

newsletter

# sitzmarke

SPACE CITY SKI & ADVENTURE CLUB

VOLUME 49 NO. 8  
DECEMBER 2013

this issue

- OFFICERS REPORTS 3
- ACTIVITIES & FEATURES 8
- TRIP CALENDAR 26
- CLUB CALENDAR 37

holiday  
time

CHRISTMAS GALA - DEC 19  
REGISTER BY DEC 2nd!

*Spin and Glide*  
*Ice Skate USA 8*  
*Ho Ho Ho!*  
*Christmas Gala 10*  
*New Member Spotlights*  
*Lutz & Weathersby 12*  
*All about wool socks*  
*What your feet really want 14*

## wool socks

what your feet really want

*Guest article by Jennifer C. Olson,  
reprinted with permission from  
Women's Adventure Magazine*

## contents



in every issue

Launchpad **2**From Mission Control **4**Having a Blast **6**Countdown to Liftoff **23**Trip Calendar **26**Trip Coordinators **28**Club Calendar **37**Recent Photos **38**

## cover story

**14** Wool Socks, by Jennifer C. Olsen, reprinted from Women's Adventure Magazine.

## feature articles

**8** Spin and glide: Ice Skating

**9** Holiday giving: Cypress Cares

**10** Christmas Jingle Mingle Gala

**12** Member Spotlight: Marsha Lutz & David Weathersby

**32** Trip report: California Wine Country



## sponsors

**22** Jackson Hole



launchpad

## the world is a different place

**H**ow many times do you think to yourself 'the world has changed

so much from when I was a child'? Weather has changed, politics have changed, threats to our country have changed, and technology changed...to name just a few.

But one thing that hasn't changed is the nature of the human spirit, and at this time of year we open our hearts and pocketbooks to help those in need, say thank you to those that perform with valor, and bring joy to loved ones and friends.

This year the club has decided to support Cypress Cares its mission to deliver holiday care packages to the men and women serving

our country. Our troops in foreign lands put their lives on the line every day to preserve our liberty.

Join me and attend the December General Meeting to make a generous contribution of needed personal items or bring a check to help Cypress Cares cover shipping costs. Visit [www.Cypress-cares.org](http://www.Cypress-cares.org) for more info.

May the spirit of the holidays be with you throughout December\* and the coming New Year.

**Lynda Meyer**

*Editor, and VP of Marketing*  
[marketing@spacecity.org](mailto:marketing@spacecity.org)

\*To add joy to your holiday season, [sign-up for our Christmas Gala](#) by Dec 2<sup>nd</sup>

newsletter **sitzmarke**

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Can you believe that we are half-way through the club's fiscal year and our meetings have gone to the dogs!

Time flies when you're having

fun! We had a great



time with our SCSC human and canine friends at the dog park in

October and Denise Corliss topped off our gatherings with her canine rescue dog, Bretange. Ms. Corliss volunteers with Homeland Security on search and rescue



# from MISSION CONTROL

missions. She presented highlights of how service dogs are trained along with personal pictures from their participation in the 9-11 rescue along with other missions.

Her efforts, along with her canine's, are very noble and the presentation was



a wonderful tribute to Veteran's Day. One member commented that this presentation was the best one our club has ever done!



Please don't forget our December meeting. We are continuing to honor our troops by inviting the Cypress Cares organization



to present at our next general meeting. Along with a presentation, **please consider taking the opportunity to donate care packages to our troops through this organization. If you don't have time to assemble a care package, there will be an avenue to donate cash.** Please refer to this newsletter and up-coming email blast for the list of items appropriate to donate.

As time flies, so do the terms



of Executive Committee officers. The nomination committee is hard at work to fill a slate for the 2014-2015 season. Please give it serious consideration if you are approached to volunteer. This has been a very rewarding experience for me and I have met many incredible people through my involvement with the Executive Committee. It does take time; however, the payoff is far greater than the time spent volunteering. If you are interested in learning

how to become an officer, please contact any person on the Executive Committee or Board of Directors. Experience in the club is important.

To close out the year, I sincerely wish each and every one of you a very safe, joyous holiday season!

**Melinda Hughes**

*President*

[president@spacecity.org](mailto:president@spacecity.org)

## Interested in membership?

Join online, or contact our VP of Membership, Jan Ferrell, for more information. Family memberships are a great way to get on the slopes with your spouse and kids.

**Jan Ferrell**

*VP of Membership*

Have you forgotten your user name or password?

Jan can help.

E-mail her at

[membership@spacecity.org](mailto:membership@spacecity.org)

# having a BLAST

To help us get in the holiday spirit, SCSC members laughed the night away at the sold out production of the Great American Trailer Park Christmas Musical at Stages Repertory Theatre. It was preceded by some great Mexican food at Teala's Restaurant. Thanks to Nancy Burk for doing such a great job as activity coordinator for this event.

Our November Happy Hour at Tango and Malbec's had us sipping some wonderful Argentinian wines on a nice fall evening while mingling with old and new friends.

Speaking of mingling with old and new friends and



the holiday spirit, our December Happy Hour will be replaced with our

**Christmas Gala at the**

**fabulous Post Oak Grill.** The cost is only \$52 for members and \$55 for guests, which includes tax, tip and 2 glasses of wine, music and dancing. You will enjoy an extensive buffet of salads, flounder filet Florentine, marinated grilled chicken in Blanco sauce, bowtie pasta a la vodka, chocolate dipped strawberries, key lime pie and pecan tarts and more. It will be held on December 19<sup>th</sup> at 7:30pm until midnight.



Lori Aubrecht and her elves have been working really hard on this activity so don't disappoint them. [Register online](#) or **send your check in now.** **We need a guaranteed guest count by December 2<sup>nd</sup>.**

Our January Happy Hour will be at McCormick and Schmidt's at City Center at I-10 and the Beltway. They have a wonderful happy hour menu which includes \$3.50 domestic drafts, \$4.00 well spirits, \$6.00 wines and \$7.00 martinis. Food includes appetizers ranging in price from \$2.99 through \$5.99. Ample parking is available, although you must be careful to park in an area designated for Town&Country Village customers.

We hope you will all come out and support our January 19<sup>th</sup> event for a fun afternoon of ice-skating in Memorial City Mall. For more information about this event, which will include an optional pizza party afterwards at California Pizza Kitchen to help benefit the Texas



Ski Council Youth Foundation, see the full article on page 8.

Future ideas for activities include a Las Vegas Style Casino night, a Chili cook-off, wine tasting, and a water limo pub-crawl in Kemah. As always, I am looking for volunteers to lead these activities. It's a great way to meet new people and support your club, plus as an added incentive your activity fee is gratis!!

Wishing you a wonderful Christmas holiday season and New Year. Contact me any time with suggestions for future activities or better yet, make 2014 your year to volunteer!!

**Gayle Dale**

*VP of Activities*

[activities@spacecity.org](mailto:activities@spacecity.org)

## DECEMBER CHRISTMAS GALA



What better way to relax and unwind around the holidays than by

enjoying a lavish buffet dinner and dancing until midnight? Please join us at the Post Oak Grill, located in the beautifully decorated Galleria area. We will have our own private room with a large dance floor and lots of dancing music.

Sparkling attire encouraged! NOTE: Our Christmas Gala will take the place of our monthly Happy Hour.

There will be a cash bar.

**WHAT:** CHRISTMAS JINGLE MINGLE GALA

**WHERE:** Post Oak Grill  
1415 S. Post Oak Lane

**MAP:** <http://goo.gl/maps/aH8PZ>

**WHEN:** Thursday, 12/19  
7:30pm - Midnight





# spin and glide ICE SKATING

Ice Skate USA  
Sunday, January 19  
1:30pm

Optional dining after-  
wards at the California  
Pizza Kitchen, rinkside

Memorial City Mall  
303 Memorial City Way  
MAP: <http://goo.gl/maps/wTSIO>

ACTIVITY COORDINATOR:  
[Fred Pethick](#)



Looking for great winter fun right here in Houston? Join your SCSC friends for some fun and exercise at this massive indoor ice skating rink. Never ice skated before? Or has it been a while? No problem, as a 30 minute group lesson and skate rental is included with your admission.

We will skate for 2 hours with in-and-out privileges, meaning you are free to leave and return to the rink whenever you want. So you can even get in a little shopping in between skating.

Afterwards we will meet for pizza and drinks at the California Pizza Kitchen (since you just burned off those calories!) CPK is located in the mall just outside the skating rink. As an added bonus, a portion of our money spent at CPK will go to the TSC Youth Foundation.

Member Cost: \$14 (payment due by 1/11)

Non-member Cost: \$16

# holiday giving CYPRESS CARES



This year Space City Ski & Adventure Club is teaming up with Cypress Cares ([www.cypresscares.org](http://www.cypresscares.org)) to send care packages to our troops for the holidays. We'll be taking collections of the following items at our December 9th General Meeting. This is a list of just a few items that the troops ask us to send. So start your own box collection box today and bring it with you to the December General Meeting.

## About Cypress Cares

Cypress Cares is a non-profit organization dedicated to providing community support for the troops who protect America's freedom by sending care packages and letters of encouragement from home.

## Suggested Donations (from their website, [cypress-cares.org](http://cypress-cares.org))

Currently, our greatest needs are for care package items as well as financial assistance to cover shipping costs of our boxes. Below is a list of suggested donations for the packages. This list is rather long, but it is not all-inclusive. Think SMALL, pocket-sized! Troops must be able to pack and carry what they receive and if you can, think PROTEIN!

When purchasing items for care packages, **please consider items that are small and individually wrapped**. Service members have limited storage capacity and items should be able to travel in their cargo pockets. Personal hygiene products or other items such as mouthwash, baby wipes, toothpaste/toothbrushes, sunscreen and moisturizers are always useful. See the list below for more hygiene options. Batteries must be alkaline, nickel cadmium or nickel metal hydride. Lithium is restricted in International mail. Sunscreens, shaving creams and bug sprays must be non-aerosol. Other suggestions from those who have "been there, done that" are to give prepaid phone cards and gift cards from AAFES (Army and Air Force Exchange Service). These will support our troops two fold because besides them being able to call home, the proceeds from the purchase will go directly towards troop Morale, Welfare and Recreation. Click to purchase these items directly from AAFES.

If you have a question about particular items, please feel free to contact us and we'll try to help you out.

## Food Items

- tuna pouches
- beef jerky/beef sticks
- micro-ready meals
- coffee (ground); Starbucks VIA
- hot chocolate mix in individual packets
- protein powder shake mix (vanilla, chocolate)
- dry cereals
- peanut butter (18 oz jars or individual servings)
- cookies and chips, pocket sized snacks (nuts, trail mix, fruit wraps, Quaker Oatmeal bars, Power Bars, Clif bars)
- water flavorings
- canned (15 oz size)/dried fruits (raisins, bananas, cranberries, etc.)
- candy and gum
- nuts
- protein/granola bars
- breakfast (Pop tarts, instant oatmeal, etc)

## Hygiene & Personal Items

- baby wipes
- good quality razors
- saline eye drops
- saline nasal spray
- chapstick
- sun block (squeeze bottles, no aerosols)
- foot powder
- hand sanitizer (2-8oz size)
- bar soap (Lever, Dove, scented for ladies)
- ladies items (pony tail holders, scented body wash, lotion, etc)
- dental care (floss, toothpaste, brushes)
- NyQuil/DayQuil
- Tylenol/Excedrin
- OTC meds (anti-diarrhea, Advil, Sleep)
- Q-tips

## Miscellaneous Items

- LED Flashlights/Mini Mags
- AAA and AA batteries (not lithium)
- Clorox wipes
- zip-lock bags (gallon, quart, 2-gallon)
- CDs and DVDs
- fly paper
- board games
- decks of cards
- portable CD players
- puzzle books (Sudoku, cross-word, etc), Bic Pens
- cigars
- devotional books
- squirt guns
- blank note cards
- iTunes gift cards
- [AAFES gift cards](#)
- [phone cards](#)

## Donations to Avoid

No large boxes, bottles or cans, please. Large bottles of shampoo, conditioner and body wash, are typically harder to ship and tend to leak. Please do not send aerosol items or pressurized (such as shaving cream or canned cheese), chocolates (we do not want to send these between April 1 and September 30), pornographic materials (strictly forbidden), alcohol, pork items or items with pork by-products. Avoid any item which could be deemed unsafe. Items we receive that we are unable to ship will be donated to Cypress Assistance Ministries for use in their mission.

# christmas JINGLE MINGLE GALA

CHRISTMAS GALA &  
DECEMBER HH

THURSDAY, DEC 19th  
7:30pm - midnight

Post Oak Grill  
1415 S. Post Oak Lane

ACTIVITY COORDINATOR:  
[Lori Aubrecht](#)

## CHRISTMAS CHECKLIST:

Shopping : ✓

Decorating : ✓

Baking : ✓

Now it's time to relax!

What better way to relax and unwind around the holidays than by enjoying a lavish buffet with dinner and dancing until midnight? Please join us at the Post Oak Grill, located in the beautifully decorated Galleria area. Our menu will include Flounder Filet Florentine, Marinated Grilled Chicken, and Bowtie Pasta A la Vodka, along with an assortment of salads, sides and desserts. Two glasses of wine will be included with your meal

We will have our own private room with a large dance floor and lots of dancing music.

Sparkling attire encouraged!

Our Christmas Gala will take the place of our monthly Happy Hour. There will be a cash bar.



## BUFFET MENU

### First Course

#### Post Oak Salad

*Mixed Greens, Pinenuts, Crusted Goat Cheese*

#### Famous Tomato Salad

*Sliced Roma Tomatoes, Hearts Of Palm, Sweet Red Onions*

*Both Salads with Ranch Dressing & Herb Vinaigrette*



### Main Course

#### Flounder Filet Florentine

*With Capers and Mushrooms in a Green Onion Sauce*

#### Marinated Grilled Chicken

*Topped with Fresh Tomatoes and Basil in a Bianco Sauce*

#### Bowtie Pasta A la Vodka

*With Tomatoes, Mushrooms and Basil*

### Sides

#### Whipped Red New Potatoes

#### Sauteed Seasonal Vegetables

#### Assorted Bread and Biscuits

### Dessert

#### Assorted Homemade Cookies

#### Key Lime & Pecan Tarts

#### Chocolate Dipped Strawberries

CHRISTMAS GALA - DEC 19  
REGISTER BY DEC 2nd!





# long-time member SPOTLIGHT

## Marsha Lutz

**Marsha, you've been involved in skiing and traveling for some time now. How did that come about?**

Prior to 1985 I went on several ski trips with friends and 3 out of 5 of the trips were to Breckenridge. One of my friends told me about Space City Ski Club and their ski trips. I wanted something different so I joined. The first trip I went on with the club was to Bad Gastein, Austria—quite different than Breck! I've skied every year since then with the club. Oh yeah—right before this interview I was at Sun & Ski buying new boots for next year. Their boot-fitter is excellent.

**Other than ski trips with us, what other club trips have you been on?** Australia, Grand Canyon rafting, Costa Rica, Egypt, and the Alaskan cruise.

**In addition to being an active member of our club, what positions have you held in running the**

**club?**

I've been the Trip Coordinator for numerous trips as well as served on the Executive Committee as Secretary, Director of Trips and VP of Trips. I really liked planning ways for the participants to socialize on the trips—on and off the ski slopes. I recommend to our members to get involved by volunteering.

**You are also involved with the Texas Ski Council (TSC)? Tell us about what that is and your participation.**

In my early days in SCSC, I didn't know much about the TSC. When I was first running a trip, I heard about them, but didn't really know much. Email and Internet was not around then so less visibility, but since the late 90s I've become more aware of the council and its umbrella function of coordinating the ski clubs throughout the state. I got to know other SCSC members who served on the TSC Board and decided to be the SCSC TSC rep for a year. Then I put my name in the hat to be an officer and have now been on the TSC Board for 3 years and currently serve as Secretary.

**Are you a native born Texan?**

No—but learned to walk and talk in TX. I was born in St. Louis and moved with my family to Tyler, TX when I was about 16 mos. old. I went to college at UT-Austin and am a true Longhorn fan. As a matter of fact, this interview is being done during half-time of the UT-WVA game so I am talking fast. I work as an environmental consultant in the offshore oil & gas industry.



**Outside of the club, what do you like to do?**

Travel—besides all the great club trip destinations, I've been to 41 of the 50 great states, Mexico, Caribbean, Europe, Russia. I also enjoy scuba diving, the theater, antique shows, museums, and dining out with friends. I also volunteer with the Heritage Society.

**What is the furthest place you've travelled to with or without the club?**

New Zealand—it was a ski trip but we didn't ski much as the weather was too mild. We had a great variety of activities, visiting the countryside and white water rafting.

**What is your favorite place to go and where would you like to go?**

My favorite ski resorts are in Colorado. My favorite international destination is Italy. I've been there 3 times and covered much of the country but will definitely return—hopefully one year soon. My next international trip is to South Africa with the club. That is a big bucket list item for me.

**What is something few people know about you?**

That I have ferrets—Max and Harley.

# new member SPOTLIGHT

## David Weathersby

**David, welcome to the club! How did you find out about us?**

Cindy Moore met my brother dancing and told him about the club. He told me about it so we came to a meeting and joined. I've been skiing for 15 yrs. but I enjoy the adventure part of the club. The club was going to Ireland, so I signed up.

**And how did you like it?**

Ireland was terrific. I made new friends and love the SCSC club.

**What is your favorite place to perhaps go back to and where would you like to go?**

I'd like to go back to Hawaii. Right after Ireland, I went to Bali, Singapore and Thailand. I'm going to Germany with the club. While I've been to Germany several times, the activities such as going to Prague and Berlin appeal to me. My travel Wish List includes visiting Eastern Europe, touring the Greek islands, driving through Italy and seeing Australia. Pretty much want to go where I have never been.

**Now, how about you—are you a native born Texan?**

I was born in Houston and my family is from Texas.

**And what's your favorite thing to do in Houston?**

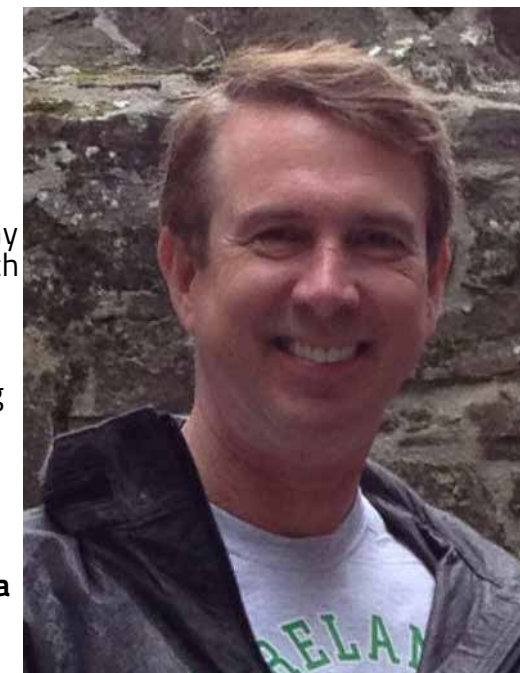
I live by the Woodlands and have 2 electric bikes. It's fun to ride over for concerts, hang with friends on a blanket, beer and food.

**Last but not least what is something few people know**

**about you?**

I'm a Captain with the Houston Fire department. I also spent 24 years in the Coast Guard reserves in Charge of Search and Rescue boats as well as an instructor and the Navigator on the Coast Guard's 300 foot tall (sailing) ship "The Eagle"

**Thanks for becoming a member, David. See you at an event or meeting soon!**



**Member interviews by  
Jan Ferrell**

*VP of Membership*

[membership@spacecity.org](mailto:membership@spacecity.org)

# gear: WOOL SOCKS

Who are the sock experts?

*Sue Jesch, Design Director of Smartwool*

*Peter Duke, CEO co-founder of Point6 socks (alongside his wife, Patty Duke)*

*Ric Cabot, Founder and President of Darn Tough Vermont*

*Luke Eldridge, Sales Manager of FITS*

by Jennifer C. Olson

Reprinted with permission from

[Women's Adventure Magazine](#)

## Why spend on socks?

High-quality socks are worth the comparatively hefty price, if nothing else for their unmatched durability and priceless fit. "They're built to last," says Peter Duke of Point6.

And we can attest. All but one pair of the merino socks [Women's Adventure](#) has tested in the past year have held up very well. And the one pair that didn't? Well, that brand (not mentioned here) is re-hauling its sock line and will debut a stronger than ever sock in 2014, underlining the fact that du-

urable socks are more than worth their double-digit price tags.

Plus, you don't even need that many pairs. "Because merino socks are durable, antimicrobial, and quick-drying," Ric Cabot of Darn Tough Vermont explains, "two or three pairs are plenty for hiking the entire AT. You'll carry gear, food, and water. The less gear you have, the more food and water you can carry."

## What makes a great sock?

The first ingredient to an outstanding outdoor sock: merino wool. "Merino describes a micron-range of

wool that's soft and durable. You want merino wool that has low-mi-

# give your feet what they WANT



cron so it's soft against skin. The lower the micro, the softer and more durable," Ric says.

"Super fine merino wool is a super fiber," says Brand Manager of FITS. Merino is naturally anti-microbial and inherently helps with moisture management or breathe-ability. Plus, it won't itch.

The next key ingredient in a high-quality outdoor sock: nylon (or some other synthetic material) for durability and structure.

Synthetic reinforcing for durability typically goes under the heel and under the ball of the foot. "Wool socks not reinforced with nylon in those high-abrasion areas will develop holes quickly," Peter says.

"All Smartwool socks have elements of elastic and nylon, you need those synthetics for stretch and

recovery," Design Director of Smartwool Sue Jesch explains. "Still, Smartwool makes sure wool is next to your skin. The wool performs, so making sure that's next to your skin is key."

While some companies argue over the way to reinforce socks, FITS embraces a couple of methods. "The differences are just in the placement of nylon," Luke says. Speckled, spotty socks are called regular plate, where nylon is woven into exterior. The synthetic on the outside creates a durable shell and gives the sock a longer life. The other type is called reverse plated, or sandwich plated. That's where nylon is knit to the inside of the sock between layers of wool. Nylon is the structure and wool fills in. You still get wool against your foot and wool on the boot



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side. "That's the softer feel, and it'll be more expensive," he says. "Both are very comfortable."

But why so many choices? Every brand has its own strategy for durability. Smartwool's is called WOW technology: wool on wool. "When we use wool on wool, instead of nylon on wool, we've found it's more durable," Sue says. "WOW is in the key places where you need durability—high-impact areas where the shoe rubs. You're cushioning and also reinforcing." Peter thinks that might not be the best way to add durability. "People assume the more wool, the better it is, but adding wool in these extra areas is just marketing," he says.

One tried and true method to durability: small-needle knitting, which results in more stitches per inch and exceptional durability and cushioning. "High-density knitting," Ric says, "refers to the terry loops per square inch. The loops—1,431 loops or stitches per square inch—are so small and the needles so fine, they don't break down or fold over under pressure, so the sock will keep its cushioning longer than something that's heavier."

Here's why. "If you look closely at a wool sock, you might see all these hairs sticking out of the new socks," Peter says. "Those fibers sticking out can

start to pill, and those balls can build up and pull out. That's a durability issue. When the yarn is spun compactly, these hairs do not stick out. So you don't have all these fuzzies going on, which lessens the chance of the pilling and pulling out of the fibers."



## Which socks do I need?

End use matters, Sue says. To determine the sock height, silhouette, and cushioning, you need to consider how you'll be using your socks. It's pretty simple. For a casual hike, you don't need heavy cushioning. If you're backpacking for days, you'll want something that packs lighter and is more durable. The height of your socks depends mostly on height of your boot, so find a sock that matches up well with that shoe.

"We try not to break it down into microcategories,"



Ric says. But the company does make socks for six active wear categories: ski/ride, hike/trek, run/bike, lifestyle, hunt and kid's styles. The terrain and climate determines what kind of shoe you'll be wearing; a trail runner vs. heavy mountaineering boot, for example. For running, you'd want a sock with cushioning on the foot bottom and with a shorter top. If you're in a heavier boot, you want cushioning on the shin area to keep the tongue from rubbing.

Cushioning in the leg prevents dirt and pebbles from entering the boot too.

"You want lots cushioning but not a heavy sock. The heavier, the worse the circulation and the worse your performance is," Ric says. "Your performance will deteriorate with poor circulation. Good cushioning comes from high-needle count but low bulk."

While high-density knitting (or cushioning without bulk) is key, the amount of cushioning is a personal preference. "Your preference depends on the weight you like and your boot fit. Some claim there is more warmth in medium-weight sock, but it may be per-



ceived," Luke says. "FITS are cushioned primarily in the heel and toe or arch area, except for downhill ski socks, which have cushioning at the shin, too."

Next to the sock's silhouette and cushioning, a stellar fit is crucial. "Fit is so important that we built our brand around it," says Luke. "A perfect fit requires a dynamic toe box—a toe box that moves as you do—and a heel that locks in place, plus a cuff at the top that provides full contact." FITS tries to accommo-

date differently shaped feet and toes by minimizing excess material but giving socks a lot of cross stretch to account for a wide variety.

Darn Tough Vermont does the same. "Our socks are knit with a healthy amount of Lycra to make them fit and stretch better," Ric says.

Ultimately, a great sock is crafted around the anatomy of the foot and leg; it fits over the foot and stays in place. Deeper heel pockets prevent a sock from

sliding toward the arch and bunching up inside a hiking boot. Graduated construction—a contoured shape from the ankle up to the cuff—also prevents slippage and bunching.

"Ill-fitting socks add friction between foot and sock, sock and boot," Luke says to further emphasize the importance of a perfect fit. But, beyond fit, there are a few foolproof ways to eliminate friction. Among them, having a seamless toe box, an exceptionally pronounced heel pocket, and an ideal amount of stretch. Here, Peter outlines these three things you must know about socks to really understand fit. Whip out a pair of your own socks and explore these areas as you read.

**1. Toe closure:** The idea in a toe closure is to eliminate the sewing of that toe closure. If you turn it inside out and go to the toe area, is it flat or have a ridge? If it has a ridge, it was sewn, that ridge can become an irritant to your toes. "We design our socks around that and our toe closures are looped, so there's no seam, which eliminates irritation on toes," Peter says.

**2. Heel gore line:** Look at where the ankle intersects with the heel pocket on your socks. If there is no

line, you have a tube sock (pretty much any standard drug-store sock out there). "The tendency of many [tube] socks is to fall down the leg, because



the heel pocket doesn't secure the heel," Peter says. So, creating a gore line produces a pronounced heel pocket. The longer the heel gore line, the deeper the heel pocket. The deeper the heel pocket, the better fitting the sock is around your heel. "The shorter the sock's heel gore line, the less expensive it is to make the sock, because the machine slows down in that area to do the gore line," he explains. "Because the heel fits around your foot better, the pulling on the front of your leg isn't as great. Otherwise will bunch up in front."

**3. Cross stretch:** Pull the sock to each side as you're putting it on your foot. You need right amount of stretch so it's not too tight. Women will especially



notice tightness around the calves. "Women's calves are lower than men's calves, so women complain about crew socks in that area," he says.

## How do I care for my socks?

Now that you know what to look for when you're buying socks and you're convinced they're worth the cash, you need to know how to care for your investment.

Durability depends on use, shape of foot, wear and tear, how you care for their socks. So, like anything, try not to abuse them. "Treat them with respect.

Treat them like a good piece of gear," Ric says. "The better you treat your socks, the less repair needed."

You can up the durability of your socks by having two pairs of the same sock, he says. "Have an extra pair just to make sure you don't wear a certain sock on the same foot over and over again," Ric says.

"There are companies that produce a sock for the left and right foot, but the toes and heels rub in the same spot so that they wear more quickly. In the end, it's not a good idea because those socks wear out faster. The odds are that, without foot-specific socks, you'll switch feet every time or every third

time."

"Socks with high merino content will dry quickly, so you can wash them in a stream and they'll dry overnight," Luke says. "They're also antimicrobial so you don't have to carry six pairs of socks, just a couple."



Sue agrees. "You can wear these socks multiple days without washing them and they won't stink. However, when you're done, stick them in the machine if you have to," she says.

Wash merino wool socks inside out in warm water. Super fine merino will inherently pill, but washing socks inside out will reduce pilling and make your socks last longer. Line drying or laying socks flat to dry is best, but putting them in the dryer is not a problem.

It goes without saying, but never bleach or iron your wool socks. Nylons have memory so you don't want to expose them to high heat. Heat will break them down quicker, too.

Of the many sock maintenance philosophies, Point6's recommendations are the loosest: "Wear them, wash them, throw them in the dryer. Enjoy them for a long time. Quality is built in," says Peter Duke. His best advice: "Call Grandma. Darning is an art form gone with Grandma. Take a needle and thread, just sew it together if you need to do that." Sue has a different take: "You don't really fix socks," she says. And here's why: Once the merino is gone, the performance nature of the sock is gone. If you want to darn them, consider that you'll be adding a non-performance material. "The nylon [for reinforcement] isn't the performance material, so when the wool is gone, it's time to get a new pair."





# countdown to LIFTOFF



Snow is falling! The mountains are calling! Are you listening? A winter wonderland of fun and fellowship with friends, long time and new, awaits you! Have you signed up for your ski trip(s) yet? As I write this, I am also working on an e-mail blast with the latest trip status, including the trip status for our non-ski trip to South Africa in September. However, if there is a trip you are interested in, check with the TC of the trip as they always have the latest, most up-to-date information on their trip.

Some of you may know I was also VP of Trips in 97-98 and WOW how the travel industry has changed since then, especially when it comes to the fees the airlines now charge. According to [airfarewatchdog.com](http://airfarewatchdog.com), "in the first three quarters of last year, U.S. airlines made almost *five billion dollars* in baggage and change fees alone." Fees for baggage or ticket change fees may be familiar to us; however, some airlines charge for blankets or pillows or even for booking on-line.

When we book our flights months or weeks before our flight, we look for the best airfare and yet, even for the seasoned traveler, often forget that the airline may charge additional fees when we arrive



Photo credit: Ryan Sheets Photography, early snow in Jackson Hole, © Jackson Hole Mountain Resort Blog

at the airport to take our flight. The reason I mention this is to remind members, especially those of us that book Full trip packages, that the extra fees charged by the airline are not part of our club's Full trip price. So, as our first ski trip is about to leave on December 7th to Vail, don't be surprised if the airline asks you to lighten your pocketbook before the plane even takes off with fees for your checked bags, etc. BTW – [airfarewatchdog.com](http://airfarewatchdog.com) offers a comprehensive air-line fee guide. Be prepared before you leave for the



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**OUR GUESTS RANKED US NUMBER ONE  
OUR COMMUNITY MADE US WHO WE ARE.**



# countdown to LIFTOFF (continued)

airport so you are not surprised by the extra fees.

Our team of TCs and ATCs continue to work hard to finalize the details for our club's fantastic ski and non-ski trips this year. All destinations – Vail-Dec, Park City, Garmisch, Jackson Hole, Vail-Dec, Mammoth, Keystone, Breckenridge, Winter Park and South Africa – offer a wonderful opportunity to have fun and create new memories with long time and new friends. Come to the next General Meeting on December 9th to meet the TCs and ATCs and find out other information they can share about your trip or any trip you are interested, including options and the parties planned for your trip!

Wishing each and all a Merry Christmas and Happy New Year!! Take care & stay safe! Cheers!

**Susan Blome**

*VP of Trips*

[trips@spacecity.org](mailto:trips@spacecity.org)

## NEWS FLASH!!!

Although a few trips are full, (Garmisch, Jackson Hole, & Vail-Feb), things are constantly changing and we now have openings on Park City which was previously sold out. In addition to Park City, you can still buckle your boots for Vail-Dec, Mammoth, Keystone, Breckenridge, and Winter Park. Plus, don't forget our South Africa trip next September.

# LET WINTER BRING OUT THE PHOTOGRAPHER IN YOU



New for 2013-14! We're running a photo contest. Photos from any Space City activity or location are eligible. The winners will have their photos published in our Annual Ski & Trip Sitzmarke print edition. Find out more at [www.spacecity.org/photocontest](http://www.spacecity.org/photocontest)

**SPACE CITY**  
SKI & ADVENTURE CLUB

trip  
CALENDAR  
OCTOBER

3-7 CALIFORNIA WINE COUNTRY

DECEMBER

7-11 VAIL SHORT

7-14 VAIL LONG

JANUARY

4-11 PARK CITY

24-31 GARMISCH-PARTENKIRCHEN

FEBRUARY

8-15 JACKSON HOLE

22-MAR 1 VAIL

MARCH

1-8 MAMMOTH

8-15 KEYSTONE<sup>(1)</sup>

12-16 BRECKENRIDGE SHORT

15-22 WINTER PARK<sup>(2)</sup>

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

19-30 SOUTH AFRICA

(1) Spring Break & Family Optional Trip # 1  
(2) Spring Break & Family Optional Trip # 2

Destination	Dates	Prices Full/Land Only (before cash discount)	Final Pay- ment Date	Trip Coordinator	Assistant Trip Coordinator
2013					
California Wine Country	Oct 3-7	\$773 - land & cash only	8/30/13	Linda Kuper <a href="mailto:linda@spacecity.org">linda@spacecity.org</a> 713-478-9094	
Vail, CO - Short	Dec 7-11	\$756 - land only	10/14/13	Ann Rogers <a href="mailto:ann@spacecity.org">ann@spacecity.org</a> 281-703-0454	
Vail, CO - Long	Dec 7-14	\$1,229 - land only	10/14/13		
2014					
Park City, UT <i>TSC Winter Traditional</i>	Jan 4-11	\$1,310/\$851	11/11/13	Betty Donellan <a href="mailto:betty@spacecity.org">betty@spacecity.org</a> 310-702-2090	Leslie Hajdo <a href="mailto:leslieh@spacecity.org">leslieh@spacecity.org</a> 281-419-6237
Garmisch-Partenkirchen, Bavaria, Germany <i>TSC Winter Expedition</i>	Jan 24-31	\$2,148/\$1,067	11/11/13	Barbara Brescian <a href="mailto:barbara@spacecity.org">barbara@spacecity.org</a> 713-516-5322	Sarah Granberry <a href="mailto:sarah@spacecity.org">sarah@spacecity.org</a> 713-392-5255
Jackson Hole, WY <i>TSC Winter Showdown</i>	Feb 8-15	\$1,327/\$753	12/2/13	Anne Thomas <a href="mailto:anne@spacecity.org">anne@spacecity.org</a> 713-589-3660	Steve Ying <a href="mailto:steve@spacecity.org">steve@spacecity.org</a> 281-433-4122
Vail, CO	Feb 22-Mar 1	\$1,204/\$860	11/24/13	Jim Hodges <a href="mailto:jim@spacecity.org">jim@spacecity.org</a> 281-829-6155	Arlen Isham <a href="mailto:arlen@spacecity.org">arlen@spacecity.org</a> 713-560-0187
Mammoth, CA	Mar 1-8	\$1,479/\$901	1/13/14	Sandra McCunis <a href="mailto:sandra@spacecity.org">sandra@spacecity.org</a> 281-463-7717	
Keystone, CO <sup>(1)</sup> <i>TSC Final Showdown</i>	Mar 8-15	\$1,135/\$709	11/11/13	John Burk <a href="mailto:john@spacecity.org">john@spacecity.org</a> 281-468-1912	
Breckenridge, CO - Short	Mar 12-16	\$578 - land only	1/13/14	Patti Finch <a href="mailto:patti@spacecity.org">patti@spacecity.org</a> 936-520-1486	
Winter Park, CO <sup>(2)</sup>	Mar 15-22	\$859/\$520	12/9/13	Cindy Moore <a href="mailto:cindy@spacecity.org">cindy@spacecity.org</a> 713-628-7613	
South Africa <i>TSC Summer Expedition</i>	Sept 19-30	\$5,130/\$2,938	TBD	Melody Bohlmann <a href="mailto:melody@spacecity.org">melody@spacecity.org</a> 210-410-7302	

(1) Spring Break & Family Optional Trip # 1      (2) Spring Break & Family Optional Trip # 2

**Information shown on this Trip Schedule is subject to change.** Contact the Trip Coordinator (TC) or Assistant Trip Coordinator (ATC) for the most up-to-date information.

**PRICING:** FULL packages include air, all transfers, and per person lodging based on double-occupancy. LAND packages do not include air. Ground transportation will be included and available on selected trips for land package participants if they can meet the group at the destination airport in time to meet the group. Ground transportation will not be delayed for land package participants arriving later than the group. Check with your Trip Coordinator for ground transportation arrangements if you are choosing a land package.

Published prices do not include baggage fees, equipment rentals or lift tickets, and are subject to change. All trip deposits can be made with PayPal; however, final payment must be made by check to receive the discounted rate. Trips frequently have optional activities, such as a group dinner, or offer pre- and post-trip segments that are not reflected in the price published above. The TC is your source of information as to what is included in the package price and the cost of available options. Each trip has a different final refund' date -- that is the last date you can withdraw from the trip without a penalty. Refer to the club's Standing Rules 5.1-5.4 for the governing policies on trips, cancellations, refunds, etc.

**DEPOSITS:** All trips require a per person deposit to make a reservation.



# TRIP COORDINATORS FOR 2013-14

## CALIFORNIA WINE COUNTRY

OCTOBER 3-7, 2013

Linda Kuper, TC  
linda@spacecity.org  
713-478-9094

- 2 custom tailored, guided wine excursions
- Harvest season in Sonoma/Napa areas
- Quaint town of Healdsburg (reminiscent of Tuscany in the fall)
- Complimentary wine tastings at local wineries
- Fall is a beautiful time to visit Northern California – experience fall color & crisp weather

**SORRY, IT'S OVER** ex-



Linda Kuper

## VAIL CO

DEC 7-14 or 7-11  
Ann Rogers, TC  
ann@spacecity.org  
281-703-0454

- Short & long options available
- Largest ski resort in the United States
- 5,289 acres of skiing
- Famous Back Bowls



Ann Rogers

## PARK CITY, UT - TSC TRADITIONAL

JAN 4-11

Betty Donellan, TC  
betty@spacecity.org  
281-374-2172 / 310-702-2090

Leslie Hajdo, ATC  
leslieh@spacecity.org  
281-419-6237

- World's Best Snow
- Three mountains to ski – Park City, Deer Valley, The Canyons
- Terrain for all abilities
- Park City is a charming mining town to explore



Betty Donellan



Leslie Hajdo

# and why you should choose their TRIP

## GARMISCH-PARTENKIRCHEN, BAVARIA, GERMANY - TSC WINTER EXPEDITION

JANUARY 24-31

Barbara Brescian  
barbara@spacecity.org  
713-516-5322

Sarah Granbery  
sarah@spacecity.org  
713-392-5255

- Savor the tastes, sounds and skiing of a Bavarian mountain resort town
- Ski the panoramic roof top of Germany
- Terrain for all abilities
- Step back in time to tour the 'real Disney castle'
- Historical sites, interesting excursions, art and culture

**WAIT-LIST ONLY**



Barbara Brescian and Sarah Granbery

## JACKSON HOLE, WY - TSC WINTER SHOWDOWN

FEB 8-15

Anne Thomas  
anne@spacecity.org  
713-589-3660

Steve Ying  
steve@spacecity.org  
281-433-4122

- SCSC/TSC trips are packed with activities on and off the slopes
- Offers 40% Blue Trails and ski terrain for all abilities
- Mountainside Lodging- No long bus rides!
- Elevation – base 6,311' is good for sleeping; summit -10,450' is great for skiing.
- Avoid Houston restaurant crowds by celebrating Valentine's Day in a skier's paradise

**WAIT-LIST ONLY**



Steve Ying and Anne Thomas

# TRIP COORDINATORS FOR 2013-14

## VAIL, CO

FEB 22-MAR 1

Jim Hodges

jim@spacecity.org

281-829-6155

Arlen Isham

arlen@spacecity.org

713-560-0187

- Largest, single mountain ski area in North America
- Vail International Condos located near Lionshead Village; walk or shuttle to gondola lift
- Dining and nightlife rated among the best in ski country
- Non-stop flight to Denver followed by a short 2 hr bus ride
- Skiing for everyone – wide open groomed runs, famous back bowls

**WAIT-LIST ONLY**



Jim Hodges and Arlen Isham

## MAMMOTH, CA

MARCH 1-8

Sandra McCunis

sandra@spacecity.org

281-463-7717

- Mammoth Mountain has the most open terrain in the U.S.
- Average of 400 inches of snow and 300 days of sunshine
- Lodging in premier ski-in, ski-out condominium hotel
- The Village at Mammoth with shopping, dining and nightlife
- Overnight stay on Friday in Reno hotel with great entertainment included



Sandra McCunis

## KEYSTONE, CO - TSC FINAL SHOWDOWN, FAMILY TRIP

MARCH 8-15

John Burk

john@spacecity.org

281-468-1912

- Spring [Break] Skiing / Family Optional
- 3 Mountains at Keystone plus Breckenridge & Arapahoe Basin
- One scheduled day at Vail with transportation included
- Texas Ski Council (TSC) parties, activities and discounts
- Terrain for all abilities



John Burk

# and why you should choose their TRIP

## BRECKENRIDGE SHORT

MARCH 12-16

Patti Finch

patti@spacecity.org

936-520-1486

- Patti's favorite destination!
- Over 2,300 acres for skiing, including 800 acres of bowl skiing
- Breckenridge is an authentic mining town with lots of character
- Easy access from the Denver airport
- Terrific 'learn to ski' area



Patti Finch

## WINTER PARK, CO

MARCH 15-22

Cindy Moore

cindy@spacecity.org

713-628-7613

- Coincides with Houston & Spring Branch ISD, several college spring breaks, and the trip is geared for children of all ages
- Seven nights of value-priced lodging are offered
- Lift tickets are inexpensive and lesson packages for all ages
- Winter Park offers terrain for all abilities, with lots of gentle slopes for beginners



Cindy Moore

## SOUTH AFRICA - TSC SUMMER EXPEDITION

SEPTEMBER 19-30, 2014

Melody Bohlmann

melody@spacecity.org

210-410-7302

- 'Bucket List' South Africa destination with a 3 night pre-trip option available for Victoria Falls and a post-trip to Kruger Park.
- This trip has something for everyone – the adventurer, nature lover, animal lover, wine taster, historian, photographer, and the shopper.



Melody Bohlmann



# trip report: CALIFORNIA WINE COUNTRY

A brief weekend in the California Wine Country began as we gathered at the Oakland Airport. Once assembled we headed north via motor coach to Healdsburg and the lovely northern Sonoma Valley. The weather followed the Chamber of Commerce description providing great conditions to be outdoors all weekend. We arrived at the hotel where Gail and Andy Lang joined us after a drive from their home in San Diego. Due to my luggage not arriving with our party items, our gathering party was changed to a complimentary wine tasting which the hotel hosted. Free wine is always good to share and Ron Hayes



Photo credit: Marianne Pearce, Ledson Winery (The Castle)

captured that with great photos, as always!!

Friday morning the group boarded our motor coach to our first stop at Ledson Vineyards. "The Castle,"

as it is known, made for an impressive beginning – we sat at picnic tables under huge oak trees surrounded by vineyards full of grapes ready for harvesting. The Wine Sommelier presented 7 wines, explaining in detail the differences and ways to enjoy each. If you look closely at the photo of the group in front of the Castle taken at the end of our lunch, you might see some really happy and giddy people (so much wine and it was only stop #1).

We then headed to the Wilson Winery Tasting Room north of Healdsburg where we enjoyed their selections as we sat on the patio overlooking a valley of vineyards. We were wined and dined again and as you can see in the photo, Carmen Mikhail and Jean Hoepfel were even in-



Photo credit: Ron Hayes, Hoola-hoop pros

spired to Hoola-hoop. That brought back memories for everyone! We weren't having too much fun at all! Our next stop was only a few minutes away, but the group managed to take a brief nap (wine induced maybe?) and then rallied for our final tour. The Mi-

chelle-Schlumberger Winery was chosen because of its Houston connection. Our guide began the tour with a visit to the grape laden vines. Jackie Potosky was seen picking samples that were set for harvesting the next week. Touring the pro-



Photo credit: Linda Kuper, Jackie Potosky in the vineyard

cessing area was a very interesting learning experience and provided a brief respite we enjoyed before more wines and snacks. The group helped Stan and Linda Kuper enjoy a beautiful anniversary photo op in the gardens (Thanks to the group for a lovely moment!) The winery hosts were so accommodating and even allowed us to choose some of the wines to taste. We chose a Port for a final selection (a very appropriate ending to our day of tastings!)

Almost exhausted, we returned to town for dinner and relaxing. Judy Schiro and Ron Hayes had arranged for a dinner at the Thai Orchid and Ross Baker, Tor Lileng, Jackie Potosky, Debra Edwards, Ruth Fowler, Marianne Pearce and JoAnn McClain joined



Photo credit: Linda Kuper, Cindy Thompson at the river in Healdsburg

them. This was just one of the great restaurants that Healdsburg had to offer.

Saturday was a beautiful day and this "free" day was enjoyed by all in various ways –a coastal trip, a visit to the county fair, exploring the Farmer's Market at the Plaza and a walk to the river in Healdsburg.



Photo credit: Ross Baker, Sonoma County Harvest Festival



Ron, Judy, Ross, Tor, Marianne, Jackie and JoAnn rented a car to explore outside Healdsburg. They stopped in Santa Rosa at the Sonoma County Harvest Festival and this is where Ross and Tor decided to spend the day. Ross and Tor experienced samplings of wine and foods from the area. Ross stated "I'd frequently say when I walked to another wineries' table: I'll taste the wines judged "Double Gold", please". This event alone should be a nice enticement to run a trip to this region again soon! I think that means he had a great time.

Ron, Judy, Marianne, Jackie and JoAnn continued to Bodega Bay on the Pacific Coast for a seafood meal (not a repeat place to visit! ! ) You should see the photos, however, that Ron and Marianne took along the way. Linda Walden and Trish Davenport tried to visit the red woods nearby. The Farmer's Market in Healdsburg was the destination for Carmen and Jean. Again there were many local specialties to enjoy—this really was the continuing theme all weekend! !

Cindy and Larry Thomson joined Stan and Linda for a casual lunch on the plaza and decided to take the short (10 minute) walk to the river recommended by several locals. Boy were we given wrong info!

Our 10 minute walk took closer to 45 minutes (the advisor was much younger than us – oops!) It was a lovely walk and the time spent on the banks of the river was worth the trip. Of course after the walk back we had to stop for a wine tasting at La Crema (this is what you do in the wine country, right?).

Sundays should be enjoyed having champagne so we began our day at Domaine Carneros (home of in-



Photo credit: Judy Schiro, Monticello Winery

credible sparkling wines). Located in the southern end of the Napa Valley, it has beautiful grounds, a lovely tasting room (building), and incredible staff. We sampled their best sparkling wines and I know this because the group purchased many cases. We learned the history of their wines as well as a packaging secret – ask one of our group about the long foil wrapper on the bottle. We then coached to the Monticello Winery where we enjoyed our lunch in the shade of large trees and a view of the Monticello replica. The owners are from Virginia thus the name.

Again with full tummies and a little wine buzz we traveled to our last stop—Baldacci Family Vineyards and Caves where we shared wines on their patio and then toured the caves in which the wines are stored. There were kegs with dates from the prior week – too fresh for us to taste!!

Our wonderful, fun-loving group only scratched the surface on this trip – visiting 6 of over 200 wineries in the area. I'm sure there are more stories to tell by my fellow travelers, so talk to them and learn more about the area and maybe you will be in-

spired to organize the next trip to the CALIFORNIA WINE COUNTRY!!!

Cheers and thanks to all who experienced this fun trip.....

**Linda Kuper**

*Trip Coordinator*



Photo credit: Ron Hayes, Baldacci Winery and caves



# our LEADERSHIP 2013-14

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[sean@spacecity.org](mailto:sean@spacecity.org)  
[ann@spacecity.org](mailto:ann@spacecity.org)

Visit our [website](#) for the most  
up-to-date information.

## DECEMBER

- 1  
Jackson Hole Pre-trip party
- 7-11 or 7-14  
Vail December Trip
- 9  
General Meeting with Cypress Cares
- 15  
Park City Pre-trip Party
- 19  
Happy Hour and Christmas Jingle Mingle Gala



## JANUARY

- 4-11  
Park City Ski Trip
- 9  
Garmisch Pre-Trip Party
- 13  
General Meeting
- 24-31  
Garmisch Ski Trip
- 30  
Happy Hour

# club CALENDAR

## FEBRUARY

- 10  
General Meeting
- ?
- 27  
Happy Hour



# recent PHOTOS HALLOWEEN HH@BONEYARD



# recent PHOTOS NOVEMBER GENERAL MTG







Happy Holidays to All!