



# HEASB WATER SKI CLUB

P.O. Box 3080  
El Segundo, CA 90245



*Dues are now Due!*

The 2008 Forms are on the web site! Check it out at [www.RadarRiverRats.org](http://www.RadarRiverRats.org)!

<http://www.RadarRiverRats.org/>  
club email: [info@radarriverrats.org](mailto:info@radarriverrats.org)

**MAY/JUNE 2008**

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Monday  
June tba, 2008, 6 PM

Call 858-467-9469  
for location

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# SOUNDING

## BORED

by Catherine Ohl

### Water Skiing—

It's hard to believe that the water ski season is here. The Jacksons, Mathis and Fulkersons met at the River May 9-11, 2008 to work on their boats and clean out the club trailer. We've done some much needed housekeeping on the club equipment. We will be purchasing new comb skis and a new towable.

Paul Jackson did a detailed analysis of our costs from the last three years and the board has decided to raise our prices, slightly due to increases in fuel and food.

- Skier fee will be \$118 based on a gas cost of \$4.00 a gallon [or about \$4.50 in Needles]. If the price of gas exceeds this threshold, we may have to add a gas surcharge.
- Non-skier fee will be \$58 due to food cost increases.
- The child fee of \$18 will be unchanged. We love your kids and welcome their energy and their free spirits.
- Individual membership will remain \$30. A family membership is \$60. As always, there will a \$10 charge if you elect to receive your newsletter via snail mail.

With all the snow we've had this winter in Colorado, it should be a great summer for water skiing & wake boarding. ■

*Catherine*

# Boat Driver

## UPDATE

by Gene Fulkerson

### Welcome to Summer—

Hope you have all had an excellent winter snow skiing or boarding. Another full one for me with trips to Big White (twice), Japan, China, Italy, Big Sky, Vail, Beaver Creek, and Steamboat.

I am excited to start water skiing again as our boat drivers have readied their boats for another fantastic summer at the river. It should be a good season in light of all the snow that has fallen in Colorado this winter.

I would like to welcome back our very excellent boat drivers— **Catherine Ohl, Paul Jackson, Mark Mathis, and Craig Henderson**. Welcome also as a new driver for the club, **Randy Walker**.

I am hard at work embellishing the river menus and adding some new twists. Come out to the river for a taste. Looking forward to skiing with you all again in 2008.

### Convention—

Just a reminder that the Far West Convention is June 5-8, 2008 at the Westin in Bellevue, WA. There's lots of fun things to do. Some of it is even free. You won't want to miss Friday's Silent Auction. If you are interested in attending the convention as a delegate for the Rats, please contact me. ■

*Gene*

## HAPPY BIRTHDAY

### May

Jonathon Shearer 5/1  
Ellen Slaton 5/11  
Paul Matsui 5/14  
Brooke Bamford 5/18  
John Erickson 5/30

Rob Fitting 6/9  
Greg Pomeroy 6/10  
Jonathan Ausubel 6/12  
Craig Henderson 6/13  
Jordyn Mathis 6/14  
Paul Jackson 6/15  
Mounir Tanious 6/18  
Andy Lauer 6/19  
Benjamin Kwon 6/23  
Michael Webb 6/27



### June

Sean Griffin 6/6  
Heather Pomeroy 6/8  
Pam Fitting 6/8

### Point Tracker

June 13-15	Pt. 8
June 27-29	Pt. 9
July 11-13	Pt. 7
July 25-27	Pt. 7
August 8-10	Pt. 7
August 22-24	Pt. 7
September 5-7	Pt. 7
September 19-21	Pt. 7
October 3-5	Pt. 3
October 17-19	Pt. 7

## River Trip May 9-11, 2008

It's been quite a while since anyone has really cleaned out the club trailer. Since we seem to be growing skis, vests, and other useless stuff, **Paul Jackson** proposed that the board go to the river and do a through cleaning.

### *The Boats—*

We picked this weekend so we could also work on our boats. Then **Tom Fulkerson** figured it would be a good time to test drive his new used waverunner.

**Catherine Ohl** and **Gene Fulkerson** got to the river on Thursday. Since Gene's sons, **Tom** and **Todd**, rebuilt the Tigè's boat engine, they didn't have much work to do on the boat. So Catherine spent Friday washing and waxing the boat.

The **Mathis** family arrived Friday night in time for dinner. **Mark** did some minor work on the boat like changing the oil and recharging the battery. **Linda** and **Michelle** did most of the cleaning and scrubbing. It's now good to go.

The **Jacksons** arrived late Friday night with their used RV and new incentive to come out to the river more often.

**Paul** picked up his boat Saturday. He had a minor problem when his boat turned into his rear door. Then the boat wouldn't start and they think it's a voltage regulator. Once he got the battery recharged, the boat started. He then changed the oil and cleaned the boat and is now good to go.

### *Cleaning the Trailer—*

**Gene** took most everything out of the trailer and reorganized our selection of vests, skis, and cooking stuff. A number of skis that no one seems to use any more are being donated to an adaptive ski club in San Diego.

**Paul** went through the bindings and he will see what he can salvage and fix.

We had a great weekend. The skiing was good. The water was cool. The club is good to go. We hope you will join us soon. ■

*Pictured from upper right, down and left: **Amanda, Sheila, Tom Fulkerson; Gene Fulkerson** working in the trailer; **Paul Jackson** working on his boat; everyone working on Tom's waverunner; **Mark Mathis** washing down his boat; **Paul & Carmen Jackson's** "new" RV (on the right).*







### *Yvonne & Fred Rupp —*

Gene and Catherine had the pleasure of visiting Yvonne and Fred Rupp in their beautiful home in the Vail Valley. They are doing great and looking good. They say hi to everyone and promise to try to make it out to the river this October. Can't wait to ski with them. ■

## Randy Walker's New Boat

**Randy, Maria, Blaze & Kyla Walker** are looking forward to making at least a few trips with the Rats this year! They bought a 2002 Calabria with ballast tanks that fill in less than a minute for boarding and empty for slalom even faster. Randy may even drive for the club. ■



## ENVIRONMENT— GLEN CANYON DAM

### Grand Canyon—

Four giant steel tubes released a man-made flood on March 7, 2008 into the Colorado River below the Glen Canyon Dam in Page, AZ. Grand Canyon officials say the effects of the flood were immediate and substantial.

The Grand Canyon boasts new sandbars ranging in size from small nooks and crannies to ones as large as football fields, the results of a man-made flood designed to nourish the ecosystem of the Colorado River.

On a couple of big sandbars there were already beaver tracks, bighorn sheep tracks. Animals are again exploring new aspects of the old canyon.

The three-day flood was designed to redistribute and add sediment to the 277-mile river in the Grand Canyon, where the ecosystem was forever changed by the construction of a dam more than four decades ago.



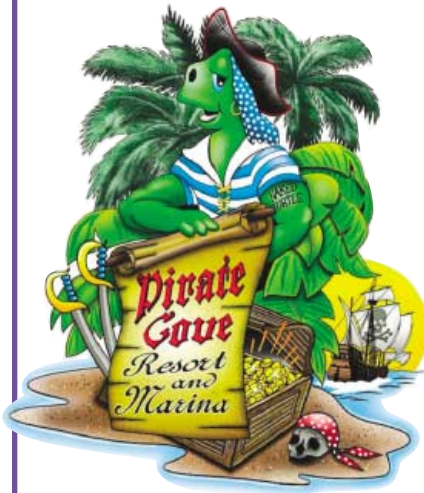
The sediment provides a habitat for plants and animals, builds beaches for campers and river runners and helps protect archaeological sites from erosion and weathering.

But since 1963, the Glen Canyon Dam just south of the Arizona-Utah state line has blocked the sediment from the Colorado downstream, turning the once muddy and warm river into a cool, clear environment that helped speed the extinction of four fish species and push two others near the edge.



Narrated by Robert Redford, the newly released "Grand Canyon" IMAX movie stirs a cauldron of alarm over wasteful water practices used by flood irrigation-dependent farmers, by desert cities like Las Vegas, by poorly planned U.S. reservoirs and other climate change factors making mega-drought cycles which now face the Southwest. ■

## What's New at Park Moabi for 2008



### Welcome to Pirate Cove —

Pirate Cove is the Colorado River's newest Resort Development. Located just off I-40 on the Park Moabi Road Exit Just North of scenic Topock Gorge.

Pirate Cove will be offering a new alternative to your River vacation. Beach Front Cabin Rentals, Pirate Cove Grill, Naked Pirate Beach Bar, Booty Beach Boutique and a new Marina are all part of this exciting new Beach side Resort.

### *The Booty Beach Boutique & Convenience Store Now Open—*

Beachwear for the family from top to bottom. Eyewear from Maui Jim, Oakley and Revo. Swimsuits by Venus, Cover Style, O'Neil, Body Glove, Guess and Endless Sun. Beach accessories, sandals to sunscreen they've got you covered. Along with all their convenience food items, you be good to go.

### *Water Front Cabins Coming Soon—*

Water Front Cabins with lofts will offer you a host of comforts and amenities. All accommodations offer breathtaking Colorado River views. Full kitchen, master bedroom, fully tiled bath as well as private waterfront decks. These Luxurious Cabins will sleep up to six people.

Week day rentals will be \$189 per night plus tax. Friday and Saturday rentals will be \$249 per night plus tax. ■

### *On Water Rentals Now Available—*

**Ski Performance Boat\*** equipped with bimini top & CD player  
All Day \$395\*\*

**Deck Boats\*** equipped with bimini top & CD player  
All Day \$420\*\*

**Pontoon Boats\*** equipped with bimini top & CD player  
All Day \$295\*\*

**Personal Water Craft\*** (Yamaha 3 Seater)  
All Day \$240\*\*    1<sup>st</sup> Hour \$65\*\*    Add Hour \$55\*\*

### **Water Ski or Wake Boards**

All Day \$40\*\*

\* Damage deposit required on all watercraft.

\* Fuel is an additional charge for all watercraft.

\*\* Plus tax



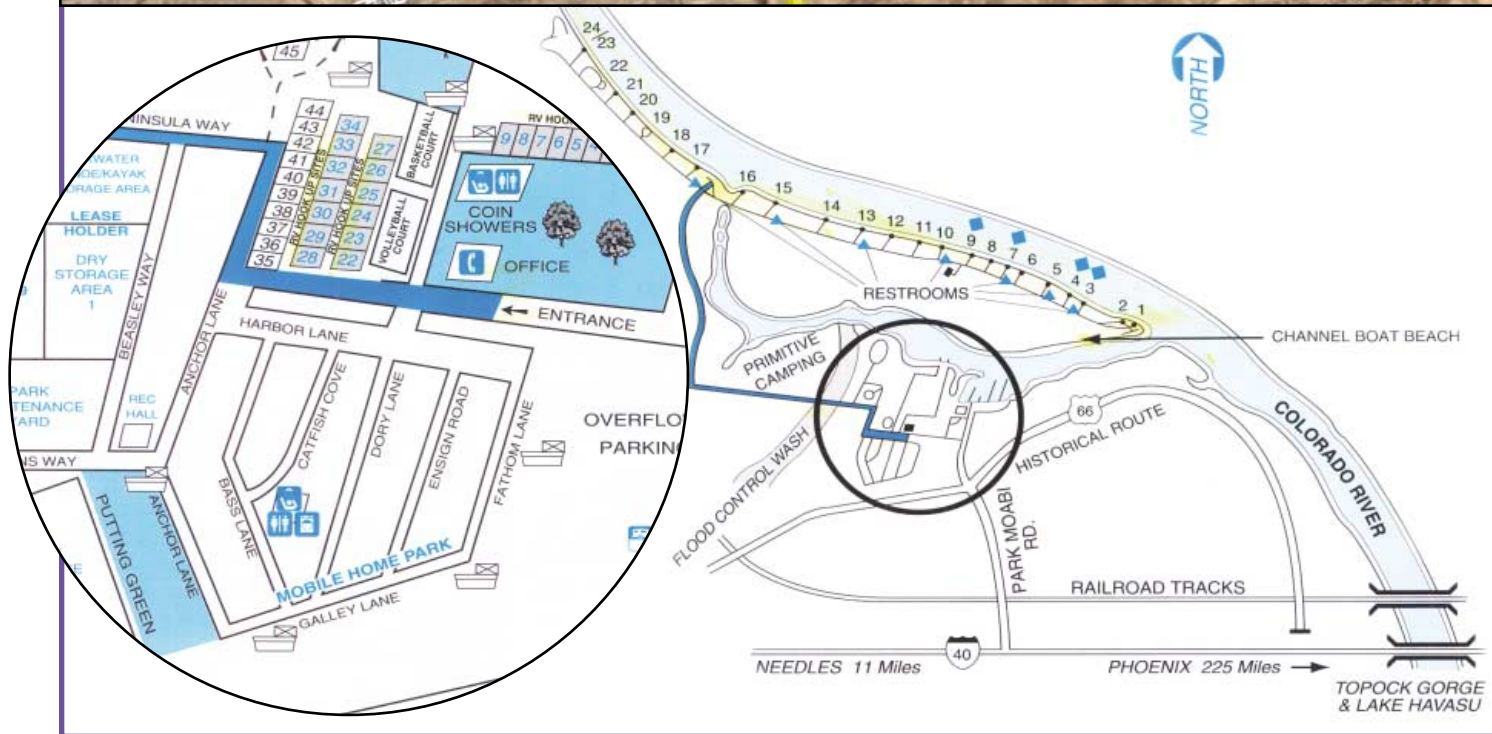
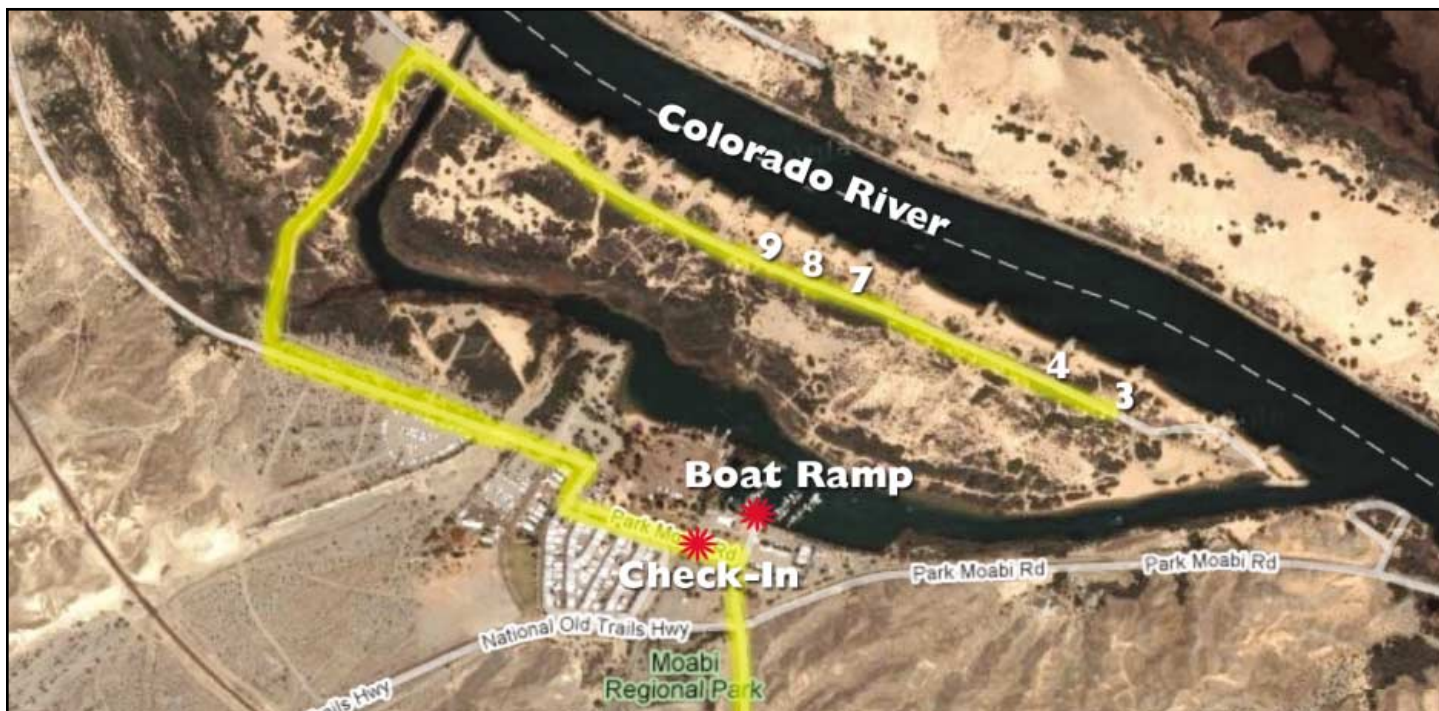


# MAP OF PARK MOABI

This is a Google Map of **Park Moabi**, located 11 miles east of Needles, CA along the Colorado River, where the Rats camp and play ten weekends throughout the summer. We don't get the same camping spot (called a point on the Peninsula) every weekend. The Point Tracker on the right should help you find where we are located on any given weekend. ■

## Point Tracker

June 13-15	Pt. 8	June 27-29	Pt. 9
July 11-13	Pt. 7	July 25-27	Pt. 7
August 8-10	Pt. 7	August 22-24	Pt. 7
Sept. 5-7	Pt. 7	Sept. 19-21	Pt. 7
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# Quagga & Zebra Mussels

## Quagga Infestation is Costly Burden

*excerpted from Keith Rogers, Review-Journal*

Quagga mussels have already caused operators of dams and hydroelectric plants on the lower Colorado River system to brace for millions of dollars in maintenance and repair costs.

And mussels have frustrated boaters in the Lake Mead National Recreation Area as millions of them cling to vessel hulls and engine cooling water intakes.

## *Mussels Affect Willow Beach Hatchery —*

And now, invasive quagga mussels, which were discovered in Lake Mead's Boulder Basin on January 6, 2007, are starting to clog up the works at the Willow Beach National Fish Hatchery.

The federal hatchery, where thousands of rainbow trout and endangered fish are raised, is on the Arizona side of Lake Mohave, 14 miles southeast of Hoover Dam.

The problem is that anywhere there is no (strong) flow, quagga mussels will establish themselves in the screens, pipes, wood boards and walls of the raceways.

The problem stands to be as prolific as the reproduction rate of the pesky mollusks themselves. Since the first quagga shell was found at the hatchery a little more than a year ago, millions more have propagated.

The hatchery, where 300,000 rainbow trout and 20,000 endangered razorback suckers and 35,000 bonytail chub are raised, faces a problem that could cost \$2 million to \$5 million to fix if the facility is converted to well water or a treated water supply that is free of quaggas, unlike raw water from Lake Mohave that is used for most hatchery operations.

The quagga problem is not expected to affect the quality of trout fishing at this point. Wildlife officials continue to stock the lakes with hatchery-raised trout.

A few hundred hybrid pupfish, a cross between the endangered Devil's Hole pupfish and the Ash Meadows pupfish, are raised in aquariums that are filled with well water and are not affected by quagga mussels.

## *Where the Mussels Come From —*

Fingernail-size quaggas and their cousins, zebra mussels, were released in the Great Lakes region in the mid-1980s after hitchhiking in the ballast water of ships from eastern Europe and the Ukraine, where they are native to Ukraine's Dneiper River drainage.

Biologists think quaggas arrived at Lake Mead sometime before January 2007 by traveling in bilge water or on the equipment of a boat from the Midwest that was launched in the lake. From there, they spread rapidly throughout the lake and downstream to lakes Mohave and Havasu.

Because of ideal conditions in the lakes on the lower Colorado River system with the right mix of food, calcium, dissolved oxygen and water temperature, quaggas have a reproduction rate three times that of those in the Great Lakes region. They reproduce six times a year instead of two, and a single female lays as many as 1 million eggs.

## *Hatchery Solution —*

The ideal situation for the hatchery would be to hook up the Southern Nevada Water Authority pipeline. It would be cleaner and cooler water. The water authority draws its water from deeper, colder depths from intakes at Saddle Island. The water then undergoes a treatment process that would kill quaggas and their larvae.

The Nevada Department of Wildlife would need a mile of pipeline constructed in the Lake Mead National Recreation Area for the water to reach the hatchery.

## *Other Solutions —*

The National Park Service is midstride in its effort to educate boaters about cleaning their vessels to rid them of mussels and larvae before they are transported to waters that have not been affected by the invasion.

On all fronts, biologists, boaters and dam operators alike are searching for a natural solution, a predator that thrives on quaggas.

One may have been found in recent months, the redear sunfish. ■

## Quagga mire

U.S. Fish and Wildlife officials are grappling with an infestation of non-native quagga mussels that are beginning to clog pipes, channels and equipment at the Willow Beach National Fish Hatchery. Upstream in Lake Mead, the hatchery operated by the Nevada Department of Wildlife has been closed.



**Quagga Mussel**  
- actual size 20 mm



**Zebra Mussel**  
- actual size 15 mm



# Campground Fees

Our weekend trips are scheduled at Park Moabi, 10 miles south of Needles, CA. Our campsite is along a sandy stretch of beach on the Colorado River and is somewhat secluded from other campers. You can sleep on the beach, in the bushes, in your tent or in your vehicle (or in a hotel in Needles).

Park Moabi now has some confusing procedures for making campground reservations which affects our reimbursement policy. When we make a reservation, we pay in full the fees for four vehicles for Friday & Saturday nights. The first four vehicles to arrive on Friday night will not have to pay anything unless hook ups are required. We are hoping to be able to designate who gets the credits. But until then, if you are not an approved carpool and you get our credit, you will have to pay the trip leader the \$44 for the credit you received for the camping fee. ■



## WINE MAKER DINNER

Saturday, Sept. 27, 2008, 5 PM  
10818 Viacha Dr, San Diego

- ☐ YES, please sign me up! **\$75**
- ☐ Sorry I won't be able to attend.  
Here's my Tax Deductible contribution  
for The Heuga Center.

### For Information—

- Call Gene at 858-467-9469

### Send Check—

- payable to **Heuga Center for MS**

- to Gene Fulkerson at  
10818 Viacha Dr., SD, CA 92124

100% of proceeds to benefit  
The Jimmie Heuga Center for MS!



Since this is a fundraiser for charity, there will be no refunds.

## Far West 2008 Convention

June 5-8, 2008

Meydenbauer Center & Westin, Bellevue, WA

### Convention Highlights —

- Friday night **Silent Auction**
- Saturday morning **Travel Expo**
- Saturday Awards **Luncheon**
- Saturday afternoon **Multi-Media Reception**
- Saturday night **Awards Banquet & Dinner Dance**
- Sunday morning **Eye Opener**
- Sunday morning FWSA **Business Meeting & Elections**

### Fun Optional Activities —

- Thursday night **Top o' the Needle** Pub Crawl
- Friday Annual Michael German **Golf Tournament** at Whirlwind Golf Club, includes lunch
- Friday **Kayak** on Lakes Union & Washington
- Friday **Wine Tour**
- Friday **Pike Place Market & Duck Tour of Seattle**

### Convention Registration —

- Download complete convention forms, optional activities at **www.fwsa.org**
- Early registration through April 30th for \$135 per person

### Hotel Reservations —

- Call 425.638.1000 and state your affiliation with FWSA
- Follow the link at **www.fwsa.org** under Convention
- Reserve now before May 15th for special \$137 per night rate plus tax

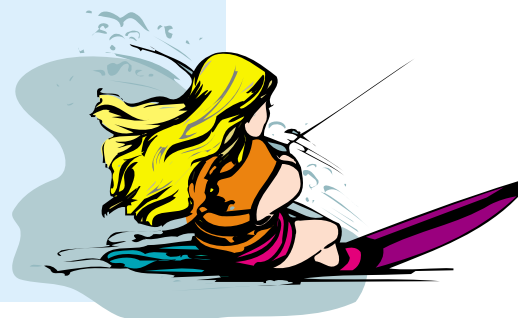
### Contact Information —

- Sheri Parshall, Host Council Convention Chair
- E-mail at [cougskier@aol.com](mailto:cougskier@aol.com) or 503.706.0522 (cell phone)



**ALL Clubs**  
members are  
invited to  
reserve your  
room today at  
the fabulous  
Westin Bellevue  
in WA at  
**425.638.1000**

Visit [fwsa.org](http://fwsa.org)  
to download  
registration and  
activity forms.





# Ski, Board & Boat Etiquette—

The club takes up to eight skiers per **club boat**. Non-skiers and non-skiing children will not be able to ride in a club boat during club hours.

At times we have boats on the beach that are not designated as a **club boat** for the weekend. If invited for a run feel free to take them up on their offer. Since they are not being reimbursed by the club for their expenses, it would be appropriate to offer them some gas money.

**Club boats** are required to be in operation from 8 am – 5 pm on Saturday and from 7 am to noon on Sunday. There will be a one hour break for lunch on Saturday. Lunch on Sunday will be at noon. Boat drivers may operate extended hours, but it is at their discretion.

It is recommended that a **club boat** go out on a ski run with no more than four (4) skiers plus the driver. This requirement will help cycle the skis and skiers and reduce the amount of time a boat is out at one time.

A minimum of one skier and another skier/observer plus the driver are required for any given run.

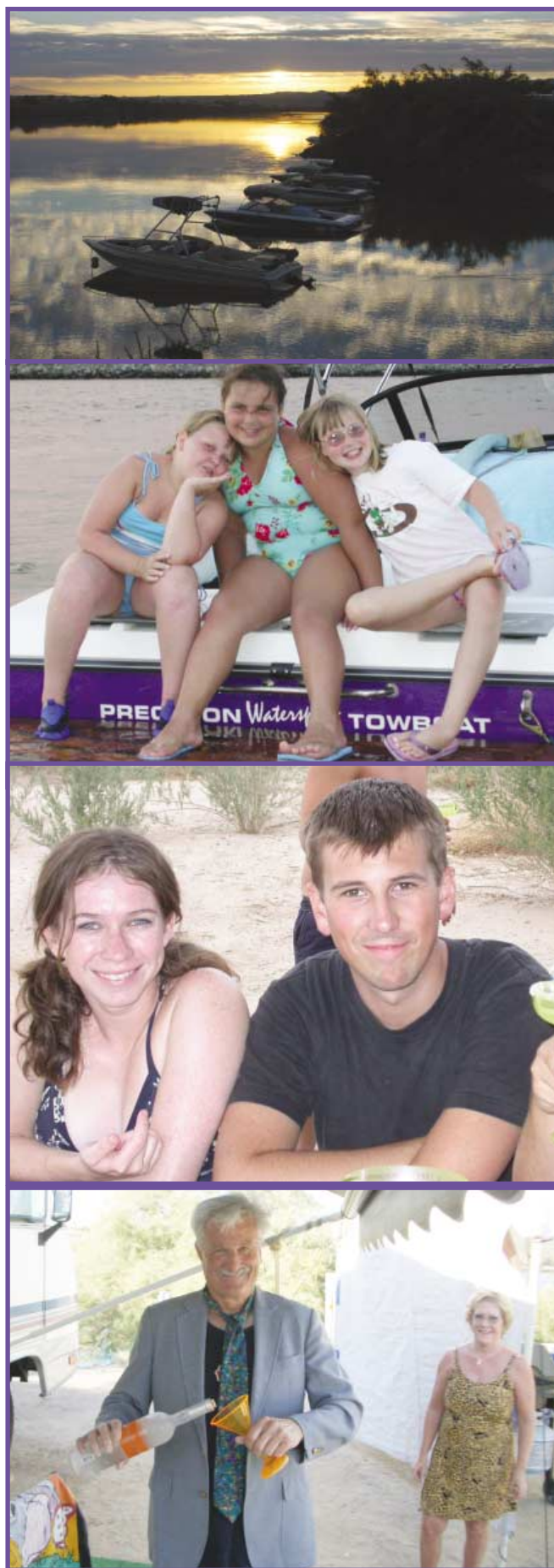
All skiers shall have a chance to take one ski run before any skier goes out for a second run.

When filling their **club boat**, boat drivers should attempt to give priority to the skiers with the least number of runs for that day.

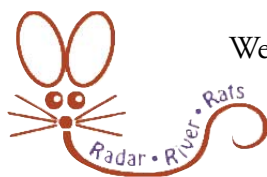
Each time a **club boat** goes out, each skier will be allowed **ONLY ONE** ski, wake board, trick ski, barefoot **OR** air-chair run. A driver may limit a skier's run to ten (10) minutes. This should allow a boat to return to the beach to pick up another load of skiers in approximately 1 hour, 15 minutes. **AGAIN NO DOUBLE RUNS.**

A **club boat** is not required to operate if conditions (wind, rain, lightening, etc.) make skiing unsafe.

It is required that you have fun and to help out when asked. ■



# THE RADAR RIVER RATS PROGRAM



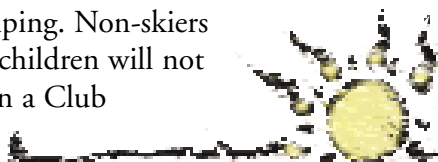
Welcome to the HEASB "Radar River Rats" Water Ski Program. We hope that the following will answer many of the questions you may have concerning our river weekend trips to the Colorado River.

## Water Ski Weekends—

The intent of a Rats water ski weekend is to SKI, have lots of FUN and RELAX in the SUN (or shade) with like-minded water skiers.

We provide the boats, water skis, vests, sunshades, instruction for beginning skiers, sandy beaches for camping and sunning, five meals, and all the beer and soda you can drink at the river. All this is yours for only \$118 plus carpool expenses.

Non-skiers & children are welcome to join in the fun for \$58 & \$18, respectively, plus carpool expenses. The non-skier and child fees cover meals, drinks, and camping. Non-skiers and non-skiing children will not be able to ride in a Club boat during Club hours.



Club boats are scheduled to operate Saturday, from 8 AM to 5 PM, and on Sunday, from 7 AM to noon. There will be a one hour break for lunch on Saturday. Boat drivers may operate extended hours, but it is at their discretion.

## 2008 Colorado River Schedule

**\$118\***

- 2 Days Water Skiing • Sandy Beaches •
- Camping • Ski Equipment Provided •
- Instruction • Water Games • Happy Hour •
- Food • Beer • Wine • Soda •

**June 13-15**

**June 27-29**

**July 11-13**

**July 25-27**

**August 8-10**

**August 22-24**

**September 5-7**

**September 19-21**

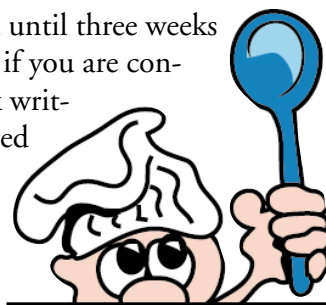
**October 3-5**

**October 17-19**

## Signing Up—

You must be a member of the HEASB Water Ski Club to sign up for a water ski trip. To join the club, fill out the membership application found in this package and send to the location indicated on the form. To sign up for a trip, you will need to fill out the reservation form included in your new member package, the newsletter, or on the web site.

We take eight skiers per boat. After we fill a boat, we designate a driver for the Club. You should be notified by the Monday evening before the trip about your status and carpool arrangements. **Be sure to sign up early so we can guarantee a boat driver.** Your check will not be cashed until three weeks before the trip date, and only if you are confirmed on the trip. Any check written for over \$118 will be cashed upon receipt.



## Camping—

Our weekend trips are scheduled at Park Moabi, 11 miles south of Needles, CA. Our campsite is along a sandy stretch of beach on the Colorado River and is somewhat secluded from other campers. You can sleep on the beach, in the bushes, in your tent or in your vehicle (or in a hotel in Needles).

Running water and flushing toilets are at our campsite, while hot showers and a small market are available in the main campground about a mile away. The River water temperature is usually in the low to mid 70's. Air temperatures can reach as high as 120°F in the summer and drop as low as 45°F at night in the early spring and late fall. Sunshades (at times with misters) are provided by the Club.

## Hook-Ups—

There are **only four** hook-ups available on our point. The location of each hook-up varies depending on which campsite we have for the weekend. You must tell us when you sign up if you would like a hook-up. You will be notified of hook assignments by the Trip Coordinator. Boat drivers and board members have priority followed by those who sign up first.

*see page 11*



It will cost you an additional \$14 per day which you will pay when you check in at Park Moabi. You will also need to bring a long extension cord with you (just in case).

### Campground Fees—

Park Moabi now has some confusing procedures for making campground reservations which affects our reimbursement policy. When we make a reservation, we pay in full the fees for four vehicles for Friday & Saturday nights.



The first four vehicles to arrive on Friday night will not have to pay anything unless hook ups are required. We are hoping to be able to designate who gets the credits. But until then, if you are not an approved carpool and you get our credit, you will have to pay the trip leader the \$44 for the credit you received for the camping fee.

### Everyone Helps—

There is at least one trip leader on each of our weekend trips. We expect everyone to lend a hand when asked as it makes the trip fun for everyone. Breakfasts are do-it-yourself meals. Lunch and dinner are group projects.

For breakfast, you have a choice of cereal, bagels, donuts, muffins, burritos or eggs. Saturday lunch is cold cut sandwiches. Sunday lunch is tuna or whatever is left over. The dinner menu varies from trip to trip; it will include bar-b-que chicken with bar-b-qed steak, tri tip, pork loin, fresh ahi or something special cooked up by our chef. If you require special foods, we encourage you to bring what you need.

The Club owns a trailer that is fully stocked with skis, vests, a BBQ, beer, soda, paper goods, cooking utensils, sun shades, etc. The trailer will be out on our campsite early Saturday morning. First thing that gets done before skiing is the trailer gets unloaded and camp is set up. The reverse is done on Sunday.

### Suggested Items to Bring—

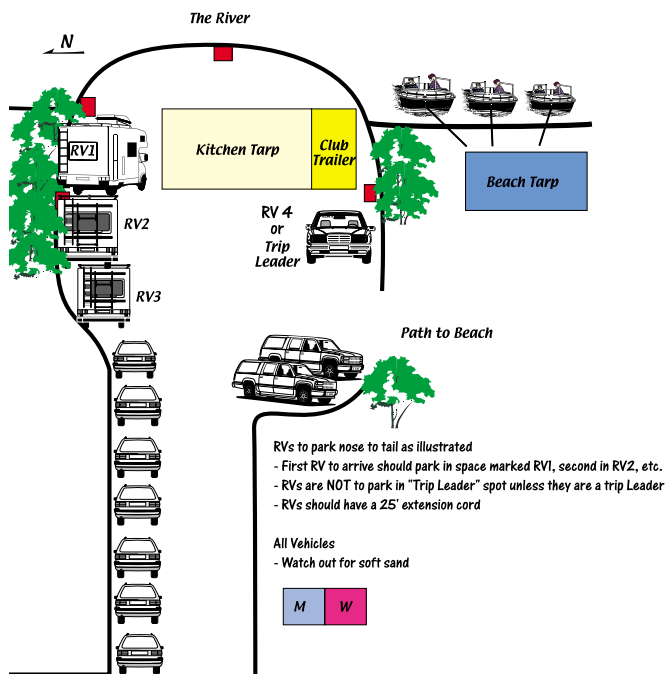
Hat/Visor	Tent	Swim Suit
Sunglasses	Sleeping Bag	Tee-Shirt
Sunscreen	Air Mattress	L/S Shirt
Sandals	Insect Repellent	Life Jacket (optional)
Towel	Flashlight	Ski Gloves
Beach Chair	Drinks for Friday	Ski/Board (optional)

### Liability—

The Hughes Employee Association South Bay (HEASB) Water Ski Club, the Radar River Rats (RRR), Hughes Employees Association (HEA), and Raytheon Employee Association (REA), shall not be held liable to anyone for injury or loss incurred by him/her while traveling to, participating in, or traveling from an activity sponsored by the Club, including Club meetings, Club trips or while using any facilities controlled by the Club. The HEASB Water Ski Club is a non-profit organization.

### Board Meetings—

Monthly board meetings are held on the third Monday of every month from March through November in the South Bay. We meet at a board member's home. Call 858-467-9469 for location. ■



*Exercise Caution, Safety & Common Sense*

**E-mail**  
**Visit**

**info@radarriverrats.org**  
**http://www.radarriverrats.org**

### Heat Stroke —

Warm weather means most of us are out in the heat of the day hard at work playing. If the body does not cool properly the result could be a heat-related illness. The body has natural ways of keeping cool by letting heat escape through the skin and evaporating sweat.

### Prevention —

Here are some common sense things you should do to prevent heat-related illness. While everyone is at risk, the very young and very old are more susceptible.

#### Dress for the heat—

Wear lightweight, light-colored clothing as the lighter colors reflect some of the sun's heat. Also wear a light colored hat.

#### Drink lots of water—

Carry water or juice with you and drink continuously even if you do not feel thirsty. Don't be fooled that alcohol and caffeine will hydrate you since they actually dehydrate the body.

#### Eat small meals—

Avoid foods that are high in protein which increase your metabolic rate and generates more body heat.

#### Take it easy—

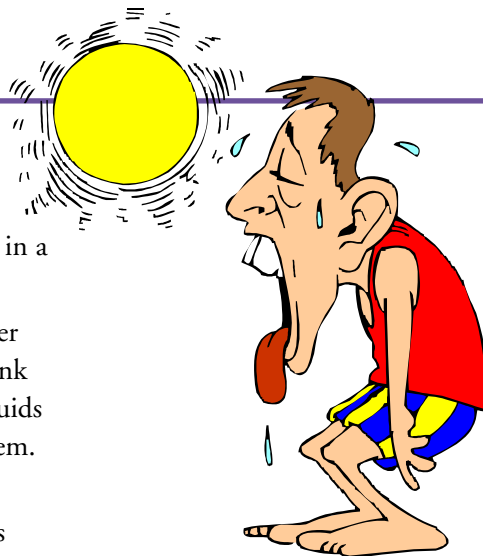
If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 AM and 7 AM.

#### Take regular breaks—

If you must indulge in physical activity on warm days, take time out to find a cool place.

### Care —

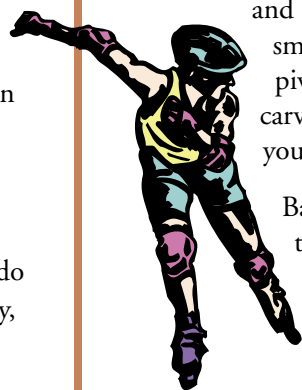
- Get to a cooler place and rest in a comfortable position.
- Drink a half glass of cool water every 15 minutes. Do not drink too quickly. Do not drink liquids with alcohol or caffeine in them. Loosen tight clothing.
- Apply cool, wet cloths such as towels or wet sheets.
- Heat stroke is a life-threatening situation!
- Call your local emergency number.
- Move the person to a cooler place.
- Quickly cool the body. Wrap wet sheets around the body and fan it. Put ice packs on the body.
- Wrap ice in a cloth and place on each of the victim's wrists and ankles, in the armpits and on the neck to cool large blood vessels.
- Do not use rubbing alcohol because it closes the skin's pores and prevents heat loss. ■



## FITNESS

### Improve Your Skiing Balance—

One of the best things you can do for your skiing, in or off season, is to roll on skates.



Have you ever watched the pros race? These skiers show very little up and down movement, but spread their feet apart and smoothly roll both skis from edge to edge. There is no pivoting of the skis and rarely any skid—just arc-to-arc carving. They make skiing look so easy. The trick is to find your balance and it will be easy.

Balancing on inline skates is identical to standing over the sweet spot on today's carving ski. There is little margin for error. You can't be too far forward, and sitting back will have you on your butt in a second.

Find a wide paved area with a gentle pitch. The yard at a local school might be your best bet. Set up some obstacles and "run the gates." Wear a helmet, knee and elbow pads and wrist protectors, and "carve" this slope all year round. The more miles you skate, the more ready you'll be to make precise turns on the slopes. ■



# KID'S KORNER

## 4 kids & grandkids

### Spring is here...Water, Sun and Fun—

While childhood memories are often filled with carefree days, emergency room doctors know it as “trauma season.” Tragedies peak during the warmer months because children are supervised less, have more free time and engage in more outdoor activities.

### Water Safety Tips for Kids—

- If you do not know how to swim, always wear a life jacket.

*If you fall, get pushed in or accidentally get near deep water, a life jacket can keep you floating on the surface until you can get help. Even strong swimmers should wear a vest in deep or rough water.*

- Swim with a buddy.

*You've probably heard this many times, but it's worth saying again. If you get into trouble, your friend can get help fast.*

- Always go feet first into unfamiliar water.

*There could be rocks or tree stumps in rivers and lakes. Even pools can be more shallow than they look. So always check out the depth of water before you dive in.*

- If you see someone in trouble, signal the lifeguard or responsible adult.

*Don't try to rescue the person yourself—you could get pulled under the water. Wave your hands over your head to signal the lifeguard or another adult.*

- Don't EVER pretend you are drowning.

*It wastes lifeguard's time and may take their attention away from someone who really needs help.*

- It's a good idea to stay near people who know you and will notice if you are in trouble.

*If you are with a group of people, have a check-in time and place to meet. Be sure*

*you show up on time so you won't give the adults gray hairs.*

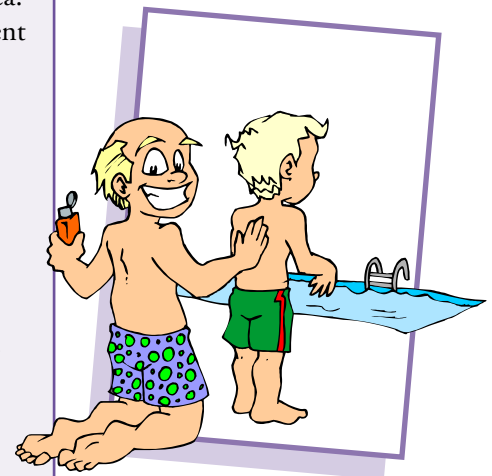
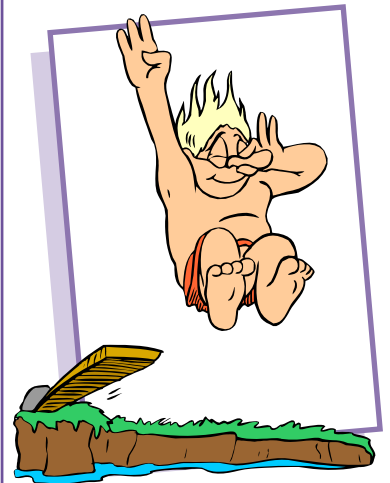
- Don't let your friends tease you into something you don't want to do.  
*Even if all your friends are jumping in, don't do it if you are afraid or feel like you can't handle it. Knowing your limitations is nothing to be embarrassed about.*
- Make sure you always follow the adult in charge's instructions!
- Wear sunscreen! ■



### Online Safety for Kids—

Kids, here's are some Safety Tips for you when you go online.

- Don't ever give out information about yourself like your last name, your phone number, where you live, or where you go to school.
- Never e-mail a picture of yourself to strangers.
- If somebody emails something to you that makes you uncomfortable, don't look around or explore. Tell your parents.
- Making plans to meet your internet buddies in real life is a really bad idea. People in real life can be very different from how they are online.
- Don't open up e-mails, files, or web pages that you get from people you don't know or trust.
- Don't ever give out your password, except to responsible adults in your family.
- Always follow your family's rules for using the internet.
- Don't ever do anything that costs money. ■



# INDUSTRY

## Ski News

### A Big Day for American Skiing—

The US won five of the 12 crystal globes awarded to winners of World Cup titles— an extremely huge day for American skiing.

**Lindsey Vonn** won the World Cup overall and downhill titles and placed 2nd in combined.

**Bodie Miller** won the World Cup overall and combined titles and finished 2nd in downhill, missing first place by just 5 points. Bodie was extremely upset when the Bormio downhill was canceled due to soft snow, eliminating his chance to win another downhill title.

**Ted Ligety** won a World Cup giant slalom and finished 4th overall. **Julia Mancuso** finished 7th overall with a 4th place in giant slalom.

Lindsay's and Bode's wins mark the first U.S. wins since **Phil Mahre** and **Tamara McKinney** both won in 1983.

### Lindsey Vonn Wins World Cup Overall—

**Lindsey Vonn** won the World Cup overall title on March 14, 2008 when she finished in the top 15 and **Maria Riesch** of Germany failed to finish.

Lindsey became the second American woman to win the overall. She already captured the season's downhill title after she broke the U.S. career downhill record set by **Picabo Street** on Saturday, March 8, 2008, in Crans-Montana, Switzerland.

Lindsay lagged behind in 25th place after the first run, but fought back with the fastest second run to finish 11th on the day, more than enough for the overall title. Lindsey now has 10 career World Cup downhill victories, breaking the U.S. record set by **Picabo Street** (1996) and **Daron Rahlves** (2006).

Lindsey just missed adding the individual super-combi to her downhill title, finishing 0.26 seconds behind the winner for third place.



### Downhill Globe Lifelong Goal for Vonn—

**Lindsey Vonn** fulfilled her lifelong goal of winning the World Cup downhill title when she received the coveted crystal globe during the finals in Bormio, Italy. She received the globe in the same village where her childhood hero **Picabo Street** won it in 1995 when Vonn was just nine.

Vonn grew up on tiny Buck Hill outside Minneapolis. She showed signs of promise as a young ski racer in a USSA club program under noted coach **Erich Sailer**. After a few years, she moved on to Ski Club Vail.



### Bodie Miller Wins World Cup Overall Title—

**Bodie Miller** secured his second overall title on March 13, 2008 when **Didier Cuche** of Switzerland announced Thursday he would not enter Saturday's season-ending slalom.

Bode has two overall titles and is sixth all time with 31 World Cup wins. There are five skiers with more World Cup wins than Bodie—**Ingemar Stenmark** (86), **Hermann Maier** (53), **Alberto Tomba** (50), **Marc Girardelli** (46) and **Pirmin Zurbriggen** (40).



### Ted Ligety Catches the Globe—

American **Ted Ligety** joined in the celebrations of compatriots **Bode Miller** and **Lindsey Vonn** by claiming his very own World Cup title in Bormio on March 14, 2008.

Ted came from behind to win the final World Cup giant slalom of the season and capture the discipline title when overall champion **Bode Miller** missed a gate in the second run.

Ted jumped from seventh to first in a blazing second run to beat **Benjamin Raich** of Austria, his nearest challenger for the giant slalom title. ■





Join Pac Rim for



## SPRING MADNESS

April 5-12, 2009

### Trip Includes—

- **Seven Nights Lodging** at the Inn at Big White (dbl occ).
  - Ski-in / Ski-out, located in the Village Center.
  - Standard Room with 1 Queen + 1 Murphy Bed.
  - Rooms have Mini-fridge, Micro-wave & Fireplace.
  - Hot Tub & Sauna & Swimming Pool.
  - Free Wireless Internet.
  - Carvers Bar & Grill open Breakfast, Lunch, Dinner.
- **FREE Five-out-of-Six Day Lift Ticket.**
- **Round Trip Transfer** from Kelowna Airport.
- Daily Cocktail **Parties** at Gene & Catherine's.
- One **Dinner** at Gene & Catherine's.
- **GST & Bed Taxes.**

### Air Options—

- Alaska / Horizon, Air Canada / Jazz, West Jet fly from most "Far West" airports to Kelowna.
- Big White may be able to help you get better deals. Send us your deposit and we will hook you up with the right person at Big White.
- Plan to arrive and depart when it's most convenient for you.

### For Information & Reservations—

- **\$200 deposit due at sign-up.**  
Send check payable Pacific Rim Alliance, send to—  
Gene Fulkerson, 10818 Viacha Dr., San Diego, CA 92124.
- For information call 858-467-9469 or email [gene@pacifcrimalliance.org](mailto:gene@pacifcrimalliance.org).

\* Prices based on an exchange rate \$1 Canadian to \$1 USD.  
Book Air **SOON** before the price rises! Cancellation Policy will apply.

**\$650\*** USD  
+ air

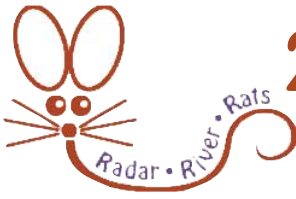


### About Big White—

- 25 feet annual dry powder.
- 2,800 patrolled skiable acres.
- 2,550 feet of vertical.
- 4.5 miles longest run.
- 6% ◆◆ 22% ◆ 54% ■ 18% ●
- 118 designated runs.
- 10 ski lifts (6 are high speed).
- Free ski hosts two times a day.
- 5,757 feet Village elevation.
- 18 Restaurants & Bars.
- The Best Ever Spring Skiing.



Photos courtesy Big White Ski Resort



# 2008 HEASB Water Ski Club Membership Application

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

Name(s): \_\_\_\_\_ Home Ph: ( ) \_\_\_\_\_  
E-Mail Address:\*\* \_\_\_\_\_ Business Ph: ( ) \_\_\_\_\_  
Birthday (Mo/Day): \_\_\_\_\_ Fax: ( ) \_\_\_\_\_  
Home Address: \_\_\_\_\_ Emergency: ( ) \_\_\_\_\_  
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: \_\_\_\_\_

The membership year is from April 1 through March 31.

Please check (ONE only) the type of membership that applies to you:

\_\_\_\_ \$30 **Single Membership**

\_\_\_\_ \$60 **Family Membership** (two or more skiers at same address and includes skiing kids under 18)

\_\_\_\_ \$10 **Paper Newsletter**

**There is no membership fee for a non-skiing child under the age of 12.  
However, ALL skiers must be members, regardless of age.**

**Submit application with your check payable to HEASB Water Ski Club by mail to:  
Membership, P.O. Box 3080, El Segundo, CA 90245**

We are always looking for volunteers. I may be interested in helping run the club: Yes \_\_\_\_\_ No \_\_\_\_\_

I would like to volunteer / suggest / comment: \_\_\_\_\_

WAIVER: I hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims I may have against HEASB Water Ski Club, Radar River Rats, Raytheon Employee Association (EA) or its representatives, agents, or board members of any and all injuries. The Raytheon Employee Association (EA) is a non-profit organization that has no association with Hughes Aircraft Company, Raytheon Systems Co., or Boeing.

Signature \_\_\_\_\_ Date \_\_\_\_\_

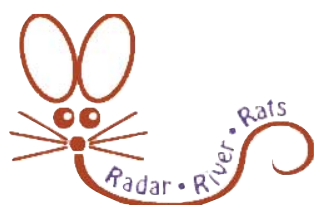
Signature \_\_\_\_\_ Date \_\_\_\_\_

Revised 05/2008



(Please, ONE reservation form and ONE check for EACH person EACH trip)

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Home Addr: \_\_\_\_\_ Work Ph: (       ) \_\_\_\_\_  
 City: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Ph: (       ) \_\_\_\_\_  
 In case of emergency, notify: \_\_\_\_\_ Phone: (       ) \_\_\_\_\_



the Radar River Rats

presents the

# 2008 Water Ski Program

## Wake Boarding & Water Skiing at its Best!

- 2 Days Boarding & Water Skiing • Equipment • Instruction • Water Games •
- Sandy Beaches • Camping • 5 Meals • Happy Hour • Beer • Wine • Soda •

### Trip Prices

**\$118\*** Boarders / Skiers

**\$58** Non Boarders / Skiers

**\$18** Children under 12

\* May be subject to a fuel surcharge if gas goes above \$4 a gallon.



### 2008 Colorado River Schedule

June 13-15	June 27-29
July 11-13	July 25-27
August 8-10	August 22-24
Sept. 5-7	Sept. 19-21
Oct. 3-5	Oct. 17-19



### For Information

#### Skiers/Boarders—

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

#### Boat Drivers—

Gene  
858-467-9469  
gene@radarriverrats.com

Revised 05/2008

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