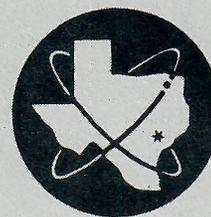




The **SitzMarke** August, 1982

Space City Ski Club 1982-1983 Season



MEMBER OF

TEXAS SKI COUNCIL

CALENDAR

- Astroworld - August 14 (Page 16)**
- Happy Hour - Todd's - August 19 (Page 6)**
- Pool Party & Weiner Roast - August 22 (Page 16)**
- Softball/Volleyball - August 29 (Page 8)**
- Astros vs LA - September 10**
- General Meeting - Stouffer's - September 13**
- Padre Island - September 17-19**
- Casino Night - September 25**

Circle These Dates:

	S	M	T	W	T	F	S
AUGUST	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				

	S	M	T	W	T	F	S
SEPTEMBER				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30		

1982-1983 Officers

- President:** Bruce Maughs - 236-6706 (O)
- Vice President-Programs:** Pam Pyle - 721-7035 (H) 792-3120 (O)
- Vice President-Trips:** Eric Holm - 448-4444 (H)
- Vice President-Membership:** Ron Smith - 879-8240 (H) 679-3253 (O)
- Vice President-Publications:** Tania Andrasko - 776-9754 (H)
- Secretary:** Margaret Norris - 466-4802 (H)
- Treasurer:** Steve Gucker - 981-6663 (H)
- Trip Directors:** John Cook - 448-5012 (H) 460-4132 (O)
Glenn Bishop - 729-0065 (H) 662-3000 (O)

Board of Directors

- Anne Benefield, Chairman
- Curent Officers**
- Keith Eastin
- Lynn Burch
- Mo Granda
- Jim McIntyre
- Leona Schroeder
- Linda MacFarland Simpson
- Jan Livingston
- Carol Ragan
- Bill Brooks

The SitzMarke Staff

- Editor:** Tania Andrasko
- Head of the Lifeline:** Bruce Maughs
- Cover Photo:** Bob Basch, "Race to the Sun", Orchard Lake, Michigan
- Staff Photographers:** Bob Wilbanks, Charles Dutton, Sy Liebergot

Contributions for August Issue:

- Mike Brown
- Bob Bode
- Jim McIntyre

Published monthly by Space City Ski Club for its members.

General Correspondence: SCSC, P. O. Box 22567 Houston, Texas 77227. Sitzmarke Correspondence: 10611 Sandpiper, Houston, Texas 77076

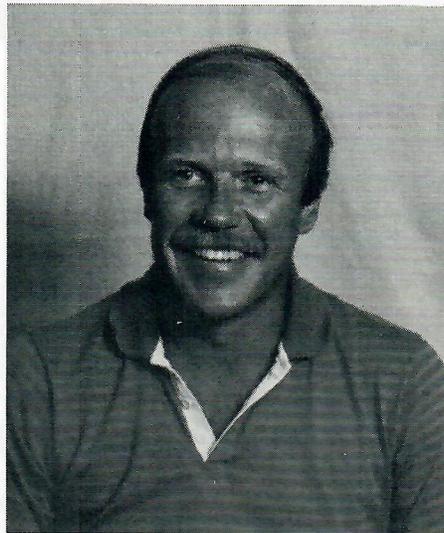
**Next Executive
Officers Committee
Meeting
August 24**

SitzMarke Deadlines

- August 11
- September 13
- October 11

As Eric Holm mentioned in last month's "From the Ski Desk" article, the executive committee has selected all our trip chairpersons and assistant trip chairpersons at this time. You may see their pictures elsewhere in this issue. In addition, Continental Airlines will be our carrier again this year. At the time I am writing this article, we have already had budget meetings for some of the ski trips and have scheduled the rest of the meetings for next week. We will publish a schedule of prices in next month's **Sitz-Marke**, in time for the September General Meeting and the big rush to sign up for next year's ski season.

One of the ways SCSC has been able to offer lower priced trips is by purchasing lower priced airline tickets. These tickets are often some form of excursion tickets and have some restrictions, such as a requirement that you both go and return with the group. When



these requirements are not met, the excursion fare is broken and the refund will not be one-half of the original fare, it will be **SUBSTANTIALLY** less! If you are not going to go and return with the group, you need to find out what restrictions exist regarding your ticket.

I have examined the last four August issues of the **Sitz-Marke** and noticed that this is the month to report our financial results; however, no statements were forthcoming. I

have made repeated attempts to contact last year's dilatory treasurer and chastise him severely. However, whenever I call him, his line is busy. Seriously, unexpected problems have prevented last year's books from being closed. There were more refunds last year than ever before. In addition, Continental was required to issue group instead of individual tickets so that trips that went short are difficult to reconcile. At the present time, we are still due over \$2,800 from Continental and approximately \$1,800 from World Travel Advisors, who wrote our tickets. When these refunds are received, the last trips can be closed and hopefully the financial statements can appear in next month's **SitzMarke**.

This article was purposely written prior to the Summer Bash so that no mention of salacious behavior would have to be made.

Tania, is this any less pithy?
(Editor's note: A little!)

Back At The Ranch

6th Non-annual

SCSC MERCER'S CAMPOUT again!

October 22, 23, 24

Mercer Family Ranch, Chapel Hill, Texas

For more information, contact:

BOB or BARBARA CRUSE (H) 879-9141

or Sign Up at September Meeting

BULLETIN

**ATTENTION
SCSC MEMBERS**

The August 1 renewal deadline has come and gone. **Ron Smith**, VP-Membership, is now going through the waiting list. If you know of a former member who did not renew, he/she will **not** be receiving this **SitzMarke**. If they are interested in renewing, have them contact Ron. Please note the \$5.00 increase in dues after the August 1 deadline.

ANNOUNCEMENT TO THE GENERAL MEMBERSHIP

WE'RE MOVING!

NEW LOCATION, NEW DAY

Stouffer's[®]

Greenway Plaza Hotel

MONDAY, SEPTEMBER 13th

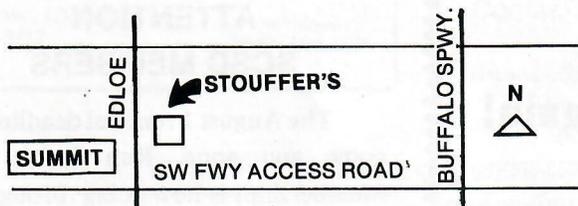
WILL BE THE FIRST GENERAL MEETING OF SPACE CITY SKI CLUB'S 1982-1983 SEASON

A recent visit by several members of the Executive Committee confirmed our expectations that Stouffer's beautiful, LARGE facilities will be a welcome change for Space City's membership. We will be meeting in one of the two ballrooms on the Concourse level of Stouffer's, the SE-COND MONDAY of each month, September through May.

Some of you have expressed concern over the traffic and parking situations in the Greenway Plaza area. The following may serve to allay your fears.

TRAFFIC: Since meetings start at 7:30 p.m., with some of you arriving as early as 6:30 for the first meeting, we will be missing the major part of the afternoon rush hour traffic. The traffic in the Greenway Plaza area is usually cleared out by 6:00 to 6:15 p.m., with the heavy residual traffic only in the area of the Southwest Freeway near the Loop. Greenway Plaza's central location and easy freeway access are perfect solutions to the problem of a membership spread throughout the city.

PARKING: Just think! Plenty of spaces, and covered, too! There is VERY RARELY anything going on in the Summit on Monday nights (*you've noticed we've switched from Wednesdays to Mondays, right?*) Therefore, the entire Greenway Plaza underground parking is available to Space City! And no big crowds or traffic as we enter or leave!



HOW TO ENTER THE PARKING AREA

- **Easiest Procedure - Via Edloe** - turn into hotel drive entrance, pass lobby door, follow circular ramp down into the GREEN hotel parking area.
- **Via Southwest Freeway access road** - use Buffalo Speedway exit (from either direction on freeway) - parking entrance is just before the Edloe Street overpass.
- **Via Richmond** - use parking entrance nearest Edloe.

WHERE TO PARK

- **There are three levels of parking in the underground** - The Concourse level (top), B-1 level, and B-2 level (lowest).
- **Best Parking** - "GREEN" Hotel Guest parking area (Level B-1).
- **Other Parking** - "CONTRACT ONLY" areas IF after normal business hours.
- **Levels B-1 or B-2** - NOT the Concourse level.

IF YOU ENTER A PARKING GATE THAT DISPENSES A TICKET

- **Green Ticket** - take ticket up to the hotel lobby desk, where it may be exchanged for a free token. Efforts will be made to have entrance gates to GREEN areas up on the Monday evenings of our meetings.
- **Ticket Color Other Than Green** - You might have to pay to get out of these areas if you leave the meeting early. If you stay at the meeting until after 10:00 p.m., you may not have to pay anything as all the gates to the parking areas are usually raised by then.

ENTERING THE HOTEL

- The lobby of Stouffer's is on the main above ground level and the ballrooms are on the Concourse level, which is connected to the next lower level (B-1 parking) via an escalator.
- Once you have parked, look for the entrance to Stouffer's and make a mental note of where you left your car (remember, a lot can happen to you in the next few hours!).
- From Level B-2 you must take stairs up to Level B-1.
- From Level B-1 the hotel has an escalator up to the Concourse level, where the ballrooms are found.

Remember, after the first meeting it will all seem as easy as falling off a log. (Did I say that?)

So, we'll see you in September! Come prepared for fun, conversation and to sign up for those ski trips! And by the way, say thanks to **Keith Eastin** for tracking down these new facilities.

The Editor

Guadalupe River Canoe Trip

by Michael J. Brown

Late Friday night, June 25th, SCSC'ers began to straggle into the campsite near Berghelm to pitch tents and prepare for Saturday's canoe run down the upper Guadalupe. Some canoers put up tents (*some taking longer than others*). **Mitzi Grove**, however, spent her nights in a hammock, which was insufficient to support the weight of **Bob Wilbanks**, who collapsed the whole thing. The group proved to be a hardy lot, wise in the ways of the woods. That is, those who were able to construct their tents. Those less mechanical ones, on the other hand, had problems — **Geoff Darby** and **Mariolina Nicholson**, for instance.

Bright and early Saturday morning, the hardy campers stumbled from their tents, hung over and hurting, to fix breakfast over the fire. The best campsite to loiter around was that of **Linda Licarione** and **Fred Kinat**, who fix a mean breakfast. **Merlyn** and **Michelle Harger** proved to be ace campers, prepared for any contingency. (*Did you know that ammo cans are great waterproof containers for cameras?*) **Stan Ferguson**, on the other hand, filled up **Kathryn Bellis'** truck with one of everything, just in case. After a hearty breakfast, the troops piled into cars and drove to Bigfoot Canoe Rental, where canoes were rented and launched.

The group proved to be quite seaworthy, with a few notable exceptions. On an early leg of the trip, **Mariolina Nicholson** became the first person ever to lose a high heel shoe while canoeing. Further down the river, the group stopped to swing from the river bank on a rope attached to a large tree. Many acrobatic tricks were performed. However, **Ann Batten** had to have special instructions — first you hit the water, *then* the riverbank! Due to a late start, the group was famished by lunchtime, which was marred by a close encounter with a crazed property owner. By the way, if you're thirsty and need a beer, don't ask **Steve Kroger**, the boy brings his own. After lunch, Rust Falls consumed many canoes, including those of **Ron** and

Roberta Ramin, **Anna Purkey**, **Ray Naudain**, **Jack Jones**, **Billie Nowak**, **Bill Kirk**, **Dan Breaux** and **Connie Shaekel**. But at the end of the trip, the tuckered crew was rescued by the mighty Bigfoot and driven back to their cars. While waiting for Bigfoot to return for another load of canoers, **Steve Gucker** befriended two natives who had lost their dog. Everyone was rooting for the dog.

Back at camp, a tired crew began the night's festivities, with everyone cooking their own dinner and watching the floor show, which consisted of **Dick Bryant** being molested on the hood of a car, and **Geoff Darby** dancing to the Beach Boys. Everyone, that is, except **Rodney Wilson** and **Margie Cook**, who went dancing in Bandera until 9 a.m. Sunday morning. Songs

were sung, lies were told, wine was drunk, Plummer passed out -- what else is new???

On Sunday morning, **Dan Mauk**, who was sleeping peacefully in a lawn chair near the fire, awoke to the sound of early morning chatter. He peered owlishly at the morning gathering and spying a bottle of California Red, partook of communion. After breakfast, **Karin Perkins**, **Harvey Malyn**, **Cindy Garrett**, and **Diane Ahrens** were content to lay about the campsite, but a hardy crew led by **Joe Jackson** (*keeper of the cooker*) rented tubes and went down the lower river, braving Hueco & Slumber Falls, while other SCSC'ers watched sadistically from the bank.

Late Sunday night the group got back on the road, headed for home and a real bed!



Richard Bryant in Kayak observing Steve Kroger & Mitzi Grove attacking Rust Falls.



TOP LEFT: Around the breakfast table -- Linda Licarione, Fred Kinat, Debbie Ball, Lesa Russell, Steve Gucker.

LEFT: Kathryn Bellis, Jean Marshall, Stan Ferguson and Michelle Lamb -breakfast or lunch?

ABOVE: Debbie Ball and Jim Plummer -- note who isn't rowing!

SCSC Scrapbook

SCENES FROM HAPPY HOUR AT THE BEAR AND RAGGED STAFF



Linda Crawford, Diane Yarberry, Harry Gaston, Ann Brod.



*Geoff Darby and Martha Culpepper.
Jeri Rotenberg and Katie Terzakis.*



Ira Sanborn, Elsie Moczgamba, Kathy Myers, Ron Schmidt, and Winston Pickins.

AUGUST HAPPY HOUR

The Night Has A
New Dimension at the

NEW TODD'S

August 19th
Happy Hours 6-8

*Located in the Hilton Inn, Dairy Ashford
and Katy Freeway*

PHOTO CONTEST OCTOBER GENERAL MEETING

Hey, SCSC photographers!!! Here's your chance to see your photograph as a **Sitzmarke** cover! So get your entries in by **October 1**.

In general, the subject material should deal with scenery or a combination of people and scenery covering all seasons.

The **photographs** (no slides) may be **black and white** or **color**. Picture size **MUST** be a minimum of 8 x 10 inches and a maximum of 11 X 14 inches with a **glossy** or **semi-glossy surface**. Prints with a silk or rough matte finish will not be accepted since they reproduce poorly. Your name and address **MUST** be on a label on the back of each print.

The categories will be:

- I. Scenery (all seasons)
- II. Portraits (people or animals)
- III. SCSC Activities with members (skiing, summer summer and other)
- IV. Architecture

***Winners in the categories of Scenery and SCSC activities will be used for the **Sitzmarke** covers if suitable.

1st, 2nd and 3rd places will be awarded and prizes will be given.

Each participant is limited to no more than three (3) photographs in each category. All winning entries will be returned after use.

Ballots will be handed out at the October meeting and judging will be by the membership.

Mail Entries To:

Carol Ragan

14121 Misty Meadow • Houston, Texas 77079
or bring to September meeting.

LAREDO

Christmas Shopping Spree!

First time in Three Years!

NOVEMBER 13-14

JUST \$65 INCLUDES:

Bus, Bloody Marys, Screwdrivers, Wine, Beer, and one Night Lodging at La Posada (within walking distance of great food, drink and bartering.

Available to only the first 40 warm and friendly bodies to sign up!

**Contact: SANDY PALMER (H) 879-8240
or sign up at the September Meeting.**



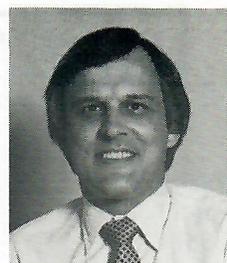
JoAnne Weaver



Jean Walke



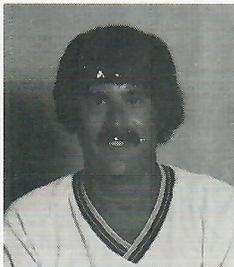
Kay Broad



Gary Elston



Peggy Widaman



Lou Schultz



Debbie Ball

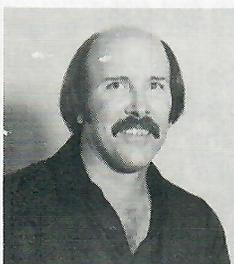
**'82-'83
TRIP
CHAIRPERSONS**



Dick Howard



Sadie Madole



Ray Hodge

CURRENT TRIP SCHEDULE

November 24-28

★KEYSTONE at Thanksgiving

TC JoAnne Weaver
ATC Bob Neil

December 25-Jan. 1

STEAMBOAT at Christmas

TC Jean Walke
ATC Ted Doucet

January 9-16

TEXAS SKI WEEK I - Snowmass

TC Kay Broad
ATC Peter Meaden

ASPEN TRADITIONAL

TC Gary Elston
ATC Cindy Garrett

January 12-16

TEXAS SKI WEEK II - Snowmass

TC Peggy Widaman
ATC Bill Kirk

January 29-Feb. 5

BANFF, CANADA

TC Lou Schultz
ATC Elizabeth Braun

February 6-13

★COPPER MOUNTAIN

TC Debbie Ball
ATC Phyllis Sysak

February 27-March 6

VAIL

TC Dick Howard
ATC Pat Burchett

March 15-20

★PURGATORY

TC Sadie Madole
ATC Harold Eaton

Late March

MAMMOUTH MOUNTAIN, CALIFORNIA

TC Ray Hodge
ATC Kathy Myers

April 3-10

★SUN VALLEY

TC Karen Friedsam
ATC Chris Ginn

★Texas Ski Council Satellite Trips

Dates and Locations subject to change



Karen Friedsam



Kathy Myers



Chris Ginn



Elizabeth Braun



Phyllis Sysak

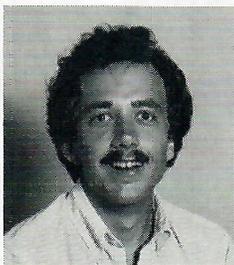
**ASSISTANT
TRIP
CHAIRPERSONS**



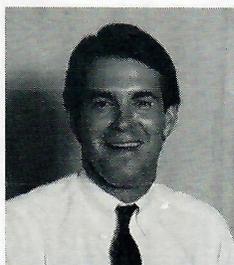
Pat Burchett



Harold Eaton



Bob Neil



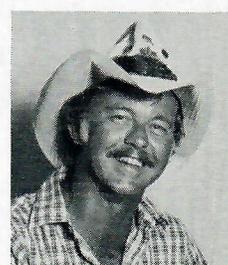
Ted Doucet



Peter Meaden



Cindy Garrett



Bill Kirk



PADRE ISLAND WEEKEND

September 17, 18, 19 • \$145

Staying at Hilton Resort Hotel

\$50 deposit due by August 19th

Make check payable to SCSC and mail to:

NORM RUND

6452 Burgoyne • Houston, Texas
(H) 789-3175 • (W) 748-3200

NAME/s _____

Address _____

Zip _____

Phone — (H) _____ (W) _____

LAST CHANCE! SUMMER SOFTBALL / VOLLEYBALL! AUGUST 29th

5:00 PM till ?

T. C. JESTER PARK

North of North Loop on T.C. Jester, South of West 43rd.

PICNIC IF YOU WANT!

Bring your own food and drinks!

Don't forget folding chairs, horseshoes, frisbees, extra softball equipment, volleyball net,

ANYTHING TO HAVE FUN!

Contact: JAMES WEISKOPF (H) 931-0385

The June and July Summer Softball activities have been drawing a happy group each month, and August's games look to be the best yet! July's Sunday afternoon of fun was topped of by a spontaneous hamburger party at JEAN MARSHALL's home, with all the participants contributing the food. Our thanks to Jean and to JAMES WEISKOPF for all their help.

We'll see you all again, August 29th!



World TRAVEL Advisors

**Ready and Willing
To Serve**

Space City Ski Club'ers

**"WE'LL DO EVERYTHING
BUT PACK YOUR BAGS!"**

THREE RIVERWAY • SUITE 150 • HOUSTON, TEXAS 77066 • 713/960-9160

A MOONLIGHT SAIL

BY Jim McIntyre

Most members of Space City Ski Club have been sailing at one time or another. Whether it was on a big yacht or a small board boat, it was probably on Galveston Bay, or somewhere nearby. Hopefully, the experience was a good one, with good winds and a clear sky.

Most sailing adventures are remembered with thoughts of a fresh breeze propelling the boat from wave to wave towards an endless horizon, while quenching a big thirst with an ice cold beer. To many this memorable experience will remain with us forever as one of those unforgettable days when time stood still.

As wonderful as those memories are, they would seem ordinary when compared to the adventure of a moonlight sail. There is something about the mystique of sailing under an umbrella of stars that fills you with exuberance as you glide along listening to the soft sound of the bow sliding through the waves.

As I describe a recent moonlight sail on Galveston Bay, perhaps you can get some idea of what a wonderful experience it is.

On this particular Saturday there is not a cloud in the sky. When the sun reaches its peak, with a burning vengeance, the last ice chest is loaded into the trunk by the crew. After an hour's leisurely drive from the sweltering city, we reach the shores of Galveston Bay and the cool shelter of



“UPS” located above Jimmy Walker’s Restaurant in Kemah. Several rounds of cold liquids, of assorted varieties, are consumed before descending the stairs for an unhurried lunch of fresh seafood. After lunch we drive across the drawbridge to Seabrook where the sailboat “SUN BABE” is berthed. When the ice chests and rations are stored, the crew changes into bathing suits and helps ready the boat for sailing. It is about four-thirty when we reach the open bay, and with good winds we reach Red Fish Island after an hour and a half and drop anchor.

There is nothing like a good swim in the cool of the evening to liven a crew after the confines of a sailboat on a swift sail. After an hour of relaxation and more thirst quenching, the anchor

is weighed and the “SUN BABE” is headed into Trinity Bay.

As the sun sets slowly in the west, the evening star appears in the east followed by the rising of a full moon. For a few short moments, the sun is still visible in the west while the moon dominates the eastern sky. During this short interlude the crew sits silent while admiring one of the universe’s most beautiful presentations.

As soon as the sun disappears, the familiar “pop” of a cork of a good champagne is heard and soon the glasses are filled and all are raised high in toast, to one of nature’s grandest spectacles. “SUN BABE” is tacked and headed for the twinkling lights of the Clear Lake area. As the sky begins to darken, the eerie light of the full moon soon floods the bay. As the moon rises higher and higher, it leaves an ever widening silvery ribbon across the seemingly endless bay towards an eternal horizon. Occasionally a wispy cloud glides across the sky, resembling a ghost just passing by.

Soon the beacons of the Clear Lake channel are aligned and the diesel engine is started while the crew lowers the sails, and begins to prepare “SUN BABE” for the night.

As we head for the dock, past the lights of the restaurants that line the channel, we can sense all the eyes staring at us, knowing full well that we have been a part of one of sailing’s most exalted experiences.

Tennis Tournament in the works!

Tentative Date
NOVEMBER 20th

32 players will enjoy 3
hours of wall-to-wall tennis
then a quick change and
off to a grand night of C&W
dancing!

Contact: BOB BOSSUNG
(H) 467-4236 (O) 658-0203

REMEMBER TO SUPPORT YOUR SITZMARKE ADVERTISERS!

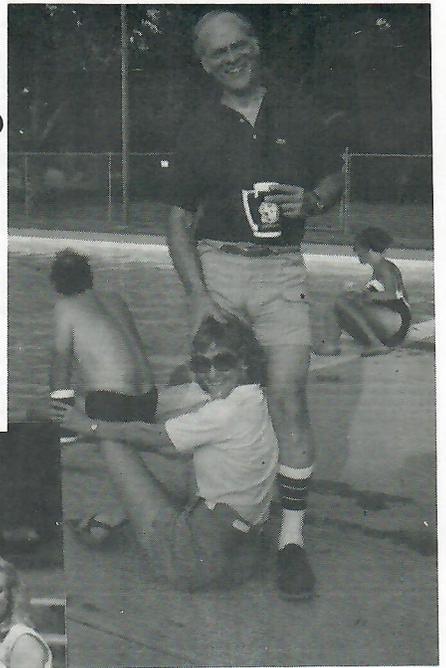
It
was
Fate... celebrate!

Richmond at Loop 610 Just South of The Galleria 961-7494

The Summer Bash '82



First, the food !!



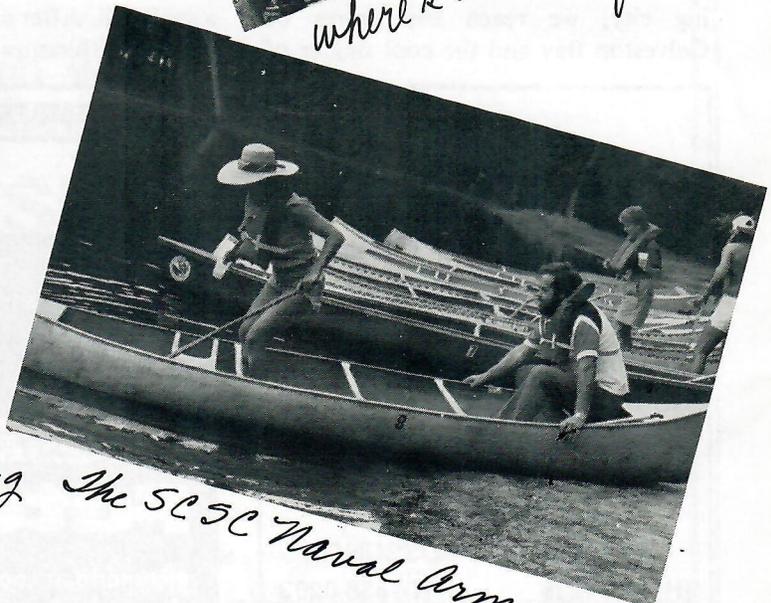
where's the softball game?



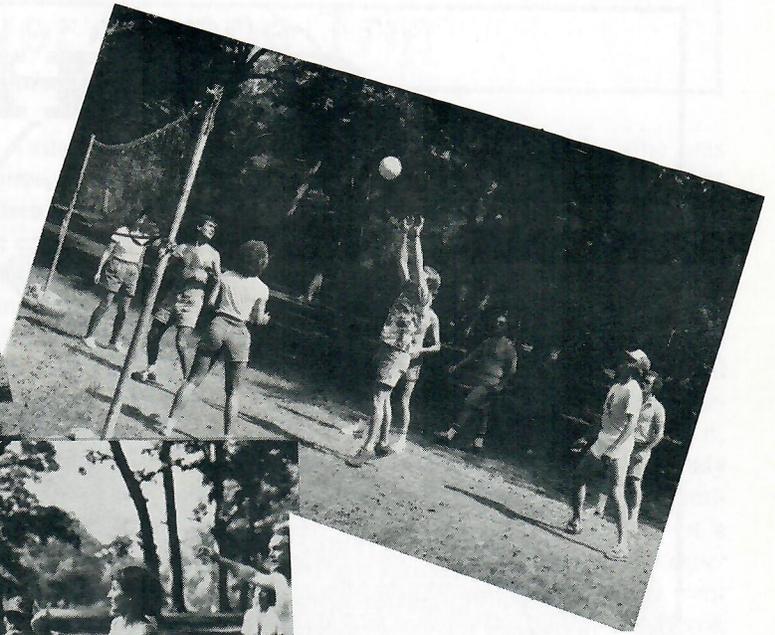
Sitters and Watchers.



SCSC's Swimming Showgirls!



The SCSC Naval Armada!!



**Good
times~**

**Good
day~**

*Volleyball was the sport of
the day!*



**Good
friends!**

OSHMAN'S®

**It's coming...
SOON!**

**Oshman's annual ski
event of the year.
Now bigger &
better than ever.
Watch next
month's
Sitzmark for
complete
details.**

IN99

MARKEMAKERS

With all the relationships, friendships, and love affairs that SCSC members are involved in, here's a couple that married, and it all started with a friendly meeting at SCSC.

Enter stage right, Mike and Kay Broad, who are both active members of SCSC. In September of 1980, at the ski club's monthly meeting, Kay came with Winkie Puryear, and while waiting in line Kay met Mike. Well, as fate would have it, Mike and Kay talked and decided to get together. One time together led to another and another and the meetings between Kay and Mike went on for well over a two month period. During this time, Mike's American Express bill for lunches and little get-aways was high, but it paid off for them both, for marriage was right in line for Mike and Kay.

Mike is a structural engineer in the Houston area, and is very serious about his job and career. If you can get the time, ask Mike about his favorite bumper sticker about structural engineers! Mike is from England, and besides work, loves fine automobiles. He has owned a couple of superb-



MIKE and KAY BROAD
by Bob Bode

Jaguars and last year bought a Datsun 280-Z from me, for Kay, which she just loved. Mike has a keen wit, and a dry but great sense of humor.

Kay is from San Angelo and she tells this reporter that she is retired from work in the travel business at the present time, and doing a full time job of keeping a beautiful home in Quail Valley, and caring for their two sons, Dustin and Brandon. In her spare time,

Kay is a devoted matchmaker, who knows the right stuff to get a single guy and girl together. Her bright and bubbly personality is a hit with many club members, and her smile this reporter will never forget.

Mike and Kay have been involved with many activities in SCSC since 1980. They have been in the Follies for the past two years, and Kay did a great job in organizing the Summer Bash this year. In 1982, Mike and Kay went on the Lake Tahoe I trip, and Mike just loved the Rio Grande trip he went on with the ski club. In the upcoming year, Kay and Mike plan to partake of Texas Ski Week I at Snowmass (*especially since Kay is T.C. for the trip!*)

The blend of their personalities is perfect and they go together so very well. Many people who know Mike and Kay will agree with this reporter that their membership in the club is great, and that their smiles and warm hearts are just the things that help so many friendships in SCSC. After all, getting together at SCSC's meetings, parties and functions is what SCSC is all about, and Kay and Mike fill the bill just fine!

Casino Party

SATURDAY, SEPTEMBER 25 • 8:00 - 12:00 P.M.

- PLACE:** Creole Apartments Club Room, 2400 Yorktown
- COST:** \$10.00 Members (Sept. 22 Deadline): \$12.00 Guests
\$15.00 (After September 22 and at Door)
- DRINKS:** \$1.00

GRAND PRIZE BY DRAWINGS

★ TWO SKI TRIPS

(up to \$500.00 toward any ONE SCSC Trip of your choice)

Non-transferable; Good only during 1982-83 Season; for SCSC Members only

MORE PRIZE DONATIONS WILL BE ANNOUNCED IN SEPTEMBER SITZMARKE

We're looking for volunteers to be bartenders, dealers, waitresses. Call Judi!

MAKE CHECK PAYABLE TO SCSC AND MAIL TO:

JUDI HENDRIX, 2125 Augusta, #59, Houston, Texas 77057 (H) 266-3037

NAME: _____

ADDRESS: _____ ZIP: _____

PHONE: (HOME) _____ (BUSINESS) _____

OR SIGN UP AT THE SEPTEMBER MEETING

PERSONALS / CLASSIFIED



SATURDAY, OCTOBER 16

9 a.m. — 7 p.m. • \$20.00 / person

Includes:

Bus, Refreshments on Bus, Admission to Festival

Limited to first 42 persons signing up

Make check payable to SCSC and send to:

ANN BATTEN, 9540 Windswept - Houston, TX 77063

or call 977-6429 for more information.

ACTIVITIES

AUGUST

- 14 Astroworld - *Beth Nolen & Pam Pyle*
- 19 Happy Hour — Todd's
- 22 Pool Party and Weiner Roast - *Daric Donovan*
- 29 Softball / Volleyball

SEPTEMBER

- 10 Astros vs LA - *Bill Young*
- 13 General Meeting - **Stouffer's**
- 17-19 Padre Island - *Norm Rund*
- 25 Casino Night - *Judi Hendrix*

OCTOBER

- 11 General Meeting - **Stouffer's**
Photo Contest
- 16 Renaissance Festival - *Ann Batten*
- 23-24. Mercer's Campout - *Bob and Barbara Cruse*

NOVEMBER

- 8 General Meeting - **Stouffer's**
- 13-14 Laredo Bus Trip - *Sandy Palmer*
- 20 Tennis Tournament - Tentative date - *Bob Bossung*

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Leona S. Schroeder
President



Family and friends enjoyed Craig Meyer's 40th birthday party almost as much as he did! Ginny Meyers bought the cake, but Bobbet Olsen helped him take the first bite. Appearances were deceiving ...it turned out to be actually the cake.

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To submit a personal ad to the **SitzMarke**, print and mail with \$5.00 - up to 5 lines, \$10.00 - over 5 lines (checks payable to SCSC) to:

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(Only prepaid ads will be printed.)

PERSONALS / CLASSIFIED

FOR RENT

Vail - Lionshead Condo: 1 blk. from gondola. 2 brm/2 bath, sauna, porch, view, fully furnished, sleeps 6. Heated pool & jacuzzi on building grounds. Special discount for SCSCers, \$130. per night. Special rates for Christmas. Ed Rubenstein, days 682-4894.

PERSONALS

We bet Ed Taylor didn't know a bunch of friends were planning a going away party for him, or he wouldn't have left so quickly! We hear he's presently in Selma, Alabama, but will be moving on to Atlanta as soon as he completes his current assignment. We'll miss that crazy southern drawl, but hope he enjoys the new job.

Best wishes to Pete and Darla Bauman, who were married Sunday, July 25th.

We just got the news that Mel and Nancy Gross had a bouncing baby boy in early June. Congratulations!

ATTN. GENERAL MEMBERSHIP

Corrections in your SCSC Directory:
Margaret Armbruster and Jeff Radzwill
5204-L Arboles
Houston, Texas 77035
(H) 726-0366
Sue Walker
811 Lovett #3
Houston, Texas 77006
(H) 526-6474
Robert (Bob) Henderson
5401 Chimney Rock #794
Houston, Texas 77081
(H) 666-9361
(O) 961-6000

Even if you don't know some of these people, make the change anyway — you never know when you will get to know them.

COMMUNITY ACTIVITIES

The Sour Krauts want to thank all the SCSC volunteers, again, and let them know that their efforts at the MDA Barbecue Cook-Off helped raise **\$15,800**, which has already been sent to the Muscular Dystrophy Association. (By the way, one person's name was left out of the thank you to the Stock and Stolon Cookers team -Ray Hodge. He was **ONLY** the Head Cook!)

ONLY IN TEXAS!

This will "bowl" you over. Last year, Bill Klopp, brother-in-law of Buffalo Snort Chili team member Easy Thayer, visited here from Detroit, Michigan, and naturally was introduced to chili cookoffs.

So impressed was he (and hung over) that he carried the word of Chilligula and a few of the Buffalo Snort Chili team shirts back to Detroit for some of his buddies.

Brother-in-law Bill visited, again, last April, and presented the team with a first place BOWLING trophy! It turns out that his bowling buddies liked the team shirts so much that they renamed their bowling team the Buffalo Snorts, declared Buffalo Snort Chili their sponsor and went on to win first place in their league!

A chili team sponsor a bowling team? Only in Texas! (By the way, Buffalo Snort Head Cook Sy Liebergot is looking for a new sponsor. Anybody wanna have fun?)

If any of you are involved in public service activities you'd like the SCSC membership to know about, let's let them know right here, under this headline. Contact: Tania Andrasko, 776-9754 (H).

SCSC DIRECTORY ADS

Advertising for the SCSC Directory is being accepted from businesses. A special section will include a re-print of business cards, and another will list resort condos. to get yours included, and for prices, contact:

Margaret Norris
(O) 466-4802

Deadline for ads is Oct. 1st.

REMINDER

Now is your chance to put in your 2 cents worth! Your By-Laws committee will be at work this summer (see Notes from the Board of Directors.) Contact a committee member... Gene Turboff, Sy Liebergot, Keith Eastin, Ray Hodge.

NOTICE!!!

If you or someone you know is not receiving the **Sitzmarke**, notify **RON SMITH**. Use this form:

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The **SitzMarke**

SPECIAL
EXERCISE
SUPPLEMENT

GETTING READY FOR SKI SEASON

With ski season coming up and many of you planning to go on the Thanksgiving Trip, it's time to start thinking about getting that old body into shape! You certainly can't do it overnight, and not even in just a couple of weeks, but through a steady, progressive program of exercises such as the one presented here, you can get ready for skiing in as little as 60 days. "Sixty days?" you say, "Isn't that a lot of time?" Not when you consider the amount of time it took you to get out of shape!

We present this program as a special "Pull Out and Save" because of the strong backing it has from one of your fellow SCSCers, **Jim McIntyre**. For several years we've been hearing Jim extol the virtues of this particular conditioning program, and upon seeing it realized that this wasn't something we wanted our members to leave buried in a **SitzMarke** that might get lost among the coffee table magazines.

Jim wants you to understand that this program is designed as the OPTIMUM conditioning routine for good skiers. There isn't anyone who can successfully complete the program who can't win a NASTAR medal. However, *this program is also for the beginner to intermediate skiers out there!* If you can't complete the advanced exercises as quickly as indicated in the instructions, don't be discouraged, just do them as quickly as you can.

Jim also states that he completes the program of 60 days of exercising based on a seven-day week. **Ann McIntyre** tells us she completes the program on a five-day week basis, taking weekends off and allowing three months for the full series.

Jim found these exercises in *America's Ski Book*, by the Editors of *Ski Magazine* and John Henry Auran. The exercises, designed especially for skiers, were developed by Dr. William

Orban, author of the Royal Canadian Air Force *5BX Plan for Physical Fitness*.

In addition to the exercises given here, Dr. Orban recommends strengthening arm and shoulder muscles through regular pushups (either ladies's or men's style), and a regular program of running to improve heart and lung performance. If you aren't into a regular running program, start with a quarter mile (one large city block) and work up to the mile distance. Hiking is also good, especially in hill country (if you can find any around here).

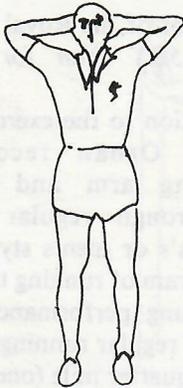
Since this is a program based on the principle of progression and overload, which enables the development of physical condition from a very low level to a very high level by increasing the rate at which each exercise is regularly and gradually performed, *it is very important to undertake the exercises - regardless of your present physical condition - in the order presented here*, increasing in intensity (and difficulty because of increased resistance) as you graduate from series to series.

The beginners series may seem too easy, but Jim emphasizes that it is **VERY IMPORTANT** that you perform the exercises in the time and number of days stated. This means that if five repetitions of an exercise are suggested for one minute, they should be evenly spaced so as to take the full one minute. And if the same exercise should be repeated for five days, do not shorten the number of days. By the time you reach the advanced level, you may be wishing that you could go back to those "easy" repetitions of the beginner series, so enjoy it while you may!

Remember, it only takes two to three months, and they will be months well spent - as you'll discover on your happy, successful and SAFE ski trip!

PULL OUT AND SAVE

EXERCISE ONE: *A mobilizing exercise designed to produce a greater range of rotational movement in the ankles, knees and spinal column.*



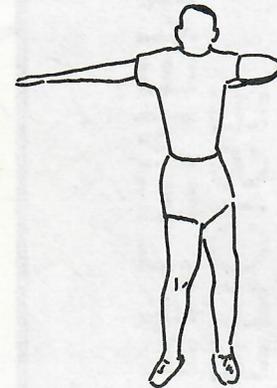
• **BEGINNER:** Stand with feet parallel and flat on floor about shoulder width apart, hands clasped behind head, elbows back. Turn upper trunk slowly toward left, twisting as far as possible without losing balance and without moving feet. Slowly return to starting position, then twist to right, allowing hips and thighs to follow trunk without moving feet. Returning to starting position completes one repetition. Movement should be slow and performed without any jerking motion.

(Five repetitions per minute for first 5 days, then add 3 repetitions per day for next five days.)



• **INTERMEDIATE:** Starting position is same as beginner's series except that arms are held horizontal and at shoulder height. Exercise is performed in same manner except that when rotation is made, head is turned to follow arm which is moved backward. Twist as far back as possible, with rotation from ankles and hips. One rotation with each arm completes one repetition.

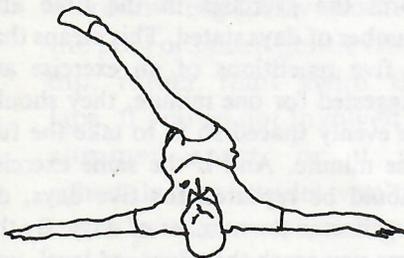
(Ten repetitions per minute for 5 days, add 2 per day for 10 days.)



• **ADVANCED:** Arms are now held across chest with upper arm horizontal from shoulder. Swing left arm backwards to rotate upper trunk, hips, knees, and ankles as far as possible without moving feet. Movement is completed by returning to starting position and bending arm. Second movement is a repeat of first, but with the right arm. One repetition is complete when starting position is assumed after second movement.

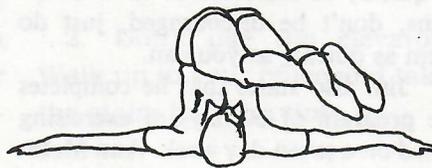
(Ten repetitions per minute for first 5 days, then add 1 per day for 30 days.)

EXERCISE TWO: *To develop the abdominal muscles which are used in the trunk and hip rotation so essential for certain maneuvers in skiing.*



• **BEGINNER:** Lie on back, feet straight together with arms stretched to the side, palms flat on floor. Lift left and right leg alternately across body so that raised foot comes directly above hand. The other foot and hand maintain contact with floor during movement. One repetition is completed with two movements, one with each leg.

(Five repetitions per minute for first 5 days, add 3 per day for next 5 days.)



• **INTERMEDIATE:** Starting position is same as beginner's series. Raise both legs simultaneously so that left knee is almost directly over right shoulder. Return legs to starting position. Repeat the movement, but with right knee almost over left shoulder. Two movements complete one repetition.

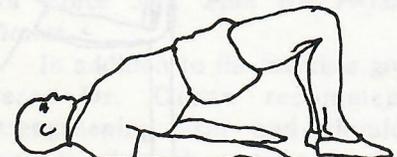
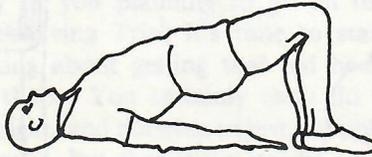
(Ten repetitions per minute for 5 days, add 2 per day for 10 days.)



• **ADVANCED:** Starting position is same. Raise both legs together, then lower them to touch floor just beyond fingertip before returning to starting position. Second movement is reverse of first. Two movements are one repetition.

(Ten repetitions per minute for 5 days, add 1 per day for 30 days.)

EXERCISE THREE: *For the development of lower and upper back muscles on which there is an additional demand in the skiing posture; will also improve the strength of upper arm muscles needed for pole action.*



• **BEGINNER:** Lie flat on back with arms by sides and hands flat on floor. Lift hips just high enough to clear floor. Complete length of arms, shoulders, head and heels maintain contact with floor.

(Five repetitions per minute for first 5 days, add 3 per day for next 5 days.)

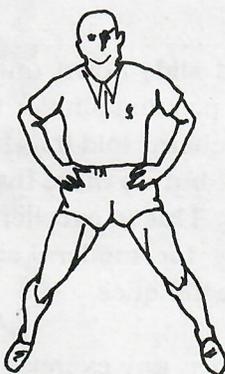
• **INTERMEDIATE:** Lie flat on back with arms by sides and hands flat on floor. Move feet close to hips by bending knees. Hips should be on floor and feet flat. Raise hips and force upward as high as possible. Feet remain flat; head, shoulders, and entire length of arm maintain contact with floor. Each time hips are raised is one repetition.

(Ten repetitions per minute for 5 days, add 2 per day for 10 days.)

• **ADVANCED:** Starting position is same as intermediate series. Raise hips AND shoulders off floor, forcing hips and chest upwards as high as possible. Force for movement is applied at elbows, back of head and feet. Only feet, lower arm and back of head should be in contact with floor when hips are raised. Each time hips are raised is one repetition.

(Ten repetitions per minute for 5 days, add 1 per day for 30 days.)

EXERCISE FOUR: *The key exercise for strengthening lower muscles of the limbs used in skiing as well as for strengthening the knee and ankle joints which are so prone to injury; also provides practice in dynamic balance if hands are kept on hips and an attempt is made to exercise by jumps on a designated mark on the floor, or over a shoe box resting on the floor.*



• **BEGINNER:** Stand with feet wide astride, hands on hips. Alternately jump from one foot to other to the outside of two imaginary parallel lines which are a leg-length apart. Cause your entire weight to shift from one foot to other as you jump from side to side. Each time foot touches floor completes one repetition.

(Twenty-five repetitions per 2 minutes for 5 days, add 5 per day for next 5 days.)

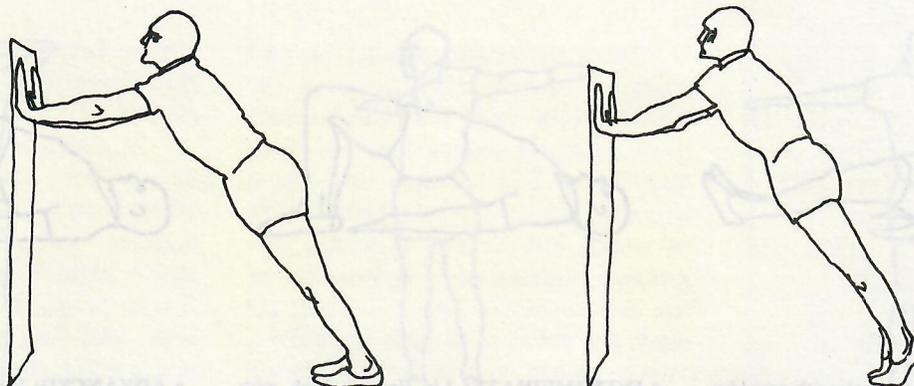
• **INTERMEDIATE:** Stand with hands on hips, feet together. Jump from side to side while keeping knees and feet together. Distance of jumps should be between one-and-one-half to two foot-lengths apart. Both feet should come in full contact with floor each time.

(Thirty repetitions per 2 minutes for 5 days, add 7 per day for 10 days.)

• **ADVANCED:** Stand with hands on hips, feet together. Jump from side to side, keeping and landing with both feet together. Distance should be at least three foot-lengths apart. Each jump is one repetition.

(Thirty per minutes for 5 days, add 5 per day for 30 days.)

BONUS EXERCISE FIVE: *Lays emphasis on strengthening the lower leg and is a special help to women, who have shortened Achilles' tendon as a result of high-heels. Men will gain benefits too because it helps to mobilize the ankle joints.*



Place both hands flat on wall or immovable object about chest high, then move feet backwards until heels just make contact with floor. Raise both heels together as high as possible before lowering them to starting position. Raising and lowering of heels constitutes one repetition.

(Two repetitions first 5 days, five seconds apart. Increase one repetition per day for next 45 days until completion of training schedule. Maintain 5 second interval first 5 days, then perform as rapidly as desirable.)

(The preceding was adapted from *America's Ski Book*.)

EASY SKIER

With the summer doldrums on us all, it sometimes seems more inviting to lay around by the pool or take a gentle cooling dip, rather than swim those laps. If you're not involved in a summer sport, or if your schedule (or attitude) won't permit a proper conditioning program, such as the one presented in this special supplement, to get in shape for skiing, there are still a few things you can do to get your tawny body tightened up for the upcoming season:

1. Park your car two blocks from the office or in the far corner of the garage and walk a little.
2. Don't use the elevator. Walk up to your office and take the stairs two at a time.
3. While brushing your hair, teeth, or whatever, stand with your knees bent and your weight forward.
4. Put your back against a

wall and slide down until you are in a position similar to sitting in a chair. Hold it as long as you can, but no more than two minutes. This is excellent conditioning for modern sit-back skiing techniques.

Remember, any exercise is better than none, so do as much as you can — hopefully more than our "Easy Skier" — and we'll see you during a healthy, and SAFE ski trip this season.

Adapted from *Arizona Skier*