

THE SITZMARKE



SPACE CITY SKI CLUB

VOLUME 1,

NO. 5

DECEMBER, 1968

REGULAR MONTHLY MEETING

December 2, 1968

7:30 P.M.

THE SAENGERBUND CLUB
3926 Feagan Street

DRESS: Casual or Ski Wear

- See Details Below -

SKI-VUES OF FUN AND FASHION

DECEMBER MEETING

It's that time again!! Time for our annual style show to let everyone know what the new ski fashions are going to be this year, and also have some fun at the same time.

Our style show this year, "Ski-Vues Of Fun and Fashion", is scheduled for Monday night, December 2, at the Saengerbund at 7:30 p.m. You remember, that's where we had our "Oktoberfest". It's located on Feagan Street just off Waugh Drive, across Memorial Drive.

As usual, this should be one of our most popular and fun meetings of the year.

Our fashions this year will be furnished by J. Rich Sports, Ltd. in the Village, and they really have some sharp looking outfits. The show will be narrated by Ingrid Rich, Jim Knox and Don Holloway. The models will be our own Space City Ski Club members who will throw in a song or two for good measure every now and then.

The program will start with a "cocktail" period featuring the Saengerbund's own beer. Tickets will be available for 50¢. At 8:15 p.m. there will be a

short business meeting followed by a break to re-fill beer glasses. The style show will start promptly at 9:00 p.m..

We hope to see all of you there. Since the hall capacity is rather limited and we do expect a large turnout, we hope you will do your part to help keep noise to a minimum during both the business meeting and the style show - except of course, when you get carried away by a good-looking model.

Information concerning our planned trips for the year will be covered during the business meeting. If you haven't made your plans for at least one trip this year, then this will be the time to do it. Trip tables will be set up for signing up for trips.

See You There!

SAHARA - TAHOE

Place your bets now on what promises to be one of our greatest trips ever offered. Ski to your hearts delight at world-famous Squaw Valley, Heavenly Valley and other nearby ski areas.

The trip is for 8 days (March 1-8) We fly out and back on a four-motor plane. We stay at the beautiful new Sahara-Tahoe Hotel which is located on the south shore of Lake Tahoe in Nevada near the California border. This most beautiful lake is in the high mountains near the Donner Pass. There are four ski areas nearby serviced by buses, the nearest being only 5 minutes away. Plenty of lifts on the beginner, intermediate and advanced slopes with ski school for beginners and instructions for the advanced skier needing to improve a bit. The weather should be fabulous at this time of the year - not too cold, but not far enough into Spring

for slush or ice. Since we are in Nevada, there will be abundant opportunity to gamble or to watch the frantic efforts of those who do. The casino of the Sahara-Tahoe is larger than that of Commanders Palace in Vegas, and there are several other famous casinos in the town. The presence of gambling will mean good entertainment, and usually, lower prices on food and drinks than you might expect.

One idea being considered to add a touch of spice to the trip, with San Francisco only 200 miles away, those who might want to take a day off from skiing and go into 'Frisco for the day and part of an evening could do so. Great fun in a beautiful city!

The cost of the trip will be approximately \$200 to \$245. This covers transportation, two to a room at the hotel, three free cocktails and cheese fondue each night, ski lift tickets and buses to the slopes for 6 days, buses to and from the airport, baggage handling to your room, and insurance.

We are offering a great vacation to anyone who has never been to the gambling world of Nevada, and who would like to see some of the most beautiful mountains in the world, and get in some skiing with lots of nice people.

So, be sure to see Trip Chairman, Winton Adams at the December meeting, and bring your checkbook to give us a \$50.00 deposit (refundable up to Jan. 13).

Phone HO 8 0132 (Home) or
MO 6-4233 (Office).

WRIGHT'S RAMBLINGS

NOW IS THE TIME FOR ALL GOOD SKIERS TO COME TO THE AID OF THEIR CLUB.

Paraphrasing the old typing drill is only to emphasize the opportunity each of you will have to help our Club.

As you know, a skiing trip is being planned for the Lake Tahoe area March 1st thru 8th. This is the first time we have ever proposed to make this trip, so it is quite a venture and something of a "gamble". That is to say, since we have no experience on which to base our planning, as we do for the Aspen, Santa Fe, Ruidoso trips, perhaps we have not sufficiently presented enough information to develop a strong response. We want to take 70 people, for the best price possible, but to date we have 52 people signed up. No doubt we will pick up a few more commitments from Club members who have yet to complete their skiing plans for the season; however, we believe to completely fill the trip we will need a recruit from new members.

Now, this is where each of you can help. Of course, the Club needs new members, but this is a particularly critical time. Surely all of us know several persons, preferably those who love the outdoors and sports, who could and should be members. So, before the December meeting, talk it up a little and invite or bring a friend to the meeting.

So that you will have ammunition to interest prospective members (and more information for those in the Club still considering) See details on front page.

Bill Wright

SKIS & CRUTCHES

Skiing Safety

by Dusty Smith

With the first trip of the season getting underway shortly after you receive this issue of the SITZMARKE, I don't really have time to get into a detailed discussion on the many things you should do prior to hitting the slopes, so I will try to squeeze in this article what you should do to prepare yourself, whether beginner or expert, or this year's skiing expert.

There are 5 basic conditioning exercises you can use before and during the ski season:

1. Walk in flat heel shoes because your ski boots are flat. Walk at least 5 or 6 blocks every day.
2. Walk up and down stairs. You people in apartments have a great deal of stairways available for this. Don't let people think you're crazy because you are walking up and down the stairs backwards, because it's better for you.
3. I call this one, the bus-rider's special: Balance evenly on both feet, lean forward, raise on your toes and bounce. Work up until you can do it on one foot.
4. Knee bends (Self-Explanatory)

5. Setting without a chair against a wall: Stand with your back to the wall, heels together 8"-10" from the wall, throw your back against the wall, slide to a setting position; hold it as long as you can comfortably. Keep increasing the length of time. This will greatly strengthen your leg muscles.

Safety on the slopes is directly related to proper clothing and the way it fits, plus the type of equipment you select. You will need to dress for cold weather comfort and be prepared for rapid changes in temperature. To gain this comfort it is recommended you use the layer system of clothing selection.

Ski boots are designed solely to help you control your skiing. Be sure they are comfortable and properly fitted.

Wear one light pair and one wool pair of socks.

Dusty Smith

MEMBERSHIP REPORT

We feel it is necessary to remind you again that at the monthly meetings all members will be required to present their membership cards at the door.

All guests will be asked to sign a guest registrar, and may attend only two meetings as a guest. Then they must become members in order to attend any additional functions of the Club.

THE SITZMARKE
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By
SPACE CITY SKI CLUB

TO THE SLOPES!!

Members are signing up like made for the various trips; some have waiting lists already. So pick your trip and get your deposit in NOW -- NOW -- NOW !!! Don't say we didn't warn you if you wait 'til the last minute and then find out that there is no space left. Late snow reports indicate this is going to be a banner year for the white stuff so be sure that YOU take advantage of it. Don't stay home with the palefaces-sign up and SKI !!!

Here's the current rundown on schedules trips:

VAIL

November 27 - December 1

All signs now say "GO" on "OPERATION HEADSTART". As of this writing there is space for one more. JUST IN CASE this reaches you before the trip leaves, call Dusty immediately and jump on your Honda and bring him your check. Leaving at noon on Wednesday and returning Sunday night. Price of \$162.00 includes all transportation, accommodations at the Wedel Inn, and insurance. Trip Chairman Dusty Smith - Phone: 622-5433 (Off.) or 464-2880 (Home).

RUIDOSO

December 5 - 9

This trip cancelled because of lack of response.

RUIDOSO

December 27 - January 1

Spend New Year's in Ruidoso on the "BUDGET SPECIAL" and ski 4½ days. Leave Houston 6:00 P.M. Dec. 27, and arrive back in Houston in time to go to work on the 2nd. Total price of \$74.50 includes transportation (bus), lodging, insurance, and a wine-n-cheese party on the slopes. A New Years Eve Party is also being arranged. Accommodations are fully equipped apartments, so you can even do some of your own cooking in case playing Santa Claus has hit your pocketbook pretty hard. As of this writing there's room for a few more on this trip. But don't delay; our Dec. 2nd meeting might be too late. We can't expand the bus, so call NOW. Trip Chairmen: Mike & Peggy Gay. Phone: HO 5 2753.

SANTA FE

December 27 - January 1

This trip is filling up fast, but Les reports there's still room for more (YOU among them if you hurry). Have a swinging time in Santa Fe over the New Year's weekend. Leave Friday evening and return Wednesday night... flying TTA. Stay at the Inn of the Governors and have your pick of the menu for breakfast and dinner. Transportation to and from the slopes as well as lift tickets are all included in the package price of \$192.00. Call Trip Chairman Les Bennett at NA 25264 (Home) or HO 2 3434 (Office).

ASPEN

February 1 - 8, 1969

The Aspen trip is currently full.... but the waiting lists are not too long, so if you are at all interested add your name to the list NOW.

Deposit checks will not be cashed until you are confirmed on the trip.

There will be 32 Stein Erickson's, 24 Snow Bunnies, and 21 married couples participating in the wine and cheese parties, the races, and the fun!

For further information contact Trip Chairman Jerry Maley (622-1243-home, 529-4951, Ext. 272-office) or Assistant Chairman Frank Patout (524-2059 home).

SAHARA-TAHOE

March 1 - 8, 1969

SAHARRA-TAHOE March 1 - 8
This promises to be one of the most exciting trips the Club has ever offered. For more information see separate writeup on this trip on Page 2. Trip Chairman Winton Adams HO 8 0132 (Home) or MO 6 4233 (Off.)

SANTA FE

April 3 - 6, 1969

Keep these dates open on your calendar (Or fill them in right now with "Santa Fe"). Spend the Easter weekend on the slopes. Details to be announced later, but this will be another all-inclusive package trip.

SKI HEADQUARTERS

<u>SKIS</u>	<u>BOOTS</u>	<u>BINDINGS</u>
Head	Lange	Grand Prix
Hart	Rosemount	Marker
Rossignol	Henke	Cubco
Fischer		Geze
Kneissl		

Clothes: Bogner, Spinnerin, Ljunberg, Edelweis, Sportscaster, Meister, Skyr & Meggi

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