



LIFT LINES

MIRAMAR SKI CLUB • McBURNEY, Y.M.C.A.
215 W. 23rd St., New York City — Phone: WO 4-2000

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NOW THEY ARE ONE

Hats off to Prez Carl Glass who bit the dust this past Oct. 20 when in the grand old tradition, he took for himself a lovely bride, the former Geil Goldberg. It was a beautiful wedding complete with top hat and tails. The bride was a vision in an exquisite gown of imported white brocade. Many friends attended (Miramaniaes) just by chance) and a good time was had by all as we wafted happily on pink clouds thru a conglomeration of assorted liquors and champagnes, hic! The happy couple will honeymoon in Europe for three glorious weeks in January, travelling with the USEASA sponsored ski flight. Good luck, good health, a good life and good skiing to you both!

This was a romance that blossomed and bore fruit on the rich soil of the Miramar garden.—Bachelors take heed . . . this can hapen to you too! You only need one to start the ball rolling.

GENERAL MEETING

Tuesday, December 3rd — 8:30 p.m.

DUES ARE PAYABLE NOW!

LIFT LINES is published by the MIRAMAR SKI CLUB, an amateur, recreational ski club which through cooperative effort endeavors to promote the sport of skiing and good fellowship among its members and guests.

100% Member Club - United States Eastern Amateur Ski Association

ARTHUR BERGER — Editor

STAFF—Gloria Levensohn, Mona Grossman, Phil Schorr,
Ray Cohn, Walt Mierhof, Ceil Glass, Ruth Steinbach
AD. MGR.—Harold Sussman and Howard Baker

Club Notes

ANNUAL AWARDS PROGRAM INSTITUTED

To promote more active skiing and participation in club activities, the following trophies and awards have been designated by the Executive Committee to be made each year.

Skiing Awards—Carnival Events: Giant Slalom—Class A Mens; Class A Women's; Class B Men's; Class B Women's and the Invitational Race.

Most Improved Male Skier—Most Improved Female Skier. Miramar Standard pins (silver and gold) for Downhill.

Mid-Season Slalom Events.

The Schussnik Trophy.

Non-Skiing Awards—

1. Member-of-the-Year.
2. Photography Award
3. Trip Activity and Participation Award
4. New-Member-of-the-year.

Full details on this program at the next general meeting.

HELP . . . Do you have a flair for journalism? Have you, like Walter Mitty, ever secretly yearned to be a star reporter with your own byline? Or maybe you've the know-how to handle production. Then **Lift Lines** needs YOU . . . to write up the ski trips, news of interest in the ski world, gather news for our gossip column, etc. (or even make news). And if you enjoy taking pictures, let's see what you can do on a ski trip. Don't be bashful . . . See our Editor Artie Berger at any meeting, or anyone else on the editorial staff.

PHOTO CONTEST . . . Okay you shutterbugs . . . who'll be the lucky one to cop Miramar's photography trophy this year? Let's see some lively competition this season with lots of entries. Anyone can enter, you don't have to be a professional . . . your pix can be of any club activity or personality.

See the prize winning photos printed in **Lift Lines**. Watch this column for further details.

THE HOUSE WE LIVE IN—

How many of us Miramar skiers have ever taken a second look at the building in which we have held our meetings for the last five years.

The McBurney Y is quite an organization. If you are interested in some additional education, athletics or just plain socializing, you'll find it here. There are many evening courses covering various hobbies, sports, literature, music, languages, dance, etc. Swimming at the Pool and working out in the Gym (one of the city's best) will help you keep that waistline slim and condition you for the skiing ahead. There are nightly activities: square and social dancing, numerous clubs i.e. photography, amateur radio, fencing etc.

Then there is the Y's own all-year round resort, Holiday Hills, at Pawling, N.Y. to which McBurney runs many trips. Next time you're at McBurney, inquire at the Program Office regarding these and many other activities.



Happily soaking up sun and spray on Miramar yachting weekend are: Ray Cohn, Mona Grossman, Dorothy Laks, Max Schwartz, Ruth Steinbach, Norman Baker, Fred Kalmus and Gene Droad.

MIRAMAR'S SUMMER ACTIVITIES

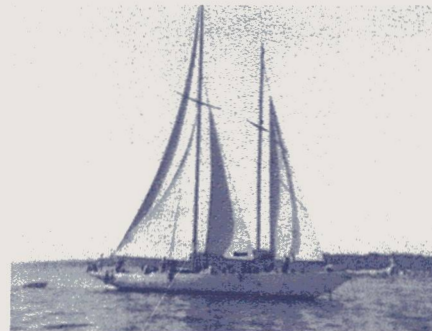
Miramar's summer schedule included a Tanglewood weekend and a trip on the schooner, "North Wind". Matt Gruen as chairman of the summer committee masterminded them.

Miramar Goes to Sea—On August 16, the first of three perfect sailing days, eighteen amphibious members and guests boarded the 90' schooner, North Wind for what was probably the slowest trip to Rye Beach on record. Alas, that was the final destination of our well-loaded gaff-rigged ship. Matt was well prepared for all emergencies, having brought along a supply of Dramamine, unused, and his skin-diving equipment which was put to work in an unexpected way. One of us, not to mention Ray's name, dropped his eyeglasses overboard and to the great delight of some people on the beach, Matt donned his equipment and retrieved the glasses. Some of the thirstier members of our group swam out to North Wind's sister ship, The Duchess, anchored nearby, only to find much to their dismay that ship chartered to a temperance group.

Among those present and sometimes accounted for were Siri Zareo, Max Brod, Alan Pritcher, Stan and Ethel Corwin, Gene Droad, Dorothy Laks, Norman Baker, Walter Meierhof, Ray Cohn and Fred Kalmus. Mona Grossman, when last seen, was seated in the Bosun's chair being dunked. Could it be that someone was jealous of the skipper?

Tanglewood—The trip was cancelled because of lack of accommodations but that didn't keep many Miramanias from going to Tanglewood on the scheduled weekend. Four of us, Kathy Carmody, Mona, Walter and I went water-skiing on Lake Pontosic. Sunday, a scorching day, found scores of us on the Tanglewood lawn absorbing the sun and Isaac Stern's performance of the Tchaikowsky Concerto. The weekend's casualty was Bernie Brodwin's 'little red wagon painted blue.'

RUTH STEINBACH



Miramarniks Windjamming it up on Long Island Sound.

THE GRAPEVINE

Vital Statistics—Miramarniks announcing engagements are Adele Berkowsky, Mike Flatow and Lorraine Bernard . . . Marriages reported to us: Normie Myerson to Zetta Portugal, and Bunny Elsas has become a Mrs. . . . Of course such activities lead to the following type of news—Among those expecting little skiers are Ruth and Gus Singer; Norman and Elaine Sacks; Bob and Alice Wallach; Trudy & Dick Bernat; Sandy and Charles Tepfer.

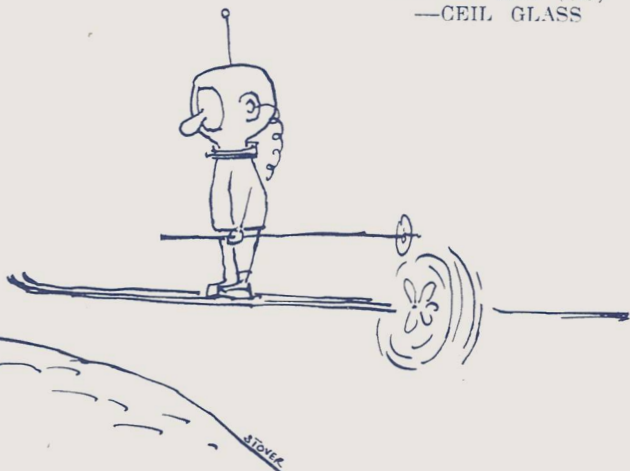
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This past summer found— Jeannette Rockefeller, Shirley Feld and Ruth Freyer dodging tornadoes while motoring to the Coast and back . . . Elizabeth Drucker touring Europe . . . Max Schwartz water skiing in Jamaica, BWI. . . Ben Leven, Gene Droad and Jerry Sacks blowing out a mainsail off of Nantucket while cruising . . . The Bergers acquired a yachty little cruising cutter, Bosun II . . . and Carl and Ceil Glass's outboard runabout grew up to be a smart Trojan inboard cabin cruiser "Two Seas".

* * *

Pat Tuohey is now a resident of Denver. She looks forward to seeing Miramar skiers at Aspen . . . Florence Zinberg is now designing blouses for Mac Shore . . . Mona Grossman, our scribe, went running off on a Virgin Island bound sailing yacht—will be back in three weeks with her tale. (sic)

—CEIL GLASS



NEW WHITEFACE SKI CENTER TO OPEN SOON

A brand new Whiteface Mt. Area is scheduled for completion in time for the holidays. A lonely, Adirondack mountain-side has been transformed into a modern, major ski area complete with lodge, trails and two double chair lifts and managed by Art Draper, formerly at Bellayre.

Almost \$2,000,00 have been put into contracts since last spring to make this mammoth development a reality. The vertical descent of its lifts and trails dwarfs anything else in New York and equals or exceeds major Eastern areas. For instance, the two double chair lifts will carry skiers to the very summit of Little Whiteface where the skier has a wide choice of trails that return them to the base, 2,400 vertical feet below Whiteface Mt. itself rises 4,867 feet above sea level. The new area will be supplemented by Marble Mt. Ski Center, where the original development was built. The Whiteface Mt. Center is reached from New York Highway 86, between Wilmington and Lake Placid. It is 145 miles north from Albany.

This undertaking came to pass through the passage of a bill appropriating \$2,500,000. This was signed April 11 by our skiing Gov. Harriman and work began immediately.

Miramar is sending a survey team consisting of Lew Kerstein and Walt Meierhof to look the area over and they will report in the next issue of this publication.

BODY CONDITIONING FOR SKIING

We are mainly weekend skiers, doing mostly inside work during the week. Some of us make feeble attempts at getting into condition before the season starts by doing deep knee bends, pushups, etc. when we get out of bed in the morning, rationalizing that by doing this we are then capable of riding up a lift and skiing down like an expert. Saturday night brings aches in muscles we never knew we had before.

Legs that are in condition for skiing are less likely to be injured. If you think about this, you will realize how this toning and conditioning of leg muscles will make your skiing more pleasurable, less tiring and you will do more than ever. Skiing requires the legs to perform strange jobs. The knee joint especially takes a great deal of abuse and strain. For example in stem turns, one knee is in an unnatural position, is strained while bearing the full body weight. You can imagine what is happening inside the joint. Exercising will not make a skier out of you but it will make it easier to ski because the tenseness will be gone and you can concentrate on form.

How can skiers think they can sit around all week and on the weekend, making every second count, go up and down the mountain as fast as they possibly can, without proper body conditioning. Athletes of every sort keep training rules and habits very strictly because they know that regular exercise is indispensable. A track star would never think of running a mile without proper preparation, look at a boxer's routine before a fight, the football player's day of pre-game workouts. The reason they are able to take the punishment they do is because of proper conditioning. They are at their peak and their muscle tone and development allows them to do strenuous things without fear of injury.

Every club should have a pre-conditioning course called a "dry course" in the early fall, directed by an expert in physical education. The following exercises, will show you a little of what can be done by supervised calisthenics.

Snowplow—Stand upright, feet wide apart, toes pointed in, heels on floor and knees slightly bent. 1) Place hands on the outside of the knees and press inward and forward, flexing the knees elastically; 2. Same starting position, bend body sideways (not forward) from the hips alternating left and right. When bending to the right, the right knee should bend forward as far as possible.

Stem Turn—Stand with feet very wide apart, toes pointed straight forward. 1. Bend one knee, keeping the other straight, bend well at the ankles so that the exercising knee can be brought forward. Keep body upright, back straight. 2. With feet in same position, body and arms forward, crouch down very low to one side. Straighten up and crouch to the other side. Heels must stay on floor and toes pointed forward. 3. Repeat same with a very low crouch, almost sit on heels.

Christy—Stand upright, feet parallel, just slightly apart. 1. Roll knees from left to right, shifting weight to edges of feet during movement. Bring knees far forward, bend well at ankles. Alternate left and right. 2. Dip to low crouch to right, turning knees to left. Heels on floor, weight on edges of feet. Keep knees well forward and flex them up and down.

General—Lie on stomach, heels turned straight up, legs apart. Press heels to floor, to each other, don't move toes. Exercises like these augmented by a regular routine of activity such as hiking, hill climbing, bicycling, swimming and running will enable you to get the most out of the sport.

"WHITEY" SANDEEN OPENS NEW L. I. SKI SHOP

Asmund Sandeen, well-known Brooklyn skier, jumper and owner of the Olympic Ski Shop in Brooklyn, has opened a new shop at South Park Ave, Rockville Centre. He is the only authorized Head ski dealer on L. I. Whitey is featuring the new Piebahoffer boot with the adjustable heel in addition to his own Sandeen Boot. In skis he has a wide variety starting from his new economical Olympic special with permanent Nylon bottom and plastic top at \$29.95. Both stores will be open 7 nights till 10, and all day Saturdays. We wish him well.



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