



July 2003

Current Events

July 8 (Tue) Social Gathering and Pre-Niobrara Trip Party at The Delta House, 108th & Maple
Time: 7:00 pm

July 10 (Thu) Jazz on the Green begins at Josyln and will be every Thursday through Aug 14. Come join our group and listen to some cool jazz. Watch for the weekly e-mails.

July 29 (Tue) Board Meeting, McCall Press 3219 Leavenworth.
Time 6:30 pm.
All members welcome.

Future Events

Aug 8 (Fri) Royals Baseball Game. Game time 7:05 pm. See article in newsletter for details.

Aug 12 (Tue) Social Gathering at Old Chicago, 76th & Cass.
Time 7:00 pm

Aug 16 (Sat) Beach Party at Ron Rohrs in Fremont. See next months newsletter for details.

Aug 17 (Sun) Corporate Cycling Challenge 8:00 am .See Teri's article in this newsletter

Sally Dier, Vice-President Activities

August Special Events

Omaha Royals Baseball

The Royals will be hosting Memphis on Friday Aug 8th. Game time is 7:05 pm. Tickets will be \$5 per person. If you would like to join us please RSVP and Pre-pay to Sally by July 30th. We have reserved a group of tickets off of the third base line so we can all be together. Fireworks will follow the game.

Questions????? Call Sally
Sally Dier VP Activities 493-6056

Corporate Cycling Challenge 2003

We are in the process of forming a group to participate in the Corporate Cycling Challenge that will take place on Sunday August 17, 2003 at 8:00 AM. The distance varies with the route chosen. The Olde River Ride is 10 miles, the Riverside Ride is 26 miles and the Tour de Fort is 45 miles. Full SAG support and food & water are provided along the route. The cost per rider will be \$18.00 (this includes a tee shirt with the Omaha Ski Club lettering on the back) Helmets and a water bottle are required. If you are interested in doing this, please contact Teri Hammon at dragonsrock@msn.com or phone 571-4517. Teri will be collecting the registration forms and money to turn in as a group. Contact Teri as soon as possible and she will get you the registration forms.

Event proceeds benefit Eastern Nebraska Trails Network.

PRESIDENTS CORNER

June 21 had the most day light and the shortest night. That means we are now getting closer each day to those shorter days of Winter. And that means ski season is just around the corner. We are working on putting together five trips for this year. Ron is working hard to get great prices for lodging and lift tickets. All of the trips will be announced before the trip signup party this Fall. We do know that FSA will be going to Winter Park, and USRSA will be going to Banff, Canada. FSA will be in late January and USRSA this year will be in late February. This will be a change from years past when USRSA was in early January.

We are trying to set up a trip in conjunction with the National Ski Patrol Days in March. A lot of our members are ski patrollers, or instructors, over at the Crescent ski hill. If you are interested in becoming one, you will need to take the Outdoor Emergency Care class offered at UNO beginning in August. Then, contact Bob Allen over at the Crescent ski hill for further information. I passed the course and went on to test out on the hill with

the sled. A couple of us candidates have now joined the ranks of the volunteer patrollers working at the Crescent ski hill. I have found it rewarding to help skiers who are hurt but also to give back to the sport I have come to love so much. (Getting to ski free any time you want is not a bad thing either.) You go back to the basics in your on-snow training and this translates into better form and control when you get out to the big hills out west. You can contact me for more information if you are interested.

What's happening? We are biking almost every weekend, and we will be adding some other days and night rides in the future. We will again be riding in the Corporate Cycle Challenge in August. A lot of us rode last year and it was a hard ride but we had lot of fun. We received some good PR for the Club.

This years volleyball team is breaking all kinds of records. We have won more games than in the past three years put together. The second session will be starting soon so if you want to join us, contact Michelle Hargis.

We will go back again sometime to show our appreciation. Watch for emails for future outings and join us for some questionable golf but a lot of fun. (How many water balls have we had so far?)

Coming up will be our Niobrara river trip. Always a lot of fun but don't forget your sun screen and bug spray.

Jazz on the Green will begin on July 10th. Join us each week for some great music and socializing.

We have a night at a Royals baseball game on Friday, August 8. (See article in this newsletter for more information.)

Last year we spent a day at Ron Rohr's beach house in Fremont. We played volleyball and rode around the lake on his boat. Join us for Beach Party II on August 16th. More on this in next months newsletter.

That's about it for now and as you can see we have offered a lot of things for you to do the rest of the summer. And just a reminder, your dues for the 2003-2004 season are now due. Send in your membership application and a check so you don't miss out on all of the fun.

A recent Skiing magazine article talked about the prevention of AMS (Acute Mountain Sickness). Last season we had a number of people have a problem with AMS. There are some prescription drugs for this, but they all have serious side effects. In a recent study at the University of Hawaii it was found that taking 80 to 100 milligrams of the herb ginkgo biloba twice a day for five days before going to high altitudes drastically

(Continued on back page)

MEMBERSHIP RENEWAL TIME AGAIN

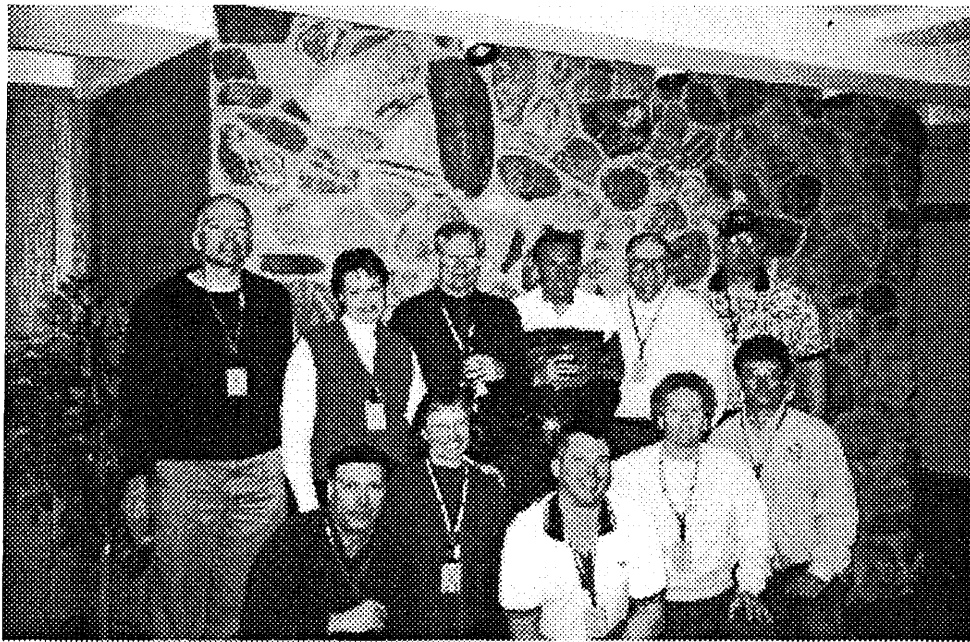
It is time to renew your club membership for the 2003-2004 ski season.

Membership applications can be found in your current newsletter.

Benefits include:

- Monthly newsletter
- Club sponsored Sign-up party in September
- Club sponsored Election party in May
- Great ski trips/group rates
- Social Gatherings
- Annual Christmas Party
- Biking trips, volleyball games and other summer activities

We have had three golf outings to date and everyone has had a lot of fun. Our last outing to Papiro Greens golf course was cut short due to a lot of lightning and rain. The course manager was nice enough to give us all a card for a free round of golf.



OSC skiers at Big Sky

Back: Mark, Mary Ava,
Andy, Pat, Jim, Brian

Front: Ben, Teri, Tim,
Ellen, Phil

March, 2003

On the snow at Big Sky

Left to Right: Ben,
Andy, Mark, Teri, Phil,
Pat

March, 2003



Ben takes a break at
Big Sky

March, 2003



OMAHA SKI CLUB MEMBERSHIP APPLICATION
JUNE 2003 - MAY 2004

MEMBERSHIP STATUS: NEW ___ RENEWAL ___ FAMILY \$25 ___ SINGLE \$22 ___

LIST MEMBER INFORMATION - - - PLEASE PRINT CLEARLY

	FIRST NAME	M.I.	LAST NAME	DATE OF BIRTH	SEX
1.	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____
5.	_____	_____	_____	_____	_____
6.	_____	_____	_____	_____	_____

ADDRESS _____
 CITY _____ STATE _____ ZIP CODE _____
 HOME PH. _____ WORK PH. _____
 EMAIL _____ (check this box if ok to publish e-mail address in club directory)
 COMMENTS _____

REFERRED BY _____
NOTE: BY SIGNING THIS APPLICATION I RELIEVE THE OMAHA SKI CLUB, INC. (OSC) OF ANY RESPONSIBILITY FOR ACCIDENT OR INJURY I INCUR WHILE PARTICIPATING IN ANY OSC ACTIVITIES. I ALSO CERTIFY THAT I AM OF LEGAL DRINKING AGE IN THE STATE OF NEBRASKA.

DATE _____ SIGNATURE (MUST BE SIGNED AND DATED) _____
 [OSC USE ONLY] MEMBERSHIP NO. _____ BD. _____ TR. _____ NL. _____



Mary Ava, Tim and Ellen in snowmobile gear—Big Sky, Montana, March 2003

Want To Be A Trip Captain?

Ever considered being a trip captain for one of our ski trips? If so, we are currently putting together a list of possible candidates for next ski season. I know it is a long way off, but we want to get everyone ready before our sign up party in October.

What do we require of you? Mainly enthusiasm, but we also want people who participate at club functions so you can promote the trip and sign up members. Yes, there is a bit of paperwork to do, but we supply all the forms. We'll even provide you with our "official" trip captain's guide, 101 Ways To Be A Successful Trip Captain. Seriously, we do have an official guide that will answer most of your questions and guide you, but if you need assistance at any time, I am available by phone or email. Let's see, what else....Oh, there will be a pre trip party before your trip, usually a welcome party to coordinate on the trip, a post trip party and a post trip article for our newsletter, as well as an accounting form to submit. Hey, we'll even credit you a little bit of money on your trip if you complete your trip captain requirements.

What are we looking for? Well, I already alluded to needing people who participate in the club. Past experience in running a successful trip is a real plus, but not required. Interested (or just curious)? Give me a call at 498-8969 or email me at vp-trips@omahaskiclub.org.

Ron Bechdolt, Vice President of Trips

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2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____
6. _____	_____	_____	_____	_____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

HOME PH. _____ WORK PH. _____

EMAIL _____ (check this box if ok to publish e-mail address in club directory)

COMMENTS _____

REFERRED BY _____

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DATE _____ SIGNATURE (MUST BE SIGNED AND DATED) _____
[OSC USE ONLY] MEMBERSHIP NO. _____ BD. _____ TR. _____ NL. _____

BOARD OF DIRECTORS

PRESIDENT

Pat McCall.....345-1881 (H)
president@omahaskiclub.org 342-8898 (W)

VICE PRESIDENT/TRIPS

Ron Bechdolt.....498-8969 (H)
vp-trips@omahaskiclub.org

VICE PRESIDENT/ACTIVITIES

Sally Dier.....493-6056 (H)
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SECRETARY

Teri Hammon.....571-4517 (H)
secretary@omahaskiclub.org

TREASURER

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FSA DIRECTOR

Bob Todd.....332-3924 (H)
fsa-director@omahaskiclub.org

OSC Website...www.omahaskiclub.org

Moving?

Tell us before you move--the Post Office will NOT forward the OSC Newsletter because of its 3rd class postage classification. Notify Dave Lawler of changes.

PRESIDENTS CORNER (continued)

reduces the odds of suffering from AMS. Further studies have shown that even taking some just 24 hours before heading for the hills, will lessen or even eliminate typical AMS symptoms (these include headache, nausea, and fatigue). I will be trying this out in the coming season. I recommend it also to those of you who have had problems with AMS on past trips. We can do our own survey and see how it works.

Snow Dragons Rock!

Pat McCall President, OSC

BEST SEASON YET!!

Well, the first session of volleyball is almost over. And for the first time in 4 years we might make the tournament. We added a few more members to the team this year and with our previous team we have had some very exciting games. Most of the games we did lose wasn't from lack of effort! I want to CONGRATULATE everyone for a job well done, and to THANK everyone on the team as well as our cheering section for letting me be your captain. I look forward to every Wednesday. If anyone else would like to join us for the league it will begin July 2 at 7:00 at Papio Bowl in Papillion. Please call me at 791-6245 or Cell 981-1012. Also thanks to everyone for joining us on Sunday mornings to golf. Remember every 3rd Sunday we will get together for a round (of golf) Call me anytime.

Thanks, Michelle Hargis

P.O. BOX 3104
OMAHA, NE 68103-0104



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