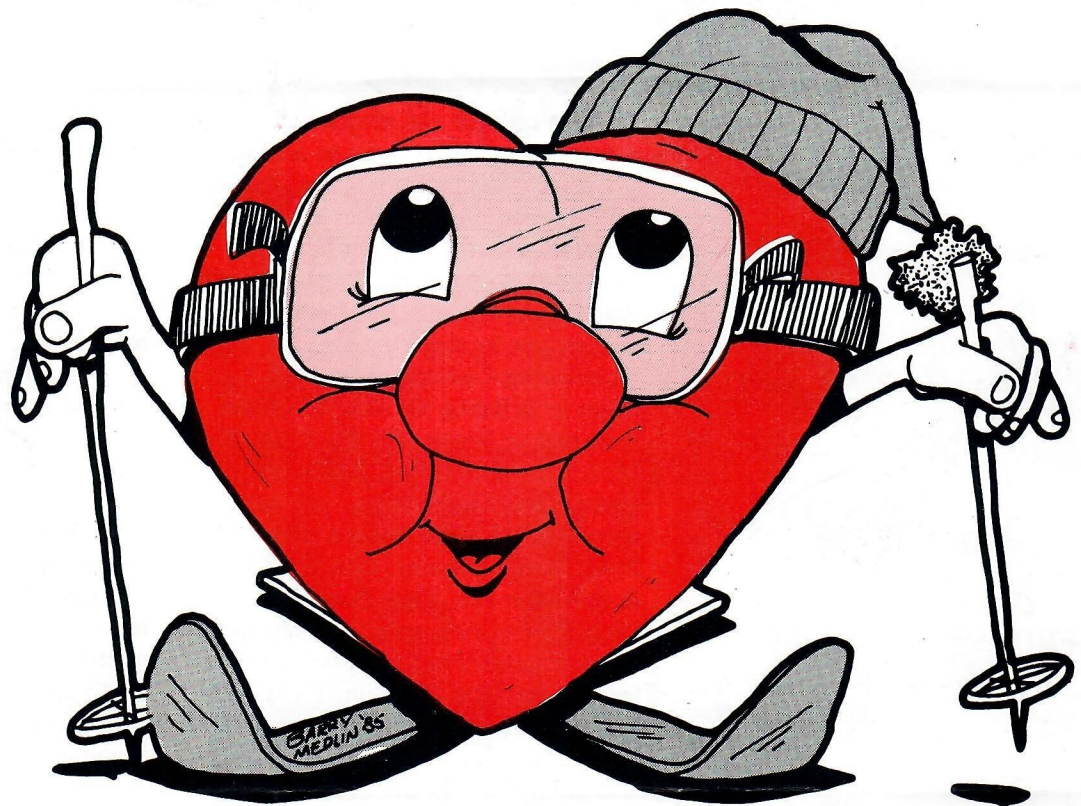


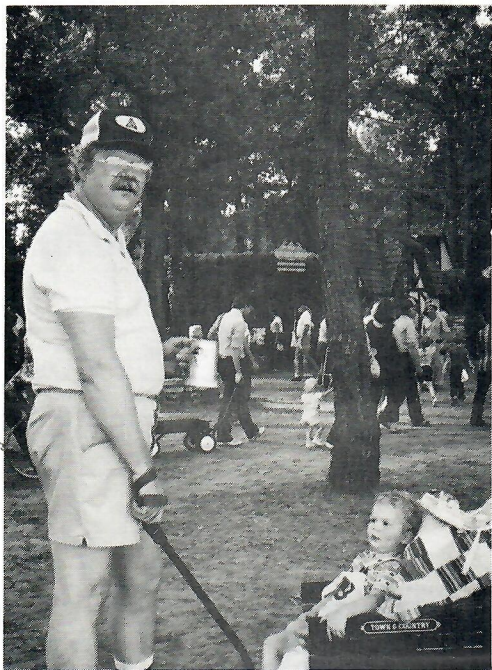
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FEBRUARY
1986

***SNOWMASS TRADITIONAL
WON 1st PLACE
KEYSTONE 2nd PLACE***



***WE'RE RELYING ON
CRESTED BUTTE TO BRING HOME
THE TEXAS SKI COUNCIL "TEXAS" CUP***



IT'S THAT TIME AGAIN! OFFICER NOMINATIONS and the ANNUAL PHOTO CONTEST

Head of the Liftline

by Ron Smith

IT'S A DATE!

FEBRUARY							MARCH						
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FEBRUARY

- 2 Executive Meeting
- 10 General Meeting - Grand Hotel - 7:30
- 12 Breckenridge PTP
- 13 Jackson Hole PTP
- 15 Rodeo Fireworks Display & BBQ
- 20 Happy Hour - Remington's Bar & Grill
- 27 Rodeo - Larry Gatlin & Band

MARCH

- 6 Executive Meeting
- 10 General Meeting - Grand Hotel - 7:30
Photo Contest
- 20 Happy Hour
- 22 Texas Ski Council Meeting
- 26 Board of Directors

APRIL

- 6 Executive Meeting
- 14 General Meeting
- 20 Road Rally
- 27 Racquetball Tournament

A President can always tell when a year is starting to come to a close. It occurs when he finds a new slate of officers ready to take over and do correctly what he thought he would be able to do correctly. Well, it seems that time is at hand. So, I would like to start out by thanking the Nominating Committee for their effort in bringing the slate of officer nominees to Space City Ski Club. The committee consisted of **Linda McFarland**, Chairwoman, and her committee of **Mike Boland**, **Pam Pyle**, **Penny Chancey**, **Charla Merrel**, **Bob Frazier** and **Anne Benefield**. Linda has written up an introduction to the nominees and the committee's reasons for their selection. Please find it in the *Sitzmarke*.

I would be remiss if I did not also point out that the February meeting is when we will entertain nominations from the floor for officers. Should you have a nominee for an officer position, that name will have to be placed in nomination at the February meeting. You will also have to have that person's permission to place his or her name in nomination. If you don't believe me, read the Bylaws. In fact, read the Bylaws anyway just to know how your club works.

Back to mundane news - we will have another of our Happy Hours this month at Remingtons, located, I believe, next to The Grand. Do come. Speaking of The Grand, I think I

should tell you of their great buffet in the bar just down the hall from our meeting room. They have put one great bit of eats out for those of us who are smart enough to arrive a bit early. Take it from your President, if you have not tried it, you are missing something!

Jan Livingston has new activities planned that you should attend, so check the *Sitzmarke* and tables around the meeting room.

I just found out that all my pictures from the wine safari came back double-exposed. So now, some of you photographers need to enter the contest and take my place. Just one more month until we have our annual photo contest, so get clicking. Bring your photos to the February Meeting if you are going on the extended Badgastein trip.

ASK AN OFFICER

Ron.....	879-8240
Jan.....	723-1331
Bill.....	774-5474
Gordon.....	827-1443
Layna.....	723-3236
Dianne.....	466-6359
Ed.....	977-4439

SITZMARKE DEADLINES

- February 10 - March Issue
- March 10 - April Issue

Mail to:

LAYNA ADAMS

5610 Duxbury Houston, Texas 77035

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GENERAL MEETING

Monday, February 10

7:30 p.m. at THE GRAND

Officer Nominations from the Floor



Real Estate
Appraisals
Inspections

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Broker

713 / 664-1717

2429 GOLDSMITH

HOUSTON, TEXAS 77030

SCSC LOGO ITEMS

ON SALE AT
FEBRUARY
MEETING
AND ALL
PRE-TRIP SKI
PARTIES

SCSC Contact:
Flo Prince or
Shirley Long



**DID YOU KNOW YOUR CAMERA IS A REQUIREMENT AT
EVERY SCSC FUNCTION, EVEN YOUR SKI TRIP?**

Annual Photo Contest

March General Meeting

MARCH 10

RULES

1. The photographs (no slides) may be black and white or color.
2. Picture size must be a minimum of 8x10 and a maximum of 11x14.
3. Your name and address must be on the back of each photo.
4. Entry limit is three photos per person per category.
5. Pictured matted and unframed.
6. Bring to February meeting if on the extended Badgastein trip.

CATEGORIES

1. Scenery (all seasons)
2. Portraits (people)
3. SCSC Activities (pictures of our members at various events, i.e., summer bash, Mercer camp-out, etc.)
4. Architecture
5. Animals, Fish or Birds
6. SCSC Trip Scenery (Summer & Winter Divisions)
7. Still Life

Judging will be done by SCSC membership at the March meeting. All entries will be returned to owners.

*Winners must be in a group photo at the end of meeting.
1st Place winners leave their pictures for publication.*



BREAUX BRIDGE CRAWFISH FESTIVAL

May 2-4, 1986

\$86.00

Transportation and Lodging

SIGN UP AT THE FEBRUARY MEETING

Check Payable to SCSC. Send to: **BETH NOLEN**

11002 Hammerly, No. 194, Houston, Texas 77043, Ph. 468-4268

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

PHONE: (Off.) _____ (Home) _____

February

CLEARANCE SALE

**OPEN
SUNDAY
12-6 p.m.**

**SAVE
UP TO 50%**

**OFF SUGGESTED
RETAIL PRICE**

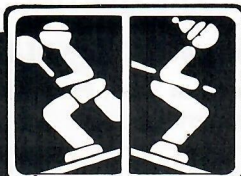
- **Famous Ski Jackets** **\$49⁹⁹**
Selected Styles
Compare at \$120
- **100% Leather Ski Gloves** **\$19⁹⁹**
by Gordini & Saranac
Compare at \$32
- **Anti-Fog Ski Goggles** **\$19⁹⁹**
by Bollé • Fits Over Glasses
Compare at \$30

FREE
**Binding with any
ski purchase**

Ski equipment available at
Westheimer and 1960 Stores Only.

Open weekday evenings until 8:30 p.m.

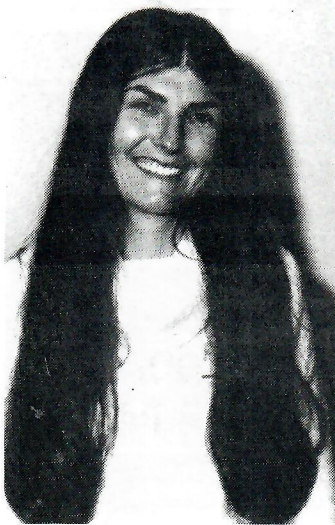
Sunday 12-6 p.m.



TENNIS & SKI WAREHOUSE

- **SOUTHWEST FONDREN VILLAGE**, Fondren
at W. Bellfort (Next to Palais Royal) **778-0203**
- **SOUTHPOINT CENTER**, Gulf Fwy at
Fuqua (across from Dan Boone Chevrolet) **481-5217**
- **BRIARGROVE PLAZA**, 6100 Westheimer
(Between Hillcroft and Chimney Rock) **783-8180**

- **LANTERN LANE**, 12526 Memorial (Between
Gessner and West Belt) **464-2639**
- **CHAMPIONS VILLAGE I**, 6540 FM 1960W
(one mile east of Willowbrook Mall) **537-0928**



Nominees for 1986-1987 SCSC Officers

by Linda MacFarland, Chairman

The Space City Ski Club Nominating Committee nominates the following candidates to serve as the Club's 1986-87 Officers:

President.....	Gordon Wise
Vice President-Programs.....	Jerry Montgomery
Vice President-Trips.....	Cindy Garrett
Vice President-Membership.....	Harold Eaton
Vice President-Publications.....	Bob Wilbanks
Secretary.....	Pam Holder
Treasurer.....	Peter Meaden

The candidates were nominated in accordance with the following Club By-Laws and criteria:

ARTICLE 4.0: NOMINATION AND ELECTION OF OFFICERS

4.1 **ELECTION.** There shall be an election of officers held at the Annual Meeting in March. Election shall be by written ballot unless there is only one nominee for each office. Written absentee votes shall be allowed for participants on Club trips which occur on the Annual Meeting date if received at the Club post office box no later than midnight of the Saturday prior to the Annual Meeting date. The elected officers shall take office on May 1st.

4.2 **DEFINITION.** The elective offices shall be those of President, Vice President-Programs, Vice President-Trips, Vice President-Membership, Vice President-Publications, Secretary and Treasurer.

4.3 **ELIGIBILITY.** The only persons eligible to hold office shall be those who have been members in good standing for the twelve months preceding the Annual Meeting. Additionally, candidates for President shall have been or are currently an elective officer of the Executive Committee. No member of the Nominating Committee shall be presented to the membership as a nominee for office unless such member has also been approved as a nominee for office by two-thirds of the Board of Directors at a Board of Directors meeting.

4.4 **NOMINATING COMMITTEE.** There shall be a Nominating Committee of seven members appointed by the President and approved by the Executive Committee prior to the January Regular Meeting. Not less than four nor more than five past officers of the Club shall serve on this committee. Current officers shall be ineligible to serve. Only persons who have been members in good standing for the preceding twelve months shall be eligible for membership on this committee.

4.5 **NOMINEES.** The Nominating Committee shall present one nominee for each office at the regular meeting immediately preceding the Annual Meeting. Any further nominations from the floor must be made at this regular meeting. Consent to serve shall have been secured from all nominees. In the event all the nominees for any office nominated at the meeting preceding the Annual Meeting

become unwilling and/or unable to stand for election at the Annual Meeting, then and only then shall nominations be accepted from the floor at the Annual Meeting, and the election shall take place as outlined in 4.1 of these Bylaws.

4.6 **REPORTING.** The Nominating Committee selections shall be reported to the Executive Committee in time for inclusion in the Club newsletter prior to the regular meeting immediately preceding the Annual Meeting.

Criteria for Nomination:

- 1) Time available,
- 2) Business experience,
- 3) Previous contributions,
- 4) Creativity,
- 5) Enthusiasm ... active participation in Club and related activities,
- 6) Accessibility ... location in Houston vicinity,
- 7) Stability ... risk of relocation,
- 8) Balance ... male/female, and
- 9) Team work - complementary leaders.

In addition to the above, the Nominating Committee considered the following special criteria for each office:

President - run meetings, public relations, previous office held...

Programs - creativity, find and develop new leaders...

Trips - run meetings, organize, negotiate...

Membership - organize, phone access, handle details...

Publications - organize, write, creativity...

Secretary - communication skills...

Treasurer - business sense - head off problems, budget, etc...

It should be noted that the Bylaws allow additional nominations from the floor at the February meeting. The election will be held at the March Annual Meeting.

Respectfully submitted

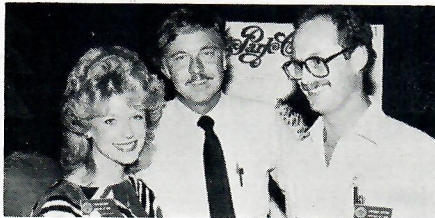
SCSC NOMINATING COMMITTEE

Linda MacFarland, Chairman

*Ann Benefield, Mike Boland, Penny Chancey,
Bob Frazier, Charla Merrel, Pam Pyle*

1985-1986 SCSC SKI TRIP SCHEDULE

Trip	DATES		Ski Days	Price	Final Pmt. Date	Lodging Name Bedrm/Bath	Lift Ticket Prices	Special Activities	Trip Coordinator		
	Depart Hou	Depart Area							Asst. Trip Coordinator	Home Phone	Work Phone
* Crested Butte, Colo.	Feb. 15	Feb. 22	6	\$464	12/5	Mountain Edge Condos	\$65 5 of 6 Day	TSC Parties Paradise Dinners ?? Snowmobiling & Inner-Tubing	Blaise Guerrero Sharon Griffin	479-1678 783-1717	487-8130
Winter Shoot Out PTP - JAN 16						2/2					
Banff/Lake Louise	Feb. 23	Mar. 2	6	\$580	12/5	Chateau Lake Louise & Banff Springs Hotel	\$85 /6 Day	Ski Area Parties Hot Tubs Night Skiing Dog Sledding	Brenda Peavey Vic Stahl	497-1290 981-4679	875-1110
PTP - JAN 30						1/1				879-9141	
* Badgastein, Austria	Feb. 28	Mar. 9	7	\$818	1/6	Germania Hotel Haus Hint Inn (4 Star Hotels)	\$58 /6 Day	TSC Parties Opt. Side Trips Health Spa Casino	Bob Cruse Melissa Frazier BECKY HALL	879-9141 777-2861 783-9901	877-6362
Austria Challenge PTP - JAN 22										784-1906	
Jackson Hole, Wyoming	Mar. 8	Mar. 15	6	\$570	1/20	Sojourner Inn	\$17/Day 6 Day Min.	Heli-Skiing Gran Targhee Trip Snowbiling	Sherry Lewis Fred Kahrs	771-9606 896-7440	
PTP - FEB 13											
Breckinridge (Spring Break Family Trip) Feb. 12	Mar. 22	Mar. 29	6	\$531	2/4	Beaver Run	\$16/Day 6 Day Min.	Game Night Family Chile Dinner Family Activities	Diana Mills Elaine Cole	463-1042 977-2040	463-1042



PTP = Pre-Trip Party

***Any information shown on this sheet is subject to change.

**Badgastein, Austria requires a special \$300 Deposit, a \$100 cancellation fee, or \$25 transfer fee.

*Texas Ski Council Sponsored Trips.

All regular trip deposits are \$75 due at the time of signing. All or part of the deposit is non-refundable, in accordance with the "Standing Rules."

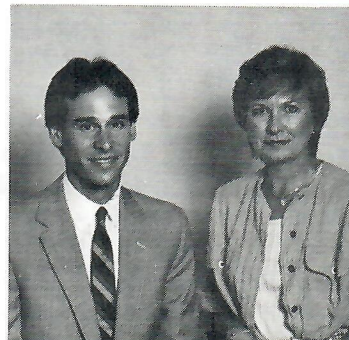
BILL KIRK, Vice President of Trips (H) 774-5474

ANN BATTEN, Director of Trips (H) 558-0381 HAROLD EATON, Director of Trips (H) 995-4710



Blaise Guerrero, Sharon Griffin
**CRESTED BUTTE
WINTER SHOOTOUT**
February 15-22
\$464

It's Winter Shootout time again. Come ski with us far from the maddening Denver crowd. We'll fly into Gunnison and take a short bus trip to the slopes for six full days of skiing and fun. We'll have the Texas Cup Race and TSC sponsored happy hours and parties to get acquainted with the other Texas skiers. Crested Butte's going to be a Simply Spectacular trip so don't miss it! See you at the September meeting.



Vic Stahl, Brenda Peavey
BANFF
Feb. 23 - March 2
\$580

You too can experience a unique vacation in the Canadian Rockies with your time divided between the castle-like splendour of the Banff Springs Hotel and the Chateau Lake Louise. We will ski the majestic peaks, the powder bowls, and the sweeping slopes of Sunshine, Lake Louise, and Mount Norquay. In the evenings you'll know you're out of the country with food and entertainment out of this world. Help us help them celebrate the Banff National Park centennial year!



Bob Cruse, Melissa Frazier, Becky Hall
AUSTRIA CHALLENGE
Feb. 28 - March 9
\$818

Austria, where skiing is a way of life. But does Austria have areas for SCSC skiers? You bet your life! Some of the world's finest! If a ski area expert could go out and design a ski mountain from scratch, he could not substantially improve on what nature has come up with in the Austrian Alps. To ski or not to ski will be the question -because you encounter history with every step and cultural activity in Austria never ceases.





Update From The Ski Desk

by Bill Kirk

February, I can't believe the ski season is half over. When this *Sitzmarke* arrives at your home seven ski trips are back and the Purgatory participants are skiing the slopes. The remaining trips are all full, but last minute cancellations occur and your Trip Coordinator may still call you, if you're on their waiting list. A few suggestions to participants still waiting to go on their ski trips.

EXERCISE: If you are like me, I do not keep in good shape. You need to do some kind of physical exercise. I start walking, biking, jogging and stretching exercises at least one month before the trip leaves. You will find it helps you adjust to the altitude and your legs won't get as tired. Beginners, don't forget to exercise your arms.

LUGGAGE: The November Sitzmarke had a complete checklist. Try to limit your luggage to what you can

carry. Normally a suitcase for clothing, a carry-on and your boots and skis. The new buses in Colorado have been changed to be lighter and that reduced the baggage area. So try to limit your baggage. Remember to bring lotion for your face, not only to protect you from sun but also the cold. A pair of after ski boots is strongly recommended for walking at night, since the sidewalks may be icy and become very slippery.



Houston-Tenneco MARATHON

by Jim Plummer



Paul Cummings of Orem, Utah won 1st place with a time of 2 hours, 11 minutes and 31 seconds. The Marathon was Houston-Tenneco's 14th annual with a course of 26 miles and 385 yards. The finish line was in front of the Albert Thomas Convention Center with an estimated crowd of 200,000 along the route.

Our own SCSC'ers were not far behind Paul Cummings as shown below:

Cecil Smith	2 hr. 52 min.
Jim Plummer	3 hr. 19 min.
Arlen Isham	3 hr. 33 min.
Anne Rienstra	4 hr. 10 min.

and former members:

Willie Buhl	3 hr. 21 min.
Louise Buhl	3 hr. 22 min.

There may have been others with volunteers over 2,000. In enthusiastic crowds along the route, it's reported that the following were seen.

Mo Granda	Mary Ellen Mortola
Pat Snell	Mary K. & Dick Froth
Fred Kahrs	Diane Yarberry
Ray Naudin	T. J. & Tina Lassiter
Mike Clark	Jim Benefield
Karen Peters	

Next year hopefully, more SCSC'ers will be in shape for the Marathon!



Diana Mills, Elaine Cole
BRECKENRIDGE
Spring Break
Family Ski Trip
Mar. 22 - Mar. 29
\$531

That's right! After many years of popular demand, we are having our **FIRST PARENT-CHILD** ski trip. Limited to 44 lucky participants ages 5 and up. Singles may sign up on waiting list.

Beaver Run Resort Center (under new management) is a self-contained recreational playground for all ages. Location at the base of Peak 9 with ski in and ski out to two lifts. Enjoy six outdoor hot tubs, an indoor Jacuzzi, saunas, steamroom, indoor / outdoor swimming pool and poolside bar, 3 restaurants, bar, night club, deli, largest indoor miniature golf course, gift shop, beauty salon, video arcade, table tennis, tennis, ski rentals, fully staffed child care center, sundry and liquor store. Largest snowmobiling touring center, cross country skiing, ice skating, sleigh rides, ballooning and many more surprises to delight and entertain the entire family.



Fred Kahrs, Sherry Lewis
JACKSON HOLE
Mar. 8 - Mar. 15
\$570

Come with us on March 8th to Teton Country, the place that the adventurous John Colter knew as Jackson Hole and the mountains that the French-Canadian trappers called the "Les Trios Tetons." Here, it's possible to ski 100,000 vertical feet in a week, experience heli-skiing and also ski Grand Targhee with its own unique powder snow.

See opposite page for more details and the September Sitzmarke for complete 1985-86 Trip Schedule

NEW YEAR'S AT STEAMBOAT SPRINGS

by Dana Wardell and Bob Wilbanks

Thirty wild and crazy skiers showed up at Hobby on time and gave the stewardesses the usual Space City welcome. **Cecil Smith** won the bus wheel roulette enroute to Steamboat and we arrived in time for a wine and cheese party at the condos. The skiing was great for the most part. **Jill Hebl** needs to buy fog lights for cloud skiing. **Don Fleming**, on his first ever ski trip, learned to ski moguls and how to go between two trees with only bark marks on his shoulders, thanks to his mentor **Myron Kolpack**. **Jeff Bogran** tried to mate with a tree which may explain his Bullmoose antlers later in the trip. **Gene Buck** was grateful for no major bruises for the first time and **Jane Southern** was under the weather and didn't get to ski as much as she would have liked. **Margie McIntyre** says the knees are the first to go and hers went on High Noon. **Terry Wander**, **Judy Carlson** and **Bob McClammy** were the Three Musketeers and were seen all over the slopes. **Andrea Meltzer** took a spectacular fall and bent her lens cap. **Bruce Fleming** was one of the few skiers who could keep up with **Tom Wright**, our own Billy Kidd.

The partying was also great --**Rick and Pat Archer** were excellent dancers to a terrible country band. By the way, **A. G. Davis**, have you heard from your friend "Big Guy" from that particular bar? **Steve "Bashful Bubba" Yates** kept everyone entertained at Riverbend Restaurant. **Linda Licarione** partied hearty in her new sheared beaver coat which might come in handy on cold Nebraska nights. **Lois McCarnes** and **Dana Wardell** joined in the fur coat brigade and did their share of partying! **Ann Batten** and her party animals kept the evening rolling, especially New Year's Eve, when she was "dipped" on to the dance floor with a thud by **Jeff Bogran**. **Gerry Simpson** simply danced all our feet off that night. The hot tub was frequented by most, especially when **Uncle Bob Wilbanks** presented his infamous gorilla juice made by several human blenders (yes, Bob, bananas can be mashed by hand!). **Diane Tully** got the award for the best figure in a bikini. **Paul Wottring** had a ball in the hot tub but his roommate, **Lloyd Johnson**, kept a low profile on the trip.

Tom Wright had the good sense

to bring his ear plugs to combat snoring in his condo. Speaking of snoring, is it really **Jim Kane** who snores pictures off the walls or is it **Eileen Kendrick**, as he would have us believe. **Shirley Lang**, minus her snow snake, arrived New Year's Eve and taught us the true meaning of snow wars or sneaky snowball fights. Ask **Ann Batten** what happened to her cheek!

Favorite expressions for the trip

became "Three's company, four's a round, five you're with **Clay Hall**" and "Who the hell are Bubba and Bubbette?." **Steve Yates** was the only brave soul who went up in a hot air balloon although **Andrea Meltzer** gave it her best shot but was stopped by the weather.

The majority of the trip participants decided that New Year's with this group would be a wonderful annual trip!



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T-NECKS** And Much More!

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ski equipment and
ski wear on sale!

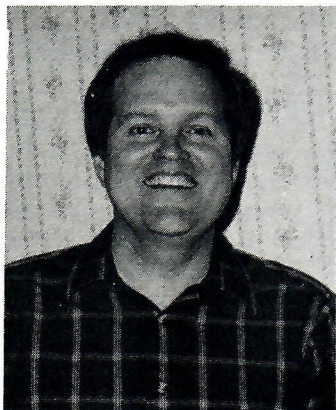
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IN772



TEXAS SKI COUNCIL UPDATE

by ERIC HOLM

At this time, the Texas Ski Council (TSC) has started planning the 1986-87 ski season. The request for bids from the ski areas are due shortly and for the first time in a few years, Space City Ski Club has been drawn to work on the pre-selection and bid committee. This committee of seven consists of four club representatives, one from each major metro area (Houston, Dallas, Austin, San Antonio) and three officers of the TSC. Our purpose is to evaluate the 30+ bids we will receive and select the best for further consideration. Ski areas that are selected will be invited to send marketing representatives to our March TSC meeting for their formal presentation.

This pre-bid selection committee has become necessary due to the now world-wide attention the TSC has attracted and the quantity of proposals that need to be evaluated.

To show you why the TSC has world recognition, I have listed the 1984-85 TSC ski season statistics.

Total people on ski trips - 4,229.

Gross Dollars spent with the Clubs - \$1,834,246

SKI DESTINATIONS

Colorado	2980 People	(70%)	Spending	\$1,325,861	(72%)
New Mexico	566 People	(13%)	Spending	108,214	(6%)
Montana	214 People	(5%)	Spending	115,107	(6%)
Utah	207 People	(5%)	Spending	107,580	(6%)
Canada	100 People	(2%)	Spending	60,368	(3%)
California	82 People	(2%)	Spending	48,220	(3%)
Austria	70 People	(2%)	Spending	62,746	(3%)
Vermont	10 People	(1%)	Spending	6,150	(1%)

LIFT TICKETS

The Council produced 19,812 skier days. The top 10 areas by skier days were:

Copper Mountain	4606	(23%)	Site of Texas Ski Week
Steamboat	3590	(18%)	Site of Winter Shootout
Vail	2394	(12%)	Site of Fall Round Up
Aspen*	1830	(9%)	
Big Sky	1226	(6%)	Site of Final Show Down
Taos	1200	(6%)	
Breckenridge*	894	(5%)	
Park City	738	(4%)	
Banff Canada	558	(3%)	

*Aspen Ski Corp. Combined 2724 (14%) Ranked #3.

TRANSPORTATION

TSC used 93 chartered buses and spent \$122,013. TSC flew 3,479 people and spent \$709,032 with the airlines.

The top airlines by number of passengers were:

Delta	1,257 People	(36%)	Spending	\$232,631	(33%)
United	783 People	(23%)	Spending	157,240	(22%)
Western	453 People	(13%)	Spending	119,803	(17%)
Continental	425 People	(12%)	Spending	82,436	(12%)
Frontier	196 People	(6%)	Spending	40,288	(6%)

LODGING

TSC produced 18,477 pillow nights and spent \$823,910 on lodging.

13,942 of the pillow nights were in condos - (75%).

4,530 of the pillow nights were in lodges or hotels - (25%)

\$650,878 was spent in condo accommodations - (79%)

173,032 was spent in lodge or hotel accommodations - (21%)

70% of the condo space was minimum occupancy. (4 people in a 2 bed, 2 bath condo)

The average rate / night / person was \$44.60.

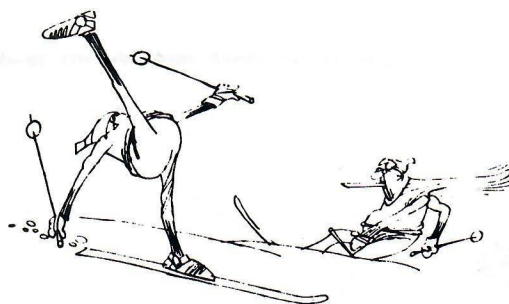
While these statistics are great, the 85-86 ski season promises to be even better with our spending of over two million dollars. It is these monies that attract and make for very competitive bids from the ski areas, and in return, giving you the greatest ski value through the "Texas Ski Council."



The Texas Ski Council & SCSC Salute

Our 1985-1986 trip program sponsors who help bring us the best in the sport of snow skiing. We appreciate your support and commitment to the Council.

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Our happiest clients, those who used to fly with other charter companies, enjoy longer vacations and better nightlife with the leftover money that is the difference between our prices and the prices they used to pay.

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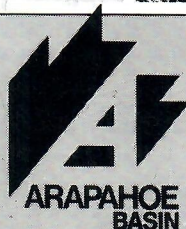
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One Lift Ticket**



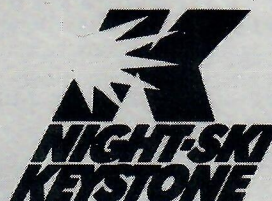
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DON'T LET MOUNTAIN SICKNESS RUIN YOUR SKI VACATION

by Christopher W. Roberts, M.D.

The plane lifts off from your airport and struggles through the syrupy haze around your city. You sit back, ready to relax. Your dream ski vacation is about to begin, and you feel wonderful.

When you finally arrive in the clear thin air of your mountain destination, though, a nagging headache begins to dog you. Your appetite for dinner is lousy, and you toss and turn all night.

What's going on? Chances are you may be suffering from altitude sickness, or acute mountain sickness. The problem occurs when your body responds abnormally to the low oxygen and low atmospheric pressure of a higher altitude. It happens most commonly to people who travel to destinations over 7,500 feet. About 25 percent of those people will get some symptoms of mountain sickness, and one or two percent will develop life-threatening complications.

The early symptoms of mountain sickness are vague. You could even ignore them or write them off to more plausible causes. After all, a mild headache, insomnia, fatigue, poor appetite and nausea could be a mild bug coming on or just the physical effects of too much stress.

But any symptom, even if it's just not feeling "right," should serve as your early-warning signal: You could be suffering from mild mountain sickness. And the most important thing to do is not to ascend any higher, at least for another day and night. People with mild mountain sickness who proceed to higher altitudes run the risk of life-threatening problems, such as swelling of the brain and lungs.

If you have a severe headache (*one that won't respond to aspirin or non-aspirin pain relievers*), difficulties with coordination (*for instance, you can't walk a straight line, placing the feet heel-to-toe in front of each other*) or severe vomiting or lethargy, the treatment is simple — descend immediately. You may be suffering from the beginnings of brain swelling.



The same goes if you're experiencing air "hunger" or rapid breathing, both signs of lung swelling. If you have any of these symptoms, your descent should be as rapid as possible — by helicopter if necessary. The good news is that recovery is rapid and complete once you descend. Usually 2,000 to 3,000 feet is enough to get out of immediate danger.

You can prevent mountain sickness from occurring in the first place by ascending slowly to your destination. Your body will acclimatize to high altitude, if given time. Ascend no more than 1,500 feet per 24 hours, especially if you're traveling to an altitude 10,000 feet or higher. Staying overnight along the way is particularly important, because when you're suddenly forced to sleep at higher altitudes, you're more vulnerable to mountain sickness. And a night's sleep gives your body the time to adjust to the higher altitude.

Also, people who drink plenty of fluids (*up to five quarts per day may be necessary*) have many fewer problems. A medicine called Diamox may help to prevent symptoms, and you should ask your doctor about it if you've suffered mountain sickness in the past. (*If you've had mountain sickness before, try to take every precaution to prevent it from happening again.*)

One final note: Every one of the early symptoms of mountain sickness has a corresponding pill to suppress it. But these symptoms, especially headache and poor sleep, are warning signs. The use of potent and long-acting drugs may allow the sickness to progress to the life-threatening stage without warning.

If you need codeine or other narcotics to suppress a headache, you should be thinking of descending, not skiing. The worst mistake of all is to take a sleeping pill. All sleep medicines depress the urge to breathe, thus making the problem worse. Give it another day — you'll surely sleep better the next night without a sleeping pill.

Dr. Roberts is an internist practicing in northern Vermont. He recently spent three months in Nepal as a Himalayan Rescue Association Volunteer, treating trekkers with mountain sickness.

Reprinted from Executive Fitness Newsletter, Nov. '85.

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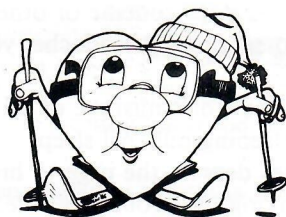
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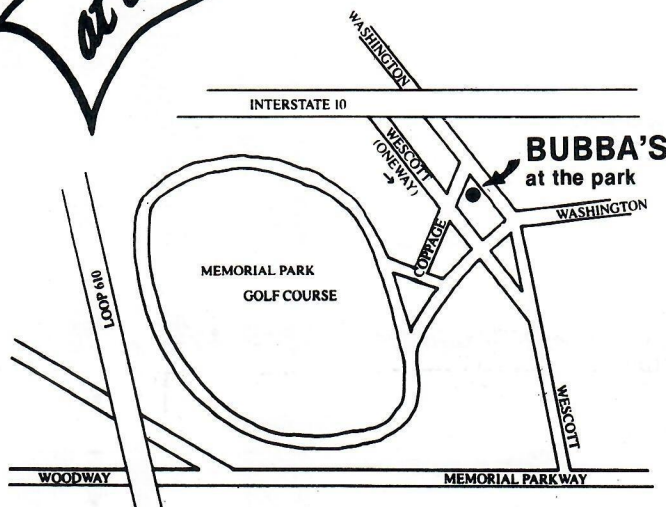
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EXERCISE: RX for JET LAG

To help ward off stress and stiffness from hours of sitting during a flight, try this sampling of isometric exercises developed for World Airways by doctors at the Sports Medicine Center of Capitol Hill Hospital, Washington, D. C. For maximum effect, repeat the exercises every two hours.

• **Neck and upper back muscles:** Sit up straight in your seat with both feet flat on the floor. Press your head firmly against the seat for five counts, then relax. Now face right, press back, relax; repeat for the left side. Continue several times until muscles begin to warm up.

• **Chest muscles:** Begin this variation of the familiar "bust developer" exercise by sitting straight, feet flat on the floor, palms together. Cross your thumbs and keep elbows about 12 inches apart. Press your palms together hard for five counts, then relax. Adjust the position of your arms until you feel your chest muscles respond. Press and relax four or five times.

• **Abdomen and lower back muscles:** While sitting up straight and breathing deeply, your hands in a relaxed position in your lap, slowly tighten and flatten your tummy for five counts, then relax. Repeat four times.

• **Buttocks:** Relax arms at your sides, but sit up straight with feet flat on the floor. Squeeze your buttocks together and hold for a count of five, then relax. Repeat four times.

The complete program is available on a cassette tape for \$6.95. Send a check, payable to Washington Healthcare Corporation, to: "Fitness In Flight," Room 8102 East Building, 100 Irving St. N.W., Washington, D.C. 20010.

Notice! GENERAL MEETING

Monday • 7:30 pm
February 10
at THE GRAND

HAPPY HOUR FEBRUARY 20 Remington's BAR & GRILL

5 - 8 P.M.
Ask for SCSC's Group
Next to The Grand
Westheimer & 610

See Page 2 For It's a Date

OOPS! Sorry About That!

It was reported in the January issue that the kneeling person in the Oshman photo was from Clear Lake. **Bill Vossen** is one of our members. Our apologies, Bill.

Editor



WTA

World Travel Advisors GOOD NEWS FOR SPACE CITY SKI CLUB MEMBERS!

World Travel Advisors, who currently write ski trip air tickets, has offered a discount for all individual travel purchased at World Travel Advisors. See the September Sitzmarke for the rules.

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Diving Lessons
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Tennis Tournament
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Racquetball Tournament
April 27, 1986

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Early May

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SITZMARKE

Volume 18

Number 10

FEBRUARY, 1986

FIRST CLASS
Dated Material-Do Not Delay

The SITZMARKE is a monthly publication of the Space City Ski Club, Houston, Texas, for its members. Its purpose is to promote and encourage individual and group interest in the sport of snow skiing through its articles and advertisements. Inquiries should be directed to the Vice President for Publications, P. O. Box 22567, Houston, Texas 77227.

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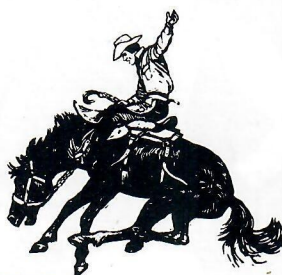
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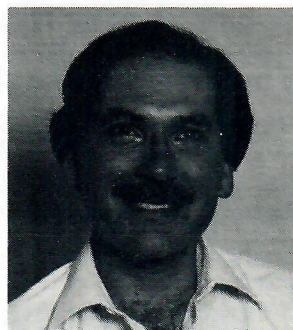
Thursday - February 27, 1986

\$8.50



CONTACT

Rudy Guerrero - 466-4802



*Don't forget to go out to the BBQ the 15th and 16th.
The parade (10:00 A.M.) and fireworks display (8:00 P.M.)
is on the 15th.*

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