



HEASB WATER SKI CLUB

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



First Class Mail

Check it out! 2004 Water Ski Forms Now at www.RadarRiverRats.org

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

APRIL 2004

2004 RADAR RIVER RAT BOARD

PresidentCatherine Ohlcatherine@radarriverrats.org858.4679469
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MembershipCathy Combscathy@radarriverrats.org310.374.3026
Boat Driver Coord	..Gene Fulkersongene@radarriverrats.org858.4679469
InventoryJan Hessjan@radarriverrats.org661.251.1047
Newsletter Editor	...open		



Monday
 May 3, 2004, 6 PM
 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**

_____ *Deduct \$10 from your Single Membership if you supply a valid email address for electronic newsletters*

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

_____ *Deduct \$20 from your Family Membership 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 Combs, 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>
--

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 04/04

SOUNDING BORED

by Catherine Ohl

Elections—

The results are in. Thanks to everyone who voted. Please join me in welcoming your new board. We've had a number of new people step forward this year. **Peter Catalano** is your new VP. **Jan Hess** has volunteered to do the inventory and **Craig Henderson** has asked to take over Reservations.

Catherine Ohl	President
Peter Catalano	Vice-President
Linda Newcomb-Mathis	Secretary
Paul Jackson	Treasurer
Cathy Combs	Membership
Patricia Ortiz	Trips Coordinator
Craig Henderson	Reservations
Gene Fulkerson	Boat Coordinator
Jan Hess	Inventory

This Club would not exist without the hard work of your dedicated board members. The club really depends on the behind-the-scenes work of the board members to make our trips fun and problem free BUT we can always use some new faces and extra pairs of hands.

Remember, we ask that everyone lend a hand at the river as it makes our trips more fun and relaxing for everyone. If you'd like get more involved in the running of the club, join us at one of our monthly meetings on the first Monday of every month at 6 PM at a board members home. We try to make these meetings fun while finalizing the details for future trips.

2004 Trip Price—

The first job of the new board was to evaluate the financial status of our trips last year. We spent more than we brought in due to some equipment purchases—the coffee pot, microwave, table, skis, blender, etc. We also anticipate higher gas prices this year. So in the spirit of hoping that we break even, we have increased the skier fee by \$5 to \$94 and the non-skier fee by \$3 to \$45. The kids price remains the same.

2004 Trips—

Our trip dates are all set with the first trip being June 4-6, 2004. Make your reservation today. With all the snow fall this winter, it should be fabulous summer on the river. I look forward to skiing with you all at the River. Ski you there. ■

Catherine

Boat Driver UPDATE

by Gene Fulkerson

Returning boat drivers are **Catherine Ohl**, **Paul Jackson** and **Mark Mathis**. **Jim Hess** will fill in when needed and continue to provide rides to the kids when they are in the mood.



It looks like we may be welcoming two new boat drivers this season. **Craig Henderson** has a new boat and for sure will be joining us. **Peter Catalano** is in the process of buying a boat.

I've recently emailed the welcome packages to our current boat driver queue. I would appreciate if you could return those forms as soon as possible. If you didn't receive your package, please contact me and I will snail mail you a copy. ■

HAPPY BIRTHDAY

April

Jim Hess	4/4
Scott Oishi	4/9
Fred Rupp	4/30



WINE MAKER DINNER

Saturday, September 18, 2004, 5 PM

10818 Viacha Dr, San Diego, CA



YES, please sign me up for the Wine Maker Dinner!

Sorry I won't be able to attend the Wine Maker Dinner. Here's my Tax Deductible contribution (any amount) for the Jimmie Heuga Center for MS.

For Information,

- Call Gene or Catherine at 858-467-9469

\$60

Send Check (payable to Jimmie Heuga Center)

- Gene Fulkerson at
10818 Viacha Dr., San Diego, CA 92124-3421

Thanks for your support in the flight against MS!

100% of proceeds to benefit Jimmie Heuga Center for MS!
(note: Since this is for charity, there will be no refunds.)

Buying a Water Ski

Modern water skis are manufactured out of fiberglass or fiberglass/graphite composites for better durability and waterproofing. The type of ski design you buy depends on what type of skiing you will be doing.

The **narrow tunnel** works best for skiers who tend to ski standing straight up or with their weight on the back of the ski. The bottom is partially concave and the ski itself is rather wide. The **concave bottom** is designed for skiers who ski with their knees very bent and their weight forward. This ski improves turning ability and maneuverability.

The **Fin** is located on the bottom of each ski and used to make turning, slowing down, and maneuvering easier.

The edge of all skis are **beveled** in different amounts. A sharper edge lets you go faster but is more difficult to control because it is easier to catch an edge and wipe out. A more rounded edge is easier to control but it is less sharp on turns

The **Rocker** is the measurement of the curve on the bottom of the ski. The greater the rocker, the more the ski will turn but the less it will accelerate.

Flex is the measurement of stiffness in a ski. The stiffer the ski (lower flex), the faster you can go but the more difficult it is to turn. The more flex a ski has, the easier it is to turn but the slower you will ski when going straight.

Length is an important consideration when buying a ski. Beginners should choose a longer ski that gives them better control but does not go as fast. More advanced skiers should purchase shorter skis, which go faster but are more difficult to control. The size ski you choose depends largely on your weight. If you are on the borderline, choose the length that fits your skiing style.

- o Children weighing 30-80 pounds should choose a ski 40-52" long.
- o Young adults/women weighing 80-150 pounds should choose a ski 65-66" long.
- o Adults weighing 150-200 pounds should choose a ski 67-68" long.
- o Adults weighing over 200 pounds should choose a ski 69-72" long.



Ski **bindings** are what hold your feet to the ski. Double booted bindings hold your feet in place much better but are not as convenient to put on and take off. Rear toe piece and adjustable bindings are easier to get up on but do not give you as good a feel for the ski.

Our advice to you— Rent before you buy. ■

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 with your carpool assignments.

June 4-5	Point 7	June 18-19	Point 7
July 9-10	Point 13	July 23-24	Point 9
Aug 6-7	Point 13	Aug 20-21	Point 3
Sept 10-11	Point 7	Sept 24-25	Point 10
Oct 8-9	Point 4	Oct 22-23	Point 10 ■

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- Free *USA Today at check-in
- Free bottled water at check-out
- Frequent parker program
- Major credit cards accepted
- Always open
- For more information, check out www.theparkingspot.com

2 LAX Locations—

5701 W. Century Blvd.
9101 S. Sepulveda Blvd.

Membership Has Its Advantages

KID'S KORNER

4 kids & grandkids

Snow Monsters—

Have your kids visit the Snow Monsters web site. It offers a fun, entertaining, and educational experience for kids of all ages.

<http://www.snowmonsters.com/>

Kids Ski Free—

Kids age 6-13 ski free at **Winter Park** Resort January 5 through March 9, 2004. For every paying adult, a child gets a free lift ticket and lodging (if staying in the same room as the adult) if the reservation is booked through Winter Park Central Reservations at 800.975.8892.

There is a three-night minimum for this package.

The Canyons Kids Clinics—

The Canyons offers ski clinics for ages 2-12, indoor and outdoor daycare with plenty of activities to make your kids happy. Making your vacation happier!

New Ski Laws for Italy—

A new law for the ski and board industry in Italy will come into force on January 1, 2005.

The most controversial element in the new law will probably be a requirement that helmets are compulsory for all children up to 14 years of age — with fines from 30 to 150 Euros (\$40-\$200) for transgressions.

Kids & Helmets—

Buying a ski helmet that fits your child properly helps reduce serious injuries while skiing or boarding. New models offer "room to grow" with removable padding.

Some ski areas have kids ski helmets available for daily rental for as low as \$5 and a few areas have recently made new rules for kids wearing helmets in ski school, so check before you go.

Kids Boeri Helmet—

The Boeri Apollo Kids Ski and Snowboard Helmet was newly developed this season specifically for the growing young skier or snowboarder. This children's helmet has a full shell, free flow venting, and jaw piece compatibility.



The newest feature exclusive to the Apollo child's helmet is the Boeri "Microplast Precision Helmet Sizing" System (MPHS™). This room-to-grow feature works by strategically placing pads into recessed zones of the helmet, creating a snug fit while allowing the pads to be removed, relocated and attached selectively.

All Boeri Ranger helmets have a goggle retention strap on the back.

Star Kids—

There's no better place than **Silver Star** for kids to improve their skiing or boarding skills, whether they're new to the sport or already at a more advanced level.

The Children's Centre at Silver Star is like a spa for young children. They are coddled and encouraged by hand picked instructors who were obviously dealt an extra hand in patience with children.

Kid's Fly Free—

Destination ski resorts that rely primarily on fly-in visitors are offering more discounts than usual this winter.

Steamboat, the innovator of Kids Fly Free in the skiing industry, is offering an incredible deal — kids ages 12 and under can Fly Free to Steamboat with a parent purchase.

Vail is offering a Kids Fly Free deal with American Airlines. ■



NUTS & BOLTS



Mammoth Club Appreciation Weekend—

Don't miss this season's best party — Ski Club Appreciation Weekend at Mammoth Mountain, April 23-25, 2004. There will be the usual parties and fun. Be sure to mark this date on your calendars. For more information contact **Catherine Ohl** at 858.467.9469 or ohl@acatmeowz.com.

Discounts at National Ski Council Federation—

Go to www.skifederation.org. Click on "Members Only". Use the following to find all kinds of great discounts.

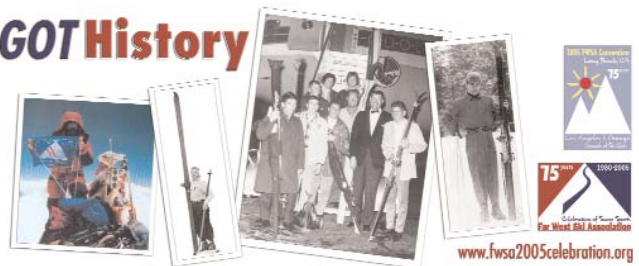
User Name **skigroup**
Password **24councils**



40th Anniversary Celebration—

Billy Kidd, Jimmie Heuga and coach **Bob Beattie** celebrated America's men first Olympic Medals on February 8, 2004 at Steamboat, CO. This was also the 40th anniversary of the winning their medals in Innsbruck, Austria. They skied from the top of Buddy's Run, named for their friend and teammate **Buddy Werner**. Billy & Jimmie are pictured above at the top of Buddy's Run next to his bust. ■

GOT History



LA Council of Ski Clubs presents

FWSA 75th Anniversary June 9-12, 2005 The Westin Long Beach 333 East Ocean Blvd., Long Beach 562.436.3000

The Los Angeles Council is already hard at work planning the 75th Anniversary of the Far West Ski Association at the 2005 FWSA Convention to be held at the Westin Long Beach on June 9-12, 2005.

This Convention will be a bit different in that it will feature a significant historical event that runs concurrently with the normal convention business.

Changes to the convention will be the addition of a Ski History Exhibit that will be on display Friday night through Saturday night. On Saturday, we expect that all normal business activities will be finished by lunch to allow for an afternoon full of ski history with multi-media presentations, discussion groups, and a reunion reception.

The scope of the history presentations and exhibits will depend largely on the clubs, resorts, museums, and our guest speakers. We already have soft commitments from a number of National Ski Museums and Ski Resorts to display their history.

We would like the clubs to start thinking about presenting their history. We are in the process of defining a standard for displays. For more information, please contact **John James** at jsjxcski@sbcglobal.net.

Reservations at the Westin

- \$129 before May 15, 2005
- Call 800-228-3000, say you're with Far West Ski Association
- Visit www.2005FWSACelebration.org
- Room rate available 3 days before/after event ■

Reserve
Room
Today

PUBLIC AFFAIRS

by Catherine Ohl

The Skiing Govenator—

It may be good news for the sport of skiing that newly elected Governor **Arnold Schwarzenegger** of California has been an avid skier since he grew up in Austria. The governor has a third home in Sun Valley that's almost as big as the Sun Valley Lodge. Arnold has always been a celebrity citizen in town. "Arnold's Run" on Sun Valley's Mt. Baldy is named after him.

Bode Miller on Top—

Bode Miller missed a huge chance to build his World Cup points lead recently when he missed a gate in the first slalom run but he held onto his No. 1 spot when Austrian **Beni Raich** fell on his second run.

Miller won a giant slalom to reclaim the overall and giant slalom

points leadership. With **Hermann Maier** of Austria, Miller's top challenger, only eight points back and not skiing slalom, it was a major missed opportunity. There are only six races remaining— four of them are downhill and super Gs, where Maier excels.

SIA Show Sets Positive Tone—

SnowSports Industries America (SIA) wrapped up one of its more successful shows.

While there was little in the way of the shock and awe factor, buyers liked what they saw. The general feeling was that this year's refinements were making a lot of good stuff even better.

Atomic introduced an electronic binding system with a

computer chip that monitors adjustments.



Bogner came out with a super high-tech, retro-looking \$3,000 ski suit.

There is a proliferation of ski/binding systems in the \$1,000 range, prompting some dealers to question whether these products are outpricing the market, which still seems to favor skis in the \$400 range.

Boots continue to emphasize comfort along with performance.

Boa lacing systems were seen on many snowboard boots, while combo strap/step-in binding systems are trying to bridge the gap between ease of use and performance.

Some pretty diverse apparel trends were apparent, and many companies seemed to pick up on them simultaneously. The military look, bright colors — pink and neon in particular — plaids, fur trim, faux fur, suede, softshell, quilting, leather, retro and technical backcountry looks were all in evidence. ■

FITNESS – WATER SKI

Cycling/Stepper/Climber –

These will build leg strength and increase aerobic fitness.

Squats—

Keep your back straight. Try not to arch your back as you come up, and use only your thighs to push you up. Do not go down beyond the point where your knees are bent at 90°.

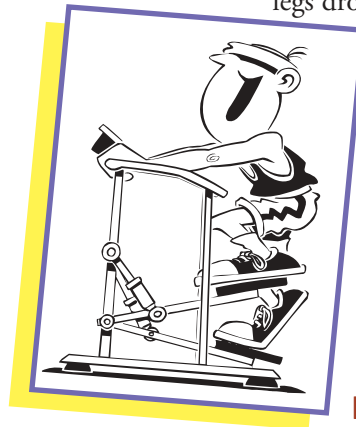
Leg Press—

Keep your back flat against the bench. Again do not arch your back and try not to use your hip for extra leverage. Use only your thighs.

Leg Curls—

Keep this slow and put as much, if not more effort into the downward movement as the upward. Do not let the

legs drop on the way down. Move the legs back down in a slow and controlled manner.



Chest, lats, shoulders, and upper back—

It is possible to work most of the upper body muscle groups using just a few exercises. straight-arm chin-ups, dips, lying pull-ups, and free incline presses. The majority of upper body exercise will also exercise your arms, so you will be killing 2 muscles with 1 exercise.

Lying pull-ups—

For this you will need a fixed bar. You should be able to have your feet on the ground, hold the bar with straight arms and have your shoulders clear of the ground. Now pull up slowly until your chin reaches the bar. Other exercises that can be used include lat pull downs, peck-deck, fixed bench press, seated rows. ■



Package to Include—

- Round Trip Air to Hayden
- Round Trip Ground Transfer from Hayden
- Seven Nights Lodging [dbl. occ.]
 Thunderhead Ski-in/Ski-out for \$899 + air
 The Grand Summit for \$1199 + air
- Five of Six Day Lift Ticket
- Welcome Reception
- Mountain Picnic
- 2 NASTAR Races (4 runs total)
- Farewell Banquet & Dance
- Ski Week Souvenir Pin
- All Taxes & Service Charges

For Information—

- Contact Gene Fulkerson at 858-467-9469
- Send \$200 deposit payable to Pacific Rim
 10818 Viacha Dr., San Diego, CA 92124



All Photos Courtesy Steamboat / Larry Pierce

CST 2038064-40



Western Hospitality

Steamboat Stats

Base	6,900 feet
Summit	10,568 feet
Vertical	3,668 feet
Acres	2,939 acres
142 Trails	65+ miles
Longest Run	3+ miles
Terrain	13% Beginner 56% Intermediate 31% Advanced
Annual Snowfall	337"



2004 HEASB Water Ski Club Reservation Application

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

Circle Trip Date: 6/4-6 6/18-20 7/9-11 7/23-25 8/6-8 8/20-22 9/10-12 9/24-26 10/8-10 10/22-24

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

My reservation is for the following: _____ Water skier \$94 _____ Non-skier child (5-11) \$18
_____ Non-skier \$45 _____ Child (4 and under) \$0

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 two 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 Craig before 9 pm at 562-627-3812.

REQUIRED CARPOOL INFORMATION (your form may be returned if not complete)

The Trip Coordinator will arrange carpools for those wishing to travel with the club. First priority is given to vehicles pulling boats or hauling supplies. Volunteer drivers are needed to provide the remaining transportation, taking AT LEAST two passengers and/or food/drinks. Each passenger will pay the carpool driver for transportation expenses, an amount determined by the driver (typically \$10-\$24). Most carpools leave the LA area on Friday after work and arrive at Park Moabi around midnight. Drivers of arranged/ approved carpools will be reimbursed for campground fees AFTER the trailer's packed on Sunday, about 2 pm. Your request for a specific carpool is not guaranteed. Carpools will be non-smoking.

- _____ I agree to carpool as arranged/approved by the Club.
NOTE: **If you choose not to carpool**, you will be required to pay campground fees (\$18 per night or \$6 per day use).
- _____ I am available to drive my vehicle to the river.
 - Other passengers: _____ Year, make, model of vehicle: _____
 - Air conditioned? _____ Total # of people you can take including driver: _____
 - In addition, I have room for: #cases drinks: _____ #coolers: _____ #bags food: _____ #skis: _____
- _____ I prefer a ride to the River. Carpool Driver Preference: _____
 - How much gear will you bring? Ski: _____ Chair (type): _____ Tent: _____
 - Other bulky items? _____
- _____ I would like a hookup on the point. (A **limited** number of hook-ups are available. *Priority will be given to boat drivers, board members and then on a first come, first serve basis.*)
 - Hook-ups will be assigned on a first signed-up basis. Hook-ups are \$35 a night. We reimburse up to \$18 a night.
- _____ I am willing to be a trip leader (reimbursement will be based on people count up to \$94 per trip leader).

MEMBERSHIP

You must be a member of the HEASB Water Ski Club. The membership fee and application **MUST** be sent to **Cathy Combs** at the location listed on the membership form. **(DO NOT INCLUDE MEMBERSHIP WITH THIS FORM.)**

I have paid my membership fee: _____ (Initial) (Non-skiers aged 0-11, membership not required)

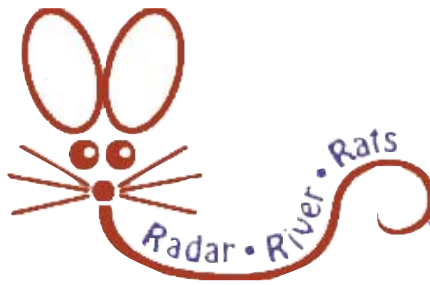
WAIVER MUST BE SIGNED AND ACCOMPANY PAYMENT

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 04/04



**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

\$94 skiers

\$45 non-skiers

\$18 children (5-11)

\$94

 presents

Water Skiing & Wakeboarding at its Best

2004 Colorado River Schedule

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

www.RadarRiverRats.org

Revised 04/04

For Information:

River Skiers:

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

Boat Drivers:

Gene
858-467-9469
gene@radarriverrats.com

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