

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



## Summer Update

June / 2016

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## Important Dates

### June 16-19, 2016

### July 7-10 & July 21-24, 2016

### Aug 4-7 & Aug 18-21, 2016

### Sept 8-11 & Sept 22-25, 2016

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

### October 1, 2016

Wine Maker Dinner for MS  
San Diego, CA [See page 3 for details](#)

### October 6-9 & 20-23, 2016

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

### October 25-November 1, 2016

Fun Trip to Cabo San Jose  
[Contact ohl@acatmeowz.com](mailto:ohl@acatmeowz.com)

### December 3-10, 2016

Snow Ski Trip to Big White, Canada  
[Contact gene@radarriverrats.org](mailto:gene@radarriverrats.org)

### January 28 – February 4, 2017

Snow Ski Trip to Breckenridge with FWSA  
[See http://fwsa.org/Travel/travel.html](http://fwsa.org/Travel/travel.html)

### April 1-8, 2017

Snow Ski Trip to Big White, Canada  
[See page 18 for details](#)

**Check it out at [www.RadarRiverRats.org](http://www.RadarRiverRats.org)!**

# SOUNDING bored

We had a good year in 2015 and are headed back to Needles Marina for the summer.

## Pricing for 2016

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 to keep our prices as it.

- Skier fee remains at \$145 based on a gas cost of \$5 a gallon 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 2016. 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 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. You pick the dates that suit you best. Gene & I will be there the whole time. Price is about \$77 USD per day per person for lodging **AND** lift tickets. Ground transfer is approximately \$75 USD. Air is available out of LAX on Alaska, Air Canada and West Jet and priced from \$400 round trip. [see page 16 & 18] ■

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 (#172 & #173) with all the trees reserved again for our trips. The lagoon didn't get dredged like the marina had hoped. Oh, well, maybe next year.

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 2016.

## Wine Maker Dinner

The date for the Wine Maker Dinner is Saturday, October 1, 2016. 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 3]. ■


Gene



# TRIPPING around

Details and flyers can be found under **TRIPS** at [PacificRimAlliance.org](http://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 15<sup>th</sup> Annual*  
**Wine Maker Dinner**  
Fundraiser for Can Do MS

**Saturday, October 1, 2016, 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](http://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](http://radarriverrats.org)

- Water Ski June — Oct Patricia Ortiz
- Dinner for MS Oct 1, 2016 Gene Fulkerson



## Pacific Rim Travel & Events

[pacificrimalliance.org](http://pacificrimalliance.org)

- Bike One Friday / Month [Gene Fulkerson](#)
- Water Ski June — Oct [Patricia Ortiz](#)
- Dinner for MS Oct 1, 2016 [Gene Fulkerson](#)
- **Cabo San Jose** Oct 25–31, 2016 [Catherine Ohl](#)
- Big White Dec 3–10, 2016 [Gene Fulkerson](#)
- Big White April 1–8, 2017 [Gene Fulkerson](#)



## LA Council Travel & Events

[lacouncil.org](http://lacouncil.org)

- Snow Gala Nov 4, 2016 Karen James
- Ski Dazzle Dec 2–4, 2016 [skidazzle.com](http://skidazzle.com)
- Breckenridge Jan 28–Feb 4, 2017 Sandy Blackwell



## Far West Travel & Events

[fwsa.org](http://fwsa.org)

- Convention June 9–12, 2016 [Linda Westund](#)
- Ireland Sept 11–26, 2016 [Debbie Stewart](#)
- Fiji Sept 24–Oct 8, 2016 [Randy Lew](#)
- Breckenridge Jan 28–Feb 4, 2017 [Nancy Ellis](#)
- San Anton Mar 12–26, 2017 [Debbie Stewart](#)
- Sun Peaks Mar 21–26, 2017 [Nancy Ellis](#)
- Convention June 6–11, 2017 [Michael Bouton](#)
- Vallee Nevado Summer 2017 [Debbie Stewart](#)

## 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](http://fwra.com).** Here's a list of the major races. Races are scheduled for Mammoth unless otherwise noted.

December 2016  
January 2017  
February 2017  
March 2017  
April 2017 (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 (Mammoth)



# MEMBER posting

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

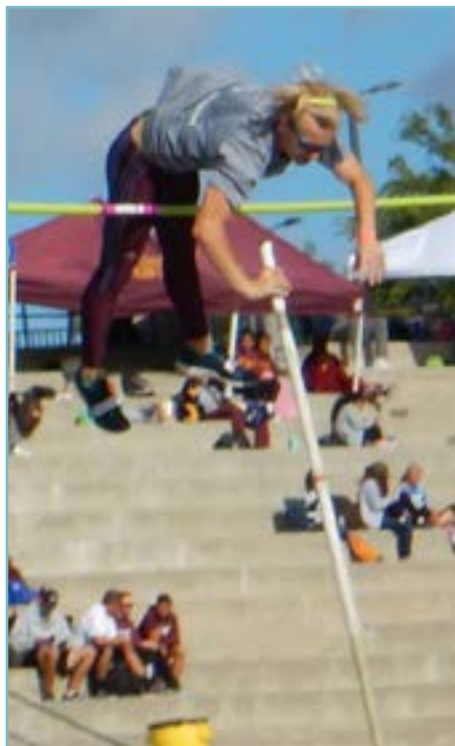
photos taken from their facebook pages



*We have missed Seena and Troy... Alexis is growing up way too fast.*



*Read about Cathy Combs finding half-sibs she knew nothing about. It's an interesting story— <http://blog.myheritage.com/2016/05/our-stories-uncovering-a-brood-of-half-siblings/>*



*Sean Griffin made the State Championships for pole vaulting held in San Diego... a worthy experience.*

## 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

# SNOW INDUSTRY bulletin

## exciting CHANGES for skiers in the west

Excerpted from *saminfo.com*

### Intrawest goes RFID

Intrawest Resorts Holdings has announced that Radio-Frequency Identification (RFID) technology will be initiated at its Steamboat and Winter Park resorts for the upcoming 2016 and 2017 winter season with SKIDATA.

All daily lift tickets, season passes and frequency products will be available on QuickTrax™ cards, which are embedded with an RFID chip to enable hands-free access to lifts.

### Free Parking at Park City

Park City Mountain Resort (PCMR) has committed to not charge for parking in the surface lots at the Resort Center and at Canyons Village during the upcoming ski season.

Vail Resorts has poured significant resources into building a gondola linking PCMR and Canyons Resort into a single property, the largest mountain resort in the U.S. This raised fears that parking fees would be accessed to offset the investment.

### Mammoth SKYBOX

Mammoth has introduced a SKYBOX program for businesses, which includes private skiing via helicopter or snowcat, a private clubhouse, luxury ski-in ski-out lodging and a chance to cut lift lines at Mammoth Mountain.

The Silver membership annual fee of \$30,000, gets a company two shareable "black cards" for skiing, biking and other activities plus a personal concierge, 10 additional lift tickets, members-only lift lines, 20 percent off lodging, private access to the SKYBOX club and dining room for all company employees, and family and friends.

### Most Expensive Lift Pass

If you are going skiing this winter, plan ahead. In my opinion, you can't beat the Vail Pass or the Mountain Collective. It all depends on where you want to ski. Here's a list of most expensive lift ticket prices when purchased at the window

\$126	Deer Valley
\$130	Jackson Hole
\$135	Keystone / Heavenly
\$139	Squaw / Alpine
\$140	Northstar at Tahoe
\$144	Winter Park / Copper Mountain
\$149	Aspen
\$159	Steamboat
\$164	Breckenridge
\$175	Vail / Beaver Creek ■



photo courtesy Portillo

*Portillo, owned by American Henry Purcell, is the oldest ski area in South America. Portillo is the summer home to the US Ski Team.*

## a skier's BUCKET LIST

Where will your next ski adventure take you? Here's a list worthy of a skier's bucket list — from Alaska to Ushuaia. How many have you skied?

**Zermatt, Switzerland.** Centered on the Matterhorn Zermatt offers an unrivaled panorama with a year-round ski season on the glacier.

**Sochi, Russia.** Sochi, home of the 2012 Olympics boasts almost 5,800 feet vertical features countless runs and stunning.

**Lake Louise.** The Canadian Rockies have some of the best skiing in the world and Lake Louise, typically one of the first resorts to open, is second-to-none in terms of scenery.

**Val d'Isère, France.** Home to the French ski legend Jean Claude Killy, Val d'Isère provides some of the best turns in the French Alps, including the intimidating Face de Belvedere.

**Diamond Peak, USA.** Tahoe's Diamond Peak is the locals' tip for undiscovered, affordable skiing with around 40 percent of the runs marked for advanced skiers and 360 degree views.

**Zao Onsen, Japan.** Zao Onsen provides the best of Japanese skiing: excellent powder, hot springs and its natural ice monsters (snowghosts.)

**Portillo, Chile.** Sitting on the edge of Inca Lake, South America's oldest resort is 100 percent above the treeline. With just one hotel and no town, the place has a unique ambience and no crowds.

**Ohau, New Zealand.** Located on South Island, near Wanaka, most of the terrain is off-piste, offering incredible uncrowded slopes, but there are a few groomed runs, too.

**Cerro Castor, Ushuaia, Argentina.** There is something magical about skiing in Ushuaia where snow-capped mountains meet the sea at the "end of the world." The ski resort sits at just 650 feet, with a vertical 3,500 feet. ■

# SKI PASS deals

## LIFT PASSES best of the 2016–17 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, Northstar, Park City, Vail, Afton Alps and Mt. Brighton. Now includes unlimited access to Perisher Resort in Australia.

\$809. Passes go off sale when sold out. [www.snow.com](http://www.snow.com).



### Mountain Collective

Photo: Whistler / Paul Morrison

Two days each at Alta/Snowbird, Aspen/Snowmass, Jackson Hole, Mammoth, Lake Louise/Sunshine Village, Squaw Valley/Alpine Meadows, Sun Valley, Whistler-Blackcomb and Thredbo. Includes 50 percent off all additional days.

\$399  
[www.themountaincollective.com](http://www.themountaincollective.com).



### Cal4nia Pass

Photo: Mammoth Mountain, CA

Unlimited access to Mammoth Mountain, Bear Mountain, June Mountain, and Snow Summit. Premium pass includes half-off lift tickets at Mountain Collective resorts.

\$849 (\$499 for seniors).  
Add \$100 for premium pass.  
<http://www.cali4niapass.com>.



### Tahoe Super Pass Gold

Photo: Squaw Valley, CA

Unlimited access to Squaw Valley and Alpine Meadows. Four days at Sierra-at-Tahoe and Sugar Bowl. Two days at Zermatt, Switzerland. This pass includes half-off lift tickets at Mountain Collective resorts.

Price to be announced.  
[www.squaw.com](http://www.squaw.com).



### Rocky Mtn. Super Pass +

Photo: Copper Mountain, CO

The Super Pass Plus offers unlimited skiing and riding at Winter Park / Mary Jane and Copper Mountain, plus 6 restricted days at Steamboat, 3 restricted days at Crested Butte, 3 restricted days at Ayleska, unrestricted days at Mt. Ruapehu, New Zealand.

\$569 (\$449 for 70+).  
[www.skicolorado.com](http://www.skicolorado.com).



### M.A.X. Pass

Photo: Big Sky, MT

Five days each with no blackout dates at 26 mountains all over North America includes these 11 western resorts Steamboat, Winter Park, Big Sky, Brighton, Crystal Mountain, Cypress Mountain, Summit at Snoqualmie, Copper Mountain, Mt. Bachelor, Boreal Mountain and Las Vegas.

\$649 (decrease of \$50 from last yr)  
[www.themaxpass.com](http://www.themaxpass.com).

# The world is abuzz with Sustainability

## *Not every ski area is a loser in light of rising temperatures*

Excepted from [saminfo.com](http://saminfo.com).

Early indications are that we are in for a warm but wet winter. So what does that mean for our ski areas today and the future?

Continued increases in both day and nighttime temperatures might threaten the livelihood of some ski areas, especially those at lower elevations. This could have a ripple effect on the industry.

Nobody is talking about the end of snow—in Colorado, in California, or in any of the ski resorts in North America. It's all about, whether or not there it will be enough to snow to cover our hills to sustain the business of the resorts.

Obviously rising temperatures are already a real problem for ski area operators at lower elevations.

U.S. temperatures have increased an average 1.3° F to 1.9° F since 1895, with most of that increase since 1970, according to the National Climate Assessment. Nighttime minimum temperatures have been rising, too.

This has already narrowed the windows of opportunity available for snowmaking. Those windows will narrow even more as global temperatures continue to rise.

On the other hand, some ski areas—higher, colder, and with the best snowmaking equipment—may actually thrive in coming decades, picking up business at the expense of resorts in these marginal locations.

Still, even the winners won't escape some of the fallout from rising temperatures. The new-skier/rider population could suffer if smaller ski areas are lost. Such low-elevation ski areas have long developed new skiers and riders and fed them to larger resorts. If those areas go out of business or, at a minimum, face greater

challenges, the whole industry can expect to shrink.

Global warming presents a myriad of questions for ski area resorts.

For ski areas barely above sea level, like Whistler, B.C., the warmer temperatures of the future have been entering into current investment decisions, such as the effort to locate infrastructure higher on slopes and making snow on their glacier.



High, interior locations like Colorado's Arapahoe Basin probably will have good snow for decades to come—but rising temperatures will likely reduce the days of powder skiing.

Sun Valley, the first purpose built destination ski resort in North America, turns 80 this year. Sun Valley Makes lots of snow but will they have enough snow 80 years from now to justify a business based on 90 to 120 days of skiing?

As rain increasingly replaces snow, even operators in the highest, coldest locations will face mounting challenges.

Climate change may be driving consolidation, with the geographically dispersed properties of Vail Resorts and Intrawest being the obvious models. One ski area might not be able to withstand three consecutive years of temperatures too warm for good snow. With diversity, there should be relative strength. ■



### *Horstman Glacier, Blackcomb*

The above aerial photo of the Horstman Glacier on Blackcomb from July vividly shows the effects that hot and very dry conditions left on this popular summer skiing attraction.

Instead of gleaming, wide open glacial snowfields that are heavily used by both the public and elite skiers, there is a skinny-looking white and black patch of ski terrain with a t-bar in the middle.

For years, Whistler-Blackcomb managers have monitored the Horstman Glacier and what they are seeing is similar to what is happening to other glaciers around B.C.

Glaciers are retreating at relatively fast rates at this point.

A good snow year can help insulate the glacier from the summer's sun and slow down the melting rate.

Starting this winter, the resort has guns and above-ground piping on the glacier with the hope that the buildup of snow over the winter will help maintain the snow for the summer use — and ultimately slow down the glacier's melting. ■



# Maintaining ski conditioning year round

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

by Gene Fulkerson

This 10-minute series, created by yoga teacher Jillian Pransky, helps you get focused on your health. All you need is a yoga mat and two yoga blocks.



## Mountain Pose

**Strengthens:** core, thighs

**Lengthens:** torso, spine Start in Mountain Pose, legs and feet together, heels slightly apart, and arms at sides with palms facing forward. Keeping spine long and shoulders rolled back and away from ears, spread toes and press all 4 corners of each foot into mat. Engage thighs and lower belly. Close eyes and slowly bring hands together at heart's center (shown). Hold for 3 breaths, fully inflating lungs and lightening upper body.



## Standing Side Lean

**Strengthens:** core

**Lengthens:** sides of body, arms Sweep arms overhead and interlace fingers, except index and thumb (a). Gently squeeze arms toward ears. On an inhalation, press feet down, engage thighs, and stretch up and evenly over to right (b). On an exhalation, gather belly into back, press feet down, and return to

center. Repeat on left side. Do each side 4 times, then return to Mountain pose.



## Mountain Pose-Chair Pose Flow

**Strengthens:** core, thighs, calves

**Lengthens:** torso, arms. Inhale and sweep arms up to sky, biceps alongside ears (a). On an exhalation, sweep arms down and behind body, bending knees and lowering hips. Inhale and reach arms overhead, biceps by ears with pinkies turned in toward each other, arriving in chair pose (b). On an exhalation, return to start. Repeat at least 10 times.



## Warrior II Flow

**Strengthens:** thighs, shoulders, core

**Lengthens:** sides of body, arms. Extend arms out to sides at shoulder height and step feet apart so they're directly under wrists, outer edge of back foot parallel to back of mat and toes of front foot pointing forward. Bend front knee, lining it up over front ankle, and come into warrior II with palms up (a). On an inhalation, straighten front leg and sweep arms overhead, bringing palms together (b). On an exhalation, return to

warrior. Repeat 10 times. Switch legs and repeat.



## Downward-Facing Dog

**Strengthens:** shoulders, arms

**Lengthens:** back, hamstrings, calves. Begin on all fours, knees hip-width apart and hands slightly more than shoulder-width apart. Curl toes into mat. Push down into hands and toes, then pull belly in and lift hips to sky, straightening legs to come into Downward-Facing Dog (shown). Spread toes and actively lift heels to come onto balls of feet. Press down strongly through palms and balls of feet and draw belly in toward spine. Hold for at least 5 breaths.



## Down-Facing Dog-Plank

**Strengthens:** shoulders, core, arms

**Lengthens:** back, hamstrings, calves From Downward-Facing Dog, inhale and pull torso forward, coming into plank pose (shown). Lengthen spine and press heels to back wall, engaging thighs. On an exhalation, push down into balls of feet and hands, pulling belly to spine and lifting hips back into downward-Facing dog. Flow between downward-Facing dog and plank 5 to 10 times.

 see page 13 for more...

# 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. ■

# COMMUNITY center giving BACK ... 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 **Oct. 1, 2016**. For more information contact

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

## Can Do MS

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

## Hope on the Slopes

**Ski & Ride For A Cure** has partnered with the American Cancer Society to manage events and collect donations to support programs, research and services.

The Ski & Ride for a Cure is a vertical tracking event. Participants register for the event, download the TraceUp app

and then ride! This is a season-long vertical tracking event for skiers and boarders. You can ski/board and track vertical anywhere worldwide. The participant(s) with the most vertical attained during the 2016/2017 season will be eligible for prizes.

For more information on this event, click [hots.kintera.org/SkiRideVert](http://hots.kintera.org/SkiRideVert).



## Recycle Program

The Rats recycle cans, bottles and glass at all our events. Each quarter we donate the proceeds to a charity. This quarter's donation goes to **St. Jude**.

Your donation makes a real difference. The daily operating cost for St. Jude is nearly \$2 million, which is primarily covered by public contributions. [www.stjude.org/waystohelp](http://www.stjude.org/waystohelp).



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— [smile.amazon.com/](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](http://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](http://unrecables.org) or email [info@unrecables.org](mailto:info@unrecables.org).



it's a **WRAP**

# WATER SPORTS on the Colorado River

*Needles Marina welcomes the Radar River Rats*

More photos can be found at [radarriverrats.org](http://radarriverrats.org)

**September 25—27, 2015**



*These kids are so much fun and all had success skiing behind the boat..*

**October 9—11, 2015**



*Every day is so beautiful at the river!!!*

**October 23—25, 2015**



*Brooke, Lucy and Sienna celebrating their success on the water ski trainer.*

photos courtesy Catherine Ohi



*Jayne's swan song... after this run she hung up her ski, vest and gloves.*



*Trudy, Linda and Mark relaxing after their ski run.*



*Paul taking out a boat load of skiers.*



*Love getting up early to watch the sun rise—spectacular.*



*Linda and Carmen enjoying the sun set during Happy Hour.*



*Enjoying Gene's infamous "everything but the kitchen sink" burritos.*

it's a **WRAP**

# PACIFIC RIM & RATS raise \$2,550 for **CAN DO MS**

*Our 15<sup>th</sup> Annual Wine Maker Fund Raiser Diner was held in San Diego, October 3, 2015  
in memory of our beloved friend **Jimmie Heuga***

Our 15<sup>th</sup> annual Wine Maker Dinner for Can Do MS raised more than \$2,525. Thanks everyone for your donations and support. We couldn't have done it without **Chef Mary Trimmins** and the seven fabulous wines and the special water that were donated.



photo courtesy Catherine Ohl

*Mary Trimmins photo bombed by Linda Newcomb Mathis*

The wine that has been donated this year is outstanding and each was perfectly paired with one course.

**Taittinger Brut La Francaise**  
donated by Kobrand Wine & Spirits

**Chalk Hill 2013 Chardonnay**  
donated by Foley Family Wines

**Isabel Mondavi 2013 Chardonnay**  
donated by Folio Wine

**Firestone 2012 Syrah**  
donated by Foley Family Wines

**Lincourt 2013 Pinot Noir**  
donated by Foley Family Wines

**Kenwood 2013 Pinot Noir**  
donated by Pernod Ricard

**Campo Viejo 2007 Gran Reserva Riojo** donated by Pernod Ricard

**Kenwood Jack London 2011 Cabernet Sauvignon** donated by Pernod Ricard

In addition, sparkling water was donated by **Solé Water**.



photo courtesy Catherine Ohl

*Rusty, George and Lyn Rae helping Mary plate and serve. They also did dishes.*

**Gene Fulkerson** worked with Mary as her Sous Chef. **George Kish, Linda Newcomb Mathis** and **LynRae Swain** served as their platers, waiters and assistants. **Paul Jackson** was responsible for pouring the wine. **Linda** and **Mark** stayed around to help with the clean up and the hand washing of more than 100 crystal glasses.

These events just get better each year.

Thanks to everyone who contributed and participated—

**Barb & Stu Baily, Linda & Mark Mathis, Paul & Carmen Jackson, George Kish & Agnes Johnson, Rusty Etzel, Lyn Rae Swain, Kim & Scott Griffin, Corlis & Steve LeDuff, Judy & Jerry Schulthesis, Marie Estocin & Kermit Taylor, Jerry & Sandy Cordell, Arnie Andersen, Far West Ski Assoc. and Catherine Ohl.** ■



photo courtesy Catherine Ohl

*Really fun people.*



THE POWER TO BE MORE THAN YOUR MS

Formerly **The Heuga Center for MS**  
IRS 501(c)(3) Number 74-2337853  
[www.msando.org](http://www.msando.org) • 970-926-1290

mark your **CALENDAR**  
*October 1, 2016, 5 PM*

it's a **WRAP**

## ALZHEIMER'S 5K walk

*We walked in honor of Jayne's sister Pat.*

On October 17, 2015, Jayne Glodowski led a her Team on a 5K walk to END Alzheimer's. They collectively raised a bit more than \$1,000.

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

Alzheimer's San Diego is the go-to local resource for information, care and vital support. There is currently no treatment or cure and it is a disease that not only affects the diagnosed individual, but also takes a heavy toll on those who love and care for them.

The Alzheimer's San Diego team is committed to serving families as they face this difficult journey and helping to advance critical research for a cure. ■



*It was raining when we started out but was good to walk for a great cause.*



*Gene, Jayne, Dan, Catherine.*



*Each of the four colored flowers represent a stage of Alzheimer's.*



*We walked to support Jayne's sister Pat.*

Next walk is **September 10, 2016.**  
Sign-up/ Donate at [alzsd.org](http://alzsd.org)

 *Yoga cont'd from page 8...*



### Modified Side Plank

**Strengthens:** core, obliques, shoulders

**Lengthens:** sides of body, arms. From Plank Pose, lower left knee to mat, bringing ball of left foot to floor and keeping right leg extended. Turn torso to right, bringing weight onto left fingertips and side of right foot. Lift hips and sweep right arm overhead, bringing biceps by right cheek with palm facing down. Hold for 5 to 10 breaths. Repeat on opposite side.



### Wide-Arm Cobra

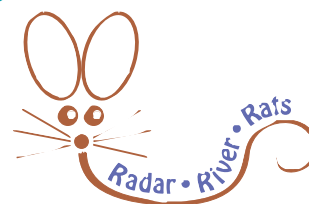
**Strengthens:** back

**Lengthens:** chest, spine. Lie facedown on mat. Place palms slightly more than mat-width apart and in line with breastbone, elbows bent. Come onto fingertips and point elbows toward sky and out to sides (a). Press pelvis, toes, and fingertips into floor. On an inhalation, reach through crown of head, keeping spine long, and straighten arms slightly, lifting chest off mat (b). Hold for 10 breaths. ■

# radar **RIVER** rats 2016

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\*\***

photo courtesy Catherine Ohl

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

### 2016 Colorado River **SCHEDULE**

June 17-19

July 8-10

July 22-24

Aug 5-7

Aug 19-21

Sept 9-11

Sept 23-25

Oct 7-9

Oct 21-23

*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 Fri, 5 PM Check-out on Sun
- 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](http://www.RadarRiverRats.org)

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

### Boat Drivers—

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



# 84<sup>th</sup> Annual Far West Ski Association Convention

## June 9–12, 2016

**DoubleTree Resort by Hilton** Paradise Valley - Scottsdale

5401 North Scottsdale Road, Scottsdale, AZ 85250-7090

480-947-5400 • [www.paradisevalley.doubletree.com](http://www.paradisevalley.doubletree.com)

### HOSTED BY ARIZONA SKI COUNCIL



*Arizona is Awesome*

### DOUBLETREE RESORT BY HILTON PARADISE VALLEY - SCOTTSDALE

Reservations call **800-498-7396**

Group Name **Far West Ski Association**

Online Reservations <http://bit.ly/FWSA-2016-Lodging>

Group Code **FWS**

**Room Rates per night plus tax** single or double occupancy — **\$99**

**Room Registration Deadline** May 18, 2016

### HOTEL FEATURES

- 2 heated pools and whirlpools and poolside bar
- Lighted tennis court & sports court & a 9-hole putting green
- Loggia Lounge and The Palm Cafe
- enFuego Restaurant award winning dining
- NO resort fees, NO parking fee, FREE Wi-Fi in guest rooms
- Rates are available 3 days pre and post Convention based on availability

### TRANSPORTATION

- Air transportation is via Phoenix Sky Harbor International Airport (PHX), located 12 miles from the DoubleTree Resort by Hilton.
- Rental cars and shuttle services are available at the airport.

### CONVENTION HIGHLIGHTS

- Silent Auction
- Travel Expo
- Snowsports Leadership Academy
- Keynote Speaker
- Celebrity Speakers
- Public Affairs Panels
- Saturday Awards Luncheon
- Saturday Awards Dinner
- Far West General Meeting & Elections

### OPTIONAL ACTIVITIES

- Thursday
  - Western Journey— Museum of the West
  - Old Town Scottsdale Tour via Segway
  - Scottsdale Pub Crawl
- Friday
  - 10<sup>th</sup> Annual Michael German Memorial Golf Tournament
  - Spa Lamar Day
  - World Music Experience
  - Pool Party

#### Jane Wyckoff

FWSA Convention Chairperson

[janeWyckoff1@cox.net](mailto:janeWyckoff1@cox.net) or 949-933-9607

#### Jeannine Davis

Silent Auction / Travel Expo Chairperson

[SilentAuction@fwsa.org](mailto:SilentAuction@fwsa.org) or 415-328-2333

#### Linda Westlund

Arizona Host Council Convention Coordinator

[HostConvention2016@fwsa.org](mailto:HostConvention2016@fwsa.org) or 480-216-2010

# BITS 'n pieces

Important news... giving back to our community



The poster for Rubio's Coast Fest 2016 features a blue background with white wave patterns. At the top left is the Rubio's logo and the event title 'COAST FEST BEACH CLEANUP & PARTY'. To the right, it says 'FREE GENERAL ADMISSION' with social media icons for Twitter, G+1, and Facebook. Below this is the tagline 'CLEAN UP. PARTY DOWN'. The event details are listed: 'SATURDAY, JULY 16 2016', 'BEACH CLEANUP 10AM-11AM', and 'PARTY 10:30AM-2PM'. A button says 'Click for Partnership Opportunities'. The poster is divided into sections with icons: 'DIRECTIONS' (map), 'BEACH CLEANUP' (trash can), 'FREE FOOD & DRINKS' (food), 'LIVE MUSIC' (musical notes), 'ACTIVITIES' (surfboards), 'KIDS' ZONE' (handprint), 'ALL PROCEEDS BENEFIT' (I Love a Clean San Diego logo), and 'PARTNERS' (crowd photo).

**rubio's**  
2016  
**COAST FEST**  
BEACH CLEANUP & PARTY

FREE GENERAL ADMISSION

Twitter G+1 Facebook

CLEAN UP. PARTY DOWN

BEACH CLEANUP | FREE FOOD | MUSIC | KIDS' ZONE | ACTIVITIES | DIRECTIONS

**SATURDAY, JULY 16 2016**  
BEACH CLEANUP 10AM-11AM  
PARTY 10:30AM-2PM

Click for Partnership Opportunities

**DIRECTIONS**  
Oceanside Pier Amphitheatre  
200 N. The Strand  
Oceanside, CA

**BEACH CLEANUP**

**FREE FOOD & DRINKS**

**LIVE MUSIC**

**ACTIVITIES**

**KIDS' ZONE**

**ALL PROCEEDS BENEFIT**  
I Love a Clean San Diego

**PARTNERS**



A person wearing a blue hat and a blue shirt is shown in a close-up, looking down. The background is a soft, out-of-focus blue.

*Pacific Rim intends to take advantage of Big White's amazing powder. As we go to press, the US dollar is gaining in value —*

**Big White's  
2016 Winter Kick Off**  
December 3 – 10, 2016

**\$789** per person double occ.

**Trip Includes—**

- **Welcome Reception**
- **7 Nights Lodging** (dbl. occ.) in the slopeside White Crystal Inn in a Superior Kitchenette room with 2 queen beds and fireplace
- **7-Day Lift Ticket**
- **Daily Après Parties**
- **Transfer** to and from airport

**Extras—**

- **Big White can assist you with booking air.** Lots of non-stop flights available from various airports. United, West Jet, Air Canada and Alaska fly into Kelowna from most Western US Cities.

**Contact—**

- **Gene Fulkerson /** 858-619-1939
- Visit [pacificrimalliance.org](http://pacificrimalliance.org) for more information.

# 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 2 Queens
- 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 Night

*\* Price increases to \$91 pppn after July 10, 2016.*

### ● *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.

# Big White **SKI FREE!**

April 1–8, 2017 **Choose 5, 6, or 7 days**

**NIGHTLY LODGING & LIFT TICKETS FROM \$77 USD\* PPPN (INCLUDES TAXES)—**

## Signing Up—

- Choose your lodging, dates and room/condo mates
- Book your lodging with Big White
  - We will have a special code to use
  - Book your ground transfer (\$90 CAD / \$75 USD\*)
- Book your air
  - Big White can assist you
- Send \$75 USD for the PARTY FUND to
  - Pacific Rim Alliance, Attn: Gene Fulkerson  
10818 Viacha Dr., San Diego, CA 92124

## Trip Includes—

- One **FREE** lift ticket for every night booked
  - Per person based on two per room
- VIP card for in-resort discounts

## \$75 Party Pack Includes—

- One group dinner
- Apres ski parties
- Tubing night
- and more

## About White Crystal Inn (hotel room)—

- Nightly room rate is \$161 CAD + tax for TWO (dbl occ)
  - That's about **\$77 USD\* pppn (includes tax)**
- Ski-in / Ski-out located in the Village Center
- 2 Queen Beds, mini-fridge, coffee maker
- On-site Sante Bar & Grill
- Hot tub & lockers

## About Stonebridge Lodge (2 bedroom condo)—

- Nightly room rate is \$450 CAD + tax for FOUR (2/room)
  - That's about **\$108 USD\* pppn (includes tax)**
- Ski-in / Ski-out located in the Village Center
- 2 Bedrooms + 2 Baths— 1 Queen and 2 Queen Beds
- Full Kitchen & Fireplace
- Private Hot Tub & Locker

## Need a roommate? Need condo mates? Need HELP?

- Contact Gene at **858-467-9469** or [gene@pacificrimalliance.org](mailto:gene@pacificrimalliance.org)



## 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 tour at 10:30 AM.
- 5,757 feet Village elevation.
- 18 Restaurants & Bars.
- **BEST SPRING SKIING in the WEST.**

## Air Options from LA—

- **West Jet**
  - Around \$450 with stop in Vancouver
- **Alaska**
  - From \$410 with stop in Seattle, WA
  - Fly from LAX, Orange, Burbank, Ontario
- **Air Canada**
  - From \$450 from LAX with stop in Calgary

## Air Options from San Diego—

- **Alaska**
  - From \$486 with stop in Seattle, WA

\* Payments made through Big White will be in Canadian Dollars— USD estimate based on current exchange 1 CAD = 0.83 USD (subject to change)



# 2016 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 05/2016

# 2016 HEASB Water Ski Club Reservation Application



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

Circle Trip Date: June 16-19   July 7-10   July 21-24   August 4-7   August 18-21   Sept. 8-11   Sept. 22-25   Oct. 6-9   Oct. 20-23

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 \$11 per person or \$44 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 05/2016