
The Jammer Report

The Official Newsletter of the Ski Jammers Ski Club of Houston, Texas

<http://www.skijammers.org>

2/18/2009

FEBRUARY '09 Message from the President

My apologies for getting this newsletter out late this month, but as you may be aware, we were occupied at the NBS Summit during the early part of this month. The event at Snowmass Village, CO was fantastic. Snowmass was the site of the first NBS Summit in 1973. The weather during the week was wonderful, with days of sunshine and temperatures usually getting into the 40s on the mountain, making for comfortable skiing and boarding conditions on all four mountains available to us (Snowmass, Aspen Mountain, Buttermilk, and Aspen Highlands). There were so many activities to enjoy on and off the hill, including a multitude of après ski happy hours and evening parties, Gospel Fest, comedy show, concert, lectures (including one on men's health issues presented by our own Dr. Ron Colman), and the Picnic on the Hill. One of the events was a Treasure Hunt on Snowmass Mountain during which teams had to ski from place to place following rhyming clues to get to the end first for prizes and glory. I want to thank my teammates Donna Brawley and Ron Colman for participating and allowing us to capture second place in the contest, being narrowly beaten only by the Slippers and Sliders Team from Denver. When you consider how much those guys from CO must get to ski every year, I don't feel too bad about being second to them. Wait 'til next year. Everyone who attended has their own stories, so even if you didn't make it on the trip you ought to come to the next meeting and hear the stories we have to share.

I also want to acknowledge one of our members that the Ski Jammers can be proud of. At the President's Dinner Gala when awards were being handed out, Andrea Yowman was recognized for the significant fundraising challenge that she presented the NBS Presidents last year that resulted in raising over \$10,000 for the NBS Olympic Youth Training program. For her matching funds challenge, Andrea was awarded the NBS's Ben Finley and Art Clay Award, which I was proud to accept on her behalf during the award ceremony. Andrea is not only a Past President of the NBS, but is the Trip Leader for our next trip to Big Sky.

That trip to Big Sky, Montana in March will be our final trip this season. The trip is the Texas Ski Council (TSC) Final Showdown trip for '09 for the full week of March 14-21 and the NBS Rocky Mountain Region (RMR) Rockyfest event from March 18-21. This one is bound to be a blast whether you go for the full week or part of it. During the Summit trip I heard from several members who were interested in acquiring Ski Jammers outerwear. There may be other members who want to order apparel, so we will be launching an effort to order new gear in the near future. Watch the newsletter and the web site for announcements and information about how to order yours.

We did not have a general meeting in February because of the timing of the summit, but our March meeting will be held per the normal schedule (first Wednesday of the month). Please join us at Maggie Rita's if you can. I look forward to seeing you there or at Big Sky.

Bruce Stewart, President

Advertise Your Business In The Jammer Report

Are you a business owner or have a service you'd like more people to know about. Looking for an economical way to spread the word? The Jammer Report is now accepting ads from members and businesses.

We'll accept everything from a business card to a full page, camera ready ad.

The rates are:	Business Card	\$15.00	1/4 Page	\$25.00
	1/2 Page	\$50.00	Full Page	\$100.00

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Ski Jammers Membership Application

NAME(S): _____

CHILDREN NAME(S) & AGES: _____

BIRTHDAY(S) Initials (MM/DD): _____

ADDRESS: _____

CITY STATE Zip Code: _____

EMAIL ADDRESS: _____

(Only Ski Jammer related info, meeting reminders, etc. will be sent to this email address)

HOME PHONE: (_____) _____ BUS. PHONE: (_____) _____

RENEWAL: _____ NEW MEMBER: _____ REFERRED BY: _____

SKIING Ability: Never Ever ___ Beginner ___ Intermediate ___ Advance+ ___

Committee Interests: Membership ___ Trip ___ Fundraising ___ Public Relations ___ Youth ___

___ No, I do not want to be listed in Club Directory

___ Yes, I do want to be listed in Club Directory, but

___ Exclude Home number ___ Exclude Address ___ Exclude Business number

WAIVER AND RELEASE FORM OF LIABILITY

Ski Jammers Ski Club of Houston, Texas, Inc. (CLUB), is a non-profit organization, which promotes recreational skiing trips and activities. The undersigned releases the CLUB from any and all liability, loss, damages or injury to persons or property which may arise out of or be connected in any way with such services. I understand that the CLUB acts only as an agent and accepts no responsibility in connection with the services or accommodations being offered on all ski trips and/or activities. The CLUB accepts no responsibility in whole or in part for any delays, delayed departure, or arrival, missed planes or other carrier connection, or mechanical defect or failure of any nature, howsoever, caused or for any substitution of hotels or of common carrier, with or without notice of for any additional expenses occasioned thereby. I agree to indemnify and hold harmless the CLUB, its officers, directors and agents or contractors from any loss, cost or expense incurred by or attributable in any way to me in connection with any ski trip, other activity or sponsored event, in full or in part, by the CLUB. I agree to abide by the Bylaws, rules and regulations of the CLUB and rulings of the Trip Coordinator in connection with all Trips. I have read and understand the above.

SIGNATURE: _____

MEMBERSHIP DUES is \$50/Adult, Children 18 & under is Free:

Subscription Only: \$12 per Season

Amount Enclosed: \$ _____ Make Check Payable to: SKI JAMMERS

RETURN TO: SKI JAMMERS SKI CLUB

P.O. BOX 1362 Houston, TX 77251

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MARCH GENERAL MEETING

Date: Wednesday, March 4, 2009

Time: 7:00 pm



Maggie Rita's Grill & Bar

2800 Sage Rd. A-100
Houston, TX 77056

A new year is upon us, so join us for The Ski Jammers January General Meeting to kick off 2009. The date is the First Wednesday of the month at the regular time. You will be able to submit memberships, get information about the Summit and Rockyfest/Final Showdown trips and other upcoming activities, and join other members for drinks, food, and fellowship.

Ski Jammers Executive Board

President

Bruce Stewart
bruce.d.stewart2@boeing.com

Vice President

Chris Mason
Christine.mason26@yahoo.com

Safety

Bruce Stewart

Secretary

Neoma Harris
ngaynor130@yahoo.com

Treasurer

Wil Galleaud
Wilbert.Galleaud@mms.gov

Youth

Craig Brown
cbrown@consultant.com

Parliamentarian

James Williams
jameswildboy@yahoo.com

**Trip
Vacant**

Membership

Florine Edwards

Public Relations

Treynell Gibson
borntowint@sbcglobal.net

Texas Ski Council Rep

Rachel Anderson
rachelanderson6@yahoo.com

Fundraiser

Vacant

At Large

Vacant

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We had a wonderful time at the 2009 NBS Summit in Snowmass, Colorado.

We had a total of 34 individuals that participated with the Houston Ski Jammers from all over. We had individuals from Alabama, Austin, Beaumont, Florida, Houston, New Orleans, Philadelphia and Vegas. Our age group ranged from 14 months, 20's, 30's, 40's, 50's, 60's and 70 plus.

We skied, shopped, visited and partied for the entire week. We had wonderful weather, especially for the Picnic on Top of Mountain (not the hill), the food was also good.

There were thousands in attendance for this years summit and I do believe that next year will be even better...

I will see you at the March 4th meeting at Magi Rita's, to view pictures.

Your 2009 Trip Leader

Dee

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2009 Upcoming SKI TRIPS

Texas Ski Council Final Showdown

Rocky Mountain Region Rockyfest

BIG SKY, MONTANA

MARCH 18-22, 2009

MEMBERSHIP FEE: \$50

All adults traveling with the Ski Club must be current financial members of a NBS club prior to the date of the trip

AIRFARE (from Houston IAH): \$385 - \$485 (Dollar Range) Price determined at time of booking

REGISTRATION FEE: \$90 Adult (Ages 13 & Up); \$30 Children (Ages 4-12); Free Under 3

Ski Jammers Admin Fee: \$30 (Children Free)

GROUND TRANSPORTATION: \$50

LODGING: 1/2 total nonrefundable deposit due now

Mar 18-22 - **Big Horn**, 3 bedrooms/ 3 baths 6 people \$275/per person

Mar 18-22 - **Huntley Lodge – Hotel**, 1 bedrooms/ 1 bath 2 people \$350/per person

LIFT TICKETS: ADULT (11& up) YOUTH (ages 10 & under, lift with paying adult)

3 DAY LIFT TICKET \$148 \$Free

Please make checks/money orders payable to **Houston Ski Jammers**

Mail forms/payments to: **Andrea Yowman, 510 Silver Leaf Ct., Pearland, TX 77584**

Email: **aryowman@aim.com** Phone: **832-877-6071** Fax: **610-492-1988**

HOLIDAZE SKI TOURS



The Swiss National Tourist Office

A FAM TRIP TO SKI & SEE SWITZERLAND!!

MARCH 15-23, 2009

\$395.00 PER PERSON, DOUBLE OCCUPANCY --- LAND ONLY**

This trip will include visits to Saas Fee, Interlaken, Engelberg/Lucerne as well as Zurich.

You will enjoy guided skiing through Saas Fee, The Jungfrau and Engelberg as well as half-day tours of Lucerne and Zurich.

SWISS FAM TRIP FEATURES INCLUDE:

Transfers between Zurich Airport and Saas Fee by train, 2 nights accommodations in Saas Fee, skiing in Saas Fee with guide. 2 nights accommodations in Interlaken. Skiing in Jungfrau with guide.

1/2 day tour of Lucerne. 1 night accommodations in Lucerne. 1 night accommodations in Engelberg. Skiing in Engelberg with guide. 1 night accommodations in Zurich. 1/2 day city tour of Zurich. Return transfer to Zurich Airport. Breakfast and dinner daily. Ski rental equipment and lift tickets. All transfers by Swiss Rail Services.

PLEASE CONTACT RACHEL ANDERSON FOR DETAILS

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&
SKISATETY.COM

AIRLINE BAGGAGE FEES

Continental	First checked bag \$15	Second checked bag \$25	Overweight bags 51-70 pounds, \$50	Oversize bags 63-115 inches, \$100	Ticket change fee \$150
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SUN & SKI DISCOUNT CARD AVAILABLE

The Ski Jammers have been offered discount cards from Sun & Ski stores. The card allows you a 10% discount on all regular priced items. Discount cards are available for pick up *only* at the Ski Jammer meetings.

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Avoiding Altitude Sickness

The Institute for Altitude Medicine, at Telluride, Colorado suggests 7 ways to optimize your health at altitude.

1. **Acclimatize** - Spend a night below 8,000 ft en route to altitude. As athletes coming from sea level, we should acclimatize 3 weeks. Since none of us has the money or time to do this, we move on.

2. Medications-

a) **Diamox® (Acetazolamide)** is a prescription medication that prevents altitude illness when taken 1-2 days prior to altitude exposure and the first 2 days at altitude. This was suggested to me while I was at Telluride.

b) **Ginkgo Biloba** in a few studies was helpful in preventing altitude sickness when started 3-5 days prior to travel. Dosage is 100 mg twice a day.

3. **Drink plenty of water** to ensure you are hydrated.

4. **Limit exertion** on your first day at altitude.

5. **Eat light**, well balanced meals.

6. **Avoid Alcohol** the first 24 hours at altitude.

7. **Ibuprofen** (Motrin®), acetaminophen (Tylenol®), or aspirin are all good for treating altitude headaches.

Skier's Checklist

FASHION ITEMS

Ski Jacket

One piece ski suit

Turtleneck

Warm-up suite

Ski bib/stretch pant

Ski sweater

Thermal underwear

Swim suit (Hot Tubs)

Powder jacket/powder pant

Ski hat/headband

Gloves/mittens (Pair)

ACCESSORIES

Glove liners (pairs)

Fanny Pack

Goggles

Chapstick

Face mask

Ski Tote

After-ski boots

Sunglasses

Leg gaiters (pairs)

Ski socks (pairs)

Carry all bag

Neck gaiters/funnels

Sunscreen

EQUIPMENT

Comfortable ski boots

Sharpened/waxed skis

Ski & boot bags

properly adjusted bindings

Correct length poles

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Dated Material