



NOMINATING COMMITTEE
TO NAME SLATE
AT MARCH MEETING

Jay Castille, chairman of the 1970 Nominating Committee, reports that the committee has head-huddled several times and has interviewed many possible candidates to fill the positions on the Executive Committee for the 1970 - '71 season.

The Committee's slate will be presented at the March 17, 1970 meeting of the club. Nominations also may be made from the floor at this meeting. Elections of officers will be at the April meeting, and you are reminded that no further nominations will be taken at that time.



"Sock it to 'em!" This Broom Ball game spectator cheers her team on to great goals.



The last SKATING PARTY and Broom Ball Game of this season will be held on March 12 at Winterland Skating Rink, 9pm - 12.

Regular Monthly Meeting

TUESDAY

March 17, 1970

LOOK'S SIR-LOIN INN

"CROWN ROOM"

(Corner of the South Loop West
and South Main)

Gentlemen are requested
to wear coats.

March Meeting:

ST. PATRICK'S DAY

EXTRAVAGANZA !!

Flash: To celebrate St. Patty's Day, join us for a SCSC visit to Aspen through the camera eye of that futive from the Emerald Isle, Tom Cronin.

For this Space City Premiere, Tom has consented to supplement the film with his unique and sparkling commentary.

If you have film or slides of a recent ('69 or '70) trip, please contact Harry Bristol at 223-4941, so we can add you to this outstanding program.

ERIN GO BRAGH !!

With a wee bit '0 luck, we will have Irish Coffee available for those lovers-of-the-green wanting to celebrate St. Patrick's Day in the accepted manner.

FROM THE HEAD OF THE LIFT LINE...

With many new skiers signed up for the remaining two trips to Lake Tahoe and Aspen, it is particularly appropriate at this time to review some pointers on pre-skiing conditioning and skiing safety that can lessen considerably the risk of injury.

* Skiing is a strenuous sport. As such, you should prepare yourself physically for it. Skiers will often incur injuries because they are not in good condition and tire easily. Start exercising well in advance of your trip. Jogging is an excellent conditioning exercise, as it develops the leg muscles and builds up wind and endurance. Walking or running up and down stairs is another good exercise -- as are knee bends, toe raises, push ups, and any other exercise designed to condition the arms, legs, and wind. Practice breathing deeply -- remember the air is much thinner up on the slopes. I think you'll find that skiing will be much more enjoyable as well as safe when you are in good physical condition.

* Check your ski bindings to see that they are adjusted properly. The various types of bindings are designed to protect skiers from serious injury, but they must be adjusted correctly in order to perform this all important function. If you are in doubt as to the proper adjustment, consult someone who is familiar with the binding or take your skis to a ski shop and have your bindings adjusted.

* Ski within your capabilities. If you want to increase your proficiency and tackle the more challenging slopes, there is no

faster -- or safer way -- to do it than to take ski lessons from a certified ski instructor. If you are a beginner or have not skied for a very long time, by all means, you should take lessons before attempting to ski on your own.

* Observe the "Rules of the Slopes." They are for the safety and protection of all skiers and are based on courtesy and common sense.

Ron Crossman
SCSC President



Skiers (l-R): Marilyn Anderson, Bob Anderson, Bill Trammell, and Janie (the Mouse) Trammell at Magic Mountain, Vermont (near Bromley) during a four day ski weekend. The Andersons were SCSC members before transfer to the East. Their year old daughter, Lori Lynn, decided to learn to walk before skiing... so she's not pictured.

** THE SITZMARKE **

published monthly by
the space city ski club
houston, texas

EXECUTIVE COMMITTEE

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SKI TIPS

by
Ed Williams

(The author is a certified ski instructor in the RockyMt. Ski Instructor Assoc. and a former Senior Ski Instructor at Taos Valley.)



The average novice skier has a number of mistakes that cause him problems on the hill. In many cases the basic problem is something that can be corrected easily. While many mistakes may be prevalent, there is usually one predominant mistake causing the skiing problem. It takes an expert to analyze what your basic mistake is. A friend can't help you, because they are unable to spot and analyze the problem. It is worth the money to get a private lesson from a certified ski instructor.

One basic mistake a beginning skier makes in transferring weight to the turning ski is moving the hip outside the line of the turning ski. This puts the ski on the wrong edge. This inevitably causes a fall. Many skiers say, "I caught an edge." The reason for catching an edge is what is important. There are other reasons for Catching an edge. Rolling the knee beyond the outside edge of the ski, or banking the upper body in the wrong direction, will cause the ski to be edged wrong.

Edge control is controlled by angulation. Angulation is done by leaning the lower body into a turn and the upper body towards the outside of the turn, or by banking which is leaning the whole body into the turn.



EXTRA CAUTION



MORE DIFFICULT



MOST DIFFICULT



EASIER

CLOSED
Avalanche AreaASPEN TRIP (Easter)

March 27 - March 30

Trip Chairman:

Jerry Chiles - 665-3667 (home)

Assistant Trip Chairman:

Mary Zarsky - 665 - 4926

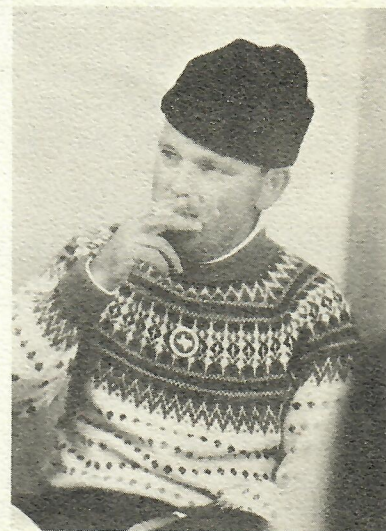
GOOD NEWS for spring skiers! Texas International Airlines has arranged a 99 seat DC-9 jet for our trip. We are attempting to arrange as many rooms as possible in addition to those we had booked at the Holiday Inn in Aspen. We will thus be able to take more than the original 75 we had planned on. ! Our waiting list is small, so now is the time for Easter skiers to get their deposits in!! MAIL your \$50. deposit today to Jerry Chiles, 5331 Beverly Hill Lane, # 37 A, Houston, Texas 77027.

TRIP DETAILS: We will be leaving from Houston Intercontinental on Thursday, March 26 at 6:15 pm. After a non-stop flight to Denver -- with dinner served aboard -- we will take buses to Aspen, arriving about midnight. We will be staying

at the all new Holiday Inn, located about 20 yards from the lift at the foot of Buttermilk Mt. The Holiday Inn has two night clubs with live entertainment, two restaurants, a swimming pool, mens and womens asunas and lots more. Transportation is available during the day to the other ski areas and into town at night. After four full days of skiing -- Friday, Saturday, Sunday, and Monday -- we will depart Aspen about 4:00 pm on Monday, March 30. Once again we will take buses to Denver and then a non stop flight to Houston (with dinner aboard) arriving in Houston about midnight.

Total cost of the trip will be \$175. This includes transportation, lodging, insurance and several cocktail parties and the wine and cheese parties. Your food, entertainment, equipment and lift tickets will be on your own. A \$50. deposit is due immediately in order to get your name on the list, with the balance due by March 1.

Don't be left out!! Sign up today!!



SWAP SHOP BARGINS

For Sale: One pair Head standard skis with safety bindings, 210 CM. Poles included. \$30. Also, one pair Henke leather, five buckel boots, size 11 M. Used two weeks. \$25. Call: Doug Allen, CA 8-0181 or 621 - 0980.

FOR RENT

Skiers: Red River Resort Home just available! Sleeps 8- 10; fully equipped. \$40.00 a day. CONTACT: G. W. Green, c/o Sportsman's Lodge, PO Box 175, Red River, New Mexico 87558.



SPACE CITY SKI CLUB

P. O. Box 22567
Houston, Texas 77027

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CORRECTED ADDRESS REQUESTED

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THE SITZMARKE

March, 1970

SPECIAL NOTE: Please mark your calendar -- " March SCSC meeting will be on Tuesday, the 17 th of March, same time, same place. " Only the date is changed.

CALENDAR OF EVENTS



March

March 7 - 14

LAKE TAHOE Trip

March 12 Skating Party

March 17* Monthly Meeting

March 27 - 30

ASPEN - EASTER

* NOTE:

The March Meeting will be held on the third Tuesday of March so that Lake Tahoe trip members may be present when the candidates for next year are presented, and nominations are made from the floor.

April

April 9 Skating Party

April 13 Monthly Meeting

April 23 Skating Party

MEMBERSHIP ROSTER '70 PUBLISHED IN NEW SIZE

The 1970 Membership Roster has been published this year in a new, compact, purse or pocket size for the greater convenience of SCSC members.

The 1970 Roster was mailed to all members on February 27, and if you have not received your very own personal copy, please write out your correct address and mail it to: Marty Sanford, 1515 Bissonnet # 79,



SNOW AND SKIING REPORTS

Snow and skiing reports as well as road conditions are broadcast by Radio Station KLYX (102 FM) at 6:55 am on Wednesday, Thursday, and Friday. Reports cover the conditions in both New Mexico and Colorado. Tune In!

SKI HEADQUARTERS



... in the clothes hamper

Bogner	Meister	Gerry
Head	Sportcaster	Braun
Spinnerin	Edelwis	Duofold
Maggi	Skyr	Select Furs

... from the ski rack

Head	Rossignol
Hart	Fischer

... in the boot shop

Lange	Henke
Rosemount	Koflach
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Rentals:

Skiis, Boots, Pole,
Pants and Parkas

Charge accounts invited