



Season's Greetings

... from the Nisei Ski Club Board:

Steve Yakuma, Dean Yamanaka, Bonnie Tanimura, Cheri Miyahara, Susan Nakamura, Jeanne Nakamura, Gail Uyehara, Tony Choy, James Kon, Alice Higuchi, Fred Kawamoto, Howard Woo, Gary Yee, Sabrina Sam, Carl Yanari, Ken Nagata, Ron Kaida

MEDICAL CORNER

(As we begin a new ski season, we want to be assured that injuries are minimized by stretching properly before beginning to ski. Come to the Ski Tune-Up and Ski Arobics sessions, January 6, 1984! Also, we should recognize potential problems before they become critical. What follows is an article on a potential problem that could happen to you on the slopes.)

On Hypothermia

What is hypotermia? It is anything less than the normal body temperature of 98.6°. Down to 95, a person simply feels cold and may be shivering a little. "Mild" hypotermia is when a person is at 95 to 90°F, and begins to lose coordination, becomes slow to react or respond, and has difficulty speaking. The body tries to generate heat by increasing the heart rate, breathing faster and shivering a lot. "Significant" hypothermia kicks in at 78 to 90°F. Here, the body can no longer compensate, stops shivering, and becomes rigid and comatose. Still lower temperatures for a prolonged period of time may prove fatal. The heart stops beating at 59°F.

How does a person become hypothermic? Obviously, skiing in a blizzard helps and some members of NSC can attest to that. The wet snow, severe wind chill factor, long lift lines, and slow wet chairs should be enough to send anyone back to the lodge (well, almost anyone). The condition of the skier is the most important factor. Improper ski attire, staying up all night, skiing all day, and downing too much "liquid courage" can get you into more trouble than the worst snow storm.

What to do? If you're shivering and having a difficult time getting down, either snow plow down, slide down on your fanny pack, or wait for the ski patrol. When you're back on the bus, remove all wet clothing and bundle up. Hot coffee is fine, warm bodies (lots of them) are better. No booze! Count your blessings, fingers and toes and get some sleep.

Frost bite should not be a problem unless the temperature drops well below 10°F. If so, you'll need a hot water bottle for your face or a bucket of hot water for the hands and feet. Go directly to the medical clinic, do not pass GO, do not collect \$200.

In conclusion, prevention is the key - avoid getting wet and cold. Contrary to popular belief, alcohol does not keep you warm. If you're shivering uncontrollably, you probably only have time for one more run...to the bus.

Alan Tani

Come join NSC is getting their skis and bodes in condition for the new ski season:

SKI TUNE-UP
and
SKI AROBICS

Friday, January 6, 1984

Ski Tune-Up is from 7 to 8 pm at The Ultimate Edge, 1290 Powell Street, Emeryville (415/547-9702). To get there take 80 to Powell Street exit, go ½ mile east.

Ski Arobics follows shortly afterward from 8:30-9:30 pm, at JCYC Building, 2012 Pine Street, near Laguna, San Francisco. From Emeryville to JCYC, take 80 to Bay Bridge, to Broadway exit, left onto Laguna St, right onto Pine. (Bridge toll is 75¢)

WEEK TRIP UPDATE:

1. There are 37 signups. Room for 5 more! Contact Jeanne Nakamura, 408/448-5445, if you want to go. Cost is \$529.
2. Pre-Flight meeting is tentatively set for early January 1984.
3. If you haven't paid final installments, please do so ASAP. Thank you.

Jeanne Nakamura

Cost per member: \$2.00
guest: \$2.50 (PAY AT THE DOOR)

For more information, contact Tony Choy, 415/567-8755 (North & South Bay); or Ray Balcom, 415/526-0221 (East Bay).

Door Prize Winners at the Pre-Season Dance General Meeting:

Congratulations to all the winners of door prizes at the General Meeting, November 19, 1983. The lucky winners were:

Alan Tani	2 ½-price ski lift tickets to Sugar Bowl Ski Area
Carol Endo	1 3-day lift ticket (midweek) to Mammoth Mountain Ski Area
Ginger Yukawa	2 lift tickets to Homewood Ski Area
Steve Yakuma	2 lift tickets to Mt. Reba-Bear Valley Ski Area
Howard Woo	2 lift tickets to Dodge Ridge Ski Area
Ray Balcom	2 lift tickets to Incline Village Ski Area
Thomas Arima	2 lift tickets to Kirkwood Ski Area
Bonnie Tanimura	2 lift tickets to Alpine Meadows Ski Area
Jean Yee	1 3-day lift ticket (midweek) to Squaw Valley Ski Area
Alan Baba	1 free ski rental (skis, poles, boots) from Sundance Sports, San Jose
Janice Nagahara,	1 weekend rental from The Ultimate Edge, Emeryville. Courtesy of NSC
Ken Nagata,	members, Tom & Kathy Lee who recently opened their new specialty ski
Fred Kawamoto	rental shop.
John Adachi,	1 free tune-up of skis from The Ultimate Edge, Emeryville
Gail Uyehara	
Roy Miyaji	Japanese tray from Kyoto Gift Shop, Mayfield Mall, Mountain View. Courtesy of NSC member, Roger Coombes.
Teruo Endo,	Bonsai plant donated by Yoshio Yanari. Courtesy of NSC Board Member,
Jane Kawasaki	Carl Yanari.
Ken Masunaga	\$75.00 gift certificate from Any Mountain, Cupertino. Any Mountain has recently opened a new store in Concord.
Richard Tsukushi	GEZE ski bindings, value \$100.00 from Cascade Ski Center, Castro Valley. NSC members are entitled to a 10% discount on merchandise at this store. Present your membership card to obtain this discount.

A pair of Dynamic skis were donated by FTC Ski & Sports and were raffled later that evening. The lucky winner was George Okamoto. FTC Ski & Sports has two stores: one in San Francisco and one in Burlingame. NSC members are entitled to a 10% discount on merchandise at both stores. Present you membership card to obtain this discount. To show NSC's appreciation of their generous support, we encourage all members to patronize all the ski areas and shops listed above. Thanks to those members who helped to sell raffle tickets at the dance.

Pre-Season Dance Committee

Flash Dance

WHAT A FEELING!

"First, when there's nothing but a slow glowing dream that your fear seems to hide deep in your mind."

-Flashdance

The pre-season dance started out as a slow glowing dream several months ago. Upon taking on the task of co-chairing the event, Sabrina Sam and I suddenly found our anxieties mounting as experienced club members kept mentioning the need to make enough money to balance the budget. Sabrina searched the City, the Peninsula and the East Bay, and we couldn't find a place to hold the dance. The band we wanted for November was already booked in July. What looked like an unfortunate burden turned out to be a great learning experience and an opportunity to make some good new friends just because of our shared work (and play!). I think we had a wonderful, hard working, terrific, fun committee, and Sabrina and I would like to take this opportunity to thank the following people who really put the whole thing together: Carl Yanari, Doris Fukumoto, Doris Nagahara, Jane Kawasaki, Alan Tani, Bonnie Tanimura, Jean & Gary Yee, Iris Karamatsu, Larry Yamano, Ken Lee, Hank Yee, Alan Baba and Dean Yamanaka. In the end, we accomplished our task. There was a general meeting with enough door prizes to create 2 to 1 odds of winning. There was music, a place to dance and people on the dance floor. (And the budget balanced!)

Thanks also to all of our ticket sellers, ticket takers, phone callers, and bid and flyer distributors. Thanks to the resorts and ski stores who donated prizes, and thanks to the talented photographers who allowed us to borrow their pictures (committee members plus Ron Kaida, Neil Tomosada, Otto Wade, Cheri Miyahara, and Howard Woo).

I am sure that a thousand and one tasks went into putting this dance together, but in the end, I had a good time dancing and I hope you all did, too!

FLASHDANCE--A Pre-Season Dance---1983

Our 1983/84 Ski Season opened in style, with our Pre-Season Dance, "Flashdance", on November 19. Despite the bad weather conditions around the Bay Area, more than 400 people braved the storm by attending the dance which was held at the Holiday Inn--Fisherman's Wharf, San Francisco.

The evening began with the general meeting which was well-attended by our members. Several NSC constitutional amendments were voted on, and ski movies of Vail, Colorado (where our next week trip will be) were shown. Twenty lucky club members received door prizes due to the generosity of people, stores, and ski resorts who donated.

Later, an enjoyable time was had by all. People danced to the music of Sounds Ahead by D.J., Chris Wong. Fresh flowers added just the right touch to the decor, and many praises of the photo display of this year's past events were heard. The officers, board members and dance committee members were easily identified by the attractive boutonnieres and corsages they wore.

A raffle was held for a pair of Dynamic skis donated by FTC. Fred Kawamoto, who was selling the tickets, was heard to say, "...if you buy only one ticket, you can win only one ski..." George Okamoto was the lucky person who bought the winning ticket.

Our thanks go to Sabrina Sam and Alice Higuchi (the dance chairs) whose hard work and effort made the dance a success. Also, thanks to those whose attendance made it an exciting way to start this year's ski season!

See you on the slopes.

Doris Nagahara

"Well, I hear the music, close my eyes, feel that rhythm wrap around, take a hold of my heart. What a feeling!"

Thanks again,
Happy Ski Season,
Alice Higuchi

1983-1984 NSC POLICIES

1. All Club transactions are to be made by check and the Treasurer's Guidelines are to be reviewed and approved by the board yearly.
2. All checks will go to the committee chairperson for summer activities.
3. There will be no refunds for summer activities.
4. The Board should be informed by the Secretary of all address changes and all new members monthly.
5. The NSC Directory should be used for personal and Club-related activities and should not be used for commercial purposes. This policy should be printed on all NSC Directories and newsletter updates.
6. The agenda for all meetings will be published prior to the Meeting - ten days prior for Board meetings to Board members and "sufficient" time prior to General meetings to the membership.
7. As the founding member of NSC, Tats Sumida will receive lifetime membership in the Club.
8. All Board members should have a supply of membership application forms.
9. The use of NSC logo and name must be approved by the Board of Directors.
10. Chi Ski Club members shall be eligible for members rates on non-ski-related, unsubsidized and special events.
11. Advertisements, non-profit activities, and community events may be publicized in the NSC Newsletter on a space-available basis at the discretion of the Editor. Non-NSC events will be announced as such.
12. Promotional gifts should not be accepted by individual Board members unless these gifts are accepted in behalf of the Club. These gifts become the property of the Club in Club-related activities. Free passes will be distributed at the discretion of the NSC Chairperson.
13. Tour leader guidelines will be reviewed and approved by the Board by November of each year.
14. Events that are not approved by the Board will be considered non-NSC events. All members are encouraged to plan and/or chair activities which must be presented to the NSC Board for approval.
15. All board members are representatives of the club and will assist and support all members and guests.

(Policies approved 12/02/83)

**COME ON GANG! Let's gear-up
to shu-u-ss down those slopes**



NSC's SKI SEASON is on it's way

Sign-ups for the January 14-15 trip are being taken now...Remember how quickly our trips filled up last year? If you haven't already, better get out those skis and have them tuned up real soon, and get that application in the mailbox!
-Gail

<u>TRIP DATES & DEADLINES</u>	<u>LOCATION</u>	<u>TOUR LEADERS</u>	
		<u>North Bay</u>	<u>South Bay</u>
Dec. 10-11 (Nov. 30)	Squaw/Squaw	James Kon	Cheri Miyahara
Jan. 14-15 (Jan. 3)	Alpine/Squaw	Tony Choy	Bonnie Tanimura
Jan. 28-29 (Jan. 13)	Slide/Squaw	Jean Yee	Dean Yamanaka
Feb. 4-5 (Jan. 20)	Squaw/Squaw	Fred Kawamoto	Susan Nakamura
Feb. 18-19 (Feb. 4)	Tahoe Ski Bowl/ Squaw	Pattie Kishi (?)	Ken Nagata
Mar. 3-4 (Feb. 17)	Squaw/Squaw	Bob Hamilton	Alice Higuchi
Mar. 17-18 (Mar. 2)	Homewood/Squaw RACE WEEKEND	Jeanne Katsuro	Carl Yanari
*Mar. 31-April 1 (Mar. 16)	Kirkwood/Heavenly SOUTHSHORE TAHOE	Gail Uyebara	Steve Yakuma
April 14-15 (April 3)	Squaw/Squaw		Jeanne Nakamura

TRIP DIRECTOR IS GAIL UYEHARA, work 408/294-2521
home 415/387-4012 until January

*Cost of Southshore trip will be higher.

WEEKEND SKI TRIP INFORMATION SHEET

RESERVATIONS

1. All advance reservations must be made by mail.
2. Reservations are on a "first in, first on" basis. All payments must be made 2 weeks prior to the trip. (Members will receive priority, if they sign-up 2 weeks before the trip.)
3. Please send a separate check for each trip. Make checks payable to NISEI SKI CLUB and mail with the sign-up form to: Tats Sumida, 322-27th Avenue, San Francisco, CA 94121. (Enclose a self-addressed stamped envelope.)
4. A notice confirming reservations will be sent prior to the trip. If the trip is cancelled, your check you be returned to you.
5. 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.

CANCELLATIONS

1. Notify the tour leader if you cancel. If tour leaders can not be contacted, call Gail Uyehara (408)294-2505 days; (415)387-4012 evenings (number will be different in January).
2. There will be a \$5.00 fee for all cancellations if made before 10 p.m. Monday the week of the trip.
3. After 10:00 p.m. Monday of the trip, the cancelling party will lose the entire fee for 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.
4. Tour leaders will not accept checks for ski trips. Late additions and/or replacements should send their checks payable to NISEI SKI CLUB to Cheri Miyahara, 1912 Hackett Avenue, Mountain View, CA 94303.

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. There is a 15 minute "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 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 $\frac{1}{2}$ 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.

WEEKEND TRIP SIGN-UP FORM

NAME _____ TRIP DATES _____

ADDRESS _____ CITY _____ ZIP _____

PHONE home() work()

ROOMMATE PREFERENCE _____

EMERGENCY CONTACT _____ PHONE ()

MEMBER? YES () NO () FIRST TIME BEGINNER? YES () NO ()

GUEST _____ PHONE home()

FIRST TIME BEGINNER? YES () NO ()

EMERGENCY CONTACT _____ PHONE()

Cost per person: Member pays \$42.00 Guests pay \$53.00

Make checks payable to: NISEI SKI CLUB

Amount enclosed\$ _____

Mail checks to: NISEI SKI CLUB
c/o Tats Sumida
[REDACTED]
San Francisco, CA 94121

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San Francisco, CA 94121

COMMUNITY CALENDAR

December 17 & 18 - Mochitsuki (Rice Pounding)
Fund raiser for Yu-Ai Kai.
\$1.50 per pound. Order
tickets by calling,
408/294-2505. Pick up
at San Jose Buddhist
Church, 640 N 5th St,
San Jose.

For those travelling to Southern California
during the holiday, contact Allan Yoshimi,
213/288-7180, of Japanese American Singles
Club, for holiday activities.

December 4-18 - Asian American Theater Co,
Not My Fault, improvisa-
tional comedy, Zephyr
Theater, 595 Mission St,
San Francisco. Showtime
Thursday-Saturday, 8 pm,
Sunday 7 pm. Group rates
\$5 for 10 or more. Contact
Jim Chew, 415/441-8773.

"Two Guys From Nisei Need Your Help!"

Have you always wanted to be involved in
a NSC committee, but didn't know, how,
when, or where, or maybe you've been out
of the flow lately?

Here is your chance! The 1984 Post-
Season Dinner/Dance needs you to help
on their committee. Don't hesitate, reach
for that phone and call the Two Guys From
Nisei (1984 Post-Season Chairs). For
more information, time and location of
the first meeting in January 1984, call
Carl Yanari. 415/962-8455 or Gary Yee,
415/441-2809.



NISEI SKI CLUB NEWSLETTER

SAN JOSE CA 95118

NEXT BOARD MEETING

Tentatively

Saturday, January 7, 1984,

San Francisco CA