



HEASB WATER SKI CLUB

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

Only 8 More Trips to the River for 2003!



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

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

JUNE / JULY 2003

2003 RADAR RIVER RAT BOARD

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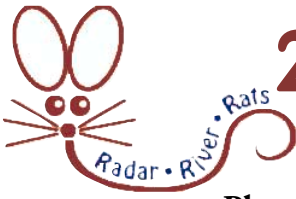


Tuesday
 July 7, 2003, 6 PM
 Call 858-467-9469
 for location

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2003 HEASB Water Ski Club Membership Application

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

Name(s): _____ Home Ph: () _____
 E-Mail Address:** _____ Business Ph: () _____
 Birthday (Mo/Day): _____ Fax: () _____
 Home Address: _____ Emergency: () _____
 City: _____ State: _____ Zip: _____ Contact: _____

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

Raytheon Payroll Number: _____	LOC: _____	Bldg: _____	M/S: _____
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The membership year is from April 1 through March 31.

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

___ \$30.00 **Single Membership**

___ \$70.00 **Family Membership** (three or more skiers at same address and includes skiing kids under 18)

___ **Deduct \$10/individual or \$20/family if you supply a valid email address for electronic newsletters**

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

<p>Submit application with your check payable to HEASB WATER SKI CLUB by mail to: Cathy Schulte, P.O. Box 3080, El Segundo, CA 90245</p>

<p>This form must be sent to Cathy. DO NOT send this application with your trip reservation or both will be returned, which will affect your trip reservation.</p>
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We are always looking for volunteers. I may be interested in helping run the club: Yes _____ No _____

I would like to volunteer / suggest / comment: _____

<p>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.</p>
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Signature _____ Date _____

Signature _____ Date _____

Revised 03/03

SOUNDING BORED

Both trips to the river in June were great. The first one was really hot. The second was very cool with gentle cool breezes (i.e., the river was blown out most of the weekend). We had a great time anyway.

Only 8 trips remaining in 2003! Now is the time to mark those calendars and get your reservations in. At \$89 a person for food, drink, water skiing and camping, our club trips are a bloody bargain.

At the moment, **Maury Adler** and **Pam Malouf** have reserved two dates at Thompson's Ski Ranch – July 19 and August 16. Gas prices are up and the cost to rent the lake has gone up once again so they are figuring cost will be about \$75 per person. You can contact Pam at pamedit@aol.com. ■

Catherine

Boat Driver UPDATE

by Gene Fulkerson

Boat Driver Assignments —

The season is off to a great start. I have a new ski and as soon as I get the bindings squared away I will be out there ripping it up. It's really fast.



We need boat drivers! We have three from last year — **Catherine Ohl**, **Mark Mathis** and **Paul Jackson**. We might have **Jim Hess** joining the queue soon. If you, or anyone you know, has a boat appropriate for water skiing, please call me at 858-467-9469 or email me at gene@pacificrimalliance.org.

The queue now stands at **Paul Jackson**, **Mark Mathis** and **Catherine Ohl**. All three have driven once and Catherine will be driving on the July 11-13 trip. ■

Gene

HAPPY BIRTHDAY TO YOU...

June

Brian Henderson	6/5
Craig Henderson	6/13
Dennis Mc Mullin	6/14
Paul Jackson	6/15

July

Carl Palczewski	7/6
Kyoko Ito	7/13
Dennis Leon	7/23
Janice Hess	7/29



NEW AND RENEWING MEMBERS

Simone Beaudoin
Cristina Cardenas
Ashley Clark
Trudy Ferris
Gene Fulkerson
Jayne Glodowski
Brian Henderson
Craig Henderson
Kelly Henderson
Kent Henderson

Marie Henderson
Danielle Hess
Janice Hess
Jim Hess
Kyoko Ito
Brian Jackson
Carmen Jackson
Paul Jackson
Betty Jeffery
Jim Jeffery

Agnes Johnson
Mickey Klinger
Steve Klinger
Dennis Leon
Marco Marquina
Jordyn Mathis
Mark Mathis
Michelle Mathis
Dennis Mc Mullin
Linda Newcomb - Mathis

Catherine Ohl
Patricia Ortiz
Carl Palczewski
Cathy Schulte
Jarica Schulte
Jami Thibault
Ashley Thompson
Courtney Thompson
Stephanie Thompson
Katie Wilhite

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

Summer Points Schedule

Ever since they put hook ups on the points at Park Moabi, we've had trouble scheduling Point 7 on a regular basis. Below is the schedule of the points we have to date. We are waited-listed for Point 7 on the trips were where are some place else. Keep this reference handy and be sure to double check the point assignment when Patricia calls you for your carpools.

July 11	Point 7	July 25	Point 7
August 8	Point 10	August 22	Point 5
September 5	Point 7	September 19	Point 7
October 3	Point 9	October 17	Point 9 ■

Trip Wrap — June 6-8, 2003

by Cathy Schulte & Gene Fulkerson, Photos by Mark Mathis

The weather was perfect all weekend and the skiing was decent. **Paul Jackson** was our sole boat driver although **Catherine Ohl** and **Mark & Linda Mathis** were at the river on their maiden trips for the season and spent some of the weekend getting the kinks out of their boats. Kudos to Linda and Mark for doing a good portion of the kid runs.

Brian Jackson, Kristine Aves, Courtney Thompson, Danielle Hess and **Jordyn Mathis** had a great time building their "sand-spa". Too bad the rising water washed it away by Sunday morning.

This trip was led by **Gene Fulkerson** and **Cathy Schulte**. Due to the experience of the group this trip, more or less, ran itself. Gene bought Bacardi flavored rums for happy hour which we drank out of these great

mini martini glasses.

Dinner was Gene's chicken and pork specialities. Thanks to **Agnes Johnson, Trudi Ferris, Simone Beaudoin, Michelle Mathis** and **Jan Hess** for all their help with the meals. Special thanks to **Michelle Mathis** for helping prepare the dessert on Saturday night.

All the kids participated with the beginning of dinner cleanup for Saturday. They didn't make it all the way through, but their efforts were certainly appreciated.

Jim & Betty Jeffery and **Carmen Jackson** took up the slack after the kids quietly disappeared.

It seemed **Jim Hess** was always in the right spot at the right time, helping with whatever the rest of us could either not reach, open or lift. Thank you Jim! ■



Jan & Jim Hess



Cocktails



The girls in their "sand spa"



Cathy Schulte and the girls cooling off

Trip Wrap — June 20-22, 2003

by Gene Fulkerson

The weekend was unbelievably cool. **Gene Fulkerson** had bought an air conditioner for **Catherine Ohl**'s Yukon that he was dying to use. He did get it operating during the day on Saturday and managed an afternoon nap.

Catherine went to bed early on Saturday (she was beat from battling the wind). Gene thought it would be funny to borrow **Jim Hess**' toy thermometer to calibrate Cath's body temperature. The air from the air condition was 53°, Cath's skin was 63° and the outside of the truck window was 70°. Boys and their toys!

The bad news was that the wind was blowing all weekend. We figured that **Dennis McMullin** and **Cristina Cardenas**, who didn't show up on Saturday, decided to keep gambling in Laughlin since the skiing looked to be junk. Unfortunately, their car actually broke down in Kingman. They showed up early Sunday, ready to ski.

Mark Mathis was the other official boat driver for the weekend. But since half the people didn't ski on Saturday, business was rather slow. **Paul Jackson** took care of the kids and they had a blast on the inner tube. **Randy Walker** brought his boat so that he could take the kids down the gorge for jumping and swimming.

For a change the boys outnumbered the girls. **Brian Jackson** brought his friend **Ryan** and they were joined by **Blase Walker**. **Jordyn Mathis** and **Courtney Thompson** were the only girls this time.

Teens **Michelle Mathis** spent most of the weekend doing homework in their trailer while **Ashley Thompson** took advantage of the light load of skiers to get it some skiing and wake boarding. **Jarica Schulte** wake boarded so much on Saturday that she was too sore to go out on Sunday. Jarica looks great jumping the wake and doing fakies.

Some how **Betty & Jim Jeffrey** didn't get the message and ended up on point 7 for Friday night. The office was closed when they arrived but they found us okay Saturday.

Craig Henderson & Jamie Thibault brought new member, **Marco Marquina**, out for the first time. He hadn't skied in ages so he decided to tackle the wake board first. He did great on the board and then switched to the skis. Looks ready for a single.

Gene brought out more Bacardi product for the troops. He brought the young girls some Bacardi shirts. They loved them and helped Gene to serve drinks.

Dinner was great with chicken & pork. **Jim Jeffery** did a fab job on the potatoes. Other kitchen help included **Betty Jeffery, Linda Mathis, Cathy Schulte, Jan Hess, Stephanie Thompson, Carmen Jackson.**

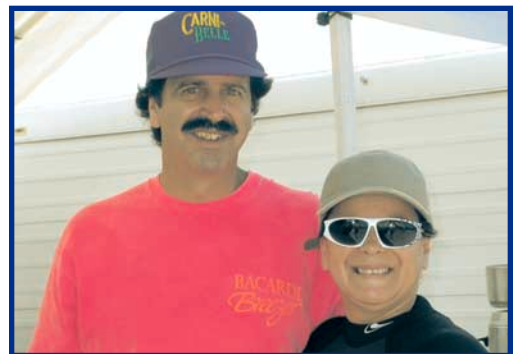
Maria Degnore & Randy almost missed dinner because they took the boat out to try skiing. Word was that it really wasn't worth it. But they felt they had to try. ■



Gene playing with the kids' animals



Our Bacardi Girls — Ashley, Maria, and in front Courtney & Jordyn



Welcome Back Dennis & Cristina



Stephanie Thompson & the Girls - Ashley and Courtney (with the tongue attitude)

HEALTH & FITNESS

Summer Heat-Related Tips



Stay Cool!

Warm weather means most of us are out in the heat of the day hard at work playing.

If the body does not cool properly the result could be a heat-related illness. The body has natural ways of keeping cool by letting heat escape through the skin and evaporating sweat.

Prevention

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



Dress for the heat—

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

Drink lots of water—

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

Eat small meals—

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

Take it easy—

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

Take regular breaks—

If you must indulge in physical activity

on warm days, take time out to find a cool place and rest.

Care

Heat exhaustion—

- Get to a cooler place and rest in a comfortable position.

- Drink a half glass of cool water every 15 minutes. Do not drink too quickly. Do not drink liquids with alcohol or caffeine in them. Loosen tight clothing.

- Apply cool, wet cloths such as towels or wet sheets.

Heat stroke—

- Heat stroke is a life-threatening situation!
- Call your local emergency number.
- Move the person to a cooler place.
- Quickly cool the body. Wrap wet sheets around the body and fan it. Put ice packs on the body.
- Wrap ice in a cloth and place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels.
- Do not use rubbing alcohol because it closes the skin's pores and prevents heat loss.
- Watch for signals of breathing problems and make sure the airway is clear.
- Keep the person lying down. ■



Skate for Fitness

In-line skating is a great cardiovascular workout, as it uses loads of energy and really gets your heart pumping. On top of that, you have to work to keep your balance, so you strengthen your core stabilizer muscles, which are responsible for your stomach and back muscles. Skating is also brilliant for toning your lower body, especially your thighs and buttocks.

It may look as though skating is about simply gliding along without much effort, but by varying your speed and adding in new techniques you can get a good overall workout.

Skating improves your balance, which means you'll be more agile when doing day-to-day activities. Plus, blading once or twice a week adds variety to your exercise program, which helps you stay motivated to work out regularly.

Remember, during warm weather, exercise early in the day, do less than normal, and drink lots of fluids. ■



2002-03 Rider Visits—

Preliminary estimates for skier-rider visits for 2002-03 reached an estimated 57.6 million, topping the previous record of 57.3 million set in 2000-01. This preliminary number is subject to revision as more areas report their final numbers—including areas still open.

This result was achieved despite several obstacles the industry faced, ranging from below-average snow in the West, below-average temperatures in the East, a soft economy, and fears of war and terrorism.

On the strength of the past three seasons, this may mean that the industry has finally increased the number of participants.

Mammoth Airport—

A federal judge in San Francisco put a freeze on federal funding for an expansion of the Mammoth Yosemite Airport. The judge ruled that the Federal Aviation Administration (FAA) must prepare a full Environmental Impact Statement (EIS) before the airport can proceed with the expansion plan.

Frequent jetliner landings could affect wildlife, air and water quality, land use and traffic. It is not whether the airport expansion is good for the town or the region, but what are the environmental consequences of the airport.

The ruling could delay the project for a year or longer.

Snowboarding's Poll—

Each year, **Transworld Snowboarding** asks its reader to rate resorts in three categories. The winners for 2002 were: **Mammoth Mountain**, CA, for best pipe, **Snow Summit**, CA, for best terrain park and best overall mountain for snowboarding went to **Whistler/Blackcomb**, Canada.

Terrain Parks— Dick Kun,

president of the **Big Bear Mountain Resorts**, gave a presentation on the success of his two resorts (Big Bear & Snow Summit) among snowboarders. The reason for his great success in 2003, he quipped, was to be able to buy the area next door, make it into one giant terrain park, and reserve the other area for families.

To address liability issues, signage at Bear Mountain starts at the entrance and makes sure all visitors know that there are terrain features virtually everywhere. The area also states that there are alternate routes around them.

Kun concluded that he sees terrain enhancement as the way of the future—each run will have rolls, small jumps, and more.

Converting First Evers—

There appears to be several ways to

both attract more first-timers and to convert them into regular participants. It should be noted that 15% of first-timers are there for the love of action sports, while 70% are there for social reasons—that is, they were brought along by family and friends.

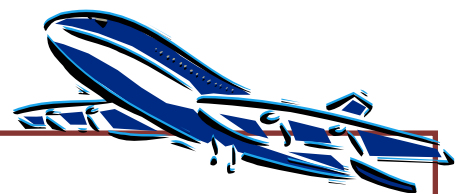
What strategies will help convert them? Tell them in advance what they need to know, such as what to wear and what to expect. Websites are great for describing “how to prepare for your first day out.” Two sites are www.getskiing.net and www.getboarding.net.

2010 Winter Olympics—

Vancouver, B.C., was recently awarded the 2010 Winter Olympics by the International Olympic Committee. The Games are expected to be a boon for **Whistler/Blackcomb**, which is scheduled to be the site of the alpine, nordic, bobsled, luge, skeleton and Paralympic events.

Snowboarding and freestyle skiing events are scheduled for **Cypress Mountain**, in West Vancouver. Vancouver itself will be the site of the ice events and opening and closing ceremonies.

The organizers will establish athlete villages both in Vancouver and Whistler. ■



UNITED BOARDING MADE EASIER

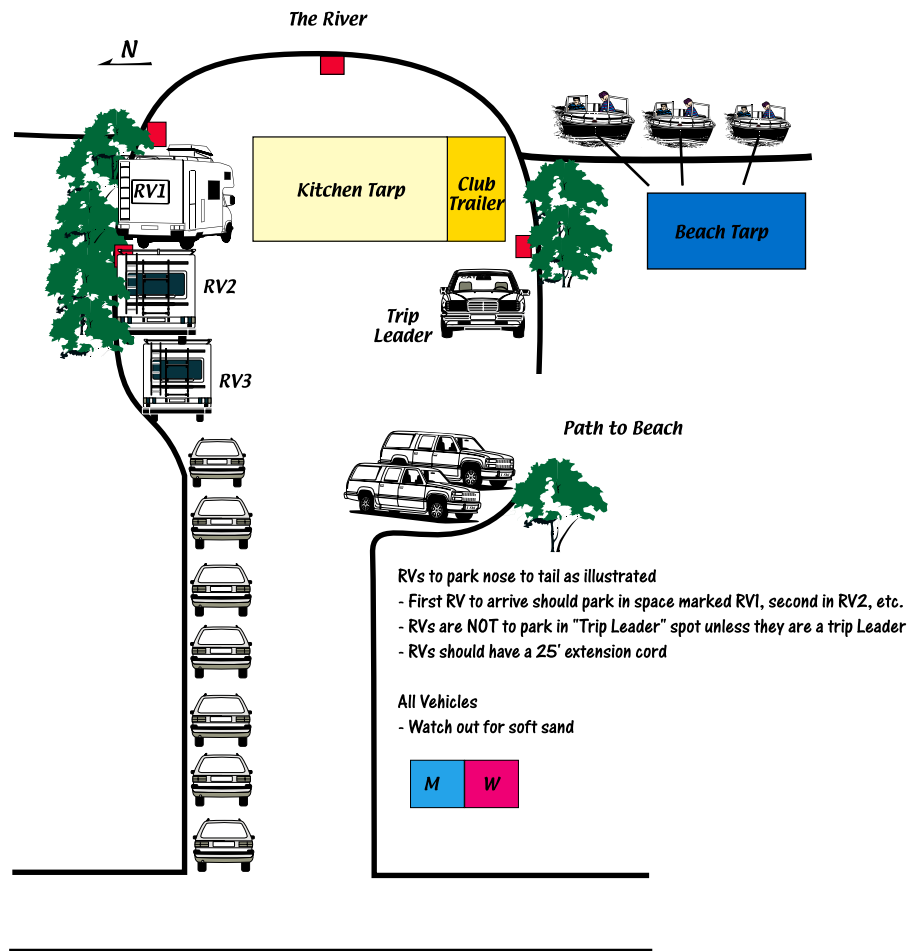
In an effort to improve their service, United® has created a new boarding process for all their flights. It will simplify and speed up boarding, and enable elite customers to continue to enjoy early boarding privileges. This new process began June 10th across most of United's system.

How it Works —

- Boarding for United First® and United Business® remains the same.

- Global Services members may board at any time.
- United Economy® customers will be given a “Seating Area” number on their boarding pass to indicate when they board.
 - 1 – Elite customers and Star Alliance members
 - 2 – Economy Plus® customers
 - 3 – Last ten rows of aircraft
 - 4 – All remaining customers ■

Park Moabi Parking



<p>Exclusive Ski Club Member Offer</p> <p>2 Years of SKI, SKIING, Freeze, or Transworld SNOWboarding</p> <p>Only \$17.97</p>	<p>Name _____</p> <p>Mailing Address _____</p> <p>City _____ State _____ Zip _____</p> <p>Method of Payment: <input type="checkbox"/> Check <input type="checkbox"/> Visa <input type="checkbox"/> MC <input type="checkbox"/> AEX</p> <p>Check # or Credit Card Number _____</p> <p>Signature _____ Exp. Date _____</p> <p>Ski Club Radarr River Rats / NSCF – Promo Code 9CLU8-NSC</p>	<p>Indicate below the magazine(s) you would like to receive by checking the appropriate box. Also check renewal box if you are currently receiving the magazine. Include SEPARATE CHECKS of \$17.97 for EACH.</p> <p><input type="checkbox"/> Ski Magazine <input type="checkbox"/> Renewal</p> <p><input type="checkbox"/> Skiing Magazine <input type="checkbox"/> Renewal</p> <p><input type="checkbox"/> Freeze <input type="checkbox"/> Renewal</p> <p><input type="checkbox"/> SNOWboarding <input type="checkbox"/> Renewal</p>
	<p>Send completed form and checks (if applicable) or completed credit card information to: NSCF Magazine Program, Attn: Anke C., 929 Pearl St., Ste 200, Boulder, CO 80302</p>	

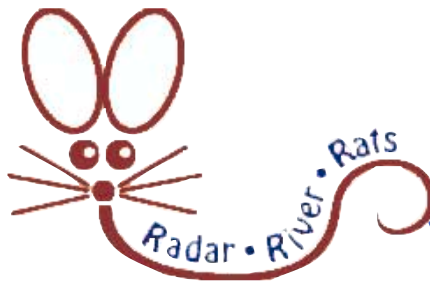
Ski History Bits

The History Committee of FWSA is now planning for its annual convention in 2005, a year that marks the 75th anniversary of organized skiing in the Far West. The theme will be the history of skisport and its achievements in the region. Among anniversary events being considered are a public day showcasing historical exhibits, a multi-media awards banquet, celebrity presentations and a ski history bookstore. For more information, contact **John Watson**, FWSA History Chairman, at geospace@pacbell.net. ■

Chris Rock on the World-

You know the world is going crazy when...

- *the best rapper is a white guy,*
- *the best golfer is a black guy,*
- *the tallest guy in the NBA is Chinese,*
- *the Swiss hold the America's cup,*
- *France is accusing the U.S. of arrogance,*
- *Germany doesn't want to go to war,*
- *and the three most powerful men in the United States are named 'Bush', 'Dick', and 'Colon.'* ■



**HEASB WATER SKI CLUB
PRESENTS**

2003 WATER SKI PROGRAM

COLORADO RIVER TRIPS

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

\$89 skiers

\$42 non-skiers

\$18 children (5-11)

For Information:

River Skiers:

Patricia

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

Boat Drivers:

Gene

858-467-9469
gene@radarriverrats.com



\$89

presents

Water Skiing & Wakeboarding at its Best

2003 Colorado River Schedule

July 11-13	July 25-27
August 8-10	August 22-24
September 5-7	September 19-21
October 3-5	October 17-19

www.RadarRiverRats.org

Revised 3/03

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