

## **2008-2009 Board of Directors Nominations and Elections Begin Now.**

March is that time again for nominations and elections for the SB Ski and Sports Club. You can have fun and serve the club by joining the board of directors. Positions are for one year and start May 1, 2008. This is a chance for you to make a contribution and provide your personal talents and expertise in specific areas needed by your club. Share your vision and enthusiasm by volunteering to help plan activities and keep the Santa Barbara Ski and Sports Club a fun and interesting place to go.

Nominations are accepted at the club's meetings in February and March, elections will be held at the last meeting in March.

Elective offices are: President, Vice President, Membership Director, Secretary,

Treasurer, Weekend Trips Captain and Annual (Week-Long) trip Captain.

General Qualifications: Candidates for all offices must be members in good standing. President: Must have been a member of the Board for one full year during the previous three years. Weekend Trip Captain: Must have participated in at least two SB Ski/Sports club weekend trips to at least two different ski areas. Annual (Week-Long) Trips Captain: Must have participated in at least two SB Ski/Sports club annual trips. Qualifications for an individual position may also be met by presentation of a petition signed by 15% of the membership by close of nominations.

If you are interested, contact Jim Victor, Nominations Committee Chair. 686-9779

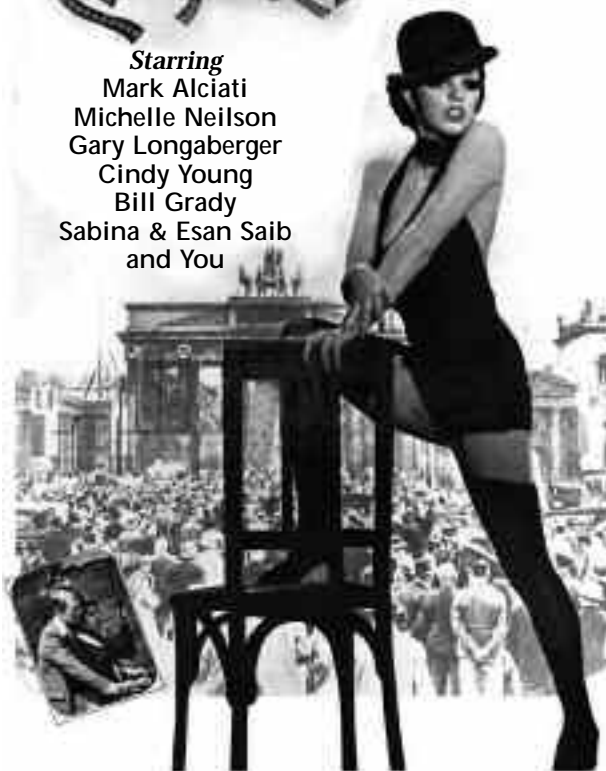
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## **Don't Miss Cabaret Night, March 5th**

We have a special treat for you on Wednesday, March 5th! Back by popular demand is the Ski Club's Cabaret Night. This is an opportunity to see and hear some of the most talented members of the Ski Club perform while we sit at candlelight tables in a Cabaret setting. Mark Alciati will be the "MC" and will also rock the house with his guitar and Michelle Neilson's

**CABARET**

*Starring*  
Mark Alciati  
Michelle Neilson  
Gary Longaberger  
Cindy Young  
Bill Grady  
Sabina & Esan Saib  
and You



robust singing. Gary Longaberger will sing one of my favorites, "The House of the Rising Sun," Cindy Young will play the piano, Bill Grady will perform, and Sabina and Esan Saib will charm us with their Middle Eastern music. There are a few other surprises in the mix, and if you would like to volunteer to perform, just let me know!

—Tara

**Snow happened! Huge base everywhere. Great weather, good friends and lots of fun trips ahead. Don't miss the fun.**

## Message from the President

Dear Club Members,

We're back from Whistler, British Columbia, and we had a fantastic time. Skies were mostly clear and sunny, with beautiful snow and incredible vistas of Blackcomb and Whistler peaks.

We stayed at The Four Seasons hotel and the amenities were really first class. The ski concierge helped with the equipment and then brought us hot chocolate at the end of the day.

A big thank you to Dennis and Robin Dierenfield for organizing this trip. It was not easy with 40 people divided into three groups, but everyone made it back safely and enjoyed a wonderful trip.

With the ski trips in full swing, Crested Butte (2/23-3/1), Utah Trip (3/15-3/30) and the Mammoth trips, we are publishing a combined Sitzmark issue to update you on February and March activities. Tara Brown set up some great speakers and has more fun and interesting topics coming up. March 19th is election night, so if you would like to participate and join our board please let us know, as we always need enthusiastic members with new ideas.

Enjoy the ski trips and make sure you thank the Trip Captains who work hard to make these trips memorable and fun.

Best,  
Lily



## Happy Birthday Feb/Mar Babies

Tony DeNunzio	2/1
Art Hill	2/1
Karen Fox	2/5
Abe Takasugi	2/6
Dennis Dierenfield	2/7
Tracy Connolley	2/8
Lindy Graham	2/8
Tracy Allen	2/10
Stephen Frazier	2/12
Gerry Meglin	2/12
Jim MacKenzie	2/13
Tony Marzio	2/19
Deborah Kahl	2/21
Santi Visalli	2/23
Heidi Trebbow	2/24
Jacki Anker	3/01
Patricia Rumpza	3/1
Richard Golden	3/3
Jane Ferry	3/5
Patty Forester	3/5
Bachir Jirari	3/5
Pauline Paulin	3/5
Lisa Dunn	3/6
Greg Loshak	3/11
Elizabeth Schwyzer	3/11
Robin Lacks	3/14
Marcy Luikart	3/17
Gary Mabry	3/17
Bill Grady	3/18
Diana Andonian	3/23
John Blake	3/25
Mia Lundin	3/26
Sharyn Johnson	3/28
Bruce McKaig	3/28
Michele Neilson	3/28
Deborah Turturro	3/28
John Baum	3/29

## Living It Up In Mammoth!

If you haven't signed up yet, plan to do so at the next club meeting. Most trips are on a waiting list. If you want to go, get on the wait list and be packed and ready to go for the almost certain wave of cancellations the happen last minute.

**Remaining Schedule for Mammoth:**

**Friday, February 22 to Monday, February 25**

**Thursday, March 6 to Sunday, March 9**

**Thursday, March 27 to Sunday, March 30**

To reserve your spot, a minimum deposit of \$50 is required. The payment schedule requires that 50% of the trip must be paid at least 60 days before departure, and 100% no less than 30 days before departure. If you cancel at least 30 days before the trip, you will get back your deposit, less \$20. If cancelling within 30 days, there is no refund, unless we fill your place, which we will make every effort to do.

—Greg Loshak

**Steven I. Sherwin D.C.**  
Doctor of Chiropractic

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# Essential High-Energy Foods and Fluids for Skiing

We learned a lot from Terry Thomas, Dietician and Triathlete, about the importance of drinking water and eating carbohydrates while skiing! There were lots of questions from the audience at our meeting on January 16th, and most of us came away feeling inspired to pay attention to at least some of what we learned.

Did you know that water is imperative to ensure safety and the ability to do endurance sports without physiological harm to the body? No. High fructose soft drinks won't do, and neither will alcohol because it dehydrates your body. Here is the way to get it all down:

## Pre-trip foods

Drink appropriate fluids before the trip. Two meals a day need to be carbohydrate rich foods (65%). If you eat three or more hours before skiing, drink at least two cups of fluids too. About 15-30 minutes before skiing, drink a cup of water. (And, go to the bathroom!)

## During

Drink 6 to 8 ounces of water every 15-20 minutes, especially if you are keeping your heart rate up skiing aggressively.

## After

This is an important time for the body to restore lost nutrients and fluid levels. Before any alcohol consumption, drink 1-2 pints of fluid and eat 2 pieces of fruit if possible. A high carbohydrate meal is important for fueling the repair of muscle tissue.

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## Raffle Winners

We had a fun raffle that night too. Congratulations to Art Hill who "won" the blue, large tee shirt that was first raffled to Jane Ferry and then to Karen Lehrer. Joan Pachett won the lift ticket to Mammoth.

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## The Whistler Trip was Perfection



We had a fantastic trip to Whistler, B.C. This was a very popular trip with a large group of about 40 people. On the shuttle from Vancouver airport to Whistler, we even picked up 3 more people, (Roger, Hamilton and Dave), from the S.F. Ski Club. Because of the travel arrangements, two groups flew from S.B. and one group from L.A. The club arranged/covered all transportation from S.B. to LA and back.

The weather in Whistler was great. The first day, we had rain. After that it was clear blue skies and sunny days. Because of the proximity to the ocean, Whistler experiences rain at lower elevations, but once you take the gondola or lift to the top, it can be perfectly clear.

The terrain was fabulous with tremendous options on both Blackcomb and Whistler mountains. Most of the club did the mountain host tours, which is free and divided by ability levels. This is a great way to get acquainted with the mountain as well as getting the background and history of Whistler.

Off the slopes we had great fun including a robe party, dancing in the Village and much more. Dennis and Robin did a great job organizing this trip, including wine and cheese at their room most nights, a pizza party, a delicious farewell dinner, as well as organizing all travel arrangements and keeping the group together. Thank you for a wonderful time.

—Lily





## Hats Off to the New Year

About 40 of us continued to ring in the New Year on January 2nd at the Endless Summer bar-cafe. The “hats off” theme brought out our creativity. Annelie Zeise won the prize for the “Most Outrageous” hat. She wore a large-brimmed hat with tiger stripes and a frog on the front that said, “Kiss Me.” The prize for cutest was a line-up of John Brunner in his Chef’s hat and Lise Thompson and Ritva Hiltunen in their ethnic caps.

Ritva’s was bit exotic with a hand-sewn square back — she ultimately won the prize.

About half of us wore hats, and the rest were given the option of wearing leftover New Year’s garb. We played pool, munched on calamari and fish tacos, and had a great time reminiscing about 2007 and the Parade of Lights party.



# Ski Memories by John

## March 19th Meeting

Don't miss John Rousseau's terrific slide show capturing the great moments of this 2008 ski season. John has a special eye and is able to capture the laughter and fun we have on the slopes. He has shown his photography professionally, and we are so fortunate to have him as Club photographer.

Mark your calendar. This is much more than a slide show! Because there's even great music to enhance the drama. It's a time to see yourself and your friends and reminisce about the fun we've had together!



# Joke Night is Hilarious

## February 6th Meeting

Come and bust a gut hearing more funny stuff at this year's Joke Night. We'll have a selection of great jokes to hand out for you to read to the group from mild, medium, and spicy— about blondes, boo-boos and Bush.

Joke Night is always a fun time with our Ski Club friends, and last February's event was a total crack-up. Dennis Dierenfield, of course, had his own series of quips, which brought down the house. The best deliveries were rewarded with prizes and everyone had a good time. So we're doing it again. Bring your funny bone and have some fun.

Laughter and humor have been shown to reduce stress and heal relationships. The overall benefits help speed injury healing and helps manage chronic pain. So next time you are aching after a day of skiing or distraught after a hard day at work, have a few laughs with your friends and heal naturally.



## 10 Reasons Why We Love the Ski Bus

By Greg Loshak

1. Eyes and hands don't get tired from trying to keep the car on the road for 7 hours.
2. Get to watch great movies (American Pie was especially funny).
3. Opportunity to meet 50 people.
4. Can get some sleep to better ski and party hard in Mammoth.
5. Can go to the bathroom without stopping.
6. Delicious sandwiches on the way back.
7. Have you seen the price of gas lately?
8. Can walk up and down the aisle to stay loose.
9. Drinks and snacks.
10. Don't have to worry if your 1982 Ford Tempo will make it up the grade.

Are you the one?

## We are looking for a New Sitzmark Publisher/Editor

After many years of fulfilling the duty of producing our monthly newsletter, Art Hill will be stepping down at the end of January.

If you have the skills and the inclination to take over this important task, please let someone on the Club's Board of Directors know. The Sitzmark is the back-bone of the Club's communication and we would be extremely grateful to have someone step forward to help us keep the Sitzmark going without interruption.

Art has offered to help you get started on your favorite software or in Quark Express or InDesign. Have some fun performing this vital service for your Club.

Thank you,  
*Your Ski Club Board of Directors*

## Classifieds

Mammoth Premium Condo with spa, sauna & indoor swimming pool. 4 bedrooms, 3 baths, walking distance to town. Angelo & Marie Granaroli 684-5104

Mammoth Condo, St. Anton, next to lift, Canyon Lodge, underground parking, all amenities. Sleeps four. Excellent rates, esp. midweek. Mike Clevenger 564-3092

Vail Condo One bedroom plus sofa sleeper, health club, jacuzzi, pool, on bus route. 25% off for all ski club members. Call Greg at 969-3121

Mammoth Condo for sale, \$ 260,000.  
One bedroom condo in the center of town. Prior to sale the condo is available for rent, w/25% discount to club members. Visit <http://ritva.net/kve/> or call Ritva 682-6072.

Mammoth Condo 2 bdrm 2 baths, +2 bdrm 1 bath loft. Sleeps 8-9. Cvr'd prkg. On shuttle line, close to Canyon lodge. Call Robert 963-4236 [www.vacationrentals.com/vacation-rentals/12786.html](http://www.vacationrentals.com/vacation-rentals/12786.html)

## Week Long Ski Trips

Crested Butte, Colorado — 7 night air trip  
Estimated cost: \$1270 February 23-March 1, 2008  
For info contact: Dennis Dierenfield (805) 965-3137  
Payment in full due by 12/19/07. Call Dennis to try to get on this exciting trip, he has up-dated trip details.

Snowbird/Alta, Utah — 7 night air trip  
Estimated cost: \$1350 March 15-March 22, 2008  
For info contact: Tom Doolittle (805) 964-9510  
Deposit of \$250 required in order to reserve your space with full payment due 1/15/08. Call Tom to get on the wait list.

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**Show Up and Bust a Gut!  
Our Annual 'Joke Night' at  
Chase Palm Park Recreation Center,  
February 6th at 7.30pm**

**2007/2008 ELECTED OFFICERS**

President	Lily Smolenske	692-0721
Vice-President	Tara Brown	963-8354
Past President	Krista Morley	687-6180
Secretary	Lindy Graham	705-7587
Treasurer	John Brunner	965-1189
Membership	Jane Ferry	560-6744
Weekend Trips (2)	Cindy Young	962-3023
	Greg Loshak	565-2070
Week-long Trips	Dennis Dierenfield	965-3137

**APPOINTED OFFICERS**

Raffles & Elections	Jim Victor	686-9779
Hospitality	Karen Lehrer	564-8696
Social Director	Ritva Hiltunen	682-6072
Publicity Director	Michael Mead	895-9697
<b>Sitzmark Editor</b>	<b>OPEN—Volunteer needed!</b>	
Webmaster	Tom Cameron	965-2494
Photographer	John Rousseau	569-9616
Summer Sports	Tom Doolittle	964-9510
Ways and Means	Mel Fassett	637-0688

Club email address: [sbskiclub@yahoo.com](mailto:sbskiclub@yahoo.com)  
 Club web page: [www.sbski.org](http://www.sbski.org)  
 Club hotline: (805) 687-3336

Club meetings are held the first and third Wednesdays of each month, October through April, at Chase Palm Park Recreation Center, 236 E. Cabrillo Blvd. (unless otherwise noted)

**Up-Coming Events  
February/March**

- 2/1-2/3 Mammoth Mountain Trip Continues
- 2/6 Club Meeting 7:30pm, Chase Palm Park. Joke Night, Bring Your Best or Read One.
- 2/14 Valentine's Day. Remember Your Sweetie.
- 2/20 Club meeting, Off-Site 6:30pm, Endless Summer bar-cafe and "Ski Bingo"
- 2/22-2/25 Mammoth Mountain Trip
- 2/26-3/2 Crested Butte Trip
- 3/5 Club Meeting 7:30pm, Chase Palm Park, Cabaret Night and Prize Raffle. Board Member Nominations.
- 3/15-3/22 Snowbird/Alta Trip
- 3/17 St. Patrick's Day. Wear green or get a pinch.
- 3/19 Club Meeting 7:30pm, Chase Palm Park, Board Member Election and John Rousseau's "Ski Memories" Slide Show
- 3/27-3/30 Mammoth Trip
- 4/2 Last Club Meeting until September
- 5/3 Spring Fling Party & Fund Raiser