

**sitzmarke**  
october 1975





# 1975-1976 space city ski club

## \*ski meeting

OCTOBER 13, 1975  
MONDAY — 7:30 P.M.  
Sonny Look's Sir Loin  
Restaurant  
So. Loop West & So. Main

BOB OLSEN President	524-2730
BOB ALLGEIER Vice President-Trips	474-3961
LAYNA ADAMS Vice President-Programs	721-0340
SY LIEBERGOT Vice President-Membership	869-0291
JANIS HUGHEN Vice President-Publications	621-2668
JANET PICKELL Secretary	789-6974
JIM PLUMMER Treasurer	781-2009

## activities & programs

STYLE SHOW ..... OCTOBER Meeting - Monday, October 13  
Door Prizes of complete ski out-fits from OSHMAN'S

SCSC WURSTFEST NIGHT ..... October 17  
at Bavarian Gardens Friday, 5:00 p.m.

PRISON RODEO - Huntsville ..... October 19 - Sunday

EXERCISE PARTY - Memorial Park. .... October 26 - Sunday, 1:00 p.m.

HERB FARM. .... November 1 - Saturday

R M D. .... November Meeting - Wednesday, November 12

SNOWLESS SKI SCHOOL ..... November 17 - Monday

EDUCATION & SAFETY PROGRAM ..... December Meeting  
Monday, December 8

ICE SKATING ..... December 18 - Thursday

## executive board members

### CURRENT OFFICERS LISTED ABOVE

WAYNE AHRENS	JERRY MALEY
TOM BALDWIN	JIM McINTYRE
JERRY CHILES	LINDA MURPHY
HARRY GASTON	JEANNE NEU
JIM GRASSMAN	

### TRIP DIRECTORS

DUFF TRIMBLE	CYNTHIA WRIGHT
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## sitzmarke staff

PUBLISHER  
Space City Ski Club

EDITOR  
Janis Huguen

### CONTRIBUTORS

Layna Adams  
Bob Allgeier  
Gar Bering

Janet Pickell  
Peggy Widaman

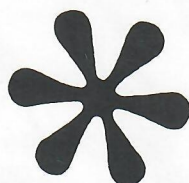
### MONTHLY FEATURES

Ann Cornish  
Bob Neiman  
Bob Olsen  
Sammy Sitzmarke

MARKEMAKER  
EATZMARKE  
HEAD OF THE LIFTLINE  
APRES SKI

The Sitzmarke is published monthly by the  
SPACE CITY SKI CLUB

VOLUME 8, NUMBER 6 OCTOBER, 1975



**DON'T FORGET THE  
NOVEMBER MEETING  
WILL BE HELD ON  
WEDNESDAY,  
NOVEMBER 12.**

COVER PHOTOGRAPH courtesy of ALBERT  
QUINLAN of Quinlan Printmaker, Suite 513,  
180 North Wacker Drive, Chicago, Illinois 60606

## MEMBERSHIP CARDS

As you may have noticed, membership cards are being mailed inside the Sitzmarke. You should receive your card in the Sitzmarke issue the month after you submit your application. If you have not received your card, please contact:  
Sy Liebergot — Ph. 869-0291

## — SITZMARKE DEADLINES —

- October 17, 1975
- November 14, 1975
- December 12, 1975
- January 16, 1976
- February 13, 1976
- March 12, 1976
- April 16, 1976

## — TOLL FREE —

Phone number to check  
Rocky Mountain ski con-  
ditions: 1-800-243-5250.

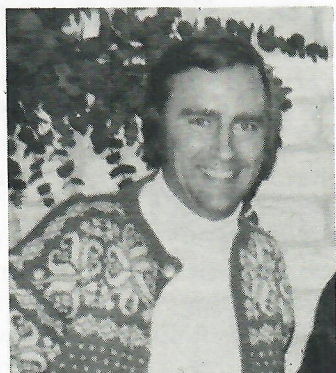
## MEMBERSHIP

End of Month - September 1975

Singles.....	667
Married.....	328
TOTAL.....	995



# head of the lift line



By Bob Olsen

The **RESPONSE TO THE TRIP OFFERINGS** at the September meeting was **TERRIFIC!** A record turn-out of almost 700 members

and guests demonstrates continued growth and interest in Space City Ski Club. Thank you!

We must decide soon whether to let our Club continue to grow. **IS A BIGGER CLUB A BETTER CLUB?** The By-Laws limit membership to 1400 and, if current trends continue, we will reach this mark by year end.

A larger club will allow us to offer more trips (12 this year vs 10 last year). The risk of a large club, however, is the loss of personal identification and comradeship which is an important part of skiing.

At this time, my feelings are that we can have the best of both worlds by maintaining a slow growth of perhaps 100 members per year. Continued growth at this rate will allow administrative procedures to keep up, prevent a drastic change in membership composition and still be consistent with the objectives of the Club: "to promote and encour-

age . . . interest in the sport of snow skiing."

Please think about what a larger Club will mean to you and be prepared to vote at a future meeting regarding changing the By-Law limitation of 1400 to 1500 members.

Our Standing Rules have been modified to allow members of other Texas Ski Council Clubs to participate in SCSC trips. Likewise, **OUR MEMBERS MAY PARTICIPATE ON TRIPS ORGANIZED BY OTHER COUNCIL CLUBS.** I encourage you to ski with your own Club. However, for those who wish to **SKI EUROPE** this Winter, we pass on the following: Houston Ski Club has organized a group flight on KLM leaving Friday, December 26th and returning Tuesday, January 6th. The cost to Munich for **TRANSPORTATION ONLY** is \$539. Contact John Dennis, President, Houston Ski Club, 523-9204 for further information.

## HILLTOP HERB FARM

GOURMET DINNER

SATURDAY, NOVEMBER 1, 1975



4:45 P.M. (returning around midnight)

COST: \$19/Person

For further information contact:

Nancy Ainsworth, Trip Chairman

Off.: 224-7661 — Hm.: 523-8722

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TO SIGN UP, PLEASE FILL OUT APPLICATION BELOW AND MAIL WITH CHECK TO:  
NANCY AINSWORTH, 2400 WESTHEIMER, NO. 221W, HOUSTON, TEXAS 77006

=====

HILLTOP HERB FARM

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Number of Reservations \_\_\_\_\_ Guest's Name \_\_\_\_\_

Amount of Check enclosed \$ \_\_\_\_\_ (Please make payable to the SPACE CITY SKI CLUB)

DEADLINE: OCTOBER 13th - No refunds after this date. \$5.00 Cancellation Fee.



# unsung heroes

By Janet Pickell

Hail the unsung heroes! Every year a great number of Space City Ski Club members volunteer their efforts for behind the scenes work, hard work with little notoriety or acclaim attached. We feel these people deserve recognition early in the year and we want all our members to be aware of these unsung efforts on the part of the myriad of workers who play a necessary part in the routine functioning of SCSC. Drink ticket sellers, the membership table workers, those selling pins, patches, and decals, and volunteers for putting out the Club roster are only a few of those performing this important function.

Last June a year-end roster was produced with not a small effort on the part of 17 Space City Ski Clubbers. Unknown to most of the Club membership, these people worked tediously over three evenings at Ryder-Scott's office in Shell Plaza (thanks Harry Gaston) to staple, collate, fold, and then prepare for mailing this directory. A sincere thanks from myself (the lucky officer in charge) and SCSC to Shirley Andries, Bill Chalmers, Linda Crawford, Debbie Day, Harry Gaston, Anne Hatcher, Gene Holland, Barbara Kerr, Linda MacFarland, Connie and Joe Mayeux, Julie Meers, Finn Runfalo, Jim St. Clair, Sandy Sutherland, Peggy Widaman, and Bill Yates. A special award goes to Jeanne Neu who very unselfishly aided yours truly on a Friday after work by fighting "oh that terrible" traffic to go to the downtown post office to satisfy the U.S. Postal Service's requirements and help straighten out our bulk mailing.

Perhaps many of you are not aware of the workers required to get those monthly meetings off the pad and into orbit. Appropriately, a large group of these come under the auspices of our Membership V.P., one of those NASA guys, Sy Liebergot, ably assisted by his hard working first lieutenant Mary Riley.

Thanks goes to Mary for all those signs directing people to the check-in tables (thus avoiding even more mass confusion) and for rounding up the volunteers to work at those tables. Working and sweating, and I mean sweating (if you walked out to the front lobby during the meeting (you know what I mean), to check all you 684 eager members and anxious guests into the first meeting so you could charge to the trip tables, see old friends, make new ones, and do whatever your thing is at SCSC's general meetings were Kathy Allgeier, Mike Averitt, Donna Berglund, Warren Cross, Clyde Gunter, Randy Harrington, Connie Hinshaw, Betty Humfeld, Kelley Lagrone, and Vic and Miriam Peterson. Thanks folks from Sy, Mary and Space City.

So you could embellish your insides(?) with all that lovely alcohol - would you believe \$1400's worth - thank Tom Baldwin, Betty Kramer, Linda Murphy, and Bill and Joan Sharp for tediously selling tickets, making change, and keeping track of all the money while the liquor flowed freely all around. Special mention to my 1st Lt. here, Jane Gustafson who volunteered to put this all together each meeting.

Do you know how your fellow

members can recognize you on the ski slopes while you're all bundled in sweaters, parkas, scarves, caps, goggles, and you name it? By your pin, patch and decal, of course. Who knows you might even plaster a decal on your forehead. Selling these at our September meeting and volunteering to take charge all year are my able assistants Jane McCormick and Catherine Porter. We'll even have a new I.D. for you by November.

Thanks to you, Ernie Howerton, for working with our P.A. system at the first meeting. What a job that was with the fuses blowing every few minutes due to all the wattage it took to be able to run those excellent home movies gratis of Pat and Diane McLaughlan, Bob Petner, and Ruth Roy.

Another group, very important and headed by Jeanne Neu, is the Lift Liners, not to mention all those who helped in the past and who are currently helping Layna Adams put our programs together. And wait til you see what Ed Taylor our instruction and safety co-ordinator and his helpers have in store for you. But I'm running out of time to meet the deadline, and yes, Janis, space, so we'll get you next, don't despair. But say everyone, how about showing your appreciation; say thanks to all these folks when you see them and join'em--we can use you!

## rmd .. rmd .. rmd



### Membership Application

PLEASE PRINT OR TYPE

CLUB AFFILIATION \_\_\_\_\_

NAME \_\_\_\_\_  
LAST FIRST MIDDLE INITIAL

ADDRESS \_\_\_\_\_  
STREET NUMBER STREET APT. NO.

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

BIRTHDATE: MONTH \_\_\_\_\_ DAY \_\_\_\_\_ YEAR \_\_\_\_\_ MALE ☐ FEMALE ☐

IF THIS IS A FAMILY MEMBERSHIP, LIST BELOW THE FULL NAMES OF ALL PERSONS INCLUDED, AGES OF CHILDREN 18 AND UNDER, AND ATTACH A SEPARATE APPLICATION FOR EACH LICENSED COMPETITOR.

CHECK TYPE OF MEMBERSHIP DESIRED:

- ☐ CLUB MEMBERSHIP - \$5.00  
☐ CLUB FAMILY MEMBERSHIP (\$10 FOR 1ST 2 MEMBERS AND \$2 FOR EACH ADDITIONAL MEMBER)

TOTAL . . . \$ \_\_\_\_\_

MAKE CHECK PAYABLE TO: ROCKY MOUNTAIN DIVISION — USSA  
ATTENTION: HARRY GASTON, 10150 EDDYSTONE DRIVE, HOUSTON, TEXAS 77043





# Continental flies where the snow flies.



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Our short ski plan (5 days/4 nights) gives you flexibility, and you can leave home any day. Of course, you can stay longer, too.

We've even got options like nursery facilities during the day, and non-skier activities, to boot.

For information on Colorado Ski Packages, send in the coupon, call Continental Airlines or your travel agent.

We've got packages you've got to ski to believe.

<b>CONTINENTAL AIRLINES</b>		SLS
P.O. Box 9000, Van Nuys, California 91406		
Name _____		
Address _____		
City _____	State _____	Zip _____
Phone _____		My Travel Agent is _____

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## CONTINENTAL AIRLINES



The Proud Bird with the Golden Tail.



# programs

by Layna Adams

My problem with articles seems to be that first sentence. "How do you start an article?" What about... "First Things, First"?

So, Thank you Pat McLaughlan, Bob Petner, and Ruth Roy for your wonderful home movies. By the comments received, it seems that it was a success. With 684 present at the meeting, it was hard for some of you to see the movies, but those not watching the movies seemed to be busy talking with old friends they hadn't seen since the last meeting. I'm planning to try the **HOME MOVIES** again later in the season, so let me know if you have super movies - the more we get the better it will be.

If you didn't sign up by mail for

the **TENNIS TOURNAMENT** you missed a great one! SCSC had one Fondren Bubble to themselves and if you were not out to watch the fun, come to the October Meeting to find out the winners. Kay Nevels are you ready to plan another Tennis Tournament for us?

The **RED FISH ISLAND** was a surprise to me as 135 people signed up. Not only a surprise to Peggy Widaman, but a very complicated job which deserves a special **THANKS** and a hand at the October Meeting. So come on out and listen to the wild stories. Also, the **HILLTOP HERB FARM** filled up at the September Meeting, but plan to send your reservations in, just in case someone cancels.

Ed Taylor, our Instruction and Safety Co-ordinator has a group already signed up for the **SNOW-LESS SKI SCHOOL** on November 17. The program sounds fantastic and with Ed Williams as our instructor, we can't lose, so be sure and sign up before November 3.

At the **OCTOBER MEETING**,

we have several things in store for you. Ed Taylor is planning a demonstration on the proper exercises to get in shape for skiing and Ann McIntyre is coordinating a very special **STYLE SHOW** with the help of **OSHMAN'S**, who is donating for our members complete **MALE** and **FEMALE OUTFITS** from **WHITE STAG** as **DOOR PRIZES**.

MC at the Style Show will be Joan Christenson, National Marketing Fashion Co-ordinator of the Active Sports Apparel Division of White Stag. With a title like that, she has to be great. **SEE YOU AT THE MEETING!!**

## swap shop

Wanted: Children's ski clothes, one girl size 6-8 and one boy size 10-12. Need December 20-27. Contact Gwen Singer, 917 Stanfield Circle, Bryan, Texas 77801, phone 713 / 846-0347.



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have all  
the fun!®**

**OSHMAN'S**

**YOUR HEADQUARTERS  
FOR THE LATEST IN  
FINE SKI APPAREL**

**Post Oak Store**  
2131 S. Post Oak  
Phone 622-4970





# red fish island

By Peggy Widaman

Above left: SCSC members enjoying the chicken and beer picnic on the beach. Above right: Ed Williams surrounded by a bevy of Club beauties. In the background Don Martin's 50' cruiser and Duke Walker's "floating bar" deck boat. Below left: Our cast of winners in the Treasurer Hunt. 1st row: Jim McIntyre, Jean Crabtree, Jim Benefield, 2nd row: Lee Pasquale, Dan Sebesta, Rich Stone, Judy Allen.



Red Fish Island will never be the same again after 125 SCSC members and guests converged upon it September 20. The weather was threatening at first, but never fear, everything worked out great. The wind was plentiful for the sailboats to breeze along through the day.

I want to thank all the skippers who volunteered their sailboats and motorboats. Without all this fantastic response, none of this would have been possible. Special thanks go to Don Martin for letting us use his boat for transporting beer and chicken. Also, thanks to Ed Bergun, a non-member friend of Shorty Hamrick, who stepped in at the last moment and volunteered his boat when another skipper cancelled out.

Eating time somehow got moved up one hour. Never have I seen a more hungry or thirsty group of people! Thanks to big "beer guzzlers" like Jim Plummer and Bob

Olsen, the two kegs were busy all day. Besides the beer, we consumed 365 pieces of chicken and ten gallons of potato salad!

SCSC boat pennants were presented to all the skippers and after that we had the Treasure Hunt on the Island. Big winner was Jean Crabtree with her treasure of a \$25 gift certificate from Ruth Roy's Locked-In Sports. The \$10 gift certificate from Oshman's went to Rich Stone and the \$5 gift certificate went to Judy Allen. Two free drink tickets were found by Jim McIntyre and SCSC patches went to Dan Sebesta and Jean Crabtree. SCSC decals were found by Lee Pasquale, Jim Benefield and Susan Rehder.

Now folks, for "highlights" of the day, Lee Pasquale seemed to have a near mishap while water skiing. Heh, Lee, were those your cut-offs at "half-mast" or what? Ask

Dave Beckham what time he got home Saturday night. It seems he and Bob Olsen dumped over on the way back to shore and he lost all his keys. Luckily Bob had left his keys with someone else before taking off in the boat.

Tom Summers discovered the right (??) solution for "nature calls" while on Dale Englefield's boat.

It appears with all that coconut oil on her body, Jeanne Neu slid right off Carl Leatherford's boat. Off in the distance, a barge appeared but Jeanne was rescued in plenty of time.

The "malignant growth" on Tom Summer's shoulder turned out to be only left-over potato salad and Mike Gay finally caught his dinghy before it took off.

All in all, it turned out to be a super day, everyone enjoyed themselves and no one had to be rescued by the Coast Guard.



# 12 ski trips ...1975-1976 ski season

November 26-30

\$214

## salt lake city

Thanksgiving with Three Areas

LEE GRONA, Chm. . . . . 493-5788  
RON FREE, Asst. . . . . 654-3438

December 12-17

\$234

## vail/ december

First Non-Holiday 1975-1976 Trip

TED WIDMER, Chm. . . . . 224-3350  
MARY K. NICHOLSON, Asst. 224-7051

December 28-January 4 \$283

## steamboat

Christmas - New Year's Eve

MIKE BIROWSKI, Chm. . . . . 771-4110  
SHARON LORD, Asst. . . . . 626-9684

By Bob Allgeier

I don't know about you all, but I'm really into it now. That first cool front in September was a forceful harbinger of the weather to come as were the reports of early snow in the Rockies. Good, thick snow fell in Colorado above 8000 feet just before our mid-September cool spell.

The September General Meeting was quite a compliment to the members, Trip Chairpersons, and officers of recent years in that it set at least a couple of new records. One was attendance, which Sy Liebergot tells me was over 100 more than ever before. Another was trip participation at the first meeting. Deposits have been plunked down on 53% of the available space with two trips full and the spring trips already doing well. It is certainly fulfilling to see the spring and summer efforts by a lot of nice people so rewarded!

If you haven't signed up for a ski trip yet, don't let the fast start pass you by. There are still over two thousand skier days unsold, but it doesn't appear that they will last for long.

Gar Bering, SCSC's own member for lo these many years, has been appointed to the committee which will oversee operations at USSA Ski

Week (January 10-17, 1976) at Big Sky in Montana. The Club is not sponsoring a trip to USSA Ski Week this year, but I hope we will be represented by a few hardy souls. Lodging reservations may be made by calling, toll free, Ms. Susan Stoltz at 1-800-548-4486 and \$50/person deposits are due by November 1, 1975. If a group were to get together, the airfare is substantially reduced and Gar has said he will help make arrangements. Call him at 522-3260 or 749-2847 or write him at 1724B Wroxton Ct. 77005. By serving as a single point of contact, he can help pull your group together, run interference for you in the event of problems, and he will even meet your plane in Bozeman. All this at no charge - what a guy! Your best bet on the airlines is the Continental/Frontier connecting flights for arrival and return that we have worked out . . . call Gar for the details.

Also, for the Club members who would like to ski with their children as well as some other SCSC'ers, contact Winton Adams at 468-0132 or write 1462 Oak Tree St., 77055. He is serving as a point of contact for a Beaver's Chalet at Winter Park trip during next spring's Easter break. This is not a Club sponsored trip but if you're interested, call soon. He needs help.

January 9-18

\$308

w/lift tickets  
@ C.B.

## breckenridge crested butte

ANN CORNISH, Chm. . . . . 661-4593  
JOHN GABLE, Asst. . . . . 226-2573

January 11-18

\$287

w/lift tickets

## texas ski week crested butte

BILL BROOKS, Chm. . . . . 226-2762  
SUSAN REHDER, Asst. . . . . 522-2268



January 24-31

\$275

## aspen charter

Traditional

MARILYN GELLER, Chm. . . . 622-3652  
JOHN SCAHILL, Asst. . . . 333-2447

February 27-March 6

\$318

## park city

Powder Snow and More

FINN RUNFALO, Chm. . . . 785-2904  
LINDA MacFARLAND, Asst. . 665-7088

April 13-18

\$231

## vail / easter

JOE COTRONE, Chm. . . . 682-5372  
PAT BLAIR, Asst. . . . 526-4587

ALL TRIP PRICES SUBJECT TO CHANGES  
WITHOUT NOTICE!

February 1-8

\$331

## mount hood

Night Skiing

JIM BENEFIELD, Chm. . . . 461-6855  
MARTHA HUEBEL, Asst. . . 522-4922

March 20-27

\$289

## aspen spirit OF '76

BOB NEIMAN, Chm. . . . 782-6813  
JOYCE SERANT, Asst. . . . 783-6918

February 13-18

\$223

## telluride

Washington's Birthday

BOBBET CROSS, Chm. . . . 729-4163  
ED EVOLA, Asst. . . . 627-1940

March 27-April 3

\$369

## banff

Glamour

DALE ALLBRITTON, Chm. . 781-9479  
SANDY SHIRES, Asst. . . . 785-9993





# apres ski

Hi, there!

Tennis is now becoming a sport in which SCSC members really enjoy participating. Sue Smith, Mally Rhodes, Christina Sykes, John Kelley, Tom Fitzpatrick, Lanny Lamb, Finn Runfalo and Dan Sebesta spent a weekend at T-Bar-M Ranch Tennis Tournament. It must have been fun, because Sue and Mally already had taken home trophies from the S.W. Area Tennis Tournament. Speaking of sports, I understand many of the SCSC members found out that sailors really do have more fun. Peggy Widaman really had a fine trip with a large turnout. Many members enjoyed their first sailboat ride. The Club image must not be too bad around town because when one boat's skipper failed to appear, a non-SCSC member, Ed Bergun, volunteered to take all those strand-

ed on his boat. This may have been due to the fact that it was an all-female crew except for our sleeping treasurer, Jim Plummer, who slept all day.

We heard from two out-of-town SCSC members this month. Jack Erskine reports that he is now settled in Wilmington, Delaware and has joined the Du Pont Company as an attorney in the Government Affairs Division of their legal department.

Leslie Holmes is alive, well and working in Boston, Mass. She skied last month in Australia and New Zealand and advises fellow SCSC members to save their money and ski the U.S.A. Australia had 70-80 mph winds on the slopes, 8" of ice and boilerplate and New Zealand was worse when a 108 mph wind storm closed the "snow fields". She visited four ski areas in New Zealand before going to Portelle where conditions were just as bad. She reports all the ski facilities in the areas she skied were excellent but tiny by our Rocky standards.

At a recent singles club meeting at a local restaurant, there was a meeting the tenor of which I do not understand. It seems that Sy Liebergot, Layna Adams, Janet Pickell, Jeanne Neu and Finn Runfalo were all in attendance. Sy was for some reason discussing the relationship between beavers and anteaters. I assume anyone who wants an explanation for that must ask Sy, but Gary Jacobsen also may know the answer.

Well, it seems as though there's not much news this month. It was good to see everyone at the September meeting. Let's all get out and start doing things and let me know about them.



Sammy Sitzmarke



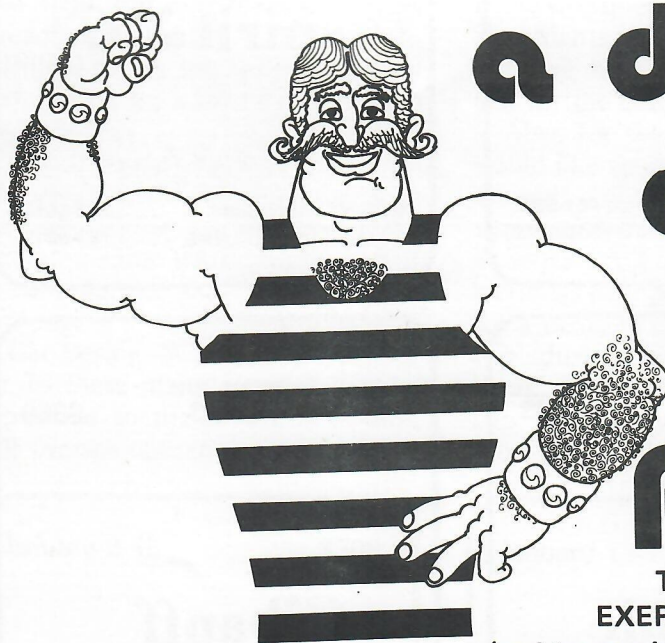
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**Mountain Haus at Vail**

Box 1748 Vail, Colorado 81657 303/476-2434



**a day  
at  
the  
park**

**TO START YOUR  
EXERCISE PROGRAM  
(and to see what shape you're in)**

**SUNDAY, OCTOBER 26**

**1:00 p.m. to 5:00 p.m.**

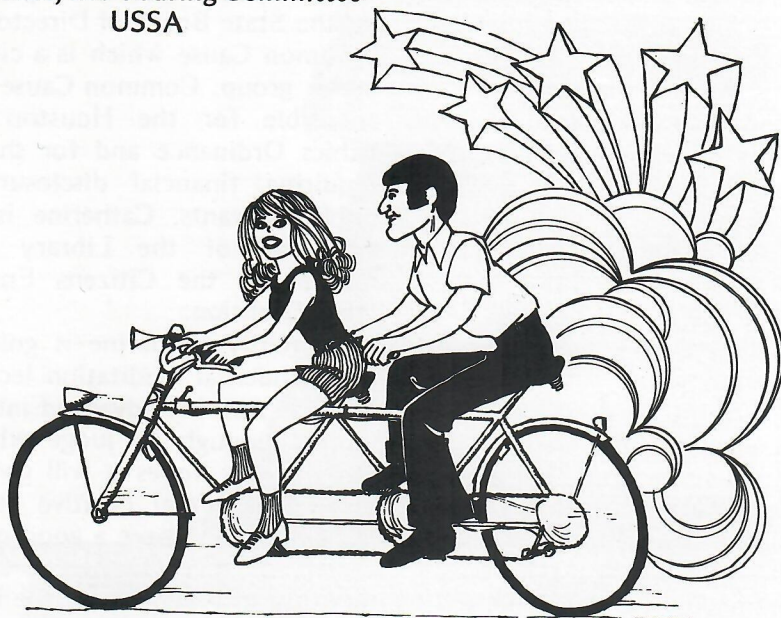
**MEMORIAL PARK**

Meet at fork of Woodway and Memorial. Watch for SCSC signs.  
EXERCISING - JOGGING - VOLLEYBALL - FOOTBALL - FRISBEE  
KEG BEER PROVIDED - BRING YOUR OWN PICNIC LUNCH. BRING YOUR SKI  
POLES & SKI BOOTS IF YOU HAVE THEM FOR SOME SPECIAL EXERCISES.  
CALL ED TAYLOR FOR MORE INFORMATION AT 782-2508. GET AN EXTRA  
BEER FOR RIDING YOUR BIKE TO THE PARK!



# physical conditioning for skiers

By Gar Bering,  
Chairman, Ski Touring Committee  
USSA



Injuries are an unpleasant subject that many people would rather not talk about and trust to luck to avoid. The biggest cause of injury is inexperience. 70% of all ski injury victims have had less than three lessons. The next biggest cause is poor physical condition. In this article, I will discuss some of the things you should be doing to get ready for the season.

The first thing about getting into condition for skiing is your attitude. You have to realize that skiing is a demanding physical sport which will take at least two months of steady work to get your body ready for. Second, it is important to realize that intermittent participation in the various local sports alone will not improve your condition enough for safety. To prepare for a strenuous sport like skiing, a supplementary program of fitness exercises is desirable.

Let us consider what sort of condition skiing requires. Strong legs and good endurance are musts, of course. However, skiing is a total body sport, and your program should also strengthen and stretch

your arms, shoulders, abdomen and back. Arm and shoulder injuries are becoming much more common ski injuries, probably because people forget to condition their upper bodies.

When exercising, don't work to exhaustion, but do try to do one or two more repetitions of each exercise than you feel you can easily do. Keep track of your performance, and each week try increasing the duration, number of or difficulty of your exercises. It is also important to vary your program and make it interesting. Don't do any one routine more than twice a week. Alternate easy exercises with strenuous ones. Alternate arm exercises, body exercises and leg exercises.

The best routine is to begin with warm-up exercises, followed by strength exercises, then endurance exercises. All work-outs should end with relaxation and stretching exercises. Another good principle is to start with exercises for the extremities and work inward to the trunk. By varying your program each day, you can benefit from as little as 15 minutes a day.

Exercise at any time of day is as good as any other. Evening or early morning work-outs take more will power, but can be done. Second, try bicycling to work. Third, stop using elevators. Yes, you read that right. Cold turkey withdrawal from the elevator habit will do you lots of good. Walk up some of those steps backward. Finally, go to Memorial Park and run up and down the inclines near the railroad trestle. If you live closer to Hermann Park, the hill at Miller Outdoor Theatre will do just as well.

There is not enough space left in this article to describe fully all of the good exercises. Your best bet is to use lots of sources. Available books with good ideas include the Royal Canadian Air Force Exercises, the Sports Illustrated Book of Skiing, and the Physical Conditioning Handbook of the United States Alpine Ski Team (available from USSA, 1726 Champa St., No. 300, Denver, CO 80202. Used to be \$3.00, but may have changed.)

A brief list of good home exercises include running, rope skipping, the phantom chair, push-ups and pull-ups. Good sports include soccer, orienteering, yoga, bicycling and tennis. The phantom chair is done by sitting against a wall without a chair. Start by trying to make it through an average band on a record album. Work up by 30 seconds when you have done two straight nights at any level. You can stay level when you can read the whole daily paper sitting this way. Another good exercise is: lie on your back with legs straight, lift feet about 15 inches off floor. Hold for a slow count of five. Repeat 10 times and work up to 20.

The most important thing to learn is that if you don't have time for a complete daily program, something is better than nothing. Just walking more will help. Remember, every little bit you do to get ready will enhance your enjoyment of the world's greatest sport!



# markemaker

by Ann Cornish



**CATHERINE PORTER**

At Telluride last season, this month's Marke Maker was the only person in the "fun slalom races" who didn't fall down. This was somewhat remarkable considering that she was so high from wine and the altitude that she had to be helped into her skis. Her name is **CATHERINE PORTER** and when she isn't working, you'll find her doing a variety of interesting things.

Last summer on three days notice, she decided to vacation on the French Riviera. She flew Air France direct from Houston to Paris and was amazed to find herself in the same cabin as Jacques Costeau. Somehow Catherine suppressed the desire to beg for an autograph and to tell him how she had bought a color television just to watch his show! On landing in Paris she rented a red alfa romeo (identical to hers at home) and motored to Nice. Next year she hopes to tour Spain.

The mix of old and new furnishings in Catherine's attractive duplex reflect her eclectic personality. She explains that she likes all types of people. Among her friends are a lady cop, an international playboy, and of course, ski club members. In music her tastes run the gamut from Jerry Walker to Kinky Dee to Brahms. She loves French cooking and although coq au vin is her specialty, she makes a cheese cake that would shame Alfred's.

Professionally, Catherine is a legal

librarian for Vinson, Elkins, Searles, Connally & Smith. The library where she works contains 70,000 volumes of law books and documents. She supervises a staff of seven and does reference work for attorneys. Outside the office, her time is spent constructively. She is on the State Board of Directors for Common Cause which is a citizens lobby group. Common Cause is responsible for the Houston City Ethics Ordinance and for the bill requiring financial disclosure by public servants. Catherine is also Chairman of the Library Committee for the Citizens Environment Coalition.

Currently Catherine is going to transcendental meditation lectures. She has not yet advanced into the subject enough to judge what it can do, but hopes it will give her more intellectual creative energy. SCSC members have a good opportunity to meet Catherine at the monthly meetings where she is selling pins, patches, decals, and T-shirt transfers for the Club this year.

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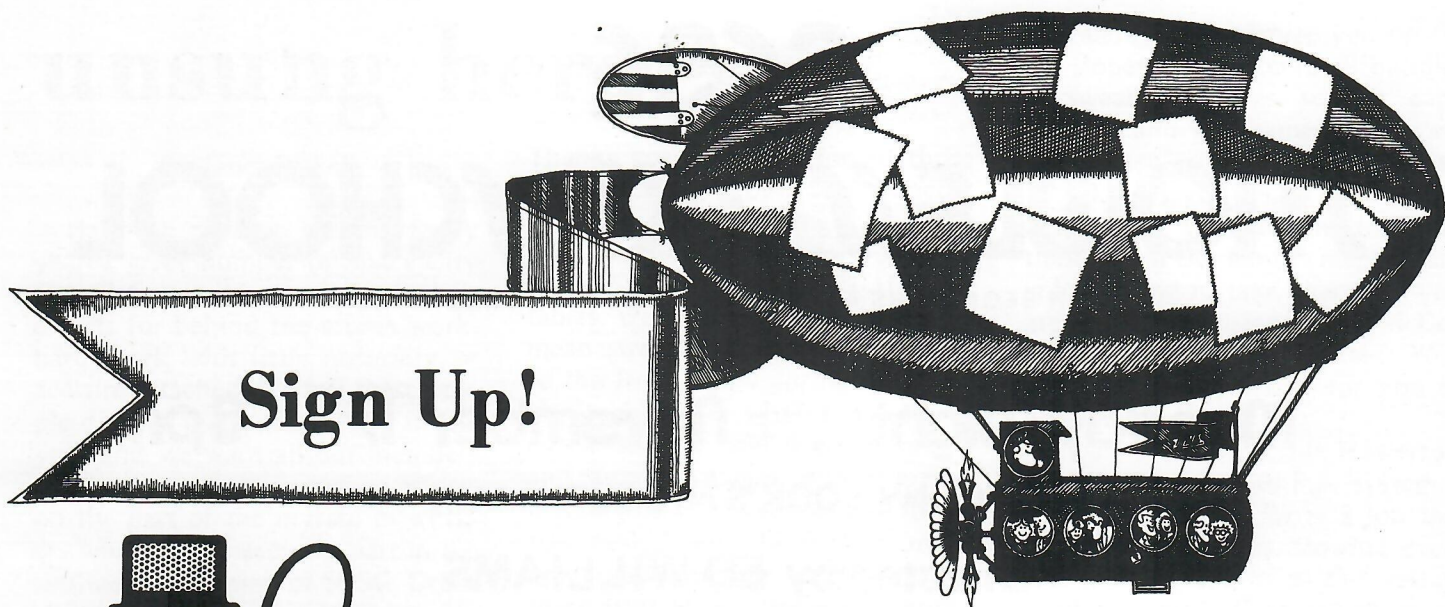
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# Eatzmarke

By Bob Neiman

## OKTOBERFEST 1975

Just as Denver is the gateway to the Rockies (and the jumping off point for most SCSC ski trips), Munich, Germany is the natural gateway to the European Alps. Each year in Munich the Germans celebrate the fall harvest season with a 16 day festival known as the Oktoberfest.

Although called Oktoberfest, most of this gigantic affair takes place during the latter part of September. It ends in October (but the American version of it takes place any time in October). It is really the Bavarian National Festival and as such the emphasis is on drinking Bavarian beer, not wine. Incredible quantities of Wiesenbier, which is especially strong, are downed every year at the Oktoberfest together with tons and tons of pork sausage and roasted chickens. Several million visitors attend the festival each year.

The big "Fest" begins with the entrance of the proprietors of the beer halls (beer tents) - Bierzelte - on the Theresienwiese (or simply "Wies'n") and the tapping of the first cask by the Lord Mayor. On the following day there is the great Trachtenfest parade, with thousands of participants in folk costumes, with bands, floats and decorated beer wagons drawn by the famous brewery horses. The parade through Munich's downtown streets ends on

the festival grounds, the Wies'n. Oktoberfest had its origin a little over 150 years ago (1810), when the Princess Therese of Saxe-Hildburghausen was married to Bavaria's Crown Prince, Ludwig, who later became King Ludwig I.

To celebrate the wedding, it was suggested that a horse race be held. This met the King's approval and horsemen from the whole of Bavaria came to take part with 40,000 visitors looking on. The celebration following the race on the next day was such a great success that it was decided that the place be called the Theresienwiese in honor of the Princess and that it be repeated each year. And thus, with a few interruptions by wars and revolutions, the Oktoberfest has become what it is today - Europe's biggest folk festival.

This year the official Oktoberfest began in Munich on Saturday, September 20 at 11 a.m. when the Lord Mayor gave the official proclamation of "The keg's tapped" followed by the ceremonial procession of the Oktoberfest Hosts and Breweries from Josephspitalstrasse to the Oktoberfest grounds.

Last year, Oktoberfest guests in Munich consumed 452,452 chickens, 34 oxen roasted on the spit and 398,423 pairs of pork sausage and washed it all down with 37,012 hectoliters (977,784 gallons) of beer.

Not to be outdone, Texans have their own celebrations of the Oktoberfest.

Here in Houston, Anheuser-Busch annually celebrates the Oktober-

fest. This year the celebrations were held at Busch Bird Park on the Sundays of September 28 and October 5. German bands played from 2:00 p.m. into evening for festively-costumed dancers, while clubs sold German specialty foods.

In case you missed the Anheuser-Busch sponsored events, the Bavarian Gardens and Restaurant (3926 Feagan St.) is celebrating the 6th Annual Houston Oktoberfest September 26th through October 31st featuring German food and music inside in the Rathskeller and outside in the Gardens.

For an interesting weekend, plan to attend the Wurstfest in New Braunfels, Texas (120 miles west on I-10 to Seguin, north on Texas 46 to New Braunfels) which is being held for the fifteenth year beginning October 31 through November 9. Admission is free to the Wursthalle and Marktplatz where you will find food, beer, entertainment, dancing, etc. beginning at noon on Saturday, and Sunday. For shows in the Wursthalle, admission is \$2.50. For tickets or other information, write:

Department W.B.5

Wurstfest Association

P. O. Box 180

New Braunfels, Texas 78130

Many thanks to Kathy Young, Ewell Meadows, the German Consul, and Lufthansa for their help in researching the Oktoberfest.

Next month: Lee Grona and Ron Free will be taking us to Salt Lake City for Prime Rib at the 13th Floor and Coor's beer at Canyon Creek Inn among other Thanksgiving treats.



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