

February 2016



NBS Summit 2016=California Love!

RAFFLE. Ski Jammers Ski Club is raffling off a very nice ski/snowboard **HELMET AND GOGGLES**, retail value \$150. **Tickets are \$2 each or \$3 for \$5.** Bring your money, honey!!! The last day to purchase tickets is during the February meeting, Feb 24, 2016. **The drawing will be held at this meeting.** Support your local ski club – the Ski Jammers! You will receive one **FREE** raffle ticket if you have made a deposit or make a deposit for the NBS Summit or Youth Spring Break trips. You can only receive one free ticket. Purchase additional tickets to increase your chances of winning. Many thanks to our sponsor, **Sun & Ski Sports.**



2015 CHRISTMAS SOCIAL & FASHION SHOW

If you missed celebrating the holidays with the Ski Jammers, you missed IT! A good time was had by all. Lisa Ramsey did an outstanding job as Mistress of Ceremonies. She even got her family involved with son as DJ and daughter as a model! We were so proud to have junior Jammers - Kaley, Trinity and Neo Curry model along with adult Jammers models – Tina Johnson and Kerry Muldrow. What an honor it was to have **one of the original founding members of the Ski Jammers attend – Danette Isaacs!** Several early members also attended.



[Click here to view video](#)



Early members of Ski Jammers Ski Club. Left to right-Mrs. Allean Mason, Bill Wesley, **Danette Isaacs (founder)**, Christine Mason, Bert Isaacs, Josie LaMott, Tony Curry, Donna Brawley, and Dr. Rhonda Bean.

2016 SKI JAMMERS GENERAL MEETINGS

(subject to change)

Jax Grill, 6:30PM,
1613 Shepherd Dr., Houston, TX ([map](#))

January 27

February 24

March 23

April 27

May 25

June 22

July 27

August 24

September 28

October 26

November 16

December 9

2016 TRIPS

Detailed information on-line at [Club Trips and Applications](#)

NBS Black Summit, Heavenly Mountain, Lake Tahoe, CA, **Feb 27-Mar 5**
Youth Spring Break Trip, Copper Mountain, CO, **Mar 13 – 18**

*Do you have FOMO-
Fear Of Missing Out?
You don't want to
miss these!*

Join the Ski Jammers today!

[Membership Application](#)

2016 Ski Jammers Christmas Social and Fashion Show

"WHAT HAPPENS ON THE MOUNTAIN STAYS ON THE MOUNTAIN!"







Click on links below for more pictures!

[Ski Jammers website pictures](#)

[Meetup.com photos](#)

[Facebook photos](#)

We've been asked about **"The List"** several times, so here's a rerun of my favorite things.

These are a few of my favorite things . . . for skiing.

I don't know about you, but I always struggle with packing too much stuff for a ski trip; but there are some things I have to take no matter how full my luggage is. These items might make you a bit more comfortable or save you some grief on the trip.

1. Odor Eaters Foot Spray Powder – this is not for odor, it's for wetness. Wet feet equal cold feet! If your feet sweat, then you will have cold feet on the mountain. Spray your feet to help keep them dry and warm.
2. Amlactin Moisturizing Body Lotion – if you have dry skin at home, it'll feel even drier in the mountains. This is best stuff ever.
3. Nasal moisturizer/saline gel or spray – any brand will do. The high altitude is very drying to your skin and nostrils. Many people are prone to nosebleeds at high altitudes, including me. So try this to help your poor nose cope with the cold.
4. Dermatone Skin Protector in the round tin can –this is a sunscreen and it's protects you from windburn. It's greasy but great!
5. Baby Lips Lip Balm Sunscreen SPF 20 by Maybelline – your lips need protection too. I also like Aquaphor Lip Protectant SPF 30 or Dermatone Lip Balm SPF 23.
6. Breathe Right Nasal Strips – some people have trouble sleeping in high altitude. This is a non-drug approach to a better night's sleep.
7. Lysol Spray – if you have roommates, no explanation needed. I'm just sayin'
8. Emergen-C vitamin supplement drink mix – I don't know if it works or it's just the placebo effect, but I don't leave home without it. It's approved by me, not the FDA! Get a free sample at <https://www.emergenc.com/free-sample>
9. Hand Warmers – buy them at home. They are way more expensive in the ski shops on the mountain. Try WalMart, Walgreens, Sun & Ski Sports or REI.
10. Clif Bar Mini energy bars – nice little pick me up between meals. Small enough not to cause calorie overload.

Peace, love and snow!

Donna

The Top 3 Snow Skiing Stretches

Cardio is great for ski trip preparation but stretching is essential also. Here's some great stretches from StretchCoach.com.

Stretching is one of the most under-utilized techniques for improving athletic performance, preventing sports injury and properly rehabilitating sprain and strain injury. Don't make the mistake of thinking that something as simple as stretching won't be effective. Below are 3 very beneficial stretches for snow skiing; obviously there are a lot more, but these are a great place to start. Please make special note of the instructions beside each stretch.



© 2007 - TheStretchingInstitute.com

Lying Knee Roll-over Stretch: While lying on your back, bend your knees and let them fall to one side. Keep your arms out to the side and let your back and hips rotate with your knees.



© 2007 - TheStretchingInstitute.com

Kneeling Quad Stretch: Kneel on one foot and the other knee. If needed, hold on to something to keep your balance and then push your hips forward.



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Standing Toe-up Achilles Stretch: Stand upright and place the ball of your foot onto a step or raised object. Bend your knee and lean forward.

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	1/2 Page	\$50.00	Full Page	\$100.00

Ski Jammers Social Media

www.SkiJammers.org

www.Meetup.com/Ski-Jammers-Ski-Club



www.Facebook.com/SkiJammersSkiClub

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