

The Bus Trip Article

a.k.a The Board Meeting Article

The date - January 9, 1981.

The time - 7:36 p.m.

The place - [REDACTED] Northshore Drive, out in West San Jose. It was a foggy, damp night, not a pleasant night to be out in.

The occasion was the monthly meeting of the NSC (National Ski Club). These meetings are usually informal with only a minimum amount of parliamentary procedure used. Our hostess, Board Member Lois Tokuda, dishes out the main dishes, prepared by other Board Members, Barbie Toyota, Sara Nissan, and Rebecca Itow. Others exchange, "Happy New Year's" and "How was your holidays?"

The call to order comes from President, Gail Uyehara (not her real name). Vice-President, Ken Masunaga (also, changed for protection), takes role and all were present. The minutes of the previous meeting were approved and the treasurer's report given.

Tonight's agenda is short. Since summer activities have past and it is ski season, the discussions concern mainly on Week and WeekEnd skiing trips. Unfortunately, with little snow the first January 2-3-4, January 17-18, and January 31-February 1 trips were cancelled. This does leave additional money (\$\$\$) to subsidize the remaining trips. (See revised schedule inside - ed.)

A few new policy items were keynoted. One is - Committee chairs can allocate from their activities budget costs for the reproducing of up to 10 photographs of their event. These photos will be used to compile a history of the Club's activities.*

The final item of discussion was the place and date of the next meeting which is February 18, 7:30 p.m., at Marilyn Nomroe's place in Castro Valley.**

Reported by Sheila Penname

* NSC Club Historians are Ernie and Sharon Handa.

**Next NSC meeting: Marilyn Nishihara, 2751 [REDACTED], Castro Valley.

GOTTA GO SKIING...

I'm gonna go crazy!...Oh God,
I'm suffering from withdrawal symptoms...
Gotta Go Skiing...Gotta Go SKIING...
Where's the snow???...Look man, you
wanna pay to seed the clouds???...
Heck, I don't care if its a bunny slope,
let's go skiing...Hey, Boreal makes
snow, you got your rock skis???...

Ah Yes...the desperation in the
voices of NSC skiers can be heard when-
ever you find more than one NSC
member together. I'm even beginning
to sound desperate when I'm alone.

Some NSC members were even
masochistic enough to oh-h-h-h and
ah-h-h-h over slides of last year's
weekend and week trips. Alas,
desperation has set in. They even
pulled out the NSC songbooks and of
course songs from throughout the book
had to be sung. Ah, memories of bus
trips, beer, unfinished songs,
friendships, and good times.

Keep doing those snow dances
and continue those prayers for snow...
snow...SNOW...At least it's raining
in the city (San Francisco) today
and maybe, there snow up in 'dar
hills. Oh, I hope so. Keep praying
for snow.

GAIL PRES UYEHARA
January 19, 1981

(Editor's Note: Gail's desperation
has paid off and we have had a heck
of a storm since she wrote her
article. HAPPY SKIING...!!!)

EDITOR'S BLURP...

Oh boy, another NSC newsletter!
You've been checking your mail box
each day to see if it has arrived...
well, here it is...

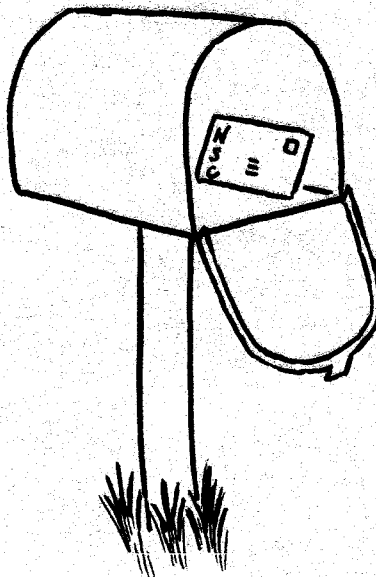
Since there have been no snow
trips so far, there ^{are} no snow articles.
In substitution, the article by
Sheila Penname, spoofs the actual NSC
Janaury Board Meeting held at Linda
Takao's place. Thought those con-
templating running for a Board Officer
or Board Member position might be
interested in seeing what goes on.
Actually, they are much better than
reported...much more interesting and
stimulating...

Later on, you will read the
Parallel Skiing Tips prepared by a
veteran skier and NSC club member,
Jack Ishikawa. Jack has given the
club a couple of ski clinics and is
always willing to help with advise
and demonstration on good skiing
techniques. Thanks for the use of
article, Jack.

Now with a couple of
good storms we're
able to get real
enthusiastic about
going skiing...YEAH!

See Marilyn's updated
Weekend Trip info
and get ready and go...

S K I I N G ! !

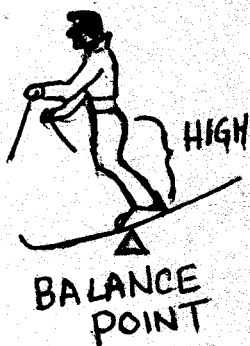


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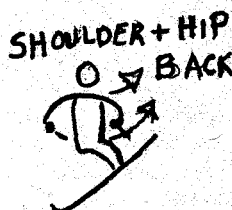
SOLVING THE THREE MAIN PROBLEMS OF PARALLEL SKIING:

1. Keeping forward
2. Excessive rotation
3. Weighting downhill ski

To improve from beginner intermediate to skiing moguls, you must practice on a smooth, easy hill until your movements are automatic. Most instructions tell you to ski on the middle of your skis, which is alright for smooth hills, but it will not work in the moguls since they tend to knock you backwards. Therefore, on moguls you must stay forward and be knocked back to further than the middle of your skis.



1. Being forward is a FEELING of being on the balls of your feet with your heels off the skis, your shins against the boot tongue, hands forward and your rear end high off the snow which prevents crouching and sitting back. The heels touch the skis at the very end of the turn when checking and pole planting, then quickly back to the balls of your feet with the heels off the ski.



2. Excessive rotation-to eventually ski moguls you must learn to face your body down the fall line. After starting a turn you must pull your downhill shoulder and hip back during the last half of the turn. This must be done while being forward or you will fall into the hill. The feeling is one of keeping your upper body square to the fall line while your feet turn under the upper body.



3. Weighting the downhill ski-during the first half of the turn, weight the downhill ski by pressing your knees into the turn and your head to the outside past the newly weighted ski. (Form the letter "C".)

All of these above movements are necessary to ski moguls. You must keep forward all the time with your heels touching the skis only for a split second when checking, which is both the end of the turn and start of the new turn. You must keep the upper body square to the fall line and your head over the downhill ski. The moguls must be absorbed by using the legs like shock absorbers. The upper body remains quiet while the legs absorb by the letting the bumps push and the skis up and down. Keeping forward allows the ski tips to stay on the snow and into the grooves and to aid quick turns.



REVIEW - practice the 3 problems on an easy hill, making turns down the fall line about ten feet apart. 1-Keep your weight forward on the balls of your feet, heels off skis, shins on boot tongue, hands forward and rear end high. 2-Emphasize weighting downhill ski by making your head go from side to side and your knees side to side in the opposite direction. 3-Keep the upper body square to the fall line by pulling your outside shoulder and hip back. Practicing these movements at home until automatic will hasten your improvement.

TRI CLUB TRIP

NSC - CHI - L.A. ASIAN

March 14, 15, 1981

DEPARTURE: March 14, 1981 - Saturday morning

San Jose - 4:30 A.M.
Parking Lot behind
4th Street Bowl

Emeryville: 5:15 A.M.
Holiday Inn parking
lot, Powell Street

COST: Quad Room \$38.00 Members \$44.00 Guests
Double Room \$45.00 Members \$51.00 Guests

Lodging at Garni Lodge

SKI AREAS: Squaw Valley/Alpine Meadows

TOUR LEADERS: Corinne Kosugi/Ken Masunaga

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NSC SKI SCHEDULE

1981

<u>DATE</u>	<u>LOCATION</u>	<u>TOUR LEADERS</u>
Trip #1 January 2,3,4	Squaw/Squaw/Star Bowl	Stan Kakinami/ Gail Uyehara
Trip #2 January 17, 18	Squaw/No. Star	April Shiro/George Arai
Trip #3 January 31, February 1	Heaven Valley/Kirkwood	Ed Hom/
Trip #4 February 7, 8 FEBRUARY 7-14	Squaw/Squaw UTAH WEEK TRIP	Phylis Nawata/Ruby Izumi
Trip #5 February 21, 22	Squaw/Homewood	Bob Hamilton/Al Kobayashi
Trip #6 February 27, 28, March 1	Mammoth (Waiting List Only)	Marilyn Nishihara
Trip #7 March 14, 15	Squaw/Alpine NSC/CHI/LA Asian	Corinne Kosugi/ Ken Masunaga
Trip #8 March 28, 29	Squaw/ ***NSC CHALLENGE***	/Larry Yamano
Trip #9 April 11, 12	Squaw/Alpine	Russell Obana/ Carol Ishizaki

* * * * *

REMEMBER REBATE OF \$1.00+ OFF DISCOUNTED LIFT TICKETS FOR NSC MEMBERS!!!!!!!!!!!!!!

N S C WEEKEND TRIP SIGN-UP FORM

Name _____

Address _____

City _____ Zip _____

Phone No. (h) _____ (w) _____

Member: () Yes () No

First Time Beginner: () Yes () No

Roommate: _____

Guests: Name _____

Phone No. _____

First Time Beginner () Yes () No

Deadline for Sign-Ups: 2½ weeks prior to departure

LATE SIGN-UPS CONTACT TOUR LEADERS OR TRIP DIRECTOR

IN CASE OF EMERGENCY:

EMERGENCY CONTACT PERSON _____

EMERGENCY PHONE NO. _____

Trip Date _____
Trip Going To _____

Departure Point:
() Emeryville () San Jose

Amount Enclosed: \$ _____

() \$38.00 Members
() \$44.00 Guests
() \$ _____ Special Trips

Make Checks Payable To:

NISEI SKI CLUB

Mail Check and Sign-up Form To:

NISEI SKI CLUB
c/o Tats Sumida

San Francisco, CA 94121

N S C WEEKEND TRIP SIGN-UP FORM

Name _____

Address _____

City _____ Zip _____

Phone No. (h) _____ (w) _____

Member: () Yes () No

First Time Beginner: () Yes () No

Roommate: _____

Guests: Name _____

Phone No. _____

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() \$38.00 Members
() \$44.00 Guests
() \$ _____ Special Trips

Make Checks Payable To:

NISEI SKI CLUB

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NISEI SKI CLUB
c/o Tats Sumida

San Francisco, CA 94121

WEEKEND SKI TRIP INFORMATION

RESERVATION

1. There will be no phone reservations.
2. Reservations are on a "first in, first on" basis. All payments must be received prior to 2½ weeks of the trip. (Members will receive priority if they sign-up 2½ weeks before the trip.)
3. Please send a separate check for each trip.
4. Make checks payable to NISEI SKI CLUB and mail with the sign-up form to: Tats Sumida, 322 - 27th Avenue, San Francisco, CA 94121.
5. A notice confirming reservations will be sent 1 week prior to the trip. If you would like an immediate reply, send a self-addressed card or envelope. If the trip is cancelled, your check will be returned to you.
6. Late sign-ups will be permitted provided there is space available. Call the designated tour leader for that trip or the trip director for assistance.
7. Contact the tour leaders for any assistance.

CANCELLATIONS

1. Notify the tour leader if you are cancelling. If tour leaders can not be contacted, call Marilyn Nishihara - days 986-6568, evenings 581-2942.
2. There will be a \$5.00 fee for all cancellations before 10 p.m. Monday the week of the trip.
3. After 10:00 p.m. Monday prior to the trip, the cancelling party will lose the entire fee for the trip unless a replacement is approved by the tour leader.
 - a. Persons on the waiting list (if there are any), will have first opportunity to fill the cancellation.
 - b. If a replacement can not be found, the cancelling party may try to get a replacement. The tour leader must be notified of this.
 - c. If the bus is not full, additional skiers may be taken if approved by the tour leader. This is required to insure accommodations.
 - d. Tour leaders will not accept checks for ski trips. Additions and/or replacements should send their checks payable to NISEI SKI CLUB to Edward Hom, 239 - 11th Avenue San Francisco, CA 94118.

SEATING ARRANGEMENTS

1. Seating on the bus is on a first come, first choice basis for each day.
2. Only the seat next to yours may be saved. Otherwise, there is no saving of seats.
3. The seat you select will be your seat for the entire day.
4. The front seats are reserved for the tour leaders.

MISCELLANEOUS

1. Please mark all equipment with proper identification and strap or tape skis and poles together.
2. Departure attire should consist of your ski clothes - there are no accommodations on bus for clothes change.
3. No breakfast stops - 15 minutes "courtesy" stop only if the bus driver requests it.
4. Beverages and snacks will be provided by the Club at the end of the day. You may want to bring some munchies to share with the others.
5. Changes from the designated ski areas will be decided by the tour leaders and bus driver. During bad road conditions the bus driver has the final decision.
6. Lift tickets costs are not included in the cost of the trip. However, most ski areas will give us a 10% discount.
7. Lessons for first-time beginners - If you pay for a full day group lesson, the Club will reimburse you for ½ of the cost. A check will be mailed to you.
8. Poor Weather Policy: The bus will go to the scheduled ski areas unless the weather is extremely poor. In this event, the tour leaders will determine whether poor conditions exist at the scheduled sites. If poor weather does exist, a vote of the bus will dictate the ski area.

REMINDER: Since the Greyhound Bus Lines has a new cancellation policy we will need your sign-up forms much sooner than in previous years. If the club finds it necessary to cancel a weekend trip within two weeks of the trip date, we will have to pay a \$50 cancellation fee. Therefore, we need your sign-up forms at least 2½ weeks before the trip date. Thank you.

**FOR
SALE**



Tired of carrying your boots around in a brown papper bag and having the bottom fall out when you pack up in the parking lot? Need more space for hats and gloves and packaged goods? Have we got a DEAL for you ! For only \$10.00 you can have your own boot bag complete with the NSC logo. The bags are gray rubberized canvas with blue webbing handles and a blue logo. Send your hard earned dollars to our treasured Ed (\$\$\$) Hom 239 - 11th Ave., San Francisco CA 94118. Ed will arrange for delivery.

Want more goodies? Ed also has NSC tee shirts in blue or yellow. You can order either a regular shirt or a French cut shirt for \$6.75.

Want to really go in style? Get a NSC garment bag. The bag are blue on gray like the boot bags and cost \$15.00. There's only four of these left so act now.

cut here

Here's what's cooking:

Almond Jello

Recipe from the kitchen of:

George Arai

1 1/2 c. water

1/2 c. sugar

1/2 c. milk

1 pkg. gelatin

2 tsp. almond extract

cut here

Dissolve gelatin in 1/2 c. water. Heat 1 c. water, milk sugar. Add gelatin & almond to heated mixture.





Nisei Ski Club Newsletter

San Jose, CA 95117

FIRST CLASS