



## New Reunion Information



Skaters, All-Performers, Production, and Administration personnel...

You may have traveled around the world, but have you been to beautiful Palm Springs?

We will be celebrating at one of the most stunning Palm Springs properties, the OMNI Rancho Palmas Resort & Spa, in Rancho Mirage. This is a spacious property, with lots of different areas for us all to gather and catch-up with friends, both in the sun and the shade, and inside the hotel. You shouldn't have any problems locating your friends here!

**WELCOME RECEPTION** Tuesday Night

- appetizers/lite fare

**DANCE PARTY** Wednesday Night

- appetizers/lite fare and desserts

**GALA BANQUET** on Thursday Night

- reception appetizers and chef's choice (you pick protein)

- or specialty meal request (Gluten Free, Vegan, Vegetarian)

PLEASE DO NOT CHANGE MEAL/PROTEIN CHOICE AT DINNER TABLE...

Please take it upon yourself to invite 'your' Ice Capades friends to the event. All 'Professional Ice Show' skaters, production, and administration staff from other shows, are also invited.

Our resort rate is \$145 a night, plus tax (with no resort fees, valet or self-parking, or internet fees), free coffee in your room, newspaper available in lobby, and free access to their gym.

THE OMNI RESORT HAS A LAZY RIVER, AND 2 POOLS – along with lots of lounge chairs! We will also have 3 Cabanas by the large pool for our groups' use.

The OMNI RESORT ALSO HAS ITS OWN GOLF COURSE

Morning golf outings planned, with a possible Golf Tournament, if enough people are interested. We are receiving Discounted Fees for Golf (\$29pp) and Equipment Rental (\$29), and Tennis time and rental, too.

We are also being given a 10% Discount on Spa Services. When we get closer, if you want to take advantage of their services, please consider making your appointment for a massage or facial, or other treatment prior to your arrival.

The Omni Resort is directly across the street from shopping, entertainment and restaurants at "The River", and it is only a 5-minute car ride to the high-end "El Paseo Shopping District" (between Highway 74/Monterey and Portola, in Palm Desert).

### **GETTING TO RANCHO MIRAGE / PALM SPRINGS**

This beautiful Palm Springs Airport (PSP) has direct flights – every day. Plenty of flight options. PSP now offers 11 airlines flying non-stop from PSP to 21 destinations, and connecting to more than 500 destinations worldwide.

<http://www.palmspringsca.gov/government/departments/aviation-palm-springs-international-airport-psi>

[Click here to be taken to the registration link:](#)

## **Our Alumni in the News**



Jim Custer is our own bionic man. He has endured more surgeries than you can count. His most recent was shoulder replacement surgery and his story is so unique that he was featured in the March issue of Eisenhower hospitals quarterly, "HEALTHY LIVING "magazine. He felt very fortunate to have that facility and the excellent care he has been given thru the years to undergo the procedures he had. The doctor that performed his reverse shoulder procedure is the doctor that was in charge during major tennis tournaments in Indian Wells,



CA and the United States figure skating national competitions throughout the United States. Dr. St Pierre asked Jim to share the success of his shoulder replacements surgeries in the March issue of the magazine.

Jim's article are on pages 60, 61, 62 and 63.

Click on the link below and go to page 60 to begin.

## How Skating Helped Save Scott Hamilton

July 26, 2019 by Alice Cook



(Terry Wyatt/Getty Images)

*Reporter Alice Cook has known Scott Hamilton since they were kids. They're both from the Midwest. They both grew up in ice rinks. And they were both Olympians. Scott has an Olympic gold medal. Alice says she was just happy to make the team.*

When I ask Scott Hamilton to introduce himself, there's no mention of his Olympic glory. As usual, Scott is his humble, self-deprecating self.

"Tell me who you are and what you do," I ask.

"That's complicated!" Scott says with a laugh. "I know who I am. My name is Scott Scovell Hamilton. And, well, I did skating for a long time. And now I'm doing a lot more volunteer work and cancer fundraising. I have a skating academy. And I've got four kids, so I'm a dad. So that's what I do."

"That's a lot."

"It's more than enough."

### **Growing Up In Hospitals**

Figure skaters tend to be physically smaller than most Winter Olympic athletes. Scott was especially small when he laced up his first pair of skates.

"When and how did your parents realize something might be wrong?" I ask.

"I was always small," Scott says. "But it became obvious that I wasn't growing very well. And then it became obvious that I wasn't growing at all. And then it became obvious that I was

showing some signs of stress. And so for about four years, I was in and out of hospitals, and they couldn't come up with a diagnosis."

[Click here to read the rest of the article](#)

## Weigh Ins Revisited

### Did you know we had an official Ice Capades Diet??

Article appeared in the Toronto Telegram – Nov. 1969, By Food Editor Helen Gagen



For most people, staying at a normal weight is partly a matter of appearance, partly a matter of health.

For girls appearing in Ice Capades at Maple Leaf Gardens Nov 3-8, it's a simple question of keeping their jobs.

When you see them in action, it's obvious why the company considers it important that they present an attractive figure to the public eye. What isn't so obvious is that their skintight costumes are fitted at 33 different strategic spots on each of the girls' bodies. Let one of them lose or gain a noticeable amount of weight, and the

wardrobe mistress responsible for their half-million dollars' worth of costumes would have to go into her closet and remodel everything the girl wears.

To keep the girls in line, each is weighed at noon every Saturday. Many of them also sneak a look at the scales in between.

As ballet captain, Gloria Lor, who hails from Brockville, is in charge of weighing the girls in. Though she realized the difficulties of holding a set weight on the road, if they start varying widely from their recommended weight, she gives them a gentle warning and a copy of the Ice Capades Nine Day Diet.

Three warnings and the girl is fined. Those who continue to find food more important than their jobs are fined by the Management, and go on their way to eat themselves out of shape.

The average person who thinks it's difficult for her to diet should try coping with what girls of the Ice Capades must face in irregular eating hours, and problems arising from eating away from home base.

They usually sleep till noon, have brunch, then an afternoon snack. On show days, they can't eat a heavy meal after 4:00 pm. That means a big dinner after the show – and if they're tired, straight to bed, to let the calories settle where they may.

Holidays are a special problem. Eating home prepared foods and cutting down on daily practice means that pounds can pile on before they're noticed.

Star performer Cherrie Moritz, who will solo in two numbers here, joined the troupe with a problem – but coped quickly and successfully with it. First thing they asked her to do was to lose about 20 pounds. On a diet similar to the Ice Capades one, but under a doctor's strict supervision and with medication she lost the 20 pounds in 24 days.

Now, if she gains a few pounds she goes on a high protein, low carbohydrate and low fat diet, and immediately brings her weight back to ideal.

Beverly Ward of Toronto had the opposite problem – but it quickly reversed itself into a need to keep her weight down. Now in her third year with the company, she was only 105 pounds at 5 feet, 3 inches when she joined the company and

was immediately put on a building-up regime. Her ideal weight was set at 115 pounds – but in no time she had passed that and had to start watching her calories. The 9 day diet brought her quickly back and for a couple of years now she has hardly varied from a desired weight.

‘It’s awfully hard to stabilize your weight when you’re traveling, especially at first,’ said Beverly in an interview from Cleveland. “Even the water in different cities has a different effect on your weight. And you may not know what’s happening until you get weighed on Sunday. But a few days on the diet – plus dancing every night after our late dinner – and I right back to my proper weight.”

French fried potatoes are Beverly’s greatest temptation – but the desire to stay with the show is even stronger.

Cherrie and Beverly are only two of many who use the diet to keep them trim. They find that it’s tailored to measure for their problems, since it calls for foods that can be easily bought in cafeterias and snack bars.

It’s high in proteins, vegetables and fruits, and low in carbohydrates and fats. Mrs. Rita Dallas Palmer, associate director for Ice Capades, feels that while it helps the girls to lose weight quickly, it provides materials to support their heavy expenditure of energy.

Gloria Lor is very definite in her recommendation to check with the doctor before undertaking any diet – even their time-proven one-day diet. And she’s dead against crash diets. While Ice Capades girls must be slightly on the lean side because of bulky costumes, they must be well nourished.

If you decide to take a try at their diet, check with your doctor – realize that it shouldn’t be followed for more than nine days at a time – and either add skim milk to it and lose a little more slowly, or get back on milk the moment you go off the diet.

### **Ice Capades Nine Day Diet**

1<sup>st</sup> Day: Breakfast: grapefruit, coffee or tea (same for 9 days)

Lunch: chicken sandwich on rye toast (no dressing), raw tomato

Dinner: steak, celery, tomato & lettuce salad (no dressing), ½ grapefruit

2<sup>nd</sup> day Lunch: jelly omelet or scrambled eggs, 3 saltines

Dinner: two lamb chops, stewed carrots or tomatoes or string beans, lettuce and Tomato salad (no dressing), ½ grapefruit or sliced pineapple.

3<sup>rd</sup> day Lunch: minute steak, stewed tomatoes

Dinner: minute steak, stewed tomatoes, plain spinach, lettuce and tomato salad (no dressing)

4<sup>th</sup> day Lunch: two lamb chops, stewed tomatoes

Dinner: tenderloin steak, stewed tomatoes, plain carrots, half head of lettuce with lemon juice, ½ grapefruit

5<sup>th</sup> day: Lunch French toast

Dinner: two lamb chops, vegetable, celery, 2 olives, raw apple

6<sup>th</sup> day Lunch: any appetizer, any meat, any vegetable, half a helping of dessert

Dinner: scrambled eggs, sliced tomatoes

7<sup>th</sup> day: Lunch: ham, cheese or chicken sandwich on Rye toast (no dressing)

Dinner: hamburger patty, tomato and endive salad or mixed vegetable salad

(no dressing), ½ grapefruit

8<sup>th</sup> day:

Lunch: omelet & saltines

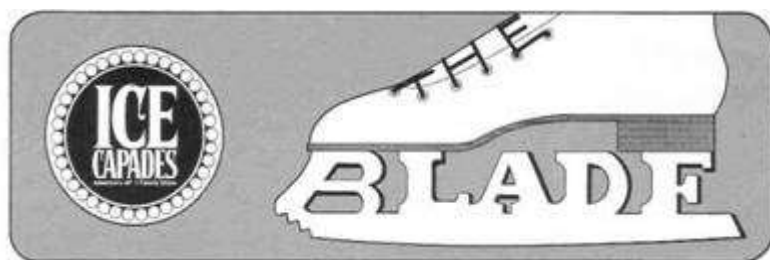
Dinner: two lamb chops, stewed carrots and celery, two olives

9<sup>th</sup> day

Lunch: scrambled eggs, sliced tomato, raw apple

Dinner: broiled halibut, vegetable, green salad (no dressing), celery, two olives,

Sliced orange



### **The Original Blade – ‘Years of Memories 66-82’**

I have the following editions of The Blade and would be happy to share them with everyone. Let me know what years you would like and I can email them to you as an attachment. Email me your request to [gspoden@rogers.com](mailto:gspoden@rogers.com)

Fall 66

Summer-Fall 70

Fall 67

Winter 67

Fall 68

Winter 68

Fall 69 - Winter 70

Winter 72

Fall 73 – Winter 74

Winter 74-75

Fall-Winter 72

Winter 75-76

News of Metromedia

Winter 77-78

Spring 66

Winter 78-79

Spring 67

Winter 79-80

Spring 68

Winter 81-82

Spring 69

Winter 76-77

Spring 71

**Remembering the**  
**2015 Ice Capades Reunion**



[Click here to relive some memories & pictures](#)

## **Upcoming Events**



### **2019 Skate America**

October 18 – 20, 2019 - Las Vegas, NV

Ticket & hotel information, [click here](#)

## **Mini Reunion Perhaps**

**Grab your skates, Hershey FSC**

**is looking for alumni to skate in their show.**

Hershey FSC Alumni--Sharpen Those Skates! (And also help us hunt down some people).

WE WANT YOU to be part of our 85th Anniversary Show--Riding the Silver Blades – A Carnival on Ice Celebrating 85 Years of the Hershey Figure Skating Club.

To participate or for more info, see our survey link below. You can also contact [Doris Papenfuss](#) or [Melissa Bellon Spittler](#) for more info!

<https://hersheyfigureskating.sportngin.com/register/form/055166333>

It will be held at the Giant Center on the evening of Friday, November 1, 2019. Our club is being honored by the Hershey Derry Township Historical Society as part of their Annual Preservation Dinner. The ice show will be part of the dinner, but ticket sales to just our ice show will be sold to the public.

What can alumni do?

--Skate in an Alumni-only program number in the show. There will be one practice, on **October 31, the night before the show. Choreography will accommodate all skating levels.**

--Attend a casual alumni dinner/get-together on Thursday night prior to the show.

--Potentially stay in a block of rooms, made available Thursday and/or Friday night (if alumni are interested in staying the weekend in Hershey, HFSC will secure the rooms at a discount rate).

Are you excited? We are! Please share this post with alumni you know!

## **Royal Ballroom Cruise January 20, 2020**



Royal Caribbean Mariner of the Seas

4 Nights \$429.00 and up

Taking reservations now

Call or travel agent Shelly Fogelman (248-203-0022) and reserve your favorite cabin today

[Click here for more information.](#)



<http://www.icetheatre.org/>

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