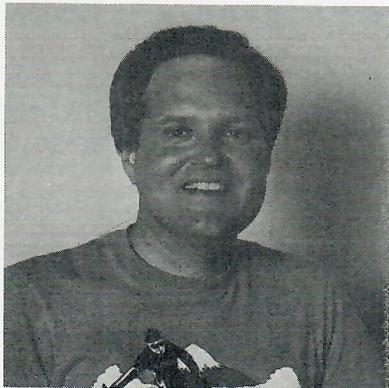
room allows those of you who are interested in the program to hear and allows those of you who want to drink and participate in other aberrant behavior to do so. The room will continue to be split, so based on your preferred activity, please occupy the appropriate section. Remember, our program this month is the Style Show. Use this program to make your decisions for either a new ski wardrobe or possibly a new date.

As of this writing, it seems certain that the Thanksgiving Trip will have good early snow. Most areas are already open and Keystone has extensive snow making capabilities as well. Unfortunately, this trip has been so popular, as yet, I have not been able to use my influence to get on the trip.

On behalf of your Executive Committee, I would like to wish everyone a Happy Holiday Season!

## FROM THE SKI DESK

### SKI TRIP OR EVACUATION?



**ERIC HOLM**

With the number of sign-ups for Aspen and Snowmass totaling over 400, we have been kept busy trying to expand our trips. Except for a few condos scattered through the complex, accommodations are scarce at Snowmass. As of now, we have only been able to expand the Aspen Traditional trip by 40 people.

We are still working with the properties at Snowmass in hopes of enlarging this trip. Check with us at the December meeting for further information.

## NOMINATING COMMITTEE

The Nominating Committee for 1983-84 Officers is already at work. Please let them know your interest in any officership or your suggestions for people to be considered. Written suggestions with names and qualifications will be appreciated. Officers should have experience, enthusiasm and time available. Contact any Committee Member: **Bob Olsen, Linda MacFarland-Simpson, Shirley Andries, George Hirasaki, George Sanford, Debbie Ball or Bob Petner.**

\*\*\*\*\*

### POTENTIAL TEXAS SKI WEEK PARTICIPANTS

If you are going on your own to the Aspen / Snowmass area during Texas Ski Week and wish to participate in the activities and races, contact: **George Hirasaki**, Space City's Race Director for the week. (H) 445-2781.

\*\*\*\*\*

### EARLY NOTICE!

The **January General Meeting** will be held one week later than usually scheduled... **January 17th** is the new date.

\*\*\*\*\*

# 6th Non-Annual Mercer's Campout

by Bob and Barbara Cruse

Fun was had by all except for the few Sunday morning hangovers. The new event in Mercer's Olympics, the boat race, went fairly well until the paddles broke at the end of the second race and shovels had to be substituted. The five-legged race was almost too close to call, but the big event was the tug-o-war, where the Pink Team (85% female!) won.

Saturday night's meal was a feast consisting of BBQ brisket, pinto beans, corn on the cob, rice salad, and last but



certainly not least - Morna Simons' apple cobbler with Blue Bell ice cream (thanks, Morna!).

About half the group left Saturday night for Brenham to go C&W dancing, but we think the other half left by the bonfire had better entertainment. First, there was the fire walker, and then the lingerie show!

Our thanks to everyone who threw in a hand and helped throughout the weekend and a very special thanks to the Buffalo Snort Cookers, Sy Liebergot, Glenn Bishop, Tom Mercer, Easy Thayer, Bill Kirk, and Ron Smith.



First you check 'em in...  
then you feed 'em.

Hotcakes for breakfast



Super fast corn husking



New event-boat racing!



It takes a lot of brisket to feed the masses!



Super cobbler, Morna!



Stopping the super light!



The winners ... Bill & Billie



Five legged racers off like a shot!!



And down with a bang!

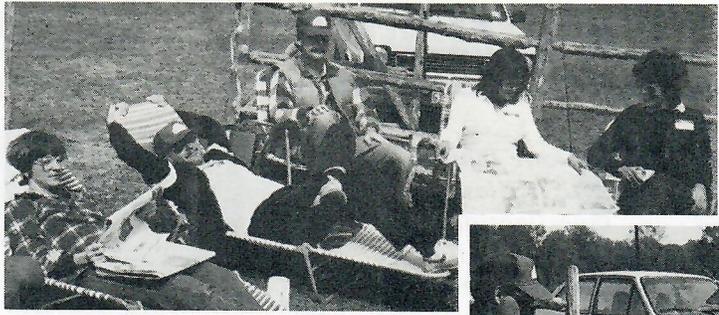


How could they lose with Marwin as anchor-man?



Gently there!

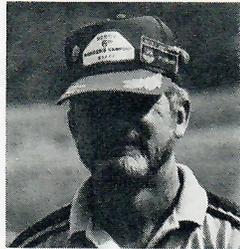
**More  
Campout  
Action...**



**...and inaction**



**Grass  
skis  
tryout.**



**"The Cap"**

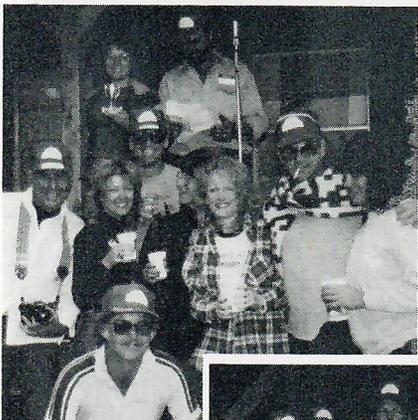


**The fishin' was good!**



**Pink team -  
Tug-o-war  
winners**

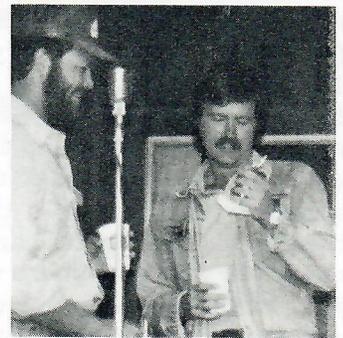
**Green team - overall winners**



**Orange team -  
boat race  
winners**



**Terry & Glenn -  
Egg Toss winners**



**Thanks to Tom Mercer.  
Hope we see ya next year!**

**Thanks to Buffalo Snorts**

# BINDINGS: FRIEND OR FOE?

by Steve Van Pelt, M.D.

(ED. NOTE: Several knee injuries on the Aspen Traditional Trip last season prompted an investigation into whether these injuries might have been related to the ski bindings. We learned that bindings can protect a skier only up to a certain point and that there was a lot more to be learned about bindings in general. Our thanks to Steve Van Pelt for putting together this article as a follow-up to the November General Meeting's program.)

The present system for connecting a skier to his skis has come a long way from the original leather thong. The future system needs to go a long way to further reduce lower extremity equipment related injuries. The future changes range from minor design considerations to completely different models to design the bindings around.

First, to briefly trace the history of this coupling system, one must return to the days of "snowshoeing" (skiing's first name). The original system was a long leather strap attached to the ski and wrapped around the skier's work boot. The next system was a cable affair which was placed in a groove in the heel of the boot and tightened by a lever mechanism in front of the toe. The toe of the boot was held in place by a bracket. In the late 1940's and early 1950's, the first releasable bindings were developed. They were similar to the heel-toe units now in common use. Two other systems which are also in use today are the plate bindings (*Burt*) and the partial plate bindings (*Spademan*).

The purpose of a binding is to hold the skier's boot to the ski during most skiing activities and to release one from one's ski before an injury occurs. The problem arises in: *How does the binding tell when to release and when to bind?* If the binding releases too early, the skier may be injured unnecessarily in the fall. On the other hand, in a fall if the binding fails to release, the skier may suffer a worse injury. As one can see, these examples create an interesting problem for the binding designer.

The bindings available today are



one of three types, heel-toe, partial plate and plate. These bindings allow various modes of release. The heel-toe models (*most numerous*) incorporate two units to secure the boot to the skier, one at the heel and one at the toe. These bindings, as stated before, are outgrowths of the old cable bindings.

The heel-toe bindings primarily release in three directions; to the left

and right (*inside and outside*) at the toe and up at the heel. The newest models from Salomon and Geze have designs which require less force to release at the toe with upward pressure, *i.e.*: backward fall. *Tyrolia* offers one with a diagonal release at the heel.

The partial plates (*Spademan*) binding uses a plate placed under the arch to attach the boot to the ski. These partial plates allow for releases to the left and right at the toe and heel as well as upward at the toe and heel.

The plate bindings (*Burt*) are ones in which the boot is attached to a plate which covers the entire sole of the boot. The plate bindings allow releases to the left and right at the toe and heel, upward release at the toe and heel and a side release to the left and right. (*A side release is one in which the ski is stationary and the skier falls sideways with no twisting.*)

(continued on page 7)

## meet me at...

**Windsor Plaza**  
Richmond at  
Loop 610 West  
South of the Galleria  
961-7494

**Edgebrook Plaza**  
Gulf Freeway  
Exit Edgebrook  
South of the  
Hobby Airport  
941-1412

# Cooter's

DANCING,  
GAMES, & SOCIALIZING

## BINDINGS (continued)

The above bindings types are designed to protect the tibia (*shin bone*) from breaking. They are *not* designed to protect the ligaments in the knee. The releasable bindings have decreased the number of torsional (*twisting*) fractures of the tibia but have not decreased the number of bending fractures seen. A bending fracture is one in which the tibia is allowed to bend to the breaking point, *i.e.*: boot top fractures.

The binding settings which are recommended by the manufacturers are based on tibia strength. The best known index of tibia strength is the skier's weight. The heavier the skier, the stronger the tibia. Tibia strength is also influenced by age (*younger weaker*), height (*taller - stronger*) and ability (*experts develop more force*). The manufacturers also have to take into consideration the safety margin separating premature release and not releasing in the presence of injury producing forces. The settings should be set by a ski shop when the bindings are mounted. This setting should be routinely checked to make sure that the settings have not been changed.

The problems with the presently available bindings are numerous. The heel-toe bindings are very limited in the number of release modes (3), however these bindings are the most reliable (*when properly adjusted the least number of inadvertent releases*). The partial plate and plate bindings offer more modes of release [**partial plate (6) and plate (8)**] but have an increased chance of inadvertent release. While the increased number of release modes lead to skier safety, the present models have only one release setting. In a multi-release system, the force necessary to produce an injury in one direction is different from that in another direction. These differences in injury forces need individual settings for each mode of release. The more modes of release, the more settings are needed, which leads to a very complex binding.

Another problem is that all the present bindings are unable to distinguish between the various forces being applied to them. The force can be of short duration and great magnitude but not enough to cause an injury or it can be a slowly increasing force of low

magnitude which might produce an injury. The bindings cannot sense direction of the force - again, greater forces can be tolerated in one direction better than in another.

Further improvements need to be made in the area of a system sensing the bending movement of the tibia. This system would have to include the boot as a sensor component to detect abnormal pressures at the boot cuff. These improvements seem to point to an electronic mechanical binding system which is able to think for itself, taking into account the direction, duration and magnitude of the forces being applied, being able to release in any direction and be designed to protect the knee as well as the tibia.

Some interesting and unrelated items, *Koflach* has introduced a boot-binding combination which looks like a plate binding. *Look* has also introduced an integrated system which brings the heel-toe units closer together and under the boots. It gives a very streamlined appearance but again uses the tibia as a model. (*In fact, the bindings place the boot at the vertical axis of the tibia.*)

Finally, the use of cross country skis for downhill skiing is a present trend, especially in the West. In an effort to increase control, the skiers have been binding the heel down. This produces injuries similar to those experienced in the early days of the leather thong. Hopefully, the cross country skiers will not repeat the alpine injury patterns.

The present bindings are as safe as possible at the existing technology. There are several changes that will need to be made, but the future looks bright for safer and safer skiing.

## BINDING CARE

1. Read and save the manufacturer's instructions.
2. Regularly check the release settings.
3. Routinely lubricate external surfaces with a film of silicone to prevent icing and corrosion.
4. Keep bindings covered when transporting skis to avoid exposure to corrosives (salt) and abrasives (sand).
5. Clean bindings when contaminated with water.
6. Release bindings in all directions each day before skiing, especially after a prolonged period of disuse.
7. Avoid walking in ski boots to reduce wear and contamination of critical surfaces.
8. Clean sole of boot of snow and dirt before placing boot in bindings.
9. Make sure boot is properly buckled.
10. Check equipment for wear and damage routinely.
11. Inspect leather leash (runaway strap) or ski brake daily.
12. Have equipment checked prior to each season by a qualified ski mechanic.

### SCSC GOES TO THE RODEO!

Saturday, March 5th  
\$8 for choice seats

Big name entertainer to be announced.  
See table at December Meeting

## AN EVENING at the HORSE RACES SATURDAY, FEBRUARY 12 • \$20

*Includes* bus, refreshments and entrance to the club house.  
Gambling money not included.

Leave in the afternoon, return after the races.

Contact: **Roger Williams**

3120 Southwest Freeway, Suite 404, Houston 77098

(O) 526-5166 (H) 777-4319

or see him at the December Meeting

# Ready for a Rocky Mountain High?

Come to Keystone, Colorado for this complimentary combination  
**Process Management Skills Seminar**



AND  
**A Relaxing Ski Vacation.**

*Are we serious?*  
**YES!**

**Come to a concentrated seminar covering vital management skills. When your brain switches to overload — time to hit the slopes for the afternoon! The perfect package: high powered learning intersperced with high country powder. And, it's tax deductible!**

## About the Seminar

Since 1976, managers nationwide have improved their performance through **Process Management Skills (PMS)**. Developed by the Alamo Consulting Group, Inc., PMS addresses problem solving, decision making and planning.

We train managers to see uncertainty as a challenge — and an opportunity. We produce results. After our seminar, managers actively **seek** problems to solve.

These processes will sharpen your management skills:

- cause analysis                      • plan analysis
- decision making                    • situation review

After this participatory task-effectiveness training, you will know

*What to do*

*Where to go*

*How to get there.*

## About the Package

Professional Planning Associates of Fort Collins, Colorado will provide the entire seminar and ski package for you. Your reservations include:

- Ground transportation from Denver to Keystone, and Keystone to Denver
- 5 evenings of lodgings
- 4 days of lift tickets
- 1 cocktail party, Wednesday evening

## The Schedule

Starting the week of January 17, 1983, we will offer seminars twice a week through April. Each seminar will run three consecutive half-days in four-hour sessions.

- Early arrival sessions:  
Monday, Tuesday,  
& Wednesday . . . . . 8:00 am to Noon
- Mid-week arrival sessions:  
Wednesday . . . . . 1:30 to 5:30 pm  
Thursday and Friday . . . . . 8:00 am to Noon

## The Costs\*

Continental Air Transportation . . . \$132 to 199 per person  
*(Price varies with departure location and day of the week you select to fly.)*

Lodgings . . . . . beginning at \$231 per person  
*(Price varies with your choice of accommodations.)*

Process Management Skills Seminar . . . . . \$560 per person

Lift ticket and continental breakfast included in prepaid package.

\*TAX DEDUCTIBLE, Treasury Regulation 1•162-5

## RESERVATION FORM

*Send in your deposit now to insure your reservation!*

Name \_\_\_\_\_

Company Name \_\_\_\_\_

Home Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

\$100 Deposit enclosed. Make checks payable to:



**Professional Planning Associates**  
**2932 Brookwood Place**  
**Fort Collins, CO 80525**

**FOR RESERVATIONS**, call Professional Planning Associates **collect** at (303) 223-5555 for complete air fare and lodging information. Group discounts available.

**Deposit:** \$100 due within 10 days of confirmation of reservation.

**Final Payment:** Due 14 days prior to the first day of scheduled seminar.

**Cancellation:** Individual deposits are refundable, less a \$25 handling fee, if cancelled at least 30 days prior to arrival. Any cancellation received later than 30 days before scheduled arrival will be subject to forfeiture of deposit.

# MARKEMAKER

There are at least 1400 "stories" in SCSC. This is a story of but two.

Meet **Carlos Campo** and **Carlos Febles**--who have a lot more in common than the same first name--and you're in for some light-hearted banter in English as well as Spanish. Carlos and Carlos were both born in Cuba and both answer to the same middle name: **Mánuel**.

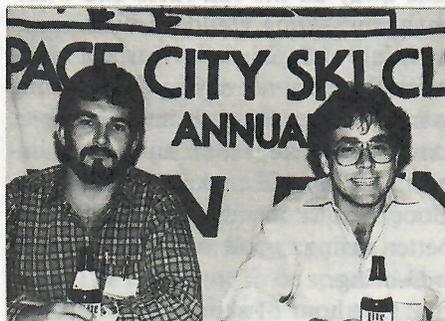
Where can you catch up with these two new (perhaps youngest) club members? At the start or finish of a race (both are marathoners and triathlon competitors), on the job (both are engineers at Brown & Root), at a punk rock club (both enjoy "punking"), or most definitely at this year's **SCSC Fun Run**.

Carlos and Carlos are co-organizers of this year's run on February 19th in Memorial Park that will feature 6-and 3-mile runs and a 1-mile walk. Carlos Campo was the official for last year's run.

Although they consider themselves "freelance" runners, both Carlos' are serious enough about the sport to be contemplating the Iron Man Triathlon in Hawaii next year. (All "iron men" in the club might also want to consider this contest made up

## Carlos y Carlos

by Arlene Lehrer



Carlos Febles (left) & Carlos Campo



Our own SCSC Boat People?

of three consecutive events: a 5-mile swim, 115 miles of bicycling, and a 26-mile run.)

Like good athletes, Carlos and Carlos suffer through their training cheerfully. Teaching running classes, running 20 miles a week, and bicycling about 40 miles a week have paid off for Carlos Campo. He recently placed fourth in the Houston City Triathlon and has competed in three other races this year. Carlos Febles has been a runner for the past two years and manages to log about 40 miles weekly.

Even though neither has ever skied nor seen snow, their knowledge and conditioning from running should get them off to a great start on the slopes. (Carlos Campo doesn't think his one ski trip counts because there was artificial snow. Does anyone care to talk to Carlos about this?)

SCSC members are welcome to get pointers from Carlos and Carlos on how running may help their skiing. Be prepared, though, for an entertaining encounter with this sociable, mercurial duo who enjoy joking one minute and philosophising the next.

This year's Fun Run promises to be just that with these two spirited officials!

## SCSC FUN RUN Saturday, February 19

**ALL GOOD SKI EXERCISE PROGRAMS SHOULD INCLUDE JOGGING**  
SO, TO ENCOURAGE THE JOGGING PHASE, WE ARE PLANNING A SCSC FUN RUN!

There will be events for everyone - from a 6 mile run to a 1-mile walk/run

**\$6 with T-shirt • \$4 without T-shirt**

**CARLOS CAMPO (H) 879-5375, (O) 679-3258**

**CARLOS FEBLES (H) 783-8490, (O) 679-3515**

Send money to: SCSC FUN RUN, P. O. Box 772592, Houston, Texas 77215 OR visit their table at the December Meeting

ENTRY FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE (O) \_\_\_\_\_

(H) \_\_\_\_\_

# "JOGGING 101"

by Carlos Campo

Some people go to the wilderness to get inspired. Others turn to the slopes as their source of inspiration. Still others turn to sex, drugs and booze to get going. None of these are all that outstanding as sources of inspiration. Me? Well, this is supposed to be an article on running so I should be running or doing something on that order to get inspired, right? Wrong!! At this very moment I'm sitting inside a washateria waiting on three loads of dirty laundry. Not exactly the most inspiring environment, but nonetheless, I think I can conjure up the muse of creative writing to get me through this one.

Anyhow, enough bull, let's get down to what we're really here for--a running program for beginners. "Why run?" you may ask. "Why not?" I say. Sure it can be painful at first - and

boring, but so can skiing. I KNOW that last statement may get some people upset, but if you think about it and take away all the fun races and what-have-you, skiing could be boring, exhausting and painful when not done correctly. I am not saying that running is much better, but it is much cheaper, can be done anywhere and, most importantly, it will make you healthier. Good health means a long lifespan, better skiing, good sex life - general well-being.

One hour of skiing burns up close to 600 calories. Considering that the average male has to consume close to 2,800 calories a day just to get around, and females about 1,000 less, we're talking about a nice, hefty number of calories. Not being in shape could really hurt you when you burn up so many calories while performing strenuous

exercise, and running can help you get there.

Running will lower your blood pressure, slow down your pulse, expand your lung capacity, definitely increase your endurance and in general make you feel livelier. Sure, when you start you'll feel "deader" than ever before, but as your body (and mind) adjusts to what is happening, things will definitely look up. More importantly, think about yourself.

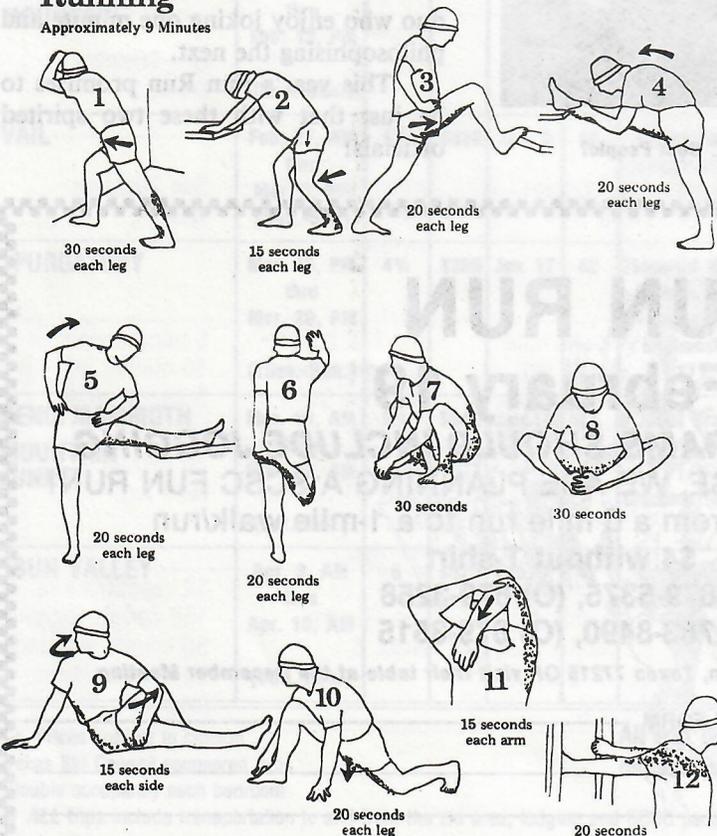
Think about how you looked 10 years ago when drinking a six pack of beer and not exercising did not really hurt. But look at you now. Your once firm gluteus maximus has grown shelf-size. You find that all that beer finally settled and has helped form a not-so-smooth looking inner tube around your waist. And that's only on the outside. Think about your cardiovascular

(continued on page 11)

Before

## Running

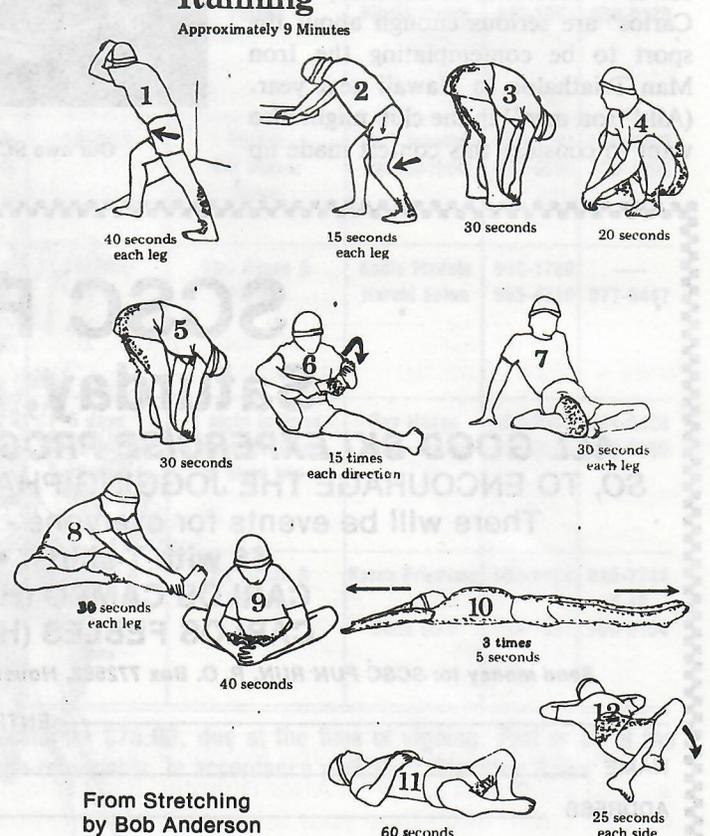
Approximately 9 Minutes



After

## Running

Approximately 9 Minutes



From Stretching by Bob Anderson

PULL OUT AND SAVE

**“JOGGING 101” (continued)**

system and the abuse it must be taking now. Thinking about all this may scare you, but you'll be known as Joe Blow only once, so make it last as long as possible. It's your choice, but think about it. No, you don't have to become an Olympian and dedicate your life to running, but running will help you enjoy life maybe for a little while longer. As the old cliché goes (sort of), “You're good to have around”.

I guess I've gotten philosophical enough. Besides, my three loads of dirty laundry have to be put in the dryer. Anyhow, this program is a simple six-week program for beginning runners and the main goal of this program is to have the participants run

nearly 2 miles/day at the end of the six weeks. The program combines running and walking to gradually achieve the six week goal and it is expected that the participants in this program run at least six (6) times a week (following the program).

There are also stretching exercises to be performed before and after running every day. These exercises have been taken from the book *Stretching* by Bob Anderson. Following the stretches as illustrated will help reduce the possibility of cramps, muscle pulls, aches and all the other maladies that could accompany getting involved in a running program.

The total time to be spent daily on this program is about 45 minutes. Sure-

ly you can find time for that. I do, and still have time left to do my laundry, go punking and be a member of SCSC. So go for it, give it a try. You've got nothing to lose and lots to gain. Don't be afraid of it. After all, you are a skier and that shows you have an adventurous streak in you.

Try running - it's something you'll be able to talk to your grandchildren about many years from now. Go out and enjoy!

P.S. Before starting on this program, it wouldn't be a bad idea to consult your physician to see what the state of your body is. Any questions on the program, contact me at (713) 879-5375 (home) or (713) 679-3258 (work). See you on the trails!!!

## JOGGING SCHEDULE

DESIGNED TO HAVE YOU UP TO 2 MILES/DAY AT THE END OF 6 WEEKS.  
START NOW FOR BOTH THE SKI SEASON AND SCSC FUN RUN.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	Jog 40 counts - Walk 20 counts; Continue 20 minutes	5 minute brisk walk alternating with 5 minutes of jog 50 - walk 30; Continue for 20 minutes	Jog 50 counts - Walk 20 counts; Continue 20 minutes	See Tuesday Week 1	Jog 60 counts - Walk 20 counts; Continue 20 minutes	See Tuesday Week 1
WEEK 2	Jog 50 counts - Walk 20 counts; Continue 20 minutes	5 minute brisk walk 5 minute easy jog 5 minute brisk walk 5 minute easy jog	Jog 60 counts walk 20 counts; Continue 20 minutes	See Tuesday Week 2	Jog 70 counts - Walk 20 counts; Continue 20 minutes	See Tuesday Week 2
WEEK 3	Jog 70 counts - Walk 20 counts; Continue 20 minutes	5 minute brisk walk 5 minute jog com- fortable pace, 5 minute brisk walk 5 minute jog comfortable pace	Jog 80 counts- Walk 20 counts; Continue 20 minutes	See Tuesday Week 3	Jog 90 counts Walk 20 counts; Continue 20 minutes	See Tuesday Week 3
WEEK 4	Jog 90 counts - Walk 20 counts; Continue 20 minutes	5 minute walk 5 minute jog 5 minute walk 5 minute jog	Jog 100 counts- Walk 20 counts; Continue 20	3 minute walk 7 minute jog 3 minute walk 7 minute jog	Jog 110 counts- walk 20 counts; Continue 20 minutes	5 minute walk 10 minute jog 5 minute walk
WEEK 5	Jog 130 counts- Walk 20 counts Continue 20 minutes	See Thursday Week 4	Jog 140 counts- Walk 20 counts; Continue 20 minutes	3 minute walk 14 minute jog 3 minute walk	Jog 150 counts- Walk 20 counts; Continue 20 minutes	20 minute easy jog
WEEK 6	20 minute easy jog at a pace which feels comfortable	Jog 150 counts hard - Jog 50 counts easy continue 20 minutes	See Monday Week 6	10 repetitions of 50 counts jogging- 50 counts easy jog; 20 minutes easy jogging	See Monday Week 6	12 repetitions of 150 counts jogging- 50 counts walking; 20 minutes light jogging

- ★ Start each session with the Before Running Stretching.
- ★ End each session with After Running Stretching.
- ★ One count each time your left foot hits the ground.
- ★ At the end of Week 3, start sit-ups and push-ups on a schedule you feel comfortable with. (10 sit-ups, 10 push-ups and 5 leg lifts).

# 1982 - 1983 SCSC TRIP SCHEDULE

TRIP	DATES Depart Hou. Depart Area	Ski Days	☆☆ Price	Final Pmt. Date	No. Skiers	Lodging Name ✓ Bedrm/Bath	Lift Ticket Prices	★★ Extras Included in Price ... Comments ... Special Activities	Trip Chair. Assist. T.C.	Home Phone	Office Phone
<b>STEAMBOAT SPRINGS at CHRISTMAS</b>	Dec. 25, PM thru Jan. 1, AM  (Sat.-Sat.)	6	\$555	Oct. 4	42	La Casa Condos 3/3 & 4/4	\$90 for 5 of 6 days	Ski in/out Continental Breakfasts Wine & Cheese Party Discounts	Jean Walke  Ted Doucet	861-9510  784-3443	974-0456 (2-10 PM) -----
<b>*TEXAS SKI WEEK I at SNOWMASS</b>	Jan. 9, AM thru Jan. 16, AM (Sun.-Sun.)	6	\$535	Nov. 13	84	Enclave Condos (Luxury) 2/2 & 3/3	\$12/day for 6 of 7 day 3 mtn. pass	TSW Races & Parties Ski in/out Winterskol	Kay Broad Pete Meaden	499-4710 784-5829	499-4710 471-3170
<b>*ASPEN TRADITIONAL (With Texas Ski Week)</b>	Jan. 9, AM thru Jan. 16, AM (Sun.-Sun.)	6	\$525	Nov. 1	124	Chateau Chaumont & Dumont Condos (Standard) 2/2 & 3/2	\$12/day for 6 of 7 day 3 mt. pass	TSW Races & Parties in Snowmass Winterskol	Gary Elston Cindy Garrett	496-4969 847-2506	----- -----
<b>*TEXAS SKI WEEK II at SNOWMASS</b>	Jan. 12, PM thru Jan. 16, PM  (Wed.-Sun.)	4	\$476	Nov. 13	42	Silvertree/ El Dorado (Lodge-type rooms) 1/1	\$14/day for 3 of 4 or 4 of 5 day 3 mtn. pass	Air to Aspen TSW Races & Parties Ski in/out Continental Breakfasts Use only 2 days vacation	Peggy Widaman Bill Kirk	495-6711 774-5474	1/239-3083 -----
<b>BANFF, CANADA</b>	Jan. 29, AM thru Feb. 5, PM (Sat.-Sat.)	6	\$624	Nov. 29	42	Banff Springs Hotel 1/1	Included in price of trip	Lift Tickets & Bus Transfers	Lou Schultz Elizabeth Braun	780-1564 783-2719	----- -----
<b>*COPPER MOUNTAIN</b>	Feb. 6, AM thru Feb. 13, PM  (Sun.-Sun.)	7	\$420	Dec. 6	42	Village Square & Bridge Inn Condos 2/3	\$14.50/day for Copper \$108 for 6 of 7 Ski Summit pass	TSC Races & Parties	Debbie Ball Phyllis Sysak	840-0276 270-1064	759-4260 850-0170
<b>VAIL</b>	Feb. 27, AM thru Mar. 5, PM (Sun.-Sat.)	6½	\$510	Jan. 5	42	Enzian Lodge (Lodge rooms) 1/1	\$20/day	Parties Ski Beaver Creek	Dick Howard Pat Burchett	496-6191 871-9006	870-6485 529-1256
<b>*PURGATORY</b>	Mar. 15, PM thru Mar. 20, PM  (Tues.-Sun.)	4½	\$399	Jan. 17	42	Tamarron Resort (Deluxe lodge rooms w/ kitchenette) 1/1	\$13/day	TSC Races & Parties	Sadie Madole Harold Eaton	946-1700 995-4710	----- 877-6447
<b>RENO/MAMMOTH MOUNTAIN JUNKET</b>	Mar. 19, AM thru Mar. 27, AM  (Sat.-Sun.)	6½	\$640	Jan. 10	42	MGM Grand Reno 1 night 1/1 Chamonix Condos 3/3	5 days included in price of trip	1 night in Reno 5 days lift tickets 8 night trip	Ray Hodge Kathy Myers	496-0558 960-9286	524-2424 658-0509
<b>*SUN VALLEY</b>	Apr. 3, AM thru Apr. 10, AM  (Sun.-Sun.)	6	\$520	Feb. 7	42	Lodge Apts. Condos 3/3	\$15/day or \$84 for 6 of 7 days pass	TSC Races & Parties	Karen Friedsam  Chris Ginn	682-5426  723-1331	840-7744 X 48 960-9104

☆☆ Prices subject to change

\* Texas Ski Council sponsored trips

✓ Double occupancy each bedroom

★★ ALL trips include transportation to and from the ski area, lodging and SCSC parties

All trip deposits are \$75.00, due at the time of signing. Part or all of the deposit is non-refundable, in accordance with the "Standing Rules".

**ERIC HOLM**, Vice President of Trips  
(H) 591-SNOW

**JOHN COOK**, Trip Director  
(H) 448-5012 (O) 460-4132

**GLENN BISHOP**, Trip Director  
(H) 729-0065 (O) 662-3000

# TEXAS RENAISSANCE FESTIVAL

By Ann Batten

The 82 hearty souls who ventured forth were greeted by a blonde wench who plied them with food and drink to speed their morning's journey. With Bloody Mary's to open our eyes, we re-joined the land of drink and merriment by the time we reached the festival. With kissing wenches, ladies and lords in chain mail, chariot races, sword swallows, knaves jousting and beggars abounding, a good time was had by all. With Jerry and Pam Pyle leading one bus, we explored a trip into the past.

We were greeted by Steve Gucker at the ticket booth as he was minding the money. John Terzakis, Judy and Jack Alspaugh, Harold Eaton, Winkie



The Living Unicorn

Puryear, and Penny Campos participated in face and body painting. Ron and Roberta Rambin, Tina Kendall, Tim Lassiter, Kathy Meyers, Peggy Coleman, Linda Liccarione and Fred Kinat returned with treasures from the artisans. The gypsy camp lured Glenn Bishop, Tania Andrasko, Sy Liegergot, Ray Hodge and Sandy

Smith. Snot and Puke made you feel right at home with their bawdy entertainment. The unicorn was also a sight to see.

The end of the day left the warriors with bellies full of beer, bodies painted with dragons and glitter, ready for the distant journey from the old world back to the land of "Hot Tub parties" which abound in young Houston town. But hark, who was the last soul that never returned to either bus? Thanks for not calling me collect M. P.! Many thanks to all who helped make the trip one to remember--especially Jamie Duffy, Ray Hodge and Carl Turner for his patience in assisting with this article.



Looking leaderish - Ann Batten.



Showing off treasures ... Jerry Pyle, Sy Liebergot, Kathie Mitchell, Pam Pyle, Judy Mangrum, Glenn Bishop.



First...face painting...Penny Campos.



With and without...Ray Hodge and John Terzakis.



Back painting? Jack Alspaugh.



And enjoying the back painting. Judy Alspaugh (front), Clarice Coffey, Carl Turner.

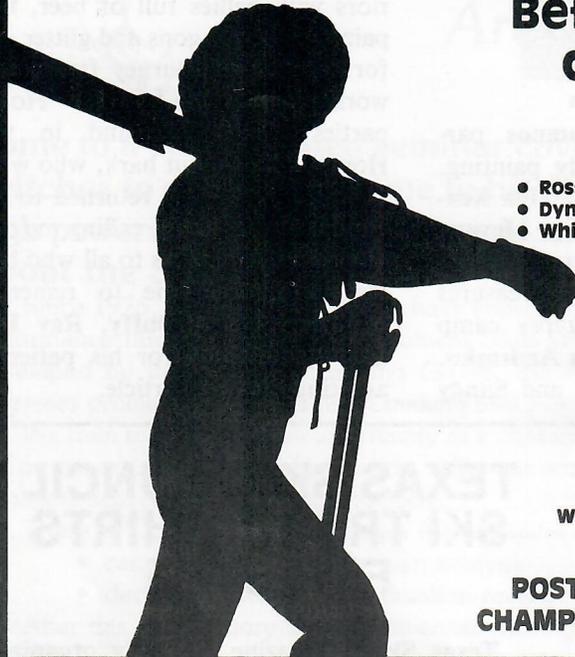
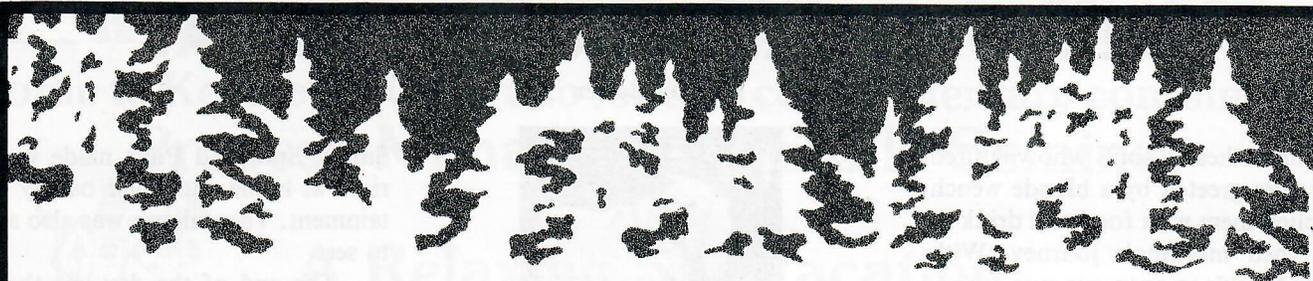
## TEXAS SKI COUNCIL SKI TRIPS T-SHIRTS FOR SALE

Texas Skier Magazine, a newly organized magazine not yet in full publication, has been approved by the Texas Ski Council as the official T-shirt sales source for all Texas Ski Council trips for the 82-83 season. Contact your trip chairperson to order, at least 30 days prior to the event.



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# GET ACQUAINTED WITH SKIING PARTY

Thanks to all the "experts" who shared their knowledge and experiences with our newer skiers at this first-ever introduction to skiing party. Fun and informative, the party accomplished what it set out to do... communicate our enthusiasm for skiing and help those beginner skiers feel more comfortable with the equipment, terminology, and that "first day on the slopes."



Dick Howard discussed bindings and boots.



"Neubies" enjoying the skit.



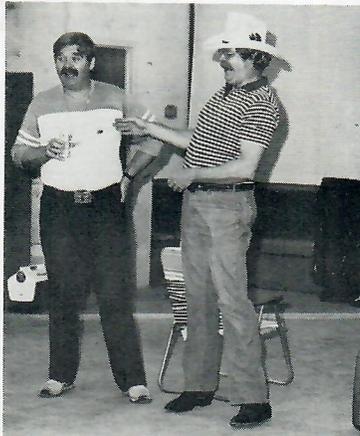
Tom Mercer introduced the skit.



Our leader, Billie Nowack, showed proper ski wear.



Cecil Smith talked about goggles.



Bob Marwin (left) played the "expert" skier, knowing all the "right" things to do. Ron Smith was the "klutz" with five pieces of luggage and \$900 Tony Lama boots.



Ron's "New Skier" character nearly froze on the lift!



The ole "Holding Up the Wall" exercise. Jim Franz, Susan Gatz, Susan Gorseth, Helen Lane.

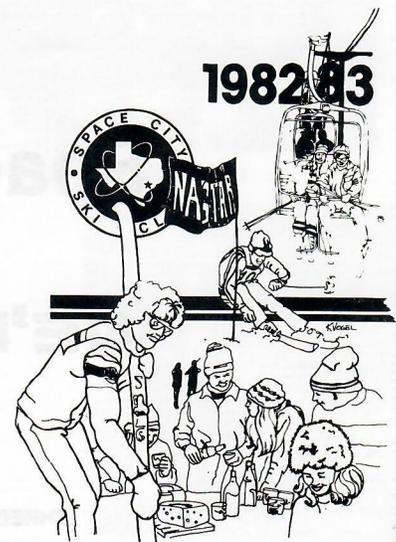


Sharing the thrill of skiing ... Jim Franz, Marty Matras, and Betty Viquet.

## SCSC POSTERS FOR SALE!

A special printing of Kathy Vogel's cover design for this year's ski club directory has been ordered in poster size and is now available for purchase by the members through the SCSC Sportique at each meeting and at each pre-trip party. Size: 17½ x 22½. Price: \$2.00. Color: Blue on White.

A special thank-you to Kathy for this outstanding design.



## E.T. PRODUCTIONS Presents The SCSC 1983 Follies

Keith Eastin and Gene Turboff are looking for all you "Wild and Crazy Guys and Gals" who want to put together the 1983 production of the SCSC Follies!

The immediate need is for:

**Writers**

**Composers**

**Choreographers**

Other volunteers needed in the areas of:

**Singers**

**Dancers**

**Comedians**

**Actors**

**Musicians**

**Stage Hands**

**Sound & Light Crew**

**Jugglers?**

**Magicians?**

**Any Suggestions?**

Start saving your best ski trip photos and stories! Sign up at the December meeting, or contact Keith at 522-2268 (H) or Gene at 977-1196 (H).

## EUTRA from Switzerland

EUTRA is a blend of natural ingredients so pure and ultra-refined that it melts into the pores of the skin. The secret of this incredible cream was discovered by Alpine skiers who first used it to soothe their chapped, dry, windburned skin and then found that they developed beautiful tans too! Tennis players, golfers and all outdoor athletes use EUTRA to prevent that "leather look". Leading spas use EUTRA for facial and body massages. So pure, cosmetic surgeons and dermatologists recommend EUTRA to patients in treating their skin problems.



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# POLTERGEISTS AND PIZZA

by Bob Olsen

The U.S. Ski Team benefited to the tune of \$150 as a result of the Sixth Annual Parade of Goblins Halloween Party. Sixty-odd apparitions made supernatural appearances at The Chicago Pizza Corp. for an evening of food, booze, contests and entertainment. Entertainment was provided by the "Montrose Queens".

Fiendishly clever costumes were worn by all the ghastly crowd. The ghost of Ben Franklin (Easy Thayer)

and his kite (wife Karol) captured a case of wine for their first prize effort. Perennial apple-bobbing champ, Tom Mercer, was on strike as an NFL football player and out of shape for bobbing. The new champ is Carlos Febles. Team pumpkin carving honors went to Bobbet Olsen and Melissa Cross for their rendition of Garfield the Cat. The U.S. Ski Team promises a similar winning effort in the coming season.

# November Meeting



Our thanks to Tom Lee from J. Rich Sports for an informative talk on ski bindings and some of the new boots.

## Volunteer Corner

Our thanks to the following members who helped at the November meeting:

### Pins, Patches, & Decals

Gloria Hodge  
John Colvin

Lori Schaeffer

### Drink Tickets

Art Camero  
Robert Erdman  
Susan Gorseth  
Christi Burke  
Susan Cramer  
Laura Gangluff

Paul Konecny  
Barbara Bowers  
Brenda Fleming  
David Donahue  
Robert Goggins  
Rudy Guerrero

### Lifliners

Joe Assad  
Tim Parker  
Bob McKnight  
John Hargleroad  
Bonnie Hughes  
Jim Hendrix  
Pat Pennel  
Charla Merrel  
Margaret McDonald  
J. R. LaViolette  
Ken Moredock  
Rodney Hughes  
Margie Fanette  
Jerry Kearby  
Penny Chancey

Belinda Parker  
Andrew Johns  
Ike Hoffman  
Roy Caviness  
Miriam Peterson  
Bob Frazier  
Ray Tully  
John Galloway  
Frank Riesenberg  
Donna Berglund  
Joe Jackson  
Florence Prince  
Jane Kearby  
Roger Williams

### Membership Tables

Eric Booth  
Sam Damico  
Helen Lane  
Helene Zannelli

Bev Benefield  
Vic Lucas  
Karen Putney  
Bob Henderson



Kite gets charge from Ben Franklin Thayer.



Matras beats Mercer to the finish.



Jan and Bob Petner as Kermit & Miss Piggy.



Hank and Vicki Faulkner clown around.

## SAVE \$4 ON MEMBERSHIP IN USSA!

Come to the Information Table at the December General Meeting to sign up for a club affiliated membership in the United States Ski Association. For only \$16 (a savings of \$4 over the individual membership) you will get:

1. \$75 worth of discounts, on Continental Airlines airfares.
2. Coupon book containing 1/2 price lift and \$5 lift coupons as well as discounts on lessons, rentals, food, lodging, and equipment at many Colorado ski areas.
3. National newsletter (U.S. Ski News).
4. Free ski theft insurance.

5. Mass purchase power insurance programs.

6. USSA vacation ski weeks.

7. Recreational racing program.

Membership and support in USSA and their activities supports organized skiing in this country and maintains the skiers' voice in public affairs involving skiers. USSA maintains a highly qualified and fully paid lobbyist in Washington, D.C.

One of the primary functions of USSA is to provide a base from which to operate the U.S. Ski Team which is now recognized as the world's best overall ski team.

## ACTIVITIES

### DECEMBER

- 10 Keystone - Post-Trip Party
- 13 General Meeting -  
Stouffer's - Style Show
- 14 Free Wine & Cheese Party  
-Oshman's Ski Deck
- 15 Aspen Traditional  
Pre-Trip Party
- 16 Texas Ski Week II Pre-Trip  
Party
- 25-Jan.1 Steamboat Trip

### JANUARY

- 8 Banff Pre-Trip Party
- 9-16 TSW I Trip  
Aspen Traditional Trip
- 12-16 TSW II Trip
- 17 General Meeting - Stouffer's  
Ski Gear Swap Shop
- 20 Copper Mountain Pre-Trip  
Party
- 28 Steamboat Post-Trip Party
- 30-Feb.6 Banff Trip

### FEBRUARY

- 4 TSW I & II Post-Trip Party
- 6-13 Copper Mountain Trip
- 11 Aspen Post-Trip Party
- 12 Delta Downs Bus Trip -  
*Roger Williams*
- 14 General Meeting - Stouffer's
- 19 Fun Run -  
*Carlos Campo & Febles*
- 19 Banff Post-Trip Party
- 24 Purgatory Pre-Trip Party
- 26 Copper Mountain Post-Trip  
Party
- 27-Mar.5 Vail Trip

### MARCH

- 5 Houston Livestock Show &  
Rodeo
- 14 General Meeting - Stouffers
- 15-20 Purgatory Trip
- 16 Sun Valley Pre-Trip Party
- 19-27 Reno/Mammoth Trip

# PERSONALS / CLASSIFIED

## PERSONALS

SCSCers are getting into the "Run" of things! 2nd place in the Men's 40's division of the Oct. 16 INTERFIRST SYMPHONY CLASSIC went to Cecil Smith, who also ran in the New York Marathon. Also in the InterFirst run - Jim Plummer; the Cuban team of Mo Granda, Art Camero, Carlos Campo and Carlos Febles; and Ann Rienstra. Halloween's VILLAGE 5 FUN RUN runners and finishers were: Art, Mo, Cecil, Diane Yaberry, Gail Quenneville, and Sheryl Rogers.

Sy Liebergot and Glenn Bishop represented Buffalo Snort Chili and Space City at the 1982 Arriba Terlingua World's Championship Chili Cook-off in November. Placing among the top 70 chili cooks in the world, Buffalo Snort Chili's name received a bit of publicity back home in Houston through newspaper, radio and TV stories. Seems they think the name is quite unique!

To submit a personal ad to the **SitzMarke**, print and mail with \$5.00 - up to 5 lines, \$10.00 - up to 10 lines (checks payable to SCSC) Mail to: **Tania Andrasko, 10611 Sandpiper, Houston, Texas 77096** (Only prepaid ads will be printed.)

## PERSONALS

Lift Liner Jim Hendrix was telling everybody at the last meeting about how he'd had the first ski accident of the season. He was in the garage when the rubber strap holding his skis together broke and the skis fell on his foot. He's now hobbling around with three very sore toes.

George Sanford has been showing off his Portillo, Chile, cap lately. He's anxious to tell us all about skiing there in October. Watch in an upcoming **SitzMarke** for the article he promised about his experiences skiing way down there.

## GRASS SKIS - FREE

First Come - First Served  
If you'd like to have a set of the Skirou grass skis - sign up at the next meeting with your name and phone number and you will be contacted with a time and place to pick up your set/s.

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# PERSONALS / CLASSIFIED

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**BRECKENRIDGE** Condo -sleeps 4, ski to/from back door. Downtown 2 blocks, pool. Christmas vacation dates also avail. Call 713 / 552-9424.

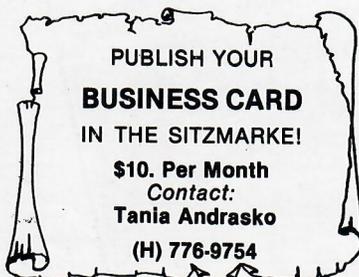
**CONDO - DILLON, COLORADO.** 1 brm., accommodates 4+. Jan. 8-15. \$80 per day. Call 495-8223, after 5.

**CONDO - RED RIVER** sleeps 6 - 2 brm., fully furnished. 1½ bath. Call Bob Thies (H) 488-8977.

**LAKE TAHOE** - beautiful 3 brm. condo. Sleeps 8. Avail. Dec. 11-18 & Jan. 29-Feb. 5 \$700 per wk. Contact Jim Parker (H) 661-5844, (O) 464-4811.

**VAIL - LIONSHEAD CONDO:** 1 blk. from gondola. 2 brm/2 bath, sauna, porch, view, fully furnished, sleeps 6. Heated pool & jacuzzi on building grounds. Special discount for SCSCers, \$130. per night. Special rates for Christmas. Ed Rubenstein, days 682-4894.

**FONDREN - RICHMOND** - 2 brm / 1½ baths, pool, fireplace, wet bar, washer-dryer, cable TV, redecorated, patio, lush landscaping. No children or dogs. \$425 mo. -\$425 deposit. Sharon Walling 669-1779 day or night.



## FOR SALE

Size 7-7½ ladies Munari ski boots. Worn 14 days. \$50. Call Lois. (H) 974-3711.

Sweaters, hats, scarves -Alpaca wool, from Peru, S.A. Alpaca fur rugs. Call 783-9511 after 6 PM.

**VAIL-CROSSROADS CONDO:** Walk to slopes, etc. Ideal Village-core location. 2 brd/1 bth, fireplace, carpet, drapes, appliances, balcony, mountain view. Superior rental history since '69. Owner finance poss. New list-Vail's Slifer & Co. \$225,000. Call ex-Vailite/owner/SCSC mem. Carol Holmes (H) 681-0216 (O) 235-0822.

## WANTED

Female roommate wanted. Southwest area. Non-smoker. Call Ann. (H) 977-6429.

## NEW ARRIVAL

Welcome to the new (and beautiful) little witch, Katharine Rebecca Assad (7 lb., 13 oz.) who flew into the lives of Joe and Debbie Assad on Oct. 31st.

## COMMUNITY ACTIVITIES

As a volunteer on the Ticket Sales Committee of the Houston Livestock Show and Rodeo, Joe Dar has access to the best seats available for your organization. For more information call 981-5510 (H) 940-1547 (O).

## EXCHANGE WANTED

1 or 2 brm. condo or house in ski resort Colorado, Utah, or Idaho, for 2 weeks - for villa at Lakeway - time to be agreed on. K. Gautschi 622-6820.

## SITZMARKE SUBSCRIPTIONS

**SitzMarke**-only subscriptions are available at a cost of \$18 per fiscal year, or any part there-of. (Domestic mail only.) If interested, fill out form below and mail with check made out to SCSC to: Space City Ski Club, P. O. Box 22567, Houston, TX 77227.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

## CHANGE OF ADDRESS

Steve Gucker  
3805 Balcones Woods Rd.  
Austin, Texas 78759  
Judi Hendrix  
2227 Kinbrook  
Houston, Texas 77077  
556-1798

## NOTICE!!!

If you or someone you know is not receiving the Sitzmarke, notify **RON SMITH**. Use this form:

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PHONE: (O) \_\_\_\_\_ (H) \_\_\_\_\_

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PHONE: (O) \_\_\_\_\_ (H) \_\_\_\_\_

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