



HEASB WATER SKI CLUB

c/o Cathy Schulte
P.O. Box 3080
El Segundo, CA 90245



A start to a perfect day and an end to an awesome season!

Check it out! 2004 Photographs from ALL trips now at www.RadarRiverRats.org

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OCTOBER/NOVEMBER 2004

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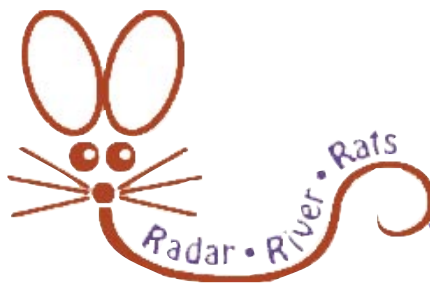
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What's Inside?



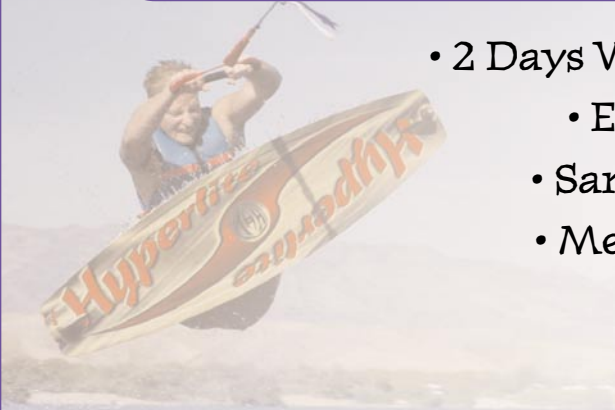
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HEASB WATER SKI CLUB PRESENTS

2005 WATER SKI PROGRAM

COLORADO RIVER TRIPS



- 2 Days Water Skiing/Boarding •
- Equipment • Instruction •
- Sandy Beaches • Camping •
- Meals • 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

 presents

Water Skiing & Wakeboarding at its Best

2005 Colorado River Schedule

June 3-5	June 24-26
July 15-17	July 29-31
August 12-14	August 26-28
September 9-11	September 23-25
October 7-9	October 21-23

www.RadarRiverRats.org



Revised 11/04

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

SOUNDING BORED

by Catherine Ohl

Water Skiing—

It's hard to believe that our water ski season is over. We did have a great year in spite of the fact that we missed many of our regular members. The good news is that thanks to people like **Craig Henderson**, who got the word out to his co-workers, friends & family, we appear to have some young enthusiastic new members who have begun to invite their friends. Some of these people had great successes learning to ski or wake board and can't wait for next year.

See page 2 for the 2005 schedule. Put the dates on your calendar and plan to join us next year.

2005 Winter Trips—

The Rats are teaming with Pacific Rim Alliance, LA Council (LAC) and Far West Ski Association (FWSA) this winter. Three ski trips will be offered by Pac Rim and are almost sold out. See pages 17-18 for more information.

Snowmass Jan 29 - Feb 5, 2005 (FWSA Ski Week)
Steamboat February 5-12, 2005 (LAC Ski Week)
Bormio, Italy March 5-13, 2005 (Pac Rim) ■

Catherine

Boat Driver UPDATE

by Gene Fulkerson

We had a very good year ending on a high note with the three-boat Halloween trip. The kids were awesome and the skiing and weather fantastic.

I would like to thank our very excellent boat drivers—**Catherine Ohl, Paul Jackson, Mark Mathis, and Craig Henderson.**

We are looking forward to skiing with you all again in 2005. ■

Gene

NEW AND RENEWING MEMBERS

Jair Cabrera
Amanda Coursey
Berta Deleon
Kimberly Ehrlich
John Erickson
Rick Fisher
Gloria French
Kelly French
Alice Garcia
Daniel Gardner
Brian Henderson
Craig Henderson

Kelly Henderson
Kent Henderson
Marie Henderson
Lloyd Lewins
Stephanie Lippy
Carl Palczewski
Kelly Psikule
Vicki Ripon
Jerome (Jay) Stabler
Chantley Sutanand
Ken Waters

HAPPY BIRTHDAY

September

Jair Cabrera 9/1
Laura Priess 9/6
Catherine Ohl 9/8
Carmen Jackson 9/9
Daniel Gardner 9/11
Stephanie Thompson 9/11
Jackie Durant 9/12
Mickey Klinger 9/24

October

Gene Fulkerson 10/2
Steve Klinger 10/6
Betty Jeffery 10/10
Simone Beaudoin 10/22

November

Linda Newcomb-Mathis 11/1
Kent Henderson 11/10
Rachel Giles 11/20

December

Bambi Danner-Newcomb 12/1
Ken Waters 12/2
Brian Henderson 12/3
Kelly Henderson 12/3
Kelly Psikule 12/9
Jarica Schulte 12/12
Brian Jackson 12/26
Trudy Ferris 12/30

January

Anton Tsai 1/5
Berta Deleon 1/14
Ashley Thompson 1/23

February

Joey Lorscheider 2/12
Kim Griffin 2/17
Cathy Combs 2/21
Mark Mathis 2/28

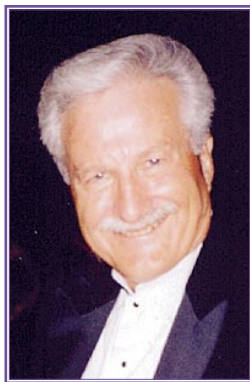
March

Patricia Ortiz 3/17
Agnes Johnson 3/27
Marie Henderson 3/30

CHEF'S CORNER

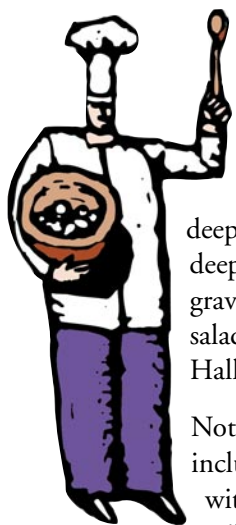
by Gene Fulkerson

The summer has come to an end, but not so all the new friendships we have made throughout the summer. I found it quite ironic that many of the old members were very scarce this year. On the upside, we had a fair amount of new and enthusiastic members in their 20s arrive on the scene. They kept the boats going [and going] consistently, even on the smaller single boat trips.



As many of you know, that while skiing/boarding is the reason we go to the river most weekends, the food is something that also keeps us coming back. Still trying to stay within my budget, we turned the lunch menus up a notch and tried to get away from the usual ham/turkey sandwiches. We provided the following [in addition to the usual] on many of the trips.

- Grilled Hamburgers with all the necessary condiments and potato salad.
- Pizza was a new and successful lunch serving.
- We introduced lettuce wraps with stir-fried chicken which was very well received.
- We actually served tuna on several Sundays.
- Plus we went low carb [not my idea] and provided wheat tortillas for wraps.



My culinary wizardly was to experiment with some minor changes not only at lunch but for breakfast and dinner also. Just to let everyone know, we enjoyed salmon, seared ahi tuna, chicken piccata, chicken marsala, tri-tips, pork sirloin, deep-fried spinach, and venison. And of course, deep-fried turkey, cranberry, potatoes, dressing, gravy, steamed beans, biscuits, and spinach salad were served up for our traditional Halloween trip.

Not to be outdone by **Jan Hess**, the appetizers included smoked salmon, crab dip, brie cheese with assorted jams, nachos, 7-layer bean dip, milton crackers, french toastets, etc. We really missed Jan & Jim and hope they will visit us at the river sometime next year.

Last, but not least, I jazzed up the desserts. I can't tell you more as I am getting hungry just writing about food. Hopefully everyone will get energized and get those reservations in for next year and experience the cuisine first hand.

For those of who didn't ski with us this past year, be aware that many of the new people have reached out and invited others to join us. Many of these young folks are quite gung ho. In fact, once **Dan Gardner** and **Jair Cabrera** found us, they didn't miss a trip. A word to the wise, you might be left out next year by procrastinating.

I had a great summer water skiing with you all on some very perfect days and look forward to skiing with you again next year. ■

It's A Turkey!

15-20 pound turkey

5 gal peanut oil

Seasoning mixture–

1/3 small jar cajun seasoning

1/2 tsp garlic salt

1/2 tsp garlic powder

1/2 tsp paprika



Determine how much

oil to use. Put the turkey

in the pot and fill with enough

water to cover the turkey. Take the turkey out and mark the water level. Empty the water, dry the pot, fill the pot with oil up to the water mark.

Mix the seasonings. Next prepare the bird. Break the skin loose on the turkey by running your hands under the skin starting with the neck area and gently force the separation to the other end. Do the same on the butt side for the turkey. You are now ready to generously coat the inner layer with the seasoning mixture. You can do this the evening before cooking.

Cook the turkey. Gently drop the turkey in the hot oil [350°F]. Cook for no more than 3 minutes a pound. Keep an eye on the temperature and maintain it at least 325°F.

The finishing touches. Gizzard, liver and kidney can be sauteed in garlic butter with a good Pinot Noir. Serve Turkey with garlic mashed potatoes, gravy, chilled cranberries and your favorite dressing made separately [not in the bird]. A perfect wine match for this feast includes Beaujolais Village or Nouveau. ■

Jim & Betty Meet Ivan

by Betty & Jim Jeffery

Jim & Betty Jeffery both arrived home from the Grand Cayman on a State Department Medevac Aircraft. They had a wonderful vacation for three days until hurricane Ivan paid the island a visit. Ivan veered South so quickly, no one could get off the island in time, so they joined a group of Americans for a Hurricane Party at the Marriott Resort until the Marriott decided to evacuate all customers to a shelter at the local high school.



Jim & Betty checked out and instead moved next door to the 5-star Plantation Resort. Lucky for them they were assigned a second floor condo unit. Water and electricity was shut off at 6 pm and they awoke at 6 am to find the Spanish tile roof gone along with most of the third floor.

Their rental car was crunched flat by the condo roof which caved in on it. When they opened their door to look out they were greeted by a tidal wave which rapidly wiped the entire first floor out from under them!

They spent the next 36 hours in what was left of their unit, but fared much better than the Marriott people who went to the shelter where their single level shelter was completely submerged by the tidal wave early that morning and found themselves being rescued by a swift water rescue team with little experience.

They spent 3 days in everyone's sewer remnants, fighting off looters with clubs and fire extinguishers with no help from the Cayman police. The third day after the storm, the U. S. government finally got word that Grand Cayman had a problem and

brought in the Medevac unit. Betty had a good bump on her head which one of the Navy Doctors noticed and so pulled them out of the crowd to the waiting aircraft which flew them to Ft. Lauderdale.

When they landed they were met by the Red Cross, the Miami Herald news people, and TV crews which were astonished to hear that the Caymans had officially announced "no problems on the island and only one death."

To the man, all 144 of those on the first flight repeated the same story to them— 200 bodies on ice at what was left of the hospital. The fact is the entire island had been under water for almost 24 hours with every single luxury hotel on the island virtually destroyed along with 100% of single dwellings.

Life in Mammoth

Some of you may know that Jim and Betty sold their home in the South Bay, brought a trailer [yes, the kind you tow] and moved to Mammoth for the winter.

They've been in Mammoth since October 22, 2004 and, as you might of guessed, arrived to record snowfall. They have already had some great ski days with good snow and warm weather, although it is starting to get colder.

Of course, there is also the matter of little inconveniences such as frozen pipes which has happened at least three times. Usually they thaw by noon. So Jim has another task— figure out how to make the system freeze free.

Jim so far loves his job and has taught his first ski class. He also took a class that certified him to install bindings, etc., so he is already in demand. ■





Yes! I want to help.

I would like to nominate the following:

☐ **PRESIDENT**

☐ **VICE-PRESIDENT**

☐ **SECRETARY**

☐ **TREASURER**

I volunteer / recommend the following:

☐ **MEMBERSHIP**

☐ **BOAT COORDINATOR**

☐ **TRIP COORDINATOR**

☐ **NEWSLETTER**

☐ **INVENTORY**

**Please return this form to Radar River Rats,
P.O. Box 3080, El Segundo, CA 90245**

*Wishing all you River Rats a wonderful Holiday Season!
See you next Summer on the River. Mark the water ski
trips on your calendar today so you won't miss out.*



Ski Tripping with LAC Clubs in 2005

Are you looking for a ski destination for 2005? 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 or Far West (FWSA). Pac Rim membership is only \$8.

Where	When	Who	Contact	Phone	Email
Aspen / Snowmass	FWSA	Jan 29 - Feb 5	Gene Fulkerson	858-467-9469	gene@pacificrimalliance.com
Steamboat	LAC	Feb 5-12	Gene Fulkerson	858-467-9469	gene@pacificrimalliance.com
Nagano-Hakuba, Japan	FWSA	Feb 19-27	Tucker Hoffmann	510-278-5900	tkhoffmann@aol.com
Salt Lake City, UT	LAC	Feb 24-28	Britt Johnson	310-379-8972	
Sunshine / Banff	LAC	Apr 17-23	Sigrid Noack	310-823-1373	sigski@earthlink.net
Bormio, Italy & Malta	Pac Rim	Mar 5-18	Gene Fulkerson	858-467-9469	gene@pacificrimalliance.com
St. Mortiz, Switzerland	FWSA	Mar 12-19	Tucker Hoffmann	510-278-5900	tkhoffmann@aol.com

Trip Wrap – Aug 6-8, 2004

by Gene Fulkerson

It was a fun weekend. Not too hot but hot enough. **Gene Fulkerson** took over as boat driver since **Catherine Ohl** was having trouble with her shoulder again.

Gene's oldest son, **Tom**, and Tom's fiancée, **Sheila**, and Sheila's daughter, **Amanda**, joined us for Saturday. They had just spent a week at Havasu and were on their way home. Tom took over a number of Gene's trip leader chores.

Craig Henderson brought his family to give tows to his nephew, **Brian**, and brother, **Kent**. Niece **Kelly** was a no-show as she preferred to stay home. Sister-in-law **Marie** struggled with the heat on Saturday but was good on Sunday.

Kent hadn't skied in a while but he looked like a pro. Brian, a natural was on a single ski by Sunday. They

will be back.

Jay Stabler, back after a three year absence, struggled with doubles. Gene finally managed to get him up but not for long.

New to Rats was **Dan Gardner**, a co-worker of Craig's. Dan is a very good skier but hadn't skied in a while. He is very enthusiastic and signed up for the next trip [and hasn't missed one yet].

Berta Deleon, also a co-worker of Craig's, came out with Dan. She really had a great time. She started out on Dan's ski but later we switched her to a ski more appropriate for her. She will be working on getting her boyfriend to join us.

Joey Lorscheider was up for back-to-back trips. He did well and had a lot of fun. ■



Shelia, Tom Fulkerson, Amanda



Dan Gardner



Joey Lorscheider



Brian Henderson on doubles



Kent Henderson

Ski Quiz

by freelance writer Walter Roessing

If you want to test your ski I.Q., take the following quiz. The answers can be found on page 10.

1. What ski resort is owned by actor Robert Redford, who skis there frequently?
a) Sun Valley, b) Steamboat, c) Stratton, d) Sundance.
2. Which ski area is so big its lifts and slopes are spread over two states? a) Heavenly, b) Aspen, c) Big Sky, d) The Big Mountain.
3. What state ranks No. 1 in the total number of ski areas? a) Colorado, b) Vermont, c) New York, d) California?
4. Where does the U.S. Ski/Snowboard Team train and live? a) Sun Valley, b) Park City, c) Squaw Valley, d) Lake Placid.
5. What's the last North American city to host the Winter Olympic Games?
a) Denver, b) Calgary, c) Salt Lake City, d) Lake Placid.
6. Ski magazines annually rate what ski area as having the best on-mountain food and restaurants? a) Beaver Creek, b) Vail, c) Aspen, d) Deer Valley.
7. Club Med opened a new ski village at what Colorado resort?
a) Copper Mountain, b) Breckenridge, c) Crested Butte, d) Telluride.
8. How many states have ski areas? a) 39, b) 41, c) 43, d) 45.
9. Snowboarding got its start at what New England resort thanks to Jake Burton Carpenter? a) Sunday River, b) Mount Snow, c) Stratton, d) Stowe.

☞ **Ski Quiz** continued on page 8

Trip Wrap – Aug 20-23, 2004

by Gene Fulkerson

This was a small trip and it was hot. In addition we had bunch of gung ho skiers. **Catherine Ohl** was once again the boat driver while **Gene Fulkerson** filled in as Trip Leader.

Gene took this opportunity to try out a few new twists to the meals. For starters, we had pizza for lunch on Saturday. Everyone really loved it, but we determined this works best for small groups and we need to make sure the pizza stays dry.

Dan Gardner was back and always ready to ski. He has quickly learned the routine and is the first one up to volunteer so he can get on the first boat out.

Dan took **Jair Cabrera** under his wing. The ladies tried to teach him how to wake board. We had to send him out with the second string [men]

to finish the job. It's obvious that men and woman tackle the wake board differently. Jair did great on the club's new wake board and is ready to sign up for the next trip.

Trudy Ferris and **Simone Beaudoin** got in really late Friday and so decided to camp. Boy, were we surprised to see their car early Saturday morning. After dinner they headed to Needles for a hot shower and a cold bed. Gene has taken them under his wing and continues to teach them how to cook and prepare food. There have not been any complaints from the peanut gallery.

Steve & Steve Klinger were out for their first trip of the season. They had just gotten back from 3 weeks in Italy. They had a great time but were glad to be back on the river water skiing. ■



Trudy Ferris & Simone Beaudoin



Lunch Crew—Mickey, Jair, Dan, Steve



Jair Cabrera with the club's new wakeboard



Steve Klinger



Gene Fulkerson

Ski Quiz *continued from page 7*

10. What large Western city is the closest to seven major ski resorts? a) Denver, b) Seattle, c) Salt Lake, d) Sacramento.
11. Where is the continent's longest night-skiing slope? a) Squaw Valley, b) Keystone, c) Park City, d) Lake Louise?
12. Name North America's only resort where you can ski year-round on a perpetual snowfield: a) Whistler, b) Banff, c) Killington, d) Timberline.
13. What Colorado ski area has lifts within walking distance of a special ski train that stops there every weekend? a) Winter Park, b) Aspen, c) Vail, d) Breckenridge.
14. Where was the world's first chairlift installed in 1936? a) Sun Valley, b) St. Moritz, Switzerland, c) Aspen, d) Yosemite.
15. What ski area holds the world record for the most snow in a single ski season? a) Kirkwood, b) Wolf Creek, c) Big Sky, d) Mount Baker.
16. Which U.S. ski area boasts the greatest number of lifts? a) Steamboat, b) Vail, c) Mammoth, d) Squaw Valley.
17. What North American mountain has the biggest, lift-served vertical drop at 5,280 feet? a) Jackson Hole, b) Killington, c) Taos, d) Blackcomb.
18. Most ski-slope accidents happen in the a) morning, b) mid-day, c) after lunch, d) late afternoon.
19. What North American site has hosted two Winter Olympics? a) Denver, b) Lake Placid, c) Squaw Valley, d) Calgary.
20. Skier-visits in the U.S. reached a record high in 2000 thanks to great snow conditions. The total was a) 57.3-million, b) 56.3-million, c) 55.3-million, d) 54.3-million. ■

☛ **Ski Quiz Answers** on page 10

Trip Wrap – Sept 10-12, 2004

by Gene Fulkerson

Well, the crowds are now mostly gone and the weather has cooled down. It's still hot during the day but awesome sleeping weather at night.

This was also our famous September birthday trips. **Gene Fulkerson** had all the birthday people take a shot of tequila to "earn" their crocodile hunter hats. **Jair Cabrera** [1], **Catherine Ohl** [8], **Mickey Klinger** [24], **Dan Gardner** [11], and **Carmen Jackson** [9] all partook of the ritual. Carmen and **Paul Jackson** were also celebrating their wedding anniversary [9].

Happy hour festivities were dictated by a couple of the birthday girls. There were plenty of margaritas, 7-layer bean dip, and nachos.

Craig Henderson was out with his boat and his family. Niece, **Kelly Henderson** made an appearance this time and was a great help to Gene in the kitchen. Nephew, **Brian Henderson** is making great strides on his skiing.

The real news of the weekend was the announcement of **Randy Walker**'s engagement to **Maria DeGnore**. Randy did the romantic thing and proposed to Maria at an elegant dinner. **Blaze Walker** seems to be happy with the news. Maria was sporting a beautiful ring. Congratulations.



The boat drivers for the weekend were **Paul Jackson** and **Catherine Ohl**. **Craig Henderson** pitched in and drove for his family and a bunch of the kids.

Randy also had his boat at the river, but he took one ski run with Catherine before heading to Havasu to have some work done on the boat. He was gone all day and still not everything was fixed. Randy did manage to get Blaze to attempt to wake board. Blaze is doing much better and should be able to stay up sooner than later. **Brian Jackson** was giving him some pointers.

We had two more new young skiers join us. **John Erickson** was tackling the wake board as **Amanda Couresy** was back on a single ski. Amanda started out on a wake board at college and later switched to the ski, which she prefers. She's really a natural.

Jair Cabrera was back with a friend's wake board. He really struggled all weekend. This was due mainly to the fact his friend's board was a bit more advanced and shorter than what he should be on. **Dan Gardner** was a big help in getting Jair to overcome his challenges. But Jair is not yet discouraged and vows to be back on the next trip.

Rounding out the hard core skiers [always ready for one more run] were **Rick Fisher**, **Agnes Johnson**, and **Steve Klinger**.

Kristine Aves had lots of company this weekend with **Brian Jackson** and **Blaze Walker**. While she would have preferred playing with the girls, she made due with the boys. ■



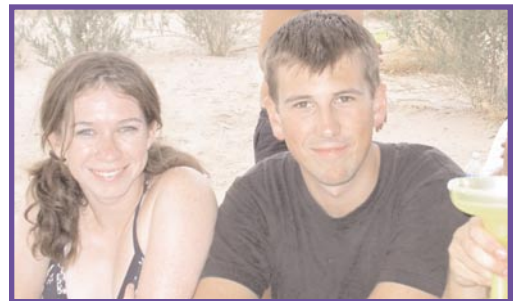
Randy Walke & Marie DeGnore



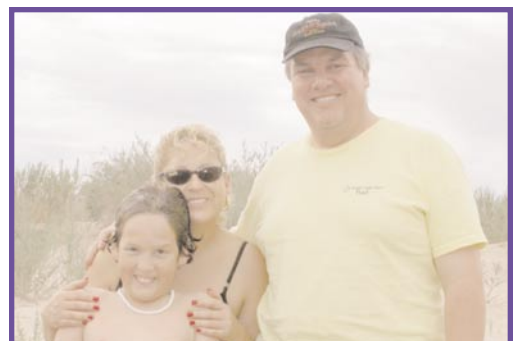
Craig Henderson



Agnes Johnson



Amanda Couresy & John Erickson



Brian, Carmen & Paul Jackson

Trip Wrap – Sept 24-26, 2004

by *Gene Fulkerson*

Another small but quality trip. The weather was cooling off at night, making for comfortable sleeping.

Dan Gardner and **Jair Cabrera** have really stepped up to the plate to help **Gene Fulkerson** with some of the trip leaders duties. They are now proficient at putting up both the kitchen and beach tarps. They can even do it with just the two of them.

Simone Beaudoin & **Trudy Ferris** were back for some quality skiing. Because of the cold weather, they did manage to get to the river for first run glass since the campers were still snug in their sleeping bags.

Catherine Ohl was the boat driver. **Craig Henderson** was out as a skier since he came from Las Vegas.

Agnes Johnson was back for her last trip of the season. She hates the cold so this will be it for her.

Agnes' granddaughter, **Kristine Aves**, was the only kid and was bored to tears. She did manage some play time with the adults but it's not really the same even though some of the guys are still boys at heart.

It was an awesome weekend. We are sorry you missed out on all the fun and camaraderie. ■



Kristine Aves



Trudy Ferris & Simone Beaudoin



Gene Fulkerson



Jair Cabrera

Ski Quiz Answers from pages 7-8

- | | |
|-----------------------------------|---|
| 1. d) Sundance, Utah | 13. a) Winter Park, Colorado. |
| 2. a) Heavenly, California/Nevada | 14. a) Sun Valley, Idaho. |
| 3. c) New York, 54. | 15. d) Mount Baker, Washington, 1,116 inches or 93 feet in 1999/2000 season. |
| 4. b) Park City, Utah. | 16. b) Vail, Colorado, 33. |
| 5. b) Salt Lake City, Utah. | 17. d) Blackcomb, one of the twin mountains that comprise British Columbia's Whistler Resort. |
| 6. d) Deer Valley, Utah. | 18. d) Late afternoon. |
| 7. c) Crested Butte, Colorado. | 19. b) Lake Placid, New York. |
| 8. a) 39. | 20. a) 57.3 million. |
| 9. c) Stratton, Vermont. | |
| 10. c) Salt Lake City, Utah. | |
| 11. b) Keystone, Colorado. | |
| 12. d) Timberline, Oregon. | |



Membership has its NSCF Benefits

National Ski Council Federation has new benefits for club members which include: Cellular Abroad, EcoQuest International, Bollé, East West Resorts, Rentskis.com, Crazy Heads, Geardirect.com, Breeze Ski Rental, Nonofilm, Sports Express, Sports Basement, Snowprodeals.com, Resort Quest, Christy Sports, Terry Sports, Screen Printing, Pro Sports, and much more. Check out www.skifederation.org for the complete list of National Ski Council Federation Membership Benefits. Go to the "Members Only" area and input **skigroup** as the user name and **24councils** for the password. ■



Dinner Gala— Trudy, Simone, Jair, Agnes

Trip Wrap – Oct 8-10, 2004

by Craig Henderson

The October 8th through the 10th ski trip is over; if you weren't there you missed the highlights. The weather has changed to warm days, smooth water, and cool nights. Sleeping bags are now required and air conditioning is not.

Everyone arrived together within about an hour and several records were broken even though it was dark. While **Catherine Ohl** and **Gene Fulkerson** moored Catherine's boat, **Dan Gardner**, **Jair Cabrera**, **Chanteley Sutanand**, **Stephanie Lippy**, and **Craig Henderson** assembled the kitchen in record time — no big deal. BUT, they also raised the beach tarp in the dark without the moon. All within an hour, the bar has been set. After that great teamwork effort it was time for refreshments, conversation, and listening to music.

Morning came with glass rides for all. New members Chanteley and Stephanie did very well their first time on water skis and Chanteley had it down pat on Sunday and should be crossing the wake next time. Stephanie has great form in the water, gets up, gets excited and screams, and then lets go (like Maria used to do). She will have it down next time. Catherine caught a bunch of turns on video for critiquing after dinner. Who has the best form?

As for "Days of Falls" **Randy Walker** was tearing it up until he went into a superman, tucked, and then 360'd before hitting the water. It took a while to find his ski. He then followed that up with a long slide

into second base, almost wearing out the bottom side of his trunks. The wind came up so the tube came out and bodies went flying with Gene driving circles and looking for big wakes.

There was a contest to see who could stay on the longest between Dan, Jair, and Stephanie but Gene, Chanteley, and Craig were laughing too hard to pick a winner. There was also a large and long lasting water fight pitting the boys against the girls, the big kids against **Blaze Walker** (the only little kid), and attacks on whoever you wanted splash (targets of opportunity).

During happy hour Randy and **Maria DeGnore** took Blaze out for some wake boarding and it looks like Blaze is now hooked, start buying more gas Randy. They missed most of happy hour but made it back just in time for refreshments of drinks and appetizers.

After dinner of barbequed tri tip and chicken, steam broccoli, spinach salad, bread chips, and dessert, Blaze requested a bonfire. So, after clean up and scoring some wood we spent the evening on the beach with a fire. Not just any fire but a fire that provoked the burying of Jair in sand, the dragging of bodies into the water, scary trips to the rest rooms, and Randy's underwater pyrotechnics.

Sunday's skiing started late (up too late Saturday). But the water was awesome and we all skied till death.

Don't miss any more ski trips. ■



Dan Gardner



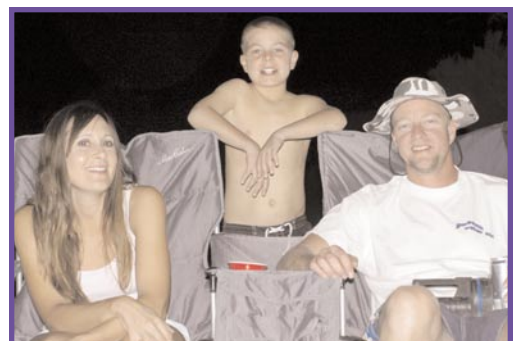
Chanteley Sutanand



Stephanie Lippy & Chanteley Sutanand



Jair Cabrera



Maria, Blaze, Randy Walter

Trip Wrap – Oct 22-24, 2004

by Gene Fulkerson

The Rat's Halloween at the River was special. The weather was perfect and we got in more skiing than we could handle. A great ending to a fantastic year. ■



Dan, John, Amanda, Craig



Max & Gary Rueda



Carl Palczewski



The pumpkin carvers



Andrew Lewins & Alice Garcia



John Newcomb– the sorcerer



David Lewins – the fireman



Jordyn Mathis – evil black riding hood



Brian Jackson – the neon man



Blaze Walker – death



Gary & Max Rueda –action rangers

Health, Fitness & Safety

Bollé Helmet Offer— NSCF Member Benefit

NSCF member ski clubs can take advantage of a major discount in the cost of Bollé Helmets. NSCF members receive helmets and goggles at up to 40% savings off retail.

Bollé is launching a new ski helmet. This state-of-the-art helmet exceeds safety and performance standards.

Individual club members can check www.bollehelmets.com or www.skifederation.org [username **skigroup**, password **24councils**]. Be sure to mention membership in the National Ski Council Federation.



Car Jack Safety—

Be aware of new car-jacking scheme being used at local shopping malls. You walk to your car, unlock the door, get inside, lock all your doors, start the engine, and shift into reverse. Then you look back and you notice a piece of paper in the middle of the rear window.

So, you shift into park, unlock your doors and jump out to remove the paper. When you reach the back of your car, that is when the car-jackers appear out of nowhere, jump into your car and take off!

Your engine was running, (ladies would have their purse in the car) and they practically mow you down as they speed off. These people now have your car, home address and your keys!

The police advise you to just drive away and remove the paper later.

In Case of an Accident—

Many people do not know what to do [or not do] in the case of a skiing accident. Here's the short list.

- Do not remove the injured person's skis or snowboard.
- Do not move the injured person unless you are trained to do so.
- Cross your own skis uphill from the incident.
- Send someone to the nearest lift or open building to report the location, type of injury and description of the injured skier.

Know the Code—

Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce.

- * Always stay in control.
- * People ahead of you have the right of way.
- * Stop in a safe place for you and others.
- * Whenever starting downhill or merging, look uphill & yield.
- * Use devices to help prevent runaway equipment.
- * Observe signs and warnings, and keep off closed trails.
- * Know how to use the lifts safely. ■

Avoiding Sore Muscles

Many skiers assume sore muscles are part of skiing. But muscle strain doesn't need to be part of your ski vacation.

An essential part of avoiding muscle strain is to make sure you warm up and stretch your muscles gently before you undertake any strenuous activity. Light stretching after you have exercised will also help prevent muscle soreness setting in.

During exercise our demands for oxygen go up causing us to generate more damaging free radical molecules than normal. The effect of free radicals is to cause our muscles to feel sore and achy a day or so after exercise.

Antioxidant nutrients such as vitamin C and bioflavonoids may help offset the damage that muscles endure during exercise. Taken on a regular basis these nutrients reduce the incidence of sports injuries and shorten the time it takes to recover from a muscle injury. Take 1000 mg (milligrams) of vitamin C and bioflavonoids, 2-3 times a day.

But of course, the best way to avoid those sore muscles is to get in shape before you go skiing. Skiing to get in shape is never a good idea. ■

KID'S KORNER

4 kids & grandkids

Budget—

Budgeting for kids' equipment and still being able to afford the lift tickets can be a daunting task, but with a few creative tactics, you should be able to balance the load.

Common hints include buying kids' equipment at ski-swaps, consignment stores, or lease/buyback programs at retail shops, and buying new only for the oldest child.

For slope side savings, always call ahead to find out about special promotions and pricing. At many resorts, kids of a certain age ski free, stay free and even fly free.

Ski—

Popular adult "shaped skis" have been shifted to kid sizes. With a narrow waistline, wide tips and tails. These skis are designed for use in shorter lengths than traditional models, are softer and turn more easily, while not creating excess pressure on your child's legs.

Boots—

Boots come in traditional American sizes and also "mondo" which is simply the length of the boot in centimeters.

With one pair of medium-weight or light-weight socks there should be enough room for the toes to wiggle. Taking the liner out of boots during try-on is a good idea for parents to be sure of the proper fit. [You should be able to put two fingers behind the heel when the toes touch the front of the boot.]

Bindings—

Bindings are designed to release when you fall. The brakes stop the ski from traveling down the mountain. Skier weight and ability determine the binding settings, measured in "DIN," which stands for Deutsche Industrie Norm.

As weight and skiing ability increase, the higher the DIN will be set. Small children's bindings should be good quality and have a DIN setting that goes low enough (maybe down to 0.5). DINs on bindings should be set by a knowledgeable ski shop technician.

Helmets—

Children and adults should wear protective helmets for safety and warmth. They should fit snugly, and you should be able to see peripherally and hear normally. Goggles should fit securely over

the helmets.

Poles—

Initially, young kids will not use poles because they are cumbersome and distracting. Smaller kids tend to use their upper body for balance and as a turning mechanism.

As kids grow taller and more experienced, they will need them to push across flats. Finding the proper length is simple. Have the child stand with the pole grips in their hands, bottoms touching the floor, elbows should create a 90 degree angle, forearms parallel with the floor.

Clothing—

A warm, dry child is a happy rider. Outfitting a growing child every ski season can be a drain on the wallet, but investing in a warm ski jacket and layering smartly is critical to children's skiing success. ■

Courtesy Keystone



Courtesy Crested Butte



Courtesy Big Mountain



Find bargains on ski parkas for Kids online at

http://skiing.about.com/library/gg/aatp_Kids_Ski_Jacket.htm

Shop online for kids skiing helmets at

<http://skiing.about.com/cs/accessories/tp/kids-ski-helmet.htm>

Ski Pass Insurance—

Many skiers are now taking out SkierGuard insurance for their Season Pass. There are a number of resorts in Colorado that allow you to buy insurance at the same time you purchase your pass. And you can send for insurance at a later date. Insurance will cost you 6 percent the price of your pass.

There are three benefits to the SkierGuard insurance policy

- o A partial refund if you can't use the rest of your ski pass because you are injured.
- o \$15,000 worth of coverage for emergency evacuation off the ski slope to the nearest adequate medical facility.
- o \$10,000 for accidental death or dismemberment.

Information available at 800-624-0039 or www.skierguard.com.

2004 Ski Demographics—

The National Ski Areas Association (NSAA), in conjunction with research firm RRC Associates, have released the 2004 National Demographic Study summary report. The results are based on 123,731 surveys conducted this year at participating resorts around the US.

The study reveals that there are signs of a gradual increase in participation by children, as well as steady visitation by first-timers and beginners, which are positive indicators for the future.

Some shifts noted for this season include the continued aging of the visitor base, especially aged over 45. There was a slight increase in the proportion of visitors wearing helmets and a slight increase in season pass usage.

Other interesting trends noted in the report included an increase in children's lessons and a slowed growth of snowboarding as a proportion of total visits.

Gold Pass—

The US Ski and Snowboard Team is selling the 2004 Gold Pass, the ultimate lift ticket that gives skiers incredible access to slopes around the country.

The US Ski and Snowboard Association (USSA), the national governing body for Olympic skiing and snowboarding, in partnership with the National Ski Areas Association (NSAA), mints a limited quantity of Gold Passes that offer access to thousands of ski trails in the US.

The Gold Pass, fully transferable, is the only such program of its kind allowing friends, family members and corporate clients to take full advantage of the pass. For \$5,000, that is partially tax-deductible as a charitable donation, it is one of skiing's real bargains.

Yellowstone Snowmobiling—

A federal judge struck down a ban on snowmobiles in Yellowstone and Grand Teton National Parks.

U.S. District Judge **Clarence Brimmer** ruled that the Clinton-era ban was invalid because it did not involve adequate public participation and failed to follow federal law.

The National Park Service is already drafting new rules for the next three winters. The plans call for up to 720 guided snowmobiles a day in Yellowstone and 140 in Grand Teton and the highway that connects the two parks. ■



For Kids Only—

How about skiing and boarding this winter with your family, and you get to ski/board for free!? If you're in the 4th, 5th or 6th grade (or born in 1993, 1994 or 1995), you can apply for a California Snow Passport.

The California Snow Passport has pages of coupons for lift tickets, trail passes, special offers for ski and board lessons and equipment rentals at 30 participating California and Nevada resorts. Apply now. There is a service fee of \$18. Passport applications are available by going to <http://www.californiasnow.com/passport.htm>. ■

Local Warren Miller Movie Schedule—

You won't want to miss Warren's latest movie "Impact." Here's the schedule for LA & Orange.

Brentwood	Wadsworth Theater	Sat, Dec 4	8PM
Irvine	Irvine Barclay Theater	Thu, Dec 2	6PM / 9PM
Laguna Beach	LBHS Artists Theater	Sun, Dec 5	5PM / 8PM
Long Beach	Carpenter Center	Wed, Dec 1	8PM
Pasadena	Pasadena Civic Auditorium	Fri, Dec 3	8PM
Redondo Beach	Redondo Union High	Fri, Dec 10	8PM
Thousand Oaks	Fred Kavli Theatre	Thu, Dec 9	8PM



SKI RESORT NEWS

by Catherine Ohl

Big Bear Mountain Resorts—

At Big Bear Mountain Resorts you get more options than ever before! One lift ticket is good for both resorts, a complimentary shuttle runs between the resorts. Two full-service resorts means 23 lifts, 430 developed acres, 50+ runs and the most amazing collection of parks, pipes and jibs around.

As an additional bonus, Bear Mountain only passes are valid for Snow Summit night sessions so snowboarders can ride world-famous Westridge almost every Friday and Saturday night, all season long!

Tamarack, Idaho—

Tamarack Resort, America's newest, all-season destination resort, announced a grand opening date of December 15, 2004, and outlined an array of winter recreation opportunities and ski-in, ski-out lodging available to Tamarack visitors this winter season.

Ski and snowboard enthusiasts will have access to 25 downhill runs via five lifts, including the Tamarack Express and Summit Express [both high-speed detachable quads] which will carry skiers and riders to Tamarack's 7,700-foot summit and provide a continuous 2,800-vertical-foot descent to the base area.

Tamarack Resort, the first all-season resort to be permitted in the US in 22 years, has received national attention for having not one, but three spectacular crown jewels: a world-class ski

mountain, a Robert Trent Jones II signature golf course and the beautiful Lake Cascade.

New Air Service for Kelowna—

Great news for winter visitors to Big White Ski Resort and Silver Star Mountain Resort. As of December 17, 2004, Air Canada will replace its Dash 8 service with an A320 jet on its 11:15 am departure from Vancouver to Kelowna.

The A320 will hold up to 140 passengers and provide all the comfort and speed of jet service. The Airbus will return from Kelowna at 12:50pm arriving back into Vancouver at 1:40pm each day in time to make easy connections to the US.

The Canyons-

Buy two or more days of skiing at The Canyons Resort, and you'll get an additional day on the slopes for free. In order to redeem this offer, guests must pre-register at www.thecanyons.com/freedaydeal. After registration, participants will access an online certificate. By presenting the certificate at the ticket window, guests can redeem an additional day of skiing with the purchase of a multi-day ticket.

Early Ski Area Openings—

Ski areas have been opening at a record pace across the West as a series of storms and favorable snowmaking weather have cloaked the mountains in the white stuff. Loveland, CO, was the first to open on October 15, 2004. Arapahoe Basin, CO, followed on October 22, 2004 for its earliest opening ever.

California has been whacked by a series of storms (with more on the way). Bolstered by nearly five feet of natural snow, Mammoth opened October 21, 2004 with top-to-bottom skiing. Boreal

Ridge also opened October 21, 2004 with three feet of new snow.

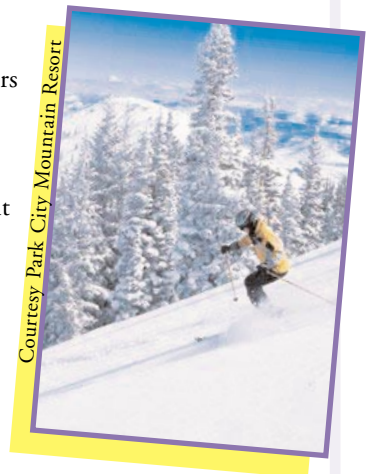
And that was just the beginning for California. Kirkwood received more than three feet of snow and opened October 24, 2004. Other early openings for October 29-30, 2004 include Squaw Valley, Sugar Bowl, Mountain High, Sierra-at-Tahoe, and Tahoe Donner.

Deer Valley-

Deer Valley has invested \$8 million in improvements for the 2004-05 season. Two new chairlifts, the Judge Lift and the Silver Strike Express, have been installed in the Flagstaff area, also home to two new intermediate ski runs. The runs are accessible from the new Silver Strike Express, Quincy Express, Red Cloud and Northside Express lifts. Additional glade skiing has been added in both the Empire Canyon and Flagstaff areas of the Resort.

Park City Mountain Resort-

Park City Mountain Resort has replaced its beginner lift with a new high-speed, four passenger detachable lift. The new lift will give beginner snowboarders and skiers a better learning environment and more efficiently move riders and skiers out of the lower base area of the Resort. ■



FOR SALE

Snow VALLEY
Mountain Resort California

Only asking \$7million!



Courtesy Steamboat by Larry Pierce

LA Council is going to **February 5-12, 2005**
Steamboat®

from
\$899 + air

Package Includes—

- Round Trip Air LAX to Hayden for **\$325** [Air available from San Diego & other Airports]
 - LAX-HYN UA 908/7011 February 5, 2004 9:05 AM - 4:47 PM
 - HYN-LAX UA 5938/245 February 12, 2004 10:20 AM - 2:57 PM
- Round Trip Ground Transfer from Hayden
- Seven Nights **Ski-In/Ski-Out** Lodging [dbl. occ.]
 - **Thunderhead** 2Bd/2Ba Condos for **\$899 + air**
 - **Torian Plum** 2Bd/2Ba Condos for **\$1,149 + air**
- Five of Six Day Lift Ticket
- Welcome Reception,
- Mountain Picnic, 2 NASTAR Races [4 runs total]
- Farewell Banquet & Dance
- Registration, Activity Fees, Taxes
- The Usual Parties, Souvenirs and much More!



*Room for one female!
 Wait list being taken.*

For Reservations & Information—

- Contact **Gene Fulkerson** at 858-467-9469
- Send \$200 deposit payable to Pacific Rim
 10818 Viacha Dr., San Diego, CA 92124



Courtesy Steamboat by Larry Pierce

Two Outstanding Ski Weeks!!

ASPEN SNOWMASS
 FWSA Ski Week January 29 - February 5, 2005

Package Includes—

- 7 Nights **Ski-In/Ski-Out** Lodging in **Snowmass** [Double Occupancy]
 - **Terrace House** 2Bd/2Ba Condos for **\$849* plus air & transfer**
- Round-Trip Air from LAX
- Transfers to and from Airport
- 5-of-7-Day Lift Ticket at Four Fantastic Mountains
- Welcome Party Sunday Evening
- 3 Races, Mountain Picnic, 2 Après-Ski Parties
- Farewell Banquet & Dance
- Registration, Activity Fees, Taxes
- The Usual Parties, Souvenirs & much More!

\$849 plus
 Air & Transfers

Reservations & Information—

- Send \$200 deposit payable to Pacific Rim
 Gene Fulkerson, 10818 Viacha Dr., San Diego, CA 92124
- Contact **Fay Mumbauer** or **Gene Fulkerson**
 323.773.5330 858.467.9469
 fmum@msn.com gene@pacificrimalliance.org

*Room for one male!
 Wait list being taken.*



Courtesy Aspen/Snowmass by Matt Powers



Courtesy Aspen/Snowmass by Biege Jones



Hotel Rezia****

Why Bormio—

Bormio's origins are linked to its thermal waters, which have been renowned for their curative powers since ancient times. The nine springs are mentioned in Roman documents dating back to the first century AD. Today the tradition continues in modern thermal baths, most notable being the Bagni Vecchi baths.

The resort's long history has given it a rich collection of architectural treasures which make it a very interesting place to stay. Centered around the busy Via Roma, Bormio's old buildings are decorated with frescoes. It is here in the old town where you will get a taste of true Italian life, especially in the evenings. Here, a maze of small lanes zig and zag in all directions where you can shop 'til you drop.

Bormio's 5,879' vertical drop is one of the longest in Italy. Bormio at 10,000' is not a vast inter-linked skiing domain, however it's a great place for those who love to get to the top of the mountain and cruise descents of up to 9 miles down to the resort. The lower two thirds of the slopes are forested and serviced by snow making. Bormio, chosen to host the 2005 World Cup Championships, is part of the Alta Valtellina Lift Pass system with access to the slopes of Livigno, Santa Caterina and San Colombano.

Trip price is based on an exchange rate of 0.81. Also for the first time, we can offer air from San Diego and Las Vegas for an additional \$68. A superior room at the Hotel Rezia is an additional \$70. ■

Bormio, Italy

March 5 - 13, 2005

World on Skis

Package Includes—

- Round Trip Air from LAX to Milan via Delta [one stop in Atlanta]
- Flights available from other airports [may be an additional cost]
- Luxury Coach Transfer from Milan
- Seven Nights Lodging [private bath, dbl. occ.]
- **Hotel Rezia****** Standard Room
- Some superior and single rooms available upon request
- Seven Breakfasts & Seven Dinners
- The Usual Parties, Souvenirs and much More!

\$1,189

Price Does Not Include—

- US and Foreign Departure Fees, PFCs [estimated \$90]
- Return Extensions Up to 30 Days, Subject to Availability [\$50+]
- 6-Day Ski Pass [\$200]
- Excursions from Bormio

Malta, March 13-18, 2005, for \$759 –

- Air & Ground Transfers
- 4 Nights Malta Golden Tulip Vivaldi **** in St. Julian's
- 1 Night Rome Hotel Capo D'Africa**** near Coliseum
- 5 Continental Breakfasts
- Air Tax of \$37

For Reservations & Information—

- Contact **Gene Fulkerson** at 858-467-9469
- Send \$400 deposit payable to Pacific Rim
10818 Viacha Dr., San Diego, CA 92124

Cancellation Policy will apply

Must be a member of Pacific Rim Alliance

