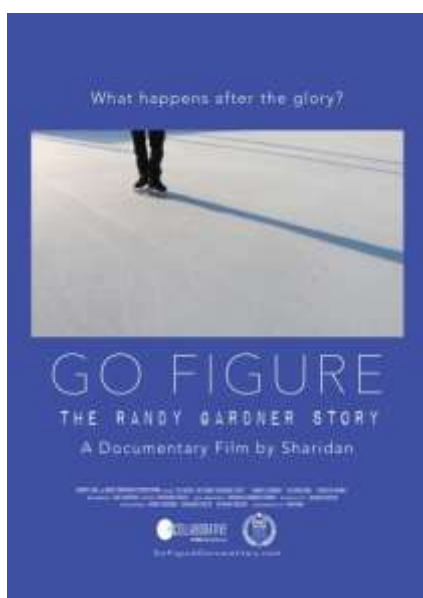


Our Alumni in the News



Go Figure: The Randy Gardner Story

<https://www.gofiguredocumentary.com/>

Congratulations Randy Gardner! The documentary film of his life, *Go Figure: The Randy Gardner Story*, received a Laurel from the Outshine Film Festival in Miami Beach, Florida this past April. Unfortunately, due to the Covid-19 crisis, the live festival was postponed. Plans for an online Outshine Film Festival screening in October are in the works.

The film takes the viewer behind the scenes of World Champion and Two-Time Olympian Randy Gardner: His on-ice life with his pairs skating partner, World Champion and Two Time Olympian

Tai Babilonia, meshed with his very private and very personal off-ice pursuit of his true identity. Written and directed by adult figure skater Sharidan, it is based on Randy's live one-man show of the same name that toured the United States in 2018.

While we all know the joy of and heartbreak of the 1980 Olympics, what wasn't known and has now been put on film along with Tai and Randy's incredible skating partnership, is Randy's private story. A story that is filled with family secrets, closeted homosexuality and the price paid. Using footage from Randy's one-man show, skating practice and competitions, scrapbook clippings and home movies, along with new film sequences and interviews, Sharidan has woven together the pieces of Randy's life into a poignant and compassionate film that is at once uplifting and inspiring.

You can get more information at www.gofiguredocumentary.com

Please follow Randy and the film's journey on social media.

Instagram: [gofiguredocumentary](https://www.instagram.com/gofiguredocumentary).

Facebook: [gofiguredocumentary](https://www.facebook.com/gofiguredocumentary)

Twitter: [gofiguredocumentary](https://twitter.com/gofiguredocumentary)

New Reunion Information

New Dates – June 8, 9, 10, 2021



DON'T FORGET: In an effort to excite some of you to get your friends signed up, we are offering a drawing for an upgrade to a Suite to those that encourage their friends to join us. Have your friends registered yet? If you can get 7 other friends (total 8 ppl) to register for the Reunion, all 8 people will be *eligible to win a 1 Bedroom Suite Upgrade at the OMNI Resort and Spa* for your Reunion stay. If friends are already registered, yes, they can count as a part of your total of 8 to be eligibility for the drawing.

Deadline for this Suite Upgrade Giveaway drawing will be December 30, 2020.

If you want those same 8 people at your Table at the Gala – now is the time to get a jump on reserving a table too. For those not participating in this promotion, know that there will be a "limited number" of table sign-ups available in registration area, when you check in!

NOTE - We Are EXTENDING our EARLY BIRD pricing through AUGUST 30th! \$355 (a \$20 savings per ticket). Consider registering now, and save.

Click here to register: <https://www.eventinterface.com/en/ice-capades-2020-reunion/>

The OMNI LAS PALMAS RESORT & SPA is now taking reservations, and can be made by [clicking here](#) or by clicking the link on our Reunion Registration Web page, or from the link on our Facebook Reunion event page, or by **phoning (888) 444-6664**. **REMEMBER: You must use Our Code to get the Discounted Rate: 061420CAPADES .**

Questions: -- Stephanie Perom, Event Producer, (310) 962-5908 -Cell, IceCapadesReunion@outlook.com

[Click here for all 80th Anniversary Reunion Registration & Information](#)

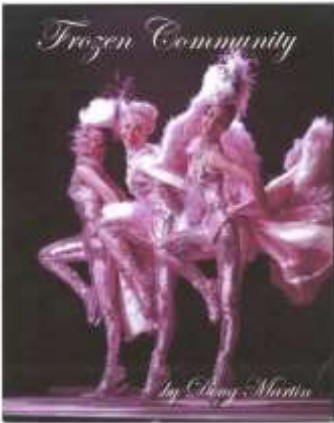
[Click here to make revised Omni hotel reservations](#)

Discounted Rate: 061420Capades

[Click here to see who's coming](#)

Our Alumni in the News

RELIVING FOND MEMORIES



Doug Martin had published two books called 'Frozen Community' where he wanted to have skaters tell funny stories about their time on the road. Stories were posted before but worth sharing again. Read on.

Did you ever lose your contact lens on the ice? Here are a couple stories by Gloria Lor Spoden where luck played a key role in finding the elusive contacts. Did anyone else lose their lenses on the ice? Joan Plimley Donahue, I remember we looked for one of your lenses after the show one night.

Contact lenses played an important part in the lives of Ice Capades performers. Those of us with really poor vision could finally trade in our coke bottle glasses for contacts, and voila, a swan was born. But wearing contacts had a downside as well.

It was the 28th year of Ice Capades, and we were performing a number called "The Ritual of the Waters", which came right before intermission. We wore those awful black Mylar costumes, dressed from tip to toe, and had long ribbons on our fingers. We had to flip the ribbons, and when I did it, one of the ribbons snapped back, caught me in the eye, and flipped out my contact lens. In those days I wore clear hard lenses, no colored ones then. During intermission they hosed and melted the ice from inside the Zamboni, and placed a towel over the drain pipe. I even went into the Zamboni and felt around the bottom. Much to everyone's surprise – mine included, my lens had gotten trapped in the towel and was undamaged.

Another time we were exiting through the tunnel after our opening number, when the curtain caught me in the eye and popped out a lens. I had a quick change so I turned to our prop man, Dick Burch, and asked him if he'd look for it. He shone a light into the tunnel and again he managed to find my clear lens. Amazing.

Videos of the Month

This is why Ice Capades had the best of the best –
Underhill & Martini – 1984 World Champions

[Click here](#)



Karen Magnussen - 1973 World Champion

[Click here](#)



Did you know that there was an Ice Capades diet?

Ice-Capades Check Weight, 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 get off the diet.

Ice Capades Nine Day Diet

1st 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

2nd 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.

3rd day Lunch: minute steak, stewed tomatoes

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

4th day Lunch: two lamb chops, stewed tomatoes

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

5th day: Lunch French toast

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

6th day Lunch: any appetizer, any meat, any vegetable, half a helping of dessert

Dinner: scrambled eggs, sliced tomatoes

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

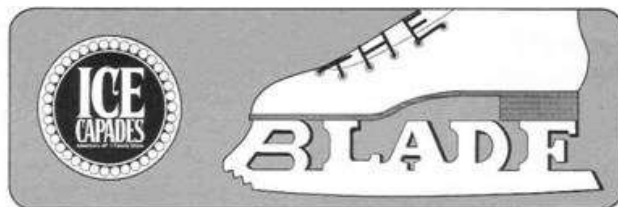
Dinner: hamburger patty, tomato and endive salad or mixed vegetable salad (no dressing), ½ grapefruit

8th day: Lunch: omelet & saltines

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

9th day Lunch: scrambled eggs, sliced tomato, raw apple

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



The website, www.icecapadestheblade.com has been revamped and more information has been added. It's still a work in progress. If you have something to add, please send them.

Look here for **2021 Ice Capades Reunion** information, including the list of **who's coming**

Cast, Precision & Production Pictures – Relive some memories.

Past reunion Pictures – Check them out for some you may have missed.

Rosters – Looking for someone or remembering who you skated with in the show?

Video links – have been collecting skating 'You Tube' links from the early years.

Program Covers – we had the most beautiful covers

Past Issues of The Blade – just in case you missed an issue

Past Reunion Pictures – relive the times you attended the reunions

In Memorium – remembering those who have left us too soon

Check it out!

Upcoming Events



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

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Email me directly at gspoden@rogers.com