

"Sunflowers After"

Albert Frank Bender '72

sitzmarke

August, 1977



space city ski club

1977-1978 OFFICERS

Jim Benefield.....	785-5127
President	
Linda MacFarland.....	665-7088
Vice President-Programs	
Ken Dominy.....	443-3810
Vice President-Trips	
Frank Riesenberg.....	667-7067
Vice President-Membership	
Diane Yarberry.....	627-2515
Vice President-Publications	
Bev Underwood.....	780-7979
Secretary	
Ed Taylor.....	721-2986
Treasurer	

EXECUTIVE BOARD MEMBERS

Current Officers

Sy Liebergot, Chairman

Jane Cook	Linda McDuffie
Harry Gaston	Jim McIntyre
Lee Grona	Bob Olsen
Don Lackey	Duff Trimble
Bob Marwin	

TRIP DIRECTOR

Judy Allen

SITZMARKE STAFF

Publisher

Space City Ski Club

Editor

Diane Yarberry

Photographers

Barry Kumins
Sy Liebergot
Linda MacFarland

Contributors

Lynn Burch
Linda MacFarland

Jim McIntyre
Bob Olsen

Monthly Features

Jim Benefield
Virginia Kolter
Carolyn Lowrie

head of the lifeline
markemaker
markemaker

Cover Photograph

The Sitzmarke is published monthly by the
SPACE CITY SKI CLUB
Volume 10, Issue No. 4 August, 1977

no meeting june thru august

calendar

August 26, 27, 28.....TUBING THE GUADALUPE

Sept. 12.....GENERAL MEETING
Memories of Last Winter and Summer

Sept. 30 — Oct. 1, 2.....CAMPOUT AT MERCER'S

change of address

Send change of address or telephone no. to:

**Frank Riesenberg,
Vice President of Membership,
3119 Rice Blvd.,
Houston, Texas 77005.**



sitzmarke deadline

- ★ August 17, 1977
- ★ September 21, 1977
- ★ October 19, 1977
- ★ November 16, 1977
- ★ December 21, 1977

note: sitzmarke contributors

[1] Articles must be type-written, double spaced.

[2] Pictures should accompany written article; however, if not possible, may be turned in approximately 7 days after copy.

[3] Pictures should be in black and white.

[4] Pictures must be identified on the back. If the persons in the picture are not identified, the picture, as good as it might be, will not be used.

Please mail to:

**Diane Yarberry,
Vice President-Publications,
2538 Yorktown, No. 279,
Houston, Texas 77056.**

head of the lift line



by Jim Benefield

It's amazing the problems encountered again this year with Colorado (*not other areas*) as to accommodations and bus facilities. Though last year was the "year of the rocks", it seems that no care exists for those of us who for 14 years have made things so good for them. This is not intended as sour grapes, but

it is indeed sad that a club like ours with a record of returning, paying bills and minimal headaches to the operators has to continually renegotiate with the same companies. In fact, they appear in most cases to act as though they do us a favor. I guess that is why last year all of a sudden good rock(y) deals appeared for which they want to recoup this year the losses. Probably enough said, but I hope RMD starts listening and starts helping.

As to other matters, **Jim McIntyre** has again agreed to chair an able committee of volunteers who will again look into the by-laws concerning club size, participation requirements and activities. There has been much grumbling about that section, but unless you come forward to Jim (*who wants suggestions*), don't complain if the by-law later (*for non-participation on a ski trip*) removes you from the Club.

Trips continue to formulate,

subject to the bus lines "inability to commit dates or equipment at this time." This makes budgeting an interesting guess at best, but V.P. Trips **Ken Dominy** is doing his best with the bad situation. We hope firm dates for the seventeen trips will exist by September first. Unfortunately firms prices may not be known until the September meeting.

A last thought, having seen many (*over ten*) charley horses from the SCSC soft ball players' attempts at running to first, highlights the need for physical conditioning. We had our best year ever last year (*even with rocks*) in avoiding serious injuries. I hope all potential skiers start **NOW** to make ready for a safe year by getting in shape.

scsc news

Congratulations to **Don Lackey**, who was elected to the Board of Directors at their meeting held on July 27.

dictionary of ski terms of the areas



Cozy Chalet: *It was a goat barn before the area was developed.*

Excellent Ski Conditions: *Report given by area when it has 8 inches of snow and 6 inches of rock.*

Good Ski Conditions: *6 inches of snow and 6 inches of rock.*

Fair Ski Conditions: *The rocks have frost on them.*

Poor Ski Conditions: *Never used by areas.*

Short Lift Lines: *On a clear day you see the end.*

Just Minutes From: *Just hours from*

Hot Dogger: *He took 3 years to Stem Christy.*

Scenic Trails: *The trees hid a railroad yard.*

Convenient to Shopping: *The run terminates in the A & P parking lot.*

Condo With a View: *French door overlooks A & P parking lot.*

Area Designed With The Skier In Mind: *Developer also owns the A & P.*

Quaint Shops: *Bring your checkbook.*

Medium Priced Land Nearby: *The realty office is located in the bank.*

Diverse Entertainment After Skiing: *You can watch the A & P truck unload on Thursday night and the local TV station is playing "Combat" reruns.*

Reprinted from Kansas City Ski Club *Slushboomer*, May, 1975

markemaker

by Virginia Kolter



Mary Kay Nicholson

Mary Kay Nicholson is our vivacious **markemaker** this month. She has been in Space City Ski Club three years and has gone on three ski trips with the Club. Her first trip three years ago was Aspen Traditional; her second trip in '75 was Vail where she served as assistant trip chairman and third was the trip to Vail in '77 where she was trip chairman. SCSC members still recall the choo choo sounds and singing "I've Been Singing Under A Wandering Sky" at the March meeting. We knew we had really missed a fine trip! The Vail people organized an unofficial canoe trip on the lower Guadalupe this spring and Mary Kay almost became a past tense! The canoe overturned and she was carried by the current, barely missing a bridge. She remained cool until the danger passed and the guide pointed out that she had come very close to meeting that "Man" upstairs.

Mary Kay loves sailing and participated in the Red Fish Island trip. She also chaperones a Sea Scout troop and sails aboard their 36' sloop, the "Misshap."

At Mary Kay's first meeting, she was asked by **Bruce Maughs**, another prospective SCSC member, who her sponsor was. She quickly offered to sponsor him if he would do likewise, and consequently, we now have acquired two really outstanding and fun loving SCSC members.

Mary Kay considers herself

an intermediate skier and has bought her own equipment. She said, "I've skied the mud in Vail and will know what to do with powder if I see it again."

Mary Kay is one of the few native Houstonians. She attended Lamar High School and Southern Methodist University where she took art and European history. She planned on becoming a travel agent or interior decorator but got sidetracked into municipal bonds and real estate. Upon graduation, Mary Kay worked for Rauscher Pierce in Dallas. After a brief stop for R & R in Washington, D.C. she returned to Houston. After a slight culture shock of moving home, she was employed by Merrill Lynch as a municipal bonds specialist and equities person in institutional sales. She served in this capacity four years. Then she sold municipal and government bonds for two years for Capital National Bank. Finally, she became a realtor specializing in residential sales with John Daughtery and has been going like gang busters - wheeling and dealing.

Mary Kay is unique in that she was offered a "Big Lips" award, having talked nine hours straight on the Aspen bus trip. Due to the unavailability of this coveted award, **Sy Liebergot**

gave her the next best prize. He sealed her lips with a kiss. Such a deal, Sy!

She still recalls being a coal car on the Rock Island Line on the Vail trip. She even demonstrated the form used to be a good "choo choo".

Mary Kay enjoys a variety of hobbies. She plays tennis two to three times a week. She also is organizing a dance club. She has just become a new member of the Museum of Natural Science where she will run shows this fall. She plans on starting an aquarium with any fish that won't kill each other. This project will commence as soon as she finishes taking care of her friend's aquarium. "If it's too much trouble, the aquarium will go." She said, "As much as I love animals, I should help the S.P.C.A. The center of my life is my Scottish terrier, Scot, named for F. Scott Fitzgerald. He doesn't know he's come down in the world as he used to take his walks on River Oaks Blvd."

"I don't have time for much else besides Marwin's parties, being a realtor and trip chairman."

If you ask me, this girl is on the move and will not stop. She has boundless enthusiasm, a quick wit and is a delight to know. Mary Kay Nicholson --we'll see you in September!

Coming Up
Soon!

CAMPOUT
at **MERCER'S FARM**

September 30, October 1 & 2

WATCH FOR DETAILS



GET READY TO SKI

16 trips for '77-'78

★
salt lake I
thanksgiving

november 23, '77 – november 27, '77

★
aspen - christmas
december 18, '77 – december 25, '77

★
aspen II
christmas, new year's
december 25, '77 – january 1, '77

★
steamboat I
christmas – new year's
december 25, '77 – january 1, '78

★
vail I
january 1, '78 – january 8, '78

★
copper mountain I
texas ski week
january 8, '78 – january 15, '78

★
aspen traditional
january 21, '78 – january 28, '78

★
EUROPE
january 27, '78 – february 5, '78

★
salt lake II
february 4, '78 – february 11, '78

★
breckenridge
february 11, '78 – february 18, '78

★
jackson hole
february 18, '78 – february 25, '78

★
winter park
march 4, '78 – march 11, '78

★
sun valley
march 11, '78 – march 18, '78

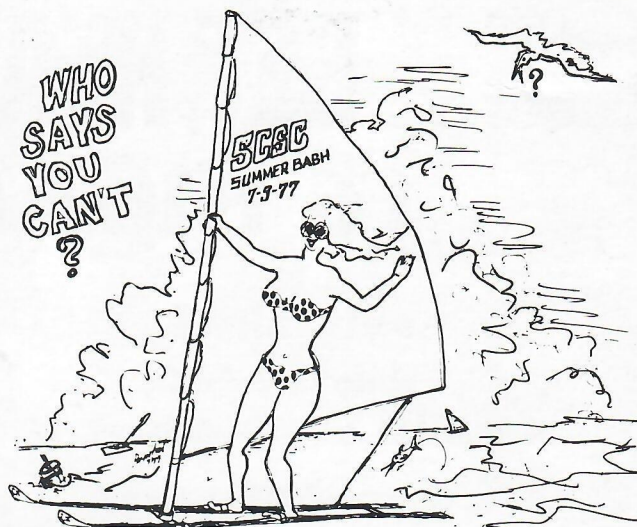
★
vail II
march 18, '78 – march 25, '78

★
steamboat II
april 1, '78 – april 8, '78

Summer

Bash

'77



by Linda MacFarland

Summer Bash '77 was officially opened with the christening of **Bob Marwin's** sailboat, the "Artful Dodger." Of course, there was the appropriate toast and "beer bow dowsing." It was then quickly lowered to the water and rigged for sail. The first load of party sailors were brought on board and put to work. These were only a few of the thirty some people that Capt. Bob took sailing that day.

Those left behind made their way back up to the Yacht Club for more beer and a little volleyball. After **Max Langley** readjusted the net to his liking, the rest of the hearty sportsters set out on a marathon afternoon of ball. Some among the many were **Art Camero, Diane Yarberry, Dale Englefield, Shirley Andries, Stan Ferguson, Carolyn Willis, Janis Huguen** and **Keith** (*It's only a game*) **Eastin**. Of course, we had a strong cheering section from

the sidelines of **Bob and Kathy Allgeier, Harry Gaston, Linda Crawford, Willie and Louise Buhl, Bev Underwood, Susan Rehder, and Miles and Nancy Anderson**. Or, maybe they were just relaxing by the pool

There was also the usual fun and merriment from our friends - **Jean Crabtree, Tom Pizzitola, and Judy Allen** who were up to their usual nonsense and no-good antics.

We also had our fleet of small boats, **Ed Taylor** with car top sailing, **Allan Simpson** with his collapsed trailer, but we had one hearty soul, **George Hirasaki** who searched out a few able-bodied girls for his crew - that sure was some outfit, **Nancy Staples!**

Wha, Wha, What's going on? Yes, **Sy Liebergot**, we know you're just relaxing and enjoying. But **Tom Mercer** had planned his usual fun games for hot after-

noons. For those with a little energy, it's on your mark, get set - **Adrienne Lewis** - Whistle Please! And they're off! **Bob Tripp** and **Pam Rinker** off to an early lead with **Bob Olsen** and **Karol Klopp** coming from behind, but fouled at the turn and racing for home in their sack --It's **Dan Sebesta** and **Jan Mouche**, the **WINNERS!**

As the afternoon reached 4 kegs down, the weather began to threaten us with its dark clouds and wind, but SCSC won. So after enjoying an afternoon of no rain, we all enjoyed a delicious barbeque prepared for us by **HYC** - all the links, brisket, chicken, potato salad, beans, etc. you could eat.

After dinner many enjoyed the sunset over the bay, as a beautiful closing to a fun day. My many thanks to a special friend, **Karin Dermanoski**, for her help in making the party a great success!



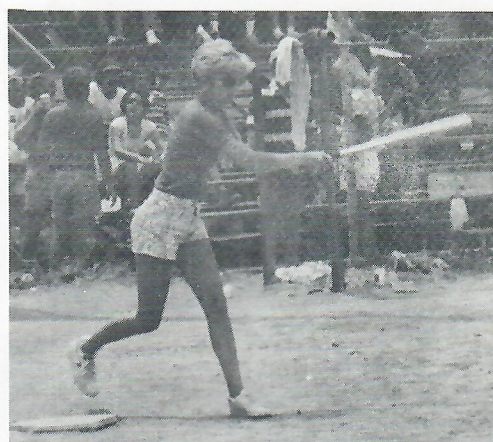
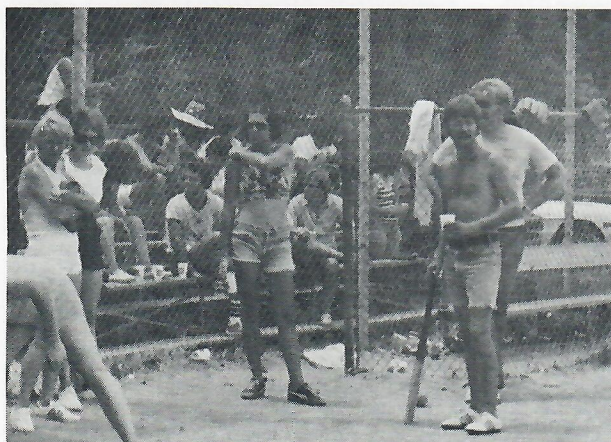


Opposite page: Activities for the energetic and not-so-energetic. **Above left:** SCSC'ers enjoying the Yacht Club pool. **Above right:** Observers, alias "serious drinkers." **Left:** Christening of Bob Marwin's boat. **Right:** One of the many fierce volleyball games. **Below, left:** Linda MacFarland and Karen Dermanoski. **Below, right:** "Come on, you guys, look a little more lively!" **Bottom, left:** The group enjoying a "little" beer. **Bottom, right:** Linda McDuffie, Jane and Wayne Cook.





more scsc action at grady park



eatzmarkeatzmarke

by Bob Olsen

After a two-year hiatus, it's good to be back scribbling an **eatzmarke** again. This writer's entry into the restaurant business during that period has added a new dimension to the appreciation of dining out.

CODY's is a recently opened emporium offering food, spirits and music in one of Houston's most ambient environments. This rooftop establishment offers the best views of the downtown and other Houston skylines. Properly timed, there is no better place to watch the sunset than from Cody's outdoor patio - twelve stories high. The location is Montrose and Hawthorne, two blocks south of Westheimer. Park free in the garage in back.

The lunch buffet and evening meals are reasonably priced, but not memorable. The menu favors seafood and beef averaging \$6 to \$8. I can't recall what I ordered last month. Perhaps this aspect of Cody's will improve with time. A newly instituted lunch buffet should help speed noontime meals.

The well stocked bar is guarded by angel fish in a colorful aquarium. Competent mixologists and very attractive waitresses complete the cocktail crew. Beverages range from the traditional to San Francisco steam beer made from the original steam brewing process. At \$1.75 per bottle it's worth the

novelty, but not the price!

An abundance of plants and comfortable seating (bentwood chairs and barstools and amply cushioned loveseats) add to the relaxed atmosphere. The not quite formal clientele can be found wearing a mixture of business dress and blue jeans in a "do your own thing" environment.

Live music listening is one of the things to do when not dining or sipping cocktails on the outdoor patios. Sophisticated lounge entertainment varies from soloists to small groups and from ballads to easy listening. Good entertainers are drawing increasingly bigger audiences. Check out Cody's before it gets too crowded.

are you fit to ski?

by Jim McIntyre

According to results of tests run several years ago at some of the fall ski shows, fifty percent of men adult skiers and eighty-five percent of women skiers are **NOT** fit to ski. **ARE YOU FIT TO SKI?** If you have not been doing some regular exercises, then chances are, you are not fit to ski. I try to do daily exercises all year around and every fall I embark on a specially designed program for skiers that develops all of the muscles used in skiing. At the end of ten weeks, I am ready to ski.

If you feel you are not in shape to ski, then you should start some regular conditioning program **NOW** (better than never!). A good conditioning program should develop endurance or stamina, muscular strength, and flexibility of muscles and joints.

● **ENDURANCE.** Running or jogging is the simplest way to build your endurance. If running bores you, then try bicycling or swimming laps each day. This should be done daily for best results, but if you play tennis or softball, then every other day should be sufficient. If it is raining and you can't run out-of-doors, run in place as a substitute. Thirty

minutes of running daily will keep up your endurance for skiing.

● **MUSCULAR STRENGTH** Arms and shoulders are best built up by old fashioned push-ups. Do as many as you can, then add one more every other day. To strengthen your back muscles, try this exercise. Lie on your back with arms at your sides, hands and feet on floor, knees bent at ninety degrees, feet slightly apart. Lift hips up, hold, and return to standing position. Repeat ten to twenty times. As you progress, move your feet closer under your body, get up on your toes. Thigh muscles can be strengthened by "sitting against the wall." Back against the wall and slide down while moving your feet away from the wall until your thighs are parallel to the floor and your lower legs are parallel to the wall. Hold for five seconds. Increase two seconds a day, but do not skip a day. The lower legs can be built up best by placing your hands flat on wall about chest high, then moving your feet backwards until your heels are just making contact with the floor. Now raise your heels as high as you can, then lower back to the floor. Start by doing two a day for five days,

then add one more a day. Because of high-heel shoes and the subsequent shortening of the achilles' tendon, this exercise is highly recommended for women.

● **FLEXIBILITY.** The best way to gain flexibility of the ankles and knees is to jump rope. Other substitutes include half deep knee bends (squat to a sitting position, then return to standing with hands on hips), walking up and down stairs or stand in front of a chair, and step up and stand on the seat first with the left foot and then the right foot. All of the above should be done moderately at first and increased daily.

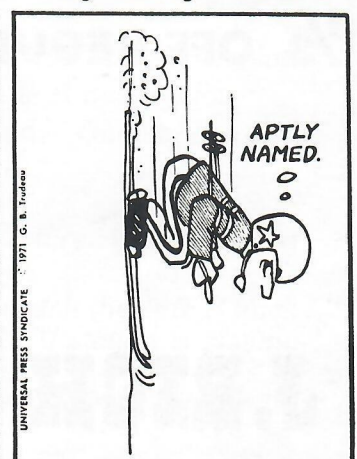
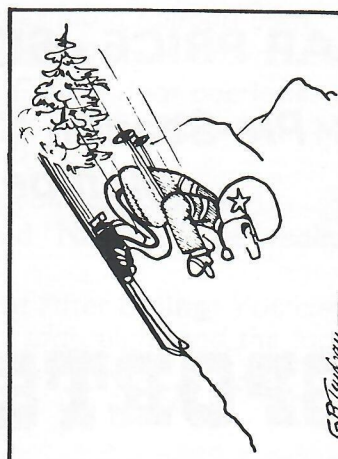
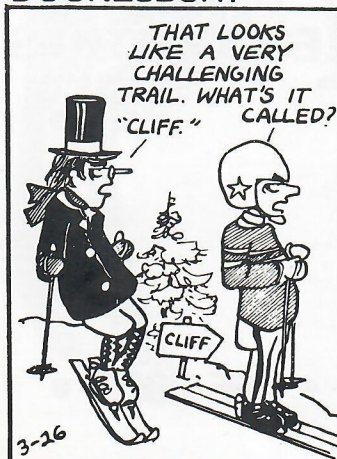
Perhaps the best exercise for Alpine skiing (it requires endurance, strength, power, balance and coordination) is the side jump. Place a shoe box on the floor and jump sideways with feet together, and hands on hips, over the box, then repeat back to starting position.

REMEMBER, you will only get out of skiing what you are willing to put into it. Thirty minutes of skiing is equivalent to thirty minutes of football. Skiing is a **SPORT**, not a game, so get in shape and enjoy skiing more.

Reprinted from October 74 STIZMARKE

DOONESBURY

by Garry Trudeau



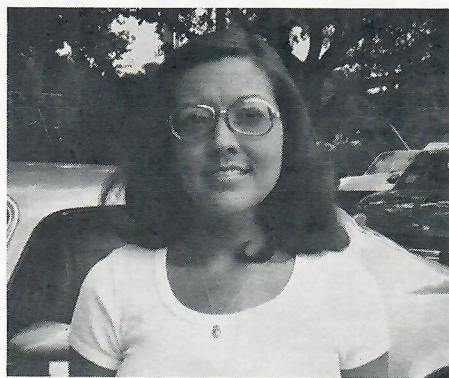
markemaker

When someone yells, "The Gang's All Here," you would be most certain to find this month's **markemaker**, Lynn Burch among the crowd. Having been introduced into Space City Ski Club by **Jim McIntyre**, Lynn has been a member for six years and has made trips to Breckenridge, Zermatt, Steamboat, Park City, Lake Tahoe, and Aspen. Being a member of Space City Ski Club is becoming a big part of her personal life.

Lynn was brought up in Abilene and attended Texas Tech University in Lubbock, majoring in Business Administration. She has been a sales representative for the past eight years and is currently with Olga Intimate Apparel. A great deal of her working time is consumed on the road in South and East Texas. She might be described as being a traveling salesperson by trade.

markemaker

by Carolyn Lowrie



Lynn Burch

Lynn loves to travel and has taken trips to Acapulco, Hawaii, and Las Vegas. When she was at Lake Tahoe, one of her vices came to life — *Gambling*. Of course, everyone put their hand into the game, but Lynn was one of the faithful players you would see at 4:30 in the morning around a *hot crap* table.

In her personal time, Lynn is busy with water skiing and horseback riding. She enjoys

markemaker

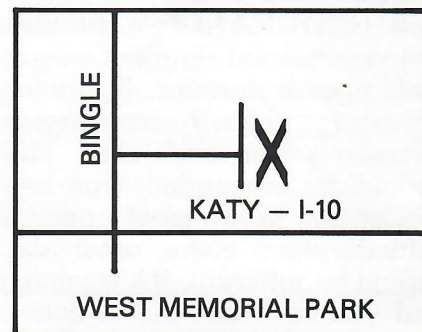
sewing and makes a majority of her clothes. Her quiet time is spent with a good novel or something on the best sellers list. Many of her weekends are spent at Lake Livingston, where she and her parents are building a lakehouse. Lynn has also been very active with the Young Republicans and has helped represent the Houston Chapter at the State conventions.

Non-skiing activities have involved trips to the Wurstfest and to Playa Blanca. Lynn has been to a couple of the Summer Bashes and plans to go with the Club to Booth for an eventful evening. Some of you might even have seen her at the Sunday Softball Games cheering her teams on. She has been a Lift Liner and helped sell drink tickets at a couple of the meetings.

Lynn is a hard worker and a lot of fun! Look for her at the September meeting.

SKI SALE

• Katy Store Only •



ONE DAY ONLY — AUGUST 13

1/3 OFF REGULAR PRICE - SKIS, BOOTS, POLES, CLOTHES

**Pre-Season Sale for SCSC
Members Only**

J. RICH SPORTS Ltd.

• 465-3909 •

playa blanca trip

by Lynn Burch

Can you imagine a week of total "get away from it all" with no phones, TV, newspapers or alarm clocks. Well, it can happen. Just ask any of the 21 people who went to Club Med in Playa Blanca, Mexico June 17 to June 24.

When you get there, it's totally carefree living. Your drinks are bought with beads and everything else is paid for, so no need for money.

Your time is spent between eating from fantastic buffets and four course dinners to enjoying all of the sports activities. **Joyce Alford** and **Linda Calderera** took tennis lessons almost every morning. **Graham Barnes** and **Donna Lindsey** really got hooked on sailing. **Linda MacFarland** and **Barry Kummins** went snorkeling several days. **Penny Chancey** got a private horseback riding lesson because the weather looked bad and no one else showed up. **Sherry Neel**, **Becky O'Neill**, **Len Schneider**, **Gene Turboff**, and **Neil Block** played water volley ball so much we thought they would be water logged. Several days you could find **Dick Kenny** by the pool learning to play backgammon.

Sy Liebergot and **Judy Atkinson** along with several others, rented a car one day and drove to Puerto Vallarta for lunch and shopping.

A lot of the time you could



Above: back row- Donna, Sherry, Gene, Becky, Joyce, Dick, Graham, Lynn, Eddie, Linda and Bill. **Front row-** Sy, Judy, Penny, Barry. **Right:** Relaxing in the sun are Barbara Ricketts and Joyce Alford.

find **Eddie Ek** trying to teach the Playa Blanca staff "Texas Talk".

After dinner each evening, you could find **Maggie Harrison**, **Barbara Ricketts**, and the rest of the group at the outside pavillion dancing to the band until 10:30 when the entertainment began. For the heartier souls, the disco opened at midnight and closed when the last person left.

We had two birthdays while we were gone, **Bill Landfield** and **Tricia Nelson**. Tricia was 23; we never did find out how old Bill was.

Many regrets to Graham and Joyce - the post trip party was Friday, not Saturday.

Everyone had a super time, and we are ready to go again next year.



Above: Dick Kenny, Penny Chancey, Lynn Burch, Barry Kumins, Sy Liebergot, Linda MacFarland, Donna Lindsey. **Below:** Building "Sand Castles" on Neil Block are Lynn, Linda and Barry. **Left, bottom row:** Games at the picnic.



space city ski club

post office box 22567

houston, texas 77027

August, 1977



FIRST CLASS MAIL
U.S. POSTAGE
PAID
PERMIT NO. 9036

FIRST CLASS
DATED MATERIAL – DO NOT DELAY

space city ski club space city ski club space city ski club space city ski club space city ski club space city ski club space city ski club space city ski club space city ski club space



TUBING TRIP down the GUADALUPE

August 26, 27, & 28th

COST:

\$57.00 without tube - \$62.00 if you need a tube.

COST INCLUDES:

Friday night snack on bus. Bus to and from New Braunfels. Transportation to and from river, a night's accommodations (Gourmet Inn), 2 days of tubing with beer and wine Saturday night, transportation to Gruen's (C&W).

BUS DEPARTS:

7 p.m. Town and Country Center (I-10 - West Belt). Bus will meet N. of Joske's off of I-10 E. Feeder.

BUS RETURNS:

approximately 9 p.m. Sunday evening.

LIMITED TO 44. NO REFUND AFTER AUGUST 19.

For additional information, contact: **RON SMITH**

9214 Beechnut

Houston, Texas 77036

Home 777-1318

Office 674-0359

MAIL CHECK PAYABLE TO SCSC:

Name or Names: _____

Address _____

Phone: Home _____ Office _____

Experience: _____