
The Jammer Report

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

<http://www.skijammers.org>

1/01/2009

JANUARY '09 Message from the President

Happy New Year to all Ski Jammers and their families and loved ones. Can it really be 2009 already? Yes it is, and there's nothing we can do about it except hope that it is a great year for all of us. I hope to get it started with some great skiing among other things. This month we are looking forward to the NBS Summit beginning on the last day of this month at Snowmass Colorado. There should be plenty of snow for skiing and riding. In addition there will definitely be activities to keep us all as busy as we choose to be. Expect the usual variety of happy hours and parties, but in addition there are some new and interesting activities planned for the week. I know it will be an outstanding week for all who attend. Keep an eye on your e-mail and the web site for the announcement of a pre-Summit gathering and plan to attend whether you're going to the Summit or not.

Reports from the Thanksgiving Fall Roundup trip indicate that it was again successful, despite our longtime trip leader, William Jackson, not being able to attend. Even so, his influence and attention to the trip were invaluable, as he arranged for Tony Curry to step in and lead the trip for the Ski Jammers group. If I heard the number right, there were 8 adults and 18 Junior Jammers participating. My thanks and gratitude to William and Tony for making the trip a success. I also want to express my wishes for the best of luck to William (the Captain) Jackson for his many years of service to the Ski Jammers as he departs for a new work assignment in Africa. He has promised to stay in touch and I hope that he will return to us whenever he returns stateside.

In addition to the Summit, we are making plans for the NBS Rocky Mountain Region (RMR)/Texas Ski Council (TSC) trip to Big Sky, Montana in March. The TSC Final Showdown will be a week-long trip March 14-21, with RMR's Rockyfest scheduled for March 18-22. This will allow Ski Jammers to have the flexibility of a week or a long weekend of skiing at Big Sky. When the TSC and RMR overlap at one location, the hardest thing will be to not have too much fun. Decide how much fun you can stand and contact Trip Leader Andrea Yowman now because deadlines for air and lodging are upon us. Having never been to Big Sky, I can't wait to experience for myself all the fabulous things I have heard about the place.

The year ahead of us holds a lot of promise and a lot of challenges. I hope that the Ski Jammers will be one of the best parts of your 2009. Please let me know if there's anything I can do to make that hope a reality. I want to see as many of you as possible at an upcoming meeting or ski trip. Whether I get to see you or not, I would like to wish all the Ski Jammers a fabulous year in 2009!

Bruce Stewart, President

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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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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Please Support our TSC Sponsors



TAKE THE TIME TO READ THIS MONTHS NEWSLETTER!

CHECK OUT THESE SITES:
WWW.LEVELNINESPORTS
&
SKISATETY.COM



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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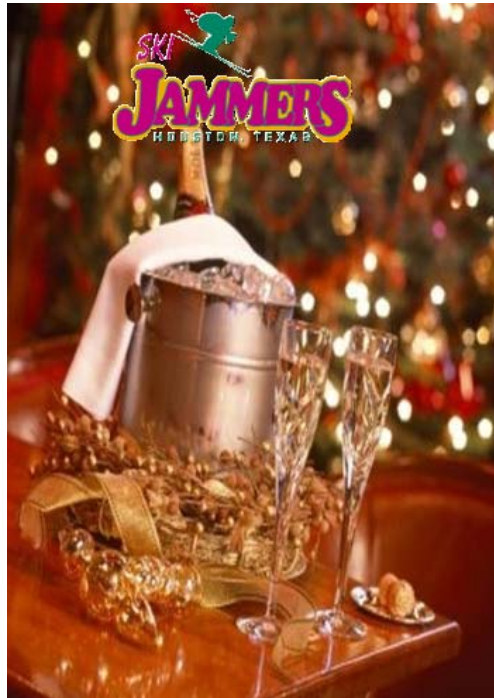
**2009 NBS SUMMIT
SNOWMASS, CO**

**JANUARY 31, 2009 - February 7,
2009**

TRIP LEADER - Dechander Brown

832-785-7000

email:DechanderBrown@Yahoo.com



Happy New Year!!!

Treat Yourself and Join Us...

NBS Rocky Mountain Region Rockyfest

Big Sky Resort, Montana

March 18 – 22, 2009

Land Package Starting at - \$543

Full Week Package Provided Upon Request

**Trip Leader:
Andrea Yowman
832-877-6071**

aryowman@aim.com

Note: Prices subject to change until booked

PLEASE CONTACT TRIP LEADERS FOR INFORMATION REGARDING THESE TRIPS

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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.

Avoiding Altitude Sickness

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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) Gingko 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	Ski bib/stretch pant	Powder jacket/powder pant
One piece ski suit	Ski sweater	Ski hat/headband
Turtleneck	Thermal underwear	Gloves/mittens (Pair)
Warm-up suite	Swim suit (Hot Tubs)	

ACCESSORIES

Glove liners (pairs)	Ski Tote	Ski socks (pairs)
Fanny Pack	After-ski boots	Carry all bag
Goggles	Sunglasses	Neck gaiters/funnels
Chapstick	Leg gaiters (pairs)	Sunscreen
Face mask		

EQUIPMENT

Comfortable ski boots	Ski & boot bags	
Sharpened/waxed skis	properly adjusted bindings	Correct length poles

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JUNIOR JAMMERS AT WINTER PARK~~

The Youngsters enjoyed another year of skiing during the Thanksgiving Holiday, participating in the Ski and Board Camp, improving their skiing skills, and just having fun. Although the conditions at Winter Park, at first, seemed more like Fall than winter, after a couple of days the snow fell and Winter Park Resort quickly looked like the North Pole during winter. The last couple of days had more than enough snow for the kids to ski, snow board, make snowmen and exhaust themselves during the day. By evening, we realized the teens had taken over the hot tub and declared the area Adult Free.

The Texas Ski Council (TSC) organized activities for each evening. Our kids enjoyed the activities TSC organized, such as the Kids Night Out with the Wii Guitar Hero Contests. While the kids were playing, the adults were shuttled to town to shop. We were greeted with Hot Cider, Drinks, Smores, Discount coupons and many treats.

The daytime centerpiece for the holiday was the 4 Days of Skiing and Boarding while celebrating Thanksgiving Dinner with old friends and family. Our family, much like many others, met new friends during the trip that we hope to see next year. Many thanks to William Jackson for coordinating this year's trip to Winter Park for Ski Jammers and Louise Wyatt for ensuring all members got everything they needed, and had a great time once they arrived to Winter Park.

Holiday Cheers,

The Curry Family

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JANUARY GENERAL MEETING

Date: Wednesday, January 7, 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.

2009 Snowmass Pre-Happy Hour

FRIDAY, JANUARY 16, 2009

Time: 5:30 p.m. – until

Ruggles Grille 5115

(Inside Saks Fifth Avenue)
at the Galleria

5115 Westheimer Rd
Houston, TX 77056
Phone: (713) 963-8067

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Dated Material