



March 2004

Current Events

Mar 2 (Tue) Board Meeting,
McCall Press, 3219
Leavenworth. Time 6:00
pm. All members welcome.

**Mar 2 (Tue) Post-trip party
for Banff and Pre-trip party
for Summit Co.,** Old
Chicago at 76th & Cass St.
Time: 7:30 pm

Future Events

**Mar 30 (Tue) Post-trip
party for Summit County
and Pre-trip party for
Snowmass,** Senor Matias,
90th & Arbor, Time 7:00 pm

**April 13 (Tue) Board
Meeting,** McCall Press,
3219 Leavenworth. Time
6:00 pm. All members
welcome

**Sally Dier, Vice-President
Activities**

FLATLANDS SKI ASSOCIATION

Winter Park Trip

January 27th –February 1st 2004

Wednesday, our first day skiing, was a great day. The temperature was very comfortable for skiing, snow conditions were packed and groomed to corduroy, and club members caught up with each other during the day. Members of the Omaha Ski Club gathered in Barb and Craig Larson's condo at the Snow Blaze Wednesday evening for a Welcome Party. Spaghetti, lettuce salad, and garlic bread was served. Everyone enjoyed the meal, and finished the great evening relaxing, visiting and arranging the next day of skiing.

Thursday, everyone skied, found their favorite runs, and located runs with the most powder. Later in the afternoon, after the lifts closed, the Omaha Nordic Ski Team, (Cross-Country Ski Team), consisting of Barb and Craig Larson, Mark Storz, and Phil Bintz, participated in the Cross-Country Races. The team placed 7th out of nine teams that raced. When the team recovered, we attended the FSA Welcome Party with hors d'oeuvres, socializing and a silent auction.

Friday was Race Day. Omaha Ski Club entered racers in the skiing and snowboarding races. Ron B. raced the snowboard course. Andy R., Brian M., Ben N., Mark S., El S., Bob T., Barb L., Craig L., and Phil B., were the racers on the alpine course. Some of the group had lunch on the mountain at the Snowoasis, which was very good and quick.

Saturday, everyone enjoyed skiing, and all ended up having lunch at the same time. Most of the group made a few more runs before retiring their skis for the day. The group attended the FSA Awards Banquet later that evening. Phil, El, Mark, and Barb placed in their respective categories and received medals. The Omaha Ski Club took 7th place overall in points. Many club members won door prizes throughout the evening. This is a fun trip as we have a chance to meet people from 7 other clubs that participate in a fun environment of recreational skiing and racing. Next year, FSA has scheduled the event at Steamboat Springs, Colorado. Thanks to all who participated.

Barb and Craig Larson, Winter Park/FSA Trip Captains

Spots still available on Summit County and Snowmass trips - - see inside

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SPRING FLING 2004

SNOWMASS, COLORADO

What does April have in store for you -- rainy spring days, yard work, or maybe house cleaning? Why not join us for the last ski trip of the year instead. April in the Rockies usually brings mild temperatures with bright sunny days. There will be plenty of snow left and if we are lucky, one of those late season storms might just dump a lot of fresh powder snow all over the place. April can be one of the best times of the year to ski if you just want to get away and have some fun.

We are going back to one of our club favorites: Snowmass, Colorado. The Crestwood condominiums have once again worked to give us a great price for this trip. But due to the lack of people signing up for this trip we have cancelled the bus and have reduced the cost of this trip. For \$265.00 plus lift tickets you get four nights lodging, with four or five days of skiing, and a welcome party the first night. Lift tickets are \$34 per day for a four-day ticket and \$32 for a five-day ticket.

A trip to Snowmass gives you quite a number of activities to do. As for skiing, you can ski any of the four ski areas in the Aspen valley with the same lift ticket. The four mountains of Snowmass, the world famous Aspen mountain, the steeps and bowls of Aspen Highland, or the more family friendly area of Buttermilk. No matter which of these areas you choose to ski, you can experience some of the best skiing in Colorado.

The Crestwood has a large outdoor hot tub pool, where the nightly gatherings get quite amusing. Nothing like a warm bath and some great ski stories to end the day. For those of you who feel it is necessary to eat, you can go out to one of the many fine restaurants in either Snowmass village, or catch a shuttle and go over to Aspen. Aspen offers upscale dining and you can do a little shopping at one of the many stores in town. You just might get lucky and see someone famous. You never know who might show up in town just to ski a couple of runs and have dinner before they fly back to wherever. I recommend walking around Aspen at night. The nightlife in Aspen takes on a life of its own. It is quite an experience.

Specifics of the trip: Saturday will be the first ski day. We have rooms from Saturday thru Tuesday night. Most of us will be driving out on Friday, April 2, and staying either in Denver or one of the towns between there and Snowmass. You can opt to ski on Wednesday or ski at one of the resorts on the way back.

At this time there are only a few spots left so you will need to contact me as soon as possible if you want to go.

For further information contact, trip captain, Pat McCall.

402-345-1881 or work 402-342-8898

PRESIDENTS CORNER

It seems like the season just got here and now it is almost over. The Banff trip is just coming back, and the Summit County trip will be leaving shortly. Although there has been better than average snowfall out west, it has been hard to sell trips this year. We have not filled any of our trips and we are not alone with this problem. In reading a number of other club newsletters and magazine articles, it has been a problem for many groups this year. A number of clubs have had to reduce or cancel trips for a number of reasons. But most of it seems to be the poor economy. As this year comes to a close, the board will have to look hard at trips for next year. We will look at both quality and price as always, but also in the number of trips we plan to offer. We will try to give you the best value for your dollar.

As of this newsletter, both the Summit County and the Snowmass trips have space available. Call the trip captains if you are interested in either of them. As trip captain for the Snowmass trip, I asked to cancel the bus since we didn't have nearly enough people to cover the cost of it. We reduced the cost of the trip to \$265.00 plus lift tickets. (See trip article for those prices.) With the small number of people going, I am going to look into doing some things that we have not been able to do with the large group we usually have with a full bus. One thing we will do again is the Glenwood Springs pool. This time we will drive ourselves instead of using the take-for-ever bus. There are only two spots left at this time, so call as soon as possible if you are planning on going.

Those skiers who went to this years FSA trip said they had a great time. The snow was good and the weather better than average. A number of people received medals and once again showed off their racing skills. Next years' FSA trip will be going back to Steamboat Springs, Colorado, so you can pencil that in for the last part of January next year. Everyone had a fun time except for Bob Ross. Bob is one of our long time club members who suffered a medical emergency on the trip that required him to be air lifted to Denver for emergency surgery. Bob is doing well from the last information I received, and he should be coming home soon. I'm sure it would bring a smile to his face if everyone would send him some kind of joke get well card. I know from past experience that being laid up for any length of time gets really boring. A little humor goes a long way.

It is that time of year when we need to start looking for new board members. The elections will be held in May and votes will be counted at the election party. Anyone can run for the board if they are a current member. We need for some of you to step up and help run this club if it is going to continue to exist. Anyone wishing to run for the board needs to contact myself or Dave Lawler.

We will also be voting on a number of bylaw changes at this years election party. A committee is updating the club bylaws to reflect some needed changes. You will receive a copy of these proposed changes with your election ballots.

I hope everyone has had a chance to get out and ski someplace this year. Remember, making weird noises while skiing is acceptable, but only if you are having fun. Watch out for those snow snakes and bears.

Dragons rock!

Pat McCall President, OSC



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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.

HIGH ALTITUDE SICKNESS

Many people are affected by the altitude. The speed of ascent, altitude reached, duration of stay and how much you exert yourself are a few factors that determine whether you may be affected by a change in altitude.

Some of the symptoms that a person may experience are:

- Headache, usually worse at night or with stooping over
- Shortness of breath
- Lightheadedness
- Weakness and Fatigue
- Loss of appetite
- Nausea
- Vomiting
- Trouble sleeping
- Swelling of the ankles

What can you do to avoid these symptoms?

- Acclimate yourself by sleeping at a lower altitude
- Avoid alcohol and caffeine
- Drink plenty of fluids
- Don't over exert yourself
- Get plenty of rest

Mild symptoms usually disappear as a person becomes acclimated to the altitude

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