

Welcome Andrew Lewins. Pictured here with his family (left to right) Kelly & Gloria French, Mom Alice Garcia, Brother David and Papa Lloyd!

Check it out! Trip Photos are added to the radarriverrats.org bi-monthly.

http://www.RadarRiverRats.org/ club email: info@radarriverrats.org

OCTOBER 2003

200 RADAR RIVER RAT BOARD

President ... Catherine Ohl ... catherine@radarriverrats.org ... 858.467.9469

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Membership ... Cathy Schulte ... cathy@radarriverrats.org ... 310.374.3026

Boat Driver Coord .Gene Fulkerson ... gene@radarriverrats.org ... 858.467.9469

Newsletter Editor ... open



Monday November 3, 2003, 6 PM

Call 858-467-9469 for location

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Please, ONE application form per membership type (Individual or Family)

| Birthday (Mo/Day): | Business Ph: () Fax: () | | | | | | |
|--|---|--|--|--|--|--|--|
| Home Address: State: 7in: | - | | | | | | |
| City: State: Zip: Contact: () ** Note — Email will be the tool used for most of our communication with members. Please print clearly . | | | | | | | |
| Raytheon Payroll Number: | LOC:Bldg:M/S: | | | | | | |
| Deduct \$10/individual or \$20/family if you s There is no membership fee for a n | | | | | | | |
| | le to HEASB WATER SKI CLUB by mail to: 080, El Segundo, CA 90245 | | | | | | |
| · · · · · · · · · · · · · · · · · · · | end this application with your trip reservation or will affect your trip reservation. | | | | | | |
| We are always looking for volunteers. I may be interested. I would like to volunteer / suggest / comment: | | | | | | | |
| WAIVER: I hereby, for myself, my heirs, executors and administ against HEASB Water Ski Club, Radar River Rats, Raytheon Employee Associa Hughes Aircraft Company, Raytheon Systems Co., or Boeing. | · | | | | | | |
| | Date | | | | | | |
| Signature | Date | | | | | | |

SOUNDING BORED

by Catherine Ohl

September and October are still my personal favorite time of the year to go to the river. The September trips lived up to my expectations—great weather, little river traffic and just a heck of a lot of fun. I believe that October will be even better.

Win A Ski Trip to Whistler-

LA Council is having its annual Snow Gala on Saturday, November 8, 2003. This is a chance for all the women to get dressed up and dance the night away. In conjunction with this event, LAC raffles off a bunch of great prizes. **Winner need not be present**. This year the Grand Prize is a trip for two, including air, lodging, lifts, transfers, a picnic, dinner, to Whistler for LAC Ski Week.

Elections-

It's that time of year for elections. We will be voting on President, Vice-President, Secretary and Treasure. After the election, the appointed board positions are filled. Most everyone is willing to do the job for another term but would be happy to train someone new. We for sure need a Vice-President and a Reservations Coordinator. If interested, just tell one of the current board members. We always like to see new people get involved and hope to give you a fun and rewarding time.

RADAR RIVER RATS

Halloween at the River

PRESENTS

October 18-20, 2002

Pumpkins for Carving, Candy, Ghosts, Goblins Deep Fried Turkey and Gene's Special Brew will be waiting for you!



Boat Driver UPDATE

by Gene Fulkerson

I can't stress it enough — We need boat drivers! We still only have the three drivers from last year — Catherine Ohl, Mark Mathis and Paul Jackson. If you, or anyone you know, has a boat appropriate for water skiing, please call me at 858-467-9469 or email me at gene@pacificrimalliance.org.

Snow Ski Trips-

Your Rat's membership also gives you membership in LA Council and the Far West Ski Association (FWSA). Check out the ski trips planned for 2004 on page 8. Also, Pacific Rim will be going to Switzerland to ski and Barcelona to visit in March 2004. They still have a few openings.

Boat Driver Assignments—

Catherine and Paul will be driving the first trip in October. Catherine, Mark and Paul are all available to drive for the last trip in October. In addition, Jim Hess and Randy Walker will be out with their boats. They will probably be driving the kids around since they are all knee boarding and wake boarding these days.

HAPPY BIRTHDAY

Gene Fulkerson 10/2 Betty Jeffery 10/10 Steve Klinger 10/6 Jami Thibault 10/15 Ashley Clark 10/7 Simone Beaudoin 10/22

NEW AND RENEWING MEMBERS

Dana Alschuler Raquel Craig Vincent Farrell Kelly French Gloria French George Gergov Gavin Kerr Mink King Dan Kowieski Howard Kwon Scott Oishi Barbara Shanberg



Check it out! Photos from 1999 - 2003 have been added to the web site!

Summer Points Schedule

We are on point 9 for both October trips. But please double check the point assignment when Patricia calls you for your carpools.

October 3 Point 9

October 17 Point 9

Trip Wrap - Sept 5-7, 2003

by Gene Fulkerson

I absolutely love this time of the year. The kids are in school and not so many people come out to the river which leaves us with great water to ski on.

Jim Hess and family arrived at Park Moabi with Peter Catalano early on Friday and put up the campsite to the delight of trip leader Gene Fulkerson. Paul Jackson was the designated boat driver for the weekend but Catherine Ohl and Jim Hess took up some of the slack.

Peter, Jan Hess and Stephanie Thompson stayed up to all hours on Friday night talking. That didn't stop Jan and Peter from catching some early morning glass on Saturday. Jan went back to snooze while Peter continued to be a great help to Gene.

Randy Walker and Maria DeGnore arrived late and disappeared into their motor home, not to be seen again until the crack of 1 PM, the next day. The only reason they even got up then was that **Gene** disconnected their power to see if there was life within. There was.

Brian Jackson was out with his very new knee board and delighted in

showing everyone his stuff. He's really quite good. I bet the little girls will be knee boarding soon. Jim took the kids, Kristine Aves, Courtney Thompson, Danielle Hess and Brian out for many runs on the toys of their choice — knee board, horseshoe ski, and, of course, the inner tube. Even Steph & Jan took a spin on the tube.

The Ashleys (Thompson & Clark) joined us for a few ski runs. They are best of friends, neighbors and freshmen in High School. They were whipped from their first two weeks of school and so spent much of their time in their camper talking on their cell phones to their friends stuck at home.

Rounding out the group for the weekend were **Agnes Johnson**, eating sunflower seeds and skiing up a storm, **Craig Henderson**, helpful as always and **Jami Thibault** with a new ski.

Everyone celebrated the September birthday, **Catherine** (8th), **Stephanie** (11th) and **Carmen Jackson** (9th). We had our dinners and some of Gene's private stash wine served to us by a bevy of good looking men. The meal was **Catherine's** choice, salmon and chicken.

More photos available at www.RadarRiverRats.org/



Stephanie & Jan



Courtney— Kids just want to have fun!



Ashley & Ashley



Randy & Stephanie

Trip Wrap - Sept 19-21, 2003

Wow! What another great weekend. The weather and ski conditions were perfect. It was hot during the day but nice and cool at night.

Craig Henderson was the first to arrive since he only had to come from Las Vegas. Vaugh was unavailable to get the trailer so Craig tried to pick it up. BUT his name was not on THE LIST. When Paul Jackson showed up, he put Craig's name (and any other name he could think of) on the trailer list. Craig hauled the trailer for us and when Jim, Jan & Danielle Hess arrived with Peter Catalano, camp was set up. Gene Fulkerson was ectatic that everything was ready for him by the time he arrived very, very late.

Catherine Ohl and **Paul Jackson** were the designated boat drivers for the weekend. We had a great crew this weekend and everything seemed to get done before it's time.

Peter, as is becoming a tradition, cooked everyone's breakfast to order — omelettes, eggs, pancakes, potatoes. **David Lewins**, 5, was the trailer troll. He wouldn't just let just anyone take anything from the trailer. You had to tell him what, where and why before he would release supplies.

Agnes Johnson was out for her last trip of the year. She hates the cold and wasn't too sure about coming when she woke up Saturday to a slight chill in the air. But it warmed up nicely and she got all the skiing in she could handle. Ellen Slaton was the only person seen to be wearing a wet suit. Carmen Jackson spent a lot of quality time floating on her raft while sipping a special brew.

by Gene Fulkerson

Cathy Schulte brought her daughter Jarica and Gavin Kerr. Gavin tried to learn to wakeboard but Jarica's board was not big enough for him and the club equipment was lacking. Hopefully he will come back with his own (or borrowed) wake board.

Jim entertained the kids behind his boat mostly on the inner tube. Paul took Danielle Hess and Brian Jackson out for after hour boat rides on the knee board. Danielle had just gotten up for the first time at lunch but that evening, encouraged by Brian, she was aggressively crossing the wake. Kristine Aves wore herself out that afternoon on the tube.

Raquel Craig was back out after an absence due to some knee surgery (there's a lot of that going around these days) and she brought her very good friend Dana (pronounced "Donna" Altschuler. Jim Jeffery was also testing the waters after double knee surgery. Since snow skiing is his priority, he took it easy this weekend. Jim's new knees didn't stopped Betty from getting her fill of skiing.

Lloyd Lewins and Alice Garcia showed up with a surprise, Andrew, age 6 months. He looks just like David. Alice's sister Gloria French helped watch the baby while they skied. Kelly French, who was signed up to ski but couldn't due to a sore back, helped with the efforts to get 5-year-old David skiing. He did great but wouldn't try it again.

Special thanks to **Peter** and **Jim** for all their help. These two men step up and gets the job done sometimes before **Gene** even know it needs doing.



Brian Jackson



Danielle Hess, first thime on keenboards



David on his first ski run ever



Raquel & Dana



Jarica & Gavin



This year Mammoth Mountain celebrates it's 50th Anniversary with the Grand Opening of The Village at Mammoth. The all new pedestrian village is home to two exquisite new lodging properties, White Mountain Lodge and Lincoln House as well as many new shops, restaurants and après-ski hot spots.

Located in the heart of The Village is the state-of-the art, 15 passenger, Village Gondola that whisks skiers and boarders alike to the slopes in just minutes. As the crown jewel of the High Sierra resorts, Mammoth boasts 3,500 acres of trails, covered in 385 inches of snow, bathed by 300 days of sunshine and that 's just the mountain in an average year.

In addition to world-class skiing and riding, Mammoth offers as compete array of winter activities including





cross country ski touring, snowmobiling, ice-skating and dog sledding.

For complete package information and pricing call 800.MAMMOTH or visit MammothMountain.com for a live look at the mountain via a network of web-cams.



Announcing Andrew Lewins' Birth-

Andrew was born on March 13th, 2003, weighing just 6lbs.15oz. David is very proud to be a big brother and sometimes lots of help! Alice is enjoying being an at home mom while Lloyd is hanging in there. Actually, Lloyd very much enjoyed taking some paternity leave — lots of time for walks on the beach to Starbucks!!

LAC Snow Gala

Saturday, November 8, 2003, 6 PM Four Points by Sheraton Santa Monica

530 West Pico Blvd, Santa Monica 310.399.9344 (just 4 blocks from the beach)

Evening Events-

6 PM No Host Bar

7 PM Elegant Sit Down Dinner

- Salmon, Chicken or Vegetarian Pasta
- Glass of Wine with Dinner

8 PM Men & Women of Year Awards

9 PM Dancing until the wee hours

- Raffle Prizes given away through out the evening
- Lots of Great Door Prizes

Catherine has Raffle

- Catherine mas ranker or Tickets at the River or Tickets at the River or Call her at 858-467-9469

 Grand Prize: Trip for Two to Whiteless of the Prize of the River or Tickets at the River or Ticket - Includes Air, Lodging, Lift Tickets, Parties, More!
- Lots of Other Great Raffle Prizes
- Winners need not be present

Dinner Tickets & Reservations—

Contact **Ed Knott**

- 11930 Avon Way, #105, Los Angeles, 90066
- 310.313.1902 or whyknott@earthlink.net

Dress is Cocktail /Formal!

* Dinner is \$65 after November 3, 2003





November 20-23, 2003

LA Convention Center - West Hall 1201 S. Figueroa, LA

> 4 PM to 11 PM Th. Nov. 20 Fri. Nov. 21 4 PM to 11 PM Sat, Nov. 22 11 AM to 10 PM Sun, Nov. 23 Noon to 6 PM

LA Council will have a booth and they will need help staffing. You can volunteer by calling Ed. If you make it to the show, be sure to stop by the Council's booth. Also stop by the Big White booth as we may be there with a surprise.

Contact Ed Knott at whyknott@earthlink.net or call him at 310-313-1902 to sign up for LAC booth. Free admission with minimum 4 hours worked. Must pay own parking.

Public Affairs

Five Areas Reduce Skiing Costs—

Alta, Snowbird, Solitude and Brighton have expanded on the areas' Super Pass program for 2003-04, effectively reducing the price for lift ticket and transportation between the areas and 75 Salt Lake hotels to \$40.

The Pass is available through twice as many local hotels, and adds the benefit of free bus or light-rail transit this season.

Alpine Meadows has cut its day ticket rate to \$36, a \$17 drop from last season.

After 15 years of flat visit totals, Alpine
Meadows expects its dayticket price cut will stimulate more traffic—so much so that the area will limit the number of people on the mountain per day this season.

Vail Tops Skier Poll—

SKI magazine's annual Top 60 readers' poll names Vail, CO, as the No. 1 ski

resort in North America in its October issue, on sale next week. This is Vail's second straight year at No. 1 and twelfth time in the last 16 years.

The Top 10 Resorts in North America are as follows:

- 1. Vail, Colorado
- 2. Whistler/ Blackcomb, B.C.
- 3. Deer Valley, Utah
- 4. Snowmass, Colorado
- 5. Steamboat, Colorado
- 6. Breckenridge, Colorado
- 7. Sun Valley, Idaho
- 8. Beaver Creek, Colorado
- 9. Park City, Utah
- 10. Telluride, Colorado

WinterKids School Program Nationwide—

WinterKids, a Maine-based nonprofit organization dedicated to

improving the health of children, is partnering with the National Ski Areas Association (NSAA) to distribute the WinterKids Winter Sport Fitness Curriculum Guide nationwide.

The 140-page curriculum has been used in schools to help students learn better and

by Catherine Ohl

improve their health and fitness by bringing kids outside in winter. This is particularly important, as studies have shown an alarming rise in obesity in children and that winter is when most kids hang out on the couch watching TV.

The outdoor learning effort has produced higher test scores and fitter kids.

Aspen Supports Climate Bill

Aspen Skiing Company is publicly supporting the McCain-Lieberman Climate Stewardship Act, a bipartisan plan to reduce heat-trapping emissions of greenhouse gases from U.S. sources. The act is now in the U.S. Senate.

Scientific models suggest that as warming continues, we will experience increased extreme weather events, warmer nights, wetter shoulder seasons, and reduced weather predictability. All of these changes affect skiing.

Aspen Skiing Company has implemented a host of climate protection programs, including wind power purchases, comprehensive lighting retrofits, on-slope microhydroelectric power generation and green building design.

FITNESS - STRETCHING

Ski Flex: Flexibility, Fitness, and Conditioning for Better Skiing

by Paul Frediani & Harald Harb



It is well established that stretching improves ones' ability to ski or board. Resistance exercises strengthen the muscles, but they also shorten them. Stretching makes muscles longer again. This leads to flexibility and greater range of motion in the joints which allows one to get the most out of a training program while helping one to ski/board longer, in better control, and with less fatigue.

The Ski Flex program is simple, quick and enjoyable. The program shows one how to

prepare and warm up the specific muscles used on the mountain. The program also encompasses functional stretching and explains how to incorporate it into everyday living activities.

Stretching is also key to counteract skiing's weather conditions. The cold can tighten your muscles and shorten your tendons and sap your energy. It is equally important to stretch after skiing/boarding. And remember you are never too old or young to start a stretching program. Just a few minutes a day and you will see how much more limber you will be on the slopes.

Many ski fitness books in the past have emphasized primarily physical training during the off-season period. In the last few years, flexibility and stretches have gotten increasingly larger attention. This book is entirely focused on stretches.

Ski Tripping with LAC Clubs in 2004

Are you looking for a ski destination for 2004? Want to join a group? Here are some of the trips being offered by clubs and organizations associated with LA Council of Ski Clubs (LAC). Your membership in the Rats allows you to join LAC, Far West (FWSA) or USRSA. Pac Rim membership is only \$8.

| Where | When | Who | Contact | Phone | Email |
|----------------------|---------|--------------|----------------|--------------|-----------------------------|
| Lake Louise, Canada | FWSA | Jan 24-31 | Judith Miller | 818-841-4192 | jamski5@juno.com |
| Whistler, Canada | LAC | Jan 31-Feb 7 | Bonnie West | 562-699-8880 | travel@lacouncil.org |
| Salt Lake City, UT | LAC | Feb 19-23 | Bonnie West | 562-699-8880 | travel@lacouncil.org |
| Banff, Canada | USRSA | Feb 21-28 | Nancy Sanford | 909-878-3681 | nanskii@aol.com |
| Verbier, Switzerland | Pac Rim | Mar 12-20 | Gene Fulkerson | 858-467-9469 | gene@pacificrimalliance.com |



KID'S KORNER

CA Snow Passport Program—

The 2003/2004 California Snow Passport is a non-transferable document which entitles the fourth, fifth or sixth grader to whom it is issued to obtain complimentary three one-day lift tickets at the following 32 participating California and Nevada resorts: Alpine Meadows, Bear Valley Cross-Country, Bear Valley, Boreal Mountain Resort, Diamond Peak, Dodge Ridge, Donner Ski Ranch, Heavenly Valley, Homewood Mountain Resort, June Mountain, Kirkwood, Kirkwood Cross Country, Mammoth Mountain, Montecito-Sequoia Lodge Cross Country, Mountain High, Mt. Rose Ski Tahoe, Mt. Shasta, Northstar-at-Tahoe, Royal Gorge Cross Country Ski Resort, Sierra Summit, Sierra-at-Tahoe Ski Resort, Ski Sunrise, Snow Summit, Snow Valley, Soda Springs, Squaw Valley, Sugar Bowl, Tahoe Cross Country, Tamarack Lodge Resort, Yosemite's Badger Pass.

The purpose of the passport is to introduce nine, ten and eleven year-olds to the sports of skiing, snowboarding, tubing and snow gliding. Also, to remind families that spending time on the mountains is a healthy, safe, and FUN family activity.

This is a great age for children to learn a new sport with ease and to excel rapidly. Through the Passport Program and on-mountain experience, students can see the lessons of their 4th, 5th or 6th grade science studies in action such as water resources at work, animal predator/prey relationships, geology structure, and the physics of lift mechanics.

Passport Holders will be given a booklet that contains 3 coupons for a complimentary lift ticket at each of the 32 participating resorts in California and Nevada. Kids must be accompanied by a paying adult, and each adult can bring up to two 4th, 5th or 6th graders. Some restrictions may apply.

The Passport is valid from December 1, 2003 through May 1, 2004, excluding the Program Blackout Dates which vary by ski resort. The blackout dates are identified by each ski area in the Passport.

Every resort has equipment that kids can rent. Check the California Snow Passport for special offers at participating resorts.

If the kids have never skied or boarded before, they can take a lesson! It's the easiest, quickest and safest way to learn. Refer to the Passport for special offers at participating resorts.

There is an \$18.00 application fee to cover the cost of processing the application and mailing the Passport. The Passport is valued at hundreds of dollars! Make sure to participate this year!

Get the passport at http://www.californiasnow.com/passport.htm

March 12-20, 2004

Basic Package to Include—

- NON-STOP Air from LAX to Europe, via Lufthansa or Swiss Air
 - Complimentary In-Flight Drinks, Meals, Movies
- Luxury Coach Transfer from Geneva/Zurich to Verbier
- Seven Nights Luxury Lodging at
 - Hotel Montpelier**** for \$1,799
 - Golf Hotel*** for \$1,469
- Private Bath, Double Occupancy
- Seven Breakfasts and Seven Dinners
- The Usual Parties, Souvenirs and much MORE!

Price Does Not Include—

- Lift Tickets (about \$30 a day)
- US and Foreign Departure Fees, Fees and PFCs (est \$116-\$135)
- Excursions from Verbier
- Return Extensions for Up to 30 Days (\$50+)

Barcelona Extension for \$679—

- · Air and Ground Transfers 4 nights Barcelona, 1 night Zurich
- 5 Continental Breakfasts
- Half-day City Tour

For Reservations & Information—

- 400 Deposit Due Now: Send Check Payable to "Pacific Rim" to— Gene Fulkerson @ 10818 Viacha Dr., San Diego, CA 92124
- For More Information, contact— Gene at 858-467-9469 or Catherine at ohl@acatmeowz.com

Cancellation Policy will Apply

Must be a Member of Pacific Rim

Hôtel Montpelier



Reputed for the quality of its rooms, the warm atmosphere it exudes, its excellent cuisine and its new wellness centre, the Hôtel **Montpelier** proudly displays the authenticity of local materials and customs.

Hôtel Montpelier has a beautiful indoor swimming pool, equipped with a "Jet Stream" counter-current system. The sauna room with a steam bath also has two hydraulic massage cabins and a variety of fitness equipment.

Hôtel Golf ***



The Golf Hôtel (formerly known as the Grand Combin) is in a great location just outside the town centre. The hotel features free sauna and steam room, open fire in lounge. Facilities include a restaurant, bar, fitness room, sauna/steam bath, room service and laundry service.

Both hotels provide bus service to lifts.

Verbier's Skiing

Verbier has one of the world's largest and best ski areas. Situated on a naturally sheltered sunny plateau; the beautiful traditional village lies at 4,900 feet (1500m) with a vast ski area covering over 250 miles of piste with more than 100 lifts and extending as high as 10,855 feet (3330m) with skiing all year round on the Mont Fort glacier. Verbier offers skiing for all levels of skiing.

Beginners - Verbier's excellent ski school makes it a great place to learn. There are several good beginner slopes and after mastering the basic techniques you can challenge yourself to some of the

more gentle runs.

Vorld On Skis

Intermediates - The scope for intermediates is quite extraordinary. With 250 miles of piste to cover, the options are endless. It is even possible to do a tour of all four valleys, skiing 50 miles in a single day.

Advanced - Verbier has become a pilgrimage for experts. Some of the most challenging mogul runs in the world can be skied here and the off - piste possibilities are infinite. For those wanting to improve their mogul skiing, Verbier is a bump bashers' paradise.

HEASB WATER SKI CLUB PRESENTS 2004 WATER SKI PROGRAM

COLORADO RIVER TRIPS

2 Days Water Skiing Sandy Beaches • Camping • Ski Equipment Food • Beer • Wine • Soda

\$TBA skiers **\$TBA non-skiers** \$TBA children (5-11)

For Information:

River Skiers:

Patricia

323-651-0686 (before 9 PM) patricia@radarriverrats.com

Boat Drivers:

Gene

858-467-9469 gene@radarriverrats.com



Revised 3/03

Everyone is Welcome — Beginner to Expert, Family and Friends!