



Vol. 5

November, 1958

No. 1

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



How about a warm-up run down the National?



Meet you at the top of the mountain for breakfast.



This bus is leaving at 3:19 SHARP!



That was a great run—but stop once in a while and wait for us!

Photo Story-of-the-Month—NOVEMBER NOSTALGIA

In case you may have forgotten—remember the last trip to Stowe? You knew it was spring—the air was crisp and clean—the sky was a deep blue and there was snow, lots of beautiful wet snow all around.—If you were real quiet, you could actually hear the thaw under the snow flowing over the earth in never-ending streams down the mountain.

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 of U.S. Eastern Amateur Ski Ass'n

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PREZ SEZ . . .

This 1958-59 season marks Miramar's *Tenth Anniversary*. The club has grown from a few members associated with a yacht club who went on occasional ski jaunts by car to a major metropolitan club sending out buses to ski country every weekend.

Of course this did not happen over night. It took lots of hard work. During the first few years the details of running and building the club were handled by two men, Jerry Klein and Artie Berger. They saw the need for an efficient cooperative amateur ski club to give more opportunity for New Yorkers to be active skiers and derive the benefits of health and fellowship therefrom.

Their vision was fulfilled. We now have a large Executive Committee, a Board of Trustees, a Trip Committee with 11 qualified instructors, a ski patrol, testing program, a newspaper, outstanding participation in organized skiing and many other features.

For progress to new goals and more service we need help, the social Committee, *Lift Lines* membership comm., to mention a few. Here is a chance to work for a better club instead of just talking about it.

It is most important that we do not rest on our past accomplishments. We must bring new ideas and new members into the club.

Your executive committee is planning several events to celebrate our tenth anniversary. One of these will be a large weekend party to the USEASA Convention which is being held at Atlantic City this year. Our Snow Ball and Carnival will be keynoted by our anniversary.

As for skiing, we are bringing our teaching syllabus right up to date with all the latest wrinkles including Wedeln. Racing will become a more serious part of our activities.

With the increased size of our staff of instructors and trip leaders we should be able to improve our trips considerably.

So here's to the beginning of our second decade of ski sport and fellowship.

—BEN LEVEN

SOME TIPS FROM THE SKIMEISTER

Now that the skiing season is almost here you should be getting your equipment and yourself into shape before taking to the hills. First of all, try to force yourself down to within five pounds of the normal weight for your height. The following exercises are particularly good for the pre ski season.

1) Standing with feet together and knees bent, shift the knees as far as possible from right to left and back again, edging the feet.

2) 'Duckwalk' in a squatting position with thighs parallel.

3) Run in place with knees lifted high.

4) Stand on the balls of the feet on a thick book. Lower heels to the floor and raise them again as high as possible.

5) Do push-ups and knee-benas.

Set a program for yourself and follow it daily. When the season starts, you will not only be in good physical condition, but your chances of being injured will be greatly reduced. And, best of all, your skiing will improve!

Now about your equipment—Let's check.

SKIIS: Cover exposed wood on top with 'top ski' lacquer or plastic. Do the same for bottom surfaces, using the same medium for patching as is already covering the surface (either lacquer or plastic). If it is necessary to refinish the bottoms, it is advisable to use a plastic. Top edges also can be refilled with plastic. Remove any rust from steel edges with fine steel wool. Replace broken edges and loose screws. When applying new sections of edging, it is best to make new holes for the screws rather than re-use old ones. Have the edges sharpened. Your skiis should be blocked with camber blocks in the middle to prevent warping. Check your bindings to make sure they are in good working order.

BOOTS: They should be kept in boot trees. Go over all the stitching with a liquid or wax sealer. Give them a good coat of polish (ordinary wax shoe polish will do).

POLES: Baskets, grips, and handles should be secure. All set. Let's go!—L. KERSTEIN

THANK —

Miramar Ski Club extends its deep appreciation to the HEAD Ski Co. Their generosity made it possible for us to raise a substantial sum for the F.I.S. Fund last season. A full report on the drawing for a pair of Head skis will be in next issue.

. . . . HEAD Skis HEAD the Field . . .

'BROWSING' . . .

Have you ever felt the creeping, gnawing sensation of the dampness coming through the parka and slowly entering the marrow of your bones? Skiers no longer must suffer the well known slope disease called *Parkesius Dampus*. "Whitey", the smiling shussboomer of Brooklyn (and now Long Island), in his OLYMPIC SKI SHOPS is offering a guaranteed *waterproof* Parka made in America exclusively for him, of an imported specially spun and treated fabric. He also proudly offers the well known Molitar Boot.

SKI CLUB OF AMERICA known by many of us is opening on Nov. 7th, at the same location, a ski apparel shop with modern accessories and the best in equipment. Also, take note, you members and guests who are not fortunate enough to get on our club New Year's trip. "Ski Club of America" runs moderate priced and well organized trips to Lake Placid, Manchester and Stowe.

At 509 Madison Avenue, on the nineteenth floor, behind a door marked TAVI, we recently saw one of the neatest boots ever encountered. It's called the Battenhoffer boot. This boot formerly available in a high priced model only, is now made in four models, all of high quality ranging from \$24.50 to \$59.50. Every boot *guaranteed* to fit. No more need to avoid Christy to the left because of that sore left toe. "Tavi" has a unique molding process so that each boot is modified to fit each foot. "Tavi" also carries a line of accessories and equipment.

"Mercury" the newest metal ski to hit the snow is a honey, in fact it's honey colored with plastic bottoms and replaceable sectional metal edges. POST SKI SHOP is offering it at \$64.50, a welcome price for a metal ski. Worth looking in to—Post's big pre-season sale of last year's equipment.

A hand made Austrian boot, which has been the darling of our western ski slopes is being featured by JOE RITTER at \$49.50, (list \$69). They are called the Alber Boots, and are obtainable with or without air bladders at the same price.

Wish I had it as a beginner dept.—SUNS selling his own brand ski at \$29.50 (list \$40) of laminated hickory, ebonite bottom and offset edges. For something of interest, the Northland Aristocrat, list \$65, Sun's price \$49.50.

The world is flipping in color these days and Harry over at SCANDINAVIAN has flipped—stretch pants in *fourteen* colors and white all part of his new *Bogner Clothing Line* made in Europe. The collection also features parkas in lovely colors and prints. Scandinavia is hitting the ski world with a 14-piece laminated hickory, steel edged, plastic bottomed, tip and heel protected, guaranteed for the season, ski at \$29.95.

If all this shopping has made you hungry, the place to go is the ANCHOR INN, Miramar's favorite sea food house. Full dinners, at this pleasant atmosphered, and well serviced restaurant start at \$1.95. The dish we found tantalizing was their "Fisherman's Platter" combination dish of Maine lobster, Red Snapper, Sea Scallop and Florida Shrimp, complete dinner \$2.95. See you there before meetings and trips.

—ARCHIE HOLLANDER



SUMMER DOINGS

TANGLEWOOD—Early in August about 18 Miramaniacs were to be found attending the last weekend of the Berkshire Music Festival, in an off-season reunion.

During the day we met on the beach at Lake Pontoosic. However, very few people went swimming as the weather was cool. Plans were made for waterskiing, without consulting the weather man, who put a "damper" on it.

Concert highlights were Beethoven's *Violin Concerto* on Saturday evening and his *Ninth Symphony* on Sunday. The latter ended in thunderous applause and a torrential rain.

The trip home was slightly delayed by a sixty-mile detour for the fabulous smorgasbord at the Highland Hotel in Springfield, Mass., after which the now overloaded cars, crept home.

BEACH PARTY—About 10 sun worshipers showed up for this event at Jones Beach, and a good time was had by all. "Sandman" Doris Brown could hardly be recognized after receiving a cover of sand on top of her oily suntan lotion.—LOIS & WALT MEIERHOF

O o p s . . .

H U T S T U F F

Hi! How WAS YOUR SUMMER . . . that's good . . . Us? We were on the water (ED. NOTE: 'bout time they got off the Scotch) Oh—by the way . . . *Sylvia* and *Jerry Sacks* were out with us after their honeymoon in Mexico, She was *Sylvia Gunzenhauser*, remember? . . . We also saw *Lois* and *Walter Meierhof*, they were married in June and went to Bermuda . . . *Archie Hollander* summered in Fire Island with *Les Hauer*, *Dick Klein* and *Bob Weisberg* . . . *Helene* and *Leo Greenfest* had a little *Mark* in August . . . *Phil Schorr* went to Crystal Lake on that Miramar week-end. He met nobody—from Miramar that is . . . We planned a cruise to Jones beach to meet Miramar, but wind, tides, etc. forbid us—I found out that *Herb Kaplan*, *Mac Scwhartz*, *Howard Baker* and their dates were there—who, I can't tell you—now!! . . . *Phil Schorr*, *Bernie Brodwin*, *Lou Kerstein* made that Miramar Tanglewood weekend . . . We spent a weekend docked at *Ben Leven* and *Stan Tannenbaum's* house in Fire Island . . . *Sam Spivak* and *Lorraine Hellman* were out with us one day and what do you think, they got married last week . . . must have been the salt air, or maybe the dramamine . . . Visited *Artie Berger* on his mooring in Sheepshead Bay.—tell me Artie—is it true all the varnish glued the boat to the mooring??? . . . Gotta go now . . . you want to know what's new . . . I told you, we were on the water all summer—who knows???

—CECILE GLASS

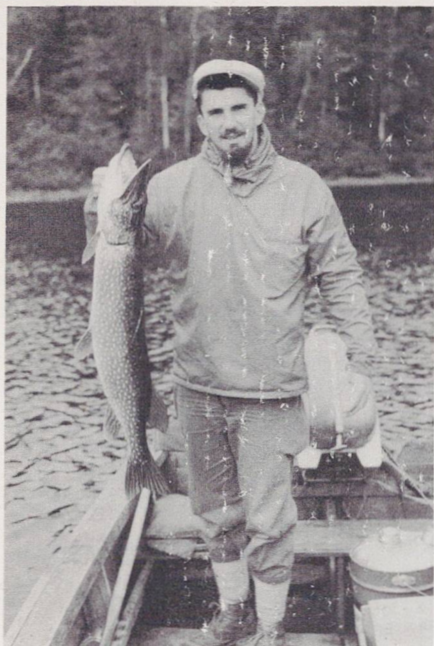
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An excellent shot of George Lebolt caught by a Great Northern Pike in the wilds of northwestern Quebec, not far from the Arctic Circle.

ADVICE TO THE NEW SKIER

It's ridiculous!

Why anybody should want to go skiing I'll never know! Just look at some of the reasons for staying *home*.


1. Skiing makes you use muscles you never knew you owned.
2. It sometimes gets so cold you can freeze your . . . t's off.
3. Skiing is dangerous,—you could get kilt, or maybe even hurt.
4. Skiing is not only expensive, but it costs a lot of money.

Let us examine the above list point by point and with a little thought and cunning, see how we can avoid some of the pitfalls of the sport—

1. **MUSCLES:** Now is the time to start whipping your sagging frame into shape. Later is too late, for when the snows fall—so will you.

Of special importance is exercising the arches, calves and thighs. You might try getting your legs in condition by chasing your gal around the room for a few hours, or, dependant upon your inclinations and sex, vice versa.

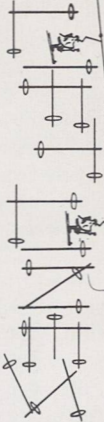
2. **COLD:** Equipped with the proper clothing, you need have no fear of freezing off any

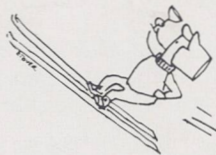


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vital parts of your body. Make sure you have a minimum of two pair of good quality socks, a set of light weight long johns, warm (but not bulky) shirts or sweaters, an outside windbreaker, wool gloves and outer leather mittens, and some sort of weird hat that can protect your ears.

Oh yes, if it's exceptionally cold, you might wear ski pants.

3. **DANGER:** Most skiing accidents would not have occurred if only a few simple rules were observed.
 - Keep yourself in tip-top physical condition
 - Do not ski without proper instruction
 - Know your skiing limitations and do not exceed them.
 - Stop skiing when you are tired
 - Smile!—Skiing is fun.
4. **MONEY:** There are several ways of getting around this one. You could—
 - a) Print your own
 - b) Marry into money
 - c) Rob a bank
 - d) or just enjoy yourself, content with the knowledge that you're surrounded by congenial company, and participating in one of the finest sports I know.

GEORGE W. LEBOLT

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