

P. O. Box 3080, El Segundo, CA 90245



Summer Update

May / 2014

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Important Dates

June 20–22, 2014

July 11–13 & 25–27, 2014

August 8–10 & 22–24, 2014

September 5–7 & 19–20, 2014

Rat's Water Ski / Board Weekend
Needles Marina, Needles, CA

September 27, 2014

Wine Maker Dinner for MS
San Diego, CA [See page 14 for details](#)

October 3–5 & 17–19, 2014

Rat's Water Ski / Board Weekend
Needles Marina, Needles, CA

October 21–31, 2014

Cabo San Jose, Mexico
[See page 16 for details](#)

December 7–14, 2014

Snow Ski Trip to Big White, Canada
[See page 17 for details](#)

March 8–20, 2015

Snow Ski Trip to Whistler with LA Council
[See page 15 for details](#)

April 5–12, 2015

Snow Ski Trip to Big White, Canada
[See page 17 for details](#)

Check it out at www.RadarRiverRats.org!

radar **RIVER** rats

colorado **RIVER** skiing/boarding

needles **MARINA**



You must be a current member of the Radar River Rats and sign a Liability Release to participate in our water ski/board events.

\$145**



& water **SKIING** wake **BOARDING** at its very best!

2014 Colorado River **SCHEDULE**

June 20–22

July 11–13

Aug 8–10

Sept 5–7

Oct 3–5

July 25–27

Aug 22–24

Sept 19–21

Oct 17–19

Everyone Welcome

Friends • Family • Beginner • Expert

Please note: Our skis and wake boards are best suited for Beginners to Intermediates. We suggest if you require more advanced equipment that you rent them from your local sporting goods store.

Trip Includes—

- 1 Full & 1 Half Day Skiing/Boarding
- Equipment & Instruction
- Waterfront Camping
- 5 Meals— 3 on Saturday & 2 on Sunday
- Saturday Happy Hour
- Beer, Wine & Soda on Saturday & Sunday

What's Available!—

- Location— **Needles Marina**
- Pool, Showers & Rental Cabins available
- 6 PM Check-in. 5 PM Check-out on Sunday
- Option to add Friday Skiing/Boarding

Prices—

\$145 **	Skier / Boarder
\$75	Non-Skier *
\$35	Child age 6–12 *
Free	Child 5 and under*

Must be a member of Radar River Rats—

* May not ride in the club boat during club hours.

** Subject to fuel surcharge if gas is more than \$5/gal

For Trip Information—

Visit www.RadarRiverRats.org

Call Patricia at 323-651-0686 (before 9 PM)

Boat Drivers—

Call Gene at 858-467-9469 (before 9 PM)

SOUNDING bored

We had a good year in 2013 and are headed back to Needles Marina for the summer.

Pricing for 2014

We've done a detailed analysis of our costs from the last two years, factoring in the higher costs of Needles Marina, and have decided that we need to raise our fees by \$5.

- Skier fee is \$145 based on a gas cost of \$4.25 a gallon [or about \$5 in Needles]. If the price of gas exceeds this threshold, we may have to add a gas surcharge.
- Non-skier fee is \$75.
- The child fee of \$35 remains unchanged for 2014. Children 5 and under will still be free. We love your kids, their energy and spirit. Skiing children pay the adult price.
- Individual membership will remain at \$20. A family membership will be \$40.

Tripping with Pacific Rim

We've teamed up with Pacific Rim Alliance to offer two trips. The first trip is to Cabo San Jose October 21–31, 2014. Our lodging is on the beach and is all-inclusive—lodging, meals, alcohol, excursions, entertainment and more. We've priced it at the member rate so you can take advantage of all the extra member benefits.

The second trip is to Big White, Canada with a choice to go in December and/or April. It's all ski-in-ski-out and offers the best, in our experience, early and late season skiing and boarding. Price is \$700 for lodging, lifts and ground transfers. Air is available out of LAX that is non-stop and priced from \$350 round trip. ■

Catherine

BOAT DRIVER update

Welcome to Summer

Hope you are ready for the river.

I would like to welcome back our very excellent boat drivers— **Catherine Ohl, Paul Jackson, Mark Mathis** and **Craig Henderson**. All are busy getting their boats ready for the summer.

Needles Marina has been good to us. We mostly have the corner units (#170 & #171) with all the trees reserved again for most of our trips. The lagoon didn't get dredged like the marina had hoped but it is on the schedule for this fall and they do have the permit. A step in the right direction.

I will continue to embellish the river menus, adding some new twists, while staying within our budget. Come out to the river for a taste. Looking forward to skiing with you all again in 2014.

Wine Maker Dinner

The date for the Wine Maker Dinner is Saturday, September 27, 2014. Catherine sent out emails to past participants but we still have a few spots open. Let me know asap if you'd like to attend. Cost is a \$100 donation to "Can Do MS" [see page 14]. ■

Paul



MEMBER posting

river **FRIENDS** *where are they now...*

photos taken from their facebook pages



These ladies caught up in LA for some fun times and Margaritas— Danielle, Courtney, Ashley, Stephanie, Janice.



Mark Hesse and Gail Rue with daughter Kristen after a half Marathon.



Hope to see these cuties at the river this summer— Delaney & Isabella.

happy **BIRTHDAY**

May

- 13 Jayne Glodowski
- 14 Paul Matsui
- 16 Jim Jeffery
- 27 Danielle Hess
- 30 John Erickson

June

- 6 Sean Griffin
- 13 Craig Henderson
- 14 Jordyn Mathis
- 15 Paul Jackson
- 21 Lisa Rivera

July

- 4 Krislyn Pomeroy
- 6 Carl Palczewski
- 16 Rick Fisher
- 16 Barbara Shanberg
- 18 Troy Stickney
- 28 Joel Voelzke
- 29 Janice Hess

August

- 1 Tom Fulkerson
- 4 Kenny Pomeroy
- 6 Dan Kowieski
- 12 Thomas Newcomb

September

- 6 Laura Priess
- 8 Catherine Ohl
- 9 Carmen Jackson
- 9 Conor Griffin
- 11 Stephanie Thompson
- 24 Mickey Klinger
- 25 Dallas Wymes
- 28 Frank Rabourn

October

- 2 Gene Fulkerson
- 6 Steve Klinger
- 10 Betty Jeffery
- 10 Casey Mervine
- 22 Simone Beaudoin

it's a 2013 **WRAP**

WATER SPORTS on the Colorado River

Another great year with the Radar River Rats at Park Moabi

More photos can be found at radarriverrats.org

2013 was an incredible water ski season. The sunsets, the sunrises, the clouds, the moons, the skiing and boarding, the food and the people were wonderful. For nine weekends, Pacific Rim joined the Radar River Rats at Needles Marina on the Colorado River.

We love our new location at Needles Marina. We are closer to town and the skiing is better. **Gene Fulkerson** was our chef and as usual he was always trying to outdo himself. Over the course of the summer we had four boat drivers—**Paul Jackson, Mark Mathis, Craig Henderson, Catherine Ohl**.

The last trip of the year did not disappoint. Amazing sunrises and sunsets, unbelievable glass, Gene's deep fried turkey and great friends.

Many thanks to the people who chipped in and helped trip after trip—**Laura, Linda, Simone & Trudy**.

Be sure to check out the Photo Gallery at **RadarRiverRats.org** for more summer photo highlights. ■

September 6–8, 2013



Jacquelyne on the horseshoe ski going around and around the river



Our favorite campsites #170 & 171. These are two of the sites we will have next year.



Catherine has her hands full with Danielle and Jacquelyne.



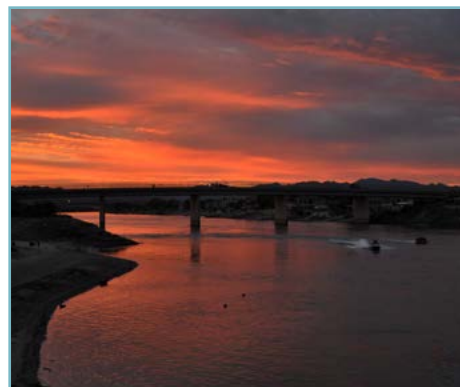
Catherine, Simone, Trudy enjoying the sun, skiing and friendships



Agnes, Trudy, Gene, Mark, Simone admiring Mark's big catch of the weekend. He caught this one twice.



Gene hamming it up with his peeps—Danielle and Shawn.



One of the many outrageous sunsets on the river this summer.

photos courtesy Catherine Ohl

it's a 2013 **WRAP**

WATER SPORTS on the Colorado River

Needles Marina welcomes the Radar River Rats

More photos can be found at radarriverrats.org

September 20–22, 2013



Carmen and Paul enjoying a float on the river



Simone and Gene enjoying a float on the river



Gene and Paul taking a break on the beach.

October 4–6, 2013



Connie, always a smile on her face



Natasha and Boden



Our best wake boarder is Zac



Carl skiing an early morning glass run



Connie, Sienna, Brooke, Zac— girls should be ready to ski next year



Jane, Stephanie and Karen

photos courtesy Catherine Ohl

it's a 2013 **WRAP**

WATER SPORTS on the Colorado River

Needles Marina welcomes the Radar River Rats

More photos can be found at radarriverrats.org

October 18—20, 2013

This was by far the best ski/board weekend of the year! The weather was perfect— in the high 80s with little to no wind.

The 7 AM run was a bit on the cool side but it was well worth it. But then again the water was glassy all day.

And of course the high light was Gene's deep fried turkey which was to die for.

Zac brought two fellow school teachers who are now hooked on boarding. Carl's wife Kyoko came around to cheer him on and touch bases with all of us. Joel made his first trip of the year while Barbara and Rick were back for seconds.

All the board members (except Patricia) closed out the season at the river this weekend. "The boys" shared a few special beers on Friday.

We had three boat drivers on the river this weekend— **Paul Jackson, Mark Mathis** and **Catherine Ohl**. ■



Heather and Kasey



Paul and Carmen patiently waiting for dinner while enjoying the sunset



Kyoko and Carl



Mark and Linda



Friday evening beer tasting with the boys— Paul, Mark, Gene



Joel enjoying his beer before dinner



Everyone anxious for the deep fried turkey— Barbara, Gene, Mark, Carl

photos courtesy Catherine Ohl

SNOW INDUSTRY bulletin

exciting CHANGES for skiers in the west

Excerpted from saminfo.com

Ski Season Numbers

The National Ski Areas Association's has reported that U.S. skier visits for the 2013–14 season reached 56.2 million, a decline of 1.3 percent from last season and below the 10-year average of 57.3 million. The severe drought on the West Coast resulted in a drought of ski days as well.



photo courtesy Crystal Mountain

Crystal Mountain Avalanche

The bottom of the Crystal Mountain High Campbell chairlift was taken out by a large avalanche March 10, 2014. The area was closed and nobody was hurt. The avalanche was triggered by an explosive set by ski patrol at around 4:45 PM.

Idaho Updates Its Skier's Act

In an effort to reflect the changing landscape of the mountain resorts, Idaho is the latest state to update its bill that oversees ski areas.

The update expanded the skiing language to include snowboarding and other sliding devices. It also expanded uphill transportation to include wire ropes and conveyors.

New language regarding inherent risks was added in order to include, among others, avalanches, tree wells, snow-making mounds and freestyle terrain.

USFS New Summer Policy

The U.S. Forest Service has finalized policy guidelines that will open opportunities for ski areas to develop and offer a variety of year-round recreation activities on the National Forests. The revised directives stem from the Ski Area Recreational Opportunity Enhancement Act of 2011.

The guidelines will be used by agency administrators to determine which summer recreation activities and associated facilities will be allowed on ski areas operating on national forests. There are 122 ski areas on nearly 180,000 acres of public land administered by the Forest Service.

The guidelines also address the types of facilities that will be permitted, as well as management of other recreational uses within the operational boundary of ski areas by the non-paying public, such as snowshoeing and hiking.

The Act specifically includes ziplines, mountain bike terrain parks and trails, disc golf courses and rope courses. The Act requires that new activities are natural resource-based that encourage outdoor recreation & enjoyment of nature.

Vail Resorts was among the first to develop plans to put the Act into practice. ■

Bass sells majority SNOWBIRD

Texas oilman Dick Bass announced that he has sold his majority interest in the Little Cottonwood Canyon resort to Ian Cumming, a businessman whose family owns Park City Mountain Resort (PCMR). The price and terms of the deal were not disclosed.

Bass, who will remain chairman of Snowbird's board, said in a news release he was pleased that his family and Cumming's could join together to direct the resort's future development, including the long-discussed and highly controversial plan to build a restaurant around the Tram terminal atop Hidden Peak.

How the purchase of Snowbird by the Cumming family — but not by Powdr Corp. — impacts the PCMR-Canyons litigation remains unclear.

Last May, Talisker Corp. brought in Vail Resorts to run Canyons Resort and to take over the lead in a high-profile lawsuit against PCMR's parent company, Powdr Corp., that could result in PCMR losing access to most of its mountainside. ■



photo courtesy Brian Head Resort

With nearly two full seasons under its belt, the new ownership group at Brian Head Resort has decided to take the plunge and install a new high-speed detachable quad to replace the 4,840-foot long Giant Steps triple chair.

SKI PASS deals

LIFT PASSES best of the 2014–15 season pass

So many options to choose from for skiing multiple resorts.



Epic Pass

Photo: Vail Resorts

Unlimited access to Arapahoe Basin, Beaver Creek, Breckenridge, Canyons, Heavenly, Keystone, Kirkwood, Ashton, Mt. Brighton, Northstar, and Vail; Five days at Verbier, Switzerland, Les 3 Vallées, France and Niseko, Japan.

\$729. Passes go on sale when sold out. www.snow.com.



Mountain Collective

Photo: Whistler / Paul Morrison

Two days each at Alta/Snowbird, Aspen/Snowmass, Jackson Hole, Mammoth, Squaw Valley/Alpine Meadows, and Whistler-Blackcomb; 50 percent off all additional days; up to 25% off lodging at every Mountain Collective destination.

Will be available again in Fall 2014. www.themountaincollective.com.



Intrawest Passport

Photo: Winter Park

The season pass includes six days of skiing at each of six participating ski resorts— Steamboat Springs and Winter Park, Colo.; Blue Mountain, Ont.; Mont Tremblant, Que.; Stratton Mountain, VT; and Snowshoe, WV.

Will be available again in Fall 2014. <http://www.intrawestpassport.com/>.



Tahoe Super Pass

Photo: Squaw Valley

Season passholders can ski and ride at Sugar Bowl Resort in addition to Squaw Valley and Alpine Meadows, Sierra-at-Tahoe, and the Mountain Collective resorts. With the Tahoe Super Pass you'll be skiing at Lake Tahoe's four best resorts. Your season pass could pay for itself in 4 days!

Passes starting at \$429. www.squaw.com.



Rocky Mtn. Super Pass +

Photo: Copper Mountain

The Super Pass Plus offers unlimited skiing and riding at Winter Park / Mary Jane and Copper Mountain, plus six unrestricted days at Steamboat and three unrestricted days at Crested Butte. Check out their website for additional benefits including Friends & Family tickets.

\$509 for a limited time. www.skimonarch.com.



Powder Alliance

Photo: Schweitzer

When you buy an unlimited pass to any Powder Alliance resort, you get 3 free days at 11 others— Angel Fire, NM; Arizona Snowbowl, AZ; Bridger Bowl, MT; China Peak, CA; Crested Butte, CO; Mountain High, CA; Mt. Hood Skibowl, OR; Schweitzer, ID; Sierra-at-Tahoe, CA; Snowbasin Resort, UT; Stevens Pass, WA; and Timberline, OR.

Varies by resort. www.powderalliance.com.

Getting & staying **FIT**

YOGA for staying in shape in the off season

Stretch slowly, and never do any exercise that causes pain.

Excerpted Anna Prato, Liftopia / Photos by Steph Wells

 see page 23 for instructions



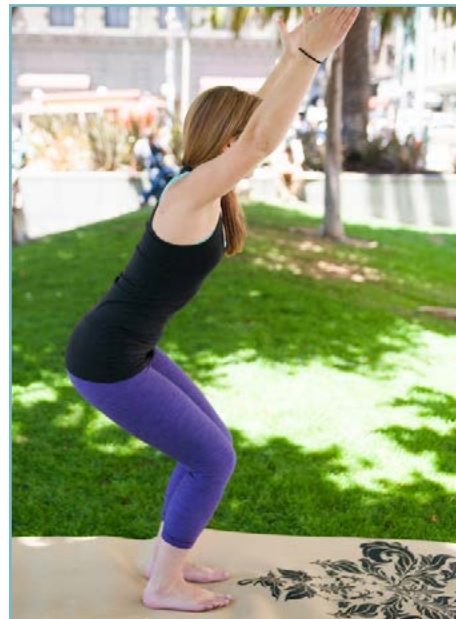
Mountain Pose

Mountain pose is a great way to start your practice. It may not seem physically challenging but it will help you take a moment to stand strong and just breath. Mountain pose is the foundation for standing poses.



Tree Pose

Tree pose is a perfect complement for the balance needed when skiing or snowboarding and strengthens your legs while stretching your groin and inner thigh area.



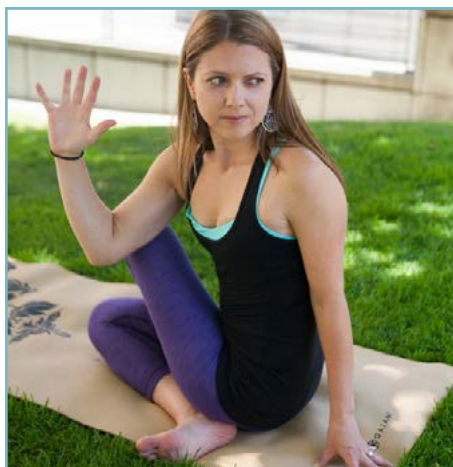
Chair Pose

Chair pose is an excellent pose mimicking a ski stance. It strengthens the legs as well as helps with balance.



Plank

Plank is a great pose for building core strength as well as upper arm strength. You can always modify the pose by bringing your knees to the floor at first and working your way up to the full pose.



Ardha Matsyendrasana

Twists are great for keeping the spine long and supple. This seated twist also stretches your side hips and butt.



Warrior II Pose

This is a great pose to strengthen your legs and open your hips, plus its foundation is reminiscent of a snowboard stance.

KIDS' korner

GOOD STUFF for the kids & grandkids

Fun & Safe in the Sun— **Summer Safety Tips**

You want the kids to be active and have fun, but there are potential hazards, so keep them safe to enjoy these days of freedom and outdoor activities.

Sun safety

The sun can quickly burn tender skin. Most children get 20-80 percent of lifetime exposure to the sun before they turn 18! Always make sure your kids are wearing sunscreen before they head outdoors, and reapply every two hours. Sweat and water will wash the protection away! Infants should be kept out of direct sunlight and wear sun-protective clothing. Teach toddlers and older kids to grab a hat with a brim for additional protection.

Hydration

Make sure kids drink plenty of water on hot summer days. Dizziness and nausea are just two of the signs of overheating, which can lead to heat exhaustion. Sugary drinks and carbonated beverages containing caffeine can actually accelerate dehydration.

Never leave an infant or child unattended in a car. This rule is more critical than ever in hot months when the temperature inside a vehicle can soar to above 100 degrees in a matter of minutes. That heat is deadly.

Bike safety

Kids have bike-related injuries every year, but these accidents can be avoided or minimized with some precautions. Your child should always wear a helmet when riding. This protective gear reduces the risk of head injury by as much as 85 percent.

Explain rules for safe play — riding only on the sidewalk or designated bike path, no riding near cars and no side-trips that put them in danger from traffic or natural hazards.



Water safety

Enroll kids in swim lessons taught by a certified instructor. Always have children wear proper-fitting life vests in a boat or near deep water. Take precautions if you have a home pool. Children need constant supervision around water.

Boundaries

Children relish the freedom of summer, but set some boundaries. Have them play within sight and sound of home, or by arrangement at a friend's where there will be adult supervision. Until they reach a certain age and maturity, kids should not go to the park or other places alone. Parents must always know exactly where their children are and whom they are with.

Untouchables

Kids are naturally curious so keep household, yard and garage dangers stored away. Weed killers and yard chemicals, radiator coolant and other solvents are poisonous to children and pets. Keep them out of sight and out of reach.

Fenced in

If possible, provide a safe play area for your children that's fenced in and in sight from the house. Ideally this space will have room for them to run and play, be cleared of items that are hazards (lawnmowers, sharp gardening implements, etc.) and have a shaded area so kids can get out of the hot sun.



Quick tip

Even a small wading pool can pose a danger to toddlers. Never allow small children in the water without an adult to supervise! Since water reflects sunlight, be sure the kids are protected with sunscreen and not exposed to direct sun for too long before it is reapplied. ■

EQUIPMENT roll out

SUNGLASSES—that work equally well on sand & snow

Looking good means feeling good.

Recommendations by SKIImag.com

Bolle Men's Jude



The new Judes are a fresh twist on style most brands have. With an argyle print on the inside and color that shows a bit when you have them on, the Jude exudes fun and a little bit of hipster while keeping it classy. [\$120]

Spy Men's Cyrus



New this spring, these Cyrus glasses have fairly large lenses, a thick, solid frame, and earpieces—making them ideal for large faces. We like the childish yet steezy Cherry Bomb frames. [\$120]

Zeal Women's Memphis



These biodegradable, ecologically-sourced frames are made entirely from cotton, which means they're lightweight, durable, and you can feel good about wearing them. Fits best on people who have small-to-med-sized faces. [\$170]

Zeal Men's Tracker



These Trackers wrap around your face more than many lifestyle-only shades, and they'll stay on your face while at the local bike park, but you won't get second looks if you wear them to a BBQ. [\$120]

Smith Women's Mt. Shasta



These Mt. Shastas are lightweight, low-profile and designed to look good. Thin frames add to a retro look that you'll be able to rock these all year, whether at a summer festival or at a slopeside hot tub. [\$80]

Spy Women's Quinn



With a look that's reminiscent of the '60s and '70s, the new Quinns have a frame size that'll fit, flatter, and stay on a variety of faces. The frames are made with the same lightweight plastic as many ski touring boots. [\$110]

Oakley Men's Holbrook LX



This Shaun-White designed style, the "luxury" version, is made from acetate giving the frames a higher end feel. The Holbrook LXs provide great sun protection and are the right size and shape for medium faces. [\$220]

Serengeti Women's Sophie



These Sophies are expensive, great quality and ridiculously good looking. They have spring hinges for a custom fit, and are made of acetate which gives the frames a higher-end feel and allows for endless color/style options. [\$290]

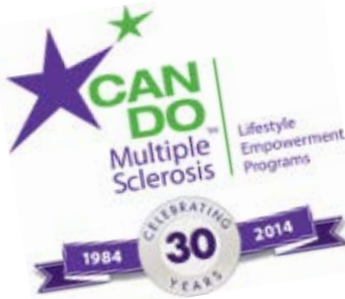
Church & State Women's



These Catwalk-Kate brightly colored tortoise sunnies have a good amount of flex and the earpieces are shorter than many other sunglasses, perhaps making the shades best suited for small to medium faces. [\$150] ■

COMMUNITY center

giving **BACK** ...so many ways & so easy to do.



Can Do MS

Everything done at Can Do MS is driven by one simple belief: you are more than your MS. Can Do MS is the start of a whole new way of thinking about and living with multiple sclerosis. For more than 30 years Can Do MS has been empowering people with MS with research, webinars and other programs.

Our next fund raiser for MS will be our annual wine dinner on **Sept. 27, 2014**. For more information contact

Gene Fulkerson
gene@pacificrimalliance.org
858-467-9469

Can Do MS

[formerly the Heuga Center for MS]
IRS 501(c)(3) Number 74-2337853
www.mscondo.org • 970.926.1290

USARC

United States Adaptive Recreation Center (USARC) is committed to guiding people with disabilities toward the creation and affirmation of rewarding lifestyles. Located in Big Bear, CA, USARC runs an adaptive ski school in the winter. In the summer USARC takes to the fresh waters of Big Bear Lake for wild adaptive water sports.

Volunteers and funds are always needed. To volunteer contact **Sara Richter**, Outreach Coordinator, sara@usarc.org.

Peak to Peak Fund Raiser

The Peak to Peak Pedal is a life-changing event, not just for the cyclists, but for those whom the ride supports. To join or donate, visit First Giving at bit.ly/1jvoqYa.



October 8-12, 2014



Recycle Program

Pacific Rim recycles cans, bottles and glass at all our events. Each quarter we donate the proceeds to a charity.

This quarter's donation goes to **Susan G. Komen SD Race for the Cure®** on Sunday, November 2, 2014, in Balboa Park, San Diego. To race or donate visit <http://bit.ly/1sukUCT>.

amazon smile
You shop. Amazon gives.

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost. For more information, to sign up & shop visit— <http://smile.amazon.com/>.

The Unrecables

{re}Register Ralphs Card [each Sept]

The Unrecables Ski Club is a non-profit, volunteer-based organization, serving the recreational needs of people with disabilities. They promote adaptive sports, and encourage people with disabilities to participate in sports, recreational, and social activities in their

communities. The club is a member of the LA Council of Ski Clubs.

Log in to www.ralphs.com. Click on **Community Contribution**. Click on **Participant**. Follow the easy steps to enroll. **Their NPO# is 80831**. Be sure to complete all information.


To volunteer visit unrecables.org or email info@unrecables.org.



TRIPPING around

Details and flyers can be found under **TRIPS** at PacificRimAlliance.org

As a member of the Radar River Rats you are eligible to participate in LA Council or FWSA activities.



Join the Rats for our 14th Annual
Wine Maker Dinner
 Fundraiser for Can Do MS

Saturday, Sept 27, 2014, 5 PM
 10818 Viacha Dr, San Diego

Sign Up

☐ YES, please sign me up!
☐ Sorry I won't be able to attend. Accept my donation.

About the Dinner

- The dinner will consist of 6-7 courses with an exquisite wine specifically matched to each course.
- The dinner typically lasts 5 hours.

For Information **\$100***

Call Gene at 858-467-9469

Send your \$100* Tax Deductible Contribution payable to

Can Do MS c/o Gene Fulkerson
 10818 Viacha Dr., SD, CA 92124

ALL proceeds to benefit

Can Do MS formerly
 Heuga Center for MS
 IRS 501(c)(3) No. 74-2337853
www.msando.org •
 970-926-1290

** 100% Tax Deductible. Since this is a fundraiser for charity, there will be no refunds.*



Radar River Rats radarriverrats.org

- | | | |
|-----------------|---------------|----------------|
| • Water Ski | June — Oct | Patricia Ortiz |
| • Dinner for MS | Sept 27, 2014 | Gene Fulkerson |



Pacific Rim Travel & Events

pacificrimalliance.org

- | | | |
|-----------------|------------------|----------------|
| • Bike | One Friday/Month | Gene Fulkerson |
| • Water Ski | June — Oct | Patricia Ortiz |
| • Dinner for MS | Sept 27, 2014 | Gene Fulkerson |
| • Cabo San Jose | October 21-31 | Catherine Ohl |
| • Big White | Dec 7-14, 2014 | Gene Fulkerson |
| • Italy | Tentative 2015 | Gene Fulkerson |
| • Big White | April 5-12, 2015 | Gene Fulkerson |
| • New Zealand | Tentative 2015 | Gene Fulkerson |



LA Council Travel & Events

lacouncil.org

- | | | |
|---------------|--------------------|---------------|
| • Peak 2 Peak | Oct 8-12, 2014 | usarc.org |
| • Snow Gala | Nov 2, 2014 | Paula Hazzard |
| • Whistler | Jan 31-Feb 7, 2015 | Laura Priess |



FAR West Travel & Events fwsa.org

- | | | |
|----------------|--------------------|----------------|
| • Africa | Sept 5-20, 2104 | Debbie Stewart |
| • Cozumel | Oct 11-18, 2014 | Randy Lew |
| • Whistler | Jan 31-Feb 7, 2015 | Nancy Ellis |
| • Val d'Isere | March 2015 | Debbie Stewart |
| • Heli- Ski | March 16-20, 2015 | Nancy Ellis |
| • Whitefish | Mar 30-Apr 4, 2015 | Nancy Ellis |
| • Convention | June 4-7, 2015 | Eileen Sanford |
| • River Cruise | June 18-24, 2015 | Nancy Ellis |
| • Fiji | Fall 2015 | Randy Lew |

wanna RACE?

If you'd like to test your skills in a race course, as a member of Pac Rim you can race in League, Council and Far West sponsored races. **More information is available at fwra.com.** Here's a list of the major races.


December 2014
 January 2015
 February 2015
 TBA 2015 (Sat/Sun)
 TBA 2014 (Fri-Sun)

LA Council Race/Ski/Board Camp
 Rokka League Race/Ski/Board Camp
 FWSA Ski Week (GS/SL)
 SoCals Championships (GS/SL)
 FWRA Championships (pacesetters)




TRIPPING AROUND with la council WHISTLER—join the far west ski week in 2015

...one of the leading ski resorts in the world




ANNUAL SKI TRIP WHISTLER JAN 31 THRU FEB 7 2015



Far West Ski Association Annual Ski Trip

Trip leader: Laura Priess



**We're going to Whistler!! Sign up and relax!
FWSA and LAC takes care of everything. Price includes:**

- ☒ Round trip airfare from LAX to Vancouver, BC* Round trip ground transportation to hotels
- ☒ Seven Nights Lodging
- ☒ 5 of 7 day adult lift ticket (6th day and/or senior also available)
- ☒ Registration • Welcome party, mountain Picnic
- ☒ Mountain rally • Racing
- ☒ Cocktail parties
- ☒ Club/council night dinner • Pub crawl
- ☒ Ski week banquet • Awards apres party


* Passport MUST be valid for 6 months after end of the trip and No criminal convictions (including DUI's).

Price* :\$2,125 (Westin) or \$1,760 (Delta Whistler) • Trip insurance is highly recommended
 *air fare estimated at this time *subject to Canadian dollar exchange rate
 To attend this trip, you **MUST** be a member of an LA Council club or a direct FWSA member


Payment Schedule	Cancellation Fees w/replacement	Without Replacement
Deposit at signup \$300	Sept 15, 2014 - LAST Day to Cancel WITHOUT any penalty	(It is up to the cancelling party to find a replacement. Trip leader will assist from the wait list, if any)
Due before June 20, 2014 \$400	Sept 16, 2014 on : \$150 (for name change fee)	July 21 to Sept 15.....\$150
Due before Aug 1, 2014 \$400		Sept 16 on.....Full cost of trip
Due before Sept 10, 2014 Balance		

IMPORTANT AIR AND GROUND TRANSPORTATION ARE AVAILABLE THROUGH FAR WEST SKI ASSOCIATION AT COMPETITIVE PRICING. IF YOU PURCHASE YOUR AIR AND GROUND TRANSPORTATION THROUGH FWSA AND YOU MISS YOUR GROUND TRANSFER DUE TO AIRLINE DELAYS, FWSA WILL BE RESPONSIBLE FOR ARRANGING OTHER TRANSPORTATION TO YOUR LODGING.

Page 1 of 2
Far West Ski Association:CST #2036983-40 • Los Angeles Council of Ski Clubs: CST #2083418-40




ANNUAL SKI TRIP WHISTLER JAN 31 THRU FEB 7 2015



Far West Ski Association Annual Ski Trip

Trip leader: Laura Priess



***2,125 Westin Hotel (2 people per unit - ONLY 8 pillows = 4 UNITS available)**
 1 King Bed with full kitchen & refrigerator. Steps to both Mountain Gondolas, and in Center of Village with several restaurants available. Includes: internet access (complimentary) bathrobes, laundry facilities, workout facilities, underground parking, gas fireplace and spa. Single supplement available (+ \$970).

***1,760 Delta Whistler: (2 bdrm/2 bath - 4 people per unit - 28 pillows = 7 units)**
 (Typical configuration: 1 king bed w/ attached bath; and 2 twins w/ detached bath) Includes items as noted below for the 1 bedroom units.

***1,760 Delta Whistler: (1 bdrm/1 bath - 2 people per unit - 14 pillows = 7 units)**
 Includes: full kitchen with refrigerator, coffee/tea maker, phone, hair dryer, flat screen TV, toiletries (complimentary), bathrobes, washer/dryer, full service hotel, internet access (complimentary), workout facility, pay parking, gas fireplace, spa, ski storage (note: 10 minutes to lifts). Single supplement available for 1 bedroom units only (+ \$610).

For more information: Laura Priess (818) 364-8923 e-mail: buffyzoom@aol.com
 Send checks (payable to LAC) to: Laura Priess, 13251 Woodcock Ave., Sylmar, CA 91342

Name: _____
As it appears on your government ID. We are NOT responsible for discrepancies between the name on your I.D. and name on your airline ticket.

Address: _____ City: _____

State: _____ Zip Code: _____ Phone # _____ Cell # _____

Name you go by: _____ Roommate Preference: _____ (not guaranteed)

Lodging choice: _____ \$ _____
 Add or Reduce to Price: _____ Email: _____

6 day senior lift ticket - MUST REQUEST 6 day senior (no additional charge)
 5 day senior lift ticket - 40
 6 day adult lift ticket + 51 Westin single supplement + \$970
 No air fare + \$325 Delta Whistler single sup. + \$610
 No lift ticket - \$285
 No ground transportation - 100
Your Price Package: \$ _____

Any comments for Laura? Put in this box

Your ski club: _____

Page 2 of 2
Far West Ski Association:CST #2036983-40 • Los Angeles Council of Ski Clubs: CST #2083418-40

As a member of the Radar River Rats you are eligible to participate in LA Council or FWSA activities.

LAKE BREAKING news

Park City resorts to host 2019 World Championships



The International Ski Federation (FIS) announced today that the U.S. Ski and Snowboard Association (USSA), in partnership with the Olympic community of Park City and State of Utah, has been awarded the 2019 World Championships for freestyle, freeskiing and snowboarding.

The bid features a partnership of three resorts for an event that will host at least 12 competitions over 10 days in February 2019. **Deer Valley** will host the freestyle skiing events of moguls and aerials, which is in keeping with its

snowboarding ban. **Park City Mountain Resort** will host halfpipe, slopestyle and big air skiing and snowboarding. Rounding it out, **Canyons** will take on the skicross and snowboardcross.

The 2019 World Championships will be a major global event featuring the largest showcase of winter action sports outside the Olympics. Partnership with FIS and other athletic sanctioning bodies, together with the State of Utah and Park City community will help to shape this as an historic event in freestyle, freeskiing and snowboarding. ■



Pacific Rim Alliance invites you to...

Cabo San Jose, Mexico October 21–31, 2014

Choose your dates & length of stay

Royal Solaris

● *The All-Inclusive Basics*

- Spacious Hotel Room with Stocked Mini-Bar
- Choice of King or Queen-Queen Murphy Bed
- Unlimited Meals, Alcohol, Soft Drinks
- Five Restaurants & Four Bars
- Two Swimming Pools and Two Jacuzzis
- Steam Room and Fitness Center
- Weekly Activity Programs
 - Beach & Pool Volleyball, Aqua Aerobics, Water Games, Dancing Lessons, Yoga
- Dinner Shows and Theme Nights
 - Mexican, Latin, Cinema Solaris, Evolution of Dance
- Live Music in the Lobby Bar most nights
- Scuba Diving Demo at the Diving Pool
- Taxes & Tips

● *Member Benefits Include*

- Round Trip Transportation from Airport
- Ocean View Room
- Robe & Slippers
- Free Wi-Fi
- Member Gourmet Breakfast
- Premium Bar & Members Only Lounge
- Premium Dinner Menu & Advance Reservations
- Reserved Seating at Dinner Shows
- Caribbean Night with Brazilian Dancers & Fire Show
- Excursion (1 free for 6-day+ stay) choice of
 - Snorkeling, Camel Ride on Beach, Ziplining

● *Pricing* [double occupancy]

\$82* per Person per Day

- Includes Basics and Member Benefits

\$464 for 2 Persons for 4 Nights

- Includes Basics and Member Benefits
- **Must attend a 90-min [low-key] time-share presentation**
- Can add Nights for \$82* per Person per Day

** Price increases to \$91 pppd after July 10, 2014.*

● *Extras Available (\$)*

- Room Service
- Business Center
- Spa, Beauty Salon and Shops
- Shuttle Service to Cabo San Lucas
- Tours Operated by Outside Company On Site offers Zipline, Fishing, ATV, Diving, Swim with Dolphins

● *The Fine Print*

- Can use Credit Card to Pay [no additional charge]
- Entertainment/Programs subject to change
- Solaris is a time-share and you will be asked if you want to attend a presentation. In our experience, if you say no they will leave you alone.
- Royal Solaris is located in Cabo San Jose, only 15 minutes from the San Jose International Airport (SJD) and just 20 minutes from Cabo San Lucas.
- Trip Insurance is recommended.

Information & Reservations... Catherine Ohl at ohl@acatmeowz.com or 858-405-0637



Big White, Canada

December 7–14, 2014
or April 5–12, 2015

Basic Trip Price \$700 Includes

- 7 Nights Lodging Inn at Big White [double occupancy]
 - Ski In / Ski Out
 - Standard Room with Queen + Queen Murphy
 - Rooms have Mini-Fridge + Coffee Maker
 - Free Wi-fi
 - Hot Tub + Pool
 - GST, PST, Hotel Taxes
- 6 Days Lift Tickets
- Transfer to/from Kelowna Airport
- Welcome & Après Ski Parties



Extras

- Single Supplement available on request
- Air NOT Included
 - United + West Jet flies Non-Stop from LAX
 - Air Canada / Jazz + Alaska / Horizon flies into YKL
- Tips NOT Included
- Trip Insurance Recommended

About Big White

- 25 feet annual dry powder.
- 2,800 patrolled skiable acres.
- 2,550 feet of vertical.
- 4.5 miles is longest run.
- 6% ◆◆ 22% ◆ 54% ■ 18% ●
- 118 designated trails.
- 10 ski lifts (6 are high speed).
- Free Daily Hosted Tour at 10:30 AM.
- 18 Restaurants & Bars.
- Typically Best Early Season Powder Skiing.
- Awesome Glade Skiing



Payment

- \$200 Due NOW
- \$500 Due October 1, 2014
- No Cancellation after Oct 1, 2104

Information

- Gene Fulkerson
- 858-467-9469 [h]
- gene@pacificrimalliance.org

Make checks payable Pacific Rim Alliance. Mail to Gene Fulkerson, 10818 Viacha Dr, San Diego, CA 92124

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, wake boards, vests, sunshades, instruction for beginners to experts, sandy beaches for camping and sunning, five meals on Saturday & Sunday, and all the beer and soda you can drink at the river. All this is yours for only \$145 plus carpool expenses.

Non-skiers & children are welcome to join in the fun for \$75 & \$35, 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 11 AM. There will be a one-hour break for lunch on Saturday. Garbage omelets will be served for brunch on Sunday. Boat drivers may operate extended hours, but it is at their discretion.



\$145*

PRICES—

\$145 **	Skier / Boarder
\$75 *	Non-Skier
\$35 *	Child 6-12
Free *	Child 5 and under

* May not ride in club boats during club hours.

** May be subject to a fuel surcharge if gas goes above \$5/gal.

June 20-22

July 11-13

July 25-27

Aug 8-10

Aug 22-24

Sept 5-7

Sept 19-21

Oct 3-5

Oct 17-19

2014 COLORADO RIVER SCHEDULE

Trip Includes—

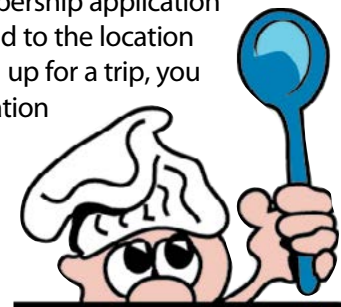
- 1 Full & 1 Half Day Boarding & Skiing
- Beach on the River
- Camping with Full Hook-Ups
- Ski Equipment & Instruction Provided
- Happy Hour, 5 Meals, Beer, Wine, Soda, Water

Available at Needles Marina—

- Pool
- Showers
- 6 PM Check-In (5 PM Check-out)
- Option to Ski/Board on Friday

SIGNING UP—

You must be a member of the HEASB Water Ski Club aka Radar River Rats 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 or on the web site.



We take up to eight skiers per boat. After we fill a boat, we designate a driver for the Club. You should be notified by 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 two weeks before the trip date, and only if you are confirmed on the trip. Any check written for over \$145 will be cashed upon receipt.

We will be releasing our reserved campsites 2 weeks before our reservation. You really need to sign up early to be assured we have a spot for you on the trip. If you are staying at a motel, we should probably be able to accommodate you. **There may be a surcharge for a solo requesting a hook-up.**

CAMPING—

Our weekend trips are scheduled at Needles Marina, Needles, CA. Our campsites are along a stretch of beach on the Colorado River. We've reserved 4 campsites close

together with full hook-ups. Our sites will vary from trip to trip. Tent camping is also available.

Running water, flush toilets, showers, laundry, a store and a pool are also included in our entrance fees. Needles Marina is located near the Bridge that crosses the river and the cheap gas in Arizona. In addition hotels are minutes away or you can check out the cabins available at the marina.

The River water temperature is usually in the low to mid 70s. 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. We strongly recommend you bring personal umbrellas & float toys.

OUR CAMPGROUND—

After almost 35 years at Park Moabi we have moved to Needles Marina. It's a great location with many advantages. There is a pool, laundry, showers and cabins on site for rent. We are close to town and closer to Laughlin.

The check out time is 5 PM so we won't be chased out of the campground at 11 AM. The late check-out means there's a late check-in time of 6 PM. Therefore we will be reserving some campsites starting Thursday night.

There is now a possibility to ski/board on Friday. There will be a \$10 per ride charge to be paid directly to the boat driver. In addition, you will need to pay the \$10 per person entrance fee if arriving before 6 PM on Friday. You will need to bring your own food and drinks for Friday.

Needles Marina is charging \$10 per person per day entrance fee for everyone, including children. You will either be told what prepaid campsite to claim or we will have you pay the fee and will reimburse you. EVERYONE will have their entrance fee paid regardless the number of people in a vehicle. The only exception may be a single in a trailer/RV requiring their own campsite. Reimbursements will be made after the trailer is packed on Sunday.

HOOK—UPS—

Each campsite comes with full hook-ups for one RV or trailer. We've prepaid for four campsites that cover the entrance fees for 4 people each. If you are bringing a RV or trailer, it's important that you sign up early. Hook-ups will be assigned on a first signed up first served basis. Priority will be given to boat drivers and the trip leader. If we get sign-ups early enough we can try to add more campsites. There is an additional charge of \$5 per air conditioner on your RV or trailer. You will be required to pay that when you check in.

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. Since many of us now own RVs with air conditioning, most of the lunch and dinner preparations are done inside. Our chef will need help with BBQ prep. Everyone needs to help with clean up.

Breakfast will consist of cereal, bagels, donuts or muffins. Saturday lunch is typically pasta salad with chips, salsa and veggies. Cocktails and appetizers are served Saturday at 5 PM. Sunday brunch is garbage omelets, pancakes or whatever is left over. The dinner menu varies from trip to trip; it will include bar-b-que chicken with 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 at our campsite on Friday. Gene usually unpacks the trailer and sets up the tables and drinks. If he needs help on Saturday, set up gets done before skiing. On Sunday, we will need help in breaking down camp and cleaning up.

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.

Everyone MUST Sign A Liability Release Waiver.

SUGGESTED ITEMS TO BRING—

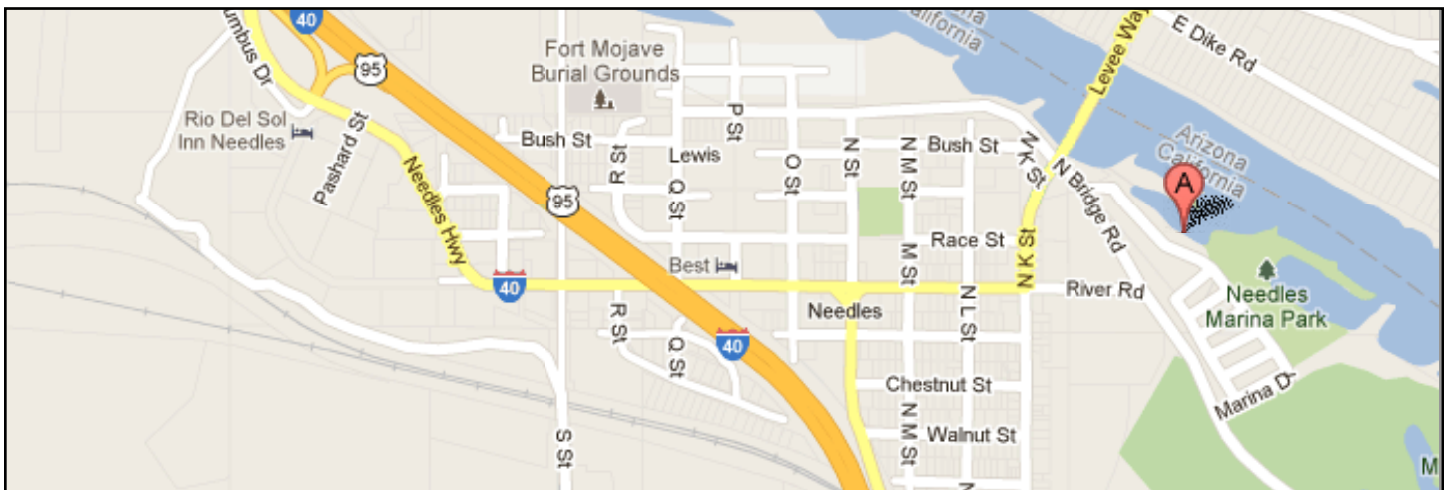
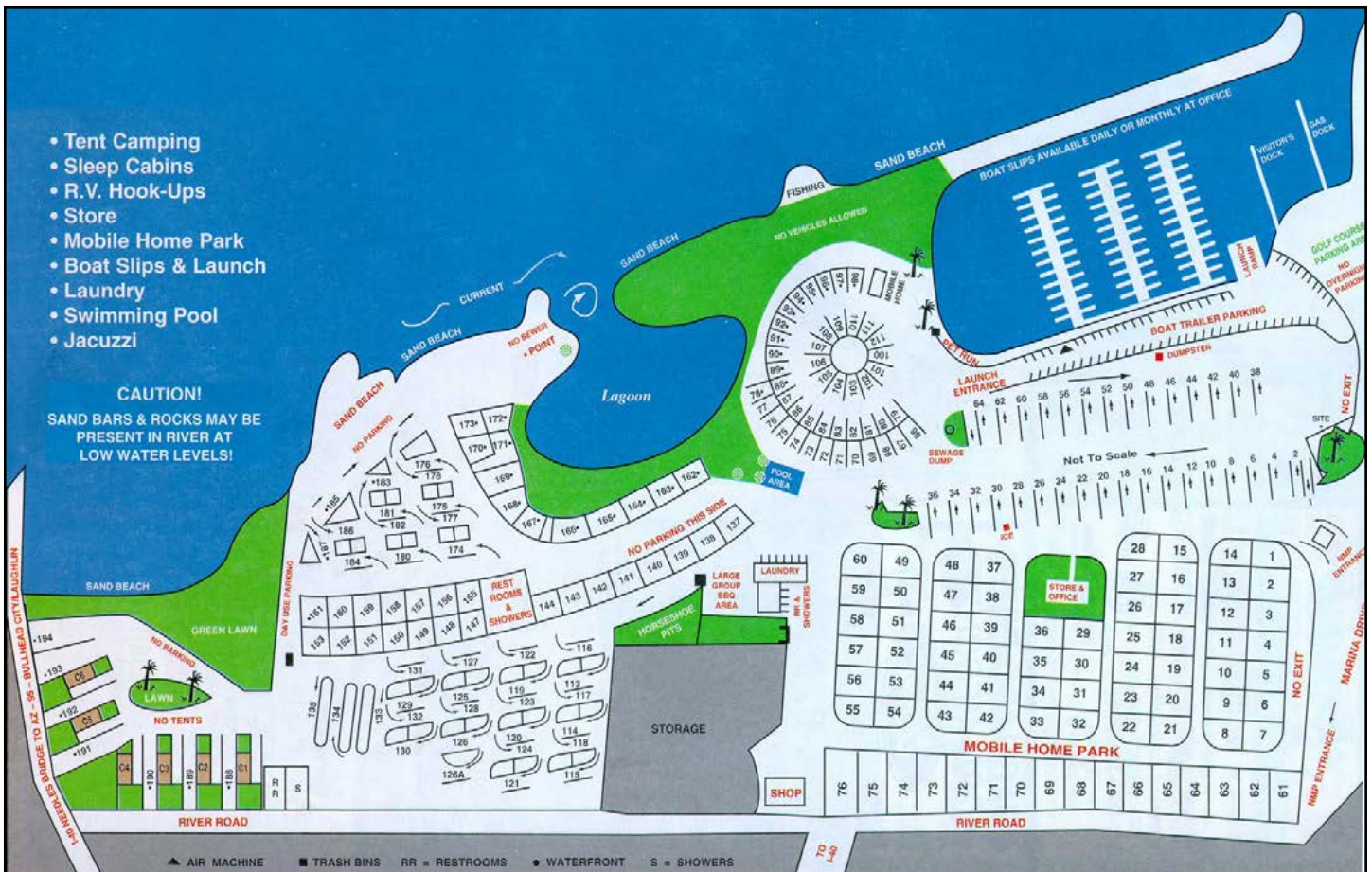
Hat/Visor	Ski Gloves	Swim Suit
Sunglasses	Tee-Shirt	L/S Shirt
Sunscreen	Beach Umbrella	Beach Chair
Sandals	Insect Repellent	Towel
Flashlight	Drinks/Food for Friday	Sm. Cooler

MAP OF NEEDLES MARINA

This is a Map of Needles Marina, located in Needles, CA along the Colorado River, where the Rats will camp and play nine weekends throughout the summer. We don't get the same campsites every weekend, so the Campsite Tracker on the right should help you find where we are located on any given weekend. The bottom map shows you where in Needles we will be.

Campsites for 2014

June 20–22	170-173		
July 11–13	170-173	July 25–27	170-173
Aug 8–10	169 / 171-173	Aug 22–24	169 / 171-173
Sept 5–7	169 / 171-173	Sept 19–21	169 / 171-173
Oct 3–5	169 / 171-173	Oct 17–19	168 / 171-173





2014 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): _____	Cell Phone: () _____
Home Address: _____	Emergency: () _____
City: _____ State: _____ Zip: _____	Contact: _____

** Note — Email will be the tool used for most of our communication with members. Please print clearly.

The membership year is from April 1 through March 31.

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



_____ \$20 **Single Membership**

_____ \$40 **Family Membership** (two or more skiers at same address and includes skiing kids under 18)

There is no membership fee for a non-skiing child 12 years and under.
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 03/2014

2014 HEASB Water Ski Club Reservation Application



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

Circle Trip Date: June 20–22 July 11–13 July 25–27 August 8–10 August 22–24 Sept. 5–7 Sept. 19–21 Oct. 3–5 Oct. 17–19

Name: _____ E-mail: _____
Home Addr: _____ Cell Ph: () _____
City: _____ Zip: _____ Home Ph: () _____
In case of emergency, notify: _____ Phone: () _____

My reservation is for the following: _____ Water skier \$145* _____ Non-skier child (6-12) \$35
_____ Non-skier \$75 _____ Child (5 and under) FREE

Make check payable and send with this form to: HEASB WATER SKI CLUB, P.O. Box 3080, El Segundo, CA 90245.

Reservations must be received THREE weeks before the trip. Cancellation must be received IN WRITING AT LEAST TWO WEEKS before trip date. No substitutions without the Trip Coordinator's permission. The HEASB Water Ski Club reserves the right to reject a reservation. For further information, call Simone before 9 pm at 714-841-5562. *May be subject to fuel surcharge if gas is more than \$5 per gallon. **There may be a surcharge for a solo requesting a hook-up.**

REQUIRED VEHICLE/TRANSPORTATION INFORMATION (your form may be returned if not complete)

The Trip Coordinator will try to arrange carpools for those wishing to travel with the club. Each passenger will pay the carpool driver for transportation expenses, an amount determined by the driver (typically \$35-\$60) beforehand. Most drivers leave on Friday after work and arrive at Needles Marina around midnight. Your request for a specific carpool is not guaranteed. Arranged carpools will be non-smoking.

Most all of you will use our pre-paid credit when you arrive at Needles Marina. Anyone paying the entrance fee will be reimbursed on Sunday. Someone will let you know what campsite you are assigned to and whether to pick up a credit.

Arrival before 5 PM on Friday may cost an additional \$10 per person or \$40 per camp site.

_____ License Plate: _____ Year, make, model of vehicle: _____
_____ I prefer to drive myself to the river.
_____ I am available to drive my vehicle to the river and can take this many _____ passengers.
• Other passengers: _____
_____ I prefer a ride to the River. Carpool Driver Preference: _____
• How much gear will you bring? Ski: _____ Chair (type): _____ Tent: _____
• Other bulky items? _____
_____ I need a hookup for my RV or Trailer. **There is an additional \$5 per air conditioner per day fee for each unit.**
_____ I am bringing a boat _____ personal water craft _____. Check the web site for boat driver guidelines.
_____ I plan to ski on Friday arriving at _____. I will pay boat driver \$10/ride and bring my own food & drinks for Friday.

MEMBERSHIP

You must be a member of the Radar River Rats (HEASB Water Ski Club). The membership fee and application MUST be sent to Membership at the P.O. Box 3080, El Segundo, CA 90245. Membership should be a separate check.

I have paid my membership fee: _____ (Initial) (Non-skiers aged 12 and under, membership not required)

WAIVER MUST BE SIGNED AND ACCOMPANY PAYMENT

I am aware that participation in the RADAR RIVER RATS' events, has, in addition to the usual risks, dangers and hazards associated with travel, water skiing, air chairing, skurfing and boating, including, but not limited to: boarding, riding and disembarking boats; changing weather conditions, exposed rock, earth, trees or other natural objects; the condition of the water, skis and boats; impact or collision with other skiers, boaters, jet skiers; the failure to ski safely or within one's own ability or within designated areas; negligence of other skiers, boaters and jet skiers and negligence on the part of the organizations or their staff. I am also aware that the risks, dangers and hazards referred to above exist throughout the area and that many are unmarked. I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS, RESULTING THEREFROM.

PARTICIPANT (Please print clearly)

SIGNATURE (Parent if under age)

Revised 05/2014

Getting & staying **FIT**

YOGA for staying in shape in the off season

Instructions [photos on page 10]

Excerpted Anna Prato, Liftopia

Mountain Pose

Place your feet parallel and hip distance apart with your arms by your sides and palms facing forward. Ground down through your feet and engage your quadriceps as you lift both knee caps up.

Spin your inner thighs toward the wall behind you as you draw your tailbone toward the floor. Stand tall and relax the tops of your shoulders as you expand across your collar bones and broaden through your shoulder blades. Imagine yourself as a sturdy and powerful mountain.

Tree Pose

Stand in Mountain Pose. Bring all of your weight on to your left leg. Bend your right knee and slowly lift your right leg up only as far as you can while still remaining steady. Rotate your right leg so your knee points toward the right.

Place your right foot on your left leg (either above or below the knee but directly on the side of your knee) with your toes point toward the floor. Bring your hands together at your heart and find one spot in front of you to gaze at for stability.

If you feel stable enough, raise your arms up over head and reach your fingertips toward the ceiling. When you are ready to come out of the pose slowly lower your arms then remove your foot from your leg and slowly lower your foot to the ground. Repeat on the other side.

Chair Pose

Stand in Mountain Pose. Inhale as you bend your knees and sweep your arms out and overhead with the palm facing each other. Sit back as if you were going to sit down in a chair.

For tight shoulders keep your arms wide. Soften your shoulders away from your ears. If your front ribs start to puff out, soften them in towards the body and broaden between the bottom of your shoulders blades.

Maintain a neutral pelvis, draw your sit bones toward the floor and release your inner thighs toward the floor. Press firmly into your feet and extend all the way through your fingertips.

On an inhale straighten your legs and exhale as you release your arms back to your sides.

Plank

Start on all fours and place your hands on the floor shoulder distance apart with your fingertips pointing forward. Step your feet back into a high pushup position.

Adjust your shoulders so they are directly over your wrists and straighten your arms. Imagine a line of energy from the crown of your head, through your shoulders, hips and then extending through your heels.

Ardha Matsyendrasana

Sit on the floor with both legs extend straight in front of you. Bend your left leg and place your left foot on the outside of your right leg (your left foot is flat on the floor and knee pointed toward the ceiling).

Bend your right leg and slide your right heel so that it is next to the outside of your left hip (your right knee is now on the floor pointing straight in front of you).

Place your left fingertips on the floor behind you and use your arm like a little kickstand to lengthen up through your

spine.

Inhale reach your right arm straight up as you lengthen your spine. Exhale as you twist to the left, bend your right arm and hook your elbow on the outside of your left knee (palm facing away from you and fingers pointing toward the ceiling).

Gaze your left shoulder. On an exhale slowly come back to center. Repeat on the other side.

Warrior II

Step wide along the long side of a yoga mat. Check your stance by holding your arms out in a T shape.

The general guide is that your ankles are under your wrists. From deep within your right hip socket rotate your right leg 90 degrees so your toes point toward the right short side of your mat.

Slip your left heel back so that your left toes are now slightly turned in. Inhale raise your arms shoulder height and exhale bend your right knee until it is directly over your right ankle.

Turn your head, without turning your torso, and gaze over your right finger tips. Keep your legs strong and active, lengthen up through the torso and avoid collapsing over the right thigh.

Stretch out vigorously through all of your fingers and soften your shoulders away from your ears.

On an inhale come up out of the pose and then repeat on the other side.