

Volume 1 Issue 3
Ski Season
Continues!

March Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Jackson Hole →
5	6	7	8	9	10	11 →
12	13	14 Board Meeting Wing Stop	15	16 Cajun Dinner at Mothers	17	18
19	20	21 Bar Party Senior Matias	22	23	24	25 Aspen Trip →
26	27	28	29	30	31	Next Board Meeting April 4 TBA →

March 14 — **Board Meeting** (all members welcome) Wing Stop, 120th and Blondo, 7:00 p.m.

March 16 — **Cajun Dinner at Mother's Good Food**, 1410 No. Saddle Creek Rd. near 48th and Hamilton (formerly Saddle Creek Bar) RSVP to Sally **493-6056** or email **aspendream@cox.net** by March 14th. (*menu mostly Cajun*)

March 21 — Bar Party/Jackson Hole Post and Aspen Pre Trip Parties, Senior Matias, 90th and Arbor just north of Center. Visitors Welcome 7:00 p.m.

Last Chance
Going—Going—Gone!

One spot left on the
Aspen Trip
March 25 to April 1

Contact Ron
NOW!
498-8969

LETTER from the PRESIDENT Andrea McMahon

As I write this article we're about halfway through the 2006 ski season. We've sent groups on two successful trips and have two upcoming trips heading to Jackson Hole and Aspen.

See **Craig Larsen's** article about the 2006 FSA trip to Copper Mountain. Craig and Barb put together a wonderful meal to welcome us. Many of us wondered just how much cheesecake Craig and others consumed! We're already getting excited about next year's FSA trip to Heavenly Valley. Thank you Craig and Barb for being wonderful trip captains. That was certainly not a trip to miss.

Check out the calendar of upcoming events. I'm particularly looking forward to Cajun cuisine at Mother's later in March. We're actively soliciting ideas for trips (both ski trips and just general recreational excursions) and outings. I've heard several mentions of Ron gathering ideas about white water rafting this summer! If you have any suggestions for a new, fun activity, please speak to any board member.

About 15 adventuresome members turned out on February 18 for Cosmic Bowling. The night's biggest surprise was that Mockingbird Lanes had scheduled a private party for the same night we planned to be there! So we improvised and relocated our party to Maplewood Lanes with very little grumbling from some of the brave souls who all trudged to Mockingbird only to discover that we couldn't bowl. You can imagine the disappointment on the faces of those who aren't as flexible as our group. Several non-Omaha Ski Club members gave up on bowling and went dancing instead. Imagine their disappointment as the loss of the bowling opportunity.

Anyway, we all met at Maplewood and enjoyed a great night of bowling, some music I'd never heard before in my life, and some homemade carrot cake in honor of **Dennis McMahon's** birthday.

I don't mean to brag...however there was a score of 215 after my name on one of the score sheets. Okay, I know someone will tell the truth eventually. There was a little confusion and **Dennis** ended up bowling in my place! I bowled in place of my niece **Julisa**. And to set the record straight, **Julisa** isn't that bad of a bowler. She didn't even roll a ball that night.

All and all, we were pleased with the turnout given the 2006 Olympics taking place. We were able to watch some of it while bowling.

Last but certainly not least...welcome to our new OSC members! We've had quite a few new members join in the past few months. If you see a new face at the next event, please introduce yourself! It's nice to see the new members participate in our activities.

WELCOME NEW MEMBERS

Olga Bajenova
Linda & Jim Tills
Youri & Polina Pavlov
Michelle Jareske

WELCOME BACK

Mel & Ester Evans
Anne Marquardt
Brian Moore



"I now realize that the small hills you see on ski slopes are formed around the bodies of forty-seven-year-olds who tried to learn snowboarding." *Dave Barry*



42ND ANNUAL FSA SKI WEEK Copper Mountain Ski Area

Well, the key phrase for this trip to Copper Mountain was snow, snow and more snow.....If you were not skiing on this trip you missed some great skiing! The five days prior to our arrival, Copper received 40 plus inches of new snow. By Thursday morning, 13 inches of new snow fell. Many club members got to experience and practice skiing in powder conditions.

Almost every one arrived on or before Tuesday, January 31. We skied Wednesday in new snow (light powder) on a great base. That evening everyone on the trip came to the OSC Welcome Party. Lasagna, salad, crackers and cheese were served with cheesecake for dessert.

Thursday afternoon was the Nordic Ski Races. The Omaha Ski Club Team members participating were **Andrea & Dennis McMahon, Mark Storz, and Ben Novograd** That evening we attended the FSA Welcome Party / Social. Once again, for the 10th year, Boulevard Brewing Co. provided free beer. The menu consisted of baked potatoes, salad, and chili. It was a great time to renew friendships with other clubs from past years. Club members played a bingo game geared to meeting other club members. **Bob Waltermire** had his bingo sheet completed after meeting the twin sisters from St. Louis. **Andrea's** name was drawn from completed the bingo cards and she won a prize.

Friday was the Challenge Races and again, it was snowing. Participants were **Marty Sigg, Ben, Mark, Andy Rabick., Brian Moore, Pat Connelly, Phil Bintz, Craig & Barb Larsen** and **El Siefert**. There weren't any planned activities for Friday night, so club members made their own plans. Many members went out and found some great eating places. Some went to the Black Diamond, Cantina, and Imperial Palace, while others enjoyed a night in their condo.

Apré's Ski at Jacks and Endos, and a trip to the hot tub after a great day of skiing were very enjoyable. Many frequented this tavern as **Lefty Lucy** was very entertaining at Jacks during Apré's Ski.

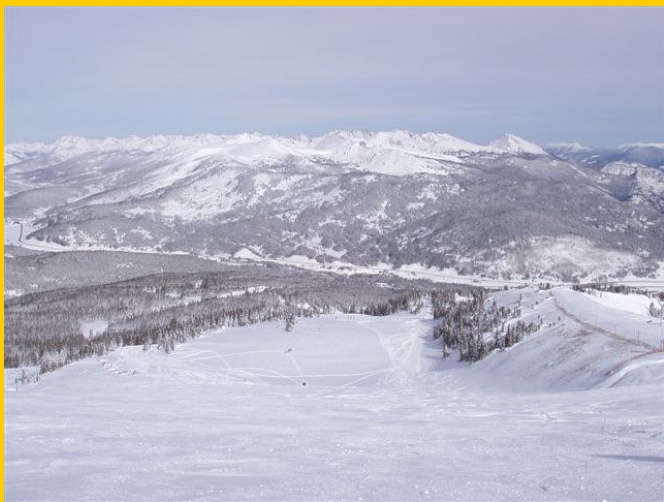
Saturday the weather conditions were very sunny and it was a little warmer for our final day of skiing. Most members were going home on Sunday. The Awards Banquet had very good food and almost all Club members attended. We had London Broil, Chicken on Rice, salad, and potatoes, another great meal! The two deserts were very good as well. Our club didn't win any race medals but six people won door prizes, **Ben, Brian, Mary Ava Gossman, Craig, Marty, and Andy**.

This year FSA had nine participating Ski Clubs including St. Louis, returning after taking a few years off. There were 411 people at the event this year. Please watch our newsletter and web site for information on next year's trip to Heavenly Valley.



One last note to **Jan**—some speedy recovery from your powder skiing incident!

Check out the photos from this great trip!



Postcards from Copper Mt.



Omaha Ski Club Race Results



The Cross Country team of **Dennis McMahon, Andrea McMahon, Ben Novograd, and Mark Storz** took 8th place even with all the falls! **GREAT JOB!**

		Red	Blue	R Hcp	B Hcp	Best	NASTAR Medal
Women's 50-54							
6 th	Barb Larsen	31.85	31.64	20.279	23.353	20.279	B
Men's 45-49							
5 th	Philip Bintz	35.93	37.64	25.498	28.071	25.498	S
Men's 50-54							
8 th	Craig Larsen	35.70	36.36	24.694	23.716	23.716	S
25 th	Mark Storz	DNF	45.24		53.930	53.930	
26 th	Brian Moore	48.25	48.11	68.530	63.695	63.695	
27 th	Ben Novograd	54.95	48.13	91.932	63.763	63.763	
Men's 60-64							
4 th	Pat Connelly	39.43	38.58	37.723	31.269	31.269	S
11 th	Robert Waltermire	40.87	41.38	42.752	40.796	40.796	B
Men's 65-69							
12 th	Andy Rabick	45.62	42.89	59.343	45.934	45.934	B
15 th	Marty Sigg	42.84	43.24	49.633	47.125	47.125	B

The Omaha Ski Club finished 9th in the Flatland Ski Association Club standings.



Simple solutions for unwanted winter skin problems

Chapped hands, chapped lips, cold sores, dry skin, and winter itching seem to be constant and unwanted companions this time of year. But you don't have to go to Florida to escape these nagging winter skin problems.

One of the key problems with winter is a significant drop in humidity that results in very dry air leading to parched flaky irritated skin and chapped lips, according to Russell Robertson, MD, Associate Dean and Associate Professor at the Medical College of Wisconsin. To compensate, you need to make a conscious effort to increase your fluid intake. Drinking six to eight glasses of water or any other non-caffeinated beverage will make a difference and keep your body from losing fluid.

Moisturizing creams are also helpful. If your skin is the least bit sensitive, use creams that are simple and without perfumes and apply generously and repeatedly, Dr. Robertson suggests. Humidified air will help keep your skin and nasal passages from drying out as well. A portable home humidifier or one attached to the furnace can be quite helpful. Be sure to properly clean the unit regularly. In addition, lip balms and saline nasal sprays can safely be applied as often as you wish.

Cold sores – which are different from common chapped lips – are caused by eruptions of the herpes virus that can lie dormant in your body and flare up from time to time. Ask your doctor about prescription anti-viral medications that will shorten the length of the outbreak, but the virus can never be eliminated. Remember that cold sores can be contagious should the fluid they contain contact an open sore or the lining of the mouth, nose, or genital tract.



**Above all,
Make an effort to stay active this winter, advises Dr. Robertson.
Walk, swim, or do anything to keep from spending long periods becoming one with the sofa.**

Used with permission from Write On, Inc., publishers of Health-e headlines (www.health-eheadlines.com).

You're a real skier if...

- Your significant other thinks diamonds are black.
- Have broken or torn something on your body.
- You own a \$100 dress or suit, but a \$550.00+ ski outfit.
- Have more skiing pictures than wedding pictures.
- Complain about a \$2.99 hamburger, but have no problem paying \$50 for a lift ticket.
- Your ski gear is worth more than your car.
- You pay off your visa by the end of summer just to make room for ski season.

**OMAHA SKI CLUB MEMBERSHIP APPLICATION
JUNE 2005 - MAY 2006**

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

MEMBER INFORMATION - - - PLEASE PRINT CLEARLY

Name: _____

Spouse: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Email Address: _____

For family membership, list all dependent minors.

If new member, how did you hear about the club?

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.

SIGNATURE: _____

DATE: _____
(Must be signed and dated)

[OSC USE ONLY] MEMBERSHIP NO _____ BD _____ TR _____ NL _____

Print this page and mail along with membership dues to:

**Omaha Ski Club
PO Box 3104
Omaha, NE 68103-0104**

OSC Board of Directors

PRESIDENT

Andrea McMahon.....553-7620 (h)
president@omahaskiclub.org..361-2021 (w)

VICE PRESIDENTS

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

Sally Hammond.....493-6056 (h)
vp-activities@omahaskiclub.org

SECRETARY

Ben Novograd.....291-5704 (h)
secretary@omahaskiclub.org

TREASURER

Phil Bintz.....712-483-2668 (h)
treasurer@omahaskiclub.org

www.OmahaSkiClub.org

Moving? Change of Email?

Notify Steve Grunberg

OSC Committees

MEMBERSHIP

Steve Grunberg.....319-1349 (h)
membership@omahaskiclub.org

NEWSLETTER

Steve & Linda Grunberg.....319-1349 (h)
newsletter@omahaskiclub.org

RACE

Phil Bintz.....712-483-2668 (h)
race@omahaskiclub.org

PUBLIC RELATIONS

Linda Grunberg.....319-1350 (h)
marketing@omahaskiclub.org

FSA DIRECTOR

Craig Larson.....992-6997 (h)
fsa-director@omahaskiclub.org

OSC WEBMASTER

Ben Novograd.....291-5704 (h)
webadmin@omahaskiclub.org

Visit the OSC photo
album for more trip and
party photos.
www.omahaskiclub.org



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



Coming Soon to Summit County
STEVE & LINDA GRUNBERG!
Snow-Plowing at its best!
You Go, Girl!