

**HEASB WATER SKI CLUB**

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



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

**Check it out! Trip Photos are added to the [radarriverrats.org](http://radarriverrats.org) bi-monthly.**

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

**NOV / DEC 2003**

**2003 RADAR RIVER RAT BOARD**

President	.....Catherine Ohl	.....catherine@radarriverrats.org	.....858.4679469
Vice-President	.....Kim Griffin	.....kim@radarriverrats.org	.....310.374-7014
Secretary	.....Linda Newcomb-Mathis	.....linda@radarriverrats.org	.....310.540.6244
Treasurer	.....Paul Jackson	.....paul@radarriverrats.org	.....310.320.0928
Trips Coordinator	..Patricia Ortiz	.....patricia@radarriverrats.org	.....323.651.0686
Reservations	.....Yvonne Rupp	.....yvonne@radarriverrats.org	.....310.798.2434
Membership	.....Cathy Combs	.....cathy@radarriverrats.org	.....310.374.3026
Boat Driver Coord	..Gene Fulkerson	.....gene@radarriverrats.org	.....858.4679469
Newsletter Editor	...open		

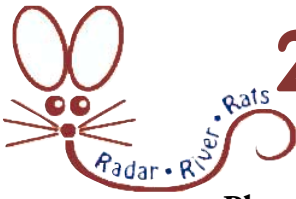


Saturday  
 March 6, 2004, 11 AM  
 Call 858-467-9469  
 for location

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# 2004 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><b>Submit application with your check payable to HEASB WATER SKI CLUB by mail to: Cathy Combs, P.O. Box 3080, El Segundo, CA 90245</b></p>
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<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

by Catherine Ohl

Sorry I am so behind in getting out the newsletter. Hopefully you have all had a chance to view the photos from the Halloween trip on our web site. It was funtastic.

## Special Thanks—

Special thanks to those great ladies of Park Glen Place (**Jan Hess, Stephanie Thompson, Maria DeGnore**) for their wonderful hor d'ouevers that they served up on our "Halloween" trip. Fortunately, people did save room for the three turkeys Gene deep-fried. Awesome

## Elections—

Elections are upon us. Enclosed in this newsletter is a ballot. Please take the time to vote, if only to let the board know that you care. We will be voting on President, Vice-President, Secretary and Treasurer.

After the election, the appointed board positions are filled. Most everyone on the board is willing to do the job for another term. The only exception is Yvonne who, if all goes right, will be moving into her new house in Colorado next summer.

We've had a number of people step forward this year. **Jan Hess** has volunteered to do the inventory and **Craig Henderson** has asked to take over Yvonne's job as Reservations. And then **Peter Catalano** is running for Vice-President. Now if someone is interested in doing the newsletter, just give me a call.

## Snow Ski Trips—

Your Rat's membership also gives you membership in LA Council and the Far West Ski Association (FWSA). Check out the ski trips planned for 2004 on page 8. Also, Pacific Rim will be going to Switzerland to ski and Barcelona to visit in March 2004. They still have a few openings.

## 2004 Water Ski Trip Schedule—

The 2004 Trip Schedule is listed in this newsletter. When you get your 2004 Calendar, take a few minutes to pencil in all the Rat's trips to the River so you can plan around them. We'd really like to see more of you next year.

In the meantime, we wish you all the very best holiday and a great snow ski/board season. We'll get back to you all next April. ■

*Catherine*

# Boat Driver UPDATE

by Gene Fulkerson

The good news is that **Craig Henderson** just bought a '95 Mastercraft and will be in the boat driver queue next year. 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](mailto:gene@pacificrimalliance.org).



## Boat Driver Assignments—

**Catherine Ohl, Paul Jackson** and **Mark Mathis** will return in 2004 as boat drivers for the Rats.

They did a great job driving this past sesason and we have been so very lucky to have them. ■

*Gene*

# HAPPY BIRTHDAY

## November

Linda Newcom -Mathis 11/1  
Kent Henderson 11/10

## December

Bambi Danner-Newcomb 12/1  
Kelly Henderson 12/3  
George Gergov 12/11  
Jarica Schulte 12/12  
Dana Alschuler 12/26  
Brian Jackson 12/26  
Howard Kwon 12/27  
Trudy Ferris 12/30

## January

Brian Atkins 1/18  
Gavin Kerr 1/19  
J Randy Pohle 1/21  
Ashley Thompson 1/23

## February

Alea Gale 2/6  
Vincent Farrell 2/10  
Alice Garcia 2/12  
Cathy Combs 2/21  
Mark Mathis 2/28

## March

Patricia Ortiz 3/17  
Kelly French 3/23  
Raquel Craig 3/25  
Agnes Johnson 3/27  
Marie Henderson 3/30



# NEW AND RENEWING MEMBERS

Gili Dekel

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

## Trip Wrap — Oct 3 - 5, 2003

by Gene Fulkerson

I know I'm going to sound like a broken record but it was another great weekend at the river — no wind, warm days, cool nights, an extremely helpful crew, great friends, fabulous skiing and an amazingly beautiful sunset.

**Gene Fulkerson** and **Catherine Ohl** were the first to arrive on Friday. Gene picked up the trailer this time since Vaughn was out of town and Gene's personal priority is to get the trailer up and operational. Just about the time he had all the pieces put together and ready to assemble, **Craig Henderson** and his friends showed up to help.

Craig's new friends, were true water ski newbies. Only **Vincent Farrell** had tried water skiing once long ago. Catherine and Gene got Vince up on his first try. **Scott Oishi** got up on his second time out while **George Gergov** was successful on this third. In addition, **Paul Jackson** was able to get Vince up on a single on Sunday and got Scott really close to being up on a single. Congratulations. They all work together at Northrop along with **Maria DeGnore**.

There was no doubt that **Rick Fisher** was on this trip based on the high ratio of men to women. The women included **Jami Thibault**, improving by leaps and bounds on her new ski, **Carol Armstong**, who brought us this great "River Rat Welcome" sign,

and **Barbara Schanberg**, who felt great to be skiing with us again.

We had two outstanding wake boarders. **Randy Walker** makes it all look so easy. I looked up after he said "hit it," before the boat was even in gear, and he was already standing. Now how does one do that? **Marco Marquina** is getting better every trip — could it be his new wake board rope?

Like I said earlier we had a great crew this weekend. Everyone really pitched in when needed. Special thanks to **Betty** and **Jim Jeffery** for being responsible for getting the beach tarp up. **Mark Mathis**, sans motor home, wife and one child, pitched in whenever needed and help Paul pull his boat. There's not enough words to thank Gene Jr, err **Peter Catalano**, for all his help, especially for the made to order breakfasts.

There were only two kids this weekend. **Brian Jackson** was back with his knee board and **Jordyn Mathis** had her wake board. The kids were too busy at lunch time for water sports since they were having too much fun scavenging the bushes for treasures. However, they were ready to hit the water after club hours. Brian did his normal brilliant thing on his board while Jordyn experienced great success on her board. Jordyn then encouraged Brian to try her board and he too did great. Looks like Dad will be buying another water toy. ■



*Betty, Paul, Barbara*



*Carolyn*



*Randy & Maria*



*Scott, Vincent, George*



*Jordyn*

More photos available at [www.RadarRiverRats.org/](http://www.RadarRiverRats.org/)

# Trip Wrap — Oct 17-19, 2003

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



# NUTS & BOLTS

## Meet Cathy Combs—

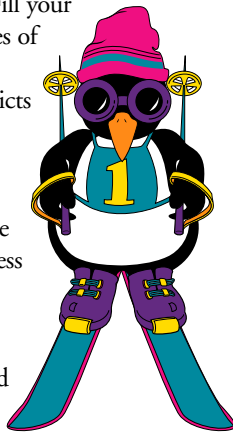
New member?

Nope. **Cathy Schulte** has gone back to her maiden name. I know it's going to be tough for some of us to remember, but for now on she will be known as **Cathy Combs**.



## Why Penguins Never Get Sore—

Instead of an apres-ski Coors and soak in the hot tub, try this: Fill your bathtub with six inches of ice water and hop in. The chilly soak constricts vessels, pumping out lactic acid. When you get out, the rush of fresh blood back to the muscles reduces soreness and quickly rebuilds fatigued muscles.



Ten minutes in an iced tub will make your legs springy the next day. Or if you prefer, you could perhaps take another shot of tequila and roll in the snow, naked.

## Got Temperature?

by Gene Fulkerson

As I mentioned at the river several times this summer, there is a valid reason why I slide into the river so slowly. You see, I need to check the temperature to insure that I've set my ski properly.

I know many of you laughed at me, but here's some documented proof about setting a ski for different water temperatures from the pros. You see I wasn't just messing with your head. I have no idea why some of you think I am inclined to stretch the truth a bit?

**Drew Ross**—“The current setting for my 68” Phantom are dialed in for skiing in 72°F water.”

**Chet Raley**—“The deeper settings are extremely stable, scrub off a little speed and seems to work best in warmer water as they cause the tail to ride a little higher. For colder water (70°F and below), the ski will work best with the bindings in the middle holes to one notch back.”



*This is what happens to Gene when the settings on his ski doesn't match the temperature of the water.*

## Santa's Reindeer—

According to the Alaska Department of Fish and Game, while both male and female reindeer grow antlers in the summer each year, male reindeer drop their antlers at the beginning of winter, usually late November to mid-December. Female reindeer retain their antlers till after they give birth in the spring.

Therefore, according to historical renditions depicting Santa's reindeer, every single one of them, from Rudolph to Blitzen... has to be female.

We should've known. Only women would

be able to drag a fat man in a red velvet suit all around the world in one night, and not get lost.



## Thanks Randy & Maria—

Thanks for your generous donation to the club. It's folks like you that keep the club running so smoothly. P.S. Maria bakes the best cookies. ■

If you want to catch all the hot ski and snowboard race and freestyle action this winter, paste this race schedule onto your television.

Dec 11	2 pm	ESPN	Chevy Truck World Cup (wmn's SL)	Park City, UT
Dec 11	3 pm	ESPN	Chevy Truck World Cup (men's GS)	Beaver Creek, CO
Dec 13 / 14	7 pm / 5 pm	OLN	World Cup (men's DH)	Val-d'Isere, FRA
Dec 20	2 pm	NBC	Chevy Truck World Cup (men's GS)	Park City, UT
Dec 20 / 21	7 pm / 5 pm	OLN	World Cup (men's DH)	Groden, ITA
Dec 21	3 pm	NBC	Chevy Truck World Cup (men's DH)	Beaver Creek, CO
Dec 27	3 pm	NBC	Chevy Truck Snowboard Grand Prix (HP PGS)	Park City, UT
Dec 27 / 28	7 pm / 5 pm	OLN	World Cup (wmn's GS)	Lienz, AUT
Jan 1	2 pm	ESPN	Chevy Truck Disabled Nationals (DH, SG, GS, SL)	Vail, CO
Jan 3 / 4	7 pm / 5 pm	OLN	World Cup (men's GS)	Flachau, AUT
Jan 10 / 11	7 pm / 5 pm	OLN	World Cup (men's DH)	Chamonix, FRA
Jan 17 / 18	7 pm / 5 pm	OLN	World Cup (men's DH)	Wengen, SUI
Jan 25	3:30 pm	NBC	Nature Valley Freestyle World Cup	Lake Placid, NY
Jan 30 / Feb 1	7 pm / 5 pm	OLN	World Cup (men's DH)	Garmisch, GER
Feb 1	3 pm	NBC	Chevy Truck Snowboard Grand Prix (HP SBX)	Mammoth, CA
Feb 5	1:30 pm	ESPN	Nature Valley Freestyle Challenge	Lake Placid, NY
Feb 5	2 pm	ESPN	Nature Valley Freestyle Challenge	Deer Valley, UT
Feb 7	7 pm / 5 pm	OLN	World Cup (men's GS)	Adelboden, SUI

### KEY:

- DH (Downhill)
- SG (Super G)
- GS (Giant Slalom)
- SL (Slalom)
- MO (Moguls)
- DM (Dual Moguls)
- PGS (Parallel Giant Slalom)
- HP (Half Pipe)
- SBX (Snowboard Cross)

by Catherine Ohl

## Consumers Union Dings Boeri—

For the first time, Consumers Union has tested ski and snowboard helmets. The results of their stringent tests are less than flattering for industry giant Boeri Helmets. According to Consumers Union, the Boeri Rage (high gloss shell) is rated "not acceptable" because it failed their impact test which involved dropping helmets from a height onto a flat anvil. Also appearing on the magazine's "not recommended" list are the W Helmets, Wski with slide vent, and the Boeri Rage (matte-black shell).



Nine.9

Giro rated spots #1 and #2 with their Nine.9 and Fuse models. Leedom's Scream and Limit models landed spots #3 and #4, followed by K2's Automatic in fifth place.

## Daron Rahlves Wins Downhill—

On December 5, 2003 Daron Rahlves (Sugar Bowl, CA), battling the remnants of a cold but skiing with double motivation on what he described as "a scrapper run," tore through Birds of Prey and its icy speed run to win his fifth World Cup

downhill, the first downhill victory by a U.S. man in the U.S. since 1984.

The Chevy Truck Birds of Prey World Cup race, was added just 48 hours before the race after the International Ski Federation moved the race from semi-snowless Val d'Isere, France.

## Kirsten Clark on Podium—

On December 5, 2003 two-time Olympian **Kirsten Clark** (Raymond, ME), troubled by apparent equipment problems in training, found the right solution and tore through the first women's downhill of the World Cup season to finish third.



Frenchwoman **Carole Montillet** won while four other Americans joined Clark in the top 30.

## Muellers to Buy Crested Butte—

**Tim** and **Diane Mueller**, owners of Triple Peaks, LLC, have signed a Letter of Intent for the purchase of Crested Butte and all of its assets from the **Callaway** and **Walton** families, longtime owners of the resort.

The deal is expected to close by the end of 2003 or early 2004. Triple Peaks plans to place guest service and the overall quality of the recreational experience as a top priority.

The area is the third turnaround project for Triple Peaks. It has moved Okemo from less than 100,000 visits in 1982 to 604,000 last season, and has taken

Sunapee from 109,000 visits to 272,000 visits in the past five seasons. Crested Butte's visits peaked in the 1990s at more than 550,000, but totaled just 342,000 last year.

## Sustainable Slopes Outreach —

The third annual Sustainable Slopes Outreach will take place on February 22, 2004. Resorts will communicate a "Keep Winter Cool" message to skiers/boarders on the important topic of climate change.

The objective of the outreach campaign is to raise awareness about resort environmental programs and remind guests how they too can help with environmental stewardship. ■

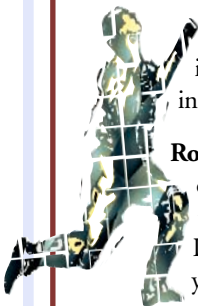
# FITNESS – STRETCHING

## Lunges— Knee Stability, Quads, Glutes, Core

Level 1: Lunge with back leg on a chair or bench.

Level 2: Lunge with back leg on a chair, eccentric loading. Descend slowly for five seconds, then explode back to the starting position.

Level 3: Dynamic lunge telemark jumps. Stand with feet together, then jump up and land in a lunge position, descending until your back knee touches the ground. Jump up again, switching feet in the air, and land in a lunge position with the opposite foot in front (this equals one rep).



**Routine:** Place the top of your right foot behind you on a bench or stable chair. Put your left foot far enough in front of you so that when you descend, your knee is directly over your ankle. Descend until your back knee touches the ground, making sure your knee tracks forward and doesn't shift side to side.

Reps: 15 to 30 per leg per set.

## Lateral Jumps— Lateral Power, Knee Stability, Quads, Hips

Level 1: Shuffle twice to one side, do a deep knee bend, then shuffle to the other side.

Level 2: Bound laterally, ending with a deep single-leg squat. Explode up and back to your starting leg for another single-leg squat.

Level 3: Same as level 2, but bound forward at a 45° angle.

**Routine:** Stand with feet together, hands up and forward. Shuffle to the right twice, finishing in a deep single-leg squat on your right leg. Immediately explode up and left, shuffling twice and finishing in a single-leg squat on your left leg. This is one rep.

Reps: 30 to 60 per set. ■



# GLOBAL WARMING— why we should be concerned

This is a mere outline of the global warming problems we now face. Clearly many of them are outside the control of individual skiers and boarders, but they are very relevant to all of us. And we can contribute to the solution.

## What is Global Warming—

The earth's atmosphere acts like a greenhouse that traps the sun's heat. Without this natural "greenhouse effect," life on earth would not be possible. However, most scientists now believe that human-caused air pollution is thickening the wall of the "greenhouse," trapping more of the sun's heat and causing the earth's surface to warm beyond what is natural. This build-up is expected to change global climate over time.

Carbon dioxide is the principal greenhouse gas. Its concentration has increased more than 30% since 1750, and is expected to continue climbing. In fact, atmospheric CO<sub>2</sub> levels are as high as they've been in half a million years, based on ice core measurements.

Global warming pollution come from

1. Industry: 32 %
2. Transportation: 33%
3. Residential: 35%

Within the industry sector, electric power plants are the single largest source of some of the worst air pollutants, including sulfur dioxide, nitrogen oxides, carbon dioxide, and mercury. Among power plants, coal-fired facilities produce the most pollution

## Global Warming Effects on Ski Areas—

A new report shows that many low altitude ski resorts in North America face serious economic challenges due to the effects of global warming. The report by the United Nations Environment Programme (UNEP) concludes that ski seasons could shorten; that resorts may have to increase their snowmaking by more than 187%; and some resorts may become completely unviable economically.

The new UNEP report follows similar studies showing that in coming years, resorts with a base below 5,000 feet may not be "snow safe," or receive adequate snow. This includes many U.S. ski resorts, including all ski resorts in the northeast. These low altitude ski resorts are also where many beginners learn to ski or snowboard, and where families go for local snow sports. With fewer opportunities to learn, this could significantly impact the bottom line for larger mountains as well.

In addition to the pressing problem of climate change, the growth in skiing over the last few decades has, in some cases, had a damaging effect on the mountain environment. At the height of the alpine season, 1.75 million people an hour use the ski lifts, and this level of people in a wilderness environment obviously leaves an environmental impact, through infrastructure construction, pollution and waste problems.

Concern about such challenges is the reason the National Ski Areas Association (NSAA) created the 'Keep Winter Cool' campaign to spread the word about global warming to ski resorts, skiers and snowboarders to present them with solutions to help stop the problem.

## What YOU Can Do as an Individual—

Skiers and boarders must themselves recognize that their very presence in the mountains can harm the environment.



The poster features a central illustration of a skier on a snowy slope. The text 'Keep Winter Cool' is prominently displayed in a large, stylized font. To the right, under the 'SUSTAINABLE SLOPES' logo, are several bullet points: 'SHARE A RIDE', 'BE AN EFFICIENT CONSUMER', 'TURN OFF LIGHTS AND HEAT', 'BUY CLEAN ENERGY FOR YOUR HOME', 'CONTACT YOUR ELECTED REPRESENTATIVES', and 'SPREAD THE WORD'. The website 'www.nsaa.org' is listed at the bottom.

## What Resorts are Doing—

Many resorts are doing much to address the problems by using hydro-electricity, re-cycling schemes, limiting the expansion of resorts and the building of lifts.

- Implementation of high density/pedestrian friendly development (less vehicle emissions).
- Contraction of green buildings (less/cleaner energy use).
- Water conservation (means less energy use as well).
- Energy conservation in all operations (facilities, lifts, snowmaking, etc.).
- Use of cleaner energy (vehicle fleets, gas fireplaces, purchasing wind power, solar energy).
- Reduce and recycle consumption.
- Public/employee mass transit incentives.
- Education and outreach/support. ■

Visit [http://www.nsaa.org/nsaa2002/\\_environmental\\_charter.asp?mode=greenroom](http://www.nsaa.org/nsaa2002/_environmental_charter.asp?mode=greenroom) to see how your favorite Ski Resort is helping.



# Ski Tripping with LAC Clubs in 2004

Are you looking for a ski destination for 2004? Want to join a group? Here are some of the trips being offered by clubs and organizations associated with LA Council of Ski Clubs (LAC). Your membership in the Rats allows you to join LAC, Far West (FWSA) or USRSA. Pac Rim membership is only \$8.

Where	When	Who	Contact	Phone	Email
Lake Louise, Canada	FWSA	Jan 24-31	Judith Miller	818-841-4192	jamski5@juno.com
Whistler, Canada	LAC	Jan 31-Feb 7	Bonnie West	562-699-8880	travel@lacouncil.org
Salt Lake City, UT	LAC	Feb 19-23	Bonnie West	562-699-8880	travel@lacouncil.org
Banff, Canada	USRSA	Feb 21-28	Nancy Sanford	909-878-3681	nanskii@aol.com
Verbier, Switzerland	Pac Rim	Mar 12-20	Gene Fulkerson	858-467-9469	gene@pacificrimalliance.com

## KID'S KORNER



Keeping small children happy while skiing or riding depends on staying warm & dry all day. Enrolling in a children's ski program helps kids enjoy skiing with a group of peers, and often paces their learning with breaks and indoor activities. Before you go on that family ski vacation, make sure your child has these basic necessities!

**Jacket**— Kids need to be protected from the elements. Waterproof protection, reinforced or taped seams are a must for active winter kids. Light insulation is recommended, but layering underneath properly helps fight the cold. Breathable materials and vents help kids regulate their temperature. Look for ski jackets with drawstring cords at waist or hem, or powder skirts to keep snow out.

**Ski Pants**— Shop for the same elements as in children's ski jackets, but also look for a little more insulation, reinforced knees and rear ends that may be on the snow quite a bit while learning to ski or snowboard. Also stretch cuffs to keep snow from getting inside.

**Moisture Wicking Long Underwear**— Your first layer of defense against being cold and wet is "Moisture-Wicking" fabrics that pull sweat away from the body and keep skin from getting cold and clammy, and keep outside moisture from getting past. Popular blends include silk, merino wool, lighter microfleece and polypropylene layers.

**Children's Ski Helmets**— Well worth the investment to help protect against head injuries and fatal accidents. Today's lightweight helmets are warm. Check with the ski resort before your trip. Many ski schools now require helmets for children. Many ski areas provide helmet rentals (\$5-\$15), but buying one to properly fit your child is important and kids love decorating their own with stickers.

**Warm Hat**— Even if using a ski helmet, children should have one to tuck in their pocket for other outdoor activities, or wear under the helmet for a more secure fit. Hats that are worn under helmets should be smooth and close fitting, to allow the helmet to rest properly.

**Junior Anti-Fog Goggles**— Double lenses are best for preventing fogging, helping kids see clearly. Junior goggles are smaller to fit children's faces, but you should have your child try on several styles to get the best fit. Most are helmet compatible, but you should test them together for comfort and to make sure your child has good peripheral vision.

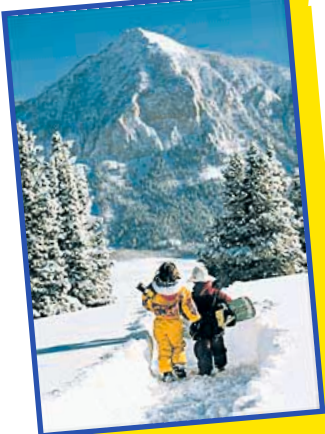
**Kid's Clothes**— Check out [www.winterkids.com](http://www.winterkids.com) for quality winter clothes for kids & teens from Spyder, Obermeyer, Burton, North Face, Hot Chillys & more.

**Waterproof, Insulated Gloves**— Many of today's ski gloves come with zip out liners, which makes them easy to lose. You may want to have a back-up pair. Look for gloves with extended wrists and a pull cord to keep snow out.

**Fleece Neck & Face Warmer**— Known as "neck gaiters", or one-piece "balaclavas," these great fleece items protect skin from the cold and windburn.

**Moisture Wicking Ski Socks**— There's that moisture-wicking word again. Look for blends and insulating fibers. Ski boots are much warmer these days, but cotton socks are not a good choice, because they lack warmth and stay wet if they get wet from sweat or snow that creeps in. Cold, wet feet are the first thing to stop a good ski day.

**Last but not least, A Positive Attitude**— Learning to ski or snowboard should be a fun experience for kids. Start their days out right with a good breakfast. When skiing with your kids outside of children's ski school, listen to how they are feeling. Take breaks often and don't push them too hard — they'll let you know when they're ready for more. ■



Pacific Rim presents

# switzerland verbier

March 12-20, 2004

### Basic Package to Include—

- NON-STOP Air from LAX to Europe, via Lufthansa or Swiss Air
  - Complimentary In-Flight Drinks, Meals, Movies
- Luxury Coach Transfer from Geneva/Zurich to Verbier
- Seven Nights Luxury Lodging at
  - **Hotel Montpelier\*\*\*\* for \$1,799**
  - **Golf Hotel\*\*\* for \$1,469**
- Private Bath, Double Occupancy
- Seven Breakfasts and Seven Dinners
- The Usual Parties, Souvenirs and much MORE!

from  
**\$1,469**

### Price Does Not Include—

- Lift Tickets (about \$30 a day)
- US and Foreign Departure Fees, Fees and PFCs (est \$116-\$135)
- Excursions from Verbier
- Return Extensions for Up to 30 Days (\$50+)



World On Skis

### Barcelona Extension for \$679—

- Air and Ground Transfers
- 4 nights Barcelona, 1 night Zurich
- 5 Continental Breakfasts
- Half-day City Tour

### For Reservations & Information—

- 400 Deposit Due Now: Send Check Payable to "Pacific Rim" to—  
Gene Fulkerson @ 10818 Viacha Dr., San Diego, CA 92124
- For More Information, contact—  
Gene at 858-467-9469 or Catherine at ohl@acatmeowz.com

**Cancellation Policy will Apply**

**Must be a Member of Pacific Rim**

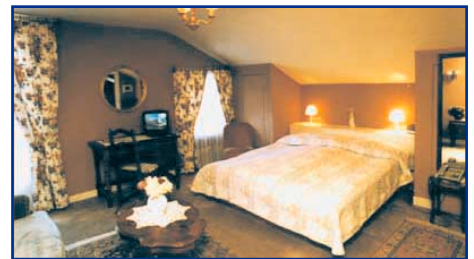
### Hôtel Montpelier \*\*\*\*



Reputed for the quality of its rooms, the warm atmosphere it exudes, its excellent cuisine and its new wellness centre, the **Hôtel Montpelier** proudly displays the authenticity of local materials and customs.

Hôtel Montpelier has a beautiful indoor swimming pool, equipped with a "Jet Stream" counter-current system. The sauna room with a steam bath also has two hydraulic massage cabins and a variety of fitness equipment.

### Hôtel Golf \*\*\*



The **Golf Hôtel** (formerly known as the Grand Combin) is in a great location just outside the town centre. The hotel features free sauna and steam room, open fire in lounge. Facilities include a restaurant, bar, fitness room, sauna/steam bath, room service and laundry service.

**Both hotels provide bus service to lifts. ■**

## Verbier's Skiing

Verbier has one of the world's largest and best ski areas. Situated on a naturally sheltered sunny plateau; the beautiful traditional village lies at 4,900 feet (1500m) with a vast ski area covering over 250 miles of piste with more than 100 lifts and extending as high as 10,855 feet (3330m) with skiing all year round on the Mont Fort glacier. Verbier offers skiing for all levels of skiing.

Beginners - Verbier's excellent ski school makes it a great place to learn. There are several good beginner slopes and after mastering the basic techniques you can challenge yourself to some of the

more gentle runs.

Intermediates - The scope for intermediates is quite extraordinary. With 250 miles of piste to cover, the options are endless. It is even possible to do a tour of all four valleys, skiing 50 miles in a single day.

Advanced - Verbier has become a pilgrimage for experts. Some of the most challenging mogul runs in the world can be skied here and the off - piste possibilities are infinite. For those wanting to improve their mogul skiing, Verbier is a bump bashers' paradise. ■

**VERBIER**  
VAL DE Bagnes

## The HEASB "Radar River Rat" 2004-05 Executive Board

# Official Ballot

### President

Catherine Ohl

\_\_\_\_\_ (Write-in Candidate)

### Vice-President

Peter Catalano

\_\_\_\_\_ (Write-in Candidate)

### Secretary

Linda Newcomb-Mathis

\_\_\_\_\_ (Write-in Candidate)

### Treasurer

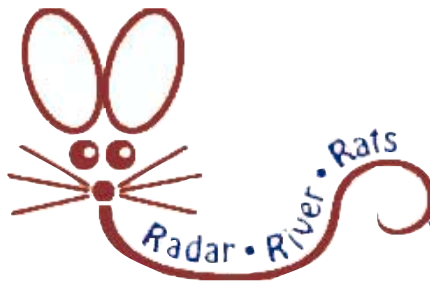
Paul Jackson

\_\_\_\_\_ (Write-in candidate)

Every member of the HEASB Water Ski Club is entitled to vote once. Please vote for one person for each position. Ballots due to the P.O. Box by Saturday, 11 January 2004. Election results will be in the April newsletter. *Place your filled out ballot in an envelope, seal, sign the flap and send to HEASB Water Ski Club at P.O. Box 3080, El Segundo, CA 90245.*

Please feel free to volunteer yourself or a friend for one of the appointed offices. It can be lots of fun and very rewarding. The Position that is currently not spoken for is —

Newsletter Editor \_\_\_\_\_



**HEASB WATER SKI CLUB  
PRESENTS**

**2004 WATER SKI PROGRAM**

**COLORADO RIVER TRIPS**



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

**\$TBA skiers**

**\$TBA non-skiers**

**\$TBA children (5-11)**

 presents

**Water Skiing & Wakeboarding at its Best**  
**2004 Colorado River Schedule**

<b>June 4-6</b>	<b>June 18-20</b>
<b>July 9-11</b>	<b>July 23-25</b>
<b>August 6-8</b>	<b>August 20-22</b>
<b>September 10-12</b>	<b>September 24-26</b>
<b>October 8-10</b>	<b>October 22-24</b>

**www.RadarRiverRats.org**



Revised 12/03

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