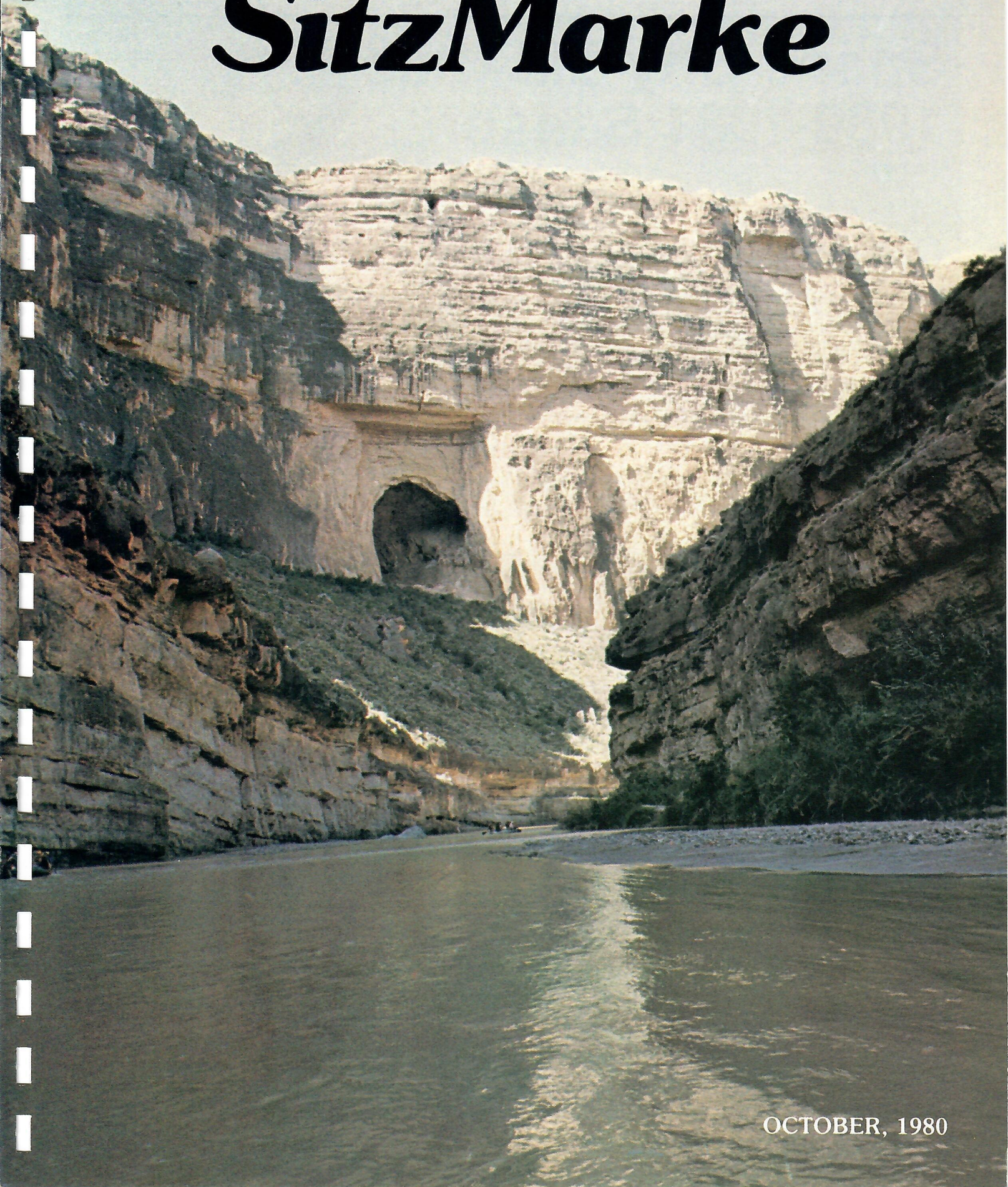
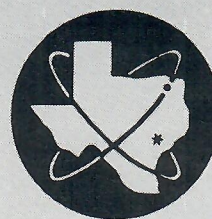


The SitzMarke



OCTOBER, 1980

Space City Ski Club 1980-1981 Season



Calendar

Tennis Tournament — October 4 - See ad on page 12

**General Meeting - October 8 - Houston Racquet Club - 7:30 p.m.
Ski Movie and White Elephant Sale**

Roller Skating - October 12 - See ad on page 12

Happy Hour - October 18 - See ad on page 14

Big Bend Raft Trip - October 24, 25, 26 - See ad on page 6

Renaissance Festival - November 1 - See ad on page 6

1980-1981 Officers

President: Linda MacFarland - 665-7088 (H)

Vice President-Programs: Bob Petner - 926-4703 (O)

Vice President-Trips: Anne Benefield - 780-4019 (H)

Vice President-Membership: Marty Matras - 681-9315 (H)

Vice President-Publications: Vicki SchmidFaulkner- 241-6478 (O)

Secretary: Leona Schroeder - 468-4609 (H)

Treasurer: Bob Tripp - 467-0569 (H)

Trip Directors: Lynn Burch - 465-3306 (H)

Dave Reitze - 656-4908 (O)

Executive Board Members

Current Officers

Keith Eastin, Chairman	Craig Meyer
Tiny Aitken	Beth Nolen
Bob Allgeier	Sheryl Rogers
Jim Benefield	Easy Thayer
Sy Liebergot	Gene Turboff

The SitzMarke Staff

Editor: Vicki Schmid Faulkner

Head of the Lifeline: Linda MacFarland

Contributors for October Issue:

Bruce Maughs

Mo Granda

Sy Liebergot

Cover Photo: Hank Faulkner

Published monthly by Space City Ski Club for its members.

Address any correspondence to: Editor, *The SitzMarke*,

P. O. Box 61674, Houston, Texas 77208.

Head of the Liftline

by Linda MacFarland



In northern cities, autumn is announced by the changing colors of the foliage—in Houston it's the first S.C.S.C. meeting in September. Adding to the usual anticipation of our first meeting was the new location at the Houston Racquet Club. From the number of cars and the lines at the front door most or at least some 800+ people realized the recent changes.

It seems that everyone was excited about our trip schedule this year. Out of our thirteen trips half of them are now full. Although many of the trips have already filled, I don't want to discourage those who still may want to go on a particular trip. As we move into the season

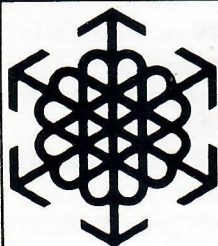
many of your fellow skiers will have travel changes so let me suggest that you send in your check for the wait list.

I would like to thank **Judy Combs** and **Pete Baumann** for filling in at the last minute to run the Thanksgiving Trip to Salt Lake City. There are still a few openings — CALL THEM. I would also like to welcome **Mac McNelly** as ATC, he will be working with **Carol Yeager** to bring you Texas Ski Week I. Unfortunately, **Barry Kumins** has been transferred to Washington, D.C. We wish him our best.

Marty Matras, Vice President of Membership reported that our 1400 membership limit was reached prior to the September meeting. I believe this is the earliest on record.

For this month's meeting, **Bob Petner** has planned a ski film along with a "White Elephant Ski Sale". **Bob** has asked me to remind you to bring all your old skis, boots, poles, clothing, and etc. During the month of October there will also be a Roller Skating Party and a happy hour at Bavarian Gardens. The Big Bend Raft Trip has only a few openings. Check the Sitz for details.

Usually I am thanking all the volunteers that helped run a successful monthly meeting. Well, I would like to thank them, but I would also like to extend my thanks to all the members and guests that remained patient while checking in! Don't forget to carry your membership cards to all meetings — it will help speed up check-in. See you at the Sale.



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at Vail**

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It's going to be a Great Big Fat WHITE ELEPHANT SALE!

Bring to the October Meeting:

- Skis
- Boots
- Poles
- Poles
- Parkas

• Any ski-related item you wish to sell.

Bibs too tight?

Boots don't match?

Skis too short?

New skier without gear?

Then bring them in to sell!

Maybe you'll find something you can't live without!

1980-81 SCSC Trip Schedule

Trip	Trip Dates	Cost*	Final Payment Date	Trip Chairpersons and Assistants	Home Phone	Office Phone
Salt Lake City	Nov. 26	\$385.	Oct. 13	TC Judy Combs	444-2835	224-8941
						Ext. 32
Thanksgiving	Nov. 30			ATC Pete Bauman	688-3497	654-4400
Crested Butte I	Jan. 11	\$415.	Nov. 12	TC Carol Yeager	667-8383	651-2609
Texas Ski Week I	Jan. 18			ATC Mac McAnelly	780-8725	524-2424
Crested Butte II	Jan. 14	\$333.	Nov. 12	TC Steve Gucker	981-6663	523-3697
Texas Ski Week II	Jan. 18			ATC Shirley Smith	476-4067	471-2771
						Ext. 1410
Aspen Traditional	Jan. 24	\$409.	Dec. 3	TC Bruce Maughs	861-2037	236-6706
	Jan. 31			ATC Pam Phillips	721-7035	
Zermatt, Switzerland	Jan. 30	\$1,199	Dec. 3	TC Shirley Andries	972-1417	
	Feb. 7			ATC Mo Granda	495-6794	679-3284
Taos	Feb. 3	\$299.	Jan. 7	TC Eric Holm	448-4444	
	Feb. 8			ATC Merriam Webster	467-4515	
Vail	Feb. 7	\$489.	Jan. 7	TC Layna Adams	723-3236	
	Feb. 14			ATC Charles Goodrich	977-1171	654-4451
Jackson Hole	Feb. 14	\$525.	Dec. 3	TC Karol Thayer	499-2294	789-5450
	Feb. 21			ATC Bob Gay	932-8125	
Breckenridge	Feb. 21	\$399.	Jan. 7	TC Sue Bohnert	467-5027	862-6611
						Ext. 450
	Feb. 28			ATC Glenn Bishop	729-0065	662-3132
Banff, Canada	Mar. 7	\$579.	Jan. 14	TC Jerry Pyle	721-7035	662-3000
	Mar. 14			ATC Tracy Fairbanks	981-7607	
Purgatory	Mar. 22	\$465.	Jan. 7	TC Art Camero	772-3534	662-3249
	Mar. 29			ATC Chris Richardson	772-2657	772-7200
Steamboat Springs	Mar. 29	\$391.	Feb. 11	TC Jim Franz	933-9130	771-1301
	Apr. 5			ATC Judy Hendrix	871-8284	
Park City	Apr. 4	\$419.	Mar. 2	TC John Hargleroad	980-3000	
	Apr. 11			ATC Margaret Norris	481-3888	671-5548
					466-4802	

*Prices Subject to Change

Vice President of Trips
Anne Benefield
(H) 780-4019

Trip Director
Lynn Burch
(H) 465-3306

Trip Director
Dave Reitze
(H) 781-2957

Trip Previews



Bruce Maughs, Chairman

5264 Memorial - 77007

Off. 236-6706 - Hm. 861-2037

Pam Phillips, Assistant Chairperson

5843 Ettrick - 77035

Off. 792-7377 - Hm. 721-7035

Aspen Traditional

January 24 - 31, 1981

\$409

Aspen needs no introduction. The area offers four fantastic mountains: Aspen Mountain, Buttermilk, Aspen Highlands and Snowmass. Combined they offer one of the largest ski complexes in the United States with runs for every level of skier. Snow conditions are usually perfect this time of year and by going in January you avoid almost all lift lines. If your interests extend beyond skiing, Aspen offers more night life than even the most dedicated can visit during our week's stay.

We will be flying to and from Denver on Continental Airlines. We depart Houston Saturday morning, January 24 at 7:20 a.m. We should arrive in Aspen about 2:00 p.m., giving you time to settle in your condo, rent equipment if necessary, and enjoy the last evening of Winterskol. We will return to Houston the following Saturday evening at 10 o'clock, giving you a much needed day of rest on Sunday.

We are staying at the Chateau Dumont condominiums, located only 25 yards from the Little Nell chairlift on Aspen Mountain and only one block from Rubey Park where the buses load for Buttermilk, Aspen Highlands and Snowmass. These condominiums feature a heated swimming pool, 2 jacuzzis, and fireplaces, as well as almost all other amenities you could desire.

Zermatt, Switzerland

January 30 - February 7, 1981

\$1199

- **Five Days Skiing**
- **One Night In New York**
- **Broadway Show**
- **An Evening in Paris**
- **All for \$1199**

Jet to Zermatt for a ten day vacation with stop-overs in New York and Paris.

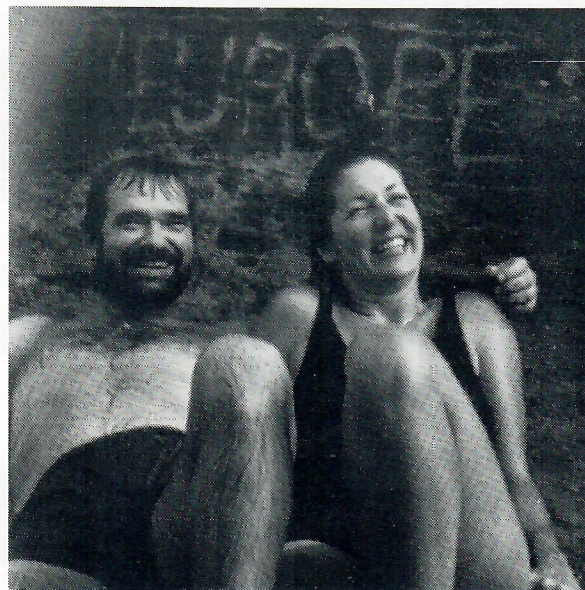
Leave Houston Friday, January 30 at 11:45 a.m. for a date in New York to include a Broadway show and cocktail party high above Manhattan. Then spend a leisurely Saturday in the Big Apple to prepare for an early evening trans-atlantic flight to Geneva, Switzerland. From Geneva we will go by motorcoach and train to Zermatt, arriving Sunday afternoon.

Zermatt is dominated by the majestic peak of Matterhorn and is a charming and "compact" village

which you can walk through in 15 minutes. Zermatt has something for everyone, from sophisticated night clubs to informal discotheques and fondue cafes.

There are open and wide slopes at the top, 12,000 feet high, and multiple ski trails. Beginners can return from the top by cable car. There is also the opportunity to ski over to Italy for the day.

By departing early Saturday morning, we should arrive in Paris by early afternoon. There will be plenty of places to see in 24 hours. How about Des Champs Elysee, Arc de Triomphe, Montmartre, Moulin Rouge, and so many other places. Leave Paris early Sunday evening and arrive Houston late Sunday evening. Sign up today.



Shirley Andries, Chairperson
9815 Meadowglenn #82 - 77035
Off. 789-9600 - Hm. 972-1417

Mo Granda, Assistant Chairman
4222 Yupon Ridge - 77072
Off. 679-3284 - Hm. 495-6784



Renaissance Festival

SATURDAY, NOVEMBER 1

\$18.00 / Person

Jeri Rotenberg, Chairperson

2314 Woodland Park Dr. #46

Houston, Texas 77077

493-5889 (H) - 528-0511 (O)

**Hear ye!
Hear ye!**

Name: _____

Address: _____ Zip: _____

Phone: _____

Amount Enclosed: _____

- Round Trip Bus to Festival
- Refreshments on Bus
- Entrance Ticket to Grounds
- **MAD MONEY!**

Drawing on Bus

Big Bend Raft Trip

Oct. 23-26

\$239

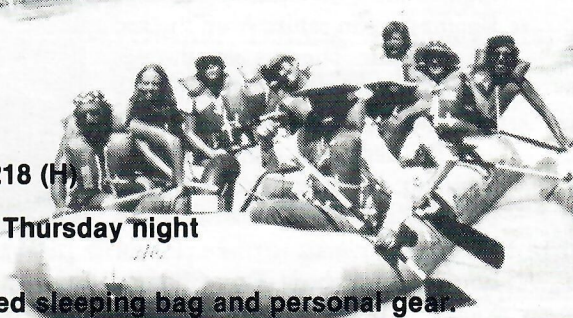
Sign up at October Meeting

Limit — 30 Members

Trip Chairman — Richard Severance

965-2766 (O) - 461-8218 (H)

- Sleeper / Party Bus leaves Houston Thursday Night
- Spend 3 days on Rio Grande River
- All meals, boats, gear provided. Need sleeping bag and personal gear.



Skier-Benders

Think you're in shape? Master these eight conditioners and you'll know you're ready for snow.

Skiing is an active sport. No amount of reading, talking or daydreaming will prepare you for its physical demands. And if your body isn't in top condition, skiing isn't going to be much fun.

Over the years, much has been said—in the name of fitness—about exercise programs for skiers. There's no special list of exercises designed just for skiers. Exercising should be a part of everyone's daily routine.

An exercise program designed for skiers is based on a realistic starting point, gradually progressing to a more effective and more demanding routine. Last issue had a conditioning test to help you determine your starting point in planning an exercise program. Here is that program, which you can adjust to fit your special fitness needs.

Before you proceed with the exercises, here are a few guidelines.

- Be honest with yourself. If you haven't taken the conditioning test, do so and record your results accurately. The test is in the September *SitzMarke*.

- Be progressive. Think of your exercises as a progression from easy to more demanding. What is easy or demanding for one skier may not be for you.

- Educate yourself. Learn the exercises and do them properly. Some exercises stretch and relax muscles for flexibility; others contract for strength and power; and some help improve cardio-respiratory endurance.

- Remember, this is a start. These are not the only strength and flexibility exercises you should do. Supplement this program with aerobic exercises such as jumping rope or running. Exercise no less than three sessions weekly and try

to stretch daily.

- Increase repetitions gradually. Work up to the suggested levels and increase weight gradually and only when you are doing the suggested number in good form without strain. When doing 30 repetitions, rest in between sets of 10.

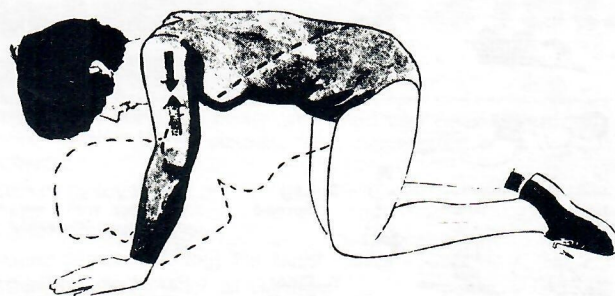
- The order doesn't matter. Do the exercises in any order you wish, but it's helpful to begin and end each session with stretching as warmup and cool down periods. Always stretch before and after running.

- Start **now**. Reading or thinking about exercising won't put you in proper skiing shape. Take your time and be conscientious.



EXERCISE No. 1, SITUP. *Fail:* With your knees bent, arms folded on your chest, slowly curl forward to the situp position (as illustrated), then uncurl to return to the floor. When you can do 25, work to complete them in 60 seconds. *Pass:* Begin with hands holding a small weight (less than 5

lbs. to start) behind your head. Work up to 25 repetitions with 5 lbs. *Advanced:* Rotate your upper body to the right or left as you curl up, instead of moving straight toward your knees. Do this first without weight, then with it.



EXERCISE No. 2, PUSHUP. *Fail:* Start a pushup on your hands and knees (as illustrated). Slowly lower your chest to the floor, then, if you can, straighten your elbows to return to the starting position; if not, work on lowering yourself very slowly.

Work to 15 continuous pushups. *Pass:* With hands and toes on floor in starting position, complete 15 pushups. *Advanced:* Spread arms in starting position so that hands are well outside of your shoulders. Increase repetitions.

EXERCISE No. 3, WALL SITTING (See illustration with test, page 8). *Fail:* Hold wall sitting position, with hips and knees bent to right angles, feet directly beneath your knees, as long as you can, adding five seconds a day until you reach 60 seconds. *Pass:* Increase time to several minutes. *Advanced:* Squeeze a pillow or a soccer or basketball between your knees while holding the position.

hold and work to 30 repetitions in 30 seconds. *Pass:* Use an ankle weight on the bottom leg (a ski boot to start); raise leg and hold position for 5 seconds. Work to 30 repetitions with 5 lbs. of weight. *Advanced:* Lower leg only halfway before raising again and build weight and repetitions.

EXERCISE No. 4, BOTTOM LEG RAISE (See illustration with test, page 8). *Fail:* From starting position (on side, both legs straight, bottom leg resting on chair) raise your bottom leg so that foot touches the underside of the chair. Hold the position for 5 seconds before lowering. Work to 30 repetitions; later, eliminate the 5 second

EXERCISE No. 5, TOP LEG RAISE (See illustration with test, page 8). *Fail:* From starting position (on side, top leg straight in line with body; bottom leg bent) slowly raise top leg to 45 degree angle. Hold for 5 seconds and work to 30 repetitions. Later, eliminate hold and work to 30 repetitions in 30 seconds. *Pass:* Add weight as in exercise No. 4. *Advanced:* Lower leg only half way as in exercise No. 4.



EXERCISE No. 6, LEG SPREAD. *Fail:* Sit as upright as possible on floor with knees straight, kneecaps and feet pointing toward ceiling—spread legs as far apart as possible. Lean back on your hands for support if necessary. Gently bend forward at the

hips for 30 seconds to feel a stretch in the inner thigh. Do not bounce; relax and repeat. *Pass:* Place your hands on the floor in front of you (as illustrated) and bend forward at the hips. *Advanced:* Bend toward one foot at a time with hands out.



EXERCISE No. 7, FLOOR TOUCH (left). *Fail:* Keeping your knees straight, extend fully and bend over, touching your hands to the top of a pile of books. Feel the stretch in the back of your legs for 30 seconds. Then straighten and relax. As you improve, lower the height of the books until you touch the floor. *Pass:* Hold onto your lower legs (as illustrated) to increase the stretch along your back and along the back of your legs. Hold for 30 seconds, then straighten, relax and repeat. *Advanced:* Instead of reaching for floor, let your hands dangle toward the right foot, then toward the left, then between your feet.

EXERCISE No. 8, CALF STRETCH (below). *Fail:* Stand arm's length away from a wall, touching it with palms, while keeping feet together and both heels on the floor. Lean forward against the wall, supporting yourself with your arms, to stretch your calf muscles. Hold for 30 seconds, relax and repeat. *Pass:* For increased stretch of each calf, alternate with one foot forward and one back (as illustrated). *Advanced:* For further stretch, let your knees bend slightly while leaning forward.

What Shape Are You In?		
Test	Technique	Result
1. Situp	Pass if you can complete 25 situps in 60 seconds.	Pass
		Fail in 60 sec.
2. Pushup	Pass if you can complete 15 pushups.	Pass
		Fail reps.
3. Wall Sitting	Pass if you can hold wall sitting position for 60 seconds.	Pass
		Fail seconds
4. Bottom Leg Raise	Pass if you can raise your lower leg to the underside of the chair 30 times in 30 seconds (alternate legs).	Pass
		Fail reps. (left)
5. Top Leg Raise	Pass if you can raise your top leg to a 45 degree angle 30 times in 30 seconds (alternate legs).	Pass
		Fail reps. (left)
6. Leg Spread	Pass if you can spread your legs, with knees held straight, to 90 degree angle.	Pass
		Fail degrees
7. Floor Touch	Pass if you can touch your fingertips to the floor.	Pass
		Fail inches from floor
8. Foot Pointer	Pass if you can point your foot directly to the ceiling, sole at a 90 degree angle to the floor.	Pass
		Fail degrees



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1980-1981 USSA / RMSA MEMBERSHIP APPLICATION
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Ski Club: **SPACE CITY SKI CLUB** NEW MEMBER _____ RENEWAL _____

Enclosed is my Check for \$ _____ Master Charge No. _____ Exp. _____ VISA No. _____ Exp. _____

Signature: _____

NOTICE



SKI

Ski Club Preview Sale Thurs. Oct. 30, 8 AM to 10 PM

SALE

50% TO 80% OFF

Sale starts Friday, October 31st.

\$640,000 Inventory

Tuesday Morning is selling men's and women's ski gear from famous manufacturers at wholesale prices and less. Save on jackets, bib pants, jacket and bib coordinates, lightweight turtlenecks, mittens, gloves, scarves, hats, goggles, etc. Wide selection available.

Item	Retail	Closeout	Item	Retail	Closeout
Ski jackets & bib pants coordinates	125.00	57.50	Mitts (leather, down filled)	28.50	14.25
Ski jackets & bib pants coordinates	220.00	99.00	Goggles (deluxe anti-fog) The best!	32.50	16.25
Ski jackets (famous mfr. — 22 colors)	150.00	68.00	Sweaters — 100% wool ski sweaters	60.00	24.75
Ski vests (famous mfr.)	45.00	22.50	Toboggan hats — wool	13.50	4.75
Gloves (leather, down filled)	28.50	14.25	Turtlenecks — ribbed pattern	13.50	6.75

Much, much more : sunglasses, union suits, down hats, 3-season jackets, scarf sets, etc.

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	★	BRIAR FORREST	
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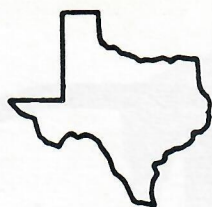
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MEMBER

TEXAS SKI COUNCIL

Representing over 15,000 Skiers

Texas Ski Council Newsletter September, 1980

The first meeting of the 1980-81 Texas Ski Council was held in San Antonio on September 6, 1980. It was attended by eleven of the fourteen member clubs and hosted at the La Mansion Del Norte hotel by Texas Ski Week sponsor Continental Airlines and the Satellite Trip Program ski areas. The 1981 Texas Ski Week will be co-sponsored by Continental Airlines and Coors Beer.

A full agenda included Texas Ski Week and Satellite Trip Program status, proposed by-law and standing rule changes, the 1980-81 budget and new club applications.

Satellite Trips

Trips Vice President Kathy Goodman reported that a total of 900 skiers are slated to participate in the Satellite Trip program; this more than triples last season's participation. Steamboat Springs is the big winner with more than 400 skiers representing nine participating clubs. Lone Star Beer has been approached for sponsorship of this trip which has the makings of a "mini" Texas Ski Week. Additionally, Coors Beer has agreed to sponsor the Copper Mountain, Jackson Hole and Winter Park Satellite trips. Kathy has planned special Texas Ski Council identification badges for all participants as well as racing prizes.

Texas Ski Week

Vice President of Texas Ski Week, Easy Thayer, reported that thirteen clubs representing 1500 skiers presently intend to fill the slopes at Crested Butte during the 1981 Texas Ski Week. Texas Ski Week participation has increased tenfold since its inception in 1973 and consideration may have to be given in

the future to limiting participation to a number that the bidding ski resorts can accommodate.

Bill Diehl of Continental Airlines outlined the results of his recent meetings and discussions with Coors Beer and Crested Butte personnel: there will be three days of race clinics and NASTAR, a day for individual races, two days of racing for the Texas Cup, a happy hour and dance each night, a fun race, and an awards banquet/dance to top it all off.

This year, co-sponsors Continental Airlines and Coors Beer were kind enough to allow the Texas Ski Council Executive Committee to have a major design input to the 1981 Texas Ski Week badge. (It's a secret, so don't ask.) The Executive Committee is investigating the practicality of producing our own Texas Ski Week T-Shirt, the sale of which would be exclusive at Crested Butte. Additionally, a banner will be purchased for Space City Ski Club as an award to commemorate its three consecutive wins of the perpetual Texas Cup, as provided for in the Standing Rules.

By-laws and Rules Changes

President Sy Liebergot presented the proposed by-law and standing rules changes which dealt with club membership qualification requirements, individual officer and Board of Delegates responsibilities, club dues and officer travel expense allowance.

After extensive discussion, the Board of Directors approved more stringent membership qualifications that require an applicant club to be in operation the prior year with at least 50 members and to submit all required information for review 30 days in advance

of a Council meeting. A renewing club must participate annually in at least one Texas Ski Council sponsored trip beginning with the 1981-82 season.

Approved standing rule changes provide for increased officer travel expense allowances to attend Texas Ski Week and three Council meetings. The Rocky Mountain Ski Association Delegate travel expense allowance to the RMSA Annual Convention was also increased. Additionally, the Council club dues were increased for the first time since the inception of the Council in 1970.

Treasurer's Report

Becky Windham, Secretary/Treasurer, presented the proposed 1980-81 Texas Ski Council budget which was approved with no changes by the Board of Delegates.

Further Business

The membership applications of two clubs, DFW Ski and Cowtown, both the Dallas-Fort Worth area, were reviewed by the BOD. DFW Ski was unanimously voted into the Council and will participate in the 1981 Texas Ski Week. Cowtown, a newly formed club, with no membership or operation last year did not meet the new membership requirements and was declared ineligible for membership this year.

The next meeting of the Texas Ski Council will be in Houston on December 6, 1980 and will deal with Texas Ski Week in detail. The 1981-82 bid packages will be reviewed at a meeting in Dallas on February 7, 1981.



Sy Liebergot
President, TSC

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Starts October 6th




SAVINGS 10% to 40%

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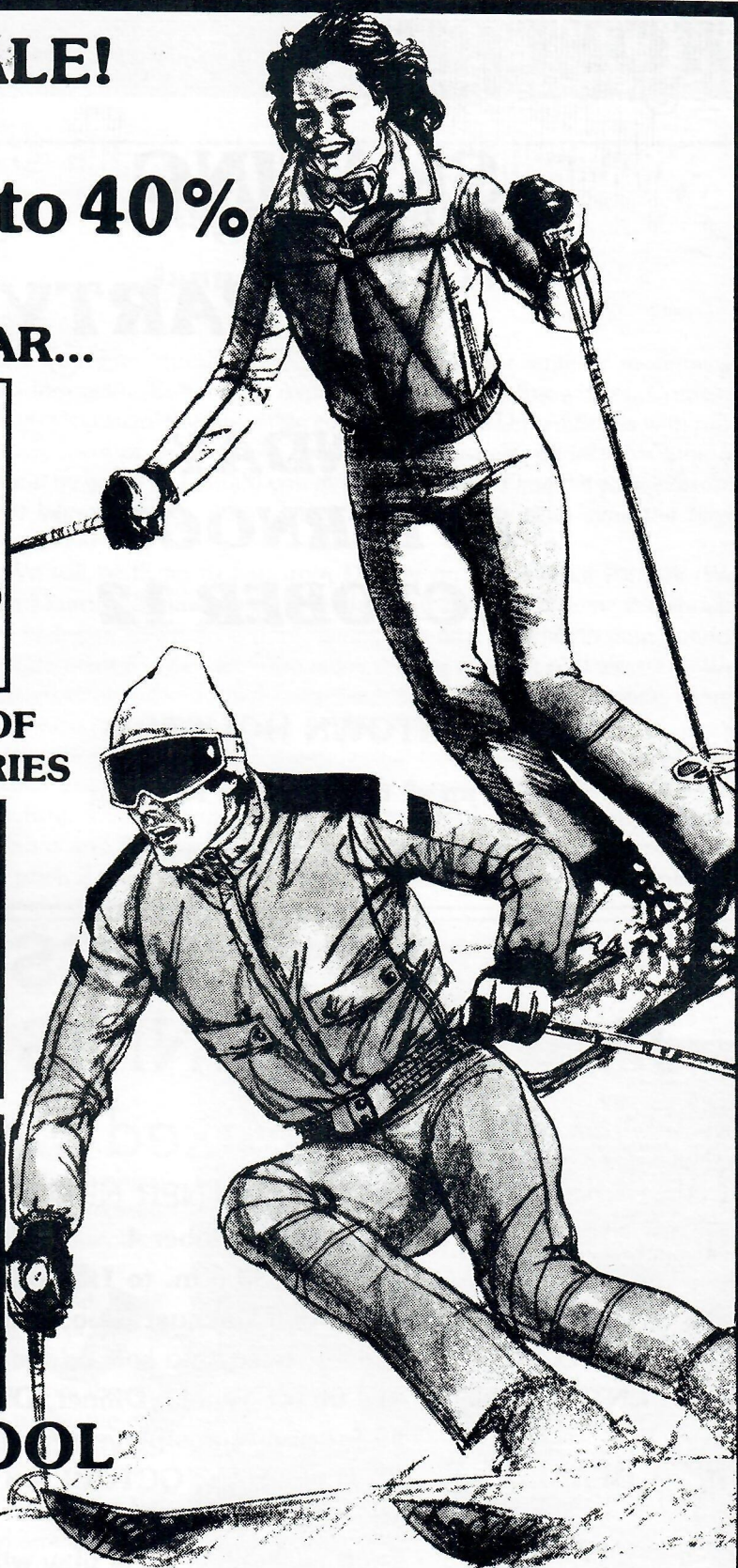
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ROLLER

SKATING

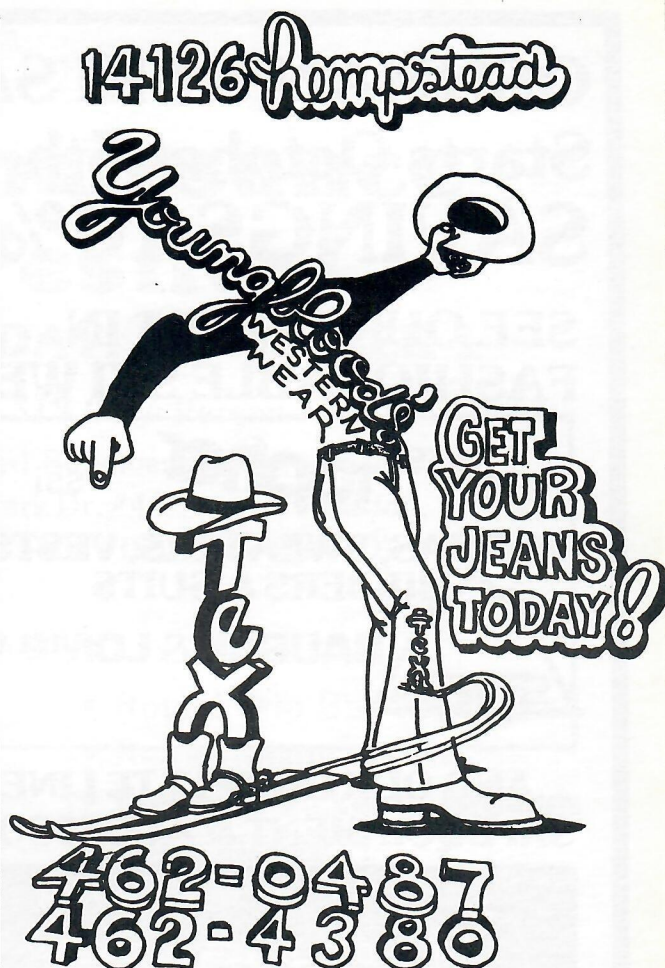
PARTY

**SUNDAY
AFTERNOON
OCTOBER 12**

DOWNTOWN HOUSTON

Sign up at the October Meeting

Morna Simon, Chairperson



SCSC

JACKPOT TENNIS TOURNAMENT Mixed Doubles

NO PARTNER NEEDED TO SIGN UP.

- DATE:** Saturday, October 4
TIME: Tennis: 8:30 a.m. to 1:30 p.m. • Lunch: 1:30 to 2:30
PLACE: Fleetwood Racquet Club, 15815 Memorial Drive (near Hwy. 6).
INCLUDES: Dinner, beer, and soft drinks.
ENTRY FEE: \$10.00 for Tennis, Dinner, Drinks, Tennis Balls, and Awards.
\$6 for non-tennis players for Dinner, Drinks.
DEADLINE: WEDNESDAY, OCTOBER 8 at Club Meeting. Sign up at September Meeting.
FORMAT: Each male player will play with different female partner each round in his round robin division. Limited to first 48 to sign up.
AWARDS: Top male and female player in each robin will receive award.

Come Out and Watch!

LEONA SCHROEDER, 12402 Rip Van Winkle, Houston, Texas 77024

MORE QUESTIONS? Call JIM FRANZ — (Home) 933-9130 or (Office) 771-1301



TIPS

Buying New Gear, Getting Your Old Gear Ready

Buying New Gear

When shopping for new equipment, bring your old gear along, especially if you plan to keep some of it.

Buying new skis and bindings, but keeping your old boots? Obviously, the shop will need your boots in order to mount your new bindings. Just as important, a smart sales clerk can find out about the way you ski from the type and condition of the boots you own, and can recommend skis and bindings that will work well with them.

Very old boots—boots made more than five years ago, before boot-makers agreed on a standard boot sole shape—won't work with all new bindings. If your feet are in love with a pair of antiques consider buying a plate binding. You'll get a more dependable binding release with your non-standard boot, and your boots will last even longer.

Keeping all your equipment but changing over to a ski brake? Have a qualified binding mechanic install it, and make sure he readjusts all the clearances with the brake in place. A ski brake is thicker than the pad it replaces, and most bindings need to be readjusted to compensate for the difference.

Keeping your skis and bindings but buying new boots? Your bindings will probably have to be remounted, and certainly readjusted. Take advantage of the opportunity to have your ski bases refinished and ski brakes mounted.

Getting Gear Ready

When you take your skis and boots out of storage this season, don't expect to be able to hop aboard and ski away.

Make some preliminary checks before you go. Your ski bases should be flat and waxed, the edges sharp, your bindings operating smoothly, and your boots in ski-ready condition. Use this checklist on pre-season equipment status before you go.

BOOTS

- ☐ Liners are dry and clean. No mildew, no cracks in the tongue, no foam or flow material leaking from the seams.
- ☐ Shell soles are clean and not badly worn; original surfaces at toe and heel are undamaged for good binding interface.
- ☐ Buckles are in place and unbroken.
- ☐ No cracks or broken rivets in shell; snow dam still seals toe adequately.
- ☐ Boots still fit closely and comfortably.

BINDINGS

- ☐ Bindings close smoothly on boots.
- ☐ No corrosion evident; toe unit rotates smoothly.
- ☐ Antifriction pad clean, unscored.
- ☐ Mounting screws are tight.
- ☐ Ski brake or safety strap operable and undamaged.
- ☐ Ski shop has checked clearances, lubricated and approved bindings for use.

SKIS

- ☐ Bottoms flat, not railed or convex.
- ☐ Bottom edges sharp, smooth.
- ☐ No rust on edges, no evidence of edge pulling out.
- ☐ No deep gouges in base or sidewalls.
- ☐ Top edges deburred, no evidence of edge pulling out.
- ☐ No evidence of warping or delaminating
- ☐ Tip and tail protectors deburred, no evidence of structural damage where they are glued to ski.

POLES

- ☐ Poles relatively straight, no cracks or deep gouges in shafts.
- ☐ Baskets whole, unbroken.
- ☐ Grips seated solidly.
- ☐ Straps unbroken.

GOGGLES

- ☐ Lenses clear, unscratched, not cracked.
- ☐ Strap unbroken.

Many necessary repairs can be handled at home with duct tape and epoxy. Inner-boot fix-ups, most pole repairs and base finishing of skis are home workshop projects. Repair work on boot shells and buckles, bindings and ski edges should be taken to a competent ski shop.

Next month — What's it like for the novice skier?



**Night at
Gilley's
November 21**
*Details at
October Meeting*

.....
**Also, Group C & W
Dance Lessons —**
*Sign up at
October Meeting*



Unsung Heros

A special thank you to those members who volunteered their time and assistance during the September General Meeting.

Membership Desk

Michael Boland	Brenda Boland
Stanley Briers	Joyce Brown
Janice Coons	Wayne Cook
Don Cherry	Lucy Crowgey
Stafford Davis	Toby Davis
Derek Hankins	Paul Romere
Betsy Romere	Leta Crow
Paula Boughter	Gail Quenneville
Graham Barnes	

Security & Parking

Chris Ginn	Bill Krell
------------	------------

Pins, Patches, Decals

Penny Chancey.	- Chairman
Dale Englefield	Ann McIntyre
Jim McIntyre	Junior Youngblood

Lifliners

Tania Andrasco. Salt Lake
Pat Burchett. Purgatory

Ken Catherman. Aspen
Jean Crabtree	
Linda Crawford. Steamboat
Lee Eriksen. Banff
Cheryl Foreman. Park City
Harry Gaston. TSW I
Gloria Hodge	
Joyce King	
Spencer King. TSW II
Carolyn Lowrie	
Jan Livingston	
Bob Marwin. TSW I
Craig Meyer. TSW II
Pat Pennel	
Barbara Ring. Salt Lake
Bernd Schlickeiser. Europe
Lori Schaeffer. Purgatory
Steve VanPelt. Aspen
Penny Watts. Jackson Hole
Monica Williams. Taos
Roy Caviness. Co-Chairman
Pete Bauman. Co-Chairman

ANNUAL STYLE SHOW

NOVEMBER MEETING



If you want to volunteer
Sign up at October Meeting

Get as looped
as this border!

Happy Hour
October 18
at
Texas
6106 Fairdale



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OBITUARIES

We just witnessed the passing of another September meeting. We all survived!

PUBLIC NOTICES

Judy Combs and Pete Baumann are the TC & ATC, respectively, of the Salt Lake City/Thanks-giving trip.

Barry Kumins has been transferred to Washington, D.C., so Carol Yeager will replace him as TC of Texas Ski Week I. Mac McAnelly is her ATC.

Purgatory, at \$465, may be the best-priced trip on the list. Includes lift tickets for all week and breakfast every morning!

Half of the trips filled at the September meeting, the membership filled, and so did the Houston Racquet Club Ballroom. Let's hope the rest of the season is as full.

Due to lack of interest, the hardcore clique has disbanded.

Get "In the Mood" — Ski movie of the Western Rockies is scheduled for the October meeting.

FOR SALE

SKIS

K2-255-USA 200 cm — tuned, ready to go — \$95.00

K2-710-Comp 200 — like new, used 3 times — \$185.00

Volke ZEBRAS-205 cm — excellent condition — \$95.00

Call John Terzakis

Home-342-3363/Office-498-7114

Space in the classifieds may be purchased for only \$5/issue/insert, not to exceed 1 column inch. Contact editor if interested.

Anything and everything at the Great Big Fat White Elephant Sale at the October meeting!

WANTED

Volunteers to help with the style show to be held at the November meeting. See Hank Faulkner at the October meeting.

Writers to submit articles for this publication.

FOR RENT

AT CHRISTMAS TIME

2-bedroom, 2-bath contemporary home in Park City, Utah. Ski to and from lifts. Sleeps 8 and has loft to accommodate small children.

\$140/night

Call Norie Johnson

960-1362

Call Petner to suggest any activities you would like to organize or participate in. 868-3320.

MARRIAGES

Hank Faulkner & Vicki Schmid — September 20. *Best wishes to the happy couple!—Ed.*

BIRTHS

Meagan Elizabeth, born August 24 to Debra & Pete Dooley.

REVIEWS

Two SCSC members were written up in *The Best Little Bachelor Book in Texas*. Rated among the most eligible in the state were Warren Cross and Tom Bousquet!

KUDOS

George Hirasaki & Carol Ragan placed 2nd in the Seabrook Sailing Club's annual long distance race on Labor Day weekend. They maneuvered their International 400, in a field of about 25 boats, the 12½-mile course along the ship channel to LaPorte and then back to Seabrook.

CHILI NEWS

Now that the 1980 Arriba Terlingua Season is over, Sy Liebergot sadly reports that his Buffalo Snort Chili Team didn't accumulate enough points to enter. However, they did finish strongly in the last three cook-offs: Billy Clyde's-4th place chili; Gilley's-3rd place showmanship (their drinking booth raised money for YMCA), Spring-10th place chili & 3rd place showmanship

Next Cookoff — Pentathlon. October 18 at Bear Creek Park. Ya'll Come!

SitzMarke Deadlines

- October 8
- November 12
- December 10

Editor's Note:

This month's cover photo was taken by Hank Faulkner in Santa Elena Canyon on the Rio Grande River. It was the Club's trip to Big Bend over Labor Day, 1978. Hank also took the picture that is the background of the Big Bend Raft trip in this issue.

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